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# RYZON

## BAKING BOOK

BY  
MARION HARRIS NEIL

PRICE \$1.00

# RYZON

## BAKING BOOK

A PRACTICAL MANUAL FOR  
THE PREPARATION OF FOOD  
REQUIRING BAKING POWDER



COMPILED AND EDITED BY  
**MARION HARRIS NEIL, M. C. A.**

*Author of "Salads, Sandwiches and  
Chafing Dish Recipes," Etc.*

WITH MASTER RECIPES BY

- |   |  |
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**GENERAL CHEMICAL COMPANY**  
FOOD DEPARTMENT  
NEW YORK

## HOW THE RYZON BAKING BOOK WAS MADE

**W**HEN the marketing of RYZON was begun, it was soon learned that a practical manual for the use of baking powder was desirable. There seemed to be no really scientific or accurate instructions which could be used with assurance of satisfactory results. It appeared that the use of baking powder was a matter of personal experience with one brand that might or might not be desirable or efficient. It was discovered that the present baking powder recipe books did not contain recipes now used in the best homes, and that the indefinite instructions seemed of little value to cooks in using any kind of baking powder.

Therefore, it was quickly decided that the RYZON Baking Book should be as much of an improvement over previous baking powder recipe books, as RYZON, The Perfect Baking Powder, is an improvement compared with the old kinds of baking powder.

To this end an extensive campaign of advertising for practical home recipes was inaugurated, with an offer of prizes to secure the best possible home recipes in use, and Marion Harris Neil was engaged to supervise the work, adding thereto her store of tested recipes, together with her experience in compiling practical cooking manuals.

Thousands of good housekeepers in many States submitted their best and most original home recipes, from which a number of prize selections were made for the RYZON Baking Book by expert judges.

The Master Recipes were obtained from the prominent cooking experts whose names they bear, and many excellent and unusual private recipes were contributed from homes where they have been in practical use.

Every one of the prize selections was carefully tested by actual baking, and doubly checked by the RYZON Service Staff, before being included in the RYZON Baking Book.



*Level spoonful,  $\frac{1}{8}$  oz. RYZON. Rounding spoonful,  $\frac{1}{8}$  to  $\frac{1}{4}$  oz. OTHERS. Heaping spoonful,  $\frac{1}{8}$  to  $\frac{3}{8}$  oz. OTHERS.*

Modern recipes and the cooking schools now use standard LEVEL spoon measurements for baking powders. Much of the so-called "bad luck" which untrained cooks experience in the use of all baking powders is caused by inaccurate measurements and the use of too much or too little for perfect baking results.

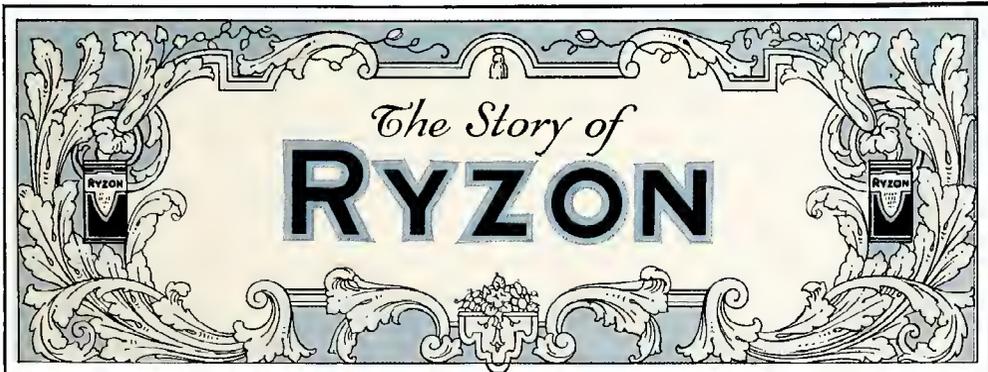
#### GENERAL DIRECTIONS FOR USE OF RYZON

One LEVEL teaspoonful ( $\frac{1}{8}$  oz.) of RYZON to each cup ( $\frac{1}{4}$  lb.) of flour is sufficient for making cakes in which eggs are used.

Two LEVEL teaspoonfuls ( $\frac{1}{4}$  oz.) of RYZON to each cup ( $\frac{1}{2}$  pint) of flour are sufficient for best results in making biscuits, muffins, waffles.

Two and one-half LEVEL teaspoonfuls ( $\frac{5}{16}$  oz.) to each cup ( $\frac{1}{2}$  pint) of buckwheat flour, graham flour, whole grain flours and meals, are required when eggs are not used.

Each RYZON recipe gives accurate LEVEL measurements and weights of ingredients, with directions which, if carefully followed with the use of RYZON, The Perfect Baking Powder, will insure perfect home baking.



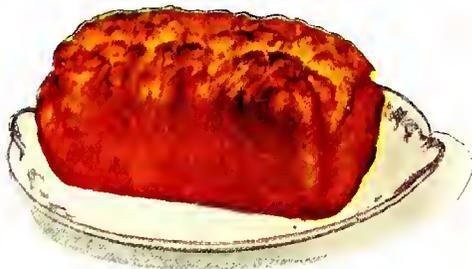
**RYZON** The Perfect Baking Powder, is the result of years of research work by the General Chemical Company. This Company's staff includes some of the most eminent men in chemistry. For many years it has been producing the materials used by Baking Powder manufacturers and has been particularly well situated to understand the needs of the industry and to direct its research work along lines most likely to yield important results.

Baking Powder is a necessity. A good baking powder is essential to the comfort and convenience of every home. The solving of the baking powder problem, to produce for the American people and for the world a "perfect baking powder,"—one which should be not only efficient and practical, but should also fulfill all desirable requirements from the standpoint of purity and health,—is an achievement of which any company of scientific men might feel proud, especially when they are able to offer RYZON, with all of its improvements over old-fashioned baking powders, at a lower price than usually asked for high grade baking powder.

After having perfected RYZON to their own satisfaction, officers of the General Chemical Company indirectly sent samples of RYZON to the most famous cooking experts. They were asked to try this new baking powder,—which then had no name,—and to say unreservedly what they thought. The replies were uniformly that this was the most wonderful baking powder ever tried, that less was required than of other baking powders, and that the results were *perfect*.

Finally, this new baking powder was sent to one of America's greatest food authorities, who was asked for his frank opinion of it from a health standpoint. He wrote, in reply, that "RYZON has qualities of excellence and physiological relations which entitle it to the confidence and patronage of the public." His opinion has been confirmed by other leading food experts of America.

This is the reason for RYZON, which is a guaranteed American pure food product of superior quality and efficiency, at a fair price.



### RYZON BAKING POWDER BREAD

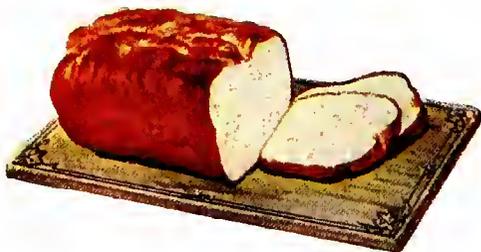
- 4 level teaspoonfuls RYZON.
- 4 level cupfuls (1 pound) flour.
- $\frac{1}{2}$  level teaspoonful salt.
- 1 level tablespoonful ( $\frac{1}{2}$  ounce) sugar.
- 4 tablespoonfuls (2 ounces) butter.
- 1 egg.
- 1 cupful ( $\frac{1}{2}$  pint) milk or  $\frac{1}{2}$  cupful milk and  $\frac{1}{2}$  cupful water.

Mix flour, RYZON, salt and sugar together and sift twice into a large bowl; add butter, cut it in with a knife, then rub it in as lightly as possible with the tips of the fingers, just working it until the shortening is well blended with flour mixture.

Beat up egg, add milk to it, then add to dry ingredients, mixing to a soft dough with a knife or spoon. Turn out onto a floured baking board, knead lightly and quickly to a smooth dough, place in a well-greased bread pan, allow to rise for fifteen minutes in a cosy place, then bake in a moderate oven for forty minutes.

Lard or drippings may be used in place of butter. Sufficient for one medium-sized loaf.

This bread is delicious. The loaf illustrated is especially good for sandwiches.



### RYZON ECONOMICAL BREAD

BY MRS. WILLARD STEELE, CHATTANOOGA, TENN.

- 2 level cupfuls (1 pint) toasted and ground bread crumbs.
- 2 level cupfuls (10 ounces) graham flour.
- 6 level teaspoonfuls RYZON.
- $1\frac{1}{2}$  level teaspoonfuls salt.
- 1 egg.
- 1 tablespoonful molasses.
- 2 cupfuls milk and water (1 pint), or potato water.

Put into a bowl bread crumbs, graham flour, RYZON and salt. Stir molasses into the milk and water and add to the dry ingredients, mixing thoroughly.

Bake in well-greased bread pans in a moderate oven until the loaves leave the sides of the pans and are a nice brown—about forty-five minutes.

Sufficient for two small loaves.

NOTE:—Left over or stale pieces of any bread may be thoroughly dried or toasted in the oven (often while other cooking is being done on top of the stove), cooled, and then ground fine through the meat chopper. These bread crumbs are useful for many things in place of flour, as in the above recipe, and may also be used to advantage to thicken meat gravies.

The water in which potatoes have been boiled will be found valuable for making breads and adds a certain amount of mineral nutriment much needed in our diet, but too often wasted.

This bread may be varied by adding raisins, nuts, dates, candied orange peel or figs, and half cupful sugar, if a sweet bread is desired.

### RYZON RYE BREAD

- $2\frac{1}{2}$  level cupfuls (10 ounces) rye flour or meal.
- $1\frac{1}{2}$  level cupfuls (6 ounces) flour.
- 2 level tablespoonfuls (1 ounce) butter substitute.
- 6 level teaspoonfuls RYZON.
- 1 level teaspoonful salt.
- 2 tablespoonfuls molasses.
- $1\frac{1}{2}$  cupfuls ( $\frac{3}{4}$  pint), scant, milk or milk and water.

Into a bowl sift rye, flour, RYZON and salt; add molasses and milk. Mix carefully, turn into a greased and floured bread tin and bake in a very moderate oven for about one hour.

Sufficient for one large loaf.



*RYZON BISCUITS—Master Recipe*  
By MARIA W. HILLIARD, Wellesley Hills, Mass.

## RYZON BISCUITS

*Master Recipe*

### RYZON BISCUITS

- 2 level cupfuls ( $\frac{1}{2}$  pound) flour.
- 4 level teaspoonfuls RYZON.
- 1 level teaspoonful salt.
- 2 tablespoonfuls (1 ounce) butter or 1  
tablespoonful butter and 1 tablespoon-  
ful lard.
- $\frac{3}{4}$  cupful (1  $\frac{1}{2}$  gills) to 1 cupful milk.

Mix flour, RYZON, and salt and sift into a basin; add butter or lard, and chop with a sharp knife until mealy. Add milk gradually until mixture is soft and spongy. Turn onto a slightly floured baking board and roll lightly until of a uniform thickness, about one-half inch. Cut with a floured biscuit cutter, place on a greased tin and bake for twelve to fifteen minutes in a quick oven. Biscuits should always be separated on the pan,

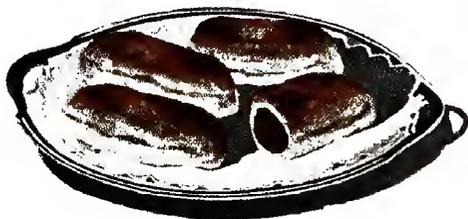
as they will be more delicate and lighter than when placed close together.

Sufficient for twelve biscuits.

### RYZON "HOT-DOG" DAINTRIES

BY MRS. JOHN W. TOLSON, WASHINGTON, D. C.

- 4 level cupfuls (1 pound) flour.
- 1 level teaspoonful salt.



- 5 level teaspoonfuls RYZON.
- 1 pound small smoked sausages.
- 4 level tablespoonfuls (2 ounces) lard.
- About 2 cupfuls milk—or milk and water.

Brush each sausage with mustard.

Sift flour, salt and RYZON together. Work in lard and gently mix in milk enough to make a smooth dough, soft enough to be handled easily without being stiff. Roll out about  $\frac{1}{4}$  inch thick. Cut in small squares. Lay one smoked sausage in each square; roll up and fasten securely by pinching dough together. Place in a pan a little distance apart and bake in a quick oven until brown. Sufficient for fourteen dainties.

### *Prize Recipe*

#### RYZON CANTON BISCUITS

BY MRS. MARY R. DOGGETT, BROOKLYN, N. Y.

- 3 level teaspoonfuls RYZON.
- 2 level cupfuls ( $\frac{1}{2}$  pound) flour.
- $\frac{3}{4}$  level teaspoonful salt.
- 1 level tablespoonful ( $\frac{1}{2}$  ounce) sugar.
- 2 tablespoonfuls (1 ounce) lard.
- $\frac{3}{4}$  cupful (1  $\frac{1}{2}$  gills) milk.
- $\frac{1}{2}$  cupful (2 ounces) chopped preserved Canton ginger.

Sift RYZON, sugar and salt together, and rub in shortening with the tips of the fingers; add ginger and then milk, mix lightly, roll out and cut quickly with a biscuit cutter; lay on greased tin and bake in a quick oven for ten to twelve minutes. Serve hot for luncheon or tea.

Sufficient for twenty biscuits.

### *Prize Recipe*

#### RYZON SARDINE BISCUITS

BY MRS. FLORENCE LOUNDS, FORT LEE, N. J.

- Filleted Sardines.
- 3 level teaspoonfuls RYZON.
- 2 level cupfuls ( $\frac{1}{2}$  pound) flour.
- $\frac{1}{2}$  level teaspoonful salt.
- 3 tablespoonfuls (1  $\frac{1}{2}$  ounces) lard.
- 2 tablespoonfuls (1 ounce) butter.
- 1 cupful ( $\frac{1}{2}$  pint) milk, scant.

Sift flour, RYZON and one-half teaspoonful of salt into a basin, add lard and butter, cut them in with a knife and then rub in with tips of fingers; add gradually enough milk to make a soft dough. Toss onto a slightly floured board and pat and roll with a rolling-pin until one inch thick. Cut out with a small, round cutter dipped in flour, place close together on a greased tin, bake in a hot oven from eight to ten minutes. Split while hot and place together with the sardines, seasoned with salt, between the rounds.

If liked, the sardines may be moistened with some of the sardine oil.

Sufficient for twenty-four small biscuits.

#### RYZON PEANUT BUTTER BISCUITS

- 4 level teaspoonfuls RYZON.
- 2 level cupfuls ( $\frac{1}{2}$  pound) flour.
- $\frac{1}{4}$  level teaspoonful salt.
- 1 level tablespoonful ( $\frac{1}{2}$  ounce) sugar.
- 1 tablespoonful ( $\frac{1}{2}$  ounce) lard or drippings.
- 3 tablespoonfuls peanut butter.
- 2 eggs.
- Milk enough to make a soft dough.

Sift the flour, RYZON, salt, and sugar into a bowl. Cut in the lard and peanut butter with a knife, or rub them in with tips of the fingers. Beat eggs and add them with sufficient milk to make a soft dough. Turn out on a floured baking board, knead lightly, roll out, cut with a cutter, brush over with a little beaten egg, sprinkle with sugar, and bake from twelve to fifteen minutes in a moderate oven. Sufficient for twelve biscuits.

#### RYZON CHEESE DROP BISCUIT

BY FORECAST MODERN SCHOOL OF COOKERY

- 1 level cupful ( $\frac{1}{4}$  pound) flour.
- $\frac{1}{4}$  teaspoonful salt.
- $\frac{1}{2}$  cupful (1 gill) water.
- 3 level teaspoonfuls RYZON.
- 1 level tablespoonful ( $\frac{1}{2}$  ounce) butter or fat.
- 8 level tablespoonfuls ( $\frac{1}{2}$  cup) grated cheese.

Mix like drop baking powder biscuit. Bake twelve minutes in hot oven. They are excellent to serve with a vegetable as they are high in nutrition.

Sufficient for twelve biscuits.

#### RYZON SURPRISE BEATEN BISCUITS

- 6 level teaspoonfuls RYZON.
- 4 level cupfuls (1 pound) flour.
- 1 level teaspoonful salt.
- 1 level teaspoonful sugar.
- 2 tablespoonfuls (1 ounce) butter or lard.
- 1 egg—separated.
- 1  $\frac{1}{2}$  cupfuls ( $\frac{3}{4}$  pint) milk or milk and water.

Sift flour, RYZON, sugar and salt into a basin; add shortening, cut it in with a knife, then rub it in as lightly as possible with the tips of the fingers. Beat up white of egg to a stiff froth, add milk to it and stir into the dry ingredients. Mix with a flexible knife, and turn out onto a floured baking board. Beat with a rolling-pin until the dough blisters, then roll out about three-fourths of an inch thick. Cut into biscuits, and lay them, not touching each other, on a greased baking pan, brush over the tops with yolk of egg beaten and mixed with one tablespoonful of milk, and bake in a quick oven for fifteen to eighteen minutes.

Sufficient for twenty-five biscuits.

## RYZON SCOTCH WHOLEWHEAT SCONES

- 3 level teaspoonfuls RYZON.
- 2 level cupfuls ( $\frac{1}{2}$  pound) flour.
- $\frac{1}{4}$  level teaspoonful salt.
- 1  $\frac{1}{2}$  level cupfuls (6 ozs.) wholewheat flour.
- $\frac{1}{2}$  cupful (4 ounces) butter.
- $\frac{1}{4}$  cupful (2 ounces) sugar.
- 1 egg.
- $\frac{3}{4}$  cupful (1  $\frac{1}{2}$  gills) milk.

Sift flour, salt and RYZON and add wholewheat flour; rub in the butter with the tips of the fingers, or cut in with a knife, and add the sugar. Beat up egg, add milk, and pour among the dry ingredients, making them into a soft dough.

Knead the dough lightly and divide it into two pieces. Make each piece into a smooth round, roll out and cut into six pieces. Lay on greased tins and bake in a moderately heated oven for twenty minutes. Brush over the tops with sweetened milk a few minutes before they are quite done, and return to the oven to finish baking. Sufficient for twelve scones.

## RYZON QUICK SALLY LUNN

BY MRS. A. M. CRUM, FLORENCE, ALA.

- 1 egg.
- 1 level tablespoonful ( $\frac{1}{2}$  ounce) shortening.
- 2 level cupfuls ( $\frac{1}{2}$  pound) flour.
- 2 cupfuls (1 pint) milk.
- 3 level teaspoonfuls RYZON.
- 1 level tablespoonful ( $\frac{1}{2}$  ounce) sugar.
- $\frac{1}{4}$  level teaspoonful salt.

Beat egg, sift flour, sugar, salt and RYZON together, add shortening, then flour and thin down with milk. Grease muffin rings or a small pan—bake in a quick oven. Serve while hot.

Sufficient for six persons.

## RYZON HOT WALNUT SANDWICHES

BY MRS. REYNOLDS CASEY, FLUSHING, MICH.

- 2 level cupfuls ( $\frac{1}{2}$  pound) flour.
- 4 level teaspoonfuls RYZON.
- $\frac{1}{2}$  level teaspoonful salt.
- 2 level tablespoonfuls (1 ounce) shortening.
- $\frac{3}{4}$  cupful (1  $\frac{1}{2}$  gills) milk.
- $\frac{1}{2}$  cupful (2 ounces) chopped walnuts.

Sift together flour, salt and RYZON into mixing bowl. Cut in shortening, add milk and mix. Turn out on well-floured board and roll quite thin, sprinkle walnuts on half of the dough, folding the other half over, then cut with a biscuit cutter and bake in a quick oven.

Sufficient for twelve biscuits.

## RYZON VIRGINIA CORN CAKES

- 2 eggs.
- $\frac{3}{4}$  cupful (1  $\frac{1}{2}$  gills) milk.
- $\frac{1}{2}$  level tablespoonful sugar.
- $\frac{3}{4}$  cupful (1  $\frac{1}{2}$  gills) canned corn.
- 1 level tablespoonful RYZON.
- 1 level cupful ( $\frac{1}{4}$  pound) flour.
- $\frac{1}{2}$  level teaspoonful salt.

Beat up eggs, add milk and sugar; stir in canned corn. Sift flour, RYZON and salt together and stir them into the corn mixture, and drop into buttered muffin rings on a buttered pan and bake in a moderate oven from fifteen to twenty minutes. Sufficient for ten cakes.

## RYZON QUICK COFFEE CAKE

BY MRS. MEHMERT, OLNEY, ILL.

- 1  $\frac{1}{2}$  level cupfuls (6 ounces) flour.
- $\frac{1}{2}$  cupful ( $\frac{1}{4}$  pound) sugar.
- 1 level teaspoonful RYZON.
- $\frac{1}{4}$  teaspoonful salt.
- $\frac{1}{2}$  cupful ( $\frac{1}{4}$  pint) milk.
- $\frac{1}{2}$  cupful (4 ounces) raisins.
- 1 egg well beaten.
- 1 tablespoonful ( $\frac{1}{2}$  ounce) melted butter.

Sift flour, salt and RYZON. Add milk, raisins, well-beaten egg and melted butter. Beat all together. Pour into baking pan and sprinkle well with cinnamon, sugar and lumps of butter on top.

Bake in moderate oven from twenty to thirty minutes. Sufficient for six persons.

## RYZON BUTTERMILK WAFFLES

- 2 eggs.
- 2 cupfuls (1 pint) sour milk or buttermilk.
- 1 level teaspoonful RYZON.
- 2 level cupfuls ( $\frac{1}{2}$  pound) flour.
- $\frac{1}{4}$  cupful (1  $\frac{1}{4}$  ounces) corn meal.
- 1 level teaspoonful salt.
- 1 level teaspoonful sugar.
- 1 tablespoonful ( $\frac{1}{2}$  ounce) lard.
- 1 tablespoonful ( $\frac{1}{2}$  ounce) butter.
- 1 level teaspoonful baking soda.
- 1 tablespoonful warm water.

Beat eggs light, add milk, flour sifted with corn meal, RYZON, salt and sugar; melt lard and butter, add them with soda dissolved in warm water. Mix carefully and cook on well-greased waffle irons. Serve hot with butter and syrup. Sufficient for sixteen individual waffles.

Waffles are artistically shaped pancakes as to their constitution, and, like these, admit of interesting and even greater variations. Their name in Old French was *waufre*, which has developed into *gaufre* and *gauffre*. The word is related to the German *Wabe*, *honeycomb*, and as such would be derived from the *shape* of the *waffle*, which represents a large-celled honeycomb.



### *RYZON WAFFLES—Master Recipe*

By JESSIE A. LONG, Instructor in Cookery, Pratt Institute, Brooklyn, N. Y.

#### *Master Recipe*

#### RYZON WAFFLES

- 4 level teaspoonfuls RYZON.
- 2 level cupfuls ( $\frac{1}{2}$  pound) flour.
- $\frac{1}{2}$  level teaspoonful salt.
- 2 eggs—separated.
- 1  $\frac{1}{4}$  cupfuls ( $\frac{3}{4}$  pint) milk,
- 4 tablespoonfuls (2 ounces) melted butter.

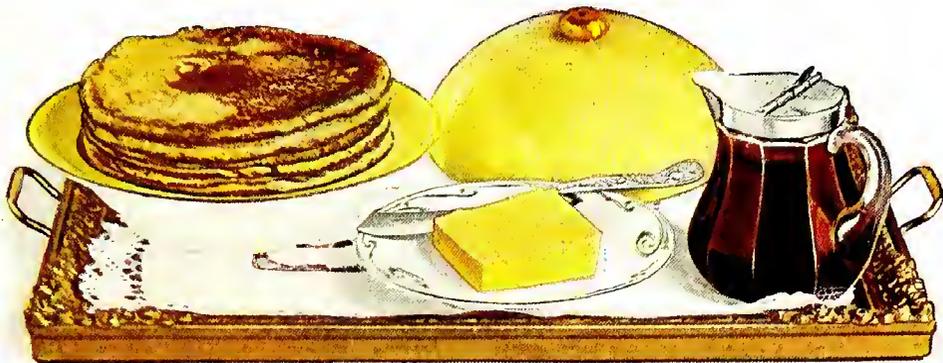
Mix flour with RYZON and salt and sift into bowl. Beat yolks of eggs, add butter and milk. Add this mixture gradually to dry ingredients, beating thoroughly. When well mixed fold in the stiffly beaten whites of eggs. Pour from a pitcher into the center of a hot, well-greased waffle iron. Serve with melted butter and maple syrup or with cinnamon and sugar. Other fat may be used in place of butter but the waffles will not brown as well.

**PREPARATION OF WAFFLE IRON:**—Heat the iron on both sides thoroughly. Grease the iron with a piece of salt pork or a padded fork dipped into bacon drippings. Reverse the iron to distribute the fat evenly. Open, and fill the iron two-thirds full. Cover and cook about one minute on one side, then turn and cook a little longer on the other side.

This amount will fill waffle iron six times.

This recipe may be varied by substituting  $\frac{3}{4}$  cupful cold boiled rice in place of 1 cupful wheat flour, and in this way save flour for the government while still serving delicious waffles.

As a breakfast or luncheon dish waffles are well known. Equally welcome are the waffles served with hot chocolate or coffee in the afternoon, or for an after theatre supper, especially when the use of an electric waffle iron makes baking at the table possible.



*RYZON WHITE FLOUR GRIDDLE CAKES—Master Recipe*

By MARY MASON WRIGHT, Cooking Expert of "The Designer"

*Special Recipe*

**RYZON RICE GRIDDLE CAKES**

- 1 level cupful ( $\frac{1}{4}$  pound) flour.
- $\frac{3}{4}$  cupful (1  $\frac{1}{2}$  gills) cooked rice.
- 3 level teaspoonfuls RYZON.
- 1 egg well beaten.
- 1 level teaspoonful salt.
- 2 level teaspoonfuls ( $\frac{1}{2}$  ounce) sugar.
- $\frac{1}{2}$  cupful (1 gill) milk.
- 1 tablespoonful ( $\frac{1}{2}$  ounce) melted butter.

Mix and sift flour, salt, sugar and RYZON. Add rice and melted butter, the egg (well beaten) and milk to make the batter. Beat well. Cook at once on a hot, well-greased griddle. Serve hot with butter and syrup. The addition of an extra egg makes these griddle cakes unusually delicious.

Sufficient for ten griddle cakes.

*Master Recipe*

**RYZON WHITE FLOUR GRIDDLE CAKES**

- 4 level teaspoonfuls RYZON.
- 3 level cupfuls ( $\frac{3}{4}$  pound) flour.
- 1 level teaspoonful salt.
- 3 eggs—separated.
- 2 cupfuls (1 pint) milk.
- 1 tablespoonful ( $\frac{1}{2}$  ounce) butter.

Melt butter. Mix flour, RYZON, and salt together, and sift into a basin. Beat up yolks and whites of eggs separately. Add yolks to milk, then add butter. Gradually add flour and beat up into a smooth batter, then fold in whites of eggs. Turn batter into a wide-mouthed pitcher and pour into a hot, well-greased griddle, to the size of a saucer. When nicely browned on one side turn with cake turner. When browned on other side remove to a hot dish. Serve hot with butter and syrup, or sugar and milk, as desired.



*RYZON RICE GRIDDLE CAKES—Special Recipe*

By MRS. INCLIS H. BROWN, Lexington, Mass.

mold onto plate on which it is to be served. Care should be taken that the cake mold is very well greased, especially the center "piece."

**FOR RUM SAUCE:**—Put sugar and water into an enameled saucepan, bring to boiling point and boil until syrup spins a thread, or 218° F. by candy thermometer. Then add rum, or extracts, and cool slightly. Dip baba into syrup while it is hot, or ladle syrup over baba with spoon or broad knife, or brush on syrup. Fruit juice may be used in place of rum, or the following chocolate sauce may be used by those who prefer it to the rum sauce.

**FOR CHOCOLATE SAUCE:**—Put one level cupful into a saucepan, add one cupful of milk, one-fourth cupful butter, and boil together until "half done," about ten minutes, but boil "hard," not gently. Add one-fourth cake (or one-half cake, if desired bitter) chocolate, cut into fairly small pieces. Stand on side of stove until entirely melted, but do not boil again, as the delicate flavor of chocolate is lost by boiling. Add one-half teaspoonful vanilla extract, and pour over cake one spoonful at a time.

Sift powdered sugar over the slightly sticky top before carrying to table. If desired, the center may be filled with stewed fruits.

The baba mixture may be divided into two molds. The baba may also be used for a pudding. In this case the cake is saturated with rum sauce, or orange syrup, and served with another sauce over and around base. Thin custard or apricot sauce are appropriate sauces. When a baba has not been consumed fresh, it may be cut in slices, dipped in fruit juice, covered with a batter, and fried.

Sufficient for one large cake.

### RYZON SETON FRUIT CAKE

- 2 level cupfuls (1 pint) dried apples.
- 2 cupfuls (1 pint) molasses.
- $\frac{1}{2}$  cupful (4 ounces) butter.
- $\frac{1}{2}$  cupful (4 ounces) lard.
- 2 level cupfuls (1 pound) sugar.
- 2 eggs.
- 1 cupful ( $\frac{1}{2}$  pint) milk.
- 2 level teaspoonfuls RYZON.
- 5 level cupfuls (1  $\frac{1}{4}$  pounds) flour.
- $\frac{1}{4}$  level teaspoonful salt.
- 1 level teaspoonful powdered cinnamon.
- 1 level teaspoonful powdered allspice.
- $\frac{1}{2}$  level teaspoonful powdered mace.
- $\frac{1}{2}$  level teaspoonful powdered cloves.
- 1 level teaspoonful powdered ginger.
- 1 level cupful (8 ounces) seeded raisins.

- 1 level cupful (6 ounces) sultana raisins.
- $\frac{1}{2}$  cupful (2 ounces) shredded candied citron peel.
- $\frac{1}{4}$  level teaspoonful baking soda.

Pick over and wash apples, then cover them with cold water and soak over night. Press out as much water as possible, chop them fine, and put them into a saucepan with molasses and stew slowly for two hours. Turn out to cool. Cream butter, lard, and sugar thoroughly together, add the eggs well beaten, milk and flour and beat hard for five minutes. Now add the spices, salt, raisins, apples, citron, soda dissolved in a table-spoonful of water, and RYZON. Mix and divide into two buttered and floured cake tins and bake in a moderate oven for one and one-half hours.

Sufficient for two medium-sized cakes.

### RYZON BIRTHDAY CAKE

- 1 cupful ( $\frac{1}{2}$  pound) butter.
- 2 level cupfuls (1 pound) sugar.
- 4 eggs.
- 1 cupful ( $\frac{1}{2}$  pint) milk.
- 1 level cupful (6 ozs.) sultana raisins.
- $\frac{1}{2}$  cupful (2 ozs.) currants.
- $\frac{1}{2}$  cupful (2 ozs.) shredded candied citron peel.
- 1 wineglassful brandy or fruit juice.
- $\frac{1}{4}$  level cupfuls (1 pound) flour.
- 3 level teaspoonfuls RYZON.
- $\frac{1}{4}$  level teaspoonful salt.
- 1 level teaspoonful grated nutmeg.
- Boiled frosting.

Cream butter and sugar together, add eggs, one at a time, and beat well, now add milk, fruit, brandy or fruit juice, and flour sifted with RYZON, salt and nutmeg. Pour into a well-greased and papered cake tin and bake in a moderate oven for two hours. Turn out, cool, and cover with boiled frosting, given on page 44. If liked, this cake may be decorated with tiny shamrocks and candles. Sufficient for fourteen to sixteen persons.



*Prize Recipe*

**RYZON WHITE FRUIT CAKE**

BY MRS. HARRY BURGESS, NASHVILLE, TENN.

- 1 cupful ( $\frac{1}{2}$  pound) butter.
- 3 level cupfuls (1  $\frac{1}{2}$  pounds) sugar.
- 8 eggs, separated.
- 1 cupful ( $\frac{1}{2}$  pint) milk.
- 2 level teaspoonfuls RYZON
- 3  $\frac{1}{2}$  level cupfuls (14 ounces) flour.
- $\frac{1}{4}$  level teaspoonful grated nutmeg.
- 1 level teaspoonful powdered mace.
- $\frac{1}{4}$  level teaspoonful salt
- 2 cocoanuts, grated.
- 6 level cupfuls (1  $\frac{1}{2}$  lbs.) shredded candied citron peel.

Cream butter and sugar thoroughly together, add beaten yolks of eggs, milk, flour sifted with RYZON, spices and salt, whites of eggs stiffly beaten, cocoanuts and peel.

Mix carefully and turn into a greased and floured cake tin and bake in a moderate oven for one and one-fourth hours. See page 44 for icings.

Sufficient for twelve to fifteen persons.

*Prize Recipe*

**RYZON POLISH GUEST CAKE  
À LA RESZKE**

BY MRS. HULDA THOMPSON, NEW YORK CITY

- 1 large navel orange.
- 8 eggs.
- 2  $\frac{3}{8}$  cupfuls (1 pound) powdered sugar.
- 1 box (1 pound) fine matzoth meal.
- $\frac{1}{2}$  cupful ( $\frac{1}{4}$  pound) sweet butter.
- Pinch salt.
- 1 level teaspoonful RYZON.

First butter a cake mold very thickly with sweet butter, cold and not melted. Wash and dry orange and grate it (skin and pulp) into a large mixing bowl. Add yolks of eggs, mix well, then add gradually pinch of salt, and sugar. Sift one box of fine matzoth meal and mix with RYZON. Now beat up whites of eggs to a stiff froth and stir lightly into orange mixture, add meal and turn into the prepared mold and bake in moderate oven until ready.

This cake should be a nice brown on the top and it should be tested with a straw taken from a new broom.

This recipe was a favorite in the family of the famous singers, the de Reszke brothers, and was frequently served at the four o'clock coffee receptions given by Mme. Kronberg, née de Reszke, at her Warsaw palace.

*Prize Recipe*

**RYZON MARYLAND BLACK CAKE**

BY MRS. JULIUS SNOWDEN, LAUREL, MD.

- 1 cupful ( $\frac{1}{2}$  pound) butter.
- 2  $\frac{3}{8}$  level cupfuls (1 pound) brown sugar.
- 1 nutmeg, grated.
- 1 level dessertspoonful (2 level teaspoonfuls) powdered cinnamon.
- 1 level teaspoonful powdered cloves.
- 1 level tablespoonful powdered ginger.
- 6 eggs, separated.
- 2  $\frac{1}{2}$  level cupfuls (10 ounces) flour.
- 4 level cupfuls (2 pounds) seeded raisins.
- 6 level cupfuls (1  $\frac{1}{2}$  pounds) currants.
- 2 level teaspoonfuls RYZON.
- $\frac{1}{2}$  cupful (1 gill) molasses.
- $\frac{1}{2}$  cupful (1 gill) sherry wine or fruit juice.
- 4 level cupfuls (1 pound) shredded candied citron peel.

Cream butter well; add one-half of sugar mixed with spices and mix well, now add remainder of sugar mixed with beaten yolks of eggs, and beat for five minutes. Beat up whites of eggs and add them to mixture. Now add flour mixed with currants and raisins cut in halves, RYZON mixed with molasses and wine. Mix carefully and place one-fourth of this mixture in a large cake pan lined with greased paper, then sprinkle in a layer of citron. Repeat until batter and citron are all used. Bake in a moderate oven for four hours. Cover cake with greased paper while baking as it burns easily. It may be necessary to put a pan of hot water in the oven to moderate the heat, or to place a tin or an asbestos mat underneath. Sufficient for one large cake.

**RYZON OLD-FASHIONED POUND CAKE**

- $\frac{3}{8}$  cupful (5  $\frac{1}{4}$  ounces) butter.
- 2 level cupfuls ( $\frac{1}{2}$  pound) flour.
- 1 level teaspoonful RYZON.
- Pinch salt.
- 1 cupful ( $\frac{1}{2}$  pint) eggs—5 eggs usually fill a cup; the eggs are measured before beating.
- 1  $\frac{1}{2}$  level cupfuls (12 ounces) sugar.
- 2 tablespoonfuls orange flower water.

Cream butter with flour. Add RYZON and salt to eggs and beat them very light with an egg beater. Add sugar gradually, and beat well, remove the beater, add egg mixture to creamed flour, using a wooden spoon, until all is mixed. Add orange flower water, and beat thoroughly with long, light strokes. Turn into a greased and floured shallow cake tin, and bake in a moderate oven for one hour.

Sufficient for one cake (for ten to twelve people).

## RYZON HASTY CAKE

- ¼ cupful (2 ounces) butter.
- 1 level cupful (½ pound) sugar.
- ½ cupful (1 gill) milk.
- 2 egg whites.
- ½ teaspoonful orange or almond extract.
- 2 level teaspoonfuls RYZON.
- 1 ½ level cupfuls (6 ounces) flour.
- Pinch salt.

### CHOCOLATE FROSTING:

- 2 squares chocolate.
- ¾ cupful (6 ounces) sugar.
- 3 tablespoonfuls milk.
- ½ teaspoonful almond extract.
- 2 egg yolks.

FOR CAKE:—Cream butter and sugar together, add milk, whites of eggs, extract, and flour sifted with RYZON and salt. Beat for five minutes, then turn into a buttered and floured tin and bake for thirty-five minutes. Turn out and cool.

FOR FROSTING:—Melt chocolate in pan of a double boiler, add sugar and milk, and cook until smooth; add egg yolks and extract and cook for one minute. Spread on cake.

Sufficient for one small cake.

## RYZON WALNUT AND CHERRY CAKE

- 3 eggs.
- ¾ cupful (5 ounces) sugar.
- 1 level teaspoonful RYZON.
- 1 level cupful (¼ pound) flour.
- 3 level teaspoonfuls (¾ ounce) rice flour.
- ⅛ level teaspoonful salt.
- 4 level tablespoonfuls (2 ounces) butter.
- ½ orange rind, grated.
- 1 lemon rind, grated.
- ¼ teaspoonful vanilla extract.
- ¼ teaspoonful almond extract.
- ½ cupful (2 ounces) preserved cherries.
- ½ cupful (2 ounces) chopped English walnut meats.

Break eggs into a large basin, add sugar, and beat together for five minutes; then place the basin in a large pan of boiling water and beat mixture for fifteen minutes. Remove the basin to a table and beat for fifteen minutes or until the mixture is cold. Add flour sifted with rice flour, RYZON and salt, butter warmed but not hot, grated rinds of orange and lemons, extracts, nuts and cherries cut in quarters.

Mix carefully and turn into a well-greased and floured cake tin and bake in a moderate oven for one hour. Allow the cake to stand for five minutes before being turned out of the tin, set

it aside until cold, then cover with white frosting and decorate to taste with cherries and walnut meats. See page 38 for white frosting.

Sufficient for one cake.

## RYZON COCOANUT CAKE

- 3 tablespoonfuls (1 ½ ounces) butter.
- 1 level cupful (½ pound) sugar.
- 2 eggs, separated.
- 1 cupful (½ pint) milk.
- 1 teaspoonful orange extract.
- 2 level teaspoonfuls RYZON.
- 2 level cupfuls (½ pound) flour.
- ¼ level teaspoonful salt.
- 1 level cupful (¼ pound) shredded coconut.

White frosting. See page 38 for frosting.

Beat butter and sugar until creamy; add yolks of eggs well beaten, milk, orange extract, flour sifted with RYZON and salt; add coconut and whites of eggs beaten to a stiff froth. Turn into a flat, buttered and floured cake tin, and bake in a moderate oven for thirty minutes.

Cool, cover with white frosting and sprinkle over with coconut. Sufficient for one small cake.

## RYZON PORK FRUIT CAKE

- 1 pound fat pork.
- 2 cupfuls (1 pint) boiling water.
- 1 level tablespoonful baking soda.
- 2 level cupfuls (12 ounces) brown sugar.
- 1 cupful (½ pint) dark molasses.
- 1 level teaspoonful RYZON.
- 5 level cupfuls (1 ¼ pounds) flour.
- ½ level teaspoonful salt.
- 1 level tablespoonful grated nutmeg.
- 1 level tablespoonful powdered allspice.
- 1 level tablespoonful powdered cinnamon.
- 1 level teaspoonful powdered cloves.
- 2 level cupfuls (12 ounces) sultana raisins.
- 2 level cupfuls (1 pound) seeded raisins.
- 4 level cupfuls (1 pound) currants.
- 2 level cupfuls (½ pound) shredded candied citron peel.
- 1 level cupful (¼ pound) chopped nut meats.
- 1 level cupful (¼ pound) chopped preserved cherries.

Chop pork, or put it through a meat grinder, add to it boiling water and allow to cool; add soda, sugar, molasses, flour sifted with RYZON, spices, salt and fruits and nuts. Turn into a large buttered and papered cake tin, and bake for three hours, or until ready, in a moderate oven.

No eggs are used in this cake.

Sufficient for one large cake.



### RYZON EASILY-MADE DATE CAKE

- 2 eggs.
  - $\frac{1}{2}$  cupful (1 gill) milk.
  - 1 level cupful (6 ounces) brown sugar.
  - $\frac{1}{2}$  cupful ( $2\frac{1}{2}$  ounces) butter.
  - 3 level teaspoonfuls RYZON.
  - 1  $\frac{1}{4}$  level cupfuls (5 ounces) flour.
  - $\frac{1}{4}$  level teaspoonful salt.
  - 1 level teaspoonful powdered ginger.
  - $\frac{1}{2}$  level teaspoonful powdered nutmeg.
  - $\frac{1}{2}$  pound (2 cups) stoned and sliced dates.
- Whipped cream.

Put eggs into a basin, add milk, sugar, butter, flour sifted with RYZON, salt and spices, add dates and beat all together for five minutes. Pour into a buttered and floured cake tin, and bake in a moderate oven for thirty-five minutes. Turn out and cut in squares, and serve with whipped and sweetened cream. Sufficient for eight squares.

### RYZON ORANGE GATEAU

- 3 eggs.
- $\frac{1}{2}$  cupful (4 ounces) sugar.
- Juice of  $\frac{1}{2}$  orange, strained.
- 1 level teaspoonful RYZON.
- 1  $\frac{1}{4}$  level cupfuls (5 ounces) flour.
- $\frac{1}{4}$  cupful (2 ounces) butter.
- $\frac{1}{4}$  cupful (1 ounce) chopped candied citron peel.
- $\frac{1}{4}$  cupful (1 ounce) chopped cocoanut.

Beat up eggs with sugar, add strained orange juice, and sift in flour with RYZON; add butter, melted. Butter and flour a small round or flat cake tin and put one-half of mixture into it, sprinkle in citron peel and cocoanut and spread remainder of mixture on top. Bake in a moderate oven for 25 minutes. Turn out and cool. Cover with white frosting, given on page 41, and ornament top with a few tiny pieces of citron peel.

Sufficient for one small cake.

### RYZON PRUNE CAKE

BY MRS. EDGAR M. HALL, OELWEIN, IOWA

- 1 level cupful ( $\frac{1}{2}$  pound) light brown sugar.
- $\frac{1}{2}$  cupful (4 ounces) butter and lard.
- 2 eggs.
- 3 tablespoonfuls sweet or sour milk.
- 1 level cupful ( $\frac{1}{4}$  pound) well-cooked prunes cut in small pieces.
- 1 level teaspoonful cinnamon.
- 1 level teaspoonful nutmeg.
- 1  $\frac{1}{4}$  level cupfuls (7 ounces) flour.
- 2 level teaspoonfuls RYZON.

Cream sugar and shortening—add eggs well beaten, milk and cut prunes, cinnamon and nutmeg, then flour and RYZON, which have been sifted together. Bake as loaf cake.

Sufficient for one medium-sized cake.

### RYZON CANADIAN WAR CAKE

BY MRS. GERTRUDE HAIG, EDMONTON; ALBERTA, CANADA

- 2 level cupfuls ( $\frac{1}{2}$  pound) brown sugar.
- 2 cupfuls (1 pint) hot water.
- 1 level teaspoonful salt.
- 1 level teaspoonful ginger.
- 1 level teaspoonful cinnamon.
- 1 level teaspoonful allspice.
- 1 package (1 pound) seedless raisins.
- 1 level teaspoonful RYZON.
- 3 level cupfuls ( $\frac{3}{4}$  pound) flour.

Boil sugar, spices, water and raisins together for five minutes, after it begins to bubble. When cold add flour and RYZON which have been sifted together, turn into well-greased tin and bake forty-five minutes in moderate oven.



This cake is not only delicious, but most inexpensive, and well suited to war conditions. It will keep moist and good as long as any of it is left, which may not be long if there are children in the family.

It is a pleasure to publish this good, wholesome, economical cake recipe, which will appeal to the housewife of today.



### RYZON JELLY ROLL—*Master Recipe*

By MARION HARRIS NEIL, Cookery Expert and Author of "Salads, Sandwiches and Chafing Dish Recipes," etc.

## JELLY ROLL HINTS

**T**O roll up a Jelly Roll after baking, the following method will be found of assistance. Turn the roll out onto a clean cloth wrung out of very hot water, and roll it up in this. The cloth must, of course, be wrung out as dry as possible before the cake is turned out on it. After a little practice, you will find that you can roll up your Jelly Roll without a single crack.

Jelly Rolls are very popular as well as useful cakes. If kept in a cake box or an airtight tin they remain moist and fresh for a long time. They are nicer as a foundation for cake-puddings than sponge cakes.

#### *Master Recipe*

### RYZON JELLY ROLL

- 3 eggs—beaten.
- $\frac{3}{4}$  cupful (6 ounces) sugar.
- 1 tablespoonful milk or cream.
- 1 level cupful ( $\frac{1}{4}$  pound) flour.
- 1  $\frac{1}{2}$  level teaspoonfuls RYZON.
- $\frac{1}{2}$  teaspoonful vanilla extract.
- 1 level tablespoonful ( $\frac{1}{2}$  ounce) butter—melted.
- Jam or jelly, slightly warmed.

First grease a jelly roll tin and line it with buttered paper, allowing paper to come a little

above the rim of tin. Beat eggs until light, add sugar gradually, beat five minutes, add milk or cream, flour sifted with RYZON, vanilla extract and butter. Spread mixture on prepared tin; bake in a quick oven for twelve to fifteen minutes, or until firm to touch.

Have ready sheet of paper sprinkled with sugar, and turn cake onto it. Quickly remove buttered paper and spread over with jam or jelly and roll up at once. Place on sieve or wire rack to cool. Jelly roll may be served hot as a pudding with custard sauce, or cut in slices and served cold.

Sufficient for eight persons.

## RYZON DEVIL'S FOOD CAKE

- 2 tablespoonfuls (1 ounce) butter.
- 2 tablespoonfuls (1 ounce) lard.
- 1 level cupful ( $\frac{1}{2}$  pound) sugar.
- 2 squares (2 ozs.) unsweetened chocolate.
- 2 eggs.
- $\frac{1}{2}$  cupful (1 gill) milk.
- 1 teaspoonful vanilla extract.
- 3 level teaspoonfuls RYZON.
- $1\frac{1}{2}$  level cupfuls ( $5\frac{1}{2}$  ozs.) flour.
- $\frac{1}{2}$  level teaspoonful salt.

### WHITE FROSTING:

- A few almonds.
- 2 level cupfuls (1 pound) sugar.
- 1 cupful ( $\frac{1}{2}$  pint) water.
- 2 egg whites.
- 1 teaspoonful vanilla extract.
- $\frac{1}{2}$  level teaspoonful RYZON.

PINK FROSTING:—Use pink sugar in place of white, see page 79.

FOR CAKE:—Cream butter, lard and sugar thoroughly together, add chocolate melted, eggs well beaten, milk, vanilla, and flour sifted with RYZON, and salt. Turn into a square, greased and floured cake tin, and bake for fifty minutes in a moderate oven. Turn out and cool.

FOR FROSTING:—Blanch, shred and brown a few almonds. Put sugar and water into a saucepan, stir gently now and then and bring to boiling point, remove spoon and boil until syrup forms a soft ball when tested in cold water, or  $240^{\circ}$  F. by candy thermometer. Pour syrup gradually, while beating constantly, on whites of eggs beaten with RYZON until stiff but not dry, add vanilla, and continue beating until mixture is cool. Set saucepan containing frosting in larger saucepan containing boiling water, and cook on fire, stirring constantly, until mixture becomes granular around edge of pan. Take from pan of hot water and beat, using a wooden spoon, until mixture will hold its shape. Pour on cake and spread with back of spoon, leaving a rough surface. Sprinkle with the prepared almonds. Sufficient for a medium-sized cake.

## RYZON QUICK TEA CAKE

- 2 level teaspoonfuls RYZON.
- 2 level cupfuls ( $\frac{1}{2}$  pound) flour.
- 2 level tablespoonfuls sugar.
- $\frac{1}{2}$  level teaspoonful salt.
- $\frac{1}{2}$  cupful ( $\frac{1}{4}$  pound) butter or lard.
- 2 eggs—separated.
- $\frac{3}{4}$  cupful ( $1\frac{1}{2}$  gills) milk.
- 3 level tablespoonfuls currants.

Sift together flour, sugar, salt and RYZON. Cut in butter or lard with a knife, then rub in lightly with the tips of the fingers; add beaten

yolks of eggs, milk, beat well, add currants, and whites of eggs beaten to a stiff froth. Mix and pour into a buttered pan or cake ring and bake in a hot oven for twenty minutes. Serve hot or cold.

Sufficient for one small cake.

### Prize Recipe

## RYZON CHOCOLATE SPONGE CAKE

BY ELIZABETH O. HILLER,  
DENVER SCHOOL OF COOKERY

- $\frac{1}{2}$  cupful ( $\frac{1}{4}$  pound) butter.
- 2 level cupfuls (9 ozs.) confectioners' sugar.
- 4 eggs, separated.
- 2 squares (2 ounces) unsweetened chocolate.
- 4 level teaspoonfuls RYZON.
- $2\frac{1}{3}$  level cupfuls (9 ounces) pastry flour.
- $\frac{1}{2}$  teaspoonful salt.
- 1 cupful ( $\frac{1}{2}$  pint) milk.
- $\frac{3}{4}$  teaspoonful vanilla extract.

Cream the butter, add one cup sugar gradually while stirring constantly. Beat the yolks of eggs until thick and lemon-tinted; add to them the second cup sugar while beating constantly, then combine the two mixtures. Melt chocolate over hot water, cool and add to mixture. Sift together flour, RYZON, and salt; add alternately with milk to mixture; add extract. Then cut and fold in the whites of eggs beaten until stiff. Beat until ingredients are thoroughly blended. Turn mixture into a well-buttered tube pan and bake forty-five minutes in a moderate oven. Delicious with marshmallow frosting. See page 43.

Sufficient for one large cake.

## RYZON SPONGE CAKE

- 5 eggs.
- $\frac{1}{4}$  teaspoonful salt.
- 1 level cupful ( $\frac{1}{2}$  pound) sugar.
- 1 level teaspoonful RYZON.
- 1 level cupful ( $\frac{1}{4}$  pound) flour.
- 1 teaspoonful lemon extract.

Add salt to eggs and beat for fifteen minutes, add sugar and beat until very light, then remove beater, sift in flour mixed with RYZON, add extract and mix carefully and lightly. Turn into a well-greased and floured cake tin, and bake in a moderate oven for forty minutes.

Sufficient for eight persons.

One of the oldest kinds of light cakes that is still a universal favorite is the sponge cake.

The popularity of the sponge cake is due to its lightness and its high nutritive value, which makes it the confection *par excellence* for chil-

dren, while it is easily handled without soiling the fingers. Fine hard-grained sugar produces the best sponge cakes; both the powdery and the coarse forms should be avoided. Suitable sugar mixes readily with the eggs; the fine grains assist in breaking and creaming the yolks. Coarse sugar has a tendency to remain crystalline in the sponge batter, and the baked cakes generally show specks on top in consequence. This is most noticeable in those sponge cakes that are made by beating the yolks and whites separately.

Flour of a fairly soft nature is best for these cakes, and should be sifted before using, to make light mixing easy without toughening the batter.

### RYZON GERMAN APPLE CAKE

- 4 level teaspoonfuls RYZON.
- 2 level cupfuls ( $\frac{1}{2}$  pound) flour.
- 1 level tablespoonful sugar.
- $\frac{1}{2}$  level teaspoonful salt.
- 2 tablespoonfuls (1 ounce) butter or lard.
- 1 cupful ( $\frac{1}{2}$  pint) milk (scant).

#### FOR MIXTURE:

- 6 apples.
- $\frac{1}{2}$  cupful ( $\frac{1}{4}$  pound) sugar.
- $\frac{1}{2}$  lemon.
- $\frac{1}{2}$  cupful (2 ounces) currants.
- 3 tablespoonfuls melted butter.
- 1 level teaspoonful powdered cinnamon.

**FOR CAKE:**—Sift flour, RYZON, sugar, and salt into a bowl; rub in shortening as lightly as possible with the fingers, just working it until fat is well blended with flour. Then mix to a soft dough with milk, or use milk and water, having this as cold as possible. Turn out onto a floured baking board, roll out, and line a well-greased square baking tin, pressing up well around the sides.

**FOR MIXTURE:**—Clean currants. Peel, core and cut apples in thin slices; put them on cake in even rows, sprinkle in lemon juice, currants, and sugar mixed with cinnamon. Pour on butter and bake in a moderate oven for thirty minutes.

If the apples color too much, a buttered paper may be placed over fruit during baking.

Sufficient for six persons.

### RYZON CHOCOLATE CAKE

- $\frac{3}{4}$  cupful (6 ozs.) sugar.
- $\frac{1}{2}$  cupful (3 ozs.) unsweetened chocolate, grated.
- $\frac{1}{4}$  level teaspoonful grated nutmeg.
- $\frac{1}{4}$  level teaspoonful powdered cinnamon.
- $\frac{1}{2}$  cupful (4 ozs.) butter.
- 1 large egg.
- 2 level teaspoonfuls RYZON.
- 1 level cupful (4 ozs.) flour.
- $\frac{1}{4}$  level teaspoonful salt.
- $\frac{1}{2}$  lemon.
- $\frac{1}{4}$  cupful (1 ounce) blanched and chopped almonds.

Sift sugar, chocolate and spices together twice, add butter, and beat with a wooden spoon until soft and creamy, add egg, beating well, add flour sifted with RYZON and salt, strained lemon juice, and almonds. Mix and turn into a tin that has been well greased and floured, and bake in a moderate oven for one hour.

Sufficient for five to six persons.

### Prize Recipe

### RYZON COFFEE CRUMB CAKE

BY MRS. MAX MONNIKENDAM, NEW YORK CITY

- 2 tablespoonfuls (1 ounce) butter.
- 3 level tablespoonfuls ( $\frac{1}{2}$  ounces) sugar.
- 2 eggs.
- 1 teaspoonful vanilla extract.
- 2 level cupfuls ( $\frac{1}{2}$  pound) flour.
- $\frac{1}{2}$  cupful (1 gill) milk
- 2 level teaspoonfuls RYZON.
- 1 pinch salt.

#### CRUMBS FOR CAKE:

- 2 tablespoonfuls (1 ounce) butter.
- $\frac{1}{2}$  teaspoonful powdered cinnamon.
- 4 level tablespoonfuls (2 ounces) sugar.
- 1 level teaspoonful flour.
- 2 tablespoonfuls shredded almonds.

**FOR CRUMBS:**—Mix butter, cinnamon, sugar and flour together until like crumbs and then add almonds.

**FOR CAKE:**—Cream butter and sugar together, add eggs well beaten, vanilla extract, one cupful flour, milk, and second cupful flour sifted with RYZON and salt. Mix and turn into a flat greased and floured cake tin, dust over with crumbs, and bake in a moderately hot oven for twenty minutes.

The grated rind of half a lemon may be used in place of vanilla. Sufficient for six to seven persons.

### RYZON DRIED APPLE CAKE

BY MRS. GEORGIANNA DEWEY, ANN ARBOR, MICH.

- 1 level cupful ( $\frac{1}{4}$  pound) dried apples.
- $\frac{1}{2}$  level cupful ( $\frac{1}{4}$  pound) sugar.
- $\frac{1}{2}$  cupful (1 gill) milk.
- 1 cupful ( $\frac{1}{2}$  pint) molasses.
- $\frac{1}{2}$  cupful (4 ounces) raisins.
- $\frac{1}{2}$  cupful (4 ounces) currants.
- 4 level tablespoonfuls (2 ounces) shortening.
- 1 egg.
- 1  $\frac{1}{2}$  level cupfuls (6 ounces) flour.
- $\frac{1}{4}$  level teaspoonful soda.
- 2 level teaspoonfuls RYZON.
- $\frac{1}{4}$  level teaspoonful ginger.
- $\frac{1}{4}$  level teaspoonful cinnamon.
- $\frac{1}{4}$  level teaspoonful allspice.

Soak apples in one quart of water over night; then drain, chop fine and cook in molasses one

hour. When cold add fruit, spices, sugar and egg well beaten. Add soda dissolved in one tablespoonful hot water. Add milk, then RYZON and flour sifted together. Mix all thoroughly, turn into well-greased tin and bake for one hour in very slow oven.

This keeps like old fashioned fruit cake.

### RYZON CARAWAY SEED CAKE

- ½ cupful (4 ounces) butter.
- ½ cupful (4 ounces) sugar.
- 3 eggs.
- 4 tablespoonfuls milk.
- 1 teaspoonful orange extract.
- 2 ½ level teaspoonfuls caraway seeds.
- 2 level teaspoonfuls RYZON.
- 1 ½ level cupfuls (6 ounces) flour.

Cream butter and sugar together, add eggs well beaten, milk, orange extract, seeds and flour sifted with RYZON. Mix and pour into a small, square buttered and floured cake tin, and bake in a moderate oven for forty minutes.

The caraway seeds may be crushed if liked. Sufficient for one small cake.

### RYZON LAYER CAKES

#### *Prize Recipe*

#### RYZON LAYER COCOA CAKE

BY MISS JENNIE WALLACH, NEW YORK CITY

- 2 tablespoonfuls (1 ounce) butter
- 1 level cupful (½ pound) sugar
- ½ cupful (1 gill) cold water.
- 2 level tablespoonfuls cocoa.
- 1 teaspoonful vanilla extract.
- 2 eggs.
- 2 level teaspoonfuls RYZON.
- 1 level cupful (¼ pound) flour.

#### FILLING:

- ¼ cupful (2 ounces) sweet butter.
- ¼ cupful (2 ounces) powdered sugar.
- 1 teaspoonful vanilla extract.
- 4 level teaspoonfuls cocoa.

#### ICING FOR TOP:

- ¼ cake chocolate.
- ¾ cupful (1 ½ gills) boiling water.
- 1 level teaspoonful flour.
- ¾ cupful (6 ounces) sugar.
- 1 teaspoonful butter.
- 2 teaspoonfuls vanilla extract.

FOR CAKE:—Cream butter thoroughly with sugar, add water, cocoa, vanilla extract, eggs, well beaten, and flour sifted with RYZON. Divide into two greased and floured layer cake tins, and bake in a moderately hot oven for fifteen minutes. Turn out and cool.

FOR FILLING:—Cream butter and sugar to-

gether, add the vanilla extract and cocoa, mix well, and spread between the layers.

FOR ICING:—Dissolve chocolate in boiling water in a small saucepan, add sugar mixed with flour, butter and vanilla extract. Cook until thick, stirring constantly, then cool and spread on top of cake. Sufficient for two-layer cake.

### RYZON MOCK CARAMEL CAKE

BY MISS M. DELLER, MILWAUKEE, WIS.

Dissolve 1 level tablespoonful (½ ounce) butter or butter substitute in a large iron frying pan.

Sprinkle 1 level cupful (½ pound) brown sugar over the butter, also

½ cupful (2 ounces) of nut meats—not too small. Have the sugar and nuts evenly spread and set aside until the following is mixed:

- 1 level tablespoonful (½ ounce) butter or butter substitute.
- 1 level cupful (½ pound) granulated sugar.
- 1 egg.
- 2 level cupfuls (½ pound) flour.
- 2 level teaspoonfuls RYZON.
- 1 cupful (½ pint) milk.
- 1 level teaspoonful vanilla or any desired flavor.

Spread this mixture over the butter, sugar and nuts and bake in the frying pan like a loaf cake in a moderate oven. When done turn onto a cake plate upside down. Sufficient for one large cake.

#### *Prize Recipe*

#### RYZON NUT TART

BY MRS. A. B. CANNIFF, NEW YORK CITY

- 2 level cupfuls (½ pound) chopped English walnut meats.
- 1 package zweiback (10 cent size).
- 4 eggs, separated.
- 1 level cupful (½ pound) sugar.
- 1 level teaspoonful RYZON.
- 1 level teaspoonful powdered cinnamon.
- 1 level teaspoonful powdered cloves.
- Whipped cream.

Marshmallow or boiled icing. See page 43.

Chop and roll nuts and roll zweiback, or put it through a food chopper. Beat yolks of eggs and sugar together for ten minutes, add zweiback mixed with RYZON and spices, now add nut meats and whites of eggs stiffly beaten. Mix carefully and divide into two well-greased layer-cake tins. This nut tart takes ten minutes to bake in a moderate oven and it should not be permitted to bake too long. When tart has cooled, either a boiled icing, or marshmallows slightly softened in the oven, or whipped cream sweetened and flavored with vanilla extract may be used between layers and on top. Sufficient for six to eight persons.



*RYZON LAYER CAKE—Master Recipe*

By MRS. ANNA B. SCOTT, Cooking Expert of the Philadelphia North American

*Master Recipe*

**RYZON LAYER CAKE**

- 1 cupful ( $\frac{1}{2}$  pound) butter or lard.
- 2 level cupfuls (1 pound) sugar.
- 4 eggs—separated.
- 1 cupful ( $\frac{1}{2}$  pint) milk.
- 4 level teaspoonfuls RYZON.
- 4 level cupfuls (1 pound) flour.
- $\frac{1}{2}$  level teaspoonful salt.

**FILLING:**

- 2 cupfuls (1 pint) milk.
- 6 level tablespoonfuls ( $1\frac{1}{2}$  ounces) corn-starch.
- 1 egg yolk.
- 6 level tablespoonfuls (3 ounces) sugar.
- $\frac{1}{2}$  level teaspoonful salt.
- 1 level cupful ( $\frac{1}{2}$  pound) seeded raisins.

**WATER ICING:**

- 1 egg white.
- 1 tablespoonfuls hot water.
- 1 teaspoonful vanilla extract.
- Confectioners' sugar.

**FOR CAKE:**—Beat shortening and sugar to a light cream; separate eggs, beat yolks until well mixed and add slowly to sugar and shortening; add milk very slowly, stirring all the time; beat whites of eggs until stiff and add half; sift flour, RYZON, and salt and add rest of beaten egg white and rest of flour. Line four jelly tins or one

square cake pan, 12 x 14, with paper; do not grease. Put mixture on and spread smooth; bake in a moderate oven for twenty-five to thirty minutes. The cake will be four inches high.

**FOR FILLING:**—Rinse a saucepan with cold water, add one and one-half cupfuls of milk and bring to boiling point; stir in cornstarch which has been moistened with remainder of milk; add egg yolk, sugar, and salt; boil for five minutes; add raisins which have been washed, dried, and put through a food chopper; beat till cold then spread between cake.

**FOR WATER ICING:**—Beat up white of egg, add water, flavoring and enough sifted confectioners' sugar to make a nice frosting that will spread on cake.

This cake when finished measures 7 x 13 and is four inches thick. The ingredients can be very easily divided and only half the size made.

**RYZON WASHINGTON LAYER CAKE**

- 6 level tablespoonfuls (3 ounces) butter.
- 1 level cupful ( $\frac{1}{2}$  pound) sugar.
- 3 egg whites.
- 1 level teaspoonful RYZON.
- $1\frac{1}{2}$  level cupfuls (6 ounces) flour.
- $\frac{1}{8}$  level teaspoonful salt.
- $\frac{1}{2}$  cupful (1 gill) milk.
- $\frac{1}{2}$  level teaspoonful almond extract.

**FILLING:**

- 1 cupful (2 gills) milk.
- $\frac{1}{4}$  cupful (2 ounces) sugar.
- 1 level tablespoonful ( $\frac{1}{2}$  ounce) butter.
- 1 level tablespoonful flour.
- 1  $\frac{1}{2}$  egg yolks.
- $\frac{1}{2}$  teaspoonful vanilla extract.
- $\frac{1}{2}$  cupful ( $\frac{1}{8}$  pound) blanched and shredded almonds.
- $\frac{1}{4}$  cupful (1 ounce) shredded candied citron peel.

White Frosting. See page 38.

**FOR CAKE:**—Cream the butter and sugar together; beat up whites of eggs to a stiff froth, add them and beat well, then sift in flour, salt and RYZON, add milk and almond extract, and beat with a wooden spoon until quite light. Divide into buttered and floured layer-cake tins, and bake in a moderately hot oven for twenty minutes. Turn out and cool.

**FOR FILLING:**—Put one and one-half cupfuls of the milk into a saucepan, with sugar and butter, and bring to boiling point. Blend flour with remainder of milk, add yolks of eggs well beaten, and pour into boiling milk and stir and cook until it thickens. Cool and add vanilla. Divide into portions and add almonds to one-half and citron to the other half. Put almond mixture on one layer and citron mixture on the second. Place them together and cover top with white frosting. Sufficient for two-layer cake.

**RYZON CHOCOLATE LAYER CAKE**

- 4 squares (4 ounces) bitter chocolate.
- $\frac{1}{4}$  cupful ( $\frac{1}{2}$  gill) boiling water.
- $\frac{1}{2}$  cupful (4 ounces) butter.
- 1  $\frac{1}{4}$  level cupfuls (10 ounces) sugar.
- 1 teaspoonful vanilla extract.
- 3 eggs, separated.
- 2 level teaspoonfuls RYZON.
- 2 level cupfuls ( $\frac{1}{2}$  pound) flour.
- $\frac{1}{4}$  level teaspoonful salt.
- $\frac{1}{2}$  cupful (1 gill) milk.

White frosting. See page 38.

Chocolate frosting. See page 44.

Melt chocolate in small saucepan, add water, and cook over hot water until smooth. Cream butter and sugar thoroughly together, add chocolate, vanilla extract, yolks of eggs well beaten, flour sifted with salt and RYZON, and add milk. Beat well, cut and fold in whites of eggs beaten to a stiff froth. Divide into three greased and floured layer tins, and bake in a moderate oven for twenty-five minutes. Cool and put together with white or chocolate frosting. The top of cake should be covered with frosting.

Sufficient for a medium-sized three-layer cake.

**RYZON LADY BALTIMORE CAKE**

- 4 level tablespoonfuls (2 ounces) butter.
- 1 level cupful ( $\frac{1}{2}$  pound) sugar.
- Scant half cup ( $\frac{3}{4}$  gill) milk.
- 1 level teaspoonful RYZON.
- 1  $\frac{1}{4}$  level cupfuls (5 ounces) flour.
- 4 egg whites.
- $\frac{1}{2}$  teaspoonful almond extract.

**FILLING:**

- 1 level cupful ( $\frac{1}{2}$  pound) sugar.
- $\frac{1}{2}$  cupful (1 gill) water.
- 1 egg white.
- 1 level cupful ( $\frac{1}{2}$  pound) seeded raisins.
- $\frac{1}{2}$  cupful (2 ounces) ground almonds.
- $\frac{1}{2}$  cupful (2 ounces) chopped English walnut meats.
- $\frac{1}{2}$  teaspoonful vanilla extract.

**FOR CAKE:**—Cream butter and sugar thoroughly together, add milk, flour sifted with RYZON and beat until smooth. Add extract and fold in whites of eggs beaten to a stiff froth. Divide into greased and floured layer cake tins, and bake in a moderately quick oven for twenty minutes. Turn out and cool.

**FOR FILLING:**—Put sugar and water into a saucepan and boil until it forms a soft ball when tried in cold water, or 238° F. by candy thermometer. Beat up whites of eggs to a stiff, dry froth. Pour syrup upon these eggs, beating steadily until a meringue is formed which will spread. Add vanilla, almonds, walnuts and raisins cut in halves. Spread between layers and on top. Sufficient for two-layer cake.

**RYZON MOLASSES LAYER CAKE**

BY NELLIE E. ADAMS, TACOMA, WASH.

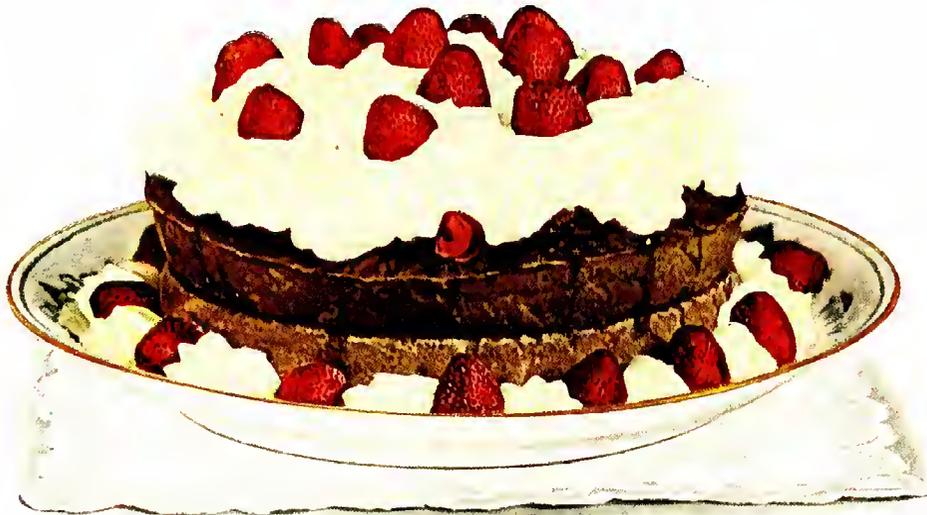
- 1 cupful ( $\frac{1}{2}$  pint) molasses.
- $\frac{1}{2}$  cupful (4 ounces) sugar.
- 2 eggs and yolk of 1 egg.
- 4 level tablespoonfuls (2 ounces) butter.
- 1 level teaspoonful cloves.
- 1 level teaspoonful cinnamon.
- 1 level teaspoonful salt.
- $\frac{1}{4}$  level teaspoonful soda.
- $\frac{1}{2}$  cupful (1 gill) buttermilk—or sour milk.
- 2 level cupfuls ( $\frac{1}{2}$  pound) flour.
- 2 level teaspoonfuls RYZON.

Mix and bake in three layers.

**FILLING:**

- 1 cupful ( $\frac{1}{4}$  pound) figs.
- 1 cupful ( $\frac{1}{2}$  pound) raisins chopped fine.
- 1 cupful ( $\frac{1}{2}$  pint) water.
- $\frac{1}{2}$  cupful (4 ounces) sugar.
- $\frac{1}{2}$  level teaspoonful vanilla.

Cook all together until soft and smooth. Frost top with white of one egg and 5 tablespoonfuls frosting sugar flavored to taste, or make a thick white icing and put between layers.



*RYZON STRAWBERRY SHORTCAKE—Master Recipe*  
By JANET MCKENZIE HILL, Editor of "American Cookery," Boston, Mass.

*Master Recipe*

**RYZON STRAWBERRY SHORTCAKE**

- 2 quart baskets strawberries.
- 1 ½ level cupfuls (12 ounces) sugar.
- 4 level teaspoonfuls RYZON.
- 2 level cupfuls (½ pound) pastry flour.
- ½ level teaspoonful salt.
- ¼ cupful (2 ounces) butter.
- 1 cupful (½ pint) milk (about).
- Extra butter, for spreading layers.
- Cream, if desired.

Hull, wash and drain berries, save a few choice berries for a garnish, cut rest in halves and mix with sugar. Sift together RYZON, flour, and salt, and work in butter with two knives; add milk gradually, and mix to a soft dough with a knife. Press dough into two well-greased layer cake tins. Bake in a quick oven for fifteen to twenty minutes. Turn one layer upside down on a serving dish, spread liberally with butter; pour on half the berries, and set the other layer above; spread with butter and rest of berries. Garnish with the whole berries and whipped cream if desired. This recipe may be used for other fruits, as blackberries, raspberries and sliced peaches.

Sufficient for four to six people.

This dough may be rolled and cut into large biscuits, and used for serving individual short-cakes.

*Prize Recipe*

**RYZON CURRANT SHORTCAKES**

BY MRS. G. N. HARTLEY, PLAINFIELD, N. J.

- 3 level teaspoonfuls RYZON.
- 3 level cupfuls (¾ pound) flour.
- ½ level teaspoonful salt.
- 1 level cupful (½ pound) sugar.
- 1 cupful (½ pound) shortening.
- 1 level cupful (½ pound) currants.
- 1 cupful (½ pint) water (scant).

Clean currants. Sift flour, RYZON, sugar, and salt into a basin, add shortening, cut it in with a knife, and then rub it in with the tips of the fingers; add currants and water gradually, and turn out onto a floured baking board. Knead lightly and roll out about one inch thick; cut into three inch squares, and mark top of each square with a knife. Place apart on greased tins and bake in a quick oven for fifteen minutes. Serve hot or cold. Sufficient for fifteen squares.

*Prize Recipe*

**RYZON GRAPEFRUIT SHORTCAKE**

BY MRS. WILLIAM J. MATHESON, NEW YORK CITY

- 4 grapefruit.
- 3 level teaspoonfuls RYZON.
- 2 level cupfuls ( $\frac{1}{2}$  pound) flour.
- $\frac{1}{2}$  teaspoonful salt.
- $\frac{1}{2}$  cupful (4 ounces) butter.
- Milk.
- Sugar.

**SAUCE:**

- Juice of the four grapefruit.
- 1 tablespoonful cornstarch.
- 3 tablespoonfuls ( $1\frac{1}{2}$  ounces) butter.
- 1 cupful ( $\frac{1}{2}$  pound) sugar.
- 1 egg yolk.
- 1 tablespoonful vanilla extract.

**FOR SHORTCAKE:**—Peel grapefruit. Separate sections carefully so as not to get in any of the pulp. Hold fruit over a bowl to keep juice. Break sections into little chunks, sprinkle with a little sugar and set aside (not in cold place) till shortcake is made. Mix flour, RYZON and salt and sift into a basin. Add butter and chop it in with a silver knife until mealy, and wet to a soft consistency with cold milk.

Grease and flour a round or square baking pan. Put dough in and press it out with fingers to about one inch thick. Place it in a hot oven for the first ten minutes, then lower heat and leave it for about ten minutes longer, or until it is brown.

**RYZON PIES**

**RYZON APPLE PIE**

BY MRS. GEO. MEDLER, CHEVEY CHASE, MD.

**FILLING:**

- 6 to 8 medium-sized apples.
- $\frac{1}{2}$  cupful ( $\frac{1}{4}$  pound) sugar.
- 2 level teaspoonfuls cinnamon.
- 1 level tablespoonful ( $\frac{1}{2}$  ounce) butter.
- 3 tablespoonfuls cold water.

Line a deep pie plate with RYZON chopped pastry. See page 59. Place layer of thinly sliced apples in the dish, dust over with cinnamon and sugar—repeating until the dish is filled. Add three tablespoonfuls cold water and flick with butter, place top crust on and bake in moderate oven until a golden brown.

**RYZON TRANSPARENT PIE**

RYZON puff pastry, see page 57.

- $\frac{1}{2}$  cupful ( $\frac{1}{4}$  pound) butter.
- 1 level cupful ( $\frac{1}{2}$  pound) sugar.
- 3 eggs, separated.

- $\frac{1}{2}$  level teaspoonful grated nutmeg.
- $\frac{1}{2}$  lemon.
- 2 tablespoonfuls brandy or fruit juice.
- 1 level teaspoonful RYZON.

Line a pie plate with pastry. Cream butter and sugar thoroughly together, beat in yolks of eggs, nutmeg, grated rind and strained juice of lemon, brandy and whites of eggs beaten to a stiff froth with RYZON. Bake in a moderately hot oven for thirty minutes. If liked, the edge of the pie may be decorated with meringue.

**RYZON PUMPKIN PIES**

- 4 cupfuls (1 quart) stewed and strained pumpkin.
- 1  $\frac{1}{2}$  level cupfuls ( $\frac{3}{4}$  pound) sugar.
- 1 level teaspoonful RYZON.
- 1 level tablespoonful flour.
- 1 level teaspoonful salt.
- 1 level teaspoonful powdered mace.
- 1 level teaspoonful powdered cinnamon.
- 1 level teaspoonful powdered ginger.
- 2 cupfuls (1 pint) milk.

RYZON chopped pastry, see page 59.

Line two pie plates with pastry. Put pumpkin into a basin, add sugar, flour, salt, and RYZON mixed together, then stir in the spices and the milk; fill into the prepared pie plates and bake in a hot oven to a rich, golden-brown color.

Note that this economical recipe contains no eggs.

**RYZON PUMPKIN PIE No. 2**

- $\frac{3}{4}$  cupful (6 ounces) sugar.
- 1 level teaspoonful powdered cinnamon.
- 1 level teaspoonful powdered ginger.
- $\frac{1}{2}$  level teaspoonful salt.
- 1  $\frac{1}{2}$  level cupfuls ( $\frac{3}{4}$  pint) steamed and strained pumpkin.

- 3 eggs.
- 1  $\frac{1}{2}$  cupfuls ( $\frac{3}{4}$  pint) milk.
- $\frac{1}{2}$  cupful (1 gill) cream.
- 1 tablespoonful melted butter.

RYZON flaky pastry, see page 58.

Put sugar into a bowl, add spices, salt, pumpkin, eggs slightly beaten, milk, cream and butter. Mix and pour into a pastry lined pie plate and bake in a moderate oven for three-fourths of an hour. Cool and serve. Sufficient for one pie.



## RYZON PUFFS

BY MRS. EDWARD ALBES, WASHINGTON, D. C.

7 level tablespoonfuls preserve (cherries or raspberries).

1 egg.

1 cupful (1 pint) milk.

1 level tablespoonful ( $\frac{1}{2}$  ounce) melted butter.

$\frac{1}{2}$  cupful ( $\frac{3}{4}$  pound) sugar.

2 level teaspoonfuls RYZON.

$\frac{1}{2}$  level teaspoonful salt.

1 cupful ( $\frac{3}{4}$  pound) flour.

Beat yolk of egg well, add sugar and melted butter. Beat slightly. Add milk, flour sifted with salt and RYZON. Beat slightly again and add well-beaten egg white and more flour if necessary to make stiff batter. Have ten cups well greased and put in each one tablespoonful of batter, then one tablespoonful of preserve. Cover preserve with another tablespoonful of batter. Put cups in steamer and cook twenty-five minutes. Serve immediately with any heavy sauce desired. These may also be baked. Sufficient for ten persons.

## RYZON STRAWBERRY PUDDING

6 tablespoonfuls (3 ounces) butter.

$\frac{1}{2}$  cupful (4 ounces) sugar.

1 egg.

1 teaspoonful strawberry extract.

1 cupful ( $\frac{1}{2}$  pint) milk.

3 level teaspoonfuls RYZON.

2  $\frac{3}{4}$  level cupfuls (9 ounces) flour.

$\frac{1}{2}$  level teaspoonful salt.

1 quart strawberries.

Whipped cream.

Cream butter and sugar thoroughly together, add egg well beaten, strawberry extract, milk, flour sifted with RYZON and salt. Beat with a wooden spoon for three minutes, turn into a large well-greased mold, cover, and steam steadily for three hours. Turn out and serve with strawberries crushed, and whipped cream sweetened to taste. Other fruits may be used in place of strawberries. Sufficient for five persons.

## RYZON BAKED PUDDINGS

### RYZON EXCELLENT PEACH PUDDING

BY MRS. F. W. FRENCH, SOUTH OIL CITY, PA.

2 level cupfuls ( $\frac{1}{2}$  pound) sifted flour.

1 level tablespoonful ( $\frac{1}{2}$  ounce) butter.

$\frac{1}{2}$  cupful ( $\frac{1}{4}$  pound) sugar.

1 egg.

$\frac{3}{4}$  cupful (1  $\frac{1}{2}$  gills) milk.

$\frac{1}{2}$  level teaspoonful salt.

3 level teaspoonfuls RYZON.

Cream butter and sugar, beat in egg until very light, add salt, add alternately milk and flour into which RYZON has been sifted. Bake in square pan after placing the halves of peaches over the thin batter. Into hollow of peaches where pits have been removed fill sugar which will brown while baking. Serve with whipped cream or a cream sauce. Apples or chopped dates may be used when peaches are not available. Sufficient for six persons.

## RYZON COLONIAL PUDDING

2 eggs, separated.

6 tablespoonfuls (3 ounces) sugar.

$\frac{3}{4}$  level teaspoonful RYZON.

$\frac{1}{4}$  cupful (1 ounce) flour.

$\frac{1}{4}$  level teaspoonful salt.

2 cupfuls (1 pint) milk.

1  $\frac{1}{2}$  level tablespoonfuls chopped preserved ginger.

1  $\frac{1}{2}$  level tablespoonfuls ( $\frac{3}{4}$  ounce) powdered sugar.

$\frac{1}{2}$  teaspoonful vanilla.

Beat yolks of eggs with sugar for ten minutes, then add flour sifted with salt and one-half teaspoonful of RYZON. Scald milk, and pour it onto flour mixture, stirring all the time. Return to saucepan and stir over a slow fire until it forms a thick custard, add ginger, and pour into a buttered pudding dish. Beat whites of eggs to a stiff froth with remainder of RYZON, add gradually powdered sugar and vanilla extract. Spread this meringue on top of custard and place in a very moderate oven until light brown. Serve cold. Sufficient for six persons.

## RYZON BAKED APPLE PUDDING

2 cupfuls (1 pint) milk.

3 level cupfuls ( $\frac{3}{4}$  pound) bread crumbs.

3 eggs.

1 level cupful ( $\frac{1}{2}$  pound) sugar.

$\frac{1}{2}$  level teaspoonful salt.

1 level teaspoonful powdered ginger.

1 level teaspoonful powdered mace.

$\frac{1}{2}$  level teaspoonful powdered cloves.

$\frac{1}{2}$  cupful (3 ounces) sultana raisins.

2 level teaspoonfuls RYZON.

3 tablespoonfuls fruit juice or brandy.

3 level cupfuls (1  $\frac{1}{2}$  pints) peeled and chopped apples.

### SAUCE:

1 cupful ( $\frac{1}{2}$  pound) butter.

2 level cupfuls (1 pound) sugar.

2 eggs, separated.

1 tablespoonful brandy or fruit juice.

FOR PUDDING:—Heat milk and pour it over bread crumbs, add eggs well beaten, sugar, salt,

spices, raisins, RYZON, fruit juice and apples. Mix well, and turn into a greased baking dish. Bake in a moderate oven for one hour. Serve hot with sauce.

**FOR SAUCE:**—Cream butter and sugar thoroughly together, add egg yolks, brandy or fruit juice and whites of eggs stiffly beaten. Chill before serving. Sufficient for six to eight persons.

### RYZON COTTAGE PUDDING

- ¼ cupful (2 ounces) butter.
- ¾ cupful (6 ounces) sugar.
- 1 egg.
- 1 teaspoonful lemon extract.
- 1 cupful (½ pint) milk.
- 4 level teaspoonfuls RYZON.
- 2 ¼ level cupfuls (9 ounces) flour.
- ½ level teaspoonful salt.

#### HARD SAUCE:

- ½ cupful (4 ounces) butter.
- 1 level cupful (½ pound) sugar.
- 1 teaspoonful vanilla extract.
- 1 teaspoonful hot water.

**FOR PUDDING:**—Cream butter and sugar thoroughly, add egg well beaten, lemon extract, milk, and flour sifted with RYZON and salt. Mix and beat with a wooden spoon for three minutes, then turn into a greased and floured tin or mold, and bake in a moderate oven for thirty-five minutes. Turn out and serve with sauce.

**FOR SAUCE:**—Beat butter and sugar to a cream, add hot water and extract; mix well, and chill before using.

This pudding may be served with lemon, vanilla, or wine sauce, or it may be steamed for one and one-half hours and served with strawberry sauce. Sufficient for six persons.

### RYZON COFFEE SOUFFLÉ

- 3 tablespoonfuls (1 ½ ounces) butter.
- 3 level tablespoonfuls (¾ ounce) flour.
- ¾ cupful (1 ½ gills) boiled coffee.
- ¼ cupful (½ gill) cream.
- ½ cupful (4 ounces) sugar.
- ¼ level teaspoonful salt.
- 4 eggs, separated.
- ¼ level teaspoonful (⅛ ounce) RYZON.
- 1 teaspoonful vanilla extract.

#### SAUCE:

- 2 egg yolks.
- ¼ cupful (2 ounces) sugar.
- 1 pinch salt.
- ¾ cupful (1 gill) strong hot coffee.
- 1 cupful (½ pint) whipped cream.

**FOR SOUFFLÉ:**—Melt butter, add flour, and blend well; pour on gradually, stirring constantly, coffee, cream, sugar and salt. Stir and cook until smooth, and add well-beaten egg yolks. Cool, fold in stiffly beaten egg whites, RYZON and vanilla, and mix carefully. Turn into a well-greased baking dish and bake in a moderately hot oven for twenty-five minutes.

**FOR SAUCE:**—Mix egg yolks with sugar and salt, then add coffee. Cool and fold in whipped cream. Sufficient for four persons.

### RYZON SULTANA ROLL

- 1 level cupful (6 ounces) sultana raisins.
- 1 level cupful (½ pound) sugar.
- Water.
- 1 level teaspoonful RYZON.
- 1 level cupful (4 ounces) flour.
- ½ level teaspoonful salt.
- 1 ½ tablespoonfuls (¾ ounce) lard.
- 1 tablespoonful (½ ounce) butter.
- Cream.

Put raisins and sugar into a small saucepan, cover with water and cook slowly until raisins are soft and the juice like syrup. Sift flour, RYZON and salt into a bowl, add lard, and rub it in with the tips of fingers, and mix to a soft biscuit dough with water. Roll to one-fourth inch in thickness, spread with raisins, then roll up, pressing the ends firmly together.

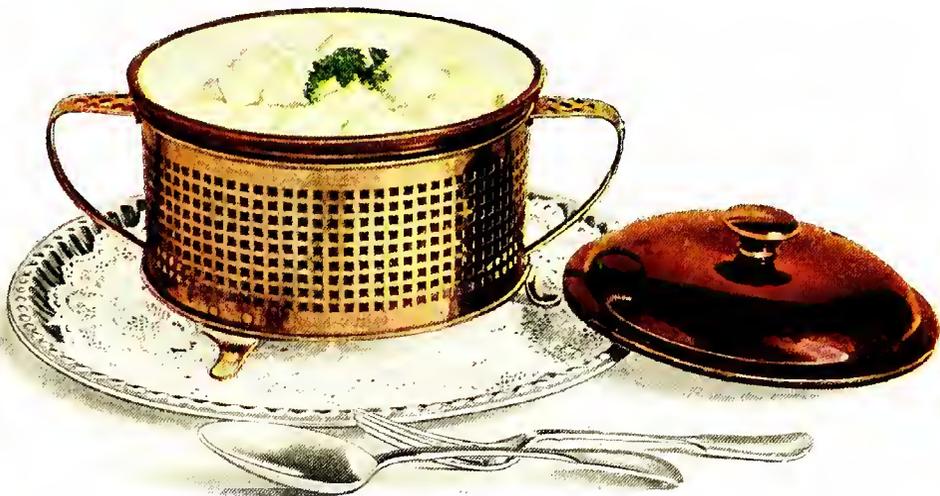
Place in a greased pan and pour juice over, add butter and one-half cupful of water, and bake in a hot oven for twenty minutes or until done. Serve hot with cream. Sufficient for five to six persons.

### RYZON BAKED APPLE DUMPLINGS

- ½ pound RYZON short or flaky pastry, see pages 56, 58.
- 6 apples.
- 6 level tablespoonfuls (3 ounces) sugar.
- 6 cloves.
- 1 egg.

Roll out pastry about one-fourth inch in thickness, and cut out twelve rounds with a cutter. Peel apples thinly and core them without breaking. Place an apple in one of the rounds, and work pastry round the apple until it reaches to the middle of it; then fill center hole with sugar and a clove, lay another round of pastry on the top, and work it down to meet the other round. Fasten join with a little cold water; continue in this way until all the apples are used. Place dumplings on a greased tin, brush over with egg well beaten, and bake for thirty minutes in a moderate oven. Dredge with sugar and serve hot or cold.

Sufficient for six dumplings.



*RYZON DUMPLINGS—Master Recipe*  
By MRS. HARRIETT COLE EMMONS, Manager Ryzon Service Staff

## CHAPTER VII

# RYZON SAVORY DISHES



QUITE the most interesting thing to many housewives today is the question of using left-overs, and this chapter is planned to be of assistance in offering suggestions. Some of our most attractive and nutritious dishes are made from a combination of foods remaining from one or more meals. When the family have tired of steaks, chops and roasts, a savory made dish will be welcome and also assist in reducing the high cost of living. The food value of egg or cheese as meat substitutes is well known, and the daily menu may be varied by their use.

*Master Recipe*  
**RYZON DUMPLINGS**

- 4 level teaspoonfuls RYZON.
- 2 level cupfuls ( $\frac{1}{2}$  pound) flour.
- 1 level teaspoonful salt.
- 1 level tablespoonful ( $\frac{1}{2}$  ounce) shortening.
- $\frac{1}{8}$  cupful (scant  $\frac{1}{2}$  pint) milk and water.

Mix flour, RYZON, and salt together and sift them into a bowl, add shortening and cut it in with a knife or rub it in with the tips of the fingers. Add liquid gradually, and drop from a spoon on the top of a boiling pot-pie. Cover

closely and do not remove cover for about twenty minutes. Serve immediately.

Sufficient for ten dumplings.

### RYZON STEAK AND KIDNEY PUDDING

- 1 pound round steak.
- 2 sheep's kidneys.
- 2 level tablespoonfuls ( $\frac{1}{2}$  ounce) flour.
- 1 level teaspoonful salt.
- $\frac{1}{2}$  level teaspoonful pepper.
- 1 cupful ( $\frac{1}{2}$  pint) stock or water.
- 2 teaspoonfuls mushroom ketchup.

**SUET CRUST:**

- 2 level teaspoonfuls RYZON.
- 2 level cupfuls ( $\frac{1}{2}$  pound) flour.
- $\frac{1}{2}$  level teaspoonful salt.
- 1 level cupful ( $\frac{1}{4}$  pound) chopped suet.
- Cold water or buttermilk.

FOR CRUST:—Sift flour, RYZON, and salt into a bowl, add suet and rub it well into flour. Then make a well in the center of these dry ingredients, and stir in enough water or buttermilk to make a soft dough. Turn out on floured baking board, knead lightly until free from cracks, then roll out to about one-fourth inch in thickness and line a greased one-and-one-half-pint basin or mold with it. Trim off round edges and roll out these scraps into a round to form a cover.

FOR PUDDING:—Split kidneys, remove skin and inside fat, and cut them into quarters. Cut steak into small squares. Mix flour and seasonings together on a plate. Dip pieces of meat and kidney into this mixture, coating them on all sides. Place in prepared mold and pour in stock and ketchup. Place round of pastry on top and press the edges well together. Cover with a greased paper and steam steadily for three hours. Serve hot with gravy.

Chopped mushrooms or onions may also be used for flavoring. Sufficient for five persons.

**RYZON MASHED POTATO STUFFING**

- 2 level cupfuls (1 pint) mashed potatoes.
- 1 level teaspoonful RYZON.
- 1 level cupful ( $\frac{1}{2}$  pint) bread crumbs.
- 4 tablespoonfuls melted shortening.
- 1 beaten egg.
- 1 teaspoonful onion juice.
- Powdered sage to taste.
- Salt and pepper to taste.

Mix all these ingredients together and use as a stuffing for any roast fowl. If preferred, celery may be substituted for the onion, and the sage may be omitted.

**RYZON EGG NOODLES**

BY MRS. BELLE FAILING, SEDALIA, COLO.

- 1 egg.
- $\frac{1}{2}$  level cupful (2 ounces) flour.
- $\frac{1}{2}$  level teaspoonful salt.
- $\frac{1}{2}$  level teaspoonful RYZON.

Break egg into mixing bowl, stir in flour sifted with RYZON and salt, adding more flour if necessary to make a batter which will not be sticky. Stir until smooth. Roll very thin on a well floured board, then roll up dough into long roll, and slice off thin strips. Place strips in boiling meat broth, or water, and boil for ten minutes.

*Prize Recipe***RYZON TOAD-IN-THE-HOLE**

BY MRS. MAUDE JERVIS, BROOKLYN, N. Y.

- 1  $\frac{1}{2}$  pounds lean steak.
- 1 lamb's kidney.
- 1 level teaspoonful salt.
- $\frac{1}{2}$  level teaspoonful pepper.
- 1 level teaspoonful RYZON.
- 4 level tablespoonfuls (1 ounce) flour.
- 2 eggs.
- 2 cupfuls (1 pint) milk.

Cut steak and kidney into small pieces and put them into a greased fireproof dish, seasoning them with salt and pepper to taste. Sift flour with RYZON and pinch of salt, add eggs well-beaten and beat for five minutes, add gradually milk and stir well and pour over steak. Bake in moderate oven for one and one-half hours and serve hot. The remains of rare beef may be substituted for the steak, and chopped onion to taste, added.

*Prize Recipe***MELDONE PIE DINNER**

BY MRS. A. S. WESTCOTT, EDGEWATER, N. J.

- 2 pounds stewing lamb.
- 1 level teaspoonful salt.
- $\frac{1}{2}$  level teaspoonful pepper.
- 12 small onions.
- 2 large carrots.
- 6 medium sized potatoes.
- 2 cupfuls (1 pint) milk.
- 3 level tablespoonfuls ( $\frac{3}{4}$  ounce) flour.

**FOR PASTE:**

- 2 level teaspoonfuls RYZON.
- 2 level cupfuls ( $\frac{1}{2}$  pound) flour.
- 2 tablespoonfuls (1 ounce) butter.
- Milk.

FOR PIE:—Stew lamb for an hour or until it is easily pierced with a fork, add seasonings, onions peeled, carrots cut in quarters, potatoes cut in halves, and cook until tender. When done place all the meat and vegetables in a deep baking dish; add milk to stock in pan, thicken with flour moistened with a little water, then pour over meat and vegetables. Cover with paste made as follows and bake in a hot oven for twenty-five minutes. Serve at once.

FOR PASTE:—Sift flour into a basin, cut and rub butter into flour, add RYZON and make into a softish paste with milk. Turn out onto a floured baking board and roll three-fourths of an inch thick. Place on top of pie and bake. Sufficient for six to eight persons.

## RYZON PORK PIE

- ¾ lb. fresh pork.
- 1 level teaspoonful powdered sage.
- 2 level teaspoonfuls chopped onion.
- 1 level teaspoonful salt.

Wipe meat with a damp cloth and weigh it free from skin and bone. Cut it in small pieces, and season it with pepper, salt, sage and onion, mixing all well together.

Take RYZON Raised Pie Crust, page 58, while hot and cut off a quarter of the quantity for the lid and decorations of the pie, wrap it up in paper, and keep it warm over steam. Roll out the other piece into a strip four inches wide and rather thin. Keep it even at the edges, and of an equal thickness all over. Wet along one side and one end with cold water or beaten egg. Bring the two ends together so as to form a ring, and make them overlap, pressing them well together. Then gather one of the sides together so as to form a bottom for the pie. Stand it up and make it into a good shape with the hands.

Fill up with meat mixture, pressing it down tightly into it. Make it level at the top, with just a small rim of pastry standing above it all the way round. Then take the piece of pastry that has been kept warm, roll it out thin, and cut out a round large enough to cover the top of pie. Wet round the edge of this with water, lay it on top of pie, and press the two edges together.

Brush the pie all over, top and sides, with beaten egg, and make a hole in the top with the point of a knife. Pour in enough stock to one-half fill the pie. Roll out any trimmings of pastry that are left and cut out small leaves and decorate pie with them. Brush decorations also with egg, and place pie in a greased tin. Bake in a moderate oven until pastry is set and brown and the meat feels tender. Lift pie from the oven, and fill it up with some hot stock that will jelly when cold. If the stock is not stiff enough, dissolve a little powdered gelatine in it before using. Serve cold.

Sufficient for four persons.

## RYZON POTATO SOUP

BY MRS. A. D. FRASER, BURLINGTON, WASH.

- 2 cupfuls chopped potatoes.
- 2 cupfuls (1 pint) water.
- 4 cupfuls (1 quart) sweet milk.
- 2 eggs.
- ½ level teaspoonful RYZON.
- 1 level teaspoonful salt.
- 1 level tablespoonful (½ ounce) butter.
- 2 level tablespoonfuls (½ ounce) flour.
- Pepper.

Peel and cook potatoes in water until tender. Add milk, make a smooth paste of the flour in which has been sifted the salt and RYZON. Add butter and pepper. Boil up once and serve with croutons. If soup is too thick add more hot milk.

## RYZON SMALL MUTTON PIES

For six pies make double the quantity of RYZON Raised Pie Crust given on page 58, and three-fourths pound lean mutton.

Any scraps or trimmings of mutton may be used for making these little pies, but they must not be too fat. Cut them in small pieces, removing all skin, bone and gristle. Season with salt, pepper and grated nutmeg, and just moisten with water or gravy.

Put aside one-third of paste to keep warm, and divide rest into six equal-sized pieces. Form each of these pieces into a smooth ball, and then form them into little cases. This may either be done with the fingers or round a tumbler. Fill them with the meat, and then raise up the sides again with the hands. Roll out paste, which has been kept warm, and cut out rounds to make covers for the pies. Wet round edges, lay them over the pies with the wetted sides down, and press the two edges of paste firmly together.

Trim round with a pair of scissors, make a small hole in top of the pies, and brush them over with a little milk or beaten egg. Bake in a moderate oven for thirty minutes. When the pies are ready to be served they should be filled up with a little hot gravy. Sufficient for six pies.

## RYZON SAVORY BREAKFAST DISH

- 1 level teaspoonful RYZON.
- 1 ½ pounds cooking apples (5 medium-sized apples average 1 ½ pounds).
- 1 ½ pounds potatoes (6 medium-sized potatoes average 1 ½ pounds).
- 1 level teaspoonful salt.
- ½ level teaspoonful pepper.
- ¼ pound bacon.
- 3 pork sausages.

Steam or bake apples and scoop out pulp, removing all pips and bits of core. Steam potatoes until tender, mash them, add RYZON, seasonings, and apples, mix well and reheat.

Cut bacon into small pieces, fry it slowly so that the fat may run freely out, and fry in it the sausages.

Stir bacon fat and dice into the hot apple and potato, pile the latter in center of well-heated platter, arrange the sausages round, and serve.

Sufficient for four persons.

## RYZON RICE CORN PUDDING

BY MISS FRANCES R. DICKEY, SAN JUAN, PORTO RICO



- 1 level cupful (6 ounces) corn meal.
- 1 level tablespoonful rice.
- 1 level tablespoonful ( $\frac{1}{2}$  ounce) butter.
- 2 cupfuls (1 pint) milk.
- 1 level teaspoonful RYZON.
- 1 level teaspoonful salt.
- 2 eggs.

Boil rice in one and one-half cupfuls water for ten minutes. Scald half of the corn meal with the boiled rice. Add melted butter and well-beaten eggs. Then add milk and the remainder of the corn meal, together with the salt and RYZON. Mix thoroughly and bake in moderate oven 40 minutes.

## RYZON PLAIN OMELET

- 2 tablespoonfuls (1 ounce) butter.
- 3 eggs.
- $\frac{3}{4}$  level teaspoonful salt.
- $\frac{1}{4}$  level teaspoonful pepper.
- 1 level teaspoonful warm water.
- $\frac{1}{2}$  level teaspoonful RYZON.

Put one and one-half tablespoonfuls of the butter into an omelet pan, and allow it to melt slowly while preparing the eggs. Break eggs into a bowl; add seasonings, water and RYZON. Beat eggs just enough to break them or they will become watery. Add remainder of butter. Pour mixture into the pan, then with a fork break the cooked surface in several places quickly, so that the eggs from the top may run to the bottom and cook; or loosen the omelet from the sides of pan letting the uncooked part run under. This must be done in the beginning so as not to make the surface uneven.

When the egg is cooked, but yet quite soft on the top, tilt the pan to one side, slip a spatula under one-half of omelet, and carefully roll the egg to the center. Let it cook a moment then slide it gently onto a hot dish, doubling it over. Garnish with a little parsley and serve at once. Sufficient for two persons.

The water is added to lighten the eggs. Milk must never be used, as it would make the omelet heavy, and flour must on no account enter into its composition.

## RYZON SAVORY CORN PUDDING

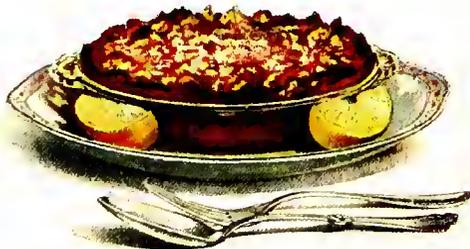
- 1 small green pepper.
- $\frac{1}{2}$  onion.
- 2 tablespoonfuls (1 ounce) butter.
- 2 level tablespoonfuls ( $\frac{1}{2}$  ounce) flour.
- 1 level teaspoonful salt.
- $\frac{1}{2}$  level teaspoonful paprika.
- $\frac{1}{4}$  level teaspoonful powdered nutmeg.
- $\frac{1}{8}$  level teaspoonful red pepper.
- 1 cupful ( $\frac{1}{2}$  pint) milk.
- 1 cupful ( $\frac{1}{2}$  pint) canned corn.
- 1 level teaspoonful RYZON.
- 1 egg.
- 2 level tablespoonfuls soft bread crumbs.
- $\frac{1}{2}$  cupful (2 ounces) buttered bread crumbs.

Wash green pepper and cut it in half and remove seeds; then cut in fine strips. Chop onion fine and cook it with pepper and butter for five minutes, stirring constantly. Add flour, seasonings, and milk; bring to boiling point; then add corn, RYZON, egg well beaten and soft bread crumbs. Mix and turn into a greased baking dish, cover with buttered crumbs and bake in a moderate oven for thirty minutes. Serve hot as a vegetable. Sufficient for four persons.

## RYZON SALMON AND TOMATO

BY MRS. CORA LEE WALLACE, TOPEKA, KAN.

- 1 can salmon.
- 1 cup ( $\frac{1}{2}$  pint) stewed tomatoes.
- 1 level tablespoonful melted butter.
- $\frac{1}{4}$  level teaspoonful salt.
- $\frac{1}{8}$  level teaspoonful pepper.
- $\frac{1}{2}$  level teaspoonful RYZON.



Remove all bone and skin and flake salmon. Mix in the other ingredients, turn into a baking dish, dust top with bread crumbs and bake twenty minutes in a moderate oven. One can tomato soup may be used instead of stewed tomatoes, if preferred.

Sufficient for six persons.

## RYZON BEEF LOAF

BY HARRIET ROMER, ELMIRA, N. Y.

- 2 pounds round steak.
- $\frac{1}{2}$  pound fresh fat pork.
- 2 cupfuls (1 pint) toasted bread crumbs.
- 1 onion grated.
- 2 cupfuls (1 pint) milk.
- 1 level tablespoonful salt.
- $\frac{1}{2}$  level teaspoonful RYZON.
- $\frac{1}{4}$  teaspoonful pepper.
- 1 egg.

Put steak and pork through meat grinder twice. Mix with crumbs, onion, salt, RYZON and pepper. Add egg slightly beaten. Mold into loaf and put in hot oven for ten minutes. Pour over loaf one can condensed tomato soup, one cup of water. Put back into oven for two hours. Sufficient for eight persons.

## RYZON POTATO PUFF

BY MRS. ALLAN BANCROFT, MAYWOOD, ILL.

- 4 level cupfuls (1 quart) hot mashed potatoes
- $\frac{1}{4}$  level teaspoonful salt.
- $\frac{1}{4}$  level teaspoonful celery salt.
- 1 level tablespoonful chopped parsley.
- $\frac{1}{2}$  cupful (1 gill) hot milk.
- 1 egg.
- $1\frac{1}{2}$  level teaspoonfuls RYZON.
- 1 level tablespoonful ( $\frac{1}{2}$  ounce) melted butter.

Beat all ingredients adding egg and RYZON last. Pile in rocky form and bake ten minutes or until puffed and brown.

## RYZON CHEESE OMELET

BY MRS. MARY FREDERICKS, OAK RIDGE, N. J.

- 3 eggs well beaten.
- $\frac{1}{2}$  level teaspoonful salt.
- $\frac{1}{2}$  level teaspoonful RYZON.
- $\frac{1}{2}$  cupful (2 ounces) bread crumbs.
- $\frac{1}{2}$  cupful (2 ounces) grated cheese.
- 1 cupful ( $\frac{1}{2}$  pint) milk.



Mix well and pour in buttered pudding dish and bake like custard.

One-half cupful flaked fish may be used instead of cheese to vary the dish, making a delicious fish omelet.

Sufficient for four persons.

## Prize Recipe

## RYZON APRIBA LOAF

BY MRS. C. W. SHAW, MOUNTAINVILLE, N. Y.



- 1 level cupful ( $\frac{1}{2}$  pint) bacon, fried crisp and chopped fine.
- 1 level cupful ( $\frac{1}{2}$  pint) chopped sour apples.
- 1 level cupful ( $\frac{1}{2}$  pint) boiled rice.
- $\frac{1}{2}$  level teaspoonful salt.
- $\frac{1}{4}$  level teaspoonful paprika.
- 1 egg, well beaten.
- 1 cupful ( $\frac{1}{2}$  pint) milk.
- 1 level cupful ( $\frac{1}{4}$  pound) flour.
- 1 level teaspoonful RYZON.

Put bacon into a basin, add apples, rice, seasonings, egg, milk, and flour sifted with RYZON. Beat all well together, and bake in a well-greased bread pan for thirty minutes, or boil for one hour in equally well-greased baking powder tins. Serve hot, garnished with fried apples, or cold, lightly spread with mayonnaise dressing. The mixture may be served in ramekins.

So long as the proportion of flour and RYZON remain constant, that of the other ingredients may be varied to suit taste and convenience.

This dish contains in itself a completely balanced ration. It is substantial enough for the dinner of a working man, delicate enough for the digestion of an invalid, simple enough for the plainest cook, and palatable enough to make the family call for more. It may be baked, boiled, or fried; eaten hot, cold or warmed over.

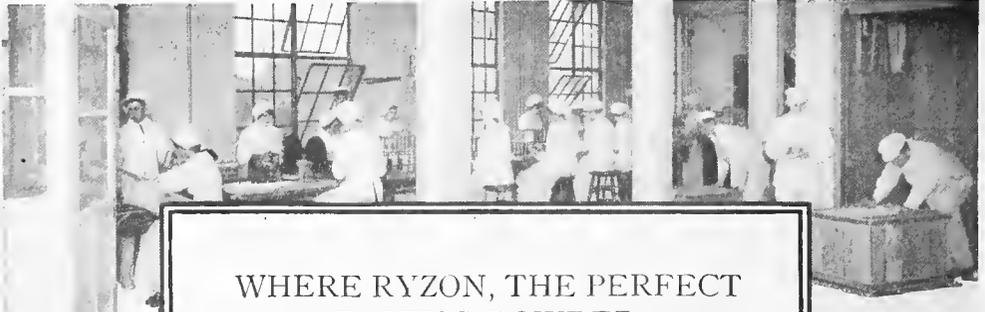
## RYZON ARTICHOKE À LA REMOULADE SHELLS

BY CARINE CARRUTHERS, SEATTLE, WASH.

- 1 cupful (8 ounces) butter.
- 3 cupfuls (12 ounces) pastry flour.
- 1 level tablespoonful cornstarch.
- 1 level teaspoonful RYZON.
- $\frac{1}{2}$  level teaspoonful salt.
- Ice water to mix.

### FILLING:

- 1 can artichoke bottoms.
- 2 tablespoonfuls lemon juice.
- 4 tablespoonfuls (2 ounces) melted butter.
- Salt, paprika, minced parsley, curry.



WHERE RYZON, THE PERFECT  
BAKING POWDER  
IS MADE

These illustrations give some idea of one unit of the RYZON plant, which is constructed to conform to the most approved modern ideals in food production.

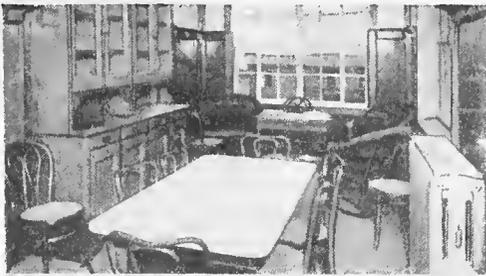
Due regard is given to protection from fire, in a substantial building, and also to securing plenty of air, light, and sunshine.

Absolute cleanliness is maintained in the building and among the workers, who are examined at regular intervals by a physician.

Corner of  
Packing Dept.



Women's  
Service  
Lavatory



Corner of  
Girl's  
Luncheon  
Room



Corner of  
Office

Service facilities are fitted up to encourage personal cleanliness. Purity and wholesomeness are not only watchwords, for RYZON, but also for the building where "The Perfect Baking Powder" is produced.

All the workers, men and women, wear white uniforms and caps, and the entire interior of the building is finished in white enamel.

The Ryzon plant is open to domestic science teachers, food officials, and others properly interested in a model food establishment.

Chemical  
Laboratory

