

How to save

SUGAR

New sugar-saving recipes for the Wartime Housekeeper

Your Government has asked you to save sugar. It is vitally important to Canada's war effort.

Saving sugar need be no hardship, and the purpose of this little booklet is to tell you why.

The housewives of Canada have shown a splendid spirit and a ready willingness to do their part. They have realized that with them lies the solution of Canada's sugar problem, and by their resourcefulness and economy they have already shown their patriotism.

This booklet suggests many ways and means of co-operating with the Government. Its use will greatly simplify your meal planning and your family will enjoy many new and delightful dishes.

All recipes contained in the following pages have been prepared by cooking experts, — all have been thoroughly tested and approved under actual home conditions.

A Simple and Delightful Way to Save Sugar

The use of Crown Brand Corn Syrup, provides an excellent and delicious way to make your family sugar ration sufficient for your needs. Practical experiments by cooking experts have proven that Crown Brand Syrup may well be used to replace a substantial part of the sugar required in cooking, canning and baking.

CROWN BRAND CORN SYRUP in its process of manufacture, is made extremely easy to digest. It is rich in Maltose and Dextrose, vital food elements for strength and sturdy growth.

In addition to its value as a nourishing and wholesome food, Crown Brand Corn Syrup has a delightful flavour which will make the meals you prepare for the family more delicious than ever.

KARO, a rich golden corn syrup, can be used in the same way and in the same proportions outlined for Crown Brand Syrup. Many housewives may prefer its different and distinctive flavour.

LILY WHITE CORN SYRUP is a clear white syrup, especially recommended for use in making jellies or candies where its clear white transparency is desirable.

These suggestions and recipes will prove of real service to you in planning the family menus.

Other interesting ways to use Crown Brand Corn Syrup:

- On porridge or cereals.
- As a spread on buttered bread, toast, muffins or tea biscuits.
- With pancakes or waffles.
- As a sauce on puddings, blanc manges or other desserts.
- To sweeten milk or other beverages.
- To sweeten fresh or dried fruits.
- On ice creams or junkets.
- To glaze baked hams or meat rolls.
- As milk modifier for use in the bottle-feeding of infants.

For your convenience the recipes we present are classified in the following divisions:

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CAKES AND COOKIES

BANANA LOAF

Temp.: 350° F. Time: 1 1/4 hours

2 eggs
 3/4 cup Crown Brand Corn Syrup
 1/4 cup Mazola
 1 1/2 cups mashed bananas
 1 1/2 cup whole wheat flour
 2 cups all-purpose flour
 2 teaspoons baking powder
 1 1/2 teaspoon baking soda
 1/2 teaspoon salt
 1/4 cup sour milk

METHOD: Put eggs, CROWN BRAND SYRUP, Mazola and mashed bananas into bowl; mix thoroughly with dover beater. Add whole wheat flour and sifted dry ingredients. Add sour milk; stir lightly but do not beat. Pour into loaf pan 9" x 5" x 3" lined with waxed paper and oiled with Mazola. Bake in moderate oven.

GINGERBREAD

Temp. 350° F. Time: 45 minutes

1/2 cup shortening
 1/2 cup white sugar
 1 egg, well beaten
 2 1/2 cups pastry flour
 1 1/2 teaspoons baking soda
 1 teaspoon ginger
 1 teaspoon cinnamon
 1/2 teaspoon cloves
 1/2 teaspoon salt
 1 cup Crown Brand Corn Syrup
 1 cup hot water

METHOD: Cream together shortening and sugar; add well-beaten egg. Measure dry ingredients; sift together 3 times. Add to creamed mixture alternately with CROWN BRAND SYRUP and hot water mixed together, beating well after each addition. Bake in moderate oven in pan 8" x 12" lined with waxed paper and oiled with Mazola. Serve hot for dessert with whipped cream. Yield: 16 servings.

APPLE SAUCE CAKE

Temp.: 350° F. Time: 1 hour

1/2 cup shortening
 1/2 cup white sugar
 1/2 cup Crown Brand Corn Syrup
 2 egg yolks, unbeaten
 2 cups pastry flour
 1 teaspoon baking soda
 1/2 teaspoon salt
 1 teaspoon cinnamon
 1/2 teaspoon cloves
 1/2 teaspoon nutmeg
 1 cup thick apple sauce (unsweetened)

METHOD: Cream shortening; add sugar and CROWN BRAND SYRUP. Add egg yolks; blend well. Sift together flour, soda, salt and spices. Add to creamed mixture alternately with apple sauce. Pour into pan 8" x 8" x 2" lined with waxed paper and oiled with Mazola. Serve with sweetened apple sauce.

SPICED RAISIN LOAF

Temp.: 350° F. Time: 1 hour

1/2 cup seedless raisins
 1/2 cup brown sugar
 1/2 cup Crown Brand Corn Syrup
 1 cup boiling water
 1/2 cup Mazola
 1 teaspoon salt
 1/2 teaspoon nutmeg
 1 teaspoon cinnamon
 2 cups all-purpose flour
 1 teaspoon baking soda
 1/2 teaspoon baking powder

METHOD: Put raisins, sugar, CROWN BRAND SYRUP, water, Mazola, salt and spices into saucepan;

simmer gently for 5 minutes. Cool; add sifted dry ingredients. Mix thoroughly and pour into loaf pan 9" x 5" x 3" lined with waxed paper and oiled with Mazola. This cake is deliciously moist and can be used with or without icing.

SPICE CAKE

Temp.: 350° F. Time: 40 to 50 minutes

1/2 cup shortening
 1 cup brown sugar
 1 cup Crown Brand Corn Syrup
 1 cup hot water
 1/2 teaspoon vanilla
 3 cups all-purpose flour
 1/2 teaspoon salt
 2 teaspoons baking soda
 1 teaspoon cinnamon
 1/2 teaspoon cloves
 2 eggs, separated
 2 cups raisins, finely chopped

METHOD: Cream shortening, add 1/2 cup sugar, CROWN BRAND SYRUP, hot water and vanilla. Add sifted dry ingredients in 3 additions, beating well. Add well-beaten egg yolks and raisins. Fold in stiffly-beaten egg whites to which has been added the remaining 1/2 cup sugar. Pour into two loaf pans 9" x 5" x 3" lined with waxed paper and oiled with Mazola. Bake in moderate oven.

NOTE: We bake this cake in two pans so that one may be stored while the other is being eaten.

SPICED FRUIT LOAF

Temp.: 350° F. Time: 1 hour

3 cups all-purpose flour
 4 1/2 teaspoons baking powder
 1 teaspoon salt
 1 teaspoon cinnamon
 1/2 teaspoon mace
 1/4 teaspoon cloves
 1/2 cup currants
 1/2 cup chopped walnuts
 2 eggs, well beaten
 1 cup milk
 3/4 cup Crown Brand Corn Syrup
 1/4 cup Mazola

METHOD: Sift dry ingredients; stir in nuts and currants. Combine well-beaten eggs, milk and CROWN BRAND SYRUP. Add all at once to dry mixture; stir lightly. Add Mazola; blend. Turn into pan 14" x 5" x 3" lined with heavy paper and oiled with Mazola. Bake in moderate oven. Let stand 24 hours before slicing.

SPICED LOAF CAKE (Eggless)

Temp.: 350° F. Time: 30 minutes

1 cup sour milk
 1 cup Crown Brand Corn Syrup
 2 1/2 cups all-purpose flour
 1/2 teaspoon salt
 1 3/4 teaspoons baking soda
 2 teaspoons ginger
 1 teaspoon cinnamon
 1/2 teaspoon cloves
 1/4 cup melted shortening

METHOD: Combine sour milk and CROWN BRAND SYRUP. Sift in the dry ingredients; stir vigorously; add melted shortening. Pour into loaf pan 9" x 5" x 3" lined with waxed paper and oiled with Mazola. Bake in moderate oven.

IMPORTANT:
 ALWAYS USE STANDARD MEASURING
 CUPS AND SPOONS

ALL QUANTITIES GIVEN ARE FOR LEVEL
 MEASUREMENTS

DATE SQUARES

Temp.: 350° F. Time: 35 to 40 minutes

- 1 cup shortening
- 1/2 cup brown sugar
- 1 cup Crown Brand Corn Syrup
- 2 cups rolled oats
- 2 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1/2 cup warm water

METHOD: Cream shortening, add brown sugar and CROWN BRAND SYRUP; beat till creamy. Add rolled oats, blend well. Add sifted dry ingredients alternately with water. Press one-half the batter into pan 9" x 13" oiled with Mazola. Cover with fruit filling, spread with remaining dough over filling. Bake in moderate oven till golden brown. Cool, cut in squares. Yield: 30 to 36 pieces.

Fruit Filling

- 2 cups dates, chopped and pitted
- 3/4 cup water
- 1/2 cup Crown Brand Corn Syrup
- 1/2 cup white sugar
- 1 tablespoon lemon juice

METHOD: Mix together the dates, water, CROWN BRAND SYRUP, sugar and lemon juice, simmer gently until thick, 5 to 8 minutes. Let cool.

GOLDEN FANCIES

Temp.: 375° F. Time: 12 minutes

- 1 cup shortening
- 1/2 cup brown sugar
- 1 egg
- 1/2 cup Crown Brand Corn Syrup
- 1/2 cup hot water
- 3 cups pastry flour
- 2 teaspoons baking soda

METHOD: Cream shortening; add sugar; mix well. Add unbeaten egg; beat well. Add CROWN BRAND SYRUP and hot water. Add sifted dry ingredients in three additions, mixing well. Chill thoroughly. Take out spoonfuls of dough and roll between the palms of the hands into small round balls. Place about 2 inches apart on cookie sheet oiled with Mazola. Flatten with tines of fork. Bake in moderate oven. When cool, put together with strawberry jam. Yield: 50 sandwich cookies.

CINNAMON COOKIES

Temp. 375° F. Time: 12-15 minutes

- 1/2 cup shortening
- 1/2 cup white sugar
- 1/2 cup Crown Brand Corn Syrup
- 1 teaspoon vanilla
- 1 egg, separated
- 2 cups pastry flour
- 1 1/2 tablespoons sour cream
- 1 teaspoon cinnamon
- 2 tablespoons white sugar

METHOD: Cream shortening; gradually add 1/4 cup sugar, CROWN BRAND SYRUP and vanilla. Blend well; add unbeaten egg yolk; again blend. Add sifted flour and sour cream; mix thoroughly. Chill

well. Turn on floured board and roll to 1/8" thickness. Cut with floured cookie cutter, brush with egg white and sprinkle with mixture of cinnamon and 2 tablespoons sugar. Place on cookie sheet oiled with Mazola. Bake in fairly hot oven. Yield: about 2 dozen.

OATMEAL COOKIES

Temp.: 350° F. Time: 10-12 minutes

- 1 cup shortening
- 3/4 cup brown sugar
- 1/2 cup Crown Brand Corn Syrup
- 2 cups rolled oats
- 1 3/4 cups all-purpose flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1/2 cup milk

METHOD: Cream shortening; gradually add sugar and CROWN BRAND SYRUP. Add rolled oats; blend thoroughly with creamed mixture. Add sifted dry ingredients alternately with milk; mix well. This is a soft dough and should be well chilled before baking. When chilled, shape dough into small round balls and place about 2" apart on cookie sheet oiled with Mazola. Press flat with tines of fork. If desired, the fork may be dipped each time in Benson's or Canada Corn Starch. Bake in moderate oven. Yield: about 10 dozen small cookies, or about 7 to 8 dozen of average size. These cookies can be put together in pairs with Date Filling.

Date Filling

- 1 cup chopped dates
- 1 cup hot water
- 1/2 cup Crown Brand Corn Syrup
- 1 teaspoon lemon juice

METHOD: Mix all ingredients in saucepan. Simmer gently until smooth and thick.

PEANUT BUTTER COOKIES

Temp.: 375° F. Time: 12-15 minutes

- 1/2 cup peanut butter
- 1/2 cup shortening
- 1/2 cup Crown Brand Corn Syrup
- 1/2 cup brown sugar
- 1 egg, unbeaten
- 2 tablespoons lemon juice
- 2 tablespoons grated lemon rind
- 1 cup all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda

METHOD: Cream together, until light, the peanut butter, shortening, CROWN BRAND SYRUP and sugar. Add unbeaten egg, lemon juice and grated rind. Mix thoroughly. Stir in sifted dry ingredients; mix well. Chill dough until firm enough to handle (several hours). Form dough into small balls and place 2" apart on cookie sheet oiled with Mazola. Press flat with tines of fork. If desired, the fork may be dipped each time in Benson's or Canada Corn Starch. Bake in moderate oven. Yield: 5 dozen small cookies.

PIES

APRICOT CREAM PIE

- Baked pastry shell, 9"
- 1 3/4 cups scalded milk
- 1/2 cup Crown Brand Corn Syrup
- 4 tablespoons Benson's or Canada Corn Starch
- 1/4 teaspoon salt
- 1/4 cup cold milk
- 2 eggs, separated
- 1 tablespoon butter
- 1 teaspoon vanilla
- 6 tablespoons white sugar
- 1/4 cup mashed cooked apricots

METHOD: Scald milk in top of double boiler over boiling water; add CROWN BRAND SYRUP. Make a paste of Benson's or Canada Corn Starch, salt

and cold milk. Add to hot milk; stir and cook over boiling water till smooth and thick. Cover; continue cooking for 10 minutes, stirring occasionally. Pour a little of the starch mixture over the slightly beaten egg yolks; stir and add to hot starch mixture. Continue cooking for 3 minutes. Remove from heat; add butter and vanilla. Beat with Dover beater until creamy. Pour into baked pastry shell. Cover with meringue made by beating the white sugar into the stiffly beaten egg whites; fold in the mashed apricots. Spread the meringue on top of filled pie and brown slowly in moderate oven (325° F.).

APRICOT TARTS WITH SPICED PASTRY

Temp.: 450° F. Time: 10-12 minutes

- 2 cups pastry flour
- $\frac{1}{4}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{4}$ teaspoon ginger
- $\frac{1}{4}$ teaspoon cloves
- $\frac{1}{4}$ cup white sugar
- $\frac{2}{3}$ cup shortening
- 3 tablespoons apricot juice

METHOD: Mix and sift dry ingredients; cut in shortening. Stir in apricot juice; blend. Turn on floured board; knead slightly and chill. Roll out paste; cut in rounds and fit into tart shells. Bake in hot oven (450° F.) for 10 to 12 minutes, or until done. Cool; fill with the following filling:

Filling

- 2 tablespoons Benson's or Canada Corn Starch
- 1 cup juice from canned apricots
- $\frac{1}{2}$ cup Crown Brand Corn Syrup
- 2 tablespoons butter
- 12 apricot halves

METHOD: Make a paste of Benson's or Canada Corn Starch and 2 tablespoons apricot juice. Heat remaining apricot juice and the CROWN BRAND SYRUP to boiling. Stir in corn starch mixture; cook and stir till smooth and thick. Cover; continue cooking 10 minutes, stirring occasionally. Remove from heat; add butter; blend well with dover beater. Fill tart shells with this mixture; press an apricot half into each filled tart, having the hollow side up. Fill with slightly sweetened whipped cream. Yield: 1 dozen $2\frac{3}{4}$ -inch tarts.

BLUEBERRY PIE GLAZE

- Baked pastry shell, 9"
- 1 quart fresh blueberries
- $1\frac{1}{2}$ cups water
- $\frac{1}{2}$ cup white sugar
- $1\frac{1}{2}$ tablespoons Benson's or Canada Corn Starch
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup Crown Brand Corn Syrup
- 1 tablespoon gelatine
- $\frac{1}{4}$ cup cold water
- 2 tablespoons lemon juice

METHOD: Clean berries; cook 1 cup berries with water until soft; press through sieve. Make a paste of sugar, Benson's or Canada Corn Starch, salt, and a little of the blueberry purée. Heat the remainder to boiling with CROWN BRAND SYRUP; stir in corn starch paste. Cook and stir over low, direct heat till mixture is clear and smooth. Remove from heat; add gelatine which has been softened in cold water for 5 minutes. Cool until mixture begins to thicken; stir in whole berries and lemon juice. Pour into baked shell; chill. Serve with sweetened whipped cream.

BUTTER TARTS

Temp.: 450-350° F. Time: 25-30 minutes

- Pastry for 18 medium-sized tart tins
- 1 cup Crown Brand Corn Syrup
- $\frac{2}{3}$ cup brown sugar
- 2 eggs, slightly beaten
- $\frac{1}{4}$ cup butter
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup chopped walnuts
- $\frac{2}{3}$ teaspoon vanilla

METHOD: Line 18 medium-sized tart tins with pastry. Mix CROWN BRAND SYRUP and brown sugar together in saucepan. Cook gently over direct heat for 5 minutes; cool slightly. Pour over slightly beaten eggs, beating continuously; add remaining ingredients. Fill unbaked shells two-

thirds full; bake in hot oven (450° F.) for 10 minutes. Reduce to heat 350° F. and continue cooking for 15 to 20 minutes or until set. Yield: 18 medium-sized tarts.

CHILLED PINEAPPLE PIE

- Baked pastry shell, 9"
- 4 egg yolks, slightly beaten
- $\frac{1}{4}$ cup white sugar
- $\frac{1}{4}$ cup Crown Brand Corn Syrup
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ cup crushed canned pineapple, drained
- 1 tablespoon lemon juice
- 1 teaspoon grated lemon rind
- $\frac{1}{2}$ cup hot pineapple juice
- 4 tablespoons lemon jelly powder

METHOD: To slightly beaten egg yolks add sugar, CROWN BRAND SYRUP, salt, crushed pineapple, lemon juice and rind. Cook in top of double boiler over boiling water about 15 minutes, or until the mixture coats a silver spoon. In the meantime, add the hot pineapple juice to the jelly powder; stir well. When dissolved, add to the custard, blend and cool. Prepare the following meringue:

Meringue

- 4 egg whites, stiffly beaten
- $\frac{1}{4}$ cup white sugar
- $\frac{1}{4}$ cup Crown Brand Corn Syrup
- $\frac{1}{4}$ teaspoon cream of tartar

METHOD: Stiffly beat the egg whites; gradually beat in the sugar and CROWN BRAND SYRUP. Add cream of tartar. Fold this meringue into the custard before it begins to set. Pour the mixture into a baked, deep, 9-inch pie shell. Let set until firm. **NOTE:** The filling can be chilled quickly if the completed pie is placed on ice cubes in a shallow pan—(not in the refrigerator).

ORANGE COCOANUT PIE

- Baked pastry shell, 9"
- 1 package lemon jelly powder
- 2 cups boiling water
- $\frac{1}{4}$ cup Crown Brand Corn Syrup
- $\frac{1}{8}$ teaspoon salt
- 1 tablespoon lemon juice
- $\frac{1}{2}$ cup orange juice
- 1 tablespoon grated orange rind
- 1 cup cream (32%)
- $\frac{1}{2}$ cup shredded coconut

METHOD: Dissolve lemon jelly powder in boiling water, add CROWN BRAND SYRUP, salt, fruit juices and rind; stir well. Chill until mixture begins to set. Beat cream stiffly; fold into jelly mixture. Pour into baked crust; chill till firm enough to cut. Just before serving, sprinkle with shredded coconut.

PRUNE PIE

- Baked pastry shell, 9"
- 2 cups cooked prunes
- 1 medium-sized orange
- 2 tablespoons Benson's or Canada Corn Starch
- 1 cup juice from cooked prunes (cold)
- $\frac{1}{2}$ cup Crown Brand Corn Syrup
- $\frac{1}{4}$ teaspoon salt
- 2 tablespoons butter

METHOD: Pit prunes; cut in halves. Peel orange, removing white membrane carefully; dice. Dissolve Benson's or Canada Corn Starch in 2 tablespoons cold prune juice. Heat remaining juice to boiling over direct heat; add CROWN BRAND SYRUP and salt. Stir in dissolved starch mixture; cook over low direct heat until mixture is smooth and clear. Add prunes, orange and butter, simmer gently for 5 minutes. Pour into baked shell. Just before serving, pile lightly with slightly sweetened whipped cream.

PEACH CAKE PIE

Temp.: 450° F. for 15 minutes, 350° F. for 25 minutes

- Pastry for 9" pie shell
- 1 can peaches (18-oz.)
- $\frac{1}{4}$ cup butter
- $\frac{1}{4}$ teaspoon almond flavouring
- $\frac{1}{4}$ cup Crown Brand Corn Syrup
- $\frac{1}{4}$ cup white sugar
- 1 egg, well beaten
- 1 cup pastry flour
- 1 $\frac{1}{2}$ teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ cup milk
- 2 tablespoons corn flakes
- Whipped cream for garnish

METHOD: Line a 9-inch pie pan with plain pastry; flute on edge. Bake in hot oven (450° F.) till golden brown (about 15 minutes). Drain peaches thoroughly. Cream butter; add flavouring, CROWN BRAND SYRUP, sugar and well-beaten egg. Add sifted dry ingredients alternately with milk. Sprinkle baked crust with corn flakes, add sliced peaches. Pour over cake batter. Bake in moderate oven (350° F.) for 25 minutes, or until cake is baked. Garnish with piping of whipped cream.

PUMPKIN CHIFFON PIE

- Baked pastry shell, 9"
- 1 tablespoon gelatine
- $\frac{1}{4}$ cup cold water
- 3 eggs, separated
- 1 $\frac{1}{2}$ cups canned or cooked pumpkin
- $\frac{1}{2}$ cup Crown Brand Corn Syrup
- $\frac{1}{2}$ cup milk
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon nutmeg
- $\frac{1}{4}$ teaspoon cinnamon
- $\frac{1}{2}$ teaspoon ginger
- $\frac{1}{4}$ cup white sugar

METHOD: Soak gelatine in cold water for 5 minutes. To slightly beaten egg yolks, add pumpkin, CROWN BRAND SYRUP, milk, salt and spices. Cook and stir in top of double boiler over boiling water until thickened. Add gelatine; blend and cool. When mixture begins to set, fold in stiffly beaten egg whites (into which the sugar has been beaten). Pour into baked shell; chill. Garnish with whipped cream.

RAISIN-ORANGE PIE

Temp.: 450-350° F. Time: 40-45 minutes

- Pastry for 9" pie shell
- 2 cups seedless raisins
- $\frac{1}{2}$ cup boiling water
- $\frac{1}{2}$ cup Crown Brand Corn Syrup
- $\frac{1}{2}$ cup white sugar
- $\frac{1}{2}$ teaspoon salt
- 2 tablespoons Benson's or Canada Corn Starch
- $\frac{1}{2}$ cup orange juice
- 1 tablespoon grated orange rind
- 1 tablespoon butter

METHOD: Line a 9-inch pie plate with pastry; flute edge. Wash raisins in warm water; drain; place in saucepan with boiling water, CROWN BRAND SYRUP, sugar and salt. Heat to boiling. Make a paste of Benson's or Canada Corn Starch and 2 tablespoons orange juice; add to raisin mix-

ture. Cook and stir till thickened. Remove from heat; add remaining orange juice, rind and butter. Pour into unbaked shell; dot with pastry circles 1-inch in diameter. Bake in hot oven (450° F.) for 15 minutes; reduce heat to 350° F. and continue baking till done. NOTE: If a thicker filling is desired, increase Corn Starch from 2 to 2 $\frac{1}{2}$ level tablespoons.

RICH APPLE PIE

Temp.: 450-350° F. Time: 30-35 minutes

- Pastry for 9" pie shell
- $\frac{1}{4}$ cup white sugar
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{2}$ cup Crown Brand Corn Syrup
- 1 cup sweetened pineapple juice, canned
- 2 medium-sized apples
- 1 tablespoon Benson's or Canada Corn Starch
- 1 tablespoon cold water
- $\frac{1}{2}$ teaspoon vanilla
- 1 tablespoon butter

METHOD: Line a 9-inch pie plate with pastry. Heat to boiling over direct heat the sugar, salt, CROWN BRAND SYRUP and pineapple juice. Pare, core and quarter the apples. Cook slowly and uncovered in boiling syrup, turning apples frequently, till fruit is tender. Skim out apples and arrange in pie. Dissolve Benson's or Canada Corn Starch in cold water; add to hot liquid; stir and cook till thick. Remove from heat; add vanilla and butter; pour over apples. Cover with a criss-cross lattice work of pastry strips $\frac{1}{2}$ -inch wide. Bake in hot oven (450° F.) for 15 minutes; reduce heat and continue baking 15 to 20 minutes, or until bottom crust is cooked.

NOTE: If unsweetened pineapple juice is used, or apples are tart, add one-quarter cup sugar.

RHUBARB AND RAISIN PIE

Temp.: 450-350° F. Time: 40-45 minutes

- Pastry for double-crust 9" pie
- 2 cups rhubarb, cut in 1" pieces
- 1 cup seedless raisins
- Boiling water
- $\frac{1}{2}$ cup white sugar
- 1 tablespoon Benson's or Canada Corn Starch
- $\frac{1}{2}$ teaspoon salt
- 1 egg, slightly beaten
- $\frac{1}{2}$ cup Crown Brand Corn Syrup
- 1 teaspoon grated lemon rind
- 1 tablespoon lemon juice

METHOD: Line a 9-inch pie plate with pastry. Combine rhubarb and raisins in deep bowl; cover with boiling water. Let stand 5 minutes; drain. Mix together sugar, Benson's or Canada Corn Starch and salt. Sprinkle one-quarter of this mixture on bottom of uncooked pastry. Fill with rhubarb and raisin mixture. Slightly beat the egg, add CROWN BRAND SYRUP, lemon juice and rind, and remainder of sugar-corn starch mixture. Pour over rhubarb; cover with top crust and bake in hot oven (450° F.) for 15 minutes. Reduce heat and continue baking (25 to 30 minutes), or until rhubarb is cooked.

DESSERTS

AMBROSIA MOULD

- 1 package lemon jelly powder
- 1 cup hot water
- 1 cup cold water
- $\frac{1}{2}$ cup Crown Brand Corn Syrup
- $\frac{1}{16}$ teaspoon salt
- 1 tablespoon lemon juice
- $\frac{1}{2}$ cup orange juice
- 1 $\frac{1}{2}$ tablespoons grated orange rind

- 1 cup whipping cream (32%)
- Orange sections freed of membrane

METHOD: Dissolve jelly powder in hot water; add cold water, CROWN BRAND SYRUP, salt, fruit juices and orange rind. Chill till mixture begins to thicken. Fold in cream which has been whipped. Chill till set; garnish with orange sections. Serves 6.

APPLE CRISP

Temp.: 350° F. Time: 50-60 minutes

- 6 medium-sized apples
- 1/2 cup hot water
- 1/2 cup Crown Brand Corn Syrup
- 1 teaspoon cinnamon
- 1/2 cup white sugar
- 1/2 cup pastry flour
- 1/2 cup butter

METHOD: Pare, core and slice apples in round thin slices. Place in 1 1/2-quart casserole oiled with Mazola. Mix together water, CROWN BRAND SYRUP and cinnamon; pour over apples. Blend sugar and flour; rub in butter until crumbly in consistency. Pat this mixture on top of apples. Bake uncovered in moderate oven till apples are tender. Length of time for baking will depend somewhat on variety of apples used. Serve hot with cream. Serves 6.

APPLE PUDDING

Temp.: 400° F. Time: 25 minutes

- Tea-biscuit batter
- 2 Spy apples
- 1/2 cup brown sugar
- 1 cup hot water
- 1/2 cup Crown Brand Corn Syrup
- 1/2 teaspoon cinnamon
- 2 tablespoons butter

METHOD: Make an ordinary tea-biscuit batter. Roll dough about 1/2" thick and cut in strips about 2" wide. Pare, core and quarter the apples; roll each quarter in a strip of dough. Pinch edges together and place upright in casserole oiled with Mazola. Sprinkle dumplings with sugar; add mixture of water, CROWN BRAND SYRUP and cinnamon. Cover and bake 15 minutes in a hot oven. Remove lid, spread with softened butter, and bake, uncovered, till golden brown. Serves 6.

BAKED APPLES

Temp.: 350° F. Time: About 30 minutes

- 6 Spy apples
- 1/2 cup finely chopped walnuts or raisins
- 1 cup white sugar
- 1 cup Crown Brand Corn Syrup
- 1 cup water

METHOD: Core the apples and put in individual baking dishes, or an 8" x 8" pan oiled with Mazola. Fill centres with chopped nuts or raisins. Make a syrup of sugar, CROWN BRAND SYRUP and water; boil gently for 5 minutes. Pour syrup in and around the apples. Bake in moderate oven till tender. Four times during baking, baste with the remaining syrup so that when apples are ready, they will have a glazed finish. Serve with cream.

BAKED RAISIN PUDDING

Temp.: 350° F. Time: 45 minutes

- 1 cup Crown Brand Corn Syrup
- 1/2 cup water
- 1/2 cup butter
- 1/2 cup brown sugar
- 1 egg, well beaten
- 1 1/2 cups pastry flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup raisins
- 1/2 teaspoon vanilla

METHOD: Heat together in saucepan the CROWN BRAND SYRUP, water and 1 tablespoon of the butter; simmer gently for 5 minutes. Cream remainder of butter with brown sugar. Add well-beaten egg; beat till light. Add sifted dry ingredients, raisins and vanilla (this is a crumbly mixture). Drop spoonfuls of mixture into loaf pan 9" x 5" x 3" oiled with Mazola. Pour the hot syrup over the batter; bake, uncovered, in moderate oven for 45 minutes, or until done. Serve with or without cream. Serves 6.

BAKED RHUBARB PUFFS

Temp.: 350° F. Time: 20-25 minutes

- 1/4 cup shortening
- 1/2 teaspoon vanilla
- 1/2 cup white sugar
- 1/4 cup Crown Brand Corn Syrup
- 1 egg, well beaten
- 2 cups pastry flour
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1/4 cup milk
- 1 cup rhubarb, very finely diced

METHOD: Measure shortening, vanilla, sugar and CROWN BRAND SYRUP into a bowl; beat well. Add well-beaten egg. Add sifted dry ingredients alternately with milk. Lastly, fold in rhubarb. Oil muffin tins with Mazola and fill two-thirds full; bake in moderate oven. Remove from pan and serve hot with sauce. Yield: 12 to 16 muffins.

BUTTERSCOTCH RICE

- 1 tablespoon gelatine
- 1/4 cup cold water
- 2 tablespoons butter
- 1/2 cup Crown Brand Corn Syrup
- 1/4 to 1/2 teaspoon salt
- 1 cup milk
- 1/2 cup cooked rice
- 1/2 cup whipping cream (32%)
- 1/2 teaspoon vanilla

METHOD: Soak gelatine in cold water for 5 minutes. Melt butter in saucepan; add CROWN BRAND SYRUP; cook over low heat till brown and bubbly. Slowly add the milk, to which has been added the salt; stir till dissolved. Remove from heat; add gelatine. Chill till mixture begins to set; fold in cooked rice, stiffly beaten cream and vanilla. Pour into small ring-mould (6 1/2") or loaf pan 8" x 4" x 2 1/2" which has been oiled with Mazola. Chill. Unmould and serve with Crisp Bran Cookies. Serves 4 to 6.

NOTE: If a sweeter dessert is desired, this pudding may be served with CROWN BRAND SYRUP.

CHERRY ROLL

Temp.: 400° F. Time: 25 minutes

- 1 pint can cherries
- 1 cup boiling water
- 1/2 cup white sugar
- 1/2 cup Crown Brand Corn Syrup
- 1/2 teaspoon cinnamon
- Tea-biscuit batter
- 1 tablespoon butter

METHOD: Drain cherries and to the juice add boiling water, sugar, CROWN BRAND SYRUP and cinnamon. Simmer gently for 5 minutes. Make an ordinary tea-biscuit batter; roll into oblong shape about 1/2" thick. Sprinkle dough with cherries; roll up like jelly roll. Cut in 1 1/2" slices and place, cut side up, in casserole oiled with Mazola. Pour over hot syrup; cover and bake in hot oven for 20 minutes. Remove cover; spread with softened butter and bake, uncovered, until golden brown. Serves 6.

LEMON CHIFFON PUDDING

Temp.: 375° F. Time: 40-45 minutes

- 3 tablespoons butter
- 5 tablespoons all-purpose flour
- 1/2 cup white sugar
- 3 eggs, separated
- 1/2 cup lemon juice
- 1 cup milk
- 1/2 cup Crown Brand Corn Syrup

METHOD: Cream butter; add flour and sugar; blend well. Beat egg yolks until light; add lemon juice and milk. Combine mixtures. Beat egg whites until stiff; add CROWN BRAND SYRUP and again beat. Fold into creamed mixture. Pour into 2-quart casserole oiled with Mazola. Place casserole in ban of hot water and bake till firm and golden brown. Serves 6.

INDIAN PUDDING

Temp.: 300° F. Time: 3 hours

- 1/2 cup yellow corn-meal
- 1/2 teaspoon salt
- 1/2 teaspoon ginger
- 1/2 teaspoon cinnamon
- 3 cups milk
- 1/2 cup Crown Brand Corn Syrup
- 1/2 cup cold milk

METHOD: Mix corn-meal, salt, ginger and cinnamon in top of double boiler. Add the 3 cups milk and CROWN BRAND SYRUP. Cook over boiling water for 30 minutes, stirring occasionally. Pour the mixture into a 2-quart baking dish; bake uncovered in slow oven for 30 minutes, stirring two or three times during this baking. Pour the 1/2 cup cold milk over the pudding; bake without stirring for an additional 2 1/2 hours. Serve warm with Orange Sauce (see page 11). This is a delicious pudding when slowly cooked. Serves 4 to 6.

INDIVIDUAL RASPBERRY MUFFINS

Temp.: 375° F. Time: 25 minutes

- 1 pint jar raspberries (or a 15-oz. can)
- 1 cup pastry flour
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 egg, well beaten
- 1/4 cup Crown Brand Corn Syrup
- 2 tablespoons Mazola
- 3/8 cup milk

METHOD: Drain raspberries and save juice for sauce. Sift dry ingredients together. To the well-beaten egg add CROWN BRAND SYRUP, Mazola, milk and 1/2 cup drained raspberries. Beat well; add to the flour mixture, mixing as lightly as possible. Oil muffin pans with Mazola; fill two-thirds full of batter. Bake in moderate oven for 25 minutes, or until done. Serve hot with Raspberry Sauce. Yield: 6 large or 8 medium muffins.

Raspberry Sauce

- 2 tablespoons Benson's or Canada Corn Starch
- 1/2 cup cold water
- 1 cup raspberry juice
- 1/4 cup Crown Brand Corn Syrup
- Raspberries not used in muffins
- 1 teaspoon butter
- 2 teaspoons lemon juice

METHOD: Mix Benson's or Canada Corn Starch to a paste with 2 tablespoons of the cold water. Heat remaining water, raspberry juice and CROWN BRAND SYRUP to boiling in saucepan. Stir in dissolved corn starch. Stir and cook over low heat till clear (about 10 minutes). Remove from heat; add raspberries, butter and lemon juice. Serve hot with Raspberry Muffins.

NOTE: If a sweeter sauce is desired, add 2 to 4 tablespoons sugar.

OLD-FASHIONED RICE PUDDING

Temp.: 350° F. Time: 1 hour

- 2 cups hot milk
- 1/2 cup raisins
- 1 1/4 cups cooked rice
- 1 egg
- 1/4 teaspoon salt
- 1/8 teaspoon nutmeg
- 1/2 cup Crown Brand Corn Syrup

METHOD: Heat milk in top of double boiler. Wash raisins, cook in the milk for 15 minutes. Add cooked rice; cook 5 minutes longer. To beaten egg

add salt, nutmeg and CROWN BRAND SYRUP; add rice mixture. Stir well; pour into 1 1/2 quart casserole oiled with Mazola. Set casserole in pan of hot water and bake in moderate oven for 1 hour. Serve either hot or cold. Serves 6.

QUICK CROWN BRAND PUDDING

Temp.: 350° F. Time: 30 minutes

- 1 tablespoon shortening
- 3 tablespoons white sugar
- 1 egg, well beaten
- 1 cup pastry flour
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 1/2 cup milk
- 1/4 cup Crown Brand Corn Syrup
- 1/4 cup hot water
- 1/2 cup chopped walnuts
- 6 maraschino cherries, cut in circles.

METHOD: Cream the shortening; add sugar and well-beaten egg. Add sifted flour, salt and baking powder alternately with milk. Beat till smooth. Pour into 1 1/2-quart casserole which has been oiled with Mazola. Combine CROWN BRAND SYRUP and hot water; heat to boiling; pour over batter. Bake in moderate oven for 30 minutes or until done. While still warm, invert on platter and sprinkle with chopped nuts. Decorate with cherry rings. Serve with CROWN BRAND SYRUP. Serves 6.

STEAMED CHOCOLATE PUDDING

- 2 tablespoons shortening
- 1 egg, separated
- 1/4 cup Crown Brand Corn Syrup
- 1/2 teaspoon vanilla
- 1/2 cup hot milk
- 1/4 cup cocoa
- 1 cup pastry flour
- 1 1/2 teaspoons baking powder

METHOD: Cream the shortening; add well-beaten egg yolk, CROWN BRAND SYRUP and vanilla; blend. Pour hot milk over cocoa; mix well and add to first mixture. Add sifted dry ingredients, and lastly fold in stiffly-beaten egg white. Pour into 1-quart mould oiled with Mazola; cover tightly. Set mould on a rack in a large kettle or steamer; steam for 1 1/2 hours. Serves 6.

VELVET CREAM

- 1 tablespoon gelatine
- 3/4 cup cold water
- 1/2 cup strong hot coffee
- 1/2 cup Crown Brand Corn Syrup
- 2 cups whipping cream (32%)
- 1 tablespoon lemon juice
- 1/4 teaspoon salt
- 1 teaspoon vanilla
- 2 tablespoons white sugar
- 1 cup rich cookie crumbs

METHOD: Soak gelatine in cold water for 5 minutes; dissolve in hot coffee. Add CROWN BRAND SYRUP; stir until dissolved. Chill; when beginning to set, fold in stiffly beaten whipped cream to which has been added the lemon juice, salt, vanilla and sugar. Turn into fancy 1-quart mould which has been oiled with Mazola. Sprinkle with cookie crumbs; chill. When set, unmould and serve with Chocolate Sauce (see page 11). Serves 8 to 10.

A GOOD DESSERT—PLAIN BOILED RICE
WITH CROWN BRAND CORN SYRUP

MOISTEN SAUCEPAN WITH COLD WATER
BEFORE HEATING MILK

HOT BREADS

APPLE MUFFINS

Temp.: 400° F. Time: 25 minutes

- 2 cups all-purpose flour
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1 cup finely chopped apples
- 1 egg
- 1/4 cup Crown Brand Corn Syrup
- 1 cup milk
- 1/2 cup Mazola

METHOD: Sift dry ingredients; add apples. To well-beaten egg, add CROWN BRAND SYRUP, milk and Mazola. Add to flour mixture all at once; mix lightly. Oil muffin tins with Mazola and fill two-thirds full; bake in hot oven. Five minutes before taking from oven, brush well with melted butter. Serve hot with cream or sliced cold with butter. Yield: 12 muffins.

BRAN MUFFINS

Temp.: 375° F. Time: 20 minutes

- 1/2 cup Crown Brand Corn Syrup
- 1 egg
- 1 teaspoon salt
- 1 tablespoon Mazola
- 1 cup date filling
- 1 1/2 cups bran
- 1 cup all-purpose flour
- 1 teaspoon baking soda
- 1 cup sour milk

METHOD: Put CROWN BRAND SYRUP, egg, salt, Mazola and date filling in bowl. Beat vigorously until smooth; add bran. Add flour and baking soda sifted together. Add sour milk all at once, stirring batter as little as possible. Pour into muffin tins oiled with Mazola; let stand 3 minutes. Bake in moderate oven. Yield: 12 muffins.

Date Filling

- 1 cup chopped dates
- 1 cup water
- 1/2 cup Crown Brand Corn Syrup
- 1 teaspoon lemon juice

METHOD: Mix ingredients in saucepan. Simmer gently until smooth and thick.

BROWN GEMS

Temp.: 350° F. Time: 30 minutes

- 3 tablespoons Mazola
- 1 teaspoon cinnamon
- 1/4 teaspoon cloves
- 1/2 teaspoon ginger
- 2 tablespoons white sugar
- 3/4 cup Crown Brand Corn Syrup
- 1 egg, well beaten
- 1/2 cup milk
- 2 cups all-purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt

METHOD: Mix together in saucepan the Mazola, spices, sugar and 1/4 cup CROWN BRAND SYRUP. Heat to boiling point, stirring until smooth; cool. Add remaining CROWN BRAND SYRUP, well-beaten egg and milk, then flour, soda and salt sifted together. Pour into muffin tins oiled with Mazola. Bake in moderate oven. Yield: 12 muffins.

COFFEE DATE BREAD

Temp.: 325° F. Time: 1 hour

- 1 cup chopped dates
- 3/4 cup Crown Brand Corn Syrup
- 1/2 teaspoon salt
- 1/2 cup boiling water
- 1/2 cup cold coffee
- 1 egg, well beaten
- 2 cups all-purpose flour

- 2 teaspoons baking powder
- 1/2 cup chopped walnuts
- 1/4 cup Mazola

METHOD: Combine dates, CROWN BRAND SYRUP, salt and boiling water; cool slightly. Add coffee and well-beaten egg. Add sifted dry ingredients, nuts and Mazola. Stir lightly. Pour into loaf pan 9" x 5" x 3" lined with waxed paper and oiled with Mazola. Bake in moderate oven.

DATE AND NUT LOAF

Temp.: 325° F. Time: 1 hour

- 1 cup chopped dates
- 3/4 cup Crown Brand Corn Syrup
- 1 teaspoon salt
- 1/2 cup boiling water
- 1 egg
- 1 teaspoon vanilla
- 1 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon baking soda
- 1/2 cup chopped walnuts
- 1/4 cup Mazola

METHOD: Put dates, CROWN BRAND SYRUP and salt in bowl. Add boiling water; stir and let stand until cool. Add well-beaten egg and vanilla. Sift dry ingredients, add to date mixture, stirring as little as possible. Add nuts and Mazola. Pour into loaf pan 9" x 5" x 3" lined with waxed paper and oiled with Mazola. Let stand 20 minutes; bake in moderate oven.

GINGER CHEESE MUFFINS

Temp.: 350° F. Time: 20 minutes

- 2 cups all-purpose flour
- 3 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon ginger
- 1/2 teaspoon salt
- 1 egg
- 1/2 cup milk
- 1/2 cup Crown Brand Corn Syrup
- 1/4 cup Mazola
- 3/8 cup grated cheese

METHOD: Sift dry ingredients. To beaten egg, add milk and CROWN BRAND SYRUP. Combine the two mixtures, stirring as little as possible. Add Mazola and cheese; again blend. Oil muffin tins with Mazola. Fill two-thirds full; bake in moderate oven. Serve hot with butter. Yield: 12 muffins.

GRAHAM MUFFINS

Temp.: 375° F. Time: 20 minutes

- 1/2 cup Crown Brand Corn Syrup
- 1 egg, unbeaten
- 1 teaspoon salt
- 2 tablespoons Mazola
- 1/2 cup seedless raisins, chopped
- 1 cup graham flour
- 1 cup sour milk
- 1 cup all-purpose flour
- 1 teaspoon baking soda

METHOD: Measure CROWN BRAND SYRUP into mixing bowl; add unbeaten egg, salt and Mazola. Beat well; add raisins, graham flour and sour milk. Blend well; add sifted flour and soda. Mix; let stand 5 minutes. Pour into muffin tins oiled with Mazola. Bake in moderately hot oven. Yield: 12 large, or 18 medium-sized muffins.

ALWAYS CUT DATES AND RAISINS WITH
SCISSORS

GRAHAM RAISIN BREAD

Temp.: 375° F

Time: 1 hour

- 2 cups all-purpose flour
- 4 teaspoons baking powder
- 1½ teaspoons salt
- 1 teaspoon cinnamon
- ¼ teaspoon mace
- 1 cup graham flour
- 1 cup seedless raisins
- 1 egg
- ¼ cup Crown Brand Corn Syrup
- 1½ cups milk
- 2 tablespoons Mazola

METHOD: Sift flour, baking powder, salt and spices. Mix in graham flour and raisins. To well-beaten egg add CROWN BRAND SYRUP, milk and Mazola. Combine mixtures, stirring as little as possible. Do not beat. Pour into loaf pan 14" x 5" x 3" lined with waxed paper and oiled with Mazola. Bake in moderate oven.

JOHNNY CAKE

Temp.: 400° F.

Time: 25 minutes

- 1½ cups all-purpose flour
- ¾ cup fine cornmeal
- 4 teaspoons baking powder
- ½ teaspoon salt
- 2 eggs, well beaten
- ¾ cup milk
- ¼ cup Crown Brand Corn Syrup
- ¼ cup Mazola

METHOD: Sift dry ingredients. To well-beaten eggs add milk, CROWN BRAND SYRUP and Mazola. Combine the two mixtures; beat till smooth. Pour into pan 8" x 8" oiled with Mazola. Bake in hot oven. Serve with CROWN BRAND SYRUP. Yield: 12 servings.

ORANGE MARMALADE BREAD

Temp.: 350° F.

Time: 1 hour

- 1 cup milk
- ¼ cup Crown Brand Corn Syrup
- 2 tablespoons Mazola
- ½ cup orange marmalade
- 2½ cups all-purpose flour
- 4 teaspoons baking powder
- ¾ teaspoon salt

METHOD: Combine milk, CROWN BRAND SYRUP, Mazola and marmalade. Add to sifted dry ingredients; stir lightly until blended. Pour into loaf pan 14" x 5" x 3" lined with waxed paper and oiled with Mazola. Bake in moderate oven.

PRUNE MUFFINS

Temp.: 400° F.

Time: 25 minutes

- ¼ cup shortening
- ¼ cup Crown Brand Corn Syrup
- 1 egg, well beaten
- ¼ cup chopped cooked prunes
- 2 cups all-purpose flour
- 4 teaspoons baking powder
- 1 teaspoon salt
- ¼ teaspoon nutmeg
- ¼ cup milk

METHOD: Cream shortening thoroughly; gradually add CROWN BRAND SYRUP; blend. Add well-beaten egg and prunes; mix well. Sift dry ingredients; add alternately with milk to first mixture. Pour into muffin tins oiled with Mazola; bake in hot oven. Yield: 12 muffins.

SOUR MILK WHOLE WHEAT MUFFINS

Temp.: 425° F.

Time: About 25 minutes

- 1 cup all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ¾ teaspoon salt
- 1 cup whole wheat flour
- 1 egg
- ¼ cup Crown Brand Corn Syrup
- 1½ cups sour milk
- ¼ cup Mazola

METHOD: Sift together flour, baking powder, soda and salt; add whole wheat flour. To beaten egg add CROWN BRAND SYRUP, sour milk and Mazola. Add to dry ingredients, stirring only until blended. Pour into muffin tins oiled with Mazola; bake in hot oven. Yield: 12 muffins.

STEAMED BROWN BREAD

- ½ cup Crown Brand Corn Syrup
- 2 cups sour milk
- 1½ cups all-purpose flour
- ½ teaspoon salt
- 3 teaspoons baking powder
- 1 teaspoon baking soda
- 1½ cups whole wheat flour
- ½ cup seedless raisins

METHOD: Combine CROWN BRAND SYRUP and sour milk. Sift together all-purpose flour, salt, baking powder and soda; add whole wheat flour and raisins. Add milk mixture; mix well. Pour into three 1-lb. coffee tins lined with heavy waxed paper and oiled well with Mazola. filling tins only one-third full. Cover tightly and steam in steamer for 2½ hours. Take from steamer, remove lids and place in moderate oven (350° F.) for 15 to 20 minutes, to dry top of bread.

PRESERVING

BANANA AND PINEAPPLE JAM

- 5 to 6 bananas, forced through sieve (or mashed)
- 1 No. 2 tin crushed pineapple
- 3¾ cups sugar
- 2½ cups Crown Brand or Lily White Corn Syrup

METHOD: Mash bananas, or force through sieve. Mix thoroughly with crushed pineapple, sugar and Corn Syrup. Bring to boil and boil gently for 25 minutes, or for a longer time if a thicker jam is desired. (This is a delicious jam, and may be made inexpensively at any season of the year.) Pour into hot, sterilized glasses. Yield: 8 eight-ounce jars.

GRAPE JAM

- 4 lbs. blue grapes
- 2½ cups sugar
- 2½ cups Crown Brand or Lily White Corn Syrup

METHOD: Wash and stem grapes; weigh. Separate pulp from skins, and cook pulp gently until soft.

Press through sieve. Combine pulp and skins; cook 5 minutes. Add sugar and Corn Syrup. Simmer gently until thick (about 15 minutes). Pour into hot sterile glasses and while still warm, seal with hot paraffin. Yield: 9 eight-ounce jars.

MARMALADE

- 6 oranges, 2 lemons, 1 grapefruit (or 6 oranges, 3 lemons)
- 6 quarts cold water
- 7 cups sugar
- 6 cups Crown Brand or Lily White Corn Syrup

METHOD: Wash fruits, grate the peelings in long shreds, cut fruits it to very thin slices. Cover peelings with cold water, let stand overnight. In the morning, bring it to boiling point, cook rapidly till fruit is tender, add sliced fruits, sugar, CROWN BRAND or LILY WHITE SYRUP, heated together, cook rapidly again until mixture gives the jelly test.

PEACH JAM

- 3½ cups peaches (peeled and sliced)
- 2 cups sugar
- 2 cups Crown Brand or Lily White Corn Syrup
- ¼ cup water

METHOD: Wash, peel and slice peaches. Mix thoroughly with sugar and Corn Syrup and water, in preserving kettle. Bring to boil and boil for 30 to 40 minutes, according to the thickness of jam desired. Remove from fire and stir and skim. Pour into hot, scalded glasses and seal with hot paraffin. Yield: four 8-ounce jars.

END OF SEASON PICKLES OR PICCALILLI

- 2 qts. green tomatoes
- 1 qt. ripe tomatoes
- ½ head cabbage
- 3 green peppers
- 3 red peppers
- 3 stalks celery
- 3 large onions
- 1 peeled cucumber
- ½ cup salt
- 2 cups Crown Brand Corn Syrup
- 3 pints mild vinegar
- 1 teaspoon mustard
- 1 teaspoon paprika

METHOD: Chop vegetables; place in kettle in layers, sprinkling each layer with salt; cover and let

stand overnight. Drain and press out all the liquid. To vegetables add CROWN BRAND SYRUP, vinegar, mustard and paprika. Cook about 1 hour, or until transparent. Pour into sterile jars and seal. Yield: 4 quarts.

NOTE:—To make this recipe into Piccalilli put ingredients through food chopper instead of chopping coarsely.

TOMATO CHILI SAUCE

- 12 medium tomatoes (ripe)
- 4 medium green peppers
- 2 large onions
- 4 medium apples
- 1 cup Crown Brand Corn Syrup
- 2 cups brown sugar
- 2 cups vinegar
- 2 tablespoons salt
- 1 tablespoon ground cinnamon
- 1 teaspoon dry mustard
- 1 teaspoon celery seed
- ½ teaspoon ground cloves
- ½ teaspoon allspice
- ½-¾ teaspoon cayenne pepper

METHOD: Wash and peel tomatoes, cut in small pieces. Add green peppers chopped fine; onion peeled and chopped, and apples peeled and cut fine. Put in kettle with CROWN BRAND SYRUP, brown sugar, vinegar, salt, mustard and spices. Cook two hours over moderate heat (or until thick and transparent). Yield: 4 pints.

MISCELLANEOUS

BOILED DRESSING

- 2 eggs
- 2 tablespoons white sugar
- 1 teaspoon Benson's or Canada Corn Starch
- 1 teaspoon dry mustard
- 1 teaspoon salt
- Dash of paprika
- ¼ cup Crown Brand Corn Syrup
- 1½ cups sour cream
- ½ cup cider vinegar

METHOD: Break eggs into top of double boiler. Shake over them, sugar, corn starch, mustard, salt and paprika; add CROWN BRAND SYRUP. Beat vigorously with dover beater until there are no lumps in mixture. Add sour cream; cook in double boiler till mixture begins to thicken. Add vinegar; continue cooking for 10 minutes. Strain through sieve; store in jar. Do not cover until very cold. Yield: 1 pint.

JIFFY MAYONNAISE

(3-pint yield)

- 3 eggs, unbeaten
- 6 tablespoons Crown Brand Corn Syrup
- 1½ tablespoons salt
- 2 tablespoons dry mustard
- ½ teaspoon paprika
- ¼ cup cider vinegar
- 2¼ cups Mazola
- ¼ cup Benson's or Canada Corn Starch
- ¼ cup cold water
- 2¼ cups boiling water

METHOD: Put the eggs, CROWN BRAND SYRUP, seasonings, vinegar and Mazola in a large bowl, but do not stir. Make a paste by mixing Benson's or Canada Corn Starch with cold water, then add boiling water, stirring constantly until thick. Cook until clear (about 10 minutes). This is better done in top of double boiler, but it is not necessary. Add hot corn starch mixture to ingredients

in mixing bowl and beat with Dover beater. It thickens and combines beautifully. Yield: 3 pints.

SUGARLESS ICING (Uncooked)

- ½ cup Crown Brand Corn Syrup
- 2 egg whites
- 1 teaspoon vanilla
- Pinch of salt

METHOD: Beat egg whites with pinch of salt, until stiff but not dry; add CROWN BRAND SYRUP slowly, beating all the time. When icing stands in peaks and holds its shape, add vanilla. This icing should be made the same day the cake is to be served.

CHOCOLATE SAUCE

- ½ cup white sugar
- ½ cup Crown Brand Corn Syrup
- 1 cup water
- 3 squares (1") unsweetened chocolate
- ½ teaspoon vanilla

METHOD: Mix together sugar, CROWN BRAND SYRUP, water and grated chocolate. Cook slowly until sauce is thick. Remove from heat; add vanilla. This makes sufficient sauce for 12 servings. **NOTE:**—If a lighter sauce is desired, use 2 (1") squares unsweetened chocolate instead of 3.

ORANGE SAUCE

- 1 egg, separated
- ¼ cup Crown Brand Corn Syrup
- ½ cup orange juice
- ½ teaspoon lemon juice
- ½ teaspoon grated orange rind
- ¼ cup white sugar

METHOD: Beat egg yolk till thick and lemon-coloured; add CROWN BRAND SYRUP; blend. Add fruit juices and rind; mix well. Fold in stiffly beaten egg white to which has been added the ¼ cup of sugar.

NOTE:—This is an uncooked sauce.

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