

VIRGINIA DARE FLAVORING SECRETS



Virginia Dare Flavoring Secrets

DR. L. B. ALLYN SAYS:

"I have examined Virginia Dare Extracts purchased in the open market: They are of a high quality. No adulteration of any nature was found.

From the point of appearance, bouquet and strength, they leave nothing to be desired.

In my opinion, these extracts add a new luster to the renowned name of Virginia Dare.

*Signed, L. B. ALLYN,
("Originator of the Westfield
Standard for Pure Foods.")*

(See Index on 3rd cover page)

Disclosing a chef's secrets on the art of blending flavors and flavoring foods together with one hundred and one delicious recipes.

HOME SCIENCE DEPARTMENT

GARRETT & COMPANY

FOOD PRODUCTS

BROOKLYN, N. Y.

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Brooklyn, N. Y.

VIRGINIA DARE FLAVORING SECRETS

THE STORY OF VIRGINIA DARE DOUBLE STRENGTH EXTRACTS

WHEREVER the finest flavored fruits and the most pungent spices grow, from far off Persia, Sicily and Ceylon; from Bermuda, Southern Mexico and Hawaii; from California and Oregon — in fact, from the garden spots of the world, fruits and spices are gathered and their exquisite essences, their native, unequalled flavors veritably captured and bottled into Virginia Dare Double Strength Extracts.

But just as important as the fruits and spices themselves is the ingredient which is used to keep intact their luscious ripened flavor. In this respect Virginia Dare Double Strength Extracts surpass all others, for in Virginia Dare only the purest, only the finest grape alcohol from aged wine is used.

From the big juice laden grapes used in making the famous Virginia Dare Non-Alcoholic Wine is derived a superfine, chemically pure and natural alcohol, known as grape alcohol or spirits of wine. It is the same kind of "spirit" which grandmother used when "brandying" her finest cherries and peaches. This natural grape alcohol keeps, without loss or evaporation, the pure fruit oils and spice essences, as no artificial chemical, grain or miscellaneous waste alcohol could do.

And so when you open a bottle of Virginia Dare Double Strength Extract in your own quiet kitchen, you are greeted with the true natural aroma of fruits and spices from the garden spots of the world!

When you taste a drop of Virginia Dare Extract you wonder how all the luscious flavor of a fruit or spice could possibly be crowded into such a tiny drop of flavoring!

Virginia Dare Vanilla is 150% Strength. Wherever ordinary recipes use one teaspoonful of single strength extract, measure $\frac{3}{4}$ teaspoonful of Virginia Dare Vanilla.

WHY ARE VIRGINIA DARE EXTRACTS OF DOUBLE STRENGTH?

FLAVORS are very elusive things and in ordinary extracts because of the large amount of liquid which must be measured to get a required flavoring strength a great deal is lost by evaporation in the cooking or baking.

This is not the case in Virginia Dare Double Strength Extracts. In every half teaspoonful of Virginia Dare you have concentrated all of the fruit and spice essence which in ordinary extracts it takes a full teaspoonful of liquid to hold.

Imagine your delight when using Virginia Dare Extracts to find that the full concentrated flavor which you put into your recipe has not weakened or evaporated in the baking or cooking but with each mouthful of pudding—the proof of which is in the eating—you taste the full strength—the true and delicate flavor of the real fruit or spice.

Besides the value of holding their full fruit or spice strengths in cooking, Virginia Dare Double Strength Extracts are time and money savers to the housekeeper.

One bottle of Virginia Dare Double Strength Extract lasts twice as long as ordinary single strength extract. You save the time of an extra trip to the grocery store. And you save money because all of the cost of making and selling two bottles of extract—extra bottles, extra boxes, extra packing, extra shipping—have been cut out to give you in one bottle of Virginia Dare a double value in strength and far more than double value in superior unequalled quality.

You may make cakes or puddings in these high cost times with the most economical ingredients you can find and with the addition of Virginia Dare Extracts transform them into dessert delights. Your own plainest cake, for instance, may be made into an elaborate creation by filling and icing it with one of Virginia Dare's Fruit Flavored icings.

Use Virginia Dare Extracts freely in your cakes, cake fillings, or icings, in your puddings and desserts; use Virginia Dare Spice Extracts in your croquettes, soups, gravies, and sauces; they give the true essence of the real fruit or spice—in fact, they add an inimitably delicious and distinguishing flavor to any dish in which they are used.

Caution—Virginia Dare Extracts are Double Strength. In your own recipes use only half as much Virginia Dare as single strength extracts.

THE ART OF BLENDING VIRGINIA DARE FLAVORS

A NEW ART—that of delicately blending fruit and spice essences to create indistinguishably new and delicious flavors has been uncovered in the making of Virginia Dare Extracts.

Ordinary extracts, some of which are synthetic compositions of chemists, are too weak and flavorless or too far off from the true fruit or spice essence to properly blend one with another.

Each Virginia Dare Extract, however, is the actual, true and original essence of the real fruit or spice and may be harmonized with one, two or three other Virginia Dare Extracts to produce a new, a different and delightful fruit or spice combination.

For instance, the most frequently used flavor is Vanilla. When Virginia Dare Vanilla is used with Virginia Dare Almond, using half as much almond as vanilla (that is one-quarter of a teaspoonful of Virginia Dare Double Strength Almond to three-quarters of a teaspoonful of Virginia Dare 150% Strength Vanilla) a new and delightful flavor results.

Another pleasing combination is that of Virginia Dare Vanilla, one-half as much Virginia Dare Lemon and one-half as much Virginia Dare Almond as Vanilla.

Many people are very fond of the slightly pungent taste which lemon extract gives to a cake or pudding. When Virginia Dare Lemon and Virginia Dare Almond are combined half and half in a recipe the result is even more pleasing than if lemon is used alone. Virginia Dare Orange, when used in a recipe will have an added value if one-half as much Virginia Dare Lemon is used with it. Using one-half as much Virginia Dare Vanilla as of the Virginia Dare Orange will also give a new and fine fruit flavor.

It is a chef's secret that almost any flavor such as Virginia Dare Strawberry, Raspberry, Peach, Pineapple, Pear, Rose, can be emphasized and intensified if a drop or two of Virginia Dare Lemon is used in connection with it.

Virginia Dare spice flavors, too, may be blended in puddings and custards, breads, sweet breads, cookies, croquettes, meat dishes, and sauces.

Caution—Use one-half as much Virginia Dare in your own recipes.

VIRGINIA DARE FLAVORING SECRETS

Virginia Dare Onion alone or used in connection with one-quarter or one-half as much Virginia Dare Celery adds a zest to plain pot roasts, croquettes, soups and gravies that is a veritable transformation.

Virginia Dare Nutmeg used with Virginia Dare Vanilla in rice pudding or with Virginia Dare Lemon or Cinnamon in apple pie gives a perfect new and coveted flavor.

Virginia Dare Cinnamon alone or in combination with Virginia Dare Lemon adds an epicurean touch to such preserves as peaches and pears.

In cocoa or chocolate fillings, frostings and cakes a few drops of Virginia Dare Cinnamon is especially pleasing.

In breads, sweet breads or spiced cakes and cookies, Virginia Dare may be used in an infinite variety of combinations. Virginia Dare Cinnamon and Clove in gingerbread; Virginia Dare Mace, Nutmeg, Cinnamon and Allspice in fruit cake; Virginia Dare Anise and Mace in bread and French rolls — each and all make delicious blendings of spices.

VIRGINIA DARE EXTRACT DICTIONARY

VIRGINIA DARE FRUIT EXTRACTS

Virginia Dare Vanilla — 150% Strength: For use in flavoring cakes, cake fillings and icings, custards, puddings, desserts, sweet puddings, sauces, ice creams and candies. Use two-thirds as much Virginia Dare Vanilla wherever ordinary or single strength vanilla is called for. This means to use two-thirds of a teaspoonful of Virginia Dare Vanilla in any recipe in which you usually use one teaspoonful of single strength vanilla.

Virginia Dare Lemon — Double Strength: To give an inimitable fresh lemon flavor to cakes, fillings and frostings, puddings, desserts or sweet sauces, frozen dishes and candies. Use one-half as much Virginia Dare Lemon in any recipe in which you have been using an ordinary single strength extract. That is, use one-half of a teaspoonful of Virginia Dare Lemon wherever a full teaspoonful of ordinary extract is called for in a recipe.

Virginia Dare Almond — Double Strength: For use in flavoring cakes, cake fillings, icings, puddings and candies. Use one-half as much Virginia Dare Almond as you have been using of ordinary single strength extracts. This means to use one-half of a teaspoonful of Virginia Dare Almond wherever a full teaspoonful of ordinary extract is required in a recipe.

Add Virginia Dare Double Strength Celery to soups, sauces and stews.

VIRGINIA DARE FLAVORING SECRETS

Virginia Dare Orange — Double Strength: To add a fresh orange flavor to cakes, fillings and icings, custards, puddings, frozen dishes and candies. Use one-half as much Virginia Dare Orange as you have been using of ordinary single strength extracts. That is, use one-half of a teaspoonful of Virginia Dare Orange wherever a full teaspoonful of ordinary extract is required in a recipe.

Virginia Dare Strawberry — Double Strength: To add a fresh strawberry flavor to cakes, fillings, icings, ice creams, puddings and candies. Use one-half as much Virginia Dare Strawberry in flavoring as you would use of an ordinary single strength extract. That is use one-half of a teaspoonful of Virginia Dare Strawberry wherever a recipe calls for a teaspoonful of ordinary single strength extract.

Virginia Dare Peach — Double Strength: To give a fresh peach flavor to cake icings and fillings, ice cream, desserts and candies. Use one-half as much Virginia Dare Peach as you would use of an ordinary single strength extract. That is use one-half of a teaspoonful of Virginia Dare Peach wherever a recipe requires a teaspoonful of ordinary extract.

Virginia Dare Raspberry — Double Strength: To add a fresh raspberry flavor to cake icings and fillings, ice creams, candies, etc. Use one-half as much Virginia Dare Raspberry as you would use of an ordinary single strength extract.

Virginia Dare Pineapple — Double Strength: To add a fresh pineapple flavor to ice creams, cake icings and fillings, and candies. Use one-half as much Virginia Dare Pineapple as you would use of an ordinary single strength extract.

Virginia Dare Cherry — Double Strength: To give a fresh cherry flavor to ice creams, cake icings and fillings and candies. Use one-half as much Virginia Dare Cherry as of single strength extracts measuring one-half of a teaspoonful of Virginia Dare Cherry wherever a recipe calls for one teaspoonful of ordinary single strength extract.

Virginia Dare Rose — Double Strength: To add the delicate flavor of rose leaves to cakes, cake icings, fillings, ice creams and candies. Wherever a recipe requires one teaspoonful of ordinary single strength extract use one-half of a teaspoonful of Virginia Dare Rose.

Virginia Dare Coffee — Double Strength: To add the flavor of fresh coffee to ice creams, cake icings, fillings, puddings and candies. Use one-half as much or one-half of a teaspoonful of Virginia Dare Coffee wherever a recipe calls for one teaspoonful of single strength ordinary extract.

Use Virginia Dare Allspice in Seasoning Salad Dressings.

VIRGINIA DARE FLAVORING SECRETS

Virginia Dare Peppermint — Double Strength: To add the flavor of fresh crushed mint to candies and sauces. Use one-half teaspoonful Virginia Dare Peppermint wherever a full teaspoonful of ordinary single strength extract is required.

Virginia Dare Wintergreen — Double Strength: To add a fresh wintergreen flavor to candies. Use one-half teaspoonful of Virginia Dare Wintergreen wherever a recipe requires one teaspoonful of ordinary single strength extract.

VIRGINIA DARE SPICE EXTRACTS

Virginia Dare Onion — Double Strength: To avoid peeling fresh onions and to give a spicy onion flavor to soups, sauces, gravies, croquettes, hash, hamburger steaks, etc. Use in the proportions given in this book or add to your own recipe "to taste."

Virginia Dare Celery — Double Strength: To save time of chopping celery and to add a piquant celery flavor to soups, gravies, croquettes, and sauces. Use in the proportions given in this recipe book or add "to taste" to your own favorite recipe.

Virginia Dare Allspice — Double Strength: To give a spicy flavor to soups, gravies, croquettes, steaks, creamed over meats and sauces. Also used in highly spiced breads and cookies. Use in the proportions given in this recipe book or season your own recipes "to taste."

Virginia Dare Cinnamon — Double Strength: To give a delightful cinnamon flavor to puddings, cakes, cookies, pies, etc. Use as directed in this recipe book or in your own recipes "to taste."

Virginia Dare Nutmeg — Double Strength: To save grating nutmeg and to give a spicy nutmeg flavor to puddings, cookies, pies, etc. Use as directed or in your own recipes "to taste."

Virginia Dare Cloves — Double Strength: To give a rich clove flavor to ham, baked apples, apple pie, cookies, fruit cakes and spiced breads. Use as directed in these recipes or add to your own recipes "to taste."

Virginia Dare Anise — Double Strength: To give a rich anise seed flavor to breads, cookies, fruit and spiced cakes. Use as directed in these recipes or add to your own recipe "to taste."

Virginia Dare Mace — Double Strength: To add a spicy mace flavor to breads, spiced cakes or puddings. Use as directed in these recipes or add to your own recipes "to taste."

Virginia Dare Extracts are Double Strength.

VIRGINIA DARE FLAVORING SECRETS

VIRGINIA DARE'S CAKE RECIPES

TO give to the simplest, most inexpensive cake a touch of unequalled distinction, or to embellish elaborately combined ingredients with a flavor equal to their richness, use these Virginia Dare Fruit Flavors in your loaf and layer and sponge cakes. By the recently disclosed art of blending Virginia Dare Flavors, Virginia Dare Vanilla, Lemon, Almond, Orange, and other fruit flavors may be combined to produce new cake tastes that are indeed a revelation. The recipes given here are of plain ingredients and easy to make; try them and you will soon be naming them your favorite cake recipes.

Remember that most recipes, when calling for Flavoring mean ordinary flavors. But Virginia Dare Extracts are Double Strength Extracts and therefore you should use only half as much of Virginia Dare as you have been using of other flavors. This applies to all Virginia Dare Extracts except the Virginia Dare Vanilla which is a 150% Strength Flavor. In using this in a recipe calling for ordinary flavoring use two-thirds of a teaspoonful wherever a full teaspoonful of ordinary extract is required.

VIRGINIA DARE ONE EGG CAKE

$\frac{2}{3}$ teaspoonful of Virginia Dare 150% Strength Vanilla	
$\frac{1}{2}$ cupful sugar	$\frac{1}{2}$ cupful of milk
$\frac{1}{4}$ cupful of butter substitute	3 teaspoonfuls of baking powder
1 egg	$1\frac{1}{2}$ cupfuls of flour

Sift the sugar until it is very fine. Cream the butter substitute until very soft and add the sugar gradually. Beat the egg yolk until thick and add to the creamed butter and sugar. Sift the flour with the baking powder three times and add alternately with the milk. Beat the egg white until stiff and fold in last. Add the Virginia Dare 150% Strength Vanilla. Pour into well buttered pan and bake from twenty to thirty minutes in a moderate oven.

Frost with Virginia Dare Vanilla Frosting or any preferred Virginia Dare Icing.

Add Virginia Dare Double Strength Rose Flavoring to your favorite icing — it gives the taste of fresh rose leaves.

VIRGINIA DARE DEVIL'S FOOD CAKE

1½ teaspoonfuls Virginia Dare 150% Strength Vanilla	
2 cupfuls of sugar	3 cupfuls of flour
¾ cupful of butter	7 teaspoonfuls of baking powder
2 eggs	1 teaspoonful of salt
¾ cupful of cocoa	1 cupful of milk

Cream one-half cupful of the butter with one cupful of the sugar. Separate the eggs, beat the yolks until thick, and add to the butter and sugar. Beat well. Melt the remaining quarter cupful of butter, and stir into it slowly the cocoa and remaining part of the sugar which have been mixed together. Stir until smooth and add this to the creamed sugar and butter and cream again. Sift the flour, baking powder and salt together three times and add alternately with the milk. Lastly fold in the stiffly beaten whites of the eggs and add the Virginia Dare 150% Vanilla. Pour into buttered layer cake tins, and bake for from forty to forty-five minutes in a moderate oven. When cool frost with Virginia Dare Chocolate or White Mountain filling and frosting.

VIRGINIA DARE INEXPENSIVE ANGEL CAKE

¾ teaspoonful of Virginia Dare 150% Strength Vanilla or	
½ teaspoonful Virginia Dare Double Strength Orange	
½ cupful of confectioner's sugar	¾ cupful of flour
¼ teaspoonful of cream of tartar	¼ teaspoonful of salt
	6 tablespoonfuls of milk
	3 egg whites
	1 teaspoonful of baking powder

Sift the dry ingredients together five times. Whip the egg whites until stiff and slowly sift in the dry ingredients, beating constantly. Add the milk, a tablespoonful at a time, and last the Virginia Dare 150% Strength Vanilla or Double Strength Orange. Pour into an unbuttered angel cake pan and bake in a moderate oven for thirty to forty minutes. Let cake stand in inverted pan until it drops out from its own weight. Ice with any preferred Virginia Dare Icing.

Caution — Wherever a recipe calls for one teaspoonful of ordinary single strength extract use one-half as much Virginia Dare.

VIRGINIA DARE SPICE CAKE

1 teaspoonful of Virginia Dare Double Strength Cloves	
1 teaspoonful of Virginia Dare Double Strength Cinnamon	
1 teaspoonful of Virginia Dare Double Strength Nutmeg	
1 cupful of flour	2 cupfuls of brown sugar
1½ teaspoonfuls of soda	1 cupful of butter or
1 teaspoonful baking powder	¾ cupful of vegetable shorten-
1 cupful of sour milk	ing or oil
	2 eggs

Sift the flour and soda together three times. Cream the butter or vegetable shortening, and add the sugar. Add the yolks of the eggs and the flour and milk, alternately. Beat the whites of the eggs until light and fold in last. Add the Virginia Dare Cloves, Cinnamon, Nutmeg and pour into well buttered layer cake pans. Bake in moderate oven for from half to three-quarters of an hour and ice with any preferred icing.

VIRGINIA DARE ALMOND CAKE

½ teaspoonful Virginia Dare Double Strength Almond	
¼ teaspoonful of Virginia Dare Double Strength Orange	
¾ cupful of corn or olive oil	3 cupfuls of flour
1½ cupfuls of sugar	6 teaspoonfuls baking powder
½ cupful of milk	2 eggs

Add sugar to the corn or olive oil and cream. Add yolks of the eggs well beaten. Sift the flour and baking powder together three times and add alternately with the milk. Last, fold in whites of eggs, beaten until stiff and add Virginia Dare Almond and Virginia Dare Orange. Bake in well greased paper lined pans, either layer cake pans or a loaf cake pan that has a tube in center. Ice when cold with Virginia Dare Almond Icing.

VIRGINIA DARE SOFT GINGERBREAD

½ teaspoonful of Virginia Dare Cinnamon	
3½ cupfuls of flour	1 cupful of butter or its
1 tablespoonful ginger	equivalent
1 teaspoonful of soda	1 cupful of brown sugar
1 cupful of sour milk	1 cupful of molasses
	3 eggs

Sift the flour, ginger and soda together three times. Cream the butter or butter equivalent until soft, and cream in some of the sugar. Add part of the molasses and cream in the rest of the sugar. Add the sour milk and flour alternately a third part at a time. Last, add the rest of the molasses and the well beaten eggs, and the Virginia Dare Cinnamon. Pour into a well greased pan and bake in a moderate oven 30 to 45 minutes.

Remember — In your own recipes to measure only one-half as much!

VIRGINIA DARE DEVIL'S FOOD CAKE

1½ teaspoonfuls Virginia Dare 150% Strength Vanilla	
2 cupfuls of sugar	3 cupfuls of flour
¾ cupful of butter	7 teaspoonfuls of baking powder
2 eggs	1 teaspoonful of salt
¾ cupful of cocoa	1 cupful of milk

Cream one-half cupful of the butter with one cupful of the sugar. Separate the eggs, beat the yolks until thick, and add to the butter and sugar. Beat well. Melt the remaining quarter cupful of butter, and stir into it slowly the cocoa and remaining part of the sugar which have been mixed together. Stir until smooth and add this to the creamed sugar and butter and cream again. Sift the flour, baking powder and salt together three times and add alternately with the milk. Lastly fold in the stiffly beaten whites of the eggs and add the Virginia Dare 150% Vanilla. Pour into buttered layer cake tins, and bake for from forty to forty-five minutes in a moderate oven. When cool frost with Virginia Dare Chocolate or White Mountain filling and frosting.

VIRGINIA DARE INEXPENSIVE ANGEL CAKE

¾ teaspoonful of Virginia Dare 150% Strength Vanilla or	
½ teaspoonful Virginia Dare Double Strength Orange	
½ cupful of confectioner's sugar	¾ cupful of flour
¼ teaspoonful of cream of tartar	¼ teaspoonful of salt
	6 tablespoonfuls of milk
	3 egg whites
	1 teaspoonful of baking powder

Sift the dry ingredients together five times. Whip the egg whites until stiff and slowly sift in the dry ingredients, beating constantly. Add the milk, a tablespoonful at a time, and last the Virginia Dare 150% Strength Vanilla or Double Strength Orange. Pour into an unbuttered angel cake pan and bake in a moderate oven for thirty to forty minutes. Let cake stand in inverted pan until it drops out from its own weight. Ice with any preferred Virginia Dare Icing.

Caution — Wherever a recipe calls for one teaspoonful of ordinary single strength extract use one-half as much Virginia Dare.

VIRGINIA DARE SPICE CAKE

1 teaspoonful of Virginia Dare Double Strength Cloves	
1 teaspoonful of Virginia Dare Double Strength Cinnamon	
1 teaspoonful of Virginia Dare Double Strength Nutmeg	
1 cupful of flour	2 cupfuls of brown sugar
1½ teaspoonfuls of soda	1 cupful of butter or
1 teaspoonful baking powder	¾ cupful of vegetable shorten-
1 cupful of sour milk	ing or oil
	2 eggs

Sift the flour and soda together three times. Cream the butter or vegetable shortening, and add the sugar. Add the yolks of the eggs and the flour and milk, alternately. Beat the whites of the eggs until light and fold in last. Add the Virginia Dare Cloves, Cinnamon, Nutmeg and pour into well buttered layer cake pans. Bake in moderate oven for from half to three-quarters of an hour and ice with any preferred icing.

VIRGINIA DARE ALMOND CAKE

½ teaspoonful Virginia Dare Double Strength Almond	
¼ teaspoonful of Virginia Dare Double Strength Orange	
¾ cupful of corn or olive oil	3 cupfuls of flour
1½ cupfuls of sugar	6 teaspoonfuls baking powder
½ cupful of milk	2 eggs

Add sugar to the corn or olive oil and cream. Add yolks of the eggs well beaten. Sift the flour and baking powder together three times and add alternately with the milk. Last, fold in whites of eggs, beaten until stiff and add Virginia Dare Almond and Virginia Dare Orange. Bake in well greased paper lined pans, either layer cake pans or a loaf cake pan that has a tube in center. Ice when cold with Virginia Dare Almond Icing.

VIRGINIA DARE SOFT GINGERBREAD

½ teaspoonful of Virginia Dare Cinnamon	
3½ cupfuls of flour	1 cupful of butter or its
1 tablespoonful ginger	equivalent
1 teaspoonful of soda	1 cupful of brown sugar
1 cupful of sour milk	1 cupful of molasses
	3 eggs

Sift the flour, ginger and soda together three times. Cream the butter or butter equivalent until soft, and cream in some of the sugar. Add part of the molasses and cream in the rest of the sugar. Add the sour milk and flour alternately a third part at a time. Last, add the rest of the molasses and the well beaten eggs, and the Virginia Dare Cinnamon. Pour into a well greased pan and bake in a moderate oven 30 to 45 minutes.

Remember — In your own recipes to measure only one-half as much!

VIRGINIA DARE ORANGE PUFFS

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|---------------|---|-----------------------------------|
| 1 | teaspoonful of Virginia Dare Double Strength Orange | |
| $\frac{1}{2}$ | cupful of shortening | $\frac{3}{4}$ cupful of milk |
| $\frac{1}{2}$ | cupful of sugar | 2 cupfuls of flour |
| $\frac{1}{2}$ | cupful of syrup | 4 tablespoonfuls of baking powder |
| 1 | egg | |

Cream the shortening, add the syrup and sugar alternately, and cream again until all are perfectly blended. Add the egg well beaten. Sift the flour and baking powder together three times and add with the milk, a third at a time. Last add the Virginia Dare Double Strength Orange and bake in well greased muffin tin — bake for from 10 to 15 minutes. Serve with Virginia Dare Fruit Sauce given on page 26.

VIRGINIA DARE CUP-CAKES

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|---------------|---|------------------------------|
| $\frac{2}{3}$ | teaspoonful Virginia Dare 150% Strength Vanilla or Almond | |
| $\frac{1}{2}$ | cupful shortening | Few ground nuts. |
| 1 | cupful sugar or half sugar and syrup | 3 teaspoons baking powder |
| | | $1\frac{1}{2}$ cupfuls flour |
| 1 | egg | $\frac{1}{2}$ cupful milk |

Cream the shortening, add the sugar or sugar and syrup and the egg yolk. Beat well. Add the milk, and the flour sifted three times with the baking powder, alternately. Beat well and add the Virginia Dare 150% Strength Vanilla or Almond. Pour into buttered cup-cake pans and bake in a moderate oven. Ice with Virginia Dare's Every-Cake Icing.

VIRGINIA DARE'S BLACK BEAUTY CAKE

- | | | |
|----------------|--|-----------------------------------|
| $\frac{2}{3}$ | teaspoonful of Virginia Dare 150% Strength Vanilla | |
| $1\frac{1}{2}$ | cupfuls of flour | $\frac{1}{4}$ teaspoonful of salt |
| 1 | teaspoonful of baking soda | $\frac{1}{2}$ cupful of cocoa |
| 1 | cupful of sour milk | 3 tablespoonfuls of butter |
| 1 | cupful of sugar | |

Sift the flour, baking soda and salt three times. Melt the butter, stir in the cocoa and sugar, mixed together, add the flour alternately with the sour milk. Add the Virginia Dare 150% Strength Vanilla. Beat well, pour into a well greased cake pan and bake in a moderate oven. Fill or ice with Virginia Dare Marshmallow filling, recipe for which is given on page 16.

Any left over meat? Add Virginia Dare Double Strength Onion or Celery and serve as Commodore Hash with toasted points of bread.

VIRGINIA DARE FRUIT CAKE

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|---------------|---|--|
| 1 | teaspoonful each of Virginia Dare Cinnamon and Mace | |
| $\frac{1}{2}$ | teaspoonful each of Virginia Dare Nutmeg and Allspice | |
| $\frac{1}{4}$ | teaspoonful of Virginia Dare Double Strength Clove | |
| $\frac{1}{2}$ | teaspoonful of Virginia Dare 150% Strength Vanilla | |
| 1 | cupful of shortening | 1 cupful of raisins |
| 1 | cupful of syrup | 1 cupful of currants |
| 1 | cupful of sugar | $\frac{1}{4}$ cupful of chopped citron |
| 2 | cupfuls of flour | 2 cupfuls of nuts |
| $\frac{1}{2}$ | teaspoonful of salt | 3 eggs |
| | $\frac{1}{2}$ cupful of hot water | |

Cream the shortening or butter until it is white around the edges, add the sugar and syrup and cream until smooth. Separate the eggs, beat the yolks until thick and lemon colored and add to the creamed butter and sugar. Sift the flour and salt and add alternately with the hot water. Add the finely chopped raisins, currants, and nuts. Add all of the Virginia Dare Flavors and the egg whites beaten until stiff. Beat batter until well blended and pour into pans thickly lined with buttered paper. Pour the batter in three layers and lay the citron, cut in thin even slices between each layer. Bake in a moderate oven for three hours.

VIRGINIA DARE RIBBON CAKE

- | | | |
|----------------|--|---------------------------------|
| $1\frac{1}{2}$ | teaspoonfuls of Virginia Dare 150% Strength Vanilla. | |
| 1 | cupful of butter or butter substitute | 3 eggs |
| | | 1 cupful of milk |
| 2 | cupfuls of sugar | $3\frac{1}{2}$ cupfuls of flour |
| | 6 teaspoonfuls of baking powder | |

Cream the butter until it is white around the edges, add the sugar and cream again. Separate the eggs and add the yolks, well beaten to the butter and sugar. Sift the flour with the baking powder three times and add alternately with the milk. Lastly fold in the stiffly beaten whites of the eggs. Add the Virginia Dare 150% Strength Vanilla. Pour out a little less than one-third of the batter and bake the other two-thirds in two shallow layer cake tins. To the remaining batter add:

- | | | |
|---------------|---|--------------------------|
| $\frac{1}{2}$ | teaspoonful of Virginia Dare Double Strength Mace | |
| $\frac{1}{2}$ | teaspoonful of Virginia Dare Double Strength Cinnamon | |
| $\frac{1}{2}$ | cupful chopped raisins | 1 tablespoonful molasses |
| | $\frac{1}{4}$ cupful grated orange rind | |

Bake this in the third layer cake pan and put in the center of the other two layers putting the cake together with jelly or any desired Virginia Dare Filling or frosting.

Try any Virginia Dare Fruit Flavor — Strawberry, Raspberry, Peach, Pineapple, Lemon, Orange, Rose,— in your favorite icing and you will be delighted with the result.

VIRGINIA DARE CAKE FROSTINGS AND FILLINGS

When your plainest most economical cake recipe has been iced and filled with one of Virginia Dare Frostings and Fillings it is transformed from a simple recipe to a wonderfully flavored cake creation. Some of these Virginia Dare Icings may be made without sugar so that when this product is expensive or hard to get you may have your cake iced and decorated as usual.

Virginia Dare's Fruit Flavors give to icings and fillings a never before equalled delicacy. Use them alone or in combination one with another to procure new and delicious flavors.

VIRGINIA DARE'S EVERY-CAKE FROSTING

This frosting by varying the Virginia Dare Fruit Flavor, may be used on every Virginia Dare Cake. Your own simplest, most economical cake recipe may be made into a delightful surprise by icing it with this Virginia Dare Every-Cake Frosting.

$\frac{3}{4}$ teaspoonful of Virginia Dare Vanilla, or Lemon, or Almond, Coffee, Orange, Strawberry, Cherry, Pineapple, Raspberry, Peach or Rose

$\frac{1}{4}$ cupful corn syrup

$\frac{1}{4}$ cupful of water

$\frac{3}{4}$ cupful of sugar

2 tablespoonfuls butter

Cook the syrup, sugar and water until it will spin a thread, when dropped from the side of a spoon. Add the butter, remove from the fire and beat until white and creamy. Add the Virginia Dare Vanilla or Lemon or Orange or Almond or any other preferred Virginia Dare Extract and pour over top and sides of cake. Cut when cool.

VIRGINIA DARE'S PLAIN BOILED FILLING AND FROSTING

$\frac{1}{2}$ teaspoonful of Virginia Dare 150% Strength Vanilla

2 cupfuls of sugar or

$\frac{1}{2}$ cupful of syrup

$1\frac{1}{2}$ cupfuls of sugar and

$\frac{1}{2}$ cupful of water

Cook the sugar and water until it will form a thread when dropped from a spoon. Remove from the fire at once and place in a pan of cold water to stop boiling. Add the Virginia Dare 150% Strength Vanilla, remove pan from the cold water and beat the icing until creamy and thick enough to spread. If it becomes too thick add a tablespoonful of boiling water to thin or smooth. Pour in between layers and over top of any plain Virginia Dare or your own favorite cake.

Virginia Dare Extracts are Double Strength.

VIRGINIA DARE'S UNCOOKED SUGAR FROSTING

$\frac{1}{2}$ teaspoonful of Virginia Dare Double Strength Orange

$\frac{1}{4}$ teaspoonful of Virginia Dare 150% Strength Vanilla

2 cupfuls confectioner's sugar 2 tablespoonfuls boiling water

Sift the confectioner's sugar three times. Add the Virginia Dare Double Strength Orange and 150% Strength Vanilla, and the boiling water. Stir until soft enough to spread evenly adding more water, or a little more sugar if either is necessary. Spread in between layers or on top of cake and set aside to cool. Any preferred Virginia Dare Double Strength Fruit Flavor may be used in this recipe in place of the Orange.

MAMMY'S RICH CREAM FILLING AND ICING

1 teaspoonful Virginia Dare Double Strength Coffee

or Almond or $\frac{1}{2}$ teaspoonful Virginia Dare 150% Vanilla

1 cupful of confectioner's sugar $\frac{1}{4}$ cupful of rich cream

Sift the confectioner's sugar three times. Add the Virginia Dare Coffee, Almond or Vanilla and enough of the cream to make the icing soft enough to spread. Add an extra tablespoonful of cream, if necessary. Pour over any preferred Virginia Dare Loaf or Layer Cake.

VIRGINIA DARE'S BLUE RIDGE MOUNTAIN OR ROSE FROSTING

$\frac{3}{4}$ teaspoonful of Virginia Dare Double Strength Rose

1 egg white

1 tablespoonful of water

$\frac{1}{4}$ teaspoonful of cream of tartar 1 cupful of confectioner's sugar

Sift the confectioner's sugar three times. Add the water and cream of tartar to the egg white and beat until stiff. Gradually sift in the confectioner's sugar, add the Virginia Dare Double Strength Rose and beat until smooth and creamy. Pour over cake and set aside to harden.

VIRGINIA DARE'S SPUN SUGAR FILLING AND FROSTING

$\frac{3}{4}$ teaspoonful of Virginia Dare 150% Strength Vanilla

1 cupful of sugar

2 egg whites

$\frac{1}{4}$ cupful of water

$\frac{1}{8}$ teaspoonful of cream of tartar

Cook the sugar and water until it will spin a thread; beat the egg with the cream of tartar until stiff and slowly pour the sugar syrup on the egg white beating constantly. Add the Virginia Dare 150% Strength Vanilla and beat until thick. Cook in top of double boiler until spoon can be drawn through icing without icing running together again. Spread over top and sides of any preferred Virginia Dare Loaf or Layer Cake and set aside to cool.

Caution — Use one-half as much Virginia Dare in your own recipes.

**VIRGINIA DARE'S BROWN SUGAR FILLING
AND FROSTING**

1 teaspoonful of Virginia Dare Double Strength Lemon
 $\frac{3}{4}$ teaspoonful of Virginia Dare 150% Strength Vanilla
 1 cupful of cocoa 1 cupful of brown sugar
 4 tablespoonfuls of butter $\frac{1}{2}$ cupful of milk
 Melt the butter, add a little of the milk, stir until smooth and add the cocoa and milk alternately stirring constantly until all are added. Add the brown sugar and boil until the mixture will form a soft ball when tested in cold water. Remove from the fire, add the Virginia Dare Lemon and Vanilla, beat well and pour over cake.

**VIRGINIA DARE'S SUGARLESS FILLING
AND FROSTING**

$\frac{1}{2}$ teaspoonful of Virginia Dare 150% Strength Vanilla
 $\frac{3}{4}$ cupful of maple $\frac{1}{4}$ cupful of water
 or corn syrup 1 egg white
 Cook the maple or corn syrup with the water until it will form a thread when dropped from a spoon. Remove from the fire and slowly add to the stiffly beaten white of an egg. Add the Virginia Dare 150% Strength Vanilla, beat until thick and creamy and pour over top and sides of a loaf or layer cake.

**VIRGINIA DARE'S MARSHMALLOW FILLING
AND FROSTING**

$\frac{2}{3}$ teaspoonful Virginia Dare 150% Strength Vanilla
 6 tablespoonfuls of marsh- $\frac{3}{4}$ cupful confectioner's sugar
 mallow whip 3 or 4 tablespoonfuls hot water
 Add the hot water to the marshmallow whip in a bowl and slowly sift in the confectioner's sugar. Add enough extra hot water to make smooth enough to spread, add the Virginia Dare 150% Strength Vanilla, beat well and spread in between layers or on top and sides of a loaf or layer cake.

VIRGINIA DARE'S MARSHMALLOW PUDDING

Whites of 8 eggs beaten to a stiff froth, add slowly 1 cup of sugar. Then slowly 1 tablespoon of gelatine which has been thoroughly dissolved in one-half cup of hot water or milk. Divide in three parts: pink, green and white. Use Virginia Dare Pink Coloring flavored with Virginia Dare Rose Extract, Virginia Dare Green Coloring flavored with Virginia Dare Almond Extract. Put pink into a mold, sprinkle with raisins, figs and preserved ginger, then green same way, then white same as pink and green. Serve with whipped cream seasoned with Virginia Dare 150% Strength Vanilla.

Remember — In your own recipes to measure only one-half as much!

**VIRGINIA DARE'S BISCUITS, FRUIT
ROLLS, DUMPLINGS AND COOKIES**

VIRGINIA DARE'S BAKING POWDER BISCUIT

2 cupfuls of flour $\frac{1}{2}$ teaspoonful of salt
 4 teaspoonfuls of baking 4 tablespoonfuls of butter or
 powder its equivalent
 $\frac{1}{2}$ to 1 cupful of water

Sift the flour, salt and baking powder into a bowl. Cut the butter into the flour with two knives until, when the bowl is shaken, only small pieces of fat may be seen. Add the water very slowly so that too much will not be added accidentally. Add just enough water to permit the dough to leave the bowl in one mass without leaving any crumbs behind. Turn out on a slightly floured board, roll lightly to $\frac{3}{4}$ or $\frac{1}{2}$ inch in thickness. Dip biscuit cutter in flour, then cut biscuits, placing them on a well greased tin. Bake in a very hot oven for 10 or 15 minutes. Serve at once.

VIRGINIA DARE'S BAKED APPLE DUMPLINGS

Roll the Virginia Dare Biscuit Dough to $\frac{1}{3}$ of an inch in thickness and cut into large square pieces and place in the center a cored and pared apple. Fill the center of the apple with chopped raisins and over these and the apple pour a tablespoonful of syrup which has been mixed with $\frac{1}{2}$ of a teaspoonful of Virginia Dare Double Strength Cinnamon and Lemon. Wrap the dough around the apple and seal tightly with a drop or two of water. Bake 15 or 20 minutes in a quick oven.

VIRGINIA DARE POP OVERS

$\frac{1}{2}$ teaspoonful of Virginia Dare Vanilla
 2 cupfuls of flour 3 eggs
 2 cupfuls of milk $\frac{1}{4}$ teaspoonful salt

Sift the flour and salt together three times. Add the milk, beating as it is added. Add the yolks of the eggs, and then carefully fold in the stiffly beaten whites. Add the Virginia Dare Vanilla. Pour into well greased pop over or gem pans and bake in a very hot oven.

Virginia Dare Double Strength Almond makes a deliciously almond flavored cake.

VIRGINIA DARE'S GRANDMOTHER SUGAR COOKIES

- $\frac{1}{2}$ teaspoonful of Virginia Dare 150% Strength Vanilla or
 $\frac{1}{4}$ teaspoonful of Virginia Dare Double Strength Almond,
 Lemon, Orange, Strawberry or any preferred Virginia Dare
 Fruit Flavor
 1 cupful of flour 8 tablespoonfuls of butter or
 2 teaspoons baking powder shortening
 1 cupful of sugar 1 egg
 $\frac{1}{4}$ cupful of milk

Cream the butter and sugar and add the egg well beaten. Cream again and add part of the milk. Sift the flour and baking powder together and add alternately with the rest of the milk. Add the Virginia Dare Vanilla or Fruit Flavor and enough extra flour to form a dough stiff enough to handle. Roll out on a slightly floured board to about $\frac{1}{4}$ inch in thickness. Sprinkle the top with a little granulated sugar and bake from 10 to 15 minutes in a moderate oven.

VIRGINIA DARE'S PLAIN CRULLERS

- $\frac{1}{4}$ teaspoonful of Virginia Dare Double Strength Cinnamon or
 Nutmeg
 2 cupfuls of flour 1 egg
 $\frac{1}{2}$ cupful of sugar $\frac{1}{4}$ teaspoonful of salt
 3 teaspoons baking powder $\frac{1}{4}$ to $\frac{1}{2}$ cupful of milk

Sift the dry ingredients, flour, sugar, baking powder and salt, beat the egg well, add a little milk and add to the flour. Add enough of the rest of the milk to make a dough stiff enough to handle. Roll out on a floured board to about $\frac{1}{3}$ of an inch thick and cut into round crullers with a doughnut cutter, or cut with a round sharp tin lid and cut a small piece out of the center. Fry in deep, smoking hot fat which will brown a cube of bread to a golden brown in 60 seconds. When one side is done turn and fry the other side. If a frying basket is used the frying is much more easily accomplished. Drain on brown paper and when dry sift pulverized sugar over the crullers.

*Virginia Dare Double Strength Onion — saves peeling onions and tears.
Use it in hamburg steak.*

VIRGINIA DARE'S PIES AND PIE
FILLINGS

VIRGINIA DARE'S PIE CRUST

- 2 cupfuls of flour $\frac{1}{2}$ teaspoonful of salt
 1 teaspoonful baking powder 9 tablespoons shortening
 $\frac{1}{2}$ to $\frac{3}{4}$ cupful of ice water

Have all the ingredients as cold as possible, and use pastry flour if it is possible. Sift the flour, baking powder and salt and cut in the shortening (which may be butter or lard or part of each) with two knives until when the bowl is shaken only very fine pieces of fat may be seen. Add the water very slowly so that too much will not be added by accident. Cut the water into the dough until it will leave the bowl in one mass, leaving no crumbs of flour behind.

Place this dough in the bowl again and put in the ice chamber of the ice box for half an hour if possible. Have rolling pin and board very cold and roll. Flour the board just enough to keep dough from sticking and roll out in all directions from the center of the dough rolling in each direction only once — if this is possible. Roll to about $\frac{1}{4}$ inch in thickness and fit very loosely over pie plate; be sure the dough comes well over the sides of the plate, as it will shrink in baking. Bake in a moderate oven until brown and fill with Virginia Dare Lemon or Custard Filling. Apple, pumpkin or mincemeat may be placed in the pie before the under crust is baked.

VIRGINIA DARE'S LEMON PIE FILLING

- 2 tablespoonfuls of Virginia Dare Double Strength Lemon
 4 tablespoonfuls of cornstarch 1 cupful of sugar
 1 cupful of boiling water 2 eggs
 1 tablespoonful of butter 1 tablespoon powdered sugar

Add the sugar to the cornstarch, mix well, add boiling water slowly, stirring constantly and boil until clear. Cool and add the butter and the well beaten egg yolks. Cook until very thick, cool again, add the Virginia Dare Double Strength Lemon and pour into the Virginia Dare baked pie crust. Beat the whites of the eggs until stiff, add the powdered sugar and drop by spoonfuls in an attractive meringue arrangement on the lemon mixture. Bake in a slow oven until the meringue is browned delicately which requires about from 10 to 15 minutes and set aside to cool.

Try a few drops of Virginia Dare Double Strength Lemon in tea — it's delicious.

VIRGINIA DARE'S CUSTARD PIE FILLING

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|--|---------------------------|
| ½ teaspoonful of Virginia Dare 150% Strength Vanilla | |
| 1 cupful of milk | 1 cupful of sugar |
| 2 eggs | 1 tablespoonful of butter |
| | 2 teaspoonfuls cornstarch |

Mix the sugar and cornstarch in the top of a double boiler, and add the milk slowly stirring constantly. Beat the yolks of the eggs until thick, add a little cold milk and add to the double boiler. Add the butter. Cook until the mixture will evenly coat a silver spoon, add the Virginia Dare 150% Strength Vanilla and pour into a Virginia Dare pie crust shell. Cool. Beat the whites of the eggs until stiff. Add a little sugar, and put over the top of the custard as a meringue. Bake in moderate oven until the meringue is a golden brown in spots and set aside to cool.

VIRGINIA DARE'S SOUTHERN PUMPKIN PIE

- | | |
|---|-------------------------|
| ½ teaspoonful each of Virginia Dare Double Strength Cinnamon and Nutmeg | |
| 1½ cupfuls of steamed and strained pumpkin | 1 cupful of milk |
| | 1 egg |
| ½ cupful of sugar | ½ teaspoonful of salt |
| | ½ teaspoonful of ginger |

Add the sugar, ginger and salt to the pumpkin; beat the eggs well and add the milk slowly. Blend well and add the Virginia Dare Double Strength Cinnamon and Nutmeg. Line a plate with Virginia Dare Pie Crust and carefully pour in the pumpkin mixture. Bake in a hot oven, lowering the heat after the pumpkin custard begins to become firm.

Virginia Dare Squash Pie is made by this same recipe using squash in place of the pumpkin.

Add a drop of Virginia Dare Double Strength Clove to a cupful of tea — it's unusually pleasing.

VIRGINIA DARE'S MINCE MEAT PIE

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|---|-----------------------------|
| ½ teaspoonful of Virginia Dare Double Strength Cinnamon and Clove | |
| 1 teaspoonful of Virginia Dare Double Strength Lemon | |
| 3 cupfuls of chopped apples | 1½ cupfuls of raisins |
| 1 cupful of chopped beef | 1 cupful of currants |
| ¼ cupful of suet | ½ cupful of citron |
| 1½ cupfuls of sugar | 2 tablespoonfuls of vinegar |
| ½ cupful of tart currant jelly | 1 cupful of sweet cider |

Chop the apples and citron very fine. Grind the meat, suet and the raisins through the meat grinder. Mix these ingredients together. Add the currants, the sugar, tart currant jelly, vinegar and cider. Mix all well together; put into a Virginia Dare unbaked pie crust, cover with another crust and bake in a moderate oven.

VIRGINIA DARE'S OLD-FASHIONED APPLE PIE

- | | |
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| 2 teaspoonfuls of Virginia Dare Double Strength Nutmeg or Cinnamon | |
| 1 teaspoonful of Virginia Dare Double Strength Lemon | |
| 5 or 6 large apples | ¼ cupful of syrup |
| | ¼ cupful of sugar |

Quarter, core, and pare the apples; cut into thin shavings keeping them immersed in salt water as you cut them to prevent darkening. Line a pastry tin with the Virginia Dare Pie Crust and put in a layer of apples. Sprinkle with sugar and add one-half of the syrup to which a little water and the Virginia Dare Double Strength Lemon and Cinnamon or Nutmeg have been added. Put in a second layer and sprinkle that with sugar and add syrup and flavoring. Continue until all of the apples and all of the syrup have been used. Cover top with a Virginia Dare Pie Crust and bake in a moderate oven.

Caution — Virginia Dare Extracts are Double Strength. In your own recipes use only half as much Virginia Dare as single strength extracts.

VIRGINIA DARE'S CUSTARDS, PUD- DINGS, ICE CREAMS AND DESSERTS

VIRGINIA DARE'S PLAIN CUSTARD PUDDING

- $\frac{1}{2}$ teaspoonful Virginia Dare Double Strength Cinnamon or
Nutmeg, or
 $\frac{3}{4}$ teaspoonful Virginia Dare 150% Strength Vanilla
2 cupfuls of hot milk $\frac{1}{4}$ teaspoonful salt
2 eggs 4 tablespoonfuls sugar

Heat the milk in the top part of the double boiler. Beat the eggs add the sugar and salt and a little of the hot milk. Pour all into the double boiler with the rest of the milk and cook, stirring constantly until it will evenly coat a silver spoon, and is as thick as heavy cream. Add the Virginia Dare Cinnamon, Nutmeg or Vanilla and strain into custard cups or a pudding dish. Chill. If a custard is cooked too long the milk will sometimes separate. If this happens immerse the pan of custard into another pan of cold water and beat the custard with an egg beater until smooth.

VIRGINIA DARE'S SOUTHERN RICE PUDDING

- $\frac{3}{4}$ teaspoonful of Virginia Dare 150% Strength Vanilla or
 $\frac{1}{2}$ teaspoonful of Virginia Dare Double Strength Lemon or
Cinnamon
 $\frac{1}{4}$ cupful of rice 4 cupfuls of milk
4 tablespoonfuls of sugar $\frac{1}{4}$ teaspoonful of salt
 $\frac{1}{2}$ cupful of seeded raisins

Pick over the rice and rinse it thoroughly under cold water faucet. Add the sugar, salt and raisins to the milk and pour into a well buttered pudding dish. Add the rice and bake slowly in a moderate oven stirring every 15 minutes to keep rice and raisins from settling to bottom of dish. Add the Virginia Dare Flavoring when the pudding has cooked half an hour. Bake until rice has absorbed all of the milk and the pudding is firm. Brown on top and serve hot with sugar and milk or cream.

*Add Virginia Dare Double Strength Rose Flavoring to your favorite
icing — it gives the taste of fresh rose leaves.*

VIRGINIA DARE'S CHOCOLATE BLANC MANGE

- $\frac{2}{3}$ teaspoonful of Virginia Dare 150% Strength Vanilla or
 $\frac{1}{2}$ teaspoonful of Virginia Dare Double Strength Lemon or
Cinnamon

- 4 tablespoonfuls of cornstarch 4 tablespoonfuls of sugar
4 tablespoonfuls of cocoa $\frac{1}{4}$ teaspoonful of salt
2 tablespoonfuls of butter 2 cupfuls of milk

Melt the butter in the top of a double boiler, slowly stir in the cocoa, cornstarch, sugar and salt which have been mixed together, adding enough milk to make a smooth paste. Add the rest of the milk slowly and cook until thick and creamy. Add the Virginia Dare Vanilla, Lemon or Cinnamon as preferred, and pour into individual wet custard cups or a large pudding mold. Serve when cold with sugar, milk or cream.

VIRGINIA DARE'S TAPIOCA CREAM PUDDING

- $\frac{1}{2}$ teaspoonful of Virginia Dare 150% Strength Vanilla or
 $\frac{1}{4}$ teaspoonful of Virginia Dare Double Strength Orange,
Lemon, Strawberry or any preferred fruit flavor
4 tablespoonfuls of granu- $\frac{1}{2}$ teaspoonful of salt
lated tapioca 2 eggs
2 cupfuls of milk 6 tablespoonfuls of sugar

Put the tapioca, sugar and salt in top of a double boiler and add a little of the milk, cook a few moments and add the rest of the milk. Continue cooking until the tapioca is clear and transparent. Beat yolks of eggs until creamy and add enough tapioca to blend them, then pour back in double boiler top. Cook until tapioca is thick as a soft custard. Add the Virginia Dare Vanilla or Virginia Dare Fruit Flavor and remove from the fire. Cool. Beat the whites of the eggs until stiff and fold into the tapioca. Pour into a pudding dish and serve with sugar, milk or cream.

VIRGINIA DARE'S DELICIOUS BREAD PUDDING

- $\frac{3}{4}$ teaspoonful of Virginia Dare 150% Strength Vanilla or
 $\frac{1}{2}$ teaspoonful of Virginia Dare Double Strength Nutmeg
1 cupful of crumbed bread $\frac{1}{2}$ cupful of sugar or syrup
 $2\frac{1}{2}$ cupfuls of milk 1 egg
1 tablespoonful of butter $\frac{1}{2}$ cupful of raisins

Add the sugar or syrup to the stale bread crumbs, put in the top of a double boiler and add the milk and butter. Cook until well blended, add the raisins and the beaten yolk of the egg to which a little water has been added. Add the Virginia Dare Vanilla or Nutmeg, pour into a buttered pudding dish and bake 20 to 30 minutes. Beat the white of the egg until stiff and spread on top of pudding as a meringue. Brown slightly and serve hot or cold, with milk, cream or a Virginia Dare Pudding Sauce.

Virginia Dare Extracts are Double Strength.

MAMMY'S RECIPE FOR SNOW PUDDING

- 1 teaspoonful of Virginia Dare Double Strength Lemon
 $\frac{1}{2}$ teaspoonful of Virginia Dare 150% Strength Vanilla
 1 tablespoonful of granulated gelatine $1\frac{1}{2}$ cupfuls of boiling water
 $\frac{1}{4}$ cupful of cold water $\frac{1}{2}$ cupful of sugar or syrup
 2 eggs

Soak gelatine in cold water until soft. Add boiling water, stir until dissolved and strain. Add sugar or syrup and Virginia Dare Vanilla and Lemon; set aside to cool. Separate the eggs. Beat the whites until stiff, and when the gelatine pudding has almost set beat in egg whites. Beat until very smooth and nearly hard and pour into wet molds. Cook the egg yolks in two cupfuls of milk to which two tablespoonfuls of sugar have been added until it will form a soft custard, evenly coating a silver spoon. Add a drop of Virginia Dare Vanilla and set aside to cool. Unmold the Snow Pudding and serve surrounded with the custard sauce.

VIRGINIA DARE'S CHARLOTTE RUSSE

- $\frac{1}{2}$ teaspoonful of Virginia Dare Orange, Lemon, Strawberry, Pineapple, Peach or any preferred Virginia Dare Fruit Flavor
 1 tablespoonful of granulated gelatine $1\frac{1}{2}$ cupfuls of hot milk
 $\frac{1}{4}$ cupful of cold water $\frac{1}{2}$ cupful of sugar
 3 eggs

Use any Virginia Dare Cup or Loaf Cakes, or Lady Fingers.

Soak gelatine in cold water, until soft, dissolve in hot milk, and strain. Add sugar and egg yolks beaten until creamy and beat well. Add Virginia Dare Fruit Flavor and set aside to cool. Beat whites of eggs until stiff and when gelatine mixture has almost set, beat in egg whites. Beat all until smooth and creamy. Cut tops from small cup cakes and hollow out center; or cut a large square piece from center of loaf cake; or line a wet mold with lady fingers; fill center of cup cakes, loaf cakes or mold with Charlotte filling; replace top on cup cakes and loaf cake and set with pudding mold in ice box to harden. When firm serve with Virginia Dare Custard Sauce, milk or cream and sugar.

VIRGINIA DARE PRUNE WHIP

- $\frac{1}{2}$ teaspoonful of Virginia Dare Double Strength Lemon or
 $\frac{3}{4}$ teaspoonful of Virginia Dare Double Strength Vanilla
 3 egg whites $\frac{1}{2}$ cup pulverized sugar $\frac{1}{2}$ cup washed prune pulp
- Mash prunes through fine strainer. Beat egg whites until stiff sifting into them the pulverized sugar. Add prune pulp and the Virginia Dare Lemon or Vanilla, pour into a glass pudding dish and brown on top in the oven. Serve with custard sauce, cream or whipped cream flavored with Virginia Dare Vanilla.

Use Virginia Dare Allspice in Seasoning Salad Dressings.

VIRGINIA DARE'S FROZEN DISHES

VIRGINIA DARE'S VANILLA ICE CREAM

- 2 teaspoonfuls Virginia Dare 150% Strength Vanilla
 2 cupfuls of cream or $\frac{1}{4}$ cupful of sugar
 2 cupfuls of milk and Ice salt for freezing
 3 tablespoonfuls of cornstarch

If the milk and cornstarch are used in place of the cream, melt a tablespoonful of butter, stir in the cornstarch and a little of the milk to make a smooth paste, cool and add to the rest of the milk. Add the sugar to the milk and cornstarch or cream and add the Virginia Dare 150% Strength Vanilla. Pour into ice cream freezer or a can with a tight cover. Pack freezer or can with ice and salt, using for each cupful of rock salt, 3 cupfuls of cracked ice. Turn the freezer until the cream is hard. If a can is used, turn it around and around removing occasionally from the ice and scraping the cream from the sides of the can. It should only take 20 minutes to freeze in a can and not over 12 or 15 in a freezer. Serve at once. Or if necessary to keep, cover well with ice and a little salt and cover with a heavy cloth or bag until needed.

VIRGINIA DARE'S STRAWBERRY ICE CREAM

- 3 tablespoonfuls of Virginia Dare Double Strength Strawberry
 2 cupfuls of heavy cream 4 tablespoonfuls of sugar

Add the sugar and Virginia Dare Double Strength Strawberry to the heavy cream, stir until the sugar is dissolved and proceed as in the recipe for Vanilla Ice Cream.

VIRGINIA DARE'S ORANGE WATER ICE

- 3 tablespoonfuls of Virginia Dare Double Strength Orange
 1 tablespoonful of Virginia Dare Double Strength Lemon
 2 teaspoonfuls of gelatine $\frac{1}{2}$ cupful of boiling water
 $\frac{1}{4}$ cupful of cold water $1\frac{1}{2}$ cupfuls of cold water
 1 cupful of sugar

Soak the gelatine in the cold water, dissolve in the boiling water, add the sugar, the rest of the cold water and the Virginia Dare Double Strength Orange, and Lemon. Strain, pour into freezer and freeze as usual.

Any left over meat? Add Virginia Dare Double Strength Onion or Celery and serve as Commodore Hash with toasted points of bread.

VIRGINIA DARE'S SWEET PUDDING SAUCES

VIRGINIA DARE'S HARD FRUIT SAUCE

2 teaspoonfuls of Virginia Dare Double Strength Lemon, Orange, Raspberry, Strawberry or any preferred Fruit Flavor
4 tablespoonfuls of butter $\frac{1}{2}$ cupful of powdered sugar

Cream the butter until white around the edges, add the powdered sugar and cream again until smooth. Add the Virginia Dare Double Strength Fruit Flavor and beat again. Serve with a hot steam or fruit pudding.

MAMMY'S FLUFFY HARD SAUCE

To the recipe for Virginia Dare Hard Sauce add the stiffly beaten white of an egg. Beat well and serve at once.

VIRGINIA DARE'S LEMON SAUCE

1 tablespoonful Virginia Dare Double Strength Lemon
2 tablespoonfuls of cornstarch $\frac{3}{4}$ cupful of sugar
4 tablespoonfuls of butter 2 cupfuls of boiling water

Sift the sugar and cornstarch into a saucepan. Add the boiling water slowly, stirring constantly to a smooth paste. Cook until sauce is clear, add the butter and Virginia Dare Double Strength Lemon and serve at once.

VIRGINIA DARE'S FRUIT SAUCE

$\frac{3}{4}$ teaspoonful of Virginia Dare Double Strength Orange
 $\frac{1}{2}$ teaspoonful of Virginia Dare Double Strength Lemon
1 tablespoonful of cornstarch $\frac{1}{2}$ cupful of sugar
2 cupfuls of boiling water $\frac{1}{2}$ cupful of syrup
2 tablespoonfuls of butter

Add the syrup to the boiling water. Add the cornstarch to the sugar, mix well and sift slowly into the boiling water and syrup. Boil three or four minutes or until slightly thickened, add the butter and when melted remove from the fire and add the Virginia Dare Double Strength Orange, and the Virginia Dare Double Strength Lemon.

Caution — Wherever a recipe calls for one teaspoonful of ordinary single strength extract use one-half as much Virginia Dare.

VIRGINIA DARE'S HOME MADE CANDIES

VIRGINIA DARE'S PLAIN SUGAR CANDY

$\frac{1}{2}$ teaspoonful of Virginia Dare Double Strength Lemon or Almond
1 cupful of granulated sugar 1 tablespoonful of water
 $\frac{1}{2}$ cupful of finely ground nuts

Put the water in a deep frying pan and add the sugar. Cook over a slow fire and an asbestos mat until the sugar melts and cook until it turns to a light brown liquid. Remove from the fire, add the ground nuts and the Virginia Dare Double Strength Lemon or Almond. Pour into a well buttered pan and when cold remove and break as peanut brittle.

VIRGINIA DARE'S CHOCOLATE FUDGE

$\frac{1}{2}$ teaspoonful of Virginia Dare Double Strength Lemon or
 $\frac{3}{4}$ teaspoonful of Virginia Dare 150% Strength Vanilla
 $\frac{1}{2}$ cupful of brown sugar $\frac{1}{2}$ cupful of cocoa
1 cupful of granulated sugar 4 teaspoonfuls of butter
 $\frac{1}{2}$ cupful of milk

Melt the butter, add the cocoa and sugar well mixed, stir smooth, add a little of the milk and add the brown sugar and the rest of the milk alternately. Boil until the fudge will form a firm soft ball when dropped into cold water, remove from fire, add the Virginia Dare Double Strength Lemon or Virginia Dare 150% Strength Vanilla. Beat until rich and creamy, pour into a well buttered pan and cut into squares when cold.

VIRGINIA DARE'S FRENCH BON BONS

$\frac{2}{3}$ teaspoonful of Virginia Dare 150% Strength Vanilla
1 egg white 3 to 4 cupfuls of confectioner's sugar
2 tablespoonfuls cold water
Add the water to the egg white, beat until stiff and slowly sift in the confectioner's sugar until stiff enough to roll into balls. Add the 150% Strength Vanilla. Gather up the candy by spoonfuls and roll into balls. Roll in finely ground nuts, grated cocoa-nuts or garnish by pressing a raisin, cherry or nut on top of each ball.

VIRGINIA DARE CHOCOLATE CREAMS

Let the Virginia Dare French Bon Bons dry for half an hour. Melt 4 squares of cooking chocolate in a bowl, keep over hot water and dip the balls into it. When completely covered drain and remove to a buttered plate or wax paper to drain.

Measure carefully — Virginia Dare Extracts require only half as much — They are double strength.

VIRGINIA DARE'S MOLASSES CANDY

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|--|---------------------------|
| 1/2 teaspoonful of Virginia Dare Double Strength Lemon | |
| 2 cupfuls of sugar | 1 tablespoonful vinegar |
| 1 cupful of molasses | 1 tablespoonful of butter |

Add the sugar to the molasses, add the vinegar and butter and cook slowly over a moderate fire. Boil the candy for half an hour testing in cold water until it will form a firm hard ball. Remove from the fire, add 1/4 of a teaspoonful of baking soda, the Virginia Dare Double Strength Lemon and pour into well buttered pans. Add 1/2 cupful of chopped nuts or cocoanut, if desired. Mark into squares while soft and break off into small pieces when hard.

VIRGINIA DARE'S HOME MADE CARAMELS

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|--|----------------------|
| 2/3 teaspoonful of Virginia Dare 150% Strength Vanilla | |
| 2 cupfuls of brown sugar | 1/2 cupful of milk |
| 1/2 cupful of cocoa | 1/2 cupful of butter |
| | 1/2 cupful molasses |

Melt the butter, stir in the cocoa and sugar, add the molasses, and milk. Cook, stirring constantly, until the mixture will form a soft firm ball when tested in cold water. Remove from fire, add the Virginia Dare 150% Strength Vanilla, one cupful of chopped nuts if desired, and pour into buttered pans. Cut while soft into squares and when cold separate and wrap in wax paper.

VIRGINIA DARE UNCOOKED PEPPERMINT AND WINTERGREEN PATTIES

- A few drops of Virginia Dare Peppermint or Wintergreen Flavor
- | | |
|-------------------------------|-------------------------------|
| 1 tablespoonful of corn syrup | 2 tablespoonfuls of hot water |
| | 1 cupful confectioner's sugar |

Add the hot water to the corn syrup and slowly sift in the confectioner's sugar until thick and creamy, beating constantly. If mixture becomes rough or grainy add an extra teaspoonful of hot water to smooth. Add a few drops of Virginia Dare Wintergreen or Peppermint Flavor and beat well. Drop by teaspoonfuls into round patties onto a buttered plate or wax paper. When firm remove from plate or paper to serve.

Measure carefully — Virginia Dare Extracts require only half as much — They are double strength.

VIRGINIA DARE'S SPICED BREADS, PLAIN BREADS AND ROLLS

VIRGINIA DARE ANISE SEED BREAD

- | | |
|---|--------------------------------|
| 1 teaspoonful of Virginia Dare Double Strength Anise Seed | |
| 1 cupful of scalded milk | 1/4 cupful lukewarm water |
| 1 cupful of boiling water | 4 cupfuls of white flour |
| 2 tablespoonfuls of fat | 2 cupfuls of whole wheat flour |
| 2 teaspoonfuls of salt | |
| 1 cake compressed yeast | 3 tablespoonfuls of molasses |

Add fat to water and milk in a large bowl. Add salt and molasses. Soften the yeast in lukewarm water and when milk and water are lukewarm add. Carefully sift in the white and then all but one cupful of the whole wheat flour. Mix thoroughly then add remaining flour. Knead on a slightly floured board until the mixture is smooth and elastic. Set in a greased bowl to rise, put in a warm place and cover. Let rise over night, or if made in the morning until late the same afternoon. Cut the dough through a dozen times with a knife, add the Virginia Dare Double Strength Anise Seed Flavoring and let rise for half hour more. Then knead on a board again, shape into loaves or rolls, place in buttered bread pan, let rise until double in bulk and bake for 60 minutes in a hot oven.

VIRGINIA DARE'S RECIPE FOR FRENCH ROLLS

- | | |
|---|------------------------------|
| 1/4 teaspoonful of Virginia Dare Double Strength Mace | |
| 1 cupful of milk | 1 cake of compressed yeast |
| 1/4 cupful of butter | 1/4 cupful of lukewarm water |
| 1 whole egg | 1/4 cupful of sugar |
| 1 egg yolk | 1 teaspoonful of salt |
| | 2 1/2 to 3 cupfuls of flour |

Heat milk until lukewarm, add the yeast which has been softened in the lukewarm water, and 2 cupfuls of the flour; beat until blended, cover. Keep in a warm place and let rise until light. Add the salt, sugar, the butter, melted, the egg and egg yolk beaten together, and the Virginia Dare Double Strength Mace Flavoring. Add the rest of the flour — adding just enough to make the dough knead easily. Knead until the dough responds quickly to the pressure of the finger and allow to rise again until double in bulk. Shape into small round rolls, place side by side, cover with a pan and let rise until quite puffy. Make a deep crease in the middle of each biscuit with the handle of a wooden spoon and then press these edges together.

Add a drop of Virginia Dare Double Strength Clove to a cupful of tea — it's unusually pleasing.

Place closely in buttered baking pan, brush biscuits with melted butter, and bake 12 to 15 minutes in a hot oven. If preferred the entire dough may be rolled to a fourth of an inch in thickness, buttered, rolled like cinnamon bun or jelly roll, cut into rounds, allowed to rise again and baked cut side down in a buttered pan.

VIRGINIA DARE COFFEE RINGS

- | | |
|--|-----------------------------|
| 1/4 teaspoonful Virginia Dare Double Strength Cinnamon | |
| 1/2 teaspoonful Virginia Dare 150% Strength Vanilla | |
| 1/2 cupful of shortening | 1 egg |
| 1/4 cupful of sugar | 1/2 teaspoonful salt |
| 1 cupful of milk | 1 cake yeast |
| | 2 1/2 to 3 cupfuls of flour |

Heat the milk until lukewarm, soften the yeast in a small portion of it, and when dissolved add to the rest of the milk. Add 1 1/4 cupfuls of flour, beat well and set sponge to rise; when light add the shortening, melted, the sugar, well beaten egg, salt, Virginia Dare Double Strength Cinnamon and the Virginia Dare 150% Strength Vanilla and enough additional flour to knead. Knead well on a slightly floured board, cover and let rise until double in bulk.

Roll out to 1/4 inch in thickness and cut into strips. Braid three of the strips together, butter and form into a ring. Let rise again until light and bake in a hot oven.

When partially cool brush over the top with confectioner's sugar which has been moistened with boiling water and flavored with 1/2 teaspoonful of Virginia Dare 150% Strength Vanilla.

VIRGINIA DARE'S MEAT, FISH AND EGG RECIPES

VIRGINIA DARE'S OLD SOUTHERN STEW

- | | |
|---|------------------------|
| 1 tablespoonful of Virginia Dare Double Strength Onion | |
| 1/2 tablespoonful of Virginia Dare Double Strength Celery | |
| 1 lb. stewing beef | 1 small onion |
| 1 small turnip | 4 potatoes |
| 1 small carrot | 1 pint of cold water |
| | 1/4 teaspoonful pepper |

Remove the fat from the meat and cut the meat into one inch pieces. Dredge it thoroughly with flour, sprinkle with salt, put one-third of it into the cold water and cook rapidly until the water begins to boil. Brown fat in a hot pan, and add the onion cut into small pieces. Brown the rest of the meat in the same

Add a drop of Virginia Dare Double Strength Clove to a cupful of tea — it's unusually pleasing.

fat and add it to the stew with the onion, turnip and carrot, cut into dice shaped pieces. Simmer all until the meat is tender. Cut the potatoes into quarters and add them to the stew 20 minutes before taking from the fire. Add the Virginia Dare seasonings and serve.

VIRGINIA DARE HAMBURG STEAK

- | | |
|--|------------------------|
| 2 teaspoonfuls Virginia Dare Double Strength Onion | |
| 1 teaspoonful Virginia Dare Double Strength Celery | |
| 1 pound round of beef | 1/8 teaspoonful pepper |
| 1 tablespoonful parsley | 1/2 teaspoonful salt |

Grind the meat very fine, add the parsley, pepper, salt, and Virginia Dare Double Strength Extracts. Pat into small cakes and broil in a greased frying pan. If the mixture is allowed to stand for an hour or so before frying the flavor will be somewhat improved. Serve with Virginia Dare Brown or Tomato Sauce.

VIRGINIA DARE'S DELICIOUS SOUTHERN HASH

- | | |
|--|-------------------------------|
| 2 teaspoonfuls Virginia Dare Double Strength Onion | |
| 1 teaspoonful Virginia Dare Double Strength Celery | |
| 2 cupfuls of cooked meat | 1/2 cupful of stewed tomatoes |
| 2 cupfuls of mashed potatoes | 1/2 teaspoonful of salt |
| | 1/4 teaspoonful of pepper |

Chop the meat very fine, or grind it through a meat chopper. Add the mashed potatoes, the stewed tomatoes, the salt, pepper and Virginia Dare Double Strength Extracts. Brown a little fat in a frying pan and add the hash. Cover and cook slowly until the meat is browned on the bottom and thoroughly done on the top. Fold over like an omelette and serve at once on a hot platter garnished with parsley or watercress. This is a delicious Southern luncheon dish.

VIRGINIA DARE'S RICED MEAT

- | | |
|--|---|
| 1 teaspoonful Virginia Dare Double Strength Onion | |
| 1/2 teaspoonful Virginia Dare Double Strength Celery | |
| 10 slices of cold meat | 1/2 cupful stewed tomatoes or brown sauce |
| 1 cupful of cooked rice or macaroni | 1/3 cupful of buttered bread crumbs |

Butter a baking dish and put in a layer of cold boiled rice or macaroni, and a layer of meat alternately until all are used. Add the stewed tomatoes or brown sauce and cover the top with buttered bread crumbs. Bake until the meat is well heated and the crumbs baked to a golden brown. Serve in the dish in which it was baked.

Virginia Dare Double Strength Almond makes a deliciously almond flavored cake.

VIRGINIA DARE MEAT CROQUETTES

- | | | |
|---|---|-------------------------------------|
| 2 | teaspoonfuls of Virginia Dare Double Strength Onion | |
| 2 | cupfuls of cooked meat | $\frac{1}{2}$ teaspoonful of salt |
| 1 | cupful of milk | $\frac{1}{2}$ teaspoonful of pepper |
| 2 | tablespoonfuls of shortening | 1 tablespoonful of parsley |
| 4 | tablespoonfuls of flour | Few grains red pepper |

Melt the shortening, add the flour, stir until smooth, add the milk slowly, stirring constantly, and cook until the sauce is very thick and creamy. Add the seasonings and Virginia Dare Double Strength Onion to the ground meat. Add the sauce, cook for a moment and set aside to cool. Form into croquettes and roll in cracker crumbs, beaten egg and crumbs again. Chill for an hour or so in the ice box, and fry in deep fat hot enough to brown a cube of bread in 40 seconds. Drain and serve hot with tomato or cream sauce and garnish with parsley.

VIRGINIA DARE CREAMED OVER MEAT RECIPE

- | | | |
|---------------|---|-----------------------|
| 1 | teaspoonful of Virginia Dare Double Strength Onion | |
| $\frac{1}{2}$ | teaspoonful of Virginia Dare Double Strength Celery | |
| 2 | cupfuls of cubed left over meat | 2 tablespoonfuls fat |
| | | 1 tablespoonful flour |
| | $\frac{3}{4}$ cupful boiling water or meat stock | |

Melt the fat, add the flour, stir until smooth and add the boiling water or meat stock. Add the Virginia Dare Double Strength Onion to the meat and add to the sauce. Cook for two or three minutes or until thick and creamy and serve on points of toast garnished with parsley.

VIRGINIA DARE'S BAKED ONION OMELETTE

- | | | |
|---|--|-------------------------------------|
| 1 | teaspoonful of Virginia Dare Double Strength Onion | |
| 3 | eggs | $\frac{1}{2}$ cupful of milk |
| 1 | tablespoonful of flour | $\frac{1}{2}$ teaspoonful of salt |
| 2 | tablespoonfuls of butter | $\frac{1}{4}$ teaspoonful of pepper |

Melt the butter, stir in the flour and add the milk slowly, cooking until thick. Add the salt and pepper and the yolks of the eggs well beaten. Beat the whites until stiff and fold into the sauce. Add the Virginia Dare Double Strength Onion and pour into a well buttered baking dish. Bake in the oven until set all the way through and serve while hot.

Add Virginia Dare Double Strength Celery to soups, sauces and stews.

VIRGINIA DARE PLAIN OMELET

(Making Six Servings)

- | | | |
|---------------|---|-----------------------------------|
| 2 | teaspoonfuls of Virginia Dare Double Strength Onion or Celery | |
| 6 | eggs | 1 tablespoonful of flour |
| $\frac{1}{2}$ | cupful of milk | $\frac{1}{2}$ teaspoonful of salt |
| | | $\frac{1}{4}$ teaspoonful pepper |

Beat the yolks of the eggs until thick; stir the flour to a smooth paste in a cup with a little of the milk, add with the rest of the milk to the egg yolks. Add salt and pepper. Beat the whites of the eggs until stiff and pour the yolks into them. Add the Virginia Dare Flavoring. Melt a tablespoonful of hot butter in a pan, pour in the omelet carefully and lower heat under pan. Allow to cook slowly until set, cover pan with lid or put omelet in hot oven for a moment to dry on top. Fold omelet over and serve at once.

VIRGINIA DARE FISH CROQUETTES

- | | | |
|---|---|----------------------------------|
| 1 | teaspoonful of Virginia Dare Double Strength Celery | |
| 1 | or 2 drops of Virginia Dare Double Strength Lemon | |
| 2 | cups salmon or other fish | 1 egg |
| 2 | cupfuls of rice | $\frac{1}{2}$ teaspoonful pepper |
| 1 | teaspoonful of salt | 1 tablespoonful of water |

Mix the salmon, rice, salt, pepper and water. Add the egg well beaten, and the Virginia Dare Double Strength Celery and Lemon. Mold into croquettes or cutlet shape and roll in bread crumbs, beaten egg and crumbs again. Place in the ice box for an hour or more to become firm and fry in deep hot fat which will brown a cube of bread in 40 seconds. Drain on brown paper and serve garnished with parsley or watercress. Any preferred Virginia Dare Sauce, Cream, Tomato or Creole may be served with the croquette.

Add Virginia Dare Double Strength Celery to soups, sauces and stews.

VIRGINIA DARE'S SOUPS

VIRGINIA DARE QUICK CREAM OF CELERY SOUP

- | | | |
|---|---|-------------------------------------|
| 1 | tablespoonful of Virginia Dare Double Strength Celery | |
| 2 | cupfuls of milk | $\frac{1}{2}$ teaspoonful of salt |
| 3 | tablespoonfuls butter | $\frac{1}{4}$ teaspoonful of pepper |
| | 1 $\frac{1}{2}$ tablespoonfuls of cornstarch | |

Melt the butter, add the cornstarch, stir until smooth, add the salt, pepper and 2 cupfuls of milk, boil a moment until the soup becomes creamy and thick and add the Virginia Dare Double Strength Celery. Serve at once.

VIRGINIA DARE QUICK CREAM OF ONION SOUP

This may be made by following the above recipe for Virginia Dare Celery Soup, substituting Virginia Dare Double Strength Onion in place of the Celery.

VIRGINIA DARE TOMATO SOUP

- | | | |
|-----------------|---|---------------------------------------|
| 1 $\frac{1}{2}$ | teaspoonfuls of Virginia Dare Double Strength Onion | |
| 1 $\frac{1}{2}$ | teaspoonfuls of Virginia Dare Double Strength Clove | |
| $\frac{1}{2}$ | teaspoonful of Virginia Dare Double Strength Allspice | |
| 2 | cupfuls of canned tomatoes | 1 tablespoonful of chopped parsley |
| 1 | cupful of hot water | |
| 1 | teaspoonful of salt | 1 $\frac{1}{2}$ tablespoonfuls butter |
| 2 | teaspoonfuls of sugar | 2 tablespoonfuls flour |

Add the water, salt, sugar and parsley to the tomatoes and cook for about 20 minutes. Melt the butter, remove from the fire and add the flour. Stir until smooth and slowly add the tomato mixture. Return to fire, cook 5 minutes, add the Virginia Dare Double Strength Flavors and serve at once in heated boullion cups or soup plates.

Caution — Virginia Dare Extracts are Double Strength. In your own recipes use only half as much Virginia Dare as single strength extracts.

VIRGINIA DARE'S SAUCES, GRAVIES AND SALAD DRESSINGS

VIRGINIA DARE'S WHITE SAUCE FOR VEGETABLES

- | | | |
|---------------|---|--------------------------------|
| $\frac{1}{2}$ | teaspoonful of Virginia Dare Double Strength Celery | |
| 1 | tablespoonful of butter | 1 cupful of milk |
| 1 | tablespoonful of flour | $\frac{1}{2}$ teaspoonful salt |
| | $\frac{1}{8}$ teaspoonful of pepper | |

Melt the butter, remove from the fire, slowly stir in the flour until smooth. Add a little milk, return to fire, add rest of milk slowly, stirring constantly. Add salt, pepper, Virginia Dare Double Strength Celery and boil 1 minute. Serve at once. This sauce is especially appropriate for potatoes, carrots, turnips, parsnips, onions, cabbage, celery, asparagus, macaroni, or spaghetti.

VIRGINIA DARE TOMATO SAUCE

- | | | |
|---------------|---|-------------------------------------|
| $\frac{1}{2}$ | teaspoonful of Virginia Dare Allspice (Double Strength) | |
| 1 | cupful of stewed tomatoes | 2 tablespoonfuls of butter |
| $\frac{1}{2}$ | cupful of water | 2 tablespoonfuls of flour |
| $\frac{1}{2}$ | teaspoonful of salt | $\frac{1}{4}$ teaspoonful of pepper |

Melt the butter, stir in the flour, add the salt and pepper. Press the stewed tomatoes together with the water through a fine sieve and slowly stir this liquid into the flour and butter. Cook until sauce reaches the boiling point, add the Virginia Dare Allspice, and serve at once. This sauce is especially good with croquettes, macaroni, rice, fried mush or scrapple, fish cakes or hamburger steak.

VIRGINIA DARE CHEESE SAUCE

- | | | |
|---|--|---------------------------------------|
| 1 | teaspoonful Virginia Dare Double Strength Allspice | |
| 1 | tablespoonful of butter | $\frac{1}{2}$ cupful of grated cheese |
| 1 | tablespoonful of flour | $\frac{1}{2}$ teaspoonful of salt |
| 1 | cupful of milk | $\frac{1}{4}$ teaspoonful of pepper |

Melt the butter, stir in the flour, add the milk slowly, stirring constantly. Boil for 2 minutes, add the salt, pepper and Virginia Dare Double Strength Allspice. Serve with macaroni, spaghetti, rice, potatoes, cauliflower or asparagus.

Use Virginia Dare Allspice in Seasoning Salad Dressings.

VIRGINIA DARE'S SOUTHERN MAYONNAISE

- 1 teaspoonful of Virginia Dare Double Strength Allspice
- 1 tablespoonful of Virginia Dare Lemon
- 1 teaspoonful of Virginia Dare Onion 1 egg
- 1 tablespoonful of sugar $\frac{3}{4}$ to 1 cupful of Vir-
- 2 tablespoonfuls of water gin peanut or olive oil

Put all of the Virginia Dare Double Strength Seasonings in a bowl, add the water and the sugar and the egg well beaten. Blend well and then slowly add, drop by drop, the Virgin peanut or olive oil, stirring constantly until the mixture begins to thicken. Then add the oil by tablespoonfuls until all is added, stirring constantly.

Beat well at the end and add a teaspoonful of boiling water to smooth. Place in a bowl and keep covered in the ice box when not in use. This dressing will keep indefinitely.

VIRGINIA DARE'S RUSSIAN DRESSING

To the Virginia Dare Southern Mayonnaise add 12 chopped olives, and a chopped green pepper from which seeds and pulp have been removed. Blend well, add enough paprika to give a red tint and serve.

VIRGINIA DARE FRENCH DRESSING

- 3 teaspoonfuls Virginia Dare Double Strength Lemon
- $\frac{1}{4}$ teaspoonful of salt 3 tablespoonfuls of Virgin
- $\frac{1}{8}$ teaspoonful of pepper peanut or olive oil

Put a small piece of ice over and add the salt, pepper and Virginia Dare Double Strength Lemon. Blend well, and one drop of Virginia Dare Double Strength Onion and the Virgin peanut or olive oil. Pour into a bottle or jar with a cover and shake until well blended. Serve at once with lettuce or fruit salad.

Virginia Dare Extracts are Double Strength
Remember — In your own recipes to measure only one-half as much!

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