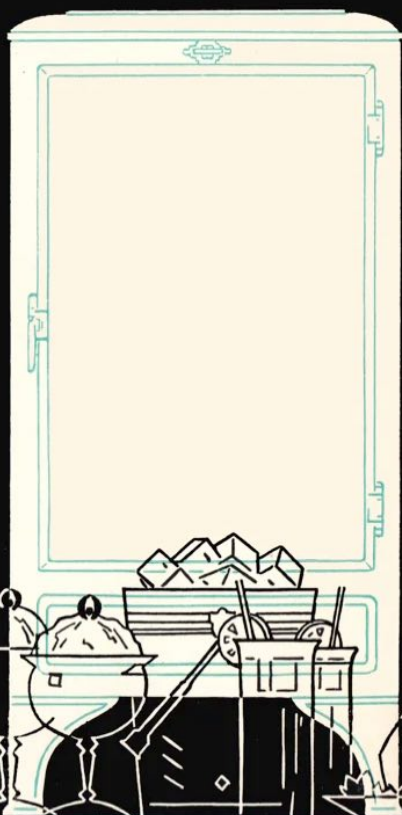


Your
FRIGIDAIRE



Recipes AND OTHER HELPFUL
INFORMATION



Your Frigidaire

**RECIPES
AND OTHER
HELPFUL
INFORMATION**



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FRIGIDAIRE CORPORATION
DAYTON, OHIO

For use with the Standard Series Frigidaire

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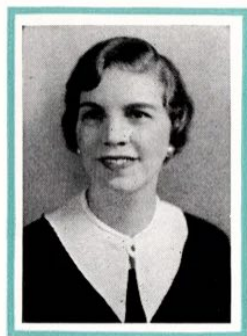
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VERNA L. MILLER
Director of Frigidaire Home Economics

This book is presented to you for the purpose of telling you how to enjoy fully the many advantages and conveniences of Frigidaire. It reveals new possibilities in the purchasing, treatment, preparation, and serving of foods. It explains an interesting and delightful program of domestic economy made possible by Frigidaire refrigeration.

In this book you will obtain facts which have accumulated during years of study and research by the Frigidaire Department of Home Economics. These facts have been collected and compiled by Miss Verna L. Miller, Director of Frigidaire Home Economics, who has also made numerous valuable contributions from her own personal knowledge and experience.

One of Miss Miller's chief activities in the past five years has been to answer the question: "How can housewives realize the greatest benefits from their Frigidaires?" She found the answer by carrying out thousands of projects in the Frigidaire experimental kitchens and by conducting a long series of tests in actual homes.

You will find this book practical because it is based upon real experience. All of the ideas and recipes have been worked out under the same conditions which you, yourself, will encounter in the use of your Frigidaire.

After reading the book, you will see that it should be kept in a convenient place for reference. You will desire to consult it frequently for meal planning and recipes.

Frigidaire Corporation

A voyage of discovery

When Frigidaire enters your home, your first impulse is to become thoroughly acquainted with it.* So let us take you on a voyage of discovery.

The most unique feature of Frigidaire's type of refrigeration is the freezing compartment. It enables you to have ice cubes always ready for beverages—plain or colored and flavored as you please. It enables you to make all kinds of frozen salads and desserts.

When some of the trays are removed, the space in the freezer provides a place to keep foods frozen or to chill things very quickly. Meat, for instance, can be kept almost indefinitely in this COLD STORAGE COMPARTMENT. Cocktails or salads, in glasses or on plates, can be placed here for quick chilling.

PATENTED AUTOMATIC TRAY RELEASING

Each tray has a patented releaser which loosens the tray, regardless of how hard it is frozen. Just pull lightly on the handle and the tray slides out as if on roller bearings.

*When your Frigidaire is originally installed, it is necessary to accomplish three things all at the same time—lower the temperature in the food compartment—remove heat from water in the trays to freeze ice—remove heat from the food. This means that best results will be obtained after these three things are accomplished during the first day.



Slight pressure releases the tray



A place to keep things frozen

SPECIAL GLASS TRAY

Underneath the freezer is a convenient glass tray which provides close-to-freezing temperatures for keeping an extra supply of ice cubes and for storing meats or other foods that you wish to keep colder than in the general food compartment. It is also useful for quickly chilling gelatine salads and desserts. When you place things in the glass tray, lay a piece of waxed paper over them.

REMOVABLE SHELVES

All the shelves of your Frigidaire are removable. If you have a large article, such as a watermelon or roast, room can be made in your Frigidaire by removing one of the shelves temporarily.

STAINLESS FREEZING TRAYS

Two types of freezing trays are furnished with the Standard Series Frigidaires:

1st. Metal trays with removable metal grids.

2nd. Metal trays with removable rubber grids.

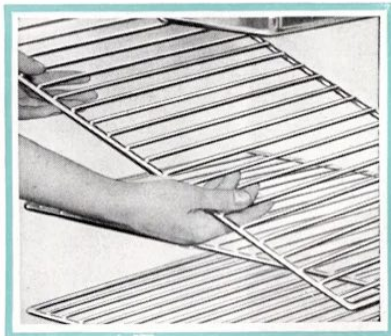
To remove cubes from the first type of tray, hold it upside down and run cold water over it. Catch the mass of cubes in the tray lid or other receptacle. Then lift out the grid.

The method is the same with the second type of tray, except that the cubes are twisted out of the rubber grid when the mass is released from the tray.

The trays are made of stainless metal. Ingredients of desserts and salads will not tarnish them.



A very cold storage space



Any shelf can be easily removed

A FEW *Practical Suggestions*

"A place for everything and everything in its place" is a good motto—and it applies to the arrangement of foods in Frigidaire.

Following this motto is an advantage in the use of Frigidaire for two reasons: First, it improves the appearance of the refrigerator and makes things easier to find. Second, it gives the most beneficial refrigeration results.

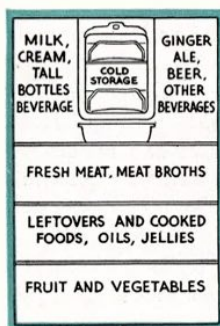
When you place foods in Frigidaire, there are certain fundamentals of refrigeration to be considered:

1. Some foods require lower temperatures than others.
2. Various foods require various types of cold.
3. The most effective refrigeration depends upon adequate air circulation at all times.

ARRANGEMENT OF FOODS

An extensive laboratory study of this subject has shown where foods can be placed in Frigidaire to the best possible advantage. The findings of this study are shown in the food compartment chart reproduced for your guidance on this page.

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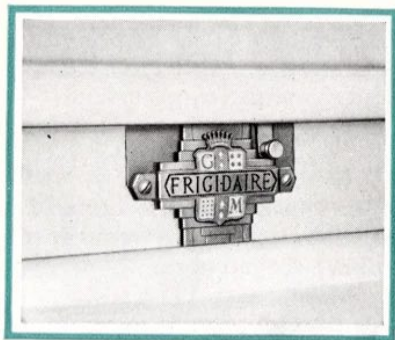


1. It is advisable to keep all cooked foods and butter in closed containers.
2. Sometimes it is convenient to chill hot foods quickly in Frigidaire. However, the best practice is to allow hot foods to cool to room temperature before placing them in the refrigerator.
3. It is advisable to remove foods from pails, packages, and wrappers and put them into china, porcelain, or glass containers.
4. To allow air to circulate freely in the refrigerator, space should be allowed between foods and containers.

DEFROSTING THE FREEZER

Just as water condenses on a pitcher of cold water, moisture collects and then congeals on the Frigidaire freezer. When the frost becomes too thick it acts as a blanket, making more difficult the cooling of the food compartment by the refrigerator in the freezer.

The need for defrosting is naturally dependent upon usage of the refrigerator and climatic conditions. With the Frigidaire automatic defrosting device, the defrosting can be accomplished very conveniently and it is recommended that the Frigidaire be defrosted whenever approximately one-eighth of an inch of frost has accumulated on the exterior of the coil. To insure cleanliness, it is recommended that the ice trays be removed during the period of defrosting.



To defrost the freezer, simply press the defrosting button at the right of the name plate, after taking all articles from the special glass tray under the freezer. When the frost has completely melted, the mechanism will start automatically. You don't need to burden your mind with thinking about turning on the switch, for it does the remembering for you.

Never use an ice pick or any other instrument to chip frost from the freezer.

CLEANING YOUR FRIGIDAIRE

A good time to clean the food compartment, freezing compartment, and ice trays is when the freezer is being defrosted.

To clean and polish the interior porcelain finish, use only lukewarm water and baking soda or borax. The ice trays may also be cleaned with this solution. *Strong soap or lye solutions are not necessary for this purpose and should not be used.* Also, remove the special glass tray from beneath the freezer and clean it thoroughly. Use water and mild soap for cleaning the exterior. An application of No. 7 Duco Polish will restore the brilliance.

MOTOR PROTECTION

The Standard Series Frigidaire does not require any fuses, as it is equipped with a special "reset motor protector." If a short circuit or other trouble

should occur in the line, the reset will automatically disconnect the motor. When the trouble has been corrected, the motor will automatically start again.

OILING

The Standard Series Frigidaire requires no oiling whatever, since the hermetically sealed mechanism is charged with oil which does not need changing or replenishing.

TO DISCONTINUE OPERATION

When you wish to discontinue the operation of your Frigidaire, simply pull the electric plug from the receptacle.

Clean the interior of the food compartment thoroughly, as previously explained.

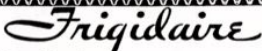
Wash the ice trays and grids, and place them upside down upon one of the food shelves.

Leave the food compartment door slightly open.

AUTHORIZED SERVICE

Every authorized Frigidaire serviceman carries an identification card, of which an exact replica is shown here.

Before permitting any work to be done on your Frigidaire, insist that this card be shown to you. Examine the card carefully to see that it is not void. New cards are issued every six months to these servicemen, who are familiar with the latest improvements and service methods.

	
This is to Certify that _____	
(Employee)	
Employee's Signature _____	
is an authorized Inspector of Frigidaire products in this territory. We are responsible only for the operation of equipment which is adjusted by our mechanics.	

Company _____	
By _____	



NEW

Thrills in Cookery

Frigidaire enables you to carry out an entirely new kitchen program—a much more interesting and convenient one, too! This is because you have a different kind of refrigeration which provides freezing facilities as well as much lower temperatures for food storage.

Some of Frigidaire's advantages have already been mentioned and others will be discussed later. But here your attention is called to several special ways in which Frigidaire will be of particular service to you.

PREPARING FOODS IN ADVANCE

The very low temperature in the food compartment of Frigidaire makes possible the preparation of many foods in advance, which saves a great deal of time and avoids much confusion in getting foods ready to serve. Following are some examples of advanced preparation:

FRIGIDAIRE ROLLS—Dough can be prepared for the entire week and kept in Frigidaire, to be used as desired. Pastry and cooky dough can be treated in the same way.

WAFFLE BATTER—A quantity of this can be made up and kept in Frigidaire; a wonderful convenience when waffles are served for breakfast.

STEWED FRUITS AND GELATINE SALADS can be made in advance and kept in Frigidaire for the entire week.

SANDWICHES may be prepared in the morning for afternoon or evening serving. When placed in a covered container, the sandwiches need not be wrapped. The dainty rolled sandwiches, which are toasted before serving, can be prepared in advance and kept in the container until you are ready to toast and serve them. This advance preparation makes possible the serving of a large number of these delicious sandwiches at one time.

DESSERT AND SALADS can be made the day before and held at the proper temperature until serving time.

You can see how Frigidaire prevents the last-minute rush of preparing meals; and in entertaining, how entire luncheons can be prepared in advance. You don't need to miss the fun of your party by spending a lot of time in the kitchen.

SIMPLIFIED SERVING

The successful dinner must be served promptly without too much delay between courses. Another requisite is that *hot foods* must be served *hot* and *cold foods* served *cold*.

The following menu is given to illustrate just a few of the items (marked with*) which can be prepared and held in readiness for serving when dinner is ready.

DINNER MENU

Fruit Cup*	Celery*	Olives*
	Fried Chicken	
Buttered Fresh Peas	Creamed Corn	Mixed Vegetable Salad*
	Frigidaire Rolls	Butter*
	Pineapple Sherbet*	
	Coffee	Cream*

First, we have the fruit cup. Individual servings have been prepared hours in advance and can be served in a jiffy. A real appetizer because it has been properly chilled.

Next, we have the celery and olives prepared and retained in the Hydrator until ready to be placed on the table—celery fresh and crisp, olives cold and very tasty.

Third, the salad is ready to serve; individual servings having been prepared in advance, causing no delay in the serving.

Fourth, the butter patties are very attractive, having been prepared in advance and kept in a desirable condition until serving.

Last, but not least, the dessert is the climax of every successful dinner. The pineapple sherbet is ready to serve. This may have been prepared hours or even days before and kept in the freezing compartment until serving time.

Entire luncheons can be served directly from the Frigidaire because Frigidaire offers the proper conditions for keeping food in readiness for serving.

NEW

Thrift in Marketing

Because Frigidaire preserves foods for such long periods, it enables you to save surprising sums of money each month.

The first form of saving is the prevention of waste by spoilage. Nothing ever need deteriorate in your Frigidaire, even though kept for a number of days. You can buy things which you may not intend to use for a week or more, for you know that they will remain perfectly good in Frigidaire. And you can keep left-overs long enough to have them come to the table with fresh appetite appeal when served some time later in new guise.

Frigidaire effects a still greater saving by enabling you to buy in larger quantities at lower prices and to take advantage of special sales. And you save time, too, by marketing for the entire week on bargain days.

By consulting the advertisements, you can plan meals for the entire week; and by making your week's purchases on bargain day, a great saving in both time and money will be realized.

SAVINGS ON MEATS

Suppose that your butcher offers chuck roast and strip steak at very low prices on Saturday. With Frigidaire in your home, you can purchase a large chuck roast and have it for Sunday dinner. Later in the week you can use part of the meat juices in a soup, and on the following Friday or Saturday serve the left-over meat from the roast as a stew or as croquettes.

To take advantage of Saturday's special price on strip steaks, simply freeze the steaks in the freezer of your Frigidaire and use them for any meal during the week.

The same possibilities apply to all kinds of meat, fowls, fish, etc. Wait a day or two for serving any left-overs so your family won't tire of that kind of meat or vegetable by having it too soon.

Buy the bargains—as many and as much of each as you need for the week. You save money. You save time. You save all the left-overs.

SAVINGS ON CANNED GOODS

Your food money will go further by buying larger containers of canned goods. You can do this because the part which is not used at the first serving can be kept in your Frigidaire to be used later.

Here is a typical example. A No. 2 can (20 ounces) of crushed pineapple was purchased for 15 cents, while a No. 2½ can (30 ounces) of the same brand was purchased for 19 cents. The cost of the extra 10 ounces was only 4 cents! Half of the pineapple was used for a salad on Sunday, and the balance was used for a sherbet which was frozen in the Frigidaire for Thursday evening dinner.

SAVINGS ON CREAM

Milk and cream often sell for less in the larger bottles. This saving can be taken advantage of.

Quite a saving on cream can be made by making one purchase for the entire week. Coffee cream, when kept in Frigidaire for several days, will whip readily due to the increase in colloidal content. The cream should be thoroughly chilled or partly frozen and whipped as quickly as possible. For serving on berries or as a topping on dessert, the whipped cream should be returned to the freezing tray and slightly frozen.

OTHER SAVINGS

You can also save money by using the "three-for-a-quarter" method of buying instead of the "ten-cents-each" method. If a single head of lettuce costs 10 cents, for example, and three heads cost 25 cents, you save a nickel by getting three.

Many delicious desserts and salads—other good things, too—can be made out of odds and ends which would otherwise be wasted. This means a large saving and a great contribution to better living.

FRIGIDAIRE RECIPES



Appetizers

In this modern age, when many people get very little physical exercise, our appetites need the stimulation of some spicy, piquant dish as an introduction to the meal. *Hors d'oeuvres* is the French title for these appetizers. In Italy the term is *antipasti*. In the Scandinavian peninsula they are known as *smogasbrod*, and in Russia they are called *zakouski*.

Appetizers are used at both formal and informal meals and served either at table or in buffet style. The hostess finds them useful on various occasions. They are served as a first course for formal luncheons; as a first course at dinner; or as a prelude to dinner, with a beverage, while the guests are still in the living room, before the dinner announcement is made.

The secret of serving appetizers perfectly, however, is in having them crispy cold. Keep them very cold in your Frigidaire until ready to serve.

CAVIAR MOUSSE

six servings

- 1 three-ounce can caviar
- $\frac{1}{4}$ cup cream mayonnaise
- 1 cup whipping cream

Combine caviar and mayonnaise, and fold in whipped cream. Pour into freezing tray and freeze. Cut in dice-like cubes for serving. Serve with salty wafers, curls of lettuce leaves, crisp celery, or watercress.

POTATO CHIPS WITH CAVIAR

Select large size potato chips. Spread with chilled caviar which has been seasoned with lemon juice, adding a few rosettes of creamed cheese.

CAVIAR CANAPES

Caviar canapes decorated with fancy cuts of pimento can be prepared quickly if caviar biscuits are used. If bread strips are used, cream cheese put through a pastry bag to form a little border around the edge will prevent the caviar from rolling off and is quite decorative. A small portion of chopped parsley and a dash of lemon juice can be added to the cream cheese if desired.

ASSORTED CANAPES

Canapes consist of small strips of bread fried in butter, spread with caviar or the various assorted antipasto materials.

OYSTER COCKTAIL

four servings

- 1 pint oysters
- Cocktail sauce
- 2 teaspoons horseradish

Fill cocktail glasses with oysters and add sauce. Use regular cocktail sauce in following recipe, with the addition of two teaspoons horseradish. Serve very cold, either chilled or in cracked ice.

COCKTAIL SAUCE

four servings

- $\frac{3}{4}$ cup catsup
- 2 teaspoons Worcestershire sauce
- 2 teaspoons tarragon vinegar
- Pinch of cayenne

Mix all ingredients and place in closed jar in Frigidaire to chill before serving. Cocktail sauce can be prepared and kept in closed container in Frigidaire indefinitely.

CRAB FLAKE COCKTAIL

eight servings

- $\frac{1}{2}$ lb. can crab meat
- Cocktail sauce

Remove the bones from one can of crab meat. Fill glasses with meat flakes and cover with cocktail sauce. Chill in Frigidaire before serving or serve in cocktail glasses placed in cracked ice.

MELON COCKTAIL

three servings

- 1 pint melon cubes
- 2 tablespoons lemon juice
- $\frac{1}{4}$ cup sweet sherry wine flavoring

Cut balls or cubes from watermelon and cantaloupe. To melon add lemon juice and flavoring. Chill in Frigidaire freezing tray and serve. Garnish with mint leaves.

This cocktail can also be served in ice shells if desired. (See directions for making ice shells on Page 61.)

RAISIN COCKTAIL

three servings

- 1 cup raisins
- Tabasco sauce
- 2 lemons
- 1 cup tomato catsup
- Celery seed
- Chopped almonds
- Sherry wine flavor

Pour sherry wine flavor over seedless raisins and let stand in Frigidaire for approximately one hour. Make a sauce of one cup tomato catsup. Season with dash of tabasco sauce, celery seed and juice of lemons. Add finely chopped almonds. Chill thoroughly in Frigidaire before serving.

FRUIT COCKTAIL

six servings

- 1 orange
- 1 grapefruit
- 2 bananas
- $\frac{1}{2}$ cup strawberries or canned cherries, seeded
- 2 slices pineapple
- $\frac{1}{3}$ cup sweet sherry flavoring
- $\frac{1}{3}$ cup pineapple juice
- 1 tablespoon lemon juice

Peel and remove membrane from orange and grapefruit and cut into small pieces. Slice bananas. Wash and halve strawberries. Cut pineapple into small pieces. Combine sherry flavoring, pineapple and lemon juice and pour over the mixed fruit. Place in Frigidaire in closed container and allow to chill until serving time. Serve in cocktail glasses. Garnish with maraschino cherries if desired.

STUFFED MUSHROOMS

Select small mushrooms. Remove stems and peel caps. Saute in butter for five minutes. Stuff the hollow of each cap with pate de fois gras (not puree). Impale on toothpick. Serve hot.

VEGETABLE AND FISH CANAPES

A jar of assorted antipasto material can be purchased if an assortment is desired. Caviar biscuits can be used or bread strips fried in butter. Garnish with pimento strips and sprinkle with crumbled egg yolks. One jar will make approximately a dozen canapes.

PATE DE FOIS GRAS

(A combination of goose liver and truffles from Austria, but packed in France.)

Spread pate de fois puree on strips of bread fried in butter on both sides. Garnish each

with truffle and pimento cut in fancy shapes or a slice of stuffed olive.

MINTED GRAPEFRUIT COCKTAIL

two servings

1 grapefruit
Mint flavor
Mint leaf

Peel and remove membrane from grapefruit. Cut or break into desired size. Place in Frigidaire in closed container until serving time. Add a few drops of mint flavor. Garnish with sprig of mint.

Soups

A hot soup, bouillon, or consomme is a valuable prelude to the meal. It whets the appetite, aids digestion, affords nourishment.

Left-over broths, meats, and vegetables can often be used to good advantage in soups, thus affording an opportunity to economize.

Soup stock is the basis of most soups. It may be purchased ready-made in the form of prepared meat or vegetable extracts, bouillon cubes, or canned bouillon or consomme. However, you may prefer to make your own soup stock at times. This can be done by using meat and bones especially bought for the purpose; or you can use left-over meats and bones. Recipes for soup stock are given on Page 17.

A quantity of soup stock can be prepared, placed in covered jars, and kept in your Frigidaire to use when desired.

Because soups contain the vitamin and mineral elements essential to growth and health, they are especially desirable for the diets of children.

NOODLE SOUP

eight servings

1 egg
Flour
Chicken broth

To one egg add one-half egg shell of water. Beat slightly. Add flour enough to make a

very stiff dough. Knead. Then roll as thinly as possible. Dust with flour. Cut with noodle cutter, or roll and cut into thin strips. Unroll strips and add to seasoned chicken broth. Boil rapidly for about 5 minutes.

Noodles may also be cooked in chicken stew and served in place of a vegetable.

ASPARAGUS SOUP

six servings

- 3 cups white soup stock
- 1 cup asparagus
- 4 tablespoons flour
- 4 tablespoons butter
- 1 pint milk
- 1 slice onion
- Salt and pepper

Drain the asparagus. Reserve tips and put stalks into soup stock. Add onion and cook until stalks are tender. Rub through sieve. Blend the butter and flour. Add salt, pepper, milk, and asparagus tips. Serve very hot. A dash of paprika may be added to each serving.

BEAN SOUP

six servings

- 2 cups cooked beans
- 1 quart soup stock
- 1 small stalk celery or celery leaves
- 1 cup stewed tomatoes
- 1 tablespoon butter
- Salt
- Paprika

Cook beans and finely divided celery together with soup stock slowly for approximately 20 minutes. Add other ingredients and serve after allowing to simmer a few minutes longer. (Left-over baked beans and stewed tomatoes may be used.)

VEGETABLE SOUP

six servings

- 1½ cups cooked vegetables
- 1 quart brown soup stock
- 1 small onion or chives
- 1 tablespoon butter
- Salt
- Paprika

Dice the beans, cabbage, carrots, turnips, peas, celery, or other vegetables, which

may be left-overs. The greater the variety, the more delicious the soup. Celery leaves as well as stalks can be used. When raw vegetables are used, they should be allowed to simmer in salt water until tender, before adding to soup.

Combine vegetables with soup stock and allow to simmer for approximately 15 or 20 minutes. Add the seasoning and serve very hot.

If desired, this soup can be put through a sieve and served clear with very crisp croutons.

TOMATO SOUP

eight servings

- 4 cups brown soup stock
- 6 pepper corns
- 1 small bay leaf
- 3 cloves
- 4 tablespoons flour
- 4 cups stewed tomatoes
- ¼ cup diced onion
- ¼ cup diced celery
- Pepper and salt
- 4 tablespoons butter
- 3 sprigs of thyme

Add all seasonings and vegetables to tomatoes and simmer slowly until flavors have mingled. Strain, thicken with butter and flour, add soup stock. After allowing to simmer a few minutes, serve very hot.

JELLIED CONSOMME

six servings

- 4 cups clear soup stock
- ⅓ cup cold water
- 2 tablespoons gelatine

Soften gelatine in the cold water. Add to the boiling hot stock. Set aside to cool. Then chill in Frigidaire and serve in cups.

Clear tomato soup can be used in place of part of the soup stock, or vegetable juices may also be used.

Jellied bouillon can be made, using the brown soup stock.

CREAM OF CELERY SOUP

six servings

2 cups white soup stock
3 cups diced celery
2 tablespoons butter
3 tablespoons flour
1 cup cream
2 cups milk
Slice of onion
Salt and pepper

Cook celery in stock until tender, replacing water lost by evaporation. Rub through a sieve. Scald onion in milk and then remove onion. Add milk to stock. Thicken with flour and butter. Add seasoning. Allow to simmer approximately 10 minutes and serve very hot. A dash of paprika may be added to each serving.

BROWN SOUP STOCK

Approximately 1 quart—six to eight servings

6 pounds shin of beef
3 quarts cold water
12 pepper corns
1 bay leaf
6 cloves
 $\frac{1}{4}$ cup diced carrots
 $\frac{1}{2}$ cup diced turnips
 $\frac{1}{2}$ cup diced onions
 $\frac{1}{2}$ cup diced celery
1 tablespoon salt

Wash meat and cut into cubes. Brown one-third in hot frying pan. Put other two-thirds with the bone into the soup kettle. Add water and let stand for thirty minutes.

Place over slow fire, add browned meat and heat gradually to boiling point. Remove scum as it rises. Cover and cook slowly for five or six hours. Add vegetables and seasonings about thirty minutes before the end of the time. Strain and cool. When cold, lift off layer of fat, and clarify, if desired.

CLARIFYING THE SOUP STOCK

To one quart of soup stock add the slightly beaten white of an egg. Heat with constant stirring until the boiling point is reached and cook until the stock appears clear. Strain through double cheese cloth.

WHITE SOUP STOCK

Approximately 3 pints—eight to ten servings

3 pounds knuckle of veal
1 tablespoon salt
4 pepper corns
1 small onion
2 or 3 small stalks celery
2 quarts water

Wash meat and cut into cubes. Put into cold water and heat very slowly to boiling point. Cook four or five hours. Add seasoning about thirty minutes before the end of the time. Strain and cool and lift off layer of fat. Then clarify stock, if desired.

THICKENING SOUP STOCK

If thick soups are preferred, blend fat and flour as for cream sauce. Add to stock in desired proportions.



Entrees

An entree is a dish served between the chief courses. Any of these dishes, however, may serve as the main course of a luncheon or supper; for example, jellied chicken ring or cheese soufflé. Entrees present splendid opportunities for utilizing left-over meats and vegetables with the aid of Frigidaire.

There are five types of entrees, as follows:

1. **CASSEROLE DISHES**—Combinations baked in heat-resisting pottery or glass and served in the dish in which they are cooked.
2. **CROQUETTES AND FRITTERS**—Combinations breaded and fried in deep fat, or pan-fried.
3. **JELLIES**—Fish, meat, poultry, or vegetables suspended in chilled gelatine.
4. **PASTRIES**—Vegetable or meat pies, or combinations, served in hot patty shells or timbal cases.
5. **SOUFFLES**—Light-textured combinations made with beaten egg, baked in slow or moderate heat, and served immediately upon being taken from the oven.

SCALLOPED MEAT

six servings

(Soup meat or left-over beef or lamb may be used)

- 2 cups chopped meat
- 2 tablespoons butter
- 3 tablespoons flour
- 1¼ teaspoon salt
- 1 teaspoon diced onion
- 1 teaspoon chopped parsley
- 1½ cups milk, stock or water
- 2 cups buttered crumbs
- Pepper

Brown the butter and add salt, pepper, flour, onion, parsley and liquid. Mix with the meat. Mix crumbs with two tablespoons melted butter, one-fourth teaspoon salt, and a little pepper. Place about one-third of the crumbs in bottom of a greased baking dish. Add meat mixture and cover top with remainder of crumbs. Bake in oven

of 400° F. for 30 minutes, or until the crumbs are browned.

MACARONI WITH HAM

four servings

- ¼ cup bread crumbs
- 1 cup hot milk
- 3 tablespoons melted butter
- 1 cup chopped, cooked ham
- 1½ cups hot tomato sauce
- 1 tablespoon chopped green pepper
- 2 eggs, beaten
- Salt
- 2 cups cooked macaroni
- 1 teaspoon minced onion

Mix crumbs and hot milk. Add all of the remaining ingredients except the tomato sauce. Place in a baking dish and bake in a moderate oven of 375° F. for three-quarters of an hour. Serve with tomato sauce.

CREAMED OR SCALLOPED VEGETABLES

Left-over cooked vegetables may be creamed or scalloped either separately or in combination. Add one measure of white sauce to two or three measures of vegetables. For creamed vegetables, heat thoroughly in white sauce in double boiler.

For scalloped vegetables, pour creamed vegetables into greased baking dish and cover with buttered crumbs. Heat in oven until crumbs are browned.

HAM CROQUETTES

six servings

- 2 cups mashed potatoes
- 1 cup cooked, chopped ham
- Bread or cracker crumbs
- Cayenne
- 3 egg yolks
- 1 beaten egg

Mix mashed, seasoned potatoes, yolks of two eggs and cayenne and beat until smooth. Then cool. Chop the ham and mix with the third egg yolk. Heat and cool. Make a small ball of ham and enclose it in a larger one of potato. Dip first in flour, next in beaten egg, then roll in crumbs and bake in a moderate oven. This is delicious served with egg sauce.

CHEESE SOUFFLE

six servings

- 1 cup milk
- 4 tablespoons flour
- 4 tablespoons butter or other fat
- $\frac{1}{2}$ teaspoon salt
- Pepper
- 1 cup grated cheese
- 3 eggs

Make sauce of milk, flour, fat and seasonings. Add cheese and beaten egg yolks and stir until cheese has melted and yolks are set. Remove from fire. Fold in stiffly beaten egg whites. Pour into buttered dish or buttered individual molds. Set in pan of hot water and bake 15 minutes at 300° F., or until egg whites are set. Serve at once.

COTTAGE PIE

six servings

Prepare ingredients as for scalloped meat with the exception of the bread crumbs. Substitute mashed potatoes for bread crumbs, placing all on top, or in alternate layers, finishing with potato.

COTTAGE CHEESE MOLD

six servings

- 1 pound cottage cheese
- 1 tablespoon chopped parsley
- $1\frac{1}{2}$ tablespoons cream
- Salt to taste
- Pimento

Mix thoroughly the above ingredients. Line a wet, rectangular receptacle with thin wax paper. Pack in thin layers of the cheese, placing two or three parallel strips of fresh or canned pimento between layers. Place in Frigidaire until ready to serve. Run knife around the sides and invert the mold. This can be sliced and placed on lettuce leaves. Serve with French dressing and wafers or with thin bread and butter sandwiches. Minced olives, chives or watercress may be used in place of parsley. Chopped nuts may also be combined, or used to top each serving.

JELLIED MOLD OF CHICKEN

six to eight servings

- 3 cups chicken meat
- 1 pint chicken stock
- 1 hard-cooked egg
- 1 tablespoon gelatine
- Seasoning

Dissolve gelatine in one-third cup cold water. Add chicken stock which has been heated to boiling point. Pour small portion into mold and place in Frigidaire until mixture begins to set. Add slices of egg and replace in Frigidaire until firmly set. Then add remainder of stock. Place in Frigidaire until mold is firm. When ready to serve, unmold on crisp lettuce. Garnish with stuffed olives and rosettes of mayonnaise.

CHILI

six to eight servings

- 1½ pounds hamburger
- 1 small onion
- 1 large bottle catsup
- 1 can red kidney beans

Fry hamburger and chopped onion in large skillet until meat is cooked. Add catsup and cook until mixture appears oily. Then add beans and repeat as before, allowing to cook until mixture appears dry. Then serve. This can be prepared and kept in the Frigid-
aire to be heated when desired for serving. It is a most acceptable Sunday night supper dish and makes a popular after-the-theatre luncheon.

SPANISH GOULASH

six to eight servings

- 1½ pounds ground meat
- 1 small onion
- 8-ounce package spaghetti
- 1 No. 2 can tomatoes
- 1 small bottle catsup

Cook spaghetti in salt water for approximately ten minutes. Drain. Fry ground meat and chopped onion in skillet. Pour into large baking dish. Add spaghetti and mix well. Add tomatoes and catsup and season to taste. Bake approximately 45 minutes at 450° F. Serve hot. One cup of left-over boiled rice may be included, and left-over meat or hamburger may be used, if desired.

MEAT LOAF

ten to twelve servings

- 1½ pounds beef or left-over meat
- 2 eggs
- Pepper
- 1 cup water
- 2 cups bread crumbs
- 1 cup canned tomatoes
- 1 teaspoon salt
- 4 strips bacon
- 1 small onion if desired

Grind meat. Add crumbs and well beaten eggs, then tomatoes. Combine ingredients with seasoning. Shape into loaf and place on bread pan for baking. Add water just before placing meat loaf in the oven. Place bacon strips across top. Bake in moderate oven (400° F.) 45 minutes.

LAMB A LA FRIGIDAIRE

- 2 cups diced, cooked lamb
- ½ cup cooked tomatoes
- 1 egg
- 2 teaspoons salt
- 2 tablespoons butter or other cooking fat
- 2 cups boiled rice
- ½ cup bread crumbs

Line a deep baking dish with the rice, beaten egg, and melted butter, mixed all together. Fill with alternate layers of lamb and tomato. Season each layer with salt. Top with finely ground bread crumbs. Bake approximately 30 minutes at 450° F.

SAUCES FOR ENTREES

FROZEN HORSE RADISH SAUCE

- ½ cup whipping cream
- ½ cup bottled, grated horseradish
- ¼ teaspoon salt
- ½ tablespoon lemon juice

Whip cream. Fold into it the remaining ingredients. Place in freezing tray to freeze.

TARTAR SAUCE

makes two-thirds cup

- ½ cup mayonnaise
- 1 tablespoon sour pickled cucumbers (finely minced)
- ½ tablespoon finely minced onion

Mix all ingredients thoroughly. A tablespoon of capers may be added if desired.

WHITE SAUCE

makes one cup

Flour
Fat
Dash of pepper
 $\frac{1}{4}$ teaspoon salt
1 cup milk

For thin sauce, use 1 tablespoon each of flour and fat.

For medium sauce, use 2 tablespoons of each.

For thick sauce, use 3 tablespoons of each.

Blend flour and fat over heat. Add pepper, salt, and milk. Stir until mixture boils.

TOMATO SAUCE

For this, tomato soup may be used just as it comes from the can, either cold or hot.

101 Suggestions

FOR USING LEFT-OVERS

Many delightful dishes can be made from unserved left-overs. You can keep left-overs in your Frigidaire without fear of their spoiling. After a few days they may appear on the table in an entirely different form, with just as great an appetite appeal as when presented the first time.

Much money is saved by utilizing left-overs wisely. The surplus food may be worth considerable or only a little, but the saving in the aggregate amounts to several dollars each month.

It means several cents, for example, when you keep a pork chop to be served later. It means a few cents when you keep some tomato slices, some buttered peas, or whatever the remnants may be.

The pork chop may be ground with other pieces of meat and used for stuffing green peppers or for making sandwich filling. The tomato slices may be used for garnishing the next meat loaf. The buttered peas may be used in a jellied salad ring or vegetable salad or scalloped vegetable dish. These are just a few of the many possibilities.

Following is a list of 101 suggestions for utilizing left-overs in a great variety of attractive dishes:

HOW TO UTILIZE LEFT-OVER VEGETABLES

ASPARAGUS

Added to vegetable soup
In deviled egg and asparagus salad
In vegetable casserole
In vegetable salad ring
In creamed asparagus soup
Creamed on toast

BEANS, BAKED

In soup
In salad
In chili
In sandwiches

BEANS, STRING

In vegetable salad ring
With scalloped vegetables
Added to vegetable soup
In spring salad

CABBAGE

Cole slaw made over into a hot slaw
Creamed
Added to vegetable soup
In combined and creamed vegetables

CARROTS

In meat pies
Added to vegetable soup
Creamed with peas
In vegetable salad ring
Combined with other vegetables in spring salad

POTATOES, IRISH

In salad
Cottage-fried
Creamed

Hashed brown
In potato balls
In meat croquettes

POTATOES, SWEET

In sweet potato fluff
Cottage-fried
Baked with apples
Hashed browned with Irish potatoes
In sweet potato balls

RICE

In rice and raisin delight
In rice and nut pudding
In Spanish goulash
In rice pudding
In rice cakes

SPINACH

Added to vegetable soup
In vegetable salad ring
In scalloped vegetables
In spinach puree
In ham and spinach souffle
In spinach nests with creamed mushrooms

TOMATOES, SLICED

Garnishing the meat loaf
Baked in the meat casserole
Used in chili
In Spanish goulash
In vegetable casserole

TOMATOES, STEWED

Added to vegetable soup
In rice and tomato soup
With toast cubes
Added to the meat loaf
Added to chili

HOW TO UTILIZE LEFT-OVER MEAT, FOWL, FISH

BEEF

As baked hash
Scalloped
Sliced cold
Added to vegetable soup
In stuffed green pepper
In Irish stew
In chili

CHICKEN

Creamed
Creamed with mushrooms
In salads
Sliced cold with assorted meats
In combination salad sandwich
In tomato surprise

FISH

In fish, celery and pineapple salad
In fish, celery and olive salad
In croquettes
Scalloped

HAM

In croquettes

Baked with macaroni
In casserole of ham
With scrambled eggs
In sandwich filling

LAMB

In croquettes
Creamed on toast
Diced and added to creamed mushrooms
In meat pie
In stew

PORK

Diced and baked with onion dressing
Added to stewed cabbage
Sliced for sandwiches
In stuffed green peppers

VEAL

In veal and celery salad
In veal pie
In croquettes
Creamed on toast
In veal, pineapple, and celery filling for stuffed tomato salad
Creamed and baked in puff pasties

HOW TO UTILIZE LEFT-OVER FRUITS

APPLE SAUCE

In apple snow
In apple sauce cake
In apple and tapioca pudding
In custard

APRICOTS

In fruit salad
In apricot fritters

In apricot whip
In jellied fruit salad ring
As ice cream sauce

PEACHES

In mixed fruit salad
In jellied fruit salad
In fruit sherbet
As ice cream sauce

PINEAPPLE

- Baked with ham
- In mixed fruit salad
- In jellied fruit salad
- In fruit punch
- Garnish for ice cubes

PRUNES

- In salad
- In prune whip
- In prune and rice pudding
- In prune pudding
- Jellied
- In prune and nut sandwich filling

HOW TO UTILIZE MISCELLANEOUS LEFT-OVERS

BREAD

- As French toast
- In fig bread pudding
- As toast sticks
- As cinnamon toast
- In prune pudding
- In onion dressing
- Buttered crumbs for scalloped dishes
- In English plum pudding

DEVILED EGGS (chopped fine)

- Added to plain mayonnaise
- In deviled egg and lettuce sandwich
- Garniture for head lettuce salad
- Garnishing potato salad
- In deviled egg and asparagus salad

DEVIL'S FOOD CAKE

- In Frigidaire chocolate pudding

FRUIT JUICES

- In fruit beverage
- In fruit salad dressing
- In fruit sherbet
- In flavored ice cubes

ANGEL FOOD AND WHITE CAKE

- Served with any ice cream sauces
- In frozen crumb cake

PLATE MEALS UTILIZING LEFT-OVERS

One-plate meals are practical, nutritious, attractive. They save much time and labor. They are popular especially with the younger members of the family, who like the combination of beauty, smartness, and simplicity which they provide. For luncheon service, one-plate meals are the perfect solution of that "vast rationalization which has grown up around our need for food."

Here are five suggestions for plate meal service:

3. Lima beans
4. Dressed lettuce
5. Escalloped tomato

FISH PLATE

1. Creamed fish and potato
2. Spinach
3. Baked stuffed tomato

LAMB PLATE

1. Lamb chop garnished with a slice of bacon
2. Mashed potato, mint jelly
3. Peas

VEGETABLE PLATE

1. Mashed potato, paprika garnish
2. Broccoli

BEEF PLATE

1. Cold cuts of roast beef
2. Lyonnaise potatoes
3. Creamed carrots on lettuce leaf

HAM PLATE

1. Slice of ham
2. Escalloped potato
3. Stuffed orange
4. Pineapple and cream cheese salad

Salads

AND SALAD DRESSINGS

The term "salads" formerly implied those green leaves which could be eaten raw with a simple dressing. Now salads have become more varied in food combinations, more frequently a part of the meal, and in fact have advanced to that degree of popularity that many times lunches and suppers are planned around them.

Any of the combinations which are prepared should always be served on or accompanied by the green leaves or stalks which are known as the salad greens.

There are three varieties of salads:

1. The substantial salad which forms the main dish of lunch, supper or the party. These salads are usually combinations of a protein food with vegetable, such as chicken, fish, cheese or egg salad, mixed with a mayonnaise or cooked dressing.

2. The salad which is served as a course along with a three or four-course dinner. These are usually simple salads consisting of the succulent vegetables and served with a simple dressing.

3. The sweet salad which is served as dessert, or as part of the refreshments at a party. These are often fruit salad combinations or molded salads.

Frequently one can transform left-over foods, by skillful combining, into very inviting salads of any type. There are several requirements to which all of these salads must conform if they are to please the fastidious:

1. The uncooked salad greens must always be cold and crisp.
2. The cooked food must be lightly tossed in the combining to prevent an uninviting "breeding up" of food.
3. Use a dressing well seasoned, and suitable for the salad and occasion. Do not use a rich salad dressing for a salad to be served at a hearty dinner.
4. Taste all salads before serving to be certain that they are well seasoned. Many people object to salads because they have tasted so many poorly seasoned ones.
5. Garnish the salad attractively, with an eye to both color and flavor combinations, but do not be too extravagant. This is an art in itself.

SALADS

LETTUCE SALAD

four servings

1 head lettuce
Dressing as desired

Cut crisp lettuce into fourths. Arrange each fourth on an individual salad plate. Serve with Thousand Island, French, Russian, or mayonnaise dressing. (See Pages 33 and 34 for recipes of dressings.)

LETTUCE AND TOMATO SALAD

four servings

Head lettuce
Salad dressing
4 tomatoes, medium size

Scald tomatoes and chill before peeling. Arrange crisp lettuce on individual salad plates. Peel tomatoes and cut in quarters or slice and arrange on lettuce leaves. Serve with mayonnaise or Thousand Island dressing.

ENDIVE SALAD

three to four servings

1 bunch endive
French dressing

Arrange portions of crisp endive, as desired, on individual plates. Serve with French dressing.

ENDIVE WITH ANCHOVIES

four to six servings

1 bunch endive
Fillets of anchovies
Hard-cooked eggs
Parsley
French dressing

Arrange portions of crisp endive, as desired, on individual plates. Place fillet of anchovies over endive. Garnish with chopped eggs and chopped parsley. Serve with French dressing.

One bunch of endive will serve from four to six people, if served in this manner.

ARTICHOKE SALAD

two servings

- 2 artichokes
- French dressing or mayonnaise

Cook artichokes in salted water for approximately one-half hour or until tender enough to draw out the leaves easily. Remove from water in which they have been cooked and lay them on side or on end in order to drain properly. When cooled, place in Frigidaire to chill. Serve on individual salad plates with French dressing or mayonnaise.

CHOP SUEY SALAD

six servings

- 3 cups shredded cabbage
- 1½ cups celery, chopped fine
- 2 tablespoons minced onion
- 3 tablespoons capers
- 1 cup sour cream dressing

Prepare cabbage and celery and place in Frigidaire to chill. Remove and mix remainder of ingredients. Serve on crisp lettuce and garnish with capers. (See recipe for sour cream dressing on Page 33.)

ASPARAGUS SALAD

four servings

- 16 stalks asparagus, medium size, freshly cooked or canned
- Lettuce
- Salad dressing

Place crisp lettuce on individual plates and arrange chilled asparagus tips. Add French dressing or mayonnaise with a dash of paprika.

Green peppers, a lemon, or pimento cut in strips may be used for garnishing.

Cut green peppers in rings about one-third inch thick and slip asparagus tips through the rings before adding the salad dressing. If lemon is used, slice lemon and remove centers of rings. Use same as green pepper. Canned pimento can be arranged ribbon style on top of asparagus.

WATER CRESS SALAD

Break leafy parts of crisp watercress from stems and discard all coarse parts. Arrange portions as desired on individual plates and serve with salt and vinegar to taste. French dressing may be used if desired.

CUCUMBER SALAD

six servings

- 3 medium size cucumbers
- Salt
- Lettuce
- Salad dressing

Peel cucumbers and slice them very thin. Add salt and a little water and let stand for approximately one-half hour. Several ice cubes added to the salted water will keep the cucumbers very cold. Pour off water, add vinegar and pepper or French dressing, as desired. Arrange on crisp lettuce leaves or on lettuce cut in shreds.

One small onion may be sliced very thin and added to cucumber just before serving.

PERFECTION SALAD

- 3 tablespoons gelatine
- ½ cup cold water
- 2 cups boiling water
- ½ cup mild vinegar
- 2 tablespoons lemon juice
- ½ cup sugar
- 1 cup chopped cabbage
- 2 cups chopped celery
- 2 pimentos
- 2 fresh, red or green peppers
- 1 teaspoon salt

Prepare vegetable greens, combine and place in Frigidaire to chill. Soak gelatine in cold water, then put into boiling water. Stir until gelatine is dissolved. Add sugar, vinegar, lemon juice, and salt. When sugar is dissolved, strain. When mixture is cooled and begins to set, add remaining ingredients. Turn into mold or into Frigidaire tray. When set, cut into squares and serve on crisp lettuce. Dress with mayonnaise.

WALDORF SALAD

six servings

- 2 cups diced apples
- 1 cup diced celery
- Lettuce
- 1 tablespoon lemon juice
- $\frac{1}{2}$ cup walnut meats
- $\frac{3}{4}$ cup mayonnaise

Add lemon juice to diced apples to prevent them from turning dark. Combine all ingredients, adding the mayonnaise and mixing well with a fork. Salads of this sort should always be prepared in a very cold mixing bowl. Place crisp lettuce on individual salad plates. Arrange salad on lettuce and serve immediately.

COLE SLAW

six to eight servings

- 1 small head cabbage
- 1 green pepper
- 3 tablespoons sugar
- 1 cup vinegar
- Salt
- 1 tablespoon celery seed

Slice cabbage very fine and add green pepper chopped very fine. Place in Frigidaire to chill. Dissolve sugar in vinegar. Remove cabbage to mixing bowl and add sugar, vinegar, and salt to taste. Add celery seed. An onion may be chopped fine and added to the above mixture if desired.

CREAMED SLAW

six to eight servings

- 1 small head cabbage
- 1 green pepper
- 3 tablespoons granulated sugar
- 1 cup sweet cream
- $\frac{1}{2}$ cup vinegar
- Salt

Chop cabbage and green pepper very fine. Dissolve sugar in sweet cream and combine with chopped vegetables in cold mixing bowl. Then stir in the vinegar. Salt to taste.

CHINESE CABBAGE SALAD

six servings

- 1 medium size head of Chinese cabbage

Cut crisp cabbage into small pieces. Place in mixing bowl and combine with sour cream dressing, recipe for which is given on Page 33. Let stand for a few minutes, then serve on cold, individual salad plates.

DEVILED EGG SALAD

two servings

- 6 hard-cooked eggs
- 3 tablespoons pickle relish
- 1 teaspoon salt
- 1 tablespoon prepared mustard
- 1 teaspoon Worcestershire sauce
- Mayonnaise dressing
- $\frac{1}{2}$ teaspoon paprika
- Crisp lettuce leaves
- Sour cream dressing

Cut eggs lengthwise. Remove yolks and mash with a fork in mixing bowl to which add pickle relish, salt, mustard, and Worcestershire sauce. Mix well. Add enough mayonnaise to make a desirable paste. Fill the egg whites and chill thoroughly in Frigidaire. Serve in beds of crisp lettuce and garnish each serving with chilled sour cream dressing and a dash of paprika.

CHICKEN SALAD

six to eight servings

- 2 cups chicken meat, diced
- $\frac{1}{2}$ cup stuffed olives, chopped
- 1 cup celery, chopped
- $\frac{2}{3}$ cup lettuce, broken in small parts
- $\frac{1}{2}$ cup cooked cream mayonnaise
- $\frac{1}{2}$ teaspoon salt

Place meat, olives, celery, mayonnaise and salt in cold bowl and mix well with a fork. Serve on crisp lettuce, garnishing with several stuffed olives. Endive may be used in place of lettuce.

COMBINATION SALAD

The ingredients may be any or all of the following:

Peeled and cubed tomatoes, sliced cucumbers, small radishes, green onions, tender green beans or white wax beans cooked in salt water and chilled, chopped celery. Combine the ingredients by tossing them together lightly in a cold mixing bowl. Add any mayonnaise or salad dressing desired. Then serve on crisp lettuce. More attractive servings can be made by arranging each vegetable separately on the lettuce leaf and chilling in Frigidaire again before serving, placing the salad dressing on the table and allowing each person to add dressing as desired.

SPRING SALAD

six servings

- 12 spring onions
- 12 very tender radishes
- $\frac{1}{2}$ pound tender lettuce leaves

Chop onions rather fine. Slice radishes very thin, crosswise. Combine lettuce leaves, onions, and radishes in cold salad bowl, tossing together with a fork, and season with salt, pepper, and vinegar to taste. Keep the vegetables cold and crisp.

SHRIMP SALAD

- 1 small chopped onion
- 1 cup chopped celery
- $\frac{1}{4}$ cup pimento
- Small portion of chopped chives
- $\frac{1}{2}$ pound picked shrimp

Toss ingredients together in a cold bowl and season with a little salt and pepper and small amount of tarragon vinegar. Place in Frigidaire to chill. Place crisp lettuce on individual plates. Remove salad from Frigidaire and arrange the individual servings, garnishing each with a small amount of mayonnaise and hard-cooked eggs cut into fourths. Add a dash of paprika if desired.

TOMATO ASPIC

eight servings

- 3 cups stewed tomatoes
- 1 onion, sliced
- 1 stalk celery
- 1 bay leaf
- 1 clove
- 1 teaspoon sugar
- Salt
- 1 envelope gelatine
- $\frac{1}{2}$ cup cold water
- Lettuce
- Mayonnaise

Cook tomatoes with seasonings. Soak gelatine in cold water and add to hot mixture. Strain and allow to cool, then mold in cups about the size of a tomato. Chill in Frigidaire. Serve on individual plates on crisp lettuce. Dress with tablespoon of mayonnaise on top of each mold, adding a dash of paprika if desired.

CRAB MEAT SALAD No. 1

three servings

- 1 three-ounce can crab meat
- 6 hard-cooked eggs
- $\frac{1}{2}$ cup thick mayonnaise
- Parsley
- Lettuce

Cut eggs lengthwise and remove yolks. Fill whites with crab meat chopped fine and mixed with mayonnaise. Chop yolks and mix with finely chopped parsley. Place crisp lettuce on individual plates. Arrange stuffed eggs and garnish by sprinkling with chopped yolks and parsley.

CRAB MEAT SALAD No. 2

four servings

- 1 three-ounce can crab meat
- 1 cup mayonnaise
- 4 hard-cooked eggs
- Salt and pepper
- Lettuce

Season flakes of crab meat with salt and pepper. Arrange meat and eggs cut in fourths on crisp lettuce. Add mayonnaise and a dash of paprika to each serving.

STUFFED TOMATOES WITH ANCHOVIES

six servings

- 6 medium size tomatoes
- 1 bottle anchovies in oil
- 4 hard-cooked eggs
- $\frac{1}{3}$ cup mayonnaise
- Salt and pepper
- Parsley

Chop anchovies into small pieces. Add finely chopped eggs and mayonnaise, mixing well together. Scald and peel tomatoes. Scoop out centers and fill with anchovy mixture. Cover with the pieces of tomato cut from the top and garnish with a quarter of lemon and small sprig of parsley. Place in Frigidaire to chill before serving on crisp lettuce.

SALMON SALAD

six servings

- 1 medium size can salmon
- 2 cups finely chopped celery
- 1 cup mayonnaise
- 1 teaspoon salt
- Lettuce

Break salmon meat apart, removing bones. Combine salmon, celery, salt, and mayonnaise in a cold bowl, using a fork. Arrange individual servings on crisp lettuce. Hard-cooked eggs, sliced or chopped fine, can be used as a garnish, adding a dash of paprika to each serving.

AVOCADO SALAD

four servings

- 1 medium size avocado
- Lettuce
- French dressing

Peel chilled avocado and cut into fourths. Remove center, then cut each fourth into slices and arrange on crisp lettuce. Serve with French dressing. A sprig of watercress can be used as a garnish. Be careful to select an avocado which was not picked too green.

TUNA FISH SALAD

six servings

- 2 cups tuna fish
- 2 cups chopped celery
- $\frac{1}{2}$ cup horseradish
- 1 cup mayonnaise
- 1 teaspoon salt
- Lettuce

Break tuna fish and combine in a cold bowl with celery, horseradish, salt, and mayonnaise, using a fork. Arrange individual servings on crisp lettuce. Garnish, if desired, with slices of hard-cooked eggs and a dash of paprika.

TOMATO SURPRISE SALAD

six servings

- 6 medium size tomatoes
- $\frac{1}{2}$ cup diced cucumber
- $\frac{1}{2}$ cup diced celery
- $\frac{1}{4}$ cup chopped nuts
- $\frac{1}{3}$ cup mayonnaise
- $\frac{3}{4}$ cup diced cooked chicken
- (Left-over veal or pork may be used)

Scald and peel tomatoes. Remove pulp with a spoon, setting aside the shells. Remove seeds from pulp. Chill all the ingredients. Just before serving toss all lightly together and fill tomato shells. Serve on lettuce leaves, garnishing each tomato top with mayonnaise and chopped nut meat.

PIMENTO CUPS

four servings

- 1 small can boneless sardines
- 1 three-ounce can caviar
- 4 pimento cups

Mash sardines and mix with caviar. Fill small pimento cups (or tomato shells) and chill in Frigidaire. Place on paper doilies. Use pastry tube and pipe on each serving a star of heavy mayonnaise. Garnish with triangles of toast, one point of which has been dipped in melted butter. Then sprinkle with finely chopped parsley.

FRUIT AND VEGETABLE SALAD

six servings

- ½ cup celery
- ½ cup raw carrots
- 1 cup shredded pineapple
- 1 package lemon gelatine
- 1½ cups boiling water

Drain the pineapple. Chop the celery and grate the carrots. Then combine ingredients. Add boiling water to gelatine and stir until dissolved. Allow to cool. Then add ingredients and put into individual molds. Place in Frigidaire to chill, or until mixture has congealed. Serve on crisp lettuce with creamed mayonnaise. The servings can be made more attractive by using pastry bag. Time can be saved by pouring the mixture into a freezing tray and allowing to chill until it is completely set, but not frozen. Then cut in squares and serve as suggested.

CUCUMBER BOATS

two servings

- 1 cucumber
- 1 onion
- Salt
- Vinegar
- Pepper
- Lettuce
- Paprika

Peel cucumber and cut into halves, lengthwise. Trim ends boat style and cut bottoms flat so that boats will stand upright. Soak in salt water 15 minutes. Scoop out centers. Cut centers into small cubes. Slice one small Bermuda onion, or any table onion, very thin. Combine cucumber cubes and onion slices and season with salt, vinegar, and pepper to taste. Fill cucumber boats and place in Frigidaire to chill before serving. Serve on crisp lettuce with a dash of paprika.

FRUIT SALADS

CHRISTMAS EVE SALAD

six servings

- 1 cup pineapple
- 1 cup green grapes or Royal Anne cherries
- 1 pint fresh strawberries
- 1 banana
- ½ pound marshmallows
- 1 cup whipping cream
- ¼ cup English walnut meats
- 1 cup fruit salad dressing
- Lettuce
- Red and green cherries

This salad can be varied as desired. Cut slices of pineapple into pieces about the size of a cherry. Cut grapes or Royal Anne cherries in halves and remove seeds. Wash and stem strawberries. Peel and slice banana. Cut marshmallows into fourths. Combine fruits in a mixing bowl and place in Frigidaire to chill (this can be done more quickly in the freezing tray). Care should be taken that the fruit does not freeze. Whip cream and add half of it to

the fruit salad dressing, a recipe for which is given on Page 33. Add nuts to fruit mixture and arrange individual servings on crisp lettuce leaves. Add salad dressing, topping with small portions of whipped cream. Garnish with red and green cherries.

CHILLED FRUIT SALAD

eight servings

- 1 grapefruit
- 2 oranges
- 3 slices of pineapple
- ½ cup English walnut meats
- 1 banana
- 1 small bunch of green grapes
- ½ pound marshmallows

Prepare all ingredients and combine in a mixing bowl with enough salad dressing to flavor. Chill. Serve on crisp lettuce. Garnish each serving with a small portion of chilled whipping cream and a maraschino cherry.

PRUNE SALAD

two servings

- 1 three-ounce cake cream cheese
- $\frac{1}{4}$ cup chopped nuts
- 6 prunes
- Lettuce leaves
- Sour cream dressing

Divide cream cheese into six portions. Roll into balls, then roll in chopped nuts. Pit prunes, which have been cooked and chilled and be sure that prunes are not cooked too soft. Fill centers of prunes with the cheese balls. Place in Frigidaire freezing tray until thoroughly chilled. Serve three prunes to one serving in beds of crisp lettuce. Garnish with sour cream dressing.

FRUIT GINGER ALE SALAD

eight to ten servings

- $2\frac{1}{2}$ tablespoons gelatine
- 3 tablespoons cold water
- $\frac{1}{2}$ cup boiling water
- 2 tablespoons sugar
- $\frac{1}{4}$ cup lemon juice
- 1 cup ginger ale
- $\frac{1}{2}$ cup Malaga grapes
- 2 oranges
- 1 small banana

Dissolve gelatine in cold water, then add boiling water and stir until gelatine is thoroughly dissolved. Add sugar and strained lemon juice. Chill. Add ginger ale. When mixture begins to jell, add Malaga grapes cut in halves and seeded, or raisins can be substituted. Add oranges which have been peeled, removing all membrane from each section. Then add banana which has been sliced.

After fruit and chopped nuts are folded into gelatine mixture, pour into mold and place in Frigidaire. When salad has completely set, remove to platter of crisp lettuce

leaves and garnish with rosettes of stiff mayonnaise.

PEAR AND CHEESE SALAD

six servings

- 6 pear halves (dessert pears)
- 1 three-ounce cake cream cheese
- $\frac{1}{3}$ cup chopped English walnut meats
- $\frac{3}{4}$ cup creamed mayonnaise
- Lettuce

Divide cream cheese into six portions. Shape into balls and roll in most of the nut meats. Place in Frigidaire to chill. Arrange pear halves on crisp lettuce. One-half pear will make one serving. Place cheese balls in center of pears. Add mayonnaise. Garnish each serving with a few chopped nut meats.

Variation: Use 6 peach halves (dessert peaches) in place of pear halves.

PINEAPPLE SALAD

six servings

- 6 slices pineapple
- 1 three-ounce cake cream cheese
- Mayonnaise
- Nut meats
- 6 maraschino cherries
- Paprika

Place each pineapple slice on crisp lettuce leaf. Spread pineapple with cream cheese and chopped nut meats. Cover with cream mayonnaise to which whipped cream has been added. Sprinkle lightly with paprika and place a cherry in the center for garnishing.

A variation of this salad can be made by cutting pineapple slices in half and standing them up edgewise on lettuce with the cheese between, adding a dash of paprika. This gives an interesting "rising sun" effect.

SALAD DRESSINGS

CREAM MAYONNAISE DRESSING

(cooked)

$\frac{2}{3}$ cup

- 3 egg yolks
- 2 tablespoons flour
- 2 tablespoons butter
- 1 teaspoon mustard
- $\frac{1}{2}$ cup vinegar
- 1 teaspoon salt
- 1 tablespoon sugar
- Paprika

Mix dry ingredients. Add vinegar and cook in top of double boiler until very stiff. Then add beaten egg yolks and cook again for several minutes. Remove from heat; add butter and cool. A covered glass jar is a suitable container for this dressing. It will keep indefinitely in Frigidaire.

SOUR CREAM DRESSING

$\frac{1}{2}$ pint

- 2 teaspoons sugar
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon mustard
- $\frac{1}{2}$ teaspoon paprika
- 1 egg
- 1 cup sour cream
- 3 tablespoons vinegar

Mix dry ingredients. Add slightly beaten egg, sour cream and vinegar. Cook in top of double boiler until mixture thickens, stirring constantly. Remove from fire and cool to room temperature. Then put into a closed jar and place in Frigidaire. This dressing can be kept in Frigidaire to be used as needed.

FRENCH DRESSING

$\frac{1}{2}$ pint

- $\frac{1}{3}$ cup white vinegar
- $\frac{2}{3}$ cup olive oil
- $\frac{1}{4}$ teaspoon mustard
- 3 tablespoons sugar
- Salt and pepper
- 1 teaspoon paprika

Combine vinegar with dry ingredients. Then add oil slowly, continuing to beat until all of the oil is added. One egg white whipped into this mixture will improve the emulsion.

Part of the oil can be omitted, if desired, by substituting one-third cup of melted butter for one-third cup of oil.

RUSSIAN DRESSING

- $\frac{1}{4}$ cup anchovies or anchovy paste
- 1 cup French dressing

Add French dressing slowly to anchovies, mixing well until all dressing is added.

FRUIT SALAD DRESSING No. 1

1 cup

- 2 egg yolks
- 2 tablespoons sugar
- Juice of two lemons
- 1 tablespoon flour
- $\frac{1}{2}$ cup strained honey or maple syrup
- $\frac{1}{2}$ cup whipping cream

Mix honey or syrup, flour and sugar. Cook in double boiler for ten minutes. Add lemon juice and beaten egg yolks slowly and cook for five minutes, stirring constantly. Remove from fire and cool. This can be kept in Frigidaire in a glass jar indefinitely.

FRUIT SALAD DRESSING No. 2

$1\frac{1}{2}$ cups

- 1 cup pineapple juice
- Juice of one lemon
- Juice of one orange
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ cup sugar
- 1 tablespoon cornstarch
- 2 beaten eggs
- 1 cup whipping cream

Mix sugar, cornstarch and salt. Mix fruit juices. Add fruit juices to dry mixture and cook in top of double boiler for twenty minutes. Remove from fire and add well-beaten egg yolks. Cook again for five minutes, stirring constantly. Remove from fire, combine with stiffly beaten egg whites, then cool. This can be kept in a jar in Frigidaire for future use.

THOUSAND ISLAND DRESSING

No. 1

½ cup

- 4 tablespoons mayonnaise
- 2 tablespoons chili sauce
- 1 teaspoon chopped olives
- 2 tablespoons French dressing
- Salt and pepper

Combine ingredients, using or omitting salt and pepper, as desired.

THOUSAND ISLAND DRESSING

No. 2

1½ cups

A good imitation of Thousand Island dressing can be prepared in a hurry by combining one-third cup of chopped, mixed pickles with one cup of mayonnaise and one-third cup of tomato catsup.

MAYONNAISE OIL DRESSING

1 quart

- 4 egg yolks
- 1 quart olive oil
- 2 tablespoons lemon juice
- 2 tablespoons vinegar
- 2 teaspoons mustard
- 2 teaspoons salt
- Pinch red pepper

Put the cold yolks of eggs into a very cold bowl. Add half the mustard and stir until the yolks are well broken. Then add the oil very slowly until mixture gets like butter. Then add half the salt, which will thicken it. Thin the mixture with a little vinegar. Gradually beat in the oil until the mixture thickens again. Now work in the mustard, salt, pepper and the balance of the oil and liquids until all are used. Should the mayonnaise curdle, it can be restored by putting four large tablespoons of plain, melted butter, which must be cool, into a round bottom bowl and gradually work in the curdled mayonnaise. It will then return to its proper consistency.

PINK MAYONNAISE

Add one-half cup of cooked tomatoes to two cups of mayonnaise. Run through sieve. Then cool. One-half cup of tomato catsup can be used in place of tomato.

HOLLANDAISE DRESSING

3 pints

- 1 pint white vinegar
- 1 tablespoon dry mustard
- 1 teaspoon paprika
- 6 eggs
- 1 quart milk
- 1 cup melted butter or olive oil

Boil the vinegar with the seasonings. Separate the eggs. Beat the whites and yolks separately. Bring the milk to a boil and pour it over the yolks. Then add the boiling vinegar slowly, stirring continually on the fire until mixture thickens to the consistency of thin custard. Do not allow it to boil or it will curdle. Remove from the fire and beat in the whites of eggs with the melted butter or oil.

OIL DRESSING (cooked)

1 pint

- ⅓ cup flour*
- 3 tablespoons butter
- 1 cup hot water
- 3 egg yolks
- 1 cup olive oil
- 1 teaspoon dry mustard
- 1 teaspoon salt
- 3 tablespoons sugar
- 2 tablespoons lemon juice

Blend flour and butter and add hot water. Cook directly over fire until mixture becomes quite thick, stirring continuously. Put remaining ingredients in mixing bowl and pour white sauce in bowl and beat until all ingredients are combined thoroughly and mixture is smooth. Place in closed refrigerator dish and place in Frigidaire. This will keep as long as desired.

Frozen Salads

These salads may be served as a course with a dinner or as the main dish of luncheon or supper.

The chief part of a frozen salad is a mixture which is put into a freezing tray of your Frigidaire to freeze. When the time comes for serving, the frozen mixture is cut into slices or cubes and placed on crisp lettuce leaves or garnished with salad greens.

It is a good idea to chill the salad plates in your Frigidaire before serving.

FROZEN PEAR SALAD

one whole pear for each serving

Select halves of choice, small, canned pears. Fill centers with chopped nuts, candied ginger, citron and maraschino cherries. Moisten with orange or lemon juice or sherry wine flavor, if desired. Place halves together. Insert a clove for stem, or an apple stem can be used. Touch up cheeks of pear with red vegetable coloring.

Place in Frigidaire freezing tray for freezing.

Serve in beds of crisp lettuce leaves with French dressing, tinted slightly red.

FRIGIDAIRE CHEESE SALAD

six servings

- 1 three-ounce cake cream cheese
- 2 tablespoons cream
- 2 tablespoons lemon juice
- 1 cup canned pineapple
- $\frac{1}{2}$ cup Royal Anne cherries
- $\frac{1}{2}$ cup pecans
- $\frac{1}{2}$ cup maraschino cherries
- $\frac{1}{3}$ cup oil mayonnaise
- 1 cup whipping cream

Mix cheese thoroughly with two table-

spoons of cream. Add mayonnaise, lemon juice and salt. Cut pineapple into small pieces. Chop pecans. Seed and quarter the cherries. Chop maraschino cherries. Combine pineapple, cherries and chopped nuts; then fold in whipped cream.

Pour into Frigidaire freezing tray and allow to freeze without stirring. Cut into squares and serve on crisp lettuce.

This salad can be frozen in individual molds for very attractive servings, varying the garnishings, as desired. Whole maraschino cherries, nuts or whole, fresh strawberries can be used.

FROZEN FRUIT SALAD No. 1

six servings

- 1 orange
- 1 banana
- $\frac{3}{4}$ cup white grapes or Royal Anne cherries
- 2 slices pineapple
- 1 cup fruit salad dressing No. 1
- 1 cup whipping cream
- 12 maraschino cherries

Free orange from rind and membrane. Cut pineapple fine and halve the cherries. Seed and peel grapes. Place fruit in Frigidaire to

chill. Whip cream. Combine fruits, adding banana, which has been sliced very thin. Add fruits to cream and salad dressing.

Pour into Frigidaire freezing tray and allow to freeze. Serve in cubes on crisp lettuce. (See Page 33 for recipe of salad dressing No. 1.)

FROZEN FRUIT SALAD No. 2

eight servings

- 1 No. 2 can fruit salad
- $\frac{1}{2}$ cup fruit salad dressing
- $\frac{1}{2}$ cup whipping cream

Cut fruit very fine. Combine with either honey dressing or fruit salad dressing and whipped cream. Pour into Frigidaire freezing tray and allow to freeze. (See Page 33 for recipe of salad dressing.)

FROZEN PINEAPPLE SALAD

six to eight servings

- 1 cup pineapple juice
- 2 tablespoons flour
- $\frac{1}{2}$ cup butter
- $\frac{1}{8}$ cup sugar
- $\frac{1}{16}$ teaspoon salt
- 1 egg
- 4 slices pineapple, cut fine
- 2 oranges
- $\frac{1}{4}$ cup nuts
- 10 marshmallows
- 8 maraschino cherries
- 1 pint whipped cream

Make a paste of flour and pineapple juice, then gradually add remainder of juice. Add butter, sugar and salt. Cook in top of double boiler for approximately 10 minutes. Then add the egg, slightly beaten. Continue to cook for a few minutes, stirring continually; then cool and add lemon juice. Add pineapple, oranges, nuts, marshmallows and cherries; then fold in the whipped cream. Pour into Frigidaire freezing trays and allow to freeze.

Serve in cubes on crisp lettuce leaves—three small cubes to a serving.

FROZEN PIMENTO CHEESE CUPS

six servings

- 2 three-ounce cakes cream cheese
- $\frac{1}{3}$ cup horseradish (approximately)
- Paprika
- $\frac{1}{2}$ cup whipping cream
- 6 pimento cups
- Crisp lettuce leaves

Place cream cheese in mixing bowl and mix well with horseradish. The amount of horseradish can be varied. (Freezing lightly diminishes the flavor.) Fold in the whipped cream and fill pimento cups, adding a dash of paprika.

Place in Frigidaire freezing tray and allow to freeze.

When pimento cups are used as a salad, cut into fourths and serve on crisp lettuce or endive. Place a tablespoon of sour cream dressing in center of each serving. When pimento cups are used for garnishing a cold meat platter, do not cut cups.

FROZEN CRESS SALAD

six to eight servings

- 2 three-ounce cakes cream cheese
- $\frac{1}{2}$ cup stuffed olives (sliced)
- 1 teaspoon salt
- $\frac{1}{2}$ cup coffee cream
- 1 quart measure watercress
- $\frac{1}{2}$ cup mayonnaise
- 2 cups whipping cream

Cream cheese by adding one-half cup plain cream slowly. Then add mayonnaise in same manner. Place in Frigidaire to keep cool while other ingredients are being prepared. Whip cream and return to Frigidaire to keep cool.

Break crisp watercress into parts approximately one-inch long, discarding coarse stalks. Fold whipped cream into cheese mixture. Add olives and watercress. Pour into freezing tray and allow to freeze without stirring.

Serve on crisp lettuce. Garnish with stuffed olives, halved, cutting the olives lengthwise.

FROZEN BANANA SALAD

six to eight servings

- 2 three-ounce cakes cream cheese
- 1 teaspoon salt
- $\frac{1}{2}$ cup mayonnaise
- Juice of 1 lemon
- $\frac{1}{2}$ cup crushed pineapple
- 2 medium size bananas
- $\frac{1}{2}$ cup walnut meats
- $\frac{1}{2}$ cup maraschino cherries in halves (may be omitted)
- 1 cup whipping cream
- Crisp lettuce leaves

Mix cream cheese with salt, mayonnaise, and lemon juice; then add pineapple, sliced bananas, nut meats, and maraschino cherries. Fold in whipped cream and pour into Frigidaire freezing tray. When frozen, serve

in slices on crisp lettuce leaves. Garnish with fresh fruit. Fresh, whole strawberries are very attractive.

FROZEN NIPPY CHEESE SALAD

two servings

- 1 three-ounce nippy cheese
- $\frac{1}{2}$ cup chopped, ripe olives
- $\frac{1}{2}$ cup thick, sour cream

Cream the cheese well with a fork and work the cream smoothly into it. The cream should be freshly soured or a scant measure of sweet cream may be used. Add the chopped olives and blend well. Rub a bit of garlic over the bottoms of small paper cups and fill with cheese mixture.

Place in Frigidaire freezing tray and allow to freeze. Serve with sprigs of crisp watercress.

General Directions

FOR MAKING FROZEN DESSERTS

The preparation of frozen desserts is a constant source of joy and delight to Frigidaire users, for Frigidaire has been specially designed so that a variety of frozen dainties may be prepared in the most simple and practical manner.

In order that Frigidaire users may thoroughly understand how best to prepare these frozen dainties, an experimental kitchen has been established at the Frigidaire factory in Dayton, Ohio. The sole purpose of this kitchen is to formulate and test recipes that may be prepared with the aid of Frigidaire, and to simplify the process of making, so that Frigidaire users may be aided in a practical way.

These practical hints in dessert making come to you from the experience and knowledge gained in the Frigidaire kitchen and in the homes of thousands of Frigidaire owners.

TO AVOID BUTTERY TASTE

A buttery taste in frozen desserts is caused by one of two things. Either the cream has been over-whipped or it is too rich in butter fat. The butter fat content of whipping cream varies greatly in different states. Often whipping cream will contain as high as 38 to 40 per cent, making it too rich for a frozen dessert. It should be diluted with coffee cream or milk to bring the butter fat content down to about 28 per cent. It is possible to whip 20 per cent butter fat cream if it is first poured into the tray and allowed to chill to the freezing point before whipping.

USE OF COFFEE CREAM

Coffee cream may be used instead of whipping cream in many frozen desserts by the following method: Substitute an equal amount of coffee cream for the combined quantities of whipping and coffee creams indicated in the recipe. After the first mixture of ingredients has been chilled, add the coffee cream and place in Frigidaire freezing tray until firmly frozen. Then remove the contents of the tray to a very cold mixing bowl and whip with an electric or hand beater until the mixture becomes light and

creamy. Return to freezing tray and allow to finish freezing without further agitation.

KEEP INGREDIENTS COLD

All ingredients should be kept as cool as possible so as to shorten the length of freezing time. In preparing many of the desserts, it is very important that the mixture be properly chilled before flavor or fruit mixtures are added.

In the making of sherbets and ices, where egg whites and whipped cream are both added after the beating process, each should be prepared and placed in Frigidaire to keep cool and ready.

FRUITS

In selecting fruits for frozen creams, the well-ripened fruit will give the more desired flavor. However, if canned fruit is used the fruit syrup should be omitted. This syrup may be preserved in Frigidaire and used for making beverages, sherbets or ices.

In selecting fruits for a fruit dessert, the fruit canned in syrup will be found to be more solid and will not break apart so easily, thus making a more attractive dessert than the well-ripened fruit. The fruit syrup is used in making fruit desserts.



Frozen Creams

In making a frozen cream, there are three important things to be taken into consideration: first, the appearance; second, the taste; third, the texture of the dessert. The appearance and taste are governed largely by the proportions of ingredients combined, while the texture is governed mainly by the method used in manipulating the dessert during the freezing process.

It is very important, of course, to combine the right portions of ingredients. If too much sugar is used, the dessert may not freeze. Some flavors must be used in greater quantities than others, due to the fact that in freezing desserts some flavors are diminished, while other flavors are brought out very easily.

Some desserts require more agitating than others. Different methods of agitating are suggested for the various kinds of desserts. Here is a method which has proved to be very satisfactory, and it is suggested for different desserts throughout the book. When the dessert cream has frozen firmly, remove the tray from Frigidaire and add several tablespoons or one-half cup of coffee cream, then stir with a spoon from front to back of tray until all is well mixed and dessert becomes smooth. Return to Frigidaire and allow to finish freezing. This adding of cream to the frozen mixture breaks down ice particles and greatly improves the texture of the dessert.

When gelatine is used, especially with coffee cream, in order to make a less rich dessert, remove the frozen cream to an ice-cold mixing bowl. Add several tablespoons or one-half cup of coffee cream and whip with an electric or hand rotary beater until mixture becomes very light, then return to tray and place in Frigidaire, and allow to finish freezing.

VANILLA FROZEN CREAM

six to eight servings

- 1 cup whipping cream
- $\frac{1}{2}$ cup granulated sugar
- $1\frac{1}{2}$ teaspoons vanilla
- $1\frac{1}{2}$ cups coffee cream

Whip cream until light and fluffy. Add sugar and vanilla. Carefully fold into this one and one-half cups coffee cream. Pour into tray and allow to freeze firm. Remove tray from Frigidaire and stir with a spoon from front to back of tray. Return to Frigidaire and allow to finish freezing.

This should be agitated several times in the same manner during the freezing process. If the texture of the dessert is not so desirable, the addition of one teaspoon of gelatine, dissolved in one tablespoon of cold water, then added to one-third cup of boiling water, then cooled and added to this cream mixture before freezing, will give this added improvement.

CHOCOLATE FROZEN CREAM

eight to ten servings

- 2 tablespoons cocoa
- 1 cup sugar
- 1 cup whipping cream
- 2 cups coffee cream
- 2 teaspoons vanilla
- 1 teaspoon gelatine, dissolved in 1 tablespoon cold water

Mix sugar and cocoa, and add one cup coffee cream. Pour into top of double boiler and allow to cook until the sugar is dissolved. Add gelatine and stir well. Pour into mixing bowl and allow to cool. Add one-half cup coffee cream and fold in whipped cream. Add vanilla and pour into tray to freeze. When frozen firm, remove tray from Frigidaire and add one-half cup coffee cream. Stir with a spoon from front to back of tray until all is mixed well, then place in Frigidaire and allow to finish freezing.

VANILLA CUSTARD CREAM

eight to twelve servings

- 1 cup sweet milk
- $\frac{3}{4}$ cup granulated sugar
- 2 tablespoons cornstarch
- 2 egg yolks
- $\frac{1}{2}$ cup coffee cream
- 2 egg whites
- Pinch of salt
- $1\frac{1}{2}$ cups whipping cream

Mix granulated sugar and cornstarch. Scald milk and add gradually, stirring continually until all is well mixed, then pour into top of double boiler and cook for twenty-five minutes. Stir several times during this cooking process. Remove from fire and add well beaten egg yolks. Cook again for five minutes, stirring constantly. Then add coffee cream, stir well and pour into mixing bowl to cool. If custard is rather lumpy, beat with rotary beater or run custard through sieve. When custard is cool, fold in stiffly beaten egg whites to which salt has been added and place in Frigidaire to chill. Whip cream and add vanilla. Fold into custard. Pour into tray. Place in Frigidaire to freeze. Stir with a spoon from front to back of tray.

This dessert should be stirred twice during the freezing process.

PEPPERMINT CANDY CREAM

six to eight servings

- $\frac{1}{2}$ pound peppermint stick candy
- 1 cup milk
- 2 cups whipping cream

Dissolve candy in milk in top of double boiler, then remove from fire and cool. Pour into tray and allow to chill.

Whip cream, then fold in candy mixture. Pour into tray and place in Frigidaire to freeze. This should be stirred with a spoon from front to back of tray twice during the freezing process.

BANANA FROZEN CREAM

six servings

- $\frac{3}{4}$ cup sliced bananas
- $\frac{3}{4}$ cup granulated sugar
- $\frac{1}{2}$ cup boiling water
- 2 cups coffee cream
- 2 teaspoons gelatine

Slice bananas. Add sugar. Run through colander. Soak gelatine in one-fourth cup of cold water, then add one-half cup of boiling water and stir until gelatine is all dissolved. Allow this to cool before adding to the bananas. Add gelatine to bananas and stir in cream. Mix well and pour into Frigidaire tray. Allow to freeze firm.

Remove to ice-cold mixing bowl and beat with rotary beater until mixture becomes very light. Return to Frigidaire and allow to finish freezing without further agitating.

RASPBERRY FROZEN CREAM

six servings

- 1 pint red raspberries
- 1 cup sugar
- 2 teaspoons gelatine
- $\frac{1}{4}$ cup cold water
- 1 cup coffee cream
- 1 cup whipping cream

Dissolve gelatine in cold water. Cook berries and sugar for a few minutes. Remove from fire and add gelatine. Stir well, then run through colander. Allow to cool. Place in Frigidaire to chill. Add one-half cup coffee cream to berry mixture, then fold in whipping cream. Pour into tray and allow to freeze firm.

Remove tray from Frigidaire and add one-half cup coffee cream and stir with a spoon from front to back of tray until mixture is smooth. Place in Frigidaire and allow to finish freezing.

MAPLE NUT FROZEN CREAM

six to eight servings

- 1 cup maple syrup
- $\frac{3}{4}$ cup water
- $1\frac{1}{2}$ tablespoons flour
- 2 eggs
- 1 teaspoon gelatine
- 1 tablespoon lemon juice
- Pinch of salt
- $1\frac{1}{2}$ cups whipping cream
- $\frac{1}{2}$ cup coffee cream
- $\frac{1}{2}$ cup walnuts

Dissolve gelatine in one tablespoon water. Make a paste with flour and water and add paste and remainder of water to maple syrup. Cook in top of double boiler for fifteen minutes. Remove from fire and add egg yolks and salt, and cook again for a few minutes, stirring continually. Remove and add gelatine immediately. Pour into mixing bowl and allow to cool to room temperature. Add lemon juice, fold in whipped cream, and pour into tray to freeze. When frozen firm, remove tray and add coffee cream, stirring with a spoon from front to back of tray. Add one-half cup of chopped English walnuts and place in Frigidaire to finish freezing.

CHOCOLATE COOKY DESSERT

six to eight servings

- 1 box small chocolate cookies
- 2 cups whipping cream
- $\frac{1}{3}$ cup sugar
- 1 teaspoon vanilla

Whip cream and add sugar and vanilla. Line freezing tray of Frigidaire with chocolate cookies, spread with a layer of the whipped cream. Add another layer of cookies and continue until materials are used. Let stand in the room for fifteen or twenty minutes. Place in Frigidaire and allow to freeze. Turn out on serving platter and garnish with whipped cream. Serve in slices.

PEACH FROZEN CREAM

eight servings

- 2½ cups sliced peaches
- 1 cup sugar
- 2 teaspoons gelatine
- ½ cup cold water
- 2 cups coffee cream

Peel and slice peaches. Add sugar and cook for approximately five minutes. Remove from fire and run through colander. Soak gelatine in cold water, then add hot fruit mixture and stir well. Cool, then place in Frigidaire to chill. Add one and one-half cups cream to fruit mixture and pour into tray and allow to freeze firm.

Remove from tray into ice-cold mixing bowl. Add one-half cup cream. Beat with rotary beater until mixture becomes very light. Return to Frigidaire and allow to finish freezing without further agitating. One-half teaspoon of almond flavor can be added if desired.

In cooking peaches, the bulk will reduce one-fourth, thus allowing equal portions of fruit and cream. It is very difficult to obtain a delicious peach flavor in a cream. Although whipping cream makes a very rich dessert, the coffee cream will allow a better flavor

and gelatine will add much to the texture of the dessert. This gelatine can be omitted, in which case part whipping cream should be used, else the texture of the dessert will not be so desirable.

STRAWBERRY FROZEN CREAM

six to eight servings

- 1 pint strawberries
- ¾ cup sugar
- 2 teaspoons gelatine
- ¼ cup cold water
- 1 cup coffee cream
- 1 cup whipping cream
- Pinch of salt

Crush berries with sugar and allow to cook for a few minutes. Soak gelatine in cold water. Add berry mixture to gelatine and stir well. Run through sieve and allow to cool to room temperature. Place in Frigidaire to chill. Whip cream. Add one-half of the coffee cream then fold in whipped cream and pour into tray to freeze. Remove the tray and add remainder of coffee cream and stir with a spoon from front to back of tray until mixture is smooth. Then place in Frigidaire and allow to finish freezing.



IDEAS FOR USING COMMERCIAL

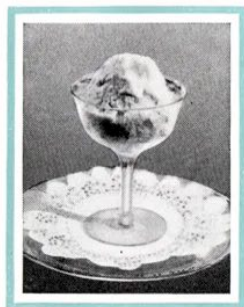
Ice Creams

Following are some suggestions for serving commercial ice cream, and the suggestions apply equally well to that which you make yourself.

ICE CREAM AND CAKE COMBINATIONS

1. Cover square slices of cake with slices of brick ice cream. Garnish with whipped cream rosettes. Sprinkle with chopped pistachio nuts.
2. Hollow out cup cakes. Line with jam, wine jelly, or marmalade. Fill with ice cream.
3. Cover angel food cakes with vanilla ice cream. Sprinkle with toasted almonds and dress with butterscotch sauce.
4. Put ice cream between slices of sponge cake. Spread top with crushed fruit.
5. Remove center of sponge cake to make one-inch wall. Fill with peach ice cream, blended with whipped cream. Serve with chilled dessert peaches.

Many delightful beverages may be made by combining ice cream with ginger ale. See Page 58.



Sauces

FOR FROZEN CREAMS

These sauces can be kept in your Frigidaire to be used when desired. Many variations for desserts are possible by adding different sauces to home-made or commercial frozen creams.

HOT FUDGE SAUCE

1½ cups

- 1 square chocolate or 3 table-
spoons cocoa
- 2 tablespoons butter
- 1½ cups sugar
- $\frac{1}{16}$ teaspoon salt
- $\frac{1}{3}$ cup hot water
- $\frac{1}{3}$ cup coffee cream
- 1 teaspoon vanilla

Melt chocolate in top of double boiler. Add butter, sugar, salt, and hot water. Heat until all sugar crystals are dissolved. Cook 5 to 10 minutes. Add coffee cream and vanilla. Beat well. Serve hot over vanilla cream.

If cocoa is used, mix cocoa, sugar, and butter before heating. Then add cream and let cook to a creamy consistency.

COFFEE SAUCE

1 cup

- $\frac{3}{4}$ cup strong, hot coffee
- 1 cup granulated sugar
- 2 tablespoons corn syrup

Cook all ingredients for 10 minutes. Cool. Place in Frigidaire to chill. Serve very cold with or without the addition of whipped cream. This syrup can be made, kept in a jar in Frigidaire, and used as needed.

BUTTERSCOTCH SAUCE

1½ cups

- 2 cups brown sugar
- 6 tablespoons butter
- 1½ cups hot water

Melt butter in sauce pan and add brown sugar. Continue stirring until butter and sugar are well mixed. Add hot water and cook approximately 10 minutes. Cool. Place in Frigidaire to chill.

CHOCOLATE SAUCE

1½ cups

- 1 square unsweetened chocolate
or 3 tablespoons cocoa
- 1 tablespoon butter
- 1½ cups sugar
- $\frac{1}{16}$ teaspoon salt
- $\frac{1}{3}$ cup hot water
- $\frac{3}{4}$ cup coffee cream
- 1 teaspoon vanilla

Melt chocolate in top of double boiler. Add butter, sugar and salt. Heat until all the sugar is dissolved. Add hot water. Then add cream slowly and cook for 10 minutes directly over heat. When partly cooled, add vanilla. Beat before serving. This sauce can be kept in Frigidaire and used as needed. It can also be used for chocolate milk drinks.

ORANGE CREAM SAUCE

1 cup

2 egg yolks

½ cup sugar

Juice and grated rind of 1 orange

1 cup whipping cream

Heat grated orange rind, juice, and sugar.

Strain. Cook again for approximately 2 minutes. Add well beaten egg yolks. Cook for 5 minutes or until eggs are thickened, stirring constantly. Let cool to room temperature. Chill in Frigidaire. Fold in chilled whipped cream before serving. This is very delicious when partly frozen and served on angel cake.

Mousses

Mousses, unlike ice creams, need no agitating during the freezing process. By proper manipulation before pouring into the freezing trays, they will maintain that light consistency which makes them an attractive addition to the Frigidaire dessert group. Since no agitating is required during the freezing process, a mousse can be prepared, placed in Frigidaire and allowed to freeze over night.

Plain mousse makes a delightful addition to any Frigidaire cake or fruit combination. Fresh fruit or canned dessert may be served with plain mousse in many attractive ways.

Mousse is a rich dessert and small portions should be served.

PLAIN MOUSSE

four to six servings

1 cup whipping cream

¼ cup sugar

½ teaspoon vanilla

1 egg white

Whip cream. Add sugar and vanilla. Fold in stiffly beaten egg white. Pour into tray and allow to freeze without agitating.

This dessert may be served with chilled crushed fruit. It may also be used for decorating Frigidaire strawberry shortcake or various ice-box cakes.

BANANA MOUSSE

eight to ten servings

2 cups whipping cream

1 cup bananas, sliced thin

½ cup sugar

2 egg whites

Pinch of salt

1½ teaspoons vanilla

Whip cream, add vanilla and sugar. Place in Frigidaire to chill while bananas are being prepared. Slice bananas very thin with silver knife. A silver knife will guard against the bananas turning dark so readily. Add bananas to cream and pour into tray or individual cups for freezing.

STRAWBERRY MOUSSE

eight to ten servings

- 1 pint strawberries
- 1 cup sugar
- 2 cups whipping cream
- 2 egg whites
- 2 teaspoons lemon juice
- Pinch of salt

Wash, stem and crush berries with the sugar. Pour into sauce pan and place on fire, bringing the berries to boiling point. Remove from fire and run through colander. Cool, then place in Frigidaire to chill. Whip cream. Add lemon juice to berry mixture. Fold in whipped cream and in like manner fold in stiffly beaten egg whites to which salt has been added. Pour into tray or individual molds and allow to freeze without agitating.

Very attractive servings can be made by freezing in individual cups decorated with

whipped cream, and garnish with whole, fresh berries.

PISTACHIO MOUSSE

eight to ten servings

- 2 cups whipping cream
 - $\frac{1}{4}$ cup sugar
 - Pinch of salt
 - 2 egg whites
 - $\frac{1}{2}$ cup pistachio nuts, chopped fine
 - $\frac{1}{2}$ teaspoon pistachio flavoring.
- (If pistachio flavoring is not available, use $\frac{1}{3}$ almond flavoring combined with $\frac{2}{3}$ vanilla)

Add just enough green coloring to give a yellowish green tint

Whip cream. Add sugar, flavoring, food coloring and nuts. Fold in stiffly beaten egg whites to which salt has been added. Pour into tray or individual cups and allow to freeze without agitating.

Sherbets and Ices

A general rule applies to the making of these frozen desserts. First, a syrup is made. Next, the fruit juices and flavoring ingredients are added. Then this mixture is put into a freezing tray. When it is firmly frozen, it is removed to a thoroughly chilled mixing bowl and beaten very light. Then the whipped egg white (to which salt has been added) is folded in; also coffee cream if the recipe calls for it. Next, the entire mixture is put into the freezing tray, returned to the Frigidaire, and frozen.

RASPBERRY ICE

six servings

- 1 pint red raspberries
- $\frac{3}{4}$ cup granulated sugar
- $1\frac{1}{2}$ teaspoons gelatine
- $1\frac{1}{2}$ cups water
- 1 tablespoon lemon juice

Crush berries with sugar and cook in sauce pan for a few minutes. Remove from fire

and add part of berry mixture to gelatine which has been soaked in one-fourth cup cold water. Run remainder of berry mixture through sieve, then run that which has been added to gelatine through sieve and stir well. Allow to cool to room temperature. Add remainder of water and lemon juice. Pour into tray and allow to freeze firm.

Remove to ice-cold bowl and beat until

very light. Pour into tray and place in Frigidaire. Allow to finish freezing without further agitating.

LEMON SHERBET

six servings

- ½ cup lemon juice
- Rind of one lemon
- ¾ cup sugar
- 1½ cups water
- 1½ teaspoons gelatine
- ½ cup cream

Soak gelatine in one-fourth cup cold water. Add remainder of water to sugar and cook for a few minutes. Add rind of lemon and allow to cook a few minutes longer. Remove from fire and add to gelatine. Stir until gelatine is well mixed. Strain through sieve into mixing bowl and allow to cool. When cool, add cream and pour into Frigidaire tray and allow to freeze. Remove to ice-cold mixing bowl and beat with rotary beater until mixture becomes very light. Return to tray, place in Frigidaire and allow to finish freezing.

PINEAPPLE SHERBET

ten to twelve servings

- 1 cup unsweetened pineapple, crushed
- 1 cup pineapple juice
- ¾ cup granulated sugar
- 1 cup water
- 2 tablespoons lemon juice
- 1 cup whipping cream
- 2 teaspoons gelatine

Cook sugar and water and pineapple juice for ten minutes. Soak gelatine in two table-

spoons cold water, then add to hot fruit juice. Remove from fire. Add pineapple pulp and lemon juice and cool. Pour into tray and allow to freeze firm. Remove from tray to ice-cold mixing bowl and beat with rotary beater until mixture becomes very light, then fold in cream, which has been whipped, and return to Frigidaire to finish freezing.

If ingredients settle in tray, dessert should be stirred again with a spoon from front to back of tray before finishing freezing.

ORANGE SHERBET

ten to twelve servings

- 1½ cups orange juice
- 1 tablespoon lemon juice
- ¾ cup sugar
- Grated rind of 1 orange
- ½ cup whipping cream
- 1½ teaspoons gelatine
- ½ cup water

Cook sugar and water for a few minutes, then add grated rind and cook for approximately five minutes. Add gelatine which has been soaked in two tablespoons cold water. Remove from fire into mixing bowl and allow to cool. Add lemon juice and orange juice. Pour into tray and allow to freeze firm. Remove to ice-cold mixing bowl and beat with rotary beater until mixture becomes very light. Fold in cream which has been whipped, and return to finish freezing.

If ingredients settle in bottom of tray, dessert should be stirred again with a spoon from front to back of tray before finishing freezing.



Chilled Desserts

These desserts are cold and refreshing without being actually frozen. They can be made easily and quickly.

The ones containing gelatine or some other thickening ingredient may be chilled in the Frigidaire food compartment, although time will be saved by chilling them in freezing trays, as is done with the unthickened mixtures.

In chilling fruits, the juices or syrups may be partly frozen if desired; but the fruits themselves are usually considered more palatable if they are not allowed to freeze.

CHOCOLATE COOKY DESSERT

six to eight servings

- 18 thin chocolate cookies
(1½ inches wide)
- 1 pint whipping cream
- 2 teaspoons vanilla

Whip cream and add vanilla. Spread one tablespoon on a cookie and press another on top. Lay the stack on edge in the center of Frigidaire freezing tray. Completely cover with the remaining cream. Garnish with maraschino cherries or chocolate shot. Chill on a Frigidaire shelf for several hours. Then place in freezer until very cold. In serving, cut diagonal slices and dress with chocolate sauce.

Variation

Ginger cookies can be used instead of the chocolate cookies.

CHILLED FRUIT DESSERTS

six servings

- 1 No. 2½ can mixed fruits
- ½ cup whipping cream
- 6 maraschino cherries

Pour can of fruit into Frigidaire freezing tray and allow to chill until fruit juices are partly frozen. Serve with whipped cream. Garnish with maraschino cherries.

Flavor Variations:

Pour off fruit juices from one can of fruit and add one-half cup of sherry wine flavoring, or more if desired. Pour into Frigidaire freezing tray, allowing to chill for approximately one hour. Serve in same manner as above. Other flavors can be used in like manner.

CHOCOLATE BAVARIAN CREAM

ten servings

- 1½ squares chocolate
- ⅔ cup sugar
- ½ cup hot milk
- 1 tablespoon gelatine
- ¼ cup cold water
- 1 pint whipping cream
- 1 teaspoon vanilla
- 6 lady fingers

Soak gelatine in cold water. Melt chocolate in top of double boiler and add sugar, salt, and hot milk. Cook for a few minutes. Add gelatine to hot chocolate mixture. Cool until it begins to thicken. Beat with beater until mixture becomes very light. Fold in whipped cream. Add vanilla. Line a mold with lady fingers. Pour in cream mixture. Place in Frigidaire freezer to chill. When dessert has set, remove to a plate and decorate with whipped cream before serving.

ENGLISH TRIFLE

ten servings

- 1 round sponge cake
- 1½ cups soft custard
- ½ cup sweet sherry wine flavoring
- ½ cup guava or currant jelly
- ½ cup blanched almonds or English walnuts

Make custard as in recipe for Vanilla Custard Cream on Page 40. Cut sponge cake to fit casserole. Cover with nuts. Spread currant jelly over top. Add soft custard. Garnish with whipped cream. Place in Frigidaire to chill until ready to serve.

MOLDED CEREAL WITH FRUIT

Heat left-over cooked cereal and pour into individual molds or large mold, rinsed in cold water. When cool, place in Frigidaire until ready to serve. Turn out on small plates and top with stewed figs, stewed dates, sliced fresh or canned peaches, or berries.

This makes a good luncheon dessert for the children.

MACAROON PUDDING

six or eight servings

- 3 eggs
- ½ cup sugar
- ½ cup water
- ½ cup claret wine flavoring
- 2 teaspoons gelatine
- ½ pound almonds
- 12 maraschino cherries
- 1½ dozen macaroons

Combine egg yolks, sugar, and water. Heat to boiling point. Add gelatine which has been soaked in ½ cup of cold water. Place nuts, maraschino cherries, and macaroons in a large serving dish. Add wine flavoring. Cover with well-beaten egg whites. Then add hot custard mixture. Do not stir. Chill in Frigidaire and serve with whipped cream.

UNCOOKED PLUM PUDDING

six to eight servings

- 1 tablespoon plain gelatine
- ¼ cup cold water
- ¼ cup lemon juice
- 1¼ cups boiling water
- ⅔ cup granulated sugar
- ¾ cup raisins, cut fine
- ¾ cup walnuts, cut fine
- ¾ cup cooked prunes, cut fine
- ¼ cup citron, cut fine
- ¾ cup grape nuts
- ½ teaspoon cinnamon
- ¼ teaspoon cloves
- ⅛ teaspoon salt

Soak gelatine in cold water. Dissolve in boiling water. Add sugar, salt, and spices. Cool, then add lemon juice. Allow mixture to stand until it begins to get firm. Add fruits and nuts which have been cut very fine, also the grape nuts. Put into melon or ring mold. Then place in Frigidaire and allow to chill very thoroughly. Unmold and serve with whipped cream which has been flavored with wine sauce.

May be placed in a freezing tray and partially frozen before serving if desired.

GLORIFIED RICE

four servings

- ½ cup rice
- ⅓ cup sugar
- ⅓ teaspoon salt
- ½ cup milk
- ½ cup chopped dates
- 1 cup whipping cream
- 1 teaspoon vanilla

Cook rice until tender, drain and blanch. Add milk and cook again in top of double boiler for at least 15 minutes. Remove from fire and when cool add chopped dates, sugar, vanilla, and fold in the whipped cream. Pour into Frigidaire freezing tray and allow to freeze lightly. Stewed raisins can be used in place of dates.

Left-over cooked rice can be used. Combine other ingredients in proportion to the amount of rice which you have.

STRAWBERRY WHIP

eight servings

1 pint strawberries
1 cup sugar
1 tablespoon gelatine
 $\frac{1}{4}$ cup cold water
 $\frac{1}{16}$ teaspoon salt
2 tablespoons lemon juice
 $\frac{1}{2}$ pint whipping cream
2 egg whites

Wash and stem berries. Add sugar. Crush. Cook a few minutes. Add gelatine which has been soaked in cold water. Mix well and strain. Cool to room temperature. Place in Frigidaire to set. Add salt and lemon juice. Whip until light. Fold in chilled, whipped cream and stiffly beaten egg whites. Pour into Frigidaire freezing tray to chill.

Individual molds may be used with a garnish of whipped cream and fresh berries.

PRUNE WHIP

eight servings

1 tablespoon gelatine
 $\frac{1}{2}$ cup cold water
 $\frac{1}{2}$ cup boiling water
 $\frac{1}{2}$ cup prune pulp
2 tablespoons lemon juice
 $\frac{1}{2}$ cup granulated sugar
 $\frac{1}{2}$ cup milk
1 cup whipping cream
2 egg whites

Soak gelatine in cold water. Dissolve in boiling water. Stir until gelatine is dissolved. Add to prune pulp. Add lemon juice and granulated sugar. Stir until well mixed. Cool. Put into Frigidaire and allow to congeal. Remove and beat with rotary beater until light. Add milk. Fold in whipped cream and beaten egg whites. Pour into molds or into Frigidaire tray and chill one hour or longer before serving.



FRIGIDAIRE

Sandwiches

The idea of using delectable fillings with slices of bread was first conceived by the Fourth Earl of Sandwich, which has made his name immortal.

There are three distinct classes of these creations:

Lunchbox or Picnic Sandwiches
Whole Meal Sandwiches
Afternoon Tea Sandwiches

GENERAL SUGGESTIONS

Bread for sandwiches should be firm enough to cut without crumbling or crushing; sliced evenly and, except for afternoon tea sandwiches, not too thin. It is better to leave the crusts on unless the sandwiches are intended to be particularly dainty. The sweetness of the brown crust is too good to be sacrificed to a false convention.

Butter should be soft enough to spread without breaking up the bread. If time allows, cream it, but never melt it. Creamed butter may be used either plain or mixed with paprika, minced parsley, a dash of mustard, or a few drops of lemon juice.

LUNCHBOX OR PICNIC SANDWICHES

Whole slices of bread may be used, but pleasant variety is produced by cutting in oblongs or "fingers," three or four to a slice; or in triangles, either two or four to the slice. A so-called pound loaf of bread will make about two dozen slices—twelve full sized sandwiches. Allow for these about a third of a cup of butter (5 tablespoons) if both slices are buttered. If paste is to be used, from one to two cups will be required.

When a good many sandwiches are made at one time, it is wise to cut the loaf lengthwise. The whole slab can then be spread at once and sandwiches cut to the desired shape and size.

Sandwiches to be packed and eaten hours later can be wrapped in waxed paper, which preserves their moisture and flavor.

WHOLE MEAL SANDWICHES

These are appropriate for Sunday night suppers, for casual lunches, and for informal entertaining. They may be "three-deckers," made of three slices of bread with two

different yet harmonizing fillings. Or they may be the hearty, hot sandwiches like Cheese Dream, Roast Beef and Potato, or Bacon and Tomato Toast.

For entertaining smartly, the Sandwich Loaf is easy to prepare, impressive to serve, and delightful to eat. It can be prepared in the morning and kept in a covered container in your Frigidaire until ready for serving.

SANDWICH LOAF

Remove crust from loaf of sandwich bread. Cut lengthwise into three slices. Butter one side of the top and lower slices and both sides of the middle slice. Spread between the slices a filling of any good fish, meat or cheese salad, minced fine. Press firmly together. Cover the outside with thick mayonnaise or with cream cheese and mayonnaise whipped light. Garnish the sandwich loaf with stuffed olives. Slices of tomatoes and lettuce can also be used to decorate the loaf if desired.

White, whole wheat or tomato bread or a combination can be used in preparing this sandwich loaf.

OPEN CLUB SANDWICH

- 4 buttered toast points
- 1 roseapple filled with mayonnaise
and placed in center of service
plate
- Lettuce leaves
- 2 slices of tomatoes
- 1 stuffed olive
- 1 sweet pickle—cut fan shaped
- 1 green pepper ring

This sandwich can be made as elaborate as desired. Various kinds of cold meats may be placed on the toast points. This is a splendid way of utilizing left-over meats.

AFTERNOON TEA SANDWICHES

These sandwiches may be as dainty and complicated as you please. They can be made in the morning housekeeping hours and stored in a covered container in your Frigidaire until time to serve.

Bread should be cut as thin as possible. Remember, in planning size, shape, and fillings that guests must eat these delicious morsels with their fingers.

UNUSUAL EFFECTS

Fancy cutting adds to the attractiveness of sandwiches. Interesting effects can be produced by using contrasting breads such as white and graham, raisin or nut bread with whole wheat. Brightly tinted fillings between fragile slices of white bread are also effective.

Here is a good idea for bridge party sandwiches:—Take an equal number of slices from white and whole wheat bread. Cut hearts from both a white and whole wheat slice with a cooky cutter. Fit the white heart into the whole wheat slice and *vice versa*. Then go through the same procedure with cutters of club, spade, and diamond shape.

TOASTED ROLLED SANDWICHES

Cut very thin slices of bread. Spread each slice with minced ham filling, chicken salad chopped fine, cheese filling or any filling desired. Then roll the slices and lay them with outer edge down in a covered container. Brush the rolls with butter and place on broiler to toast, being sure to lay them with outer edge down so that they will not unroll.

CHECKERBOARD SANDWICHES

Cut three slices each of whole wheat and white bread in one-half inch slices. Alternate the slices, making two stacks, three slices each. Remove crusts and spread with plenty of soft butter. Cut one-half inch slices from each of these stacks and alternate them again, making two stacks of three slices each. Spread layers generously with softened butter. Press layers together and set in Frigidaire to harden the butter. When ready to serve, cut into very thin slices. Stacks should be wrapped in waxed paper if kept in Frigidaire for several hours or longer.

Pastry

AND OTHER BAKED THINGS

The cold temperature maintained in the Frigidaire food compartment is ideal for the proper chilling of pastry dough before baking. This improves the tenderness and flakiness of the pastry. In many instances, such as puff paste, dough cannot be successfully prepared unless it is thoroughly chilled.

Patties of puff paste can be made and stored in Frigidaire until wanted for baking. Cooky dough can also be mixed, rolled, and stored in Frigidaire. It can be sliced and baked when desired, without the addition of more flour.

Plain pastry or pie crust dough can be prepared and kept covered in Frigidaire for an indefinite period. This is convenient and the chilling before baking adds to the tenderness of the crust.

Pastry should not be handled more than is absolutely necessary.

FRIGIDAIRE STRAWBERRY SHORTCAKE

six servings

1 pint strawberries
½ cup confectioners' sugar
1 cup whipping cream
Sponge cake

Wash, stem, and cut a pint of berries; add confectioners' sugar. Cut sponge cake about three-quarters of an inch thick, to fit Frigidaire freezing tray. Spread berries over cake. Then add a layer of plain mousse. Place in freezer to become very cold, but not frozen. This can be cut out in squares and served on plates. Garnish with a few fresh berries.

Any fresh or canned fruit can be used in like manner, covering with mousse or plain frozen cream.

Any desired mousse can be frozen on

sponge cake without the fruit, blocked out, and served the same as Frigidaire shortcake. When plain mousse is used, a fruit garnish adds to its deliciousness.

PUFF PASTE ROSES

Roll out some puff paste about one-eighth inch thick and cut out with a star cutter. Brush over with a little cold water. Fold the points of the stars to the center. Bake, and when nearly done, dust with powdered sugar and return to oven to finish baking. The cake will puff up like a rose. Fill with jelly or fruit combinations. Serve with whipped cream.

MERINGUE

4 egg whites
Pinch of salt
6 tablespoons powdered sugar

Beat egg whites, with salt added, until very stiff. Work in powdered sugar.

PUFF PASTE

six patty cases

- ½ pound butter
- ½ pound cake flour
- ¼ cup cold water

Work butter in cold water until pliable and smooth. Mold into three-eighths inch thickness and place in Frigidaire.

Combine cake flour and very cold water into a dough and knead until elastic. Cover and place in Frigidaire for about three-quarters of an hour. Roll out dough on floured board to one-half inch thickness and place butter in center. Fold edges of dough over butter and roll out about one-quarter inch thick, taking care butter does not run outside of dough. Brush off the flour and fold into three layers. Roll out again to same thickness. Put into Frigidaire to chill for three-quarters of an hour. Roll out as before and place again in Frigidaire to chill. Roll and fold again. The paste will then have six turns. Chill again before cutting.

Form in patty cases. Brush with cold water and place in Frigidaire to chill before placing in the oven. Bake to a golden brown at a temperature of 450° F.

OLD-FASHIONED SOFT SUGAR COOKIES

three dozen

- 2 cups granulated sugar
- 1 cup shortening
- 3 eggs
- 1 cup sour cream
- 1 teaspoon soda
- 4 cups sifted flour

Cream sugar and shortening. Add one egg at a time and continue stirring until mixture becomes smooth and creamy. Dissolve soda in sour cream and add to the above mixture. Work in the sifted flour.

Roll dough about ¼-inch thick. Cut in round shapes. Sprinkle tops lightly with granulated sugar before baking. Bake in oven approximately ten minutes at 475° F.

This kind of dough can be kept in a closed container in Frigidaire, to be used as desired.

FRIGIDAIRE COOKIES

three dozen

- 1½ cups shortening
- 1 cup brown sugar
- ½ cup white sugar
- 3 eggs
- 1 teaspoon soda
- 1 teaspoon salt
- 2 teaspoons cinnamon
- 4 cups flour

Cream shortening. Add sugar and beat well. Then add eggs one at a time, beating meanwhile. Sift dry ingredients and stir into first mixture.

It is nice to divide this dough into three portions, adding melted chocolate and vanilla to one; grated cocoanut to one; nuts and raisins or chopped dates to one. These portions may be made into sausage-like rolls, wrapped in waxed paper, and placed in Frigidaire over night or until wanted. Before baking, slice very thin and bake in hot oven (450° F.) on baking sheet.

Part of the chocolate dough may be rolled to one-fourth inch thickness (square), a portion of the light dough rolled similarly and placed on the chocolate dough. The two sheets should then be "scrolled" in jelly-roll fashion, wrapped in waxed paper, and left in Frigidaire a few hours before slicing. This will give a pinwheel effect.

FRIGIDAIRE PIE

- 1 pastry shell
- 1 cup fresh fruit
- 1 pint ice cream (vanilla)
- 4 egg whites
- 6 tablespoons powdered sugar

Bake the shell as directed in a following recipe. Place in the shell a layer of ice cream (frozen very hard). Then add a layer of fresh fruit sweetened to taste. Banana slices, fresh strawberries or very ripe peaches can be used. Place in a very hot oven (500° F.) for two minutes or until meringue is golden brown. Serve at once.

PASTRY SHELL

- 1½ cups pastry flour
- ½ cup shortening
- ½ teaspoon salt

Cut shortening into flour and salt. Add enough ice water to hold together. Place in Frigidaire to chill. Roll into shell. Bake in hot oven.

COTTAGE CHEESE PIE

- 1 cup cottage cheese
- ½ cup sugar
- ¾ cup sweet milk
- 2 egg yolks, beaten slightly
- ¼ teaspoon vanilla

Mix ingredients in order given. Fill pastry shell with cheese mixture and bake as a custard pie approximately 45 minutes at 450° F. When pie is baked and slightly cooled, cover with meringue made from the whites of the eggs, and brown in the oven.

Tarts may be made instead of a pie, if desired.

RAISIN AND DATE SURPRISES

two dozen cookies

- 3 cups sifted flour
- 3 teaspoons baking powder
- ½ teaspoon salt
- 1 cup butter
- 1 cup sifted brown sugar
- 1 egg, well beaten
- 1 teaspoon vanilla
- ⅓ cup milk

Sift flour once. Measure, add baking powder and salt, and sift again. Cream butter thoroughly. Add sugar gradually, and cream together until light and fluffy. Add egg and vanilla, then flour alternately with milk, a small amount at a time. Chill in Frigidaire until firm and then make into scroll and wrap in waxed paper. Cut ⅛-inch slices. Put a teaspoonful of raisin filling on one circle and place another circle on top, pressing edges together. Bake in oven (425° F.) six to eight minutes.

FRIGIDAIRE ROLLS

approximately three dozen clover-leaf rolls

- 1 cake compressed yeast
- ½ cup sugar
- 1 teaspoon salt
- 2 cups lukewarm water
- 1 egg
- 7 cups flour
- 3 tablespoons shortening

Crumble yeast into large mixing bowl. Add sugar, salt, and water. Add well beaten egg. Sift flour once before measuring. Add half flour and beat well. Add melted shortening and mix in remainder of flour. Let rise to double its bulk. Punch down, cover tightly, and place in Frigidaire. About one hour before baking, remove desired amount of dough. Shape into small rolls and place on greased pan. Use gem pans for clover-leaf rolls. Let rise slowly to double their bulk, then bake in hot oven (425° F.) for 20 to 25 minutes.

This dough can be kept in Frigidaire and used from as desired. Shapes may be prepared in the morning and placed back in the Frigidaire to be ready for quick baking. Allow just enough time for the dough to rise and the rolls to bake so that they will come from the oven piping hot.

PLAIN MUFFINS

one dozen

- 2 cups flour
- 3 teaspoons baking powder
- 2 tablespoons sugar
- ½ teaspoon salt
- 1 cup milk
- 2 eggs
- 1 tablespoon shortening

Combine dry ingredients and sift into mixing bowl. Add milk and well beaten eggs, then melted butter. Mix ingredients carefully without over-beating. Grease muffin tins and fill half-full of batter. Bake for 20 minutes at 425° F.

WHOLE WHEAT MUFFINS

Follow directions for making plain muffins, substituting one cup of whole wheat flour for one cup of pastry flour.

BLUEBERRY MUFFINS

Follow directions for making plain muffins, adding one cup of blueberries to the batter.

CORNMEAL MUFFINS

one dozen

- ¾ cup cornmeal
- 1¼ cups flour
- 4 teaspoons baking powder
- 2 tablespoons sugar
- 1 cup milk
- 2 tablespoons butter
- ⅔ teaspoon salt
- 2 eggs

Combine dry ingredients and sift into mixing bowl. Add milk, eggs, and melted shortening. Grease muffin tins and fill half full of batter. Bake from 20 to 25 minutes at 425° F.

Batter can be prepared the evening before and placed in the Frigidaire, which saves time in the morning if muffins are to be made for breakfast.

PLAIN WAFFLES

five waffles

- 2 cups flour
- 1½ cups milk
- ½ teaspoon salt
- 3 teaspoons baking powder
- 4 tablespoons melted butter
- 3 eggs

Sift dry ingredients into mixing bowl. Beat egg yolks and egg whites separately, adding egg yolks and milk to the dry ingredients. Add melted butter, then fold in egg whites. (Half bacon grease and half butter can be used in place of all melted butter.) Bake in hot waffle iron approximately three minutes.

If only part of this batter is used, the remainder may be kept in Frigidaire.

Variations: RAISIN WAFFLES

One cup seedless raisins, uncooked, can be added to the full quantity of batter. If part of the quantity is used, proportion raisins accordingly.

PECAN WAFFLES

One cup of whole pecans can be added to the full quantity of batter. If desired, these pecans can be chopped.

BRAN WAFFLES

One cup of bran flakes (the cooked cereal) added to the batter will give a distinguished nutty flavor that is quite desirable.

DATE WAFFLES

One cup dates chopped very fine can be added to the full quantity of batter.

LEMON WAFFLES

Grated rind of two lemons can be added to the batter.

BLACK WALNUT WAFFLES

One cup of chopped, black walnuts added to the batter will give a very distinctive flavor.

RAISIN FILLING

for two dozen cookies

- 2 cups raisins and dates, chopped
- 1 tablespoon lemon juice
- ⅔ cup sugar
- ⅔ cup boiling water
- 1 tablespoon butter

Cook raisins, dates, and sugar in water six to eight minutes, or until thick, stirring constantly. Remove from fire. Add lemon juice and butter.

**OLD-FASHIONED SOFT GINGER
COOKIES**
four dozen

2 cups molasses
1 cup sugar
1 cup shortening
1 cup sour milk
2 teaspoons soda
1 teaspoon ginger
6 cups sifted flour

Place molasses, sugar, and shortening in large mixing bowl and mix thoroughly. In a separate, smaller bowl, place sour milk, soda, and ginger. Mix well and add to first

mixture. When ingredients are thoroughly combined, add flour which has been sifted before measuring.

Roll to $\frac{1}{4}$ -inch thickness with as little flour as possible. When cut and ready to place in oven, sprinkle top of each cookie with sugar, or treat as follows:

Combine 1 egg yolk with equal part of cold water. With a pastry brush or a small cloth, spread top of each cookie just before placing in the oven. This will produce a glossy surface, which not only adds to the appearance, but also greatly aids in retaining that moisture which is so desirable in soft cookies.

Beverages

Sparkling ice cubes and a variety of ingredients in your Frigidaire make refreshing beverages available at any time. This is one of the special joys and advantages of having Frigidaire.

SUGAR SYRUP

This is more quickly soluble than dry sugar and gives a smoother body to the beverage. To make it, dissolve two cups of sugar in one cup of boiling water. Boil slowly for 15 minutes and set aside to cool. Then place in a bottle. Keep the syrup in your Frigidaire for sweetening beverages.

CHOCOLATE SYRUP

The recipe is the same as that for Chocolate Sauce, given on Page 44.

GRAPE SPARKLE

Fill tea server half full of ice cubes. Add 1 quart of grape juice. Place near freezer of Frigidaire and chill until serving time. Fill glasses $\frac{3}{5}$ full of grape juice, filling the remainder of the glass with ginger ale.

MILK SHAKE

To one cup of cold milk add 2 teaspoons of any flavoring desired. Sweeten to taste. Add one crushed ice cube and shake until frothy. A dash of nutmeg or cinnamon may be added to each serving.

MALTED MILK

Combine 1 tablespoon of malted milk powder with one cup of chilled milk. Shake well and serve very cold. It might be well to add one crushed ice cube before shaking. A small serving of Vanilla Custard Cream can be added if desired.

ICE CREAM FIZZ

Place a generous serving of vanilla ice cream in a tall tumbler or iced-tea glass. Fill with ginger ale. An iced-tea spoon should accompany each serving, as stirring is necessary. This gives a novelty beverage quite like an ice cream soda.

CHOCOLATE CREAM FIZZ

Use chocolate ice cream instead of the vanilla ice cream. The children will enjoy this.

CREAM ALE

Put 2 tablespoons heavy cream and $1\frac{1}{2}$ teaspoons of sugar into iced-tea glass or tall goblet. Stir until sugar is dissolved. Add ice cube and allow to remain for a few minutes. Slowly fill the glass with ginger ale.

ORANGE AND LEMON

six servings

- 6 oranges
- 2 lemons
- 1 cup sugar
- 1 quart water

Combine fruit juices and sugar. Place in server. Add ice cubes and water. Serve in glasses, adding one ice cube and a maraschino cherry to each serving. If plain water is used, this refreshing drink can be kept in the bottle compartment of Frigidaire and served when desired.

GRAPE PUNCH

- 1 pint grape juice
- 1 quart water
- Juice of 2 lemons
- Juice of 1 orange
- 1 cup sugar

Heat water and sugar until all sugar is dissolved. Cool. Add to fruit juice and place in Frigidaire to chill. Serve with ice cubes, frozen with lemon slices.

Two parts ginger ale to one part grape juice may be used. This makes another refreshing beverage.

MINT ICE TEA

Brew tea. Mint leaves may be added at the time or placed in each glass with the ice cube before served. A red or green mint cherry can be placed in each glass if desired.

EGG-NOG

- 1 egg
- Pinch of salt
- $\frac{3}{4}$ tablespoon sugar
- $\frac{3}{4}$ cup milk
- $1\frac{1}{2}$ tablespoons wine or
1 tablespoon brandy

Have eggs and milk very cold. Mix egg, sugar, and salt either in mixing bowl with egg beater or in a lemonade shaker. Add milk and stimulant and, when fully blended, serve immediately.

Egg white can be beaten separately and folded into the mixture after milk and stimulant are added. Beat the egg white until foamy (not stiff) and fold in lightly.

Stimulant can be omitted and a grating of nutmeg can be substituted. This recipe is very good for invalids.

CHOCOLATE EGG-NOG

To make this, add 2 tablespoons of chocolate syrup to above recipe.

CREME DE MENTHE

Place in glass one ice cube which has been slightly colored with a small portion of yellow food coloring and a slice of lemon frozen on top. (See Page 60 for garnishing cubes.) Put approximately an eighth part creme de menthe syrup into each glass. Fill glass very slowly with chilled ginger ale. This will cause the syrup to remain in the bottom and ginger ale on top—a very attractive serving. Stir well before drinking.

Grenadine syrup can be substituted for creme de menthe, using an ice cube garnished with a red maraschino cherry.

FRUIT PUNCH

ten to twelve servings

- 2 tablespoons tea
- 2 quarts boiling water
- 1 pound granulated sugar
- 4 oranges
- 1 fresh pineapple
- 1 pint strawberries
- 6 lemons

Grate the rind of two lemons and cook with sugar and water for five minutes. Pour over tea and let stand for five minutes. Then strain. Cool. Cut two oranges into slices. Cut pineapple into small pieces. Wash, stem, and crush strawberries. Mix all fruits and add juice of remaining lemons and oranges. Add cool tea to fruit mixture and place in Frigidaire to chill. Pour into punch bowl

with ice cubes decorated with maraschino cherries. Serve in punch glasses.

If fresh fruit is not available, canned fruit may be substituted.

FRUITADE

two servings

- $\frac{1}{2}$ cup shredded pineapple
- Juice of 1 orange
- 2 cups boiling water
- $\frac{1}{4}$ cup sugar
- Juice of 1 lemon

Combine lemon and orange juice with shredded pineapple. Dissolve sugar in boiling water and add to fruit juice. Let cool. Then strain and place in Frigidaire to chill. Serve with ice cube garnished with maraschino cherry.

LIME FIZZ

six servings

- 6 oranges
- 2 lemons
- $\frac{1}{2}$ cup granulated sugar
- 2 cups water
- 2 bottles lime pop

Extract juices and strain. Add sugar and stir until sugar is dissolved. Add water. Divide equally into six serving glasses. Fill with lime pop.

This can be made very attractive by adding an ice cube garnished with lemon slice.



PLAIN AND FANCY

Ice Cubes

Ice cubes, made of clear water, have a number of uses. They are always convenient for cooling beverages. They can be put into dishes of celery, olives, radishes, and the like, either whole or cracked. They can be utilized as "nests" for cocktails, grapefruit, melons, or oysters.

In addition to their many applications for serving foods and beverages, they may be used for other purposes. Wrapped in a fine cloth, ice cubes are beneficial for treating and massaging the face. They give a delightful, restful, tingling sensation to the skin. And they can be used for cold packs to relieve feverish conditions.

GARNISHED ICE CUBES

Maraschino cherries are very appropriate for garnishing ice cubes. They can be frozen in plain or appropriately tinted cubes. One should be added to each cube. Lemon juice and lemon slices are desirable additions and can be used in lemonade or any of the fruit beverages.

When fruits are to be frozen in the cubes, the tray should be about one-third filled with water and the water partially frozen before the fruit is added. Add the fruit, then add water until the tray is about three-fourths full, and allow to finish freezing.

COLORLED ICE CUBES

Any pure food coloring can be used in coloring ice cubes. The coloring should be added to the water before it is poured into the tray. Care

should be taken to use the right amount of coloring, for delicate tints are always more attractive.

DECORATED ICE CUBES

Mint leaves, watercress, and candied fruit make very delightful decorating material for ice cubes. Simply put the decorations on the ice cubes and add just enough water to freeze them in place. There is much room here for originality.

Blocks of ice may be frozen instead of cubes by removing the grids from a tray. These blocks are sometimes found desirable for bowls of punch or other large beverage servers. They may be plain, garnished, colored, or decorated as wanted.

AN EXTRA SUPPLY OF CUBES

When more ice cubes are needed than can be frozen at one time, those which have been made may be placed in the special glass tray for storage while another lot is being frozen. If cubes are to be stored here for longer than several hours, wrap them in waxed paper.

ICE SHELLS

Ice shells for serving fruit cocktails are something new and different. These can be made either in glass custard cups or in souffle cups. Fill the cups with water. A little food coloring can be used if desired. Place a thickness of waxed paper in the freezing tray and then place the cups on the paper. This will produce more uniform freezing. Allow the water to freeze approximately $\frac{1}{4}$ inch all around. Remove the cups and pour out the water from the center. Return to freezing tray for a short time. Then remove the ice shells from the containers and place them in the glass tray beneath the freezer. A dozen or more of these shells can be frozen and stored for future use. When serving, place the shell on a doily and arrange fruit as desired. Serve immediately. (A piece of paper will prevent these shells from freezing on the glass tray, which would make them difficult to remove.)

Table of Measures

AND THEIR EQUIVALENTS

3 teaspoonfuls = 1 tablespoonful	6 tablespoonfuls = $\frac{3}{8}$ cupful
16 tablespoonfuls = 1 cupful	1 cupful = $\frac{1}{2}$ pint
4 tablespoonfuls = $\frac{1}{4}$ cupful	2 cupfuls = 1 pint
8 tablespoonfuls = $\frac{1}{2}$ cupful	4 cupfuls = 1 quart
2 pints = 1 quart	

STAPLES

2 tablespoonfuls of butter = 1 ounce	2 cupfuls of granulated sugar = 1 pound
2 cupfuls of butter = 1 pound	2 cupfuls of lard = 1 pound
4 tablespoonfuls of flour = 1 ounce	$2\frac{2}{3}$ cupfuls of cornmeal = 1 pound
4 cupfuls of flour (unsifted) = 1 pound	$2\frac{1}{2}$ cupfuls of dry navy beans = 1 pound
	2 cupfuls of rice = 1 pound

SIZES OF CANS

No. 1 can = $1\frac{1}{4}$ cupfuls	No. 1 can is used for baked beans, meats, soups, some fruits and vegetables.
No. 1 can (tall) = 2 cupfuls	
No. 2 can = $2\frac{1}{2}$ cupfuls	No. 2 can is used for beans, peas and corn.
No. $2\frac{1}{2}$ can = $3\frac{1}{2}$ cupfuls	
No. 3 can = $4\frac{1}{2}$ cupfuls	No. $2\frac{1}{2}$ can is used for tomatoes, spinach, beets and pumpkin.
No. 5 can = $7\frac{1}{2}$ cupfuls	No. 10 can is used for both fruits and vegetables.
No. 10 can = $13\frac{1}{2}$ cupfuls	

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**WHEN
BUYING FOOD
LOOK FOR
THIS SYMBOL**

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