

TABLE TREATS

and How To Prepare Them



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THE C. F. SAUER COMPANY
RICHMOND, VA.



TABLE TREATS

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Flavor Is the Basis of All Food

Most housekeepers yearn to be known as good cooks, but the average American housewife does not fully appreciate the importance of flavor in food, or its use as a means of achieving results. By keeping a variety of pure flavoring extracts, spices and seasonings on hand, and using them wisely, the same old foods may be so changed or pepped up that the family will never think of objecting to their appearance, and your fame as a cook will spread.

Vanilla and lemon extracts, with an occasional use of almond for cakes and desserts; ground cinnamon, cloves, nutmeg, ginger in the spice line, with salt and pepper for seasoning, too often constitute the "flavor shelf" of the home cook. We are apt to forget the other extracts—pineapple, peach, strawberry, raspberry, orange and pistachio—that add so much sophistication to even the simplest dishes; we do not realize the excellence of the spice extracts, such as cinnamon, clove, allspice and nutmeg, nor the convenience and usefulness of celery and onion extract. All these should have their place in the well-regulated kitchen. Also, since the days of prohibition are upon us, a good sherry and rum flavor should be included in the household list of flavorings—cold drinks, puddings, sauces and cakes sometimes need just that touch to make them perfect.

But in stocking up your flavor shelf beware of cheap spices and extracts: they are a form of the poorest economy and cannot give satisfactory results. The best grades are always the most economical, for they are made of pure materials, give better results and go much further than the cheap brands. It is never extravagant to buy a variety of flavorings, for if kept properly corked they will not deteriorate, and by blending several flavors new and unusual results may be obtained that will convert left-overs into appetizing delicacies and make the plainest dishes savory or subtle in flavor.

The C. F. Sauer Company, of Richmond, Virginia, exemplifies the highest type of American manufacturer.

The success of this Company may well be understood when the quality of their products is considered. The modern housewife cannot afford to experiment with extracts of doubtful strength and purity, and hence the name "Sauer" upon a label makes her confident that her dessert will be a success.

DIET LIST

In view of the increasing interest in weight reduction and increase, we are giving the following general tables. They must, however, be taken as only general diets and any radical change should not be followed without a physician's advice. Most doctors are agreed that the best method of reducing weight is by reducing the total amount of all foods eaten, rather than by eliminating all starches or sugars or going on a "faddy" diet. A balanced diet in which a variety of foods are eaten is much less apt to produce harmful results. There are, however, certain types of foods that can be avoided with good effects.

General Diet for Reducing Weight

Avoid overeating.

Use thin, clear soups instead of thick or cream soups.

Use plenty of green vegetables, either raw or plainly cooked. The best are cabbage, lettuce, spinach, asparagus, tomatoes, celery, cauliflower, string beans, and any salad green.

Use small portions of bread, cereals and starchy foods.

Use fresh fruits of all kinds instead of rich desserts, pies and pastry.

Use fruit sherbets, water ices, fruit whips and gelatine desserts.

Use lean meats in moderation; oysters, clams and other sea food.

Use salads without mayonnaise, but with French dressing made with lemon juice instead of vinegar.

Avoid the use of much butter, of all confectionery, rich sauces and rich ice creams.

General Diet for Increasing Weight

Eat larger amounts of food than you are accustomed to. If this seems difficult it is often better to increase the number of meals to four or five instead of three. Let the extra meals consist of crackers and milk, malted milk, cocoa made with milk, chocolate egg shake, etc., and fit one in between breakfast and lunch or during the afternoon or before retiring.

Use at least a quart of milk a day.

Cream.

Plenty of butter.

Fruit, especially dates, figs, bananas and alligator pears.

Nuts.

All cereals.

Vegetables, especially potatoes, carrots, beets, corn, sweet potatoes and greens.

Cream soups.

Milk or cream sauces on vegetables.

Ice creams.

Sweets in the form of pure candy, cake or desserts made with milk, cream, etc.

All meats in moderation.

All fish, especially the darker flesh varieties, as they have more fat.

Olive oil—one or two tablespoons a day taken after meals or as salad dressing.

Salads of all kinds with mayonnaise or French dressing.

Weights and Measures

1 Cupful.....	1/2 pint
4 Cupfuls.....	1 quart
3 Teaspoonfuls.....	1 tablespoonful
1 Gill.....	1/2 cupful
16 Tablespoonfuls of liquid.....	1 cupful
2 Cups butter packed solid.....	1 pound
4 Cups sifted flour.....	1 pound
9 Large eggs.....	1 pound
2 Cups granulated sugar.....	1 pound
2 Tablespoonfuls butter.....	1 ounce
4 Wineglassfuls.....	1 cupful
4 Tablespoonfuls.....	1 wineglassful
60 Drops.....	1 teaspoonful
4 Tablespoonfuls flour.....	1 ounce

Teaspoon and tablespoons are measured level unless otherwise stated.

One-half spoonful is measured lengthwise of the spoon.

Cups are measured level full.

A set of measures (quart, pint and half-pint) should be in every kitchen. The graduated measures divided into quarts, halves and thirds are best. A graduated glass measure is also advisable for the correct measurement of liquids.

A set of accurate scales is also indispensable to good cooking and house-keeping.

Baking Temperatures*

Slow oven	250-350 degrees Fahrenheit
Moderate oven	350-400 degrees Fahrenheit
Hot oven	400-450 degrees Fahrenheit
Very hot oven.....	450-500 degrees Fahrenheit
Quick oven	500-550 degrees Fahrenheit

* An oven thermometer is invaluable if there is no indicator or heat regulator on the range oven.

SOUPS

CREAM OF POTATO SOUP

- 3 Medium-sized potatoes.
- 2 Cups boiling water.
- 2 Cups milk.
- 1 Tablespoon corn starch.
- 2 Tablespoons butter.
- 1/2 Teaspoon Sauer's Onion Extract.
- 1/2 Teaspoon Sauer's Celery Extract.
- 1/4 Teaspoon Sauer's White Pepper.
- 1 Teaspoon salt.
- 1 Tablespoon minced parsley.
- 1/4 Teaspoon Sauer's Paprika.

Peel the potatoes, cut in quarters and cook in the boiling water for twenty minutes, or until very tender. Then rub them through a coarse strainer, saving the water they are cooked in. Return the potato pulp to the water and add the seasonings, milk, butter. Heat to the boiling point and stir in the corn starch that has been mixed to a smooth paste in a little cold water. Serve very hot with croutons or cheese crackers. Serves 4 to 5 people.

CREAM OF TOMATO SOUP

- 1 Quart can tomatoes.
- 1/2 Teaspoon Sauer's Onion Extract.
- 1 Teaspoon sugar.
- 2 Drops Sauer's Clove Extract, or 2 Whole cloves.
- 1/2 Teaspoon Sauer's Celery Extract.
- 1/4 Teaspoon Sauer's White Pepper.
- 3 Cups scalded milk.
- 3 Tablespoons flour.
- 3 Tablespoons butter.

Simmer the tomatoes, sugar, salt and pepper for twenty minutes. Then rub through a strainer and add the onion, clove and celery extracts. Reheat to the boiling point. Melt the butter, add the flour and stir in the scalded milk. Cook until thickened and boiling, then stir in the tomato mixture very gradually. Add more salt if necessary and serve very hot. It is not necessary to use soda in the tomatoes if the soup is mixed according to directions; the soup has greater nutritive value when the soda is omitted. Serves 5 to 6 people.

PEA SOUP

- 2 Cups dried peas.
- 5 Cups cold water.
- Small bayleaf.
- Ham bone or end of bacon.
- Few sprigs parsley.

- 1 Teaspoon Sauer's Onion Extract.
- 3/4 Teaspoon Sauer's Celery Extract.
- 1/8 Teaspoon Sauer's Nutmeg Extract.
- 1/4 Teaspoon Sauer's Black Pepper.
- 2 Teaspoons salt.
- 2 Cups milk.

Wash the peas and soak over night in the cold water. In the morning put them in a large saucepan with the water and add the ham bone, bayleaf, carrots and parsley. Cover and simmer for two hours, or until the peas are very tender. Rub the mixture through a strainer and add the seasonings. Reheat to the boiling point, add the milk and heat again. Serve very hot with crisp croutons. Serves 6 people.

MOCK LOBSTER BISQUE

- 1 Cup shredded salt codfish.
- 2 Cups canned tomatoes.
- 1 Teaspoon salt.
- Small piece of bayleaf.
- 1/8 Teaspoon Sauer's Celery Extract.
- 1/2 Teaspoon Sauer's Onion Extract.
- 1/8 Teaspoon Sauer's White Pepper.
- 3 Tablespoons butter.
- 2 Cups scalded milk.
- 1/2 Cup whipped salted cream.
- 3 Tablespoons flour.

Cover the codfish with boiling water, let stand five minutes, then drain. Mix the tomatoes, salt, bayleaf and simmer for twenty minutes. Strain and add the codfish, onion and celery extracts. Reheat to the boiling point. Melt the butter, add the flour and stir in the milk. Cook until thickened and then stir in the tomato mixture very gradually. Serve with a garnish of whipped, slightly salted cream. Serves 5 to 6 people.

VEGETABLE SOUP

- 1 Cup diced carrots.
- 1 Cup diced potatoes.
- 1/2 Cup diced turnips.
- 1 Cup peas or string beans.
- 2 or 3 large tomatoes.
- 1 Cup corn, cut from the cob.
- 2 Quarts boiling water.
- 1 Tablespoon salt.
- 1 Teaspoon Sauer's Onion Extract.
- 1/2 Teaspoon Sauer's Celery Extract.
- 1/4 Teaspoon Sauer's Black Pepper.
- 1/4 Teaspoon Sauer's Paprika.
- 3 Tablespoons butter or drippings.

Melt the fat in a large saucepan and add the vegetables that have been cut in

small dice. The tomatoes should be scalded and peeled. Add the water and salt, cover closely and cook slowly for fifty to sixty minutes. Add the onion and celery extracts, the pepper and paprika and a few drops of Worcestershire sauce. Any combination of vegetables may be used so long as there is about six cups of them all together. Serves 6 people.

PEPPER POT

- 1/2 Pound honeycomb tripe, cut in cubes.
- 1/4 Cup shredded green pepper.
- 1/4 Cup diced carrots.
- 1/4 Teaspoon Sauer's Black Pepper.

Luncheon and Dinner Dishes

SPICED MACKEREL

- 4 Pounds fresh mackerel.
- 1 Cup vinegar.
- 1/2 Teaspoon Sauer's Black Pepper.
- 1/4 Teaspoon Sauer's Paprika.
- 1 Teaspoon Sauer's Mustard.
- 1/2 Teaspoon Sauer's Ginger.
- 1 Tablespoon salt.
- 1 Teaspoon sugar.
- 2 Tablespoons butter.

Use small mackerel weighing about one pound apiece if possible. Larger fish may be used if necessary. Have the fish cleaned and split, removing the backbone. Place them in a deep baking dish. Mix the vinegar with all the spices and seasonings and pour over the fish. Cover the dish and bake in a very moderate oven—325 degrees—for about an hour. Serve cold. This will keep in the ice box for several days and is especially good as a hot-weather luncheon or supper dish, served with a plain salad. Makes about six servings.

BELGIAN FISH STEW

- 1/2 Teaspoon Sauer's Onion Extract.
- 1 Small carrot.
- 1/2 Teaspoon Sauer's Celery Extract.
- 1 Teaspoon salt.
- 1/2 Teaspoon Sauer's Black Pepper.
- 2 Cups water.
- 1 Tablespoon vinegar.
- 2 Pounds halibut or cod.
- 2 Tablespoons butter.
- 2 Tablespoons flour.
- 1 Lemon.
- 1 Egg.

Put the water, sliced carrot and seasonings in a saucepan and heat to the boiling point. Simmer for ten minutes, then

- 1 1/2 Cups diced potatoes.
- 1/2 Tablespoon salt.
- 1 Teaspoon Sauer's Onion Extract.
- 1/2 Teaspoon Sauer's Celery Extract.
- 1/4 Teaspoon Sauer's Mustard.
- 1/8 Teaspoon Sauer's Red Pepper.
- 5 Cups meat or chicken stock.
- 1/2 Cup cream.
- 3 Tablespoons butter.

Melt the butter, add the vegetables and cook for fifteen minutes very slowly. Stir in three tablespoons of flour, the salt, black and red pepper and the tripe; cover and cook slowly for one hour. Then add the extracts, mustard and cream. Reheat and serve very hot. Serves 6 people.

add the fish, cut in slices half an inch thick. Cover and cook very slowly for thirty minutes. Remove the fish carefully to a hot dish and strain the liquid. Melt the butter, add the flour and stir in the hot liquid. Stir until thickened and smooth. Add the lemon juice and well-beaten egg and pour over the fish. Serve very hot. Makes six servings.

SEA FOOD NEWBURG

- 1/3 Cup butter.
- 1 Cup sliced mushrooms.
- 1 Cup cooked shrimp.
- 1/2 Cup scallops.
- 3 Tablespoons flour.
- 1 Egg yolk.
- 1 1/2 Cups milk.
- 1 Dozen oysters.
- 1 Tablespoon lemon juice.
- 1/8 Teaspoon Sauer's Nutmeg.
- 1/8 Teaspoon Sauer's White Pepper.
- 1/2 Teaspoon Sauer's Celery Extract.

Parboil the scallops for five minutes, then drain. Saute the oysters in a tablespoon of butter for five minutes. Melt the rest of the butter and add mushrooms. Cook slowly for five minutes, add the shrimp, scallops and the flour. Mix well and stir in the beaten egg mixed with the milk. Stir constantly until thickened, then add the oysters and the seasoning. Serve at once in hot ramekin dishes from a chafing dish or on toast. Makes five to six servings.

MEAT CAKES WITH TOMATO SAUCE

- 2 Cups cold roast beef or lamb, finely chopped.
- 1 Teaspoon salt.

- 1/4 Teaspoon Sauer's Black Pepper.
- 1/2 Teaspoon Sauer's Onion Extract.
- 1 Teaspoon Worcestershire Sauce.
- 1/4 Cup fine bread crumbs.
- 2 Tablespoons melted butter or meat dripping.
- 1 Egg.

Mix all the ingredients together until thoroughly blended. Shape into small balls about half an inch thick and two inches in diameter. Roll in beaten egg, then in dry bread crumbs and fry in hot fat until well browned. One egg yolk or white well beaten and mixed with a tablespoonful of cold water will be needed to coat the meat balls. Serve hot with tomato sauce. Makes four servings.

TOMATO SAUCE

- 2 Cups canned tomatoes.
- 1 Teaspoon sugar
- 1 Teaspoon salt.
- 1/4 Teaspoon Sauer's White Pepper.
- 1/2 Teaspoon Sauer's Onion Extract.
- 1/2 Teaspoon Sauer's Celery Extract.
- 2 Tablespoons butter.
- 2 Tablespoons flour.
- 1/4 Teaspoon Sauer's Brown Color.

Mix the tomatoes with all other ingredients except the butter and flour. Simmer for twenty minutes, then strain. Melt the butter, add the flour and stir in the tomato mixture. Cook until thickened and boiling. One-fourth cup sliced mushrooms that have been sautéed for five minutes in two teaspoons butter may be added to the sauce. Serve hot.

VEAL ROLLS

- 1 1/2 Pounds veal cutlet.
- 1 Cup soft bread crumbs.
- 1 Tablespoon minced parsley.
- 1 Teaspoon salt.
- 1/8 Teaspoon Sauer's White Pepper.
- 1/2 Teaspoon Sauer's Onion Extract.
- 1/4 Teaspoon Sauer's Celery Extract.
- 1 Egg.

Have the cutlet cut as thinly as possible. Divide into six strips about two inches wide. Mix the bread crumbs with the seasonings and the beaten egg and spread a thin layer on each strip of meat. Roll up as closely as possible and tie with a string to hold in place. Sprinkle each roll with flour, salt and pepper. Melt three tablespoons of fat in a wide, deep saucepan and brown the rolls in it. Add water or stock to cover. Cover the pan and cook slowly for one hour. Add a few drops of Sauer's Brown Color to the gravy and thicken with a little flour if necessary. Serve hot. Makes six servings.

RICE AND BEANS

- 1 Pound dried beans.
- 1 Teaspoon Sauer's Onion Extract.
- 2 Tablespoons bacon drippings.
- 2 Cups cooked rice.

Soak the beans overnight in water to cover, then cook slowly until tender. Stir in the seasonings and the fat when the beans are done, add the rice and reheat. Makes six servings.

RICE CROQUETTES

- 3 Tablespoons butter.
- 3 Tablespoons flour.
- 1 1/2 Cups cooked rice (hot).
- 1 Cup tomato puree.
- 1 Cup grated cheese.
- 1 Teaspoon salt.
- 1/8 Teaspoon Sauer's White Pepper.
- 1/8 Teaspoon Sauer's Mustard.
- 1/2 Teaspoon Sauer's Onion Extract.

Boil down one and one-half cups canned tomatoes to make one cupful. Rub through a coarse strainer. Melt the butter, add the flour and stir in the tomato puree. Cook until very thick and smooth, add the rice, cheese and seasonings and spread out on a platter to cool. When cold shape into croquettes, roll in beaten egg and then in fine dry bread crumbs. Fry in deep fat heated to 390 degrees, or until it will brown a piece of bread in thirty seconds. Strain on soft paper and serve hot with peas or string beans. Makes six large croquettes.

POTATO PUFFS

- 1 Cup cold mashed potatoes.
- 1/2 Cup flour.
- 1 Teaspoon salt.
- 1/8 Teaspoon Sauer's White Pepper.
- 3/4 Teaspoon baking powder.
- 1/2 Teaspoon Sauer's Onion Extract.
- 1 Egg.

Beat the egg, add the potato and onion extract and beat together until smooth. Sift the flour with the dry ingredients and add to the potato mixture. Drop from a tablespoon into deep hot fat and fry a delicate brown. Serve very hot. One-fourth cup of grated cheese or one-half cup of left-over fish or shellfish may be added to the potato mixture. Makes four to five servings.

SAVORY BREAD PUDDING

- 2 Cups stale bread, broken into small pieces.
- 2 Onions.
- 1/2 Cup cooked oatmeal.
- 1/2 Cup drippings, bacon or sausage.
- 1 Egg.

- 1 Cup milk.
- 1/2 Teaspoon Sauer's Celery Extract.
- 1/4 Teaspoon Sauer's White Pepper.
- 1/2 Teaspoon mixed poultry seasoning.

Scald the milk and add the bread. Stir until the bread is soft. Chop the onions quite fine and add to the bread and milk with all the other ingredients. Pour into a shallow baking dish and bake in a moderate oven for twenty-five minutes. Serve instead of potatoes with meat, or with gravy instead of meat for luncheon or supper. Makes five to six servings.

SWEET OMELET

- 4 Eggs.
- 3 Tablespoons Sauer's Sherry Flavor.
- 1/2 Teaspoon salt.
- 2 Tablespoons butter.
- 1 Tablespoon powdered sugar.

Beat the egg whites until stiff. Beat the yolks, add the sherry and the salt and fold into the whites. Heat the butter in an omelet or frying pan, pour in the egg mixture and cook very slowly until well puffed up and brown on bottom. Put in a hot oven for two or three minutes to cook the top, then spread very quickly with currant or green grape jelly, fold and turn out on a hot platter. Sprinkle with the sugar and serve at once. Makes four to five servings. Good for luncheon or Sunday night suppers. Rum flavor may be substituted for the sherry.

CHEESE SAVORY

- 1 Cup stale bread crumbs.
- 2 Cups milk.
- 1 Cup grated cheese.
- 1 Teaspoon salt.
- 1/2 Teaspoon Sauer's Paprika.
- 1/2 Teaspoon Sauer's Mustard.
- 1/8 Teaspoon Sauer's White Pepper.
- 1/4 Teaspoon Sauer's Onion Extract.
- 1 Teaspoon Worcestershire Sauce.
- 2 Eggs.
- 2 Tablespoons melted fat.

Scald the milk and pour over the crumbs. Let stand until the crumbs are soft, then add the cheese, seasonings, egg yolks and melted fat. Mix well, fold in the stiffly beaten egg whites and pour into a well-greased, rather shallow baking dish. Bake in a hot oven—425 degrees—for twenty to twenty-five minutes. Serve very hot. Makes four to five servings.

ESCALLOPED OYSTERS

- 2 Cups stale bread crumbs.
- 1/2 Cup melted butter.
- 1 Teaspoon Sauer's Celery Extract.
- 1/4 Teaspoon Sauer's Onion Extract.

- 1/4 Teaspoon Sauer's White Pepper.
- 1 Teaspoon salt.
- 2 1/2 Dozen oysters.

Mix the crumbs with the butter and the seasonings. Drain the oysters and remove any bits of shells. Put a thin layer of crumbs in the bottom of a shallow baking dish and cover with half the oysters. Cover the oysters with a layer of crumbs, then add the rest of the oysters and a third layer of crumbs. Pour half a cup of oyster liquor and half a cup of rich milk over the mixture and bake in a hot oven—400 degrees—for twenty-five minutes. Serve very hot. Makes four to five servings.

TOMATO JELLY AND CELERY SALAD

- 1 Quart canned tomatoes.
- 1 Teaspoon salt.
- 1 Teaspoon sugar.
- 1/2 Teaspoon Sauer's Onion Extract.
- 1/2 Teaspoon Sauer's Celery Extract.
- 1/2 Teaspoon Sauer's Clove Extract.
- 1/4 Teaspoon Sauer's Black Pepper.
- Small bayleaf.
- 3 Tablespoons gelatine.
- 1/2 Cup cold water.
- 2 Cups diced celery.
- 1/2 Cup sliced olives.

Put the tomatoes and seasonings in a saucepan and simmer for twenty minutes. Soak the gelatine in the cold water for five minutes, then add the hot tomato mixture and stir until dissolved. Strain into a cold bowl and set aside to cool. When beginning to harden, add the celery and olives and pour into six individual molds. Chill, turn out on lettuce or watercress and serve with well-seasoned mayonnaise. Shredded raw cabbage may be used instead of celery.

POTATO SALAD

- 2 Cups cold, diced potatoes.
- 1/2 Teaspoon Sauer's Onion Extract.
- 2 Tablespoons vinegar.
- Salt to season.
- 1/2 Cup diced celery.
- 2 Tablespoons chopped pickle.
- 1/2 Cup mayonnaise.
- Lettuce.

Mix the potatoes, celery and pickle lightly with a fork. Mix the vinegar with the onion extract and the salt and pour over the potatoes. Let stand for five or ten minutes, then add the mayonnaise to moisten and arrange on crisp lettuce leaves. Sprinkle with minced parsley, chopped hard-boiled egg or Sauer's Paprika. Makes four to five servings.

FRUIT SALAD

- 1 Small grapefruit.
- 6 Slices canned pineapple.
- 1 Cup seeded white grapes or any ripe berries in season.
- Lettuce.
- Sherry dressing.

Chill the fruit. Peel the grapefruit and cut away all the white inside skin. Separate the fruit into sections with a thin sharp knife. Drain the pineapple and cut the grapes in half. If fresh berries are used instead of the grapes, wash and drain them. Arrange for individual service as follows: Place a slice of pineapple on crisp lettuce on each plate. Put three sections of grapefruit on the pineapple, dividing the slice into three parts. Fill the space between the grapefruit with white grapes or berries and pour sherry

dressing over the salad. Serve very cold. Makes six servings.

SHERRY DRESSING

- 3 Tablespoons Sauer's Sherry Flavor.
- $\frac{1}{2}$ Cup mayonnaise.
- $\frac{1}{2}$ Cup whipped cream.
- $\frac{1}{8}$ Teaspoon salt.

Stir the sherry flavor into the mayonnaise, then fold in the stiffly whipped cream and the salt. Serve very cold with any fruit salad.

SHERRY FRENCH DRESSING

- 3 Tablespoons Sauer's Sherry Flavor.
- 4 Tablespoons salad oil.
- $\frac{1}{2}$ Teaspoon salt.
- $\frac{1}{8}$ Teaspoon Sauer's Paprika.

Mix all ingredients together and beat with a fork until slightly thickened. Serve cold with any fruit salad.

BREADS

There are many kinds of hot breads that are greatly improved by the addition of spices and that are a valuable aid in getting out of the rut of monotony in household diets.

Cinnamon toast is well liked, but is very often poorly made. It is delicious when made as follows and served with tea or cocoa, for afternoon tea, or with baked apples or apple sauce as a healthful, nutritious dessert for children as well as grown-ups.

CINNAMON TOAST

- 6 Slices of bread cut $\frac{1}{3}$ inch thick.
- 2 Tablespoons butter.
- $\frac{3}{4}$ Cup soft brown sugar.
- $1\frac{1}{2}$ Teaspoons Sauer's Cinnamon.

Toast the bread to a delicate brown on both sides. Spread quickly with butter. Mix the brown sugar and cinnamon together thoroughly and spread a generous layer on each slice of toast. Put in a hot oven, or preferably under a broiler, and cook for about a minute, or until the sugar melts a little and the butter bubbles up. Serve at once, cut into finger lengths.

CHEESE BISCUITS

- 2 Cups flour.
 - $\frac{1}{2}$ Teaspoon salt.
 - 3 Teaspoons baking powder.
 - $\frac{1}{2}$ Cup fine-grated cheese.
 - $\frac{1}{8}$ Teaspoon Sauer's Red Pepper.
 - 2 Tablespoons shortening.
 - $\frac{1}{2}$ to $\frac{3}{4}$ cup milk.
- Sift the flour, salt and baking powder.

Add the cheese and pepper and rub in the shortening. Mix to a soft dough with the milk and roll out very lightly on a floured board to one-fourth inch thickness. Shape with a small cutter, place on a greased baking pan and bake in a very hot oven—450 degrees—for ten minutes. Serve hot with salad, or for tea. Makes twelve biscuits.

HOT GINGERBREAD

- 3 Tablespoons shortening.
- $\frac{1}{3}$ Cup boiling water.
- $\frac{1}{2}$ Cup molasses.
- 1 Egg.
- $1\frac{1}{2}$ Cups flour.
- $\frac{3}{4}$ Teaspoon baking powder.
- $\frac{1}{4}$ Teaspoon baking soda.
- $\frac{1}{2}$ Teaspoon salt.
- 1 Teaspoon Sauer's Cinnamon.
- 1 Teaspoon Sauer's Ginger.
- $\frac{1}{4}$ Teaspoon Sauer's Cloves.
- $\frac{1}{4}$ Teaspoon Sauer's Allspice Extract.

Melt the shortening in the boiling water, add the molasses and then the beaten egg and the spice extract. Sift the flour with the salt, baking powder, soda and dry spices and add to the liquid mixture. Beat well, pour into a medium-sized dripping pan and bake in a moderate oven—375 degrees—for twenty-five minutes. Serve warm with butter or use as a dessert with whipped cream, chocolate or fruit sauce.

DOUGHNUTS

- 1 Cup sugar.
- 3 Tablespoons butter.
- 2 Eggs.
- 1 Cup milk.
- 4 Teaspoons baking powder.
- $\frac{1}{4}$ Teaspoon Sauer's Nutmeg Extract.
- $\frac{1}{4}$ Teaspoon Sauer's Clove Extract.
- $\frac{1}{2}$ Teaspoon Sauer's Cinnamon.
- $1\frac{1}{2}$ Teaspoons salt.
- 5 to 6 Cups flour.

Cream the butter and half the sugar. Add the eggs and beat well, then stir in the rest of the sugar, the milk and the spice extracts. Sift two cups of flour with the salt and baking powder and add to the mixture, then add enough flour to make a dough that can be easily handled. Roll part of the dough at a time on a floured board to about one-fourth inch thickness. Shape with a doughnut cutter and fry in deep fat heated to 360 degrees.

FRENCH TOAST

- 1 Egg.
- 1 Cup milk.
- $\frac{1}{4}$ Teaspoon salt.
- $\frac{1}{4}$ Teaspoon Sauer's Cinnamon Extract.
- 6 Small slices bread, $\frac{1}{3}$ inch thick.
- 3 Tablespoons butter.

Beat the egg, add the milk, salt and

cinnamon. Melt the butter in a hot frying pan. Dip the bread in the milk mixture, covering it completely. Fry in the hot butter and serve hot with maple syrup or jelly.

COFFEE CAKE

- 2 Tablespoons sugar.
- 2 Tablespoons butter.
- 1 Egg.
- $\frac{1}{2}$ Teaspoon salt.
- $\frac{1}{2}$ Teaspoon each Sauer's Vanilla and Almond Extracts.
- $1\frac{3}{4}$ Cups milk.
- 4 Teaspoons baking powder.
- $2\frac{1}{2}$ to 3 Cups flour.
- $\frac{1}{2}$ Cup shredded blanched almonds.
- $\frac{1}{4}$ Cup powdered sugar.
- 3 Tablespoons melted butter.

Cream the butter and sugar, add the egg and beat well. Stir in the milk and flavorings. Sift the flour with the salt and baking powder and add, using enough flour to make a thick dough. Spread in a dripping pan to three-fourths inch thickness. Brush with the melted butter and sprinkle with the nuts and powdered sugar mixed together. A little cinnamon may also be used if desired. Bake in a hot oven—400 degrees—for twenty-five minutes. Serve warm or cold.

CAKES

ANGEL CAKE

- 6 Egg whites.
- $\frac{3}{4}$ Teaspoon cream of tartar.
- $\frac{1}{2}$ Cup sugar.
- $\frac{1}{2}$ Cup sifted pastry flour.
- $\frac{1}{2}$ Teaspoon Sauer's Vanilla Extract.
- $\frac{1}{4}$ Teaspoon Sauer's Almond or Peach Extract.

Beat the egg whites until frothy. Sift in the cream of tartar and continue beating until the egg whites are stiff enough to hold their shape. Fold in the sugar a little at a time. Sift the flour four times and fold in a tablespoonful at a time. Add the flavoring last. Pour into an ungreased angel cake pan and bake in a slow oven—300 degrees—for fifty minutes. Remove from the oven and invert until cold. Then carefully loosen from the pan. Angel cake should always be pulled apart with two forks; never cut, as cutting will tend to toughen it.

MOCK ANGEL CAKE

- 1 Cup pastry flour.
- 1 Cup sugar.
- 3 Teaspoons baking powder.
- $\frac{1}{4}$ Teaspoon salt.
- 1 Cup milk.
- 2 Egg whites.
- $\frac{1}{2}$ Teaspoon Sauer's Vanilla Extract.
- $\frac{1}{2}$ Teaspoon Sauer's Lemon Extract.

Scald the milk. Sift the flour, salt, baking powder and sugar together four times. Add the hot milk and the extracts and stir until smooth. Fold in the stiffly beaten egg whites and pour at once into a well-greased angel cake pan. Bake in a moderate oven—350 degrees—for forty minutes and invert to cool. When cold cover with orange frosting.

DATE CAKE

- 1 Cup sugar.
- 1 Cup sifted pastry flour.
- 3 Eggs.
- $\frac{1}{2}$ Teaspoon salt.
- 2 Teaspoons baking powder.
- 2 Teaspoons Sauer's Vanilla Extract.
- 1 Cup chopped walnuts.
- 1 Cup cut dates.
- 2 Tablespoons cocoa.

Beat the egg whites, add the sugar, beaten egg yolks, vanilla, salt, finely cut dates and nuts. Sift the flour with the baking powder and cocoa and add to the first mixture. Pour into a well-greased, rather shallow pan and bake in a moderate oven—300 to 325 degrees—for fifty to sixty minutes, or until firm.

DEVIL'S CAKE

- $1\frac{1}{2}$ Cups sugar.
- $\frac{3}{4}$ Cup butter or shortening.
- 1 Cup sour milk or buttermilk.
- 2 Cups flour.
- 2 Eggs.
- 1 Teaspoon baking powder.
- 1 Teaspoon salt.
- $\frac{1}{2}$ Teaspoon baking soda.
- 2 Squares chocolate.
- 1 Teaspoon Sauer's Vanilla Extract.

Melt the chocolate over hot water. Cream the butter and sugar together, add the eggs and beat well. Then stir in the melted chocolate and the vanilla. Sift the flour with the baking powder, soda and salt and add alternately with the sour milk to the first mixture. Bake in a well-greased loaf pan in a moderate oven—350 degrees—for fifty minutes, or in three-layer cake pans for twenty minutes. Cool and cover or put together with chocolate fudge frosting.

WHITE FRUIT CAKE

- $\frac{3}{4}$ Cup butter.
- $1\frac{1}{4}$ Cups powdered sugar.
- 2 Cups flour.
- $\frac{1}{4}$ Teaspoon salt.
- 2 Teaspoons baking powder.
- $\frac{1}{2}$ Teaspoon Sauer's Lemon Extract.
- 1 Tablespoon Sauer's Sherry Flavor.
- 1 Teaspoon Sauer's Vanilla Extract.
- 6 Egg whites.
- $\frac{1}{2}$ Cup candied, chopped pineapple.
- $\frac{1}{2}$ Cup shredded citron.

Cream the butter and add the flour gradually, sifting it with the salt and

baking powder. Stir in the fruit, then add the extracts and sherry. Beat the egg whites until stiff; add the sugar gradually. Cut and fold the egg whites into the flour mixture and turn into a tube pan lined with buttered paper. Bake in a moderate oven—350 degrees—for one hour. Invert to cool. When cold spread with boiled frosting flavored with Sauer's Strawberry or Raspberry Extract and color pink with Sauer's Red Color. Garnish with flowers, etc., made with confectioner's sugar icing forced through a pastry tube.

LADY BALTIMORE CAKE

- 1 Cup butter.
- $1\frac{1}{2}$ Cups powdered sugar.
- 1 Cup milk.
- 4 Tablespoons Sauer's Sherry Flavor.
- 3 Cups pastry flour.
- 2 Teaspoons baking powder.
- $\frac{1}{4}$ Teaspoon salt.
- 6 Egg whites.

Cream the butter and sugar together until thoroughly blended. Add the sherry flavor. Sift the flour with the salt and baking powder and add alternately with the milk. Beat until smooth, then fold in the stiffly beaten egg whites. Bake in three buttered layer cake pans in a moderate oven—350 degrees—for fifteen to twenty minutes. Cover the pans with buttered paper after the cake has risen to prevent it from browning too much. Lady Baltimore Cake should be white or the palest brown color. Remove from the pans, cool and spread Lady Baltimore filling between layers and on top.

MAPLE CAKE

- 1 Cup butter or shortening.
- $1\frac{1}{2}$ Cups brown sugar.
- $1\frac{1}{2}$ Teaspoons Sauer's O-Maple-O Extract.
- 2 Eggs.
- $\frac{1}{2}$ Cup milk.
- $2\frac{1}{2}$ Cups pastry flour.
- $2\frac{1}{2}$ Teaspoons baking powder.
- $\frac{1}{4}$ Teaspoon salt.
- $\frac{1}{2}$ Teaspoon Sauer's Ginger.

Cream the butter and sugar together until well blended; add the eggs and beat until smooth. Stir in the milk and the extract. Sift the flour with the salt, baking powder and ginger and add to the first mixture. Pour into a buttered shallow pan and bake in a moderate oven—350 to 375 degrees—for forty minutes. Cool and cover with maple nut frosting. Cut in small squares for serving.

POUND CAKE

- 2 Cups butter.
- $2\frac{1}{2}$ Cups soft powdered sugar.
- 10 Eggs.
- $4\frac{1}{2}$ Cups pastry flour.
- 1 Tablespoon Sauer's Vanilla Extract.
- $\frac{1}{2}$ Teaspoon Sauer's Mace Extract.
- $\frac{1}{2}$ Cup Sauer's Sherry Flavor.

Cream the butter and sugar together until very light and creamy. Add the eggs two at a time and beat them in thoroughly before adding the next two. Sift the flour three times and stir into the mixture with the flavoring. Beat thoroughly and pour into two deep bread pans lined with buttered paper. Bake in a moderate oven—350 degrees—for one hour. This makes four pounds of cake that will keep fresh for several weeks if wrapped in waxed paper and kept in a tin box. Half the recipe may be used for a smaller quantity.

POTATO CHOCOLATE CAKE

- $1\frac{1}{2}$ Cups sugar.
- $\frac{3}{4}$ Cup shortening.
- 1 Cup hot mashed potatoes.
- 1 Cup chopped walnuts.
- $\frac{1}{2}$ Cup milk.
- 2 Eggs.
- 2 Squares melted chocolate.
- 2 Teaspoons Sauer's Vanilla Extract.
- 1 Teaspoon salt.
- $2\frac{1}{4}$ Cups flour.
- 3 Teaspoons baking powder.

Cream the shortening and sugar and add the egg yolks, potatoes, chocolate and nuts. When well mixed add the milk and the flour, sifted with the salt and baking powder. Add the extract and fold in the stiffly beaten egg whites last. Bake in two well-buttered layer cake pans in a moderate oven for twenty-five minutes, or in a loaf pan for fifty minutes. Put layers together with fudge frosting, pineapple cream or marshmallow frosting.

RAINBOW CAKE

- $1\frac{1}{2}$ Cups butter.
- 3 Cups sugar.
- $4\frac{1}{2}$ Cups pastry flour.
- 6 Eggs.
- 4 Teaspoons baking powder.
- 1 Cup milk.
- $\frac{3}{4}$ Teaspoon Sauer's Almond Extract.
- Sauer's Green Color.
- $1\frac{1}{2}$ Teaspoons Sauer's Vanilla Extract.
- 1 Teaspoon Sauer's Strawberry Extract.
- Sauer's Strawberry Red Color.

Cream the butter and sugar together. Sift the flour and baking powder. Beat the egg yolks and mix with the milk.

Add the flour and the milk alternately to the butter mixture and beat thoroughly. Fold in the stiffly beaten egg whites and divide the batter into three parts. To one part add the vanilla extract. To the second part add the almond extract and about one-fourth teaspoon Sauer's Green Color; to the third part add the strawberry extract and red color. Bake in three large layer cake pans in a hot oven—400 degrees—for twenty minutes, cool and put together with marshmallow frosting and decorate with bits of candied violets, candied pineapple, candied cherries, mint leaves, etc.; or with icing tinted with colors of the rainbow with Sauer's Colors and applied with a pastry tube. This makes a very decorative cake and is especially good to serve for party refreshments.

LIGHT SPICE CAKE

- 1 Cup butter or shortening.
- 2 Cups sugar.
- 4 Eggs.
- 2 Cups milk.
- 4 Teaspoons baking powder.
- $1\frac{1}{2}$ Teaspoons Sauer's Cinnamon Extract.
- $1\frac{1}{2}$ Teaspoons Sauer's Allspice Extract.
- 1 Teaspoon Sauer's Clove Extract.
- 4 Cups flour.

Cream the butter and sugar together and add the egg yolks. Beat well. Sift the flour with the baking powder and add alternately with the milk to the first mixture. Stir in the flavoring extracts and then fold in the stiffly beaten egg whites. Pour into a greased dripping pan and bake in a moderate oven—350 to 375 degrees—for thirty to thirty-five minutes. Cool and cover with orange frosting. This makes a light-colored cake with a well-blended spicy flavor.

LAYER CAKE

- $\frac{1}{3}$ Cup butter.
- 1 Cup sugar.
- 2 Eggs.
- $\frac{3}{4}$ Cup milk.
- $2\frac{1}{2}$ Cups pastry flour.
- $\frac{1}{2}$ Teaspoon salt.
- $2\frac{1}{2}$ Teaspoons baking powder.
- 1 Teaspoon Sauer's Extract, either Vanilla, Lemon, Orange, Peach, Pineapple, etc.

Cream the butter and sugar together and add the eggs. Beat until very smooth. Stir in the milk and then the flour, sifted with the salt and baking powder. Add the flavoring last. Bake in two large or three small buttered layer cake pans in a hot oven—400 to 425 degrees—for twenty minutes. Cool and put together with any desired frosting or filling.

Cake Frostings and Fillings

BOILED FROSTING

- 1 Cup sugar.
- $\frac{1}{2}$ Cup water.
- 1 Egg white.

Mix the sugar and water in a small saucepan and stir over a slow fire until the sugar is dissolved. Then bring quickly to the boiling point and boil without stirring until the mixture reaches 238 degrees or threads as it drops from the spoon. This takes about eight minutes. Beat the egg white stiff and pour the hot syrup over it in a thin stream, beating constantly. Continue beating until thick enough to spread. Sauer's Flavoring Extracts as desired should be added after the syrup has been beaten in. Use one teaspoon of all except almond or pistachio—one-fourth teaspoon of these is usually enough. Color the frosting with Sauer's Colors to match the flavor used or to carry out a color scheme.

CARAMEL FROSTING

- 1 Egg.
- 1 Tablespoon molasses.
- 2 Tablespoons melted butter.
- $\frac{1}{2}$ Teaspoon Sauer's Lemon Extract.
- $\frac{1}{2}$ Teaspoon Sauer's Vanilla Extract.
- Confectioner's sugar, about 2 cups.

Put the egg, molasses, butter and extracts in a bowl and beat until well blended, then beat in the sugar a little at a time until the frosting is thick enough to spread without running. Spread roughly on the cake and garnish with whole or chopped nut meats.

COFFEE CREAM FILLING

- 2 Eggs.
- 4 Tablespoons sugar.
- 1 Cup hot water.
- $1\frac{1}{2}$ Teaspoons Sauer's Coffee Extract.
- $\frac{1}{2}$ Cup cream, whipped stiff.

Beat the eggs, add the sugar and hot water and cook over hot water until well thickened, stirring constantly. Remove from the fire and add the extract. Cool and fold in the cream. Spread between the layers of plain or chocolate cake.

CHOCOLATE FROSTING

- 1 Egg.
- 1 Teaspoon melted butter.
- 2 Squares chocolate, melted.
- $\frac{1}{2}$ Cup hot water.
- Confectioner's sugar.
- 1 Teaspoon Sauer's Vanilla Extract.

Beat the egg and add the butter and one cup sugar. Beat and add the chocolate, water and enough additional sugar to make a thick, creamy frosting. Add the vanilla just before spreading.

FLUFFY FROSTING

- $\frac{1}{2}$ Cup sugar.
- $\frac{1}{4}$ Cup hot water.
- 2 Egg whites.
- 1 Teaspoon Sauer's Vanilla or any desired flavor.

Mix the sugar and water and stir until the sugar dissolves. Then heat to the boiling point and boil without stirring for five minutes, or until the syrup threads as it drops from the spoon. Remove from the fire at once and let stand while beating the egg whites stiff. Pour the syrup slowly over the egg whites, beating constantly. Then beat with an egg beater for five minutes, or until stiff enough to hold its shape. Add any desired flavoring and spread over the cake. Two teaspoons Sauer's Fruitti-Punch Extract added to this icing makes a delicious flavored mixture for spice or pound cake.

FUDGE FROSTING

- 2 Squares chocolate.
- 1 Tablespoon cream or evaporated milk.
- 1 Egg white.
- 2 Cups confectioner's sugar.
- 1 Teaspoon Sauer's Vanilla Extract.

Melt the chocolate over hot water. Mix the cream and egg white and beat very lightly, then stir in one cup sugar. When well blended stir in the chocolate, then add the rest of the sugar very gradually, beating hard. It may be necessary to add a teaspoon or more of milk or cream if the frosting gets too thick before all the sugar is added. Thorough beating will produce a rich, creamy frosting that will stay soft for two or three days. Spread on devil's food cake, angel cake or gingerbread.

LADY BALTIMORE FILLING

- $2\frac{1}{2}$ Cups confectioner's sugar.
- $\frac{1}{3}$ Cup cream.
- 2 Egg whites.
- 1 Cup chopped raisins.
- 1 Cup chopped figs.
- 1 Cup coarsely cut pecan nuts.
- $\frac{1}{2}$ Teaspoon Sauer's Almond Extract.
- 1 Teaspoon Sauer's Vanilla Extract.

Beat the egg whites until frothy, add the cream and the extracts. Then beat

in the sugar. When thick add the fruit and nuts and spread between the layers of Lady Baltimore cake. Cover the top and sides with boiled frosting flavored with one teaspoon Sauer's Cherry Extract and sprinkle thickly with chopped pecans.

MARSHMALLOW FROSTING

Make a double amount of boiled frosting. When the frosting has begun to thicken, beat in half a pound of fresh marshmallows cut in pieces and flavor with Sauer's Pineapple, Orange, Strawberry or Raspberry Extract.

MOCHA CREAM

- 1 Cup heavy cream.
- 2 Teaspoons Sauer's Coffee Extract.

COOKIES

CHOCOLATE DELIGHTS

- 2 Squares unsweetened chocolate.
- 2 Eggs.
- $\frac{1}{2}$ Cup butter, melted.
- 1 Cup sugar.
- 1 Teaspoon baking powder.
- $\frac{3}{4}$ Cup flour.
- $\frac{1}{2}$ Teaspoon salt.
- 1 Teaspoon Sauer's Vanilla Extract.
- 1 Cup chopped walnuts or pecans.

Melt the chocolate and add the melted butter, beaten eggs, sugar and extract. Sift the flour with the baking powder and salt and add. Stir in the nuts last. Pour into a greased and floured shallow pan. Bake in a moderate oven—350 to 375 degrees—for twenty minutes. Cool slightly, cut in squares and remove from the pan.

COCOA HERMITS

- $\frac{1}{2}$ Cup shortening.
- $\frac{1}{4}$ Cup sugar.
- 1 Cup molasses.
- 2 Eggs.
- 2 Tablespoons lemon juice.
- 3 Cups flour.
- 2 Teaspoons baking powder.
- $\frac{1}{4}$ Teaspoon baking soda.
- 1 Teaspoon salt.
- 6 Tablespoons cocoa.
- 1 Teaspoon Sauer's Vanilla Extract.
- 1 Teaspoon Sauer's Cherry Extract.
- 1 Cup seedless raisins.

- 2 Tablespoons powdered sugar.
- 1 Teaspoon Sauer's Vanilla Extract.

Whip the cream until stiff. Fold in the extracts and sugar and spread on sponge cake, slices of angel cake or between sponge layers.

MOCHA FROSTING

- $\frac{1}{4}$ Cup butter.
- $1\frac{1}{2}$ Cups confectioner's sugar.
- 1 Teaspoon Sauer's Coffee Extract.
- 1 Teaspoon Sauer's Vanilla Extract.
- $\frac{1}{4}$ Teaspoon salt.

Cream the butter and gradually add the sugar, working it in well. Add the extracts and the salt and beat until creamy. Spread on top of layers filled with mocha cream.

Cream the shortening, add the sugar and molasses and beat well. Then stir in the beaten eggs, lemon juice and the extracts. Sift all the dry ingredients together and add with the raisins. If the batter is too soft to hold its shape, add a little more flour. Drop from a teaspoon onto well-greased baking pans and bake ten to twelve minutes in a hot oven—400 degrees. Makes about $2\frac{1}{2}$ dozen Hermits.

COFFEE MOLASSES COOKIES

- 1 Cup molasses.
- 2 Tablespoons boiling water.
- 2 Teaspoons Sauer's Coffee Extract.
- 1 Cup brown sugar.
- 1 Cup shortening.
- 1 Teaspoon soda.
- 1 Tablespoon Sauer's Ginger.
- 1 Tablespoon Sauer's Cinnamon.
- $\frac{1}{2}$ Teaspoon Sauer's Clove Extract.
- 3 Cups flour, or more.

Cream the shortening, stir in the molasses and sugar. Mix the coffee extract with the boiling water and add. Sift the flour with the soda and spices and add to the liquid mixture. Add more flour if necessary to make a thick batter. Drop from a teaspoon onto greased baking pans and bake in a moderate oven—350 degrees—for fifteen minutes. Makes about four dozen cookies.

MOCHA JUMBLES

- 3 Tablespoons shortening.
- 1 Cup brown sugar.
- 1 Egg.
- 1½ Teaspoons Sauer's Coffee Extract.
- 2 Squares chocolate, melted.
- 1 Tablespoon butter, melted.
- 1½ to 2 Cups flour.
- 2 Teaspoons baking powder.
- ¼ Teaspoon Sauer's Cinnamon.

Mix the shortening and sugar to a soft cream, add the egg and beat well. Stir in the extract, melted chocolate and butter. Then add one cup flour, sifted with the baking powder and cinnamon. Add more flour to make a soft dough that can be easily handled and roll out on a floured board to about one-fourth inch thickness. Shape with a doughnut cutter, sprinkle with sugar and place on a greased baking pan. Bake in a hot oven—400 degrees—for ten minutes, or until slightly browned. Makes about eighteen jumbles.

PEANUT COOKIES

- 1 Tablespoon butter.
- ¼ Cup sugar.
- 1 Egg.
- 2 Tablespoons milk.
- ½ Teaspoon Sauer's Cinnamon.
- ½ Teaspoon Sauer's Lemon Extract.
- ½ Teaspoon baking powder.
- ¼ Teaspoon salt.
- ½ Cup flour.
- ¼ Cup finely chopped peanuts.

Cream the butter and sugar, add the egg and beat until smooth. Stir in the milk and extracts. Sift the flour with the salt and baking powder and add. When well mixed add the peanuts. Drop from a teaspoon onto a greased baking pan and bake in a hot oven—400 degrees—for eight to ten minutes. Makes about eighteen cookies.

SPICE DROPS

Ingredients:

- 3 Eggs.
 - ¾ Cup powdered sugar.
 - 1 Cup pastry flour.
 - 1 Teaspoon Sauer's Cinnamon.
 - ¼ Teaspoon Sauer's Cloves.
 - 1 Teaspoon Sauer's Lemon Extract.
 - 1 Teaspoon Sauer's Orange Extract.
 - 1 Cup chopped salted almonds.
-
- 1 Tablespoon powdered sugar.
 - ½ Tablespoon corn starch.
 - 1 Teaspoon Sauer's Cinnamon.

Beat the egg whites until stiff, add the sugar and continue beating until well mixed. Stir in the egg yolks. Sift the flour twice with the cinnamon and cloves and add to the egg whites with the extracts. Stir in the nuts and drop from a teaspoon onto a well-greased baking pan. Mix the powdered sugar, corn starch and cinnamon together and sprinkle over the cookies. Bake in a moderate oven—350 degrees—for ten minutes. Makes about two dozen small cookies.

SUGAR COOKIES

- 1 Cup sour cream.
- 1¾ Cups sugar.
- ½ Teaspoon salt.
- 1 Teaspoon soda.
- 1 Egg.
- ½ Teaspoon Sauer's Nutmeg.
- ½ Teaspoon Sauer's Vanilla Extract.
- 5 to 6 Cups pastry flour.

Beat the egg until very light and stir into the sour cream with the extract and sugar. Dissolve the soda in one tablespoon hot water and add. Sift three cups of flour with the salt and nutmeg and add to the first mixture. Then stir in enough more flour to make a dough that can be easily handled. Roll out on a floured board to one-third inch thickness, shape with a small cutter and sprinkle with granulated sugar. Place on a greased baking pan and bake in a hot oven—400 degrees—for eight to ten minutes. Makes about four dozen cookies.

VANILLA WAFERS

- ½ Cup butter.
- 1 Cup powdered sugar.
- 1 Egg.
- 2 Teaspoons Sauer's Vanilla Extract.
- ¼ Cup milk.
- 2 Cups pastry flour.

Cream the butter and sugar together until well blended. Add the egg and beat thoroughly. Then stir in the extract and the milk. Sift the flour twice and add. The batter should be quite thick. Spread in a very thin layer on the bottoms of inverted baking pans that have been well greased. Bake in a hot oven—400 degrees—for six to eight minutes, or until a delicate brown. Remove at once from the oven and cut quickly into one-inch squares. Lift from the pans and set aside to cool. If desired, the squares may be rolled over a pencil or the handle of a wooden spoon. Makes about three dozen wafers.

PIES

Good pies must have tender crusts and the finest possible flavor. The addition of a little good flavoring extract or a little spice will often redeem poorly flavored fruit or give that "different" touch that marks a born cook.

Tender, flaky pie crust can be achieved by using pastry flour, a good shortening and a hot oven. If, however, you are one of those to whom convenience is important, remember that there are several very good prepared pie-crust mixtures on the market and that their use insures success so far as the crust is concerned.

PIE CRUST MIXTURE

- 4 Cups pastry flour.
- 1½ Teaspoons salt.
- 1 Teaspoon baking powder.
- 1½ Cups shortening.

Sift the flour, salt and baking powder into a large bowl. Rub in the shortening with a large fork, until there are no lumps of fat left and the mixture looks like a coarse meal. This makes nearly a quart of pie-crust mixture that will keep indefinitely in a cool place, and requires only the addition of a little cold water to make it into a dough before using. Allow three tablespoons of water to one and one-half cups of the dry mixture, measured without packing it down. This quantity will make a good-sized pie shell, or a small double-crust pie or six to seven individual tarts. For a large double-crust pie allow three cups of the mixture. One-fourth to one-half teaspoon Sauer's Lemon Extract added to the water used in mixing the pie crust will give a distinctive and unusual flavor to the pie. Especially good for apple or custard pies.

APPLE PIE

- Pastry for double crust.
- 6 Tart, medium-sized apples.
- ¾ Cup sugar.
- ½ Teaspoon Sauer's Cinnamon or Nutmeg.

Divide the pastry into two parts, allowing about two-thirds for the lower crust and one-third for the upper. Roll the larger piece on a floured board to about one-eighth thickness and use to line the pie plate. Peel the apples, quarter, core and cut into thin slices. Mix with

the sugar and spice and fill into the crust, heaping them up slightly in the center. Roll the rest of the pastry out to fit the top of the pan, cover the pie and press the edges of the top and bottom crusts closely together; cut several slashes in the top crust to let the steam escape and bake in a very hot oven—450 to 500 degrees—for twenty minutes; then reduce the heat to moderate or 350 degrees and bake fifteen to twenty minutes longer.

BANANA CREAM PIE

Pastry for one medium-sized crust.

- 2 Cups milk.
- ½ Cup sugar.
- 2 Eggs.
- 3 Tablespoons corn starch.
- 3 Ripe bananas.
- ½ Teaspoon Sauer's Peach Extract.
- ½ Teaspoon Sauer's Vanilla Extract.
- 3 Tablespoons powdered sugar.

Roll the pastry out on a lightly floured board to about one-eighth inch thickness and place over an inverted pie plate. Be careful not to stretch the crust; it is better to cut it about half an inch larger around than the diameter of the pie plate. Press the edge closely to the rim of the plate, prick all over with a fork and bake in a very hot oven—450 to 475 degrees—for ten to fifteen minutes. Remove from the oven and cool slightly, then slip from the pan onto a large plate.

Scald the milk. Mix the corn starch and sugar, add the egg yolks and a tablespoon of cold milk or water and beat thoroughly. Stir in the scalded milk, return to the saucepan and stir constantly over a slow fire until thick, smooth and boiling. Remove from the fire and add the flavorings. Slice the bananas thinly and put over the bottom of the baked pie crust; pour in the cream mixture and cool slightly. Beat the egg whites until stiff, add three tablespoons powdered sugar and one-half teaspoon Sauer's Lemon Extract and beat again until stiff enough to hold their shape. Pile by the tablespoonful over the pie and smooth lightly with the back of the spoon. Bake in a very slow oven—250 to 300 degrees—for ten minutes, or until a delicate brown. Serve cold.

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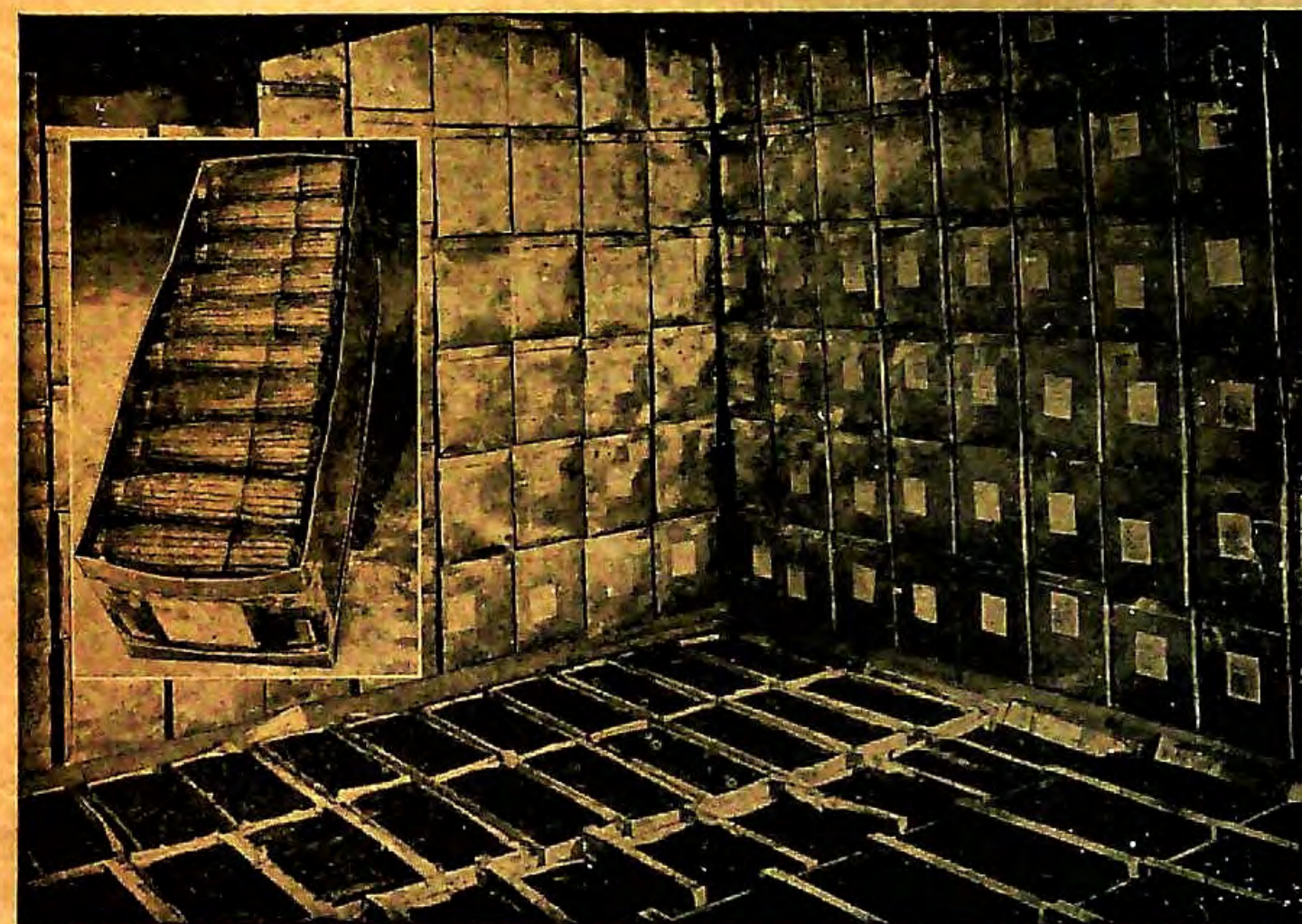
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All the wholesomeness of the natural flavor of the best grown Vanilla beans is retained in Sauer's Vanilla. It is aged in glass-lined tanks before being bottled. From the time the Vanilla Beans are bought until the finished product is marketed covers a period of about two years. Vanilla Extract can be made in a few days and placed on the market, but only at a sacrifice in quality. The extra time and expense of our old original method is fully justified in the quality of Sauer's Vanilla. It is absolutely pure and comes to you from our sanitary, daylight factory, untouched by human hands. Made in Old Virginia in the Old Virginia way.



VANILLA BEAN VAULT, SHOWING BEANS IN PROCESS OF AGING

There are numerous varieties of Vanilla Beans, and each variety has its different grade beans. The flavor of the resulting Vanilla Extract is therefore dependent upon the variety and grade of the Vanilla Beans from which it is extracted, as well as the condition in which the beans are at time of manufacture.

Due to the fact that any extract may be labeled "Vanilla," if it is made according to formula from Vanilla Beans, regardless of whether the beans are good, bad or indifferent, it is necessary that you rely upon the reputation of the manufacturer.

Aging under proper storage conditions is of the greatest importance to Vanilla. It is the careful aging which SAUER'S VANILLA BEANS undergo which gives the delicately mellowed and distinctively different flavor to Sauer's Vanilla.



BOSTON CREAM PIE

- 1/3 Cup butter.
- 1 Cup sugar.
- 2 eggs.
- 1/2 Cup milk.
- 1 1/2 Cups flour.
- 2 Teaspoons baking powder.
- 1 Teaspoon Sauer's Vanilla Extract.
- 1 Teaspoon Sauer's Pineapple Extract.

Cream the butter and sugar together, add the eggs and beat until well blended. Then add the milk and the flour, sifted with the baking powder. Stir in the flavoring last. Bake in two small greased layer cake pans in a hot oven—400 degrees—for fifteen minutes. Put the layers together with the following filling and sprinkle powdered sugar over the top:

CREAM PIE FILLING

- 1 Cup scalded milk.
- 1/4 Cup flour.
- 1/4 Cup sugar.
- 1/4 Cup cold milk.
- 1 Egg.
- 1/4 Teaspoon salt.
- 1 Teaspoon Sauer's vanilla extract.

Beat the egg. Mix the flour and sugar and add the cold milk and the beaten egg. Stir in the scalded milk and cook over a slow fire or in a double boiler until thickened and very smooth. Stir constantly. Remove from the fire, add the salt and flavoring and cool slightly before spreading on the cake. Add two squares melted chocolate for chocolate cream filling or one teaspoon Sauer's Coffee Extract and a little Sauer's Brown Color for a coffee cream filling.

COCOANUT CUSTARD PIE

- Pastry for 1 crust.
- 3 Cups scalded milk.
- 3 Eggs.
- 1/3 Cup sugar.
- 1 1/2 Cups shredded cocoanut.
- 1/2 Teaspoon salt.
- 1/2 Teaspoon Sauer's Nutmeg Extract.
- 1/2 Teaspoon Sauer's Lemon Extract.

Roll the pastry to about one-eighth inch thickness and line a medium-sized pie plate with it. Cut a strip of dough one-half inch wide from the trimmings and build a rim with it around the edge of the pie plate. This is necessary to keep the filling from running over during baking. Brush the inside bottom of the pie crust with a little beaten egg before pouring in the filling. To make the filling, beat the egg until light, add the sugar and salt, then stir in the scalded milk, the cocoanut and the flavorings. Mix well, pour into the pie plate and bake in a very hot oven—450 to 500 degrees—for fifteen

minutes. This sets the dough and prevents the filling from soaking in. Then reduce the heat to 350 degrees, or a moderate temperature, and bake for thirty minutes longer or until firm. If cooked at too high a temperature the custard is apt to separate or curdle. Serve cold.

SLICED SWEET POTATO PIE

- 2 Large sweet potatoes.
- 2 Tablespoons flour.
- 1/2 Cup sugar.
- 3 Tablespoons butter.
- 1/3 Cup Sauer's Sherry Flavor.
- 1/2 Cup seedless raisins.

Pastry for two crusts.

Roll the pastry to one-eighth inch thickness and line a medium-sized pie plate with it. Peel the potatoes and cut in as thin slices as possible. Fill the pie plate with layers of potato sprinkled with the sugar, raisins and flour mixed together. Cut the butter in pieces and dot over the top. Pour in the Sherry flavor and cover with a top crust. Bake in a very hot oven for fifteen minutes, then reduce the heat to moderate, or 350 degrees, and cook about forty minutes longer. Serve warm or cold. The raisins may be omitted or an equal amount of shredded citron or chopped pecan nuts used instead.

SWEET POTATO CUSTARD PIE

- 3 Cups mashed, cooked sweet potatoes.
- 1 Cup sugar.
- 3 Tablespoons butter.
- 4 Eggs.
- 2 Cups milk.
- 1 Teaspoon Sauer's Lemon Extract.
- 1 Teaspoon Sauer's Fruitti-Punch Extract.

Pastry for one large or two small single crust pies.

1/3 Cup powdered sugar.

Rub the cooked potatoes through a strainer in order to make them very smooth, and add the butter and sugar. Beat the egg yolks very light, add the milk, sugar and extracts and stir gradually into the potatoes. Roll pastry to one-eighth inch thickness and line one large or two small pie plates. Pour in the potato mixture and bake in a very hot oven—500 degrees—for fifteen minutes, then reduce the heat to 375 degrees and bake until firm. Beat the egg whites until stiff, add one-third cup powdered sugar and beat again until stiff enough to hold their shape. Heap by the tablespoonful on top of the pie and bake in a very slow oven—300 degrees—until delicately browned. Serve warm or cold. One-fourth cup Sauer's Rum Flavor may be used instead of the lemon extract with excellent results.

HOT DESSERTS

BROWN BETTY

- 6 Tart apples.
- 2 Cups stale bread crumbs.
- 1 Cup brown sugar.
- 1 Teaspoon Sauer's Cinnamon.
- 1/4 Teaspoon Sauer's Nutmeg Extract.
- 1/3 Cup butter.
- 3 Tablespoons water.

Peel, quarter, core and slice the apples very thin. Butter a deep baking dish and cover with a half-inch layer of bread crumbs. Cover the crumbs with a layer of apples and sprinkle with the brown sugar and cinnamon mixed together. Fill the dish with layers of bread crumbs and apples, having crumbs on top. Cut the butter in small pieces and dot over the top crumbs. Mix the water with the nutmeg extract and pour over the mixture. Bake in a moderate oven—350 degrees—for forty minutes or until the apples are very tender. Serve warm with cream flavored with Sauer's Sherry or Rum Flavor, with a lemon sauce flavored with Sauer's Pineapple Extract or with hard sauce flavored with Sherry, Rum or any desired extract. Makes five to six servings.

BAKED CUSTARD

- 4 Eggs.
- 4 Cups scalded milk.
- 1/4 Cup sugar.
- 1/2 Teaspoon salt.
- 1/4 Teaspoon Sauer's Nutmeg.
- 1 Teaspoon Sauer's Vanilla Extract.

Beat the eggs until light. Mix the sugar and salt with the scalded milk and then stir into the beaten eggs. Add the flavorings and pour into a buttered, deep baking dish. Stand the dish in a pan of hot water and bake in a moderate oven—350 degrees—for forty minutes or until firm. If the oven is too hot the custard will separate or curdle in the baking. The water in the pan should be kept below the boiling point to give the best results. Serve warm or cold. Makes five to six servings.

CHOCOLATE RICE PUDDING

- 1 Cup cooked rice.
- 1 Cup chopped dates or raisins.
- 2 Squares chocolate, melted.
- 1 Teaspoon Sauer's Vanilla Extract.
- 1/4 Teaspoon salt.
- 1 Egg.
- 1 1/2 Cups milk.

Mash the rice with a fork to remove

any lumps. Add the fruit, chocolate, extract, salt, beaten egg and the milk. Mix well, pour into a buttered baking dish and bake in a moderate oven—350 degrees—for twenty minutes or until firm. Serve warm or cold with whipped sweetened cream flavored with a few drops of Sauer's Almond Extract. Makes three to four servings.

COCOANUT BREAD PUDDING

- 1 Cup shredded cocoanut.
- 1 Cup stale, dry bread crumbs.
- 2 1/2 Cups scalded milk.
- 1/2 Cup sugar.
- 1/2 Teaspoon salt.
- 2 Eggs.
- 1/4 Cup melted butter.
- 1 1/2 Teaspoons Sauer's Lemon Extract.

Pour the scalded milk over the bread crumbs, cover and let stand until soft. Then add all the other ingredients. Pour into a buttered baking dish and bake in a moderate oven—350 to 375 degrees—for thirty minutes or until firm and slightly browned. Serve warm or cold with strawberry jam or any fruit sauce. Serves four or five.

COTTAGE PUDDING

- 1/3 Cup butter.
- 1 Cup sugar.
- 2 Eggs.
- 2 1/2 Cups pastry flour.
- 3/4 Cup milk.
- 2 1/2 Teaspoons baking powder.
- 1/2 Teaspoon Sauer's Peach Extract.
- 1/2 Teaspoon Sauer's Vanilla Extract.

Cream the butter and sugar together. When well blended add the eggs and extracts and beat again. Stir in the milk, then the flour sifted with the baking powder. Pour into a buttered shallow pan and bake in a hot oven—400 degrees—for twenty-five minutes. Cool slightly, cut in squares and serve warm with sauce.

COTTAGE PUDDING SAUCE

- 1 Cup sugar.
- 1/2 Cup water.
- 1 Egg white.
- 1/2 Cup cream, whipped stiff.
- 1 Tablespoon Sauer's Orange, Raspberry, Strawberry, Pineapple Extract.

Sauer's Color as desired.

Stir the sugar and water together over a very slow fire until the sugar dissolves, then boil without stirring until the syrup

threads when dropped from the spoon. Remove from the fire and let stand while beating the egg white stiff. Pour the syrup over the egg white, beating all the time. Cool and add the flavoring. Color a pale tint to match the flavoring, using Sauer's Egg Yellow with the orange or pineapple extract and Sauer's Strawberry or Raspberry Red with the strawberry or raspberry extracts. Fold in cream just before serving.

MACARONI PUDDING

- 1 Cup macaroni, broken very fine.
- 2 Cups scalded milk.
- $\frac{1}{4}$ Cup sugar.
- $\frac{1}{4}$ Teaspoon Sauer's Allspice Flavor.
- 2 Eggs.
- 3 Tablespoon Sauer's Rum or Sherry Flavor.

1 Cup shredded almonds or boiled, sliced chestnuts.
Crush the macaroni with a rolling pin and measure one cupful. Stir into the scalded milk and cook for five minutes or until the mixture thickens. Remove from the fire and stir in all the other ingredients; cook for two minutes and pour into small molds that have been lightly buttered. Stand the molds in a pan of hot water, and bake in a moderate oven—350 degrees—for twenty minutes. Turn out and serve warm with whipped cream, flavored with one tablespoon of Sauer's Sherry or Rum Flavor. Makes five to six servings.

BAKED RASPBERRY PUDDING

- $\frac{1}{2}$ Cup raspberry jam.
- 2 Tablespoons butter, melted.
- 2 Eggs.
- $\frac{1}{4}$ Cup sugar.
- 1 Cup milk.
- $1\frac{3}{4}$ Cups pastry flour.
- 2 Tablespoons baking powder.
- 1 Teaspoon Sauer's Raspberry Extract.
- $\frac{1}{8}$ Teaspoon Sauer's Raspberry Red Color.

Beat the eggs slightly, add the melted butter and the milk. Sift the flour, sugar and baking powder and add to the liquid mixture. Stir in the flavoring, the jam and the red color dissolved in a teaspoonful of cold water. Mix thoroughly and pour into a greased, shallow baking dish. Bake in a hot oven—400 degrees—for twenty-five minutes. Cool slightly and cut in squares. Serve warm with Cottage Pudding Sauce.

PLAIN RICE PUDDING

- 2 Cups cooked rice.
- $\frac{1}{2}$ Cup sugar.
- 1 Tablespoon cornstarch.
- 2 Cups milk.

- $1\frac{1}{4}$ Teaspoons Sauer's Vanilla, Strawberry or Raspberry Extract.

- $\frac{1}{4}$ Teaspoon Sauer's Egg Yellow, Strawberry or Raspberry Red Color.

- $\frac{1}{2}$ Teaspoon salt.

- 1 Cup cut up dates, raisins or pineapple.

Scald the milk. Mix the cornstarch and sugar and stir into the milk; heat to the boiling point; remove from the first and add the rice, extract and coloring dissolved in a teaspoonful of cold water. Stir in the fruit last and pour into a buttered baking dish. Bake in a moderate oven—350 to 375 degrees—for twenty to thirty minutes. The fruit may be omitted if desired. This is an excellent dessert for children. Makes four or five servings.

PUDDING SAUCE

- $\frac{1}{2}$ Cup sugar.
- 1 Cup boiling water.
- 1 Tablespoon cornstarch.
- $\frac{1}{4}$ Teaspoon Sauer's Raspberry Red Color.
- 2 Tablespoons Sauer's Rum Flavor.
- 2 Teaspoons lemon juice.

Mix the sugar and cornstarch and stir in the boiling water. Boil for five minutes or until clear and transparent. Remove from the fire; add the red color dissolved in a little cold water, the lemon juice and the rum flavor. Serve warm.

SPICE BREAD PUDDING

- 2 Cups stale bread crumbs.
- $\frac{1}{2}$ Cup shortening.
- 1 Cup molasses.
- 1 Cup hot water.
- 1 Cup flour.
- 1 Egg.
- 1 Cup raisins, dates or figs.
- 1 Teaspoon salt.
- 1 Teaspoon Sauer's Cinnamon.
- 1 Teaspoon Sauer's Ginger.
- $\frac{1}{2}$ Teaspoon Sauer's Clove Extract.
- $\frac{1}{4}$ Teaspoon Sauer's Allspice Extract.
- $\frac{1}{2}$ Teaspoon baking soda.
- $1\frac{1}{2}$ Teaspoons baking powder.

Melt the shortening in the hot water and add the molasses, extracts, and beaten egg. Mix together the flour, bread crumbs, raisins, salt, spice, soda and baking powder. Combine the two mixtures, mix well and pour into a buttered pudding mold or into buttered baking powder cans. Fill the molds about two-thirds full and cover with heavy paper or with tin covers. Stand in a pan of boiling water, having the molds half covered with water. Cover the pan and boil slowly for two hours. Turn out and serve warm with any desired liquid sauce. Makes six to eight servings.

COLD DESSERTS

APPLE WHIP

- 1 Cup cream.
- 2 Tablespoons Sauer's Fruitti-Punch Syrup.
- 3 Tablespoon powdered sugar.
- 1 Tablespoon lemon juice.
- 3 Tart apples.

Whip the cream stiff. Peel the apples and grate on a coarse grater. Mix at once with the lemon juice and sugar in order to keep them from turning dark. If desired the apples may be run through the food chopper using a fine knife, instead of grating them. Stir the Fruitti-Punch syrup into the cream and then fold in the apple mixture. Chill and heap in sherbet glasses. Garnish each glass with lady fingers, sticking them upright in the cream. Sprinkle with a few chopped nuts. Makes a delicious dessert for four or five people.

CHARLOTTE RUSSE

- 1 Cup cream.
- 2 Tablespoon powdered sugar.
- 1 Teaspoon gelatine.
- 2 Tablespoons cold water.
- 1 Teaspoon Sauer's Vanilla, Pineapple, Strawberry, Raspberry or Peach Extract.
- Sauer's Colors to blend with the extract used.
- Sponge cake or lady fingers.

Soak the gelatine in the cold water for ten minutes, then dissolve over boiling water and add to the chilled cream. Whip the cream until stiff, stir in sugar and the extract; and color to a pale tint. Line sherbet glasses with lady fingers or thin strips of sponge cake and fill with the cream. Chill before serving. Makes four or five servings.

VIOLET CHARLOTTE RUSSE

Flavor with one-fourth teaspoon Sauer's Almond Extract, color with a little Sauer's Lavender Color and garnish with candied violets.

PINK CHARLOTTE RUSSE

Flavor with one teaspoon Sauer's Strawberry or Raspberry Extract, color with a little Sauer's Red Color and garnish with candied rose leaves.

YELLOW CHARLOTTE RUSSE

Flavor with one teaspoon Sauer's Pineapple, Peach, Orange or Lemon Extract, color with a little Sauer's Egg Yellow and garnish with candied pineapple or orange peel.

GREEN CHARLOTTE RUSSE

Flavor with one-fourth teaspoon Sauer's Almond or Pistachio Extract, color with a little Sauer's Green Color and garnish with chopped blanched almonds or pistachio nuts.

CHOCOLATE MARSHMALLOW PUDDING

- 2 Cups scalded milk.
- $2\frac{1}{2}$ Tablespoons cornstarch.
- $\frac{1}{4}$ Cup sugar.
- 4 Tablespoons cocoa.
- $\frac{1}{2}$ Teaspoon salt.
- 1 Teaspoon Sauer's Vanilla Extract.
- 12 Fresh marshmallows.

Mix the cornstarch, sugar, cocoa and salt. Stir into the scalded milk and stir over a slow fire until thickened, smooth and boiling. Remove from the fire, add the vanilla and the marshmallows. Mix well, pour into small cold molds and chill. Serve with a spoonful of whipped cream. Makes five servings.

COFFEE TAPIOCA

- 4 Cups scalded milk.
- $\frac{1}{2}$ Cup minute tapioca.
- $\frac{1}{2}$ Teaspoon salt.
- $\frac{1}{2}$ Cup sugar.
- 1 Egg.
- 2 Teaspoons Sauer's Coffee Extract.
- $\frac{1}{4}$ Teaspoon Sauer's Brown Color.
- $\frac{1}{2}$ Teaspoon Sauer's Vanilla Extract.

Stir the tapioca, salt and sugar into the scalded milk and cook over hot water for twenty-five minutes or until the tapioca is soft and transparent and the mixture thickened. Beat the egg and gradually add the tapioca mixture to it. Add the extracts and enough brown color to give a good coffee tint. Chill and serve with whipped cream, marshmallow whip or a thin custard sauce. Makes five to six servings.

FIG AND NUT TAPIOCA

- $\frac{1}{2}$ Cup minute tapioca.
- 4 Cups boiling water.
- $\frac{3}{4}$ Cup sugar.
- 1 Cup chopped figs.
- $\frac{1}{2}$ Cup chopped nuts.
- 1 Tablespoon lemon juice.
- 4 Tablespoons Sauer's Sherry Flavor.

Stir the tapioca and sugar into the boiling water and stir over a slow fire until the tapioca is transparent and the mixture thickened. Remove from the fire, add the figs, nuts, lemon juice and Sherry flavor. Chill and serve with top milk or cream.

FRUITTI-PUNCH PRUNE WHIP

- 1 Pound prunes.
- 3 Egg whites.
- ½ cup shelled, chopped pecans.
- 1 Cup heavy cream.
- ⅓ Cup Sauer's Fruitti-Punch Syrup.

Soak the prunes for several hours in cold water to cover. Cook slowly for thirty minutes, then drain, cool and cut into small pieces. Add the chopped nuts. Beat the egg whites stiff. Fold in the prunes and nuts and pour into a buttered baking dish. Bake in a moderate oven for twenty minutes or until firm. Cool and serve with the cream whipped stiff and flavored with the Fruitti-Punch Syrup. Makes six servings.

CHOCOLATE FLUFF

- 2 Tablespoons sugar.
- 1 Square chocolate.
- ¼ Teaspoon salt.
- ⅓ Cup water.
- 2 Egg whites.
- ½ Cup whipped cream.
- ½ Teaspoon of Sauer's Vanilla Extract.

Melt the chocolate over hot water, add the sugar and water and heat slowly to the boiling point. Boil for three minutes. Beat the egg whites stiff and gradually beat in the chocolate syrup. Beat until cold, then fold in the whipped cream and the vanilla. Serve in parfait glasses or small sherbet cups and garnish with chocolate pellets, a soft marshmallow or a Maraschino cherry.

MOCHA CREAM ROLL

- 3 Tablespoons sugar.
- 3 Eggs.
- 3 Tablespoons pastry flour.
- 1 Teaspoon baking powder.
- 1 Cup heavy cream.
- 1½ Teaspoons Sauer's Coffee Extract.
- 2 Tablespoons cocoa.
- 3 Tablespoons powdered sugar.

Beat the egg yolks and the sugar together until very light. Sift the flour, cocoa and baking powder together, and stir into the first mixture. Beat the egg whites stiff and fold in lightly and thoroughly. Spread the batter in a large, well buttered, shallow pan, so that it will not be more than three-quarters of an inch thick when baked. Bake in a moderate oven—350 to 375 degrees—for eight to ten minutes. Cool in the pan, then loosen, turn out on a flat surface. Whip the cream until very stiff, add the sugar and the coffee extract and spread in a thick layer over the cake to within half an inch of the edges. Roll up like a jelly roll. Cut down in half-inch slices for serving. Makes six servings.

PEACH GELATINE

- 1 Can sliced peaches.
- 3 Tablespoons gelatine.
- Juice 2 lemons.
- 1 Cup sugar.
- Water.
- 1 Teaspoon Sauer's Peach Extract.

Soak the gelatine in half a cup of cold water for ten minutes. Drain the peaches, measure the juice and add water to make four cups of liquid. Heat to the boiling point, add the soaked gelatine and the sugar. Cool slightly and add the lemon juice and peach extract. Cool the mixture until it begins to thicken, then add the peaches and pour into a large mold or six small ones. Set aside to chill and harden. Serve with cream or a thin custard sauce.

SNOWBALL PUDDING

- 2 Tart apples.
- ½ Cup molasses.
- 2 Eggs.
- 2 Cups milk.
- 2 Cups stale cake crumbs.
- ½ Teaspoon salt.
- ⅓ Cup powdered sugar.
- ½ Teaspoon Sauer's Vanilla Extract.
- ½ Teaspoon Sauer's Lemon Extract.

Peel the apples, cut in small pieces and cook with one-third cup of water for five minutes, then add the molasses and continue cooking until the apples are tender. Beat the egg yolks, add the salt, the milk and the crumbs. Add this to the apple mixture and stir over a slow fire until thick. Remove from the fire and cool slightly; then add the extracts and pour into a serving dish. Beat the egg whites until stiff and beat in the sugar. Drop from a teaspoon in balls on top of the pudding. Serve cold. Makes four to five servings.

STRAWBERRY BLANC MANGE

- 1 Quart milk.
- ½ Cup sugar.
- 2 Eggs.
- 5 Tablespoons cornstarch.
- 2 Teaspoons Sauer's Strawberry Flavor.

Scald the milk. Mix the cornstarch and sugar together and add the beaten eggs. Stir in the hot milk and cook over a slow fire or over hot water, stirring constantly until thick and smooth. Cook five minutes longer, then remove from the fire and add the extract. Pour into a large mold or six small ones and set aside to cool and stiffen. Turn out and surround with sugared, ripe strawberries or garnish with a spoonful of preserved strawberries.

FROZEN DESSERTS

PEACH SHERBET

- 1 Pound dried peaches.
- 2 Cups sugar.
- 1 Quart boiling water.
- Juice ½ lemon.
- 1 Teaspoon Sauer's Peach Extract.

Wash the peaches and soak overnight or for several hours in cold water to completely cover. Cook slowly in the same water until very soft, then rub through a coarse strainer and add the sugar and enough boiling water to make six cups of the mixture. Add the extract and cool thoroughly. Freeze in the usual manner and let stand at least one hour to ripen. Apricots may be used in the same way, using Sauer's Orange Extract for flavoring. Serves six to eight.

EMERALD PARFAIT

- 1 Cup sugar.
- ¼ Cup water.
- 3 Egg whites.
- 2 Cups heavy cream.
- 1 Teaspoon Sauer's Green Color.
- ⅓ Cup chopped, blanched pistachio nuts.
- 1 Teaspoon Sauer's Vanilla Extract.
- ¾ Teaspoon Sauer's Almond Extract.

Boil the sugar and water together until the syrup spins a thread; this will take about five minutes. Pour slowly onto the stiffly beaten egg whites, beating constantly until cold. Add the extracts. Whip the cream stiff and fold into the mixture with the nuts and enough green color to make rather a vivid green. Fill a three-pint ice-cream mold level full with the mixture, adjust the cover and seal the edge where the cover joins the mold with a strip of greased paper. Bury the mold in equal parts of cracked ice and rock salt for three to four hours. Serve in tall, narrow glasses with a spoonful of rose-tinted whipped cream on top. Parfaits are rich but delicious desserts.

FRUITTI-PUNCH SUNDAES

- ½ Cup Sauer's Fruitti-Punch Syrup.
- ½ Cup finely chopped walnuts.
- Ice cream.

Put a serving of ice cream in small dishes or sherbet glasses. Mix the Fruitti-Punch Syrup and nuts and pour a tablespoonful over each portion of ice cream.

FROZEN PUDDING

- ½ Cup Sauer's Rum Flavor.
- ½ Pound finely cut candied fruit.
- ½ Cup blanched pistachio nuts.
- 2 Cups cream.
- 1 Quart milk.
- 4 Eggs.
- 1 Teaspoon Sauer's Vanilla Extract.
- ½ Teaspoon salt.
- 1 Cup sugar.

Scald the milk. Beat the eggs and add the sugar, then stir in the hot milk. Stir constantly over hot water for ten minutes or until the mixture is slightly thickened. Remove from the fire and add the salt and vanilla. Set aside to cool. Cut the candied fruit in small pieces, add the rum flavor, cover and let stand for an hour or longer. A mixture of fruit such as cherries, pineapple, apricots and plums is best to use. When the custard mixture is cold stir in the cream whipped stiff and pour into a freezer. Freeze in the usual way until the cream is partly frozen, then add the fruit and the rum flavor and finish freezing. Let stand at least an hour to ripen. This is a rich dessert, suitable to serve for holidays or company meals. Makes ten to twelve servings.

MINT ICE

- 1 Quart boiling water.
- 1½ Cups sugar.
- ½ Cup lemon juice.
- 1 Teaspoon Sauer's Peppermint Extract.
- Sauer's Green Color.

Mix the sugar and water and boil for five minutes. Cool, add the lemon juice, peppermint and enough green color to give a delicate tint. Remember that the mixture will lose some of the color as it freezes. Strain into a freezer and freeze in the usual manner. Serve in small punch glasses, garnished with a sprig of fresh mint or a candied mint leaf. Makes six to eight servings.

MAPLE MOUSSE

- 1 Pint cream.
- 1 Cup sugar.
- ½ Cup water.
- 2 Eggs.
- 1 Teaspoon Sauer's Vanilla Extract.
- 1 to 2 Teaspoons Sauer's O-Maple-O Extract.

Mix the sugar and water and boil for eight minutes. Add the maple extract

and pour in a thin stream over the well beaten eggs, beating constantly. Beat the cream stiff. When the egg mixture is nearly cold fold in the whipped cream and pour into a quart ice cream mold. Cover, seal the edge with a strip of greased paper and bury in equal parts of cracked ice and rock salt for three to four hours.

STRAWBERRY ICE CREAM

- 3 Eggs.
- 1 Quart milk.
- 1 Cup evaporated milk.
- 2 Cups sugar.
- 3 Tablespoons Sauer's Strawberry Extract.
- Sauer's Strawberry Red Color.

Beat the eggs and add the sugar. Scald the milk and pour over the eggs, beating constantly. Cook over hot water until slightly thickened. Remove at once from the fire and cool. When cold add the evaporated milk, the extract and enough color to make the mixture strawberry color. Turn into a freezer and freeze in the usual manner. Makes six to eight servings.

VANILLA ICE CREAM

- 2 Cups milk.
- 2 Cups thin cream.
- 1 Cup sugar.
- 1 Tablespoon Sauer's Vanilla Extract.

Scald the milk and add the sugar. Stir until the sugar is dissolved. Cool and add the cream and the vanilla. Freeze in the usual manner. Let stand at least an hour to ripen. Makes six servings.

VANILLA MOUSSE

- 2 Cups heavy cream.
- ½ Cup powdered sugar.
- 2 Teaspoons Sauer's Vanilla Extract.

Whip the cream stiff, fold in the sugar and vanilla and pour in a quart ice cream mold. Adjust the cover and seal the edge with a strip of greased paper. Bury in equal parts cracked ice and rock salt for three hours. Makes five servings. The flavoring may be varied and the mixture tinted to carry out a color scheme the same as in the Charlotte Russe recipe.

CANDIES

Home candy-making is interesting and not difficult if a few simple rules are always followed:

(1) Use the best ingredients you can buy. Remember that good candy depends as much on its flavor as its texture; therefore, select pure, high-grade extracts.

(2) The success of candy-making depends on its cooking. Sugar mixture changes as it boils and becomes thicker and thicker, producing candies that range all the way from soft creams to brittles, according to the length of time they are cooked. There are two ways of testing whether a candy has cooked long enough—by using cold water or a candy thermometer. The former involves a certain amount of guesswork and uncertainty; the thermometer insures success, as it registers the exact degree of the syrup.

The table below shows the temperatures to which the various types of candies should be cooked and also gives the cold water test for each.

Candy	Temperature	Cold Water Test
Fondant, fudges soft creams	238 to 240 degrees	Soft ball
Soft caramels	248 to 252 degrees	Hard ball
Hard caramels taffies	265 degrees	Hard ball
Taffies, butter- scotch	290 degrees	Crack
Clear, hard candies	300 degrees	Brittle

AFTER DINNER MINTS

- 3 Cups sugar.
- ¼ Teaspoon cream of tartar.
- ¾ Cup boiling water.
- Sauer's Green Color.
- 1½ Teaspoons Sauer's Peppermint Extract.

Put the sugar, cream of tartar and water into a saucepan and stir over a slow fire until the sugar is dissolved; do not let the mixture boil. Color a med-

ium green with Sauer's Green Color (remember the mixture will be a little lighter in color when the candy is finished). Heat to the boiling point and boil without stirring until the mixture reaches 265 degrees on the candy thermometer, or until a little of it dropped into cold water becomes very hard. Remove at once from the fire and pour out on an oiled marble slab or a large oiled platter.

Pour the peppermint over the top and let cool until it can be easily handled. Pull until light in color and texture, then cut in small pieces with a sharp knife or scissors. Put in layers in a box or glass jar and sprinkle each layer thickly with powdered sugar and cornstarch mixed in equal proportions. Let stand about three days to sugar.

COCOANUT LOAF

- 1 Cup chopped dates.
- 2 Cups shredded cocoanut.
- ½ Cup syrup.
- 1 Teaspoon Sauer's Vanilla Extract.
- ¼ Teaspoon Sauer's Almond Extract.

Mix all together thoroughly and shape into a loaf about one-half inch thick. Roll in powdered sugar and cut in small squares.

COCOANUT CREAM FUDGE

- 1¼ Cups cream or undiluted evaporated milk.
- 2½ Cups sugar.
- 1 Tablespoon butter.
- 1 Cup shredded cocoanut.
- 1½ Teaspoons Sauer's Orange Extract or 1 Teaspoon Sauer's Pineapple Extract and
- ½ Teaspoon Sauer's Lemon Extract.

Mix the sugar, cream and butter and stir over a slow fire until the sugar dissolves, then let boil for five minutes, stirring occasionally. When the thermometer registers 240 degrees, or when a little of the mixture forms a soft ball in cold water, remove at once from the fire, add the extracts and the cocoanut and beat until thick and creamy. Pour into a buttered pan and cut in squares when firm.

BUTTER SCOTCH

- 2 Cups molasses.
- 1 Cup sugar.
- ¾ Cup butter.
- ¾ Teaspoon Sauer's Almond Extract.

Put the molasses, sugar and half the butter in a saucepan and heat to the boiling point. Boil for five minutes, add the rest of the butter and continue boiling until the mixture reaches 290 degrees on the thermometer or until a little of it

becomes brittle when dropped in cold water. Stir constantly the last few minutes of cooking. When done remove at once from the fire and stir in the flavoring. Pour into a shallow buttered pan. Mark into squares with a knife when partly cool and snap apart when cold. Coffee extract can be used instead of the almond to make Coffee Butter Scotch.

PEANUT BALLS

- 1 Cup peanut butter.
- 1 Cup raisins.
- ½ Teaspoon salt.
- 1 Teaspoon Sauer's Vanilla Extract.
- ½ Teaspoon Sauer's Orange Extract.

Run the raisins through the food chopper and mix thoroughly with the peanut butter. Add the salt and the extracts and shape into small balls. Roll in confectioner's sugar, finely chopped nuts or chocolate pellets or dip in melted cooking chocolate and set aside to harden.

PEANUT POPCORN BALLS

- 2 Quarts freshly popped corn.
- 2 Cups shelled roasted peanuts.
- 1 Cup sugar.
- 1 Tablespoon vinegar.
- ½ Cup water.
- ½ Teaspoon salt.
- 1 Teaspoon Sauer's Vanilla Extract.

Mix the sugar, vinegar and water and boil until the mixture reaches 265 degrees or until a little of it becomes very hard in cold water. Remove from the fire and add extract. While the syrup is boiling chop the peanuts coarsely and mix with the popcorn. When the syrup is done pour it slowly over the popcorn, mixing well. Continue stirring until cool enough to handle, then shape into small balls; place on a buttered platter or heavy waxed paper to harden.

RASPBERRY CREAM FUDGE

- 1½ Cups sugar.
- ¾ Cup cream or evaporated milk.
- 1 Teaspoon butter.
- 2 Teaspoons Sauer's Raspberry Extract.
- Sauer's Raspberry Red Coloring.

Put the sugar, cream and butter in a saucepan and heat slowly to the boiling point. Boil for five minutes, remove from the fire, add the flavoring and enough red coloring to make it a good raspberry color. Beat until thick and creamy and pour into a buttered shallow pan. Mark into squares as soon as firm. Sauer's Coffee Extract and a little Sauer's Brown Coloring may be used to make an excellent Coffee Cream Fudge; or a square of melted chocolate and the coffee extract used for Mocha Fudge.

DIVINITY FUDGE

No. 1

- 2 Cups sugar.
- 1 Cup water.
- 1 Cup white corn syrup.

No. 2

- 1 Cup sugar.
- 1/2 Cup water.
- 2 Egg whites.
- 2 Teaspoons Sauer's Fruitti-Punch Extract.

Mix Number 1 in a saucepan, heat slowly to the boiling point and boil without stirring to 242 degrees or the soft ball stage. When this mixture begins to boil put the second lot of sugar and water on to boil. Let this also boil to 242 degrees. Beat the egg whites stiff and pour Number 2 syrup into them, beating constantly. Add the flavoring and then beat in the Number 1 syrup. Continue beating until the mixture is thick and creamy. Pile on a buttered pan or drop from a spoon onto a buttered paper or plate. One cup of chopped nuts may be added if desired and the flavoring may be varied to suit the taste; one-half teaspoon each of Sauer's Maple Extract and Sauer's Coffee Extract make a good combination, especially if chopped pecans or walnuts are added.

OLD-FASHIONED CARAMELS

- 1/2 Cup cream or undiluted evaporated milk.
- 1 1/2 Cups sugar.
- 2 Squares chocolate.
- 1/2 Cup butter.
- 3/4 Teaspoon salt.
- 1/2 Cup milk.
- 1/2 Cup white corn syrup.
- 1 Teaspoon Sauer's Vanilla Extract.

Melt the butter, add the chocolate and stir constantly over a slow fire until the chocolate is melted. Add the sugar, milk, syrup and salt. Stir until the mixture is boiling, then cook with occasional stirring until it reaches 242 degrees. Add the cream and continue cooking until the mixture reaches 252 degrees or until a little of it forms a very firm ball when dropped in cold water. Remove at once from the fire and add the vanilla. Pour into a well buttered pan and mark into squares when firm. One cup of black walnuts, English walnuts, pecans, peanuts or almonds may be added when taken from the fire, and the flavoring may be varied as desired. Delicious chocolate peppermint caramels are made by using one teaspoon of Sauer's Peppermint Extract instead of the vanilla.

BLACK WALNUT CARAMELS

- 1 1/2 Cups brown sugar.
- 1 Square chocolate.
- 2 Tablespoons white corn syrup.
- 3/4 Cup cream or evaporated milk.
- 3/4 Cup milk.
- 1 Teaspoon Sauer's Vanilla Extract.
- 1 Teaspoon Sauer's Almond Extract.
- 3/4 Cup butter.
- 3/4 Cup chopped black walnut meats.

Put one-third of the butter in a saucepan, add the chocolate, sugar, milk and syrup. Stir over a slow fire until the sugar is dissolved. Then boil rapidly, stirring constantly, until the mixture reaches 230 degrees or until it spins a thread. Add half of the remaining butter and continue boiling to 250 degrees or until a little of the mixture dropped into cold water forms a very firm ball. Add the rest of the butter and the cream and boil again to 252 degrees, stirring constantly. Remove from the fire, add the extracts and the nuts, mix well and pour into a lightly buttered pan to cool and harden. When half cold, mark into squares with a sharp knife. These are rich, but very delicious caramels. Other nuts can be substituted for the black walnuts.

CHOCOLATE NUT CREAMS

- 1/2 Pound sweetened cooking chocolate.
- 2 Cups confectioner's sugar.
- 2 or 3 Tablespoons milk or cream.
- 1 Cup chopped almonds, walnuts or hickory nuts.
- 1 Teaspoon Sauer's Vanilla Extract.
- 1/2 Teaspoon Sauer's Orange or Lemon Extract.

Break the chocolate into small pieces and melt over warm water, stirring frequently. Be careful not to let the water boil or the chocolate may discolor when cold. Remove the chocolate to a cool place as soon as melted and stir occasionally until it is quite thick and nearly cold. Mix the sugar with enough milk or cream to moisten, add the extracts and nuts and knead until smooth and creamy. Pack into a pan about seven inches square. Pour the cooled, thickened chocolate over the top and set aside to harden. When nearly hard mark into squares with a sharp knife.

UNCOOKED FONDANT

- 1 Egg white.
- 3 Tablespoons cream or evaporated milk.
- Sauer's Extracts as desired.
- 3 Cups confectioner's sugar.

Put the egg white in a bowl with the cream and the extract. Gradually add the sugar, working in each lot thoroughly. When stiff enough to handle, turn out on a board sprinkled with a little sugar and knead until smooth and very creamy. Use as a stuffing for dates, figs, prunes or large raisins. Use as a foundation for a great variety of cream candies. In this case omit flavoring in mixing and add it as desired.

CREAM CANDIES

Chocolate Creams.—Mix one cup fondant with two squares melted, unsweetened chocolate and two or three tablespoons finely chopped nuts. Flavor with one teaspoon Sauer's Vanilla Extract and shape in small balls. Roll each one in chocolate pellets and set aside to harden.

Cherry Creams.—Mix one cup fondant with three tablespoons minced Marachino or candied cherries and flavor with one-fourth teaspoon Sauer's Almond Extract. Color a faint pink with Sauer's Strawberry Red Color and shape into small ovals. Press half a blanched almond on top of each candy.

Orange Creams.—Mix one cup of fondant with one teaspoon Sauer's Orange Extract and color with a little Sauer's Egg Yellow. Pat out to one-eighth inch thickness on a sugared board and cut with a very small round cutter. Press a strip of candied orange peel across the top of each candy and set aside to harden.

Coffee Creams.—Mix one-half cup of fondant with one-half teaspoon Sauer's Coffee Extract and color with a little Sauer's Brown Color. Break off pieces of the mixture and roll into small balls. Press half a pecan or walnut meat on each side and let dry out.

Cream Wafers.—Mix one cup of fondant with one teaspoon Sauer's Peppermint Extract and color a pale green with Sauer's Green Color. Shape in small balls and flatten each one. Roll in granulated sugar and set aside to dry and harden. One teaspoon Sauer's Raspberry Extract and Raspberry Red Color may be used for Raspberry Creams; one teaspoon Sauer's Strawberry Extract and Strawberry Red Color for Strawberry Creams; garnish these with blanched pistachio nuts or candied rose leaves. Pineapple creams are flavored with one teaspoon Sauer's Pineapple Extract, colored a pale yellow with Sauer's Egg Yellow Color and garnished with tiny pieces of candied pineapple. Violet Creams are colored very faintly with Sauer's Lavender Color, flavored with one-fourth tea-

spoon Sauer's Almond Extract and garnished with candied violets.

MINT PASTE

- 3 Tablespoons gelatine.
- 1/2 Cup cold water.
- 2 Cups sugar.
- 1/2 Cup boiling water.
- 1 1/2 Teaspoons Sauer's Peppermint Extract.
- Sauer's Green Color.
- 1 Teaspoon lemon juice.

Soak the gelatine in the cold water for five minutes. Mix the boiling water and sugar and heat slowly to the boiling point. Add the gelatine and boil for fifteen minutes. Remove from the fire, add the lemon juice, peppermint and enough green color to make the mixture a pale green. Mix well and pour into a shallow pan that has been rinsed with cold water. Let stand over night or for several hours to harden. Turn out on a board sprinkled thickly with powdered sugar and cornstarch mixed in equal proportions. Cut in oblongs or small squares, roll in the sugar mixture and set aside in a dry place to dry out and crystallize a little. Pack in a box between layers of sugar mixture.

CHOCOLATE FUDGE

- 4 Squares chocolate.
- 2 Tablespoons butter.
- 2 Cups sugar.
- 2 Tablespoons corn syrup.
- 3/4 Cup rich milk.
- 1/4 Teaspoon salt.
- 1 1/2 Teaspoons Sauer's Vanilla Extract or 1 Teaspoon Sauer's Vanilla and 1/2 Teaspoon Sauer's Almond Extract.

Melt the butter in a saucepan, add the chocolate and stir over a slow fire until the chocolate melts. Then add the sugar, milk, syrup and salt. Continue stirring until the sugar is dissolved, then boil without stirring to 240 degrees or the soft ball stage. Remove from the fire, pour in the extracts, but do not stir. Let stand until nearly cold, then beat until thick and creamy. Pour into a well buttered square pan and let harden. Mark into squares when firm. One cup chopped nuts, coconut or seedless raisins may be added before beating the candy.

FRUITTI-PUNCH FUDGE

- 2 1/2 Cups sugar.
- 1 1/4 Cups milk.
- 3 Tablespoons butter.
- 2 Teaspoons Fruitti-Punch Extract.
- 1/2 Cup chopped nuts.

Mix the sugar, milk and butter and stir until dissolved, then boil without stirring

to 240 degrees. Remove from the fire, cool slightly, add flavoring and nuts and beat until creamy. Pour into a buttered pan and mark into squares as soon as firm. Nuts may be omitted if desired.

MAPLE SEAFOAM

- 2 Cups brown sugar.
- ½ Cup water.
- 2 Tablespoons corn syrup.
- ¼ Teaspoon salt.
- 1 Egg white.
- 1 Teaspoon Sauer's Vanilla Extract.
- ½ Teaspoon Sauer's Maple Extract.

BEVERAGES

MILK-SHAKE

- 1 Cup milk.
- 1 Teaspoon sugar.
- 1 Teaspoon crushed ice.
- ½ Teaspoon Sauer's Strawberry or Raspberry Extract.
- Sauer's Strawberry or Raspberry Red Color.

Put all ingredients in a shaker and shake vigorously. Sauer's Pineapple, Cherry or Old Virginia Fruitti-Punch Extracts may be used instead of the ones given above.

EGG-NOG

- 2 Tablespoons Sauer's Rum Flavor.
- 1 Egg.
- Few grains Sauer's Grated Nutmeg.
- Milk.

Beat the egg yolk until frothy, add the rum flavor, nutmeg and enough milk to fill the glass two-thirds full. Beat the egg white stiff, add to the mixture and stir thoroughly. The rum flavor is quite sweet and it will probably not be necessary to add sugar. Sauer's Sherry Flavor may be substituted for the rum.

FRUITTI-PUNCH EGG FLIP

- ½ Cup crushed ice.
 - 1 Egg.
 - 2 Tablespoons Sauer's Fruitti-Punch Syrup.
 - Cold milk.
- Put ingredients in shaker or mixer and shake or stir until frothy.

FRUITTI-PUNCH LEMONADE

- ¼ Cup lemon juice.
- ½ Lemon cut in very thin slices.
- 3 Cups cold water.

Mix the sugar, water and syrup and heat slowly to the boiling point. Boil to 238 degrees, or until the mixture spins a thread when dropped from the spoon. Remove from the fire. Beat the egg white stiff and pour the hot sugar syrup slowly over it, beating all the time. Add the flavorings and salt and continue beating until stiff enough to shape with a spoon. Drop in mounds on waxed paper. One-half cup nut meats may be added with the flavoring, or the maple flavor may be omitted, one teaspoon of Fruitti-Punch Extract added and three tablespoons of chopped candied cherries.

- ½ Cup crushed ice.
- 4 Tablespoons Sauer's Fruitti-Punch Syrup.
- 1 to 2 Tablespoons sugar.

Mix all ingredients together except the ice and let stand for at least twenty minutes before serving. Add the ice and serve with a slice of lemon and a sprig of mint in each glass.

SAUER'S SPECIAL

- 1 Cup strong tea.
- Juice 3 lemons.
- Shaved rind of 1 lemon.
- Juice 3 oranges.
- Shaved rind of 1 orange.
- 1 Cup Sauer's Fruitti-Punch Syrup.
- 1 Quart cold water.
- 2 Cups crushed ice.
- Fresh mint.

Mix the fruit juices. Pour the hot tea over the shaved orange and lemon rinds and let stand until cold. Add the fruit juices and Fruitti-Punch Syrup and sweeten if necessary. Strain the mixture into a large pitcher, add the ice and water and garnish with a bunch of crisp, fresh mint. Delicious on a hot day or at any other time.

QUICK ICED COFFEE

- ¼ Teaspoon Sauer's Coffee Extract.
- 2 Teaspoons sugar.
- ¾ Cup milk.
- ¼ Cup crushed ice.
- 1 Tablespoon whipped cream.

Pour the extract and sugar into the milk and mix well. If liked strong add a little more extract. Mix with the ice and serve with a spoonful of whipped cream on top.

RUSSIAN ICED TEA

Fill tall glasses one-third full of crushed ice and pour over the ice one teaspoon Sauer's Rum Flavor. Fill the glasses with strong hot tea and sweeten with loaf sugar that has been rubbed over the rinds of lemons or oranges. This makes a nice "different" kind of iced tea to serve occasionally in the summertime.

SHERRY COBBLER

- 1 Can shredded or finely diced pineapple.

- 2 Oranges, sliced very thin.
- 2 Lemons, slices very thin.
- 2 Cups Sauer's Sherry Flavor.
- 1 Cup fresh or canned red raspberries.
- 1 Quart water.
- 1 Quart crushed ice.

Drain the pineapple and raspberries and put the fruit in layers in a punch bowl; pour in the Sherry flavor, cover and let stand at least one hour. Then add the water, fruit juices and ice and chill thoroughly before serving. Serve a spoonful of the fruit in each glass.

TIMELY SUGGESTIONS

To add attractiveness to left-over dishes there is no better way than to use Sauer's Onion and Celery Extract, which give an exquisite flavor and a zest otherwise unobtainable. This is an important point in dinner-table economy. Try this in hashes, soups, salads and warmed-over vegetables.

When stale bread has accumulated it can be dried in the oven, ground or pounded, and used for many purposes. Do not wrap bread in a cloth if it is kept in a tin box or leave the box too long without a sunlight airing, or the bread will become mouldy.

Stale bread, crisped in the oven, but not browned, if ground through the chopper with a fine knife, may be substituted for part or whole of the flour called for in the recipes for molasses cake, pancake and biscuit.

Pin your faith on tested brands of canned or package goods, and accept no others.

Soup made from the remnants of fowl, if well made, is delicious. In carving turkey or chicken, cut the meat off close and do not serve the bones with the meat. Save these for the soup stock, flavoring with few drops of celery and onion.

Cooked breakfast foods may be greatly improved by flavoring with a few drops of Sauer's Vanilla and serving with brown sugar and cream.

Do not throw out any sour or skimmed milk. Sour milk, with soda, is invaluable in making hot breads, molasses cake, steamed brown bread, pot cheese, etc. Sour cream is good for salad dressing, cakes and cookies. There is a great deal of nourishment in skimmed milk.

If storage room is available, buy potatoes and cooking apples by the barrel.

To provide only enough food for each consecutive meal is not economical. A surplus from each menu can be used advantageously.

A roast is often more economical than a steak or chops, unless the family is very small. With the casserole and pie dish—with bones for soup stock—it furnishes material for several meals.

Every vestige of fat that can be clarified should be saved for shortening or other cooking purposes.

Quality should never be sacrificed to cheapness.

Macaroni is a very valuable food, is easily prepared, and when appetizingly served, with a little cheese added, makes a satisfying meal in itself. It contains the elements of body building, heat producing and fat creating, thus assuring perfect dietary balance. Macaroni products can be used with left-over vegetables to make appetizing and nourishing food combinations.

Everything that will hold fruit juices, jellies, soups, vegetables, meats, or anything that can be preserved for future use should be saved.

Save paper cartons in which oatmeal and cocoanut, etc., have been bought. Use to store your cookies or your dried vegetables.

A lemon meringue may be made as for pies, but served without crust in custard cups or sherbet glasses. It makes a de-

licious dessert. For crustless pumpkin pies, butter the pie plates well, dust with fine cracker crumbs, then pour in the pumpkin or squash mixture and bake. It will cut in wedge-shape pieces like any other pie; half the expense will have been saved, and there will be no soaked under-crust left on the plate to be washed.

When ice cream is to be kept for hours more flavor should be used, and a piece of clean brown paper soaked in the flavor should be placed over the top. This assures a smooth flavor throughout.

When canning conserve your strength by placing the preserving kettle in a pan of boiling water and let it cook without close attention, or sprinkle some ashes on the stove lid beneath the kettle of boiling fruit. This is cheaper than buying asbestos plates that soon burn out.

An excellent substitute for butter in thickening milk, soups, gravies and sauces is "bacon fat," or "ham gravy." Stir into two tablespoonfuls of melted grease one-half a tablespoonful of flour. This will blend smoothly with the hot soup without floating as a greasy layer on top.

Use Cherry Extract and fresh lemon juice in proportion one tablespoonful lemon juice and one teaspoonful Cherry Extract when it is desired to have sherry wine flavor.

When lemons are scarce, use acidulated powder with gelatine, and get desired flavor by using any of Sauer's assortment of flavoring extracts—Orange, Strawberry, Apricot, Banana, etc.—using tablespoonful of Extract to three cups of gelatine.

Most women are familiar with the use of such flavoring extracts as vanilla and lemon, but few realize that these flavors are only two of thirty-three flavors manufactured by the C. F. Sauer Company.

We enumerate below a few of our flavors which we can recommend to the thrifty housewife:

VANILLA

is an all-round flavor and used for any purpose where flavoring is desired, and improves any dish in which used.

LEMON AND ORANGE

are delicious flavors, largely used in making cakes, ices, icings, candies, etc.

ALMOND

is especially fine in peach ice cream, one-half teaspoonful to two quarts of custard. Makes delicious angel cake. Almond blends finely with vanilla; a few drops of almond to a teaspoonful of vanilla brings out and improves the flavor of the vanilla.

RASPBERRY AND STRAWBERRY

These are delicious fruit flavors and may be used for icings, creams, candies, sauces for puddings, etc. A little raspberry flavor added to dried raspberries will make a delicious roll.

CINNAMON

Superior to stick cinnamon because it more thoroughly permeates the food. Economical because it does not lose strength. May be used wherever stick or powdered spice is used.

ONION AND CELERY

are not recommended for general cooking purposes, but are splendid for flavoring to individual taste and where only a small quantity is desired.

THE C. F. SAUER CO.

also puts out a full line of Certified Colors. Experience has taught the greatest chefs that the appearance of delicacies improves the taste. Sauer's line of spices is complete and of the highest quality.

SAUER'S SWEET SALAD DRESSING

$\frac{3}{4}$ Cup sugar.
 $\frac{1}{4}$ Cup water.

Boil until threads, add beaten egg, one teaspoonful vinegar; cook one minute. Cool; add one teaspoonful Sauer's Lemon Extract and two teaspoonfuls Sauer's Pineapple Extract. Serve on bananas, oranges or pineapple, with a sprinkling of nuts.

QUICK MAYONNAISE

$\frac{1}{2}$ Teaspoonful salt.
1 Egg.
Little cayenne pepper to taste.
1 Teaspoonful Sauer's Lemon Extract.
 $\frac{1}{2}$ Teaspoonful mustard.
1 Cup oil.

Beat sugar, pepper, mustard together, adding oil slowly, then when nearly through add Sauer's Lemon Extract.

SAUER'S Assortment of Standard Colors

Certified Package by the U. S. Department of Agriculture

Furnished in both Paste and Liquid form in the following colors:

Strawberry Red	Raspberry Red	Egg Yellow
Orange	Chocolate Brown	
Green	Rose	Purple

HOW TO USE

For Cakes, Ices, Candies, Jellies, Creams, etc., take a small quantity, say a half-cupful, of the material to be colored, and mix enough of Sauer's Liquid Color with it to give a shade a little deeper than that desired (it only requires a few drops to give a good shade). Add this to the entire mixture. If a deeper shade is desired add more color.

SAUER'S O-RUM-O

"The Extract with the Rum Flavor"

can be used wherever Rum was originally used. It is highly concentrated, and in general recipes should be used in about the same proportion as Lemon Extract. Care should be taken not to overflavor.

The amounts stated will give satisfactory results in the following recipes:

Egg Nog

1 teaspoonful to pint.

Mince Meat

1 tablespoonful to pound.

Sweet Potato Pie

1 teaspoonful to 10-inch pie.

Fruit Cake

1 teaspoonful to pound.

Add flavor just before cake is ready to bake.

Sauces

1 teaspoonful to pint.

Ice Creams and Ices

1 teaspoonful to each pint of finished product.

Puts the "PUNCH" in Your Delicacies

**FRUIT CAKE, EGG NOG, PLUM PUDDING,
MINCE, RAISIN and PUMPKIN PIES, SAUCES,
MILK SHAKES, FRUIT PUNCH, ICE CREAM**

and many other Delicious Desserts have

"YE OLDE TIME FLAVOUR"

when SAUER'S O-RUM-O is used

If your dealer cannot supply you send us his name and 50 cents in stamps or money order and we will forward you a full two-ounce bottle.

THE C. F. SAUER COMPANY
RICHMOND, VA

SAUER'S

PURE FLAVORING EXTRACTS

HAVE WON
18 Highest Awards

At American and
European Expositions

since 1887, on their purity, strength and fine flavor. At expositions in Rome, Antwerp, Paris, London, Madrid, St. Louis, San Francisco, Jamestown, San Diego, and many other cities, Sauer's Extracts have carried off the highest honors for quality in competition with the leading brands of extracts manufactured in the United States and foreign countries.

Among the Sauer family of thirty-three flavors will be found the following, put up in packages expressly for household use. The leading flavors, whose uses are well known to every housewife, are:

Vanilla and Lemon

The Sauer Pure Fruit Flavors have the rich delicate flavor of the ripe, luscious fruits and are unexcelled when used in cake icings, puddings, ices, sherbets, ice creams, milk and egg combinations, desserts and candies of all kinds. Pure Fruit Flavors do not go quite so far as imitation flavors, but have the true flavor and aroma.

Orange	Raspberry	Pineapple	Fruit Blend
Strawberry	Peach	Cherry	Old Virginia Fruitti-Punch

For the spice flavor, wherever just the right seasoning is desired, will be found the following:

Cinnamon	Celery	Anise	O-RUM-O
Allspice	Mace	Onion	O-SHERR-O
Nutmeg	Clove		O-BRAND-O

Others that have a delightful flavor most desirable in delicacies such as pastries, ices, ice creams, candies or any dainty confection that requires a distinctive flavor are:

Rum Flavor Brandy Flavor Sherry Flavor Almond Wintergreen Peppermint

The following imitations flavors have uses all their own. They are especially adaptable where strength is desired. For use in hard candies, water ices, ice creams, syrups, etc.:

Banana	Apricot	O-Maple-O	Pistachio
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These colors may be had in either paste or liquid form, adaptable for use wherever coloring is desired:

Strawberry Red	Egg Yellow	Orange	Green
Raspberry Red	Purple	Chocolate Brown	Rose

Sauer's products in bulk for the baker and confectioner trade contain an assortment of all flavors for all uses.



*A Delicious Fruit Syrup
Made from Pure Fruit Juices and
Easily Prepared Into a Drink
by Adding Water*

By adding from three to four parts of ice and water to one part of Sauer's Old Virginia Fruitti-Punch Syrup, you will have a delicious drink, which will be improved with the addition of sliced or cubed pineapples, oranges, lemons and cherries. It is delightful even without this garnishment.

Put up in pint and gallon glass bottles for household and picnic use.

Fruitti-Punch Syrup is a wonderful flavor for sundaes, jellies and grapefruit.

Pints, 50c Gallons, \$3.00

SAUER'S OLD VIRGINIA Fruitti-Punch Extract

We also offer Sauer's Old Virginia Fruitti-Punch in highly concentrated extract form. In extract form, a two-ounce bottle added to three and one-half pounds of sugar and sufficient ice and water to make two gallons gives you a delicious

and economical drink, which can be garnished as outlined above with fruits. The cost per gallon of the finished, garnished drink is less than 60 cents. Always serve cold, and in using ice and water allow for ice melting.

Price, 2-oz. Bottle Fruitti-Punch Extract, 40c

Gratification -



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THE NATIONAL EXTRACT

VANILLA AND 32 OTHER FLAVORS

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THE LARGEST SELLING BRAND IN THE U.S.

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HIGHEST AWARDS
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