

42

TESTED RECIPES

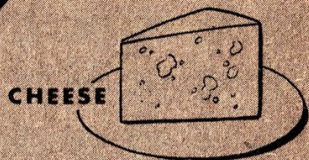
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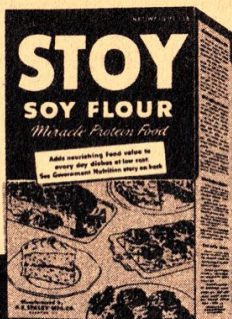
STOY

SOY FLOUR

One of the world's 5 great protein foods

STOY CONTAINS MORE PROTEIN THAN:





**For ADDING FLAVOR AND
MUSCLE-BUILDING PROTEIN
TO THE FOLLOWING FOODS—**

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Why

DOES YOUR FAMILY NEED

STOY?



Soy Flour is one of the world's five great protein foods. Meat, milk, eggs and cheese are the other four. Wartime needs, due to military and lend-lease requirements, are taking large quantities of these common protein foods. Therefore, STOY is meeting a great need for a new source of protein in the diet.

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If your family is like many others today, they need the *extra protein* that can be supplied by STOY. Protein is the *body-building* material in human food—the actual “brick-and-mortar” of bodily construction. For example—*muscles* are practically *pure protein!* Naturally, then, children could not possibly grow without protein. Adults *must* have it for body repair and maintenance of body tissue.

STOY is a *concentrated* protein food, in a flour form, that is ideal for use as an *enricher* of other foods. It is grand for soups, meats, breads, cakes, pies, puddings and many other every-day dishes.

STOY contains $2\frac{1}{2}$ times as much protein as meat itself! When you use two pounds of STOY in various recipes during the week, it is like adding 5 extra pounds of meat to your family's meals, insofar as the quantity of extra protein is concerned! STOY is also rich in the B-complex vitamins, thiamine, niacin and riboflavin.

STOY contains important amounts of the vital food-minerals, Calcium, Phosphorus and Iron, which are needed for bones, teeth, and rich red blood. A pound of STOY contains as much Calcium as four pints of milk!

So you see why STOY may be just what your family needs! The purpose of this book is to show you how easy it is to give your family STOY'S benefits.





**HOW TO GIVE YOUR MEALS
RICHER FLAVOR,
GREATER FOOD VALUE —**

WITH

STOY SOY
FLOUR

STOY Soy Flour imparts a distinctive new quality of richness and satisfying goodness to every recipe to which it is added. At first you will use STOY just for the body-building protein value it adds. But soon you will discover that STOY gives an added taste value to foods too! And you will begin to look for new ways to use STOY in preparing tasty and interesting meals for your family.

It's true that two pounds of STOY add as much protein to your family's meals as up to 5 extra pounds of meat! But what your family will appreciate most is the down-right goodness of your STOY-enriched recipes. They'll delight in the new nut-like flavor STOY adds to food. They'll enjoy the way it "sets" with them, and satisfies the appetite. For STOY-enriched foods have a way of making one feel satisfied but not "stuffed."

We're sure you will enjoy using the many fine, tested recipes in this booklet. We would suggest following them quite closely at first. Later on, of course, when you're more thoroughly familiar with the special characteristics of STOY, you may want to try it in some of your own favorite recipes.

When you start on your own, it will help to remember these points: (1) use about 25 degrees (F.) lower oven temperature in baking; (2) add a little more seasonings, spices or flavorings than called for in your recipe; and (3) always sift STOY first, then measure the two flours separately.

Use STOY often to give your family the many advantages of its extra protein, vitamins and minerals. Remember, two pounds of STOY Soy Flour will give your family as much protein as up to 5 extra pounds of lean meat! Try these tempting STOY recipes *today!*



STOY MEAT DISHES



STOY MEAT LOAF

- | | |
|---------------------------------|----------------------------------|
| $\frac{3}{4}$ pound ground beef | $\frac{1}{4}$ cup minced onion |
| $\frac{2}{3}$ pound ground veal | 2 teaspoons prepared mustard |
| $\frac{2}{3}$ pound ground pork | 2 teaspoons Worcestershire sauce |
| 1 cup Stoy | $\frac{3}{4}$ cup tomato juice |
| $2\frac{1}{2}$ teaspoons salt | $\frac{1}{2}$ cup chili sauce |
| $\frac{1}{4}$ teaspoon pepper | 2 eggs, slightly beaten |

Combine all ingredients and mix well. Pack in a greased loaf pan. Bake in a moderate oven (350°F.) for about one hour and ten minutes.

STOY CRISPY-CRUST MEAT LOAF

- | | |
|---|----------------------------------|
| 2 pounds ground meat, beef, pork and veal | 2 teaspoons prepared mustard |
| 1 cup Stoy | 2 teaspoons Worcestershire sauce |
| $2\frac{1}{2}$ teaspoons salt | $\frac{1}{2}$ cup chili sauce |
| $\frac{1}{4}$ teaspoon pepper | 1 egg, slightly beaten |
| $\frac{1}{4}$ cup minced onion | $\frac{1}{2}$ cup tomato juice |

Combine all ingredients in order given except tomato juice. Shape into a loaf and place in a greased roasting pan and bake, uncovered, in a moderate oven (350°F.) for about one hour and ten minutes. Baste with one-half of the tomato juice after the first half hour of cooking time and with the remainder at the end of one hour.

STOY LIVER DUMPLINGS

(Makes 8 Dumplings)

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|-------------------------------------|-------------------------------|
| $\frac{1}{2}$ pound fresh pork butt | 2 tablespoons chopped parsley |
| 1 pound liver (beef or pork) | 1 teaspoon salt |
| 6 slices bread | $\frac{1}{4}$ teaspoon pepper |
| $\frac{1}{4}$ cup finely cut onion | Dash nutmeg |
| $1\frac{1}{2}$ tablespoons fat | 2 eggs |
| $\frac{1}{2}$ cup Stoy | 1 bay leaf |

Cook pork in salted water for 40 minutes. In another kettle parboil liver for 10 minutes. Put both pork and liver through a food grinder. Soak bread in water, squeeze dry and also put through grinder. Cook finely cut onions in hot fat and add to ground ingredients. Add Stoy, parsley, salt, pepper, nutmeg and beaten eggs and mix well. Measure stock from pork and add sufficient water to make two cups. Place in a medium-sized kettle, add salt and bay leaf and bring to a rapid boil. Drop dumpling mixture from a tablespoon into boiling liquid. Cover and simmer for 10 minutes.

STOY VEAL PIE

(Serves 4-5)

1 pound veal	1½ cups water
¼ cup Stoy	4 small onions
1 teaspoon salt	4 small carrots, sliced
⅛ teaspoon pepper	4 medium potatoes, cut in eighths
3 tablespoons fat	1 teaspoon minced parsley
	Stoy pastry

Wipe meat with a damp cloth and cut into small cubes. Combine Stoy and seasonings. Roll meat in seasoned Stoy, covering each piece completely. Brown meat on all sides in hot fat, turning frequently to prevent scorching. Add water. Cover and simmer gently for about one hour. Add vegetables and continue cooking until meat is tender and vegetables are nearly done, about 45 minutes. Place in casserole. Top with Stoy pastry. Bake in a hot oven (400°F.) for 30 minutes.

STOY MEAT PIE

(Serves 4-5)

¼ cup Stoy	4-5 small potatoes, quartered
1 teaspoon salt	4 carrots, cut in half lengthwise
¼ teaspoon pepper	4-5 small onions
1 pound beef, cut in small cubes	4 tablespoons Stoy for gravy
2 tablespoons fat	4 tablespoons flour
Water	Stoy pastry

Season Stoy with salt and pepper. Roll meat in seasoned Stoy, taking up as much as possible. Brown well on all sides in hot fat. Cover meat with hot water, cover kettle and cook for about one hour at a simmering temperature. Add vegetables and cook for 20 minutes or until nearly done. Remove meat and vegetables to a casserole. Blend 4 tablespoons Stoy with 4 tablespoons white flour with cold water. Thicken gravy and pour over meat and vegetables.

Make Stoy meat pie pastry. Cover meat pie with the pastry. Bake in a hot oven (400°F.) for 30 minutes.

STOY MEAT PIE PASTRY

⅓ cup Stoy	½ teaspoon salt
⅔ cup enriched flour	⅓ cup shortening
	2 tablespoons ice water

Sift Stoy and enriched flour separately. Measure, and sift together with the salt. Cut in shortening. Blend in ice water lightly. Toss on a lightly floured board and knead lightly to bind together. Roll out to one-eighth inch in thickness and place over the meat and vegetables in the casserole, pressing edges firmly to casserole. Make several slashes to allow steam to escape. The trimmings from the pastry can be cut in the shape of leaves and rounds of different sizes with a pastry wheel which scallops the edges. These are placed on top of the crust to make a very attractive decoration. Bake in a hot oven (400°F.) for 30 minutes.

STOY BEEF STEW

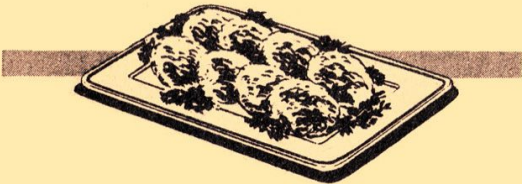
(Serves 4-5)

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|---------------------|--|
| 1 pound beef | Water |
| 1/4 cup Stoy | 4-5 small onions |
| 1 teaspoon salt | 4 small carrots, cut in half
lengthwise |
| 1/8 teaspoon pepper | 4-5 medium potatoes, quartered |
| 3 tablespoons fat | Flour for thickening |

Wipe meat with a damp cloth and cut into small uniform cubes. Combine Stoy with salt and pepper. Roll meat in seasoned Stoy, covering each piece completely. Brown meat on all sides in hot fat, turning frequently to prevent scorching. Add water to cover the meat. Cover and cook at a simmering temperature for about one hour. Add vegetables and continue cooking until meat is tender and vegetables are done, about 45 minutes. Arrange meat and vegetables attractively on platter. Prepare gravy as below.

Gravy for Beef Stew

Blend 2 tablespoons Stoy and 2 tablespoons enriched flour with one-fourth cup of water for each cup of liquid in kettle. Cook, stirring constantly until gravy thickens. Serve very hot over the stew or in a separate dish.



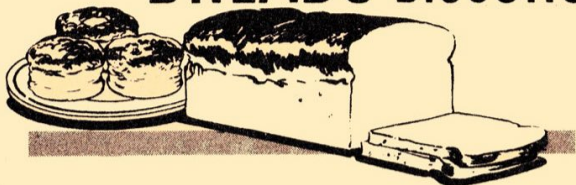
STOY MEAT PATTIES

(Makes 8 Patties)

- | | |
|----------------------------|---------------------|
| 1/2 pound ground beef | 1 teaspoon salt |
| 1/2 pound ground lean pork | 1/2 teaspoon pepper |
| 1/2 cup Stoy | 1/2 cup milk |
| 2 tablespoons fat | |

Combine all ingredients excepting fat. Mix well and form into eight patties. Cook slowly in hot fat for five to eight minutes on each side or until nicely browned for well-done patties. More or less time will be required depending on degree of doneness desired.

STOY BREADS AND BISCUITS



STOY YEAST BREAD

(2 1-pound Loaves)

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|-----------------------------------|--------------------------------|
| 1 cup milk | 1 cup water |
| 2 tablespoons sugar | 1 cake fresh or granular yeast |
| 2 teaspoons salt | 1/4 cup lukewarm water |
| 2 tablespoons shortening | 6 tablespoons Stoy |
| 5 2/3 cups enriched flour (about) | |

Scald milk. Add sugar, salt, shortening and water. Cool to lukewarm. Add yeast which has been softened in 1/4 cup lukewarm water. Sift Stoy and enriched flour separately, measure and sift together. Add gradually, mixing thoroughly until a stiff dough is formed. Turn out on lightly floured board and knead until smooth and satiny. Shape into a smooth ball. Place in greased bowl and grease top of dough lightly. Cover and let rise in a warm place (80 to 85°F.) until doubled in bulk. Punch down. Let rise again. When again double in bulk divide into two portions. Round up each portion into a smooth ball. Cover and let rest 15 minutes. Mold into loaves. Place in greased standard bread loaf pans and let rise until doubled in bulk. Bake in a moderately hot oven (375°F.) for 20 minutes, then reduce to moderate (350°F.) for 25 minutes more. Brush with melted fat, remove from pans and cool on cake rack.

HIGH STOY YEAST BREAD

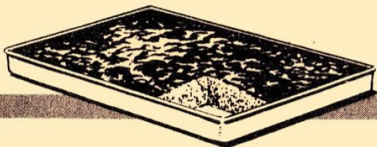
(This bread will have the nutty soy flavor because of the greater amount of Stoy.)

(2 1-pound Loaves)

- | | |
|---------------------------|--------------------------------|
| 1 cup milk | 1 cup water |
| 2 tablespoons sugar | 1 cake fresh or granular yeast |
| 2 teaspoons salt | 1/4 cup lukewarm water |
| 2 tablespoons shortening | 1 1/2 cups Stoy |
| 4 1/2 cups enriched flour | |

Scald milk. Add sugar, salt, shortening and water. Cool to lukewarm. Add yeast which has been softened in 1/4 cup lukewarm water. Sift Stoy and enriched flour separately, measure and sift together. Add gradually, mixing thoroughly until a stiff dough is formed. Turn out on a lightly floured board and knead until smooth

and satiny. Shape into a smooth ball. Place in greased bowl and grease top of dough lightly. Cover and let rise in a warm place (80 to 85°F.) until doubled in bulk, about 1 3/4 hours. Punch down. Let rise again—about 1 hour—when again about double in bulk divide into two equal portions. Round up each portion into a smooth ball. Cover and let rest 15 minutes. Mold into loaves. Place in greased standard bread loaf pans and let rise until doubled in bulk, about 1 hour. Bake in a moderately hot oven (375°F.) for 20 minutes, then reduce heat to moderate (350°F.) for 25 minutes more. Brush with melted fat, remove from pans and cool on cake rack.



STOY GINGERBREAD

- | | |
|-----------------------|---------------------|
| 1 cup Stoy | 1 teaspoon cinnamon |
| 2 cups enriched flour | 1/2 cup shortening |
| 1 1/2 teaspoons soda | 1/2 cup sugar |
| 3/4 teaspoon salt | 2 eggs, beaten |
| 1/2 teaspoon cloves | 1 cup dark molasses |
| 1 teaspoon ginger | 1 cup buttermilk |

Sift Stoy and the enriched flour separately. Measure and sift together with the soda, salt and spices. Cream shortening. Add sugar gradually and continue creaming until well blended. Add eggs and beat well. Stir in molasses. Add sifted dry ingredients alternately with the buttermilk to the creamed mixture, beating well after each addition. Pour into a well-greased 9 by 13 inch pan. Bake in a moderate oven (350°F.) 30 to 35 minutes.

STOY BISHOP'S BREAD

(Makes 1 Loaf)

- | | |
|---------------------------|--------------------------|
| 1/2 cup shortening | 1 teaspoon cinnamon |
| 3/4 cup brown sugar | 1/2 teaspoon soda |
| 1 cup Stoy | 1 teaspoon baking powder |
| 1 1/2 cups enriched flour | 1 egg, beaten |
| 1/2 teaspoon salt | 3/4 cup sour milk |

Cream shortening. Add sugar and mix well. Sift Stoy and enriched flour separately. Measure and sift together with the salt and cinnamon and add to sugar mixture. Mix well, then reserve 1/3 cup of mixture to be used for crumb topping. To the remainder add the soda, baking powder, egg and sour milk. Beat until smooth. Pour into well-greased 8-inch square pan. Sprinkle with reserved crumb mixture and press in lightly. Bake in a moderately hot oven (375°F.) for 35 minutes.



STOY REFRIGERATOR ROLLS

(Makes 18 Medium-sized Rolls)

1 cup hot water	2 tablespoons lukewarm water
1 teaspoon salt	1 egg, well-beaten
6 tablespoons shortening	$\frac{1}{4}$ cup Stoy
$\frac{1}{4}$ cup sugar	$3\frac{3}{4}$ cups enriched flour, approximately
1 cake fresh or granular yeast	

Combine hot water, salt, shortening and sugar in a large bowl. Cool to lukewarm. Add yeast softened in the lukewarm water. Add the egg. Sift Stoy and enriched flour separately and measure. Combine and add $\frac{1}{2}$ the flour mixture, beating well. Stir in enough more of the flour mixture to make a dough easily handled. Turn out onto a lightly floured board and knead for several minutes. Place ball of dough in lightly greased bowl, brush top with melted fat. Cover and store in refrigerator. Remove portion of dough as desired and shape into balls. Place in greased $2\frac{1}{4}$ -inch muffin pans or into a greased baking pan. Cover and let rise in a warm place (80 to 85°F.) until double in bulk (about $1\frac{1}{2}$ hours). Bake in hot oven (425°F.) for 12 to 15 minutes. Remove, brush with melted fat or salad oil.

STOY BAKING POWDER BISCUITS

(This recipe will give you biscuits of delightful flavor and richness, with extra protein value supplied by STOY. Because of the comparatively small amount of STOY used in these biscuits, their soy flavor will not be at all pronounced.)

(Makes 16 Biscuits)

2 tablespoons Stoy	$\frac{1}{2}$ teaspoon salt
$1\frac{7}{8}$ cups enriched flour	$\frac{1}{4}$ cup shortening
3 teaspoons baking powder	$\frac{3}{4}$ cup milk, approximately

Sift Stoy and enriched flour separately. Measure ($\frac{7}{8}$ cup is 1 cup minus 2 tablespoons) and sift together with baking powder and salt. Cut in shortening. Blend in milk. Toss onto a lightly floured board and knead lightly. Roll to about one-half inch thickness. Cut with a two-inch cutter and place on a greased baking sheet. Bake in a hot oven (450°F.) for 12 minutes.

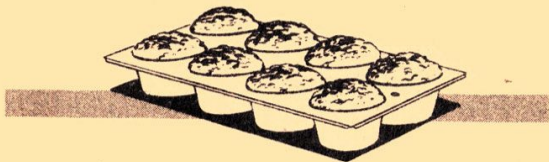
HIGH STOY BAKING POWDER BISCUITS

(This recipe provides for a greater use of Stoy, giving the biscuits the nut-like flavor of soy beans. Try them for variety.)

(Makes 16 Biscuits)

1 cup Stoy	1/2 teaspoon salt
1 cup enriched flour	6 tablespoons shortening
3 teaspoons baking powder	3/4 cup milk, approximately

Sift Stoy and enriched flour separately. Measure and sift together with remaining dry ingredients. Cut in shortening and blend in milk. Toss onto a lightly floured board and knead lightly. Roll dough to about one-half inch thickness. Cut with a two-inch biscuit cutter. Place on greased baking sheet and bake in a hot oven (450°F.) for 12 minutes.



STOY MUFFINS

(Makes 16 Muffins)

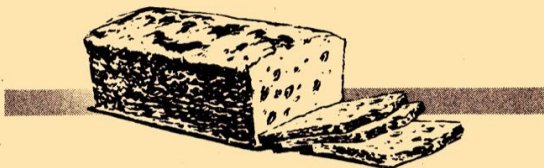
1 cup Stoy	2 tablespoons granulated sugar
1 cup enriched flour	1 egg
3/4 teaspoon salt	7/8 cup milk (1 cup less 2
2 teaspoons baking powder	tablespoons)
5 tablespoons shortening	

Sift Stoy and measure. Sift enriched flour and measure. Sift together with rest of dry ingredients. Combine lightly beaten egg, milk and melted shortening and add to dry ingredients. Blend lightly. Pour into well-greased, two-inch muffin pans and bake in hot oven (400°F.) for about 20 minutes.

STOY NUT BREAD

$\frac{2}{3}$ cup Stoy	1 teaspoon salt
$1\frac{1}{3}$ cups enriched flour	5 tablespoons shortening
$\frac{1}{2}$ cup sugar	2 eggs, well-beaten
1 teaspoon baking powder	1 cup buttermilk
$\frac{1}{2}$ teaspoon soda	$\frac{1}{2}$ cup nut meats

Sift Stoy and enriched flour separately. Measure and sift together with the sugar, baking powder, soda and salt. Cut in shortening as for pastry. Add eggs, buttermilk and nuts. Beat thoroughly and turn into a greased loaf pan. Let stand 20 minutes. Bake in a moderate oven (350°F.) for 50 minutes.



STOY CURRANT-NUT BREAD

$\frac{2}{3}$ cup Stoy	$\frac{3}{4}$ cup currants
$1\frac{1}{3}$ cups enriched flour	$\frac{1}{2}$ cup nut meats, broken
2 teaspoons baking powder	1 egg, well-beaten
$\frac{1}{2}$ teaspoon nutmeg	$\frac{3}{4}$ cup milk
$\frac{1}{2}$ teaspoon salt	1 teaspoon grated orange rind
$\frac{1}{2}$ cup sugar	1 teaspoon orange juice
2 tablespoons shortening	

Sift Stoy and the enriched flour separately. Measure and sift together with remaining dry ingredients. Cut in shortening. Add currents and nut meats. Combine well-beaten egg and milk and add to first mixture. Add orange rind and juice and mix well. Place in a well-greased loaf pan. Bake in a moderate oven (350°F.) for 50 minutes.

STOY

SOUPS



STOY CREAM OF TOMATO SOUP

(Makes 4 Cups)

2 cups cooked or canned tomatoes	1 whole clove
$1\frac{1}{2}$ teaspoons salt	$\frac{1}{4}$ teaspoon celery seed
$\frac{1}{8}$ teaspoon pepper	4 tablespoons fat
$\frac{1}{2}$ bay leaf	4 tablespoons enriched flour
1 tablespoon minced onion	4 tablespoons Stoy
	2 cups cold milk

Combine tomatoes, $\frac{1}{2}$ teaspoon of the salt, pepper, bay leaf, onion, clove, and celery seed in a saucepan. Cover, bring to a boil, reduce heat and let simmer for 10 minutes, then strain. Melt two tablespoons of the fat. Blend in two tablespoons of the enriched flour and the Stoy. Add the milk gradually, stirring until smooth. Cook, stirring occasionally until mixture thickens. Add remaining teaspoon salt. Melt remaining two tablespoons of fat, blend in remaining enriched flour. Add the strained tomato mixture and cook until thickened. Add the hot tomato mixture to the hot cream sauce a little at a time, stirring constantly. Serve at once.

STOY CREAM OF CELERY SOUP

(Makes 5 Cups)

4 tablespoons bacon or other fat	4 tablespoons enriched flour
$1\frac{1}{2}$ tablespoons minced onion	4 tablespoons Stoy
2 cups diced celery	4 cups milk
	$1\frac{1}{2}$ teaspoons salt
	Few grains pepper

Melt fat. Add onion and celery, season, and simmer until tender but not brown, about 15 minutes. Blend in enriched and Stoy flour. Add milk gradually, stirring constantly. Continue cooking, stirring constantly until soup thickens. Simmer gently for a few minutes and serve very hot. Garnish with chopped chives, parsley or paprika.

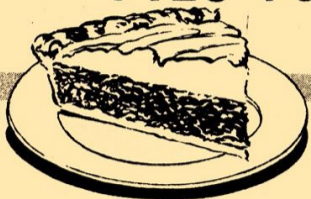
STOY CHEESE-AND-VEGETABLE SOUP

(Makes 4 Cups)

$\frac{1}{2}$ cup chopped carrots	3 tablespoons enriched flour
2 tablespoons chopped onion	$\frac{1}{4}$ cup Stoy
3 tablespoons butter or margarine	2 teaspoons salt
	$3\frac{1}{2}$ cups milk
$\frac{1}{2}$ cup grated cheese	

Cook vegetables in one-half cup of water until tender. Drain off liquid and reserve. Melt butter or margarine, blend in enriched flour and Stoy. Add salt. Blend in milk gradually. Cook, stirring constantly until mixture thickens. Add vegetables, vegetable liquid and grated cheese. Stir and cook until cheese is melted. Serve garnished with chopped parsley.

STOY PIES AND PUDDINGS



STOY PASTRY

(Makes 1 9-inch Pie Shell)

$\frac{1}{2}$ cup Stoy $\frac{3}{4}$ teaspoon salt
1 cup enriched flour $\frac{1}{2}$ cup shortening
3 tablespoons ice water

Sift Stoy and enriched flour separately. Measure and sift together with salt. Cut in shortening and blend in water. Toss on a lightly floured board and knead gently to bind together. Roll out and fit carefully into 9-inch pie plate. Tuck under outer edges of crust and crimp edges with fingers. Prick well with fork. Bake in a hot oven (400° F.) for 15 to 20 minutes. Cool on a rack. Pour in Butterscotch or other filling and top with cream, whipped, if desired.

BUTTERSCOTCH PIE

4 tablespoons sugar $1\frac{1}{2}$ cups milk
4 tablespoons Cream corn $\frac{3}{4}$ cup dark corn syrup
starch 2 egg yolks, slightly beaten
 $\frac{1}{4}$ teaspoon salt 2 tablespoons butter
1 8-inch baked pastry shell

Mix sugar, cornstarch and salt in saucepan. Combine milk and syrup and add gradually, blending well. Cook over direct heat, stirring constantly until mixture thickens. Blend a little of the hot mixture into slightly beaten egg yolks before adding them to balance of hot mixture. Continue cooking for two or three minutes. Remove from heat, add butter, cool, pour into baked pastry shell. Top with meringue or whipped cream.

STOY PIE CRUST

(Makes 1 2-crust Pie)

$\frac{2}{3}$ cup Stoy 1 teaspoon salt
 $1\frac{1}{3}$ cups enriched flour $\frac{3}{4}$ cup shortening
4 tablespoons ice water, approximately

Sift Stoy and enriched flour separately. Measure and sift together with the salt. Cut in the shortening. Add water a little at a time. Blend lightly. Toss on a lightly floured board and knead lightly to bind together. Roll out to $\frac{1}{8}$ -inch thickness.

STOY APPLE PIE

Stoy pastry for double crust pie	$\frac{1}{2}$ teaspoon cinnamon
6 cups pared, cored apple slices, $\frac{1}{4}$ " thick	$\frac{1}{4}$ teaspoon nutmeg
1 cup sugar	1 teaspoon grated lemon rind
$\frac{1}{8}$ teaspoon salt	1 tablespoon lemon juice
2 tablespoons flour	1 tablespoon butter or margarine

Line a 9-inch pie plate with half of Stoy pastry. Prepare and measure apples. Combine sugar, salt, flour, cinnamon, nutmeg, lemon rind and juice and mix with sliced apples. Place in shell. Dot with butter. Roll, fit, and seal upper crust. Bake in a hot oven (425°F.) for 15 minutes, then reduce to moderate oven (350°F.) for 30 to 35 minutes longer.

STOY CHERRY PIE

3 cups canned cherries	$\frac{1}{8}$ teaspoon salt
2 tablespoons Cream corn starch	$\frac{1}{4}$ teaspoon cinnamon
$\frac{1}{3}$ cup Stoy	2 tablespoons butter or margarine
1 cup sugar	$\frac{1}{4}$ teaspoon almond flavoring
Stoy pastry for double crust pie	

Measure fruit. Drain juice from fruit and measure into a pan. There should be one and one-fourth cups of juice. If less than this amount add water. Combine cornstarch, Stoy, sugar, salt and cinnamon and stir into juice. Cook until thickened. Remove from heat and stir in butter or margarine and almond flavoring. Add the drained fruit and pour into pastry-lined 9-inch pie pan. Roll, fit and seal upper crust. Make slits for steam to escape. Bake in a hot oven (425°F.) for 10 minutes, then reduce heat to 350°F. for 20 to 25 minutes.

STOY APPLE COBLER

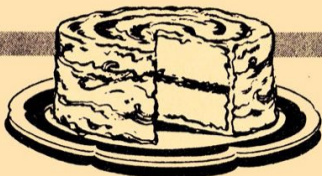
(Serves 6)

4 cups sliced apples	$\frac{1}{4}$ cup Stoy
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ cups enriched flour
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ teaspoon nutmeg	3 teaspoons baking powder
$\frac{1}{2}$ teaspoon cinnamon	2 tablespoons sugar
$\frac{1}{4}$ cup light molasses	$\frac{1}{4}$ cup shortening
1 tablespoon butter or margarine	$\frac{3}{4}$ cup milk

Pare, core, slice and measure apples. Place in a 10x6 $\frac{1}{2}$ x 2-inch baking dish. Combine sugar, salt, nutmeg and cinnamon and sprinkle over apples. Add molasses and dot with butter or margarine. Place in a hot oven (400°F.) for 25 minutes. Meanwhile, sift Stoy and the enriched flour separately. Measure and sift together with the salt, baking powder and sugar. Cut in shortening. Blend in milk to make a soft dough. Spoon dough evenly over partially cooked apples. Return to oven and bake for 20 to 25 minutes.

STOY

CAKES



STOY GOLD CAKE

(Makes 2 Layers)

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|-----------------------------|---------------------------|
| 1/2 cup butter or margarine | 1 3/4 cups cake flour |
| 1 cup granulated sugar | 2 teaspoons baking powder |
| 4 egg yolks | 1/4 teaspoon salt |
| 1/4 cup Stoy | 3/4 cups milk |
| | 1 teaspoon vanilla |

Cream butter or margarine. Blend in sugar gradually. Beat egg yolks until thick and add to creamed mixture. Mix thoroughly. Sift Stoy and the cake flour separately. Measure and sift together with the baking powder and salt. Add dry ingredients alternately with the milk and vanilla extract to the creamed mixture. Pour batter into two eight-inch layer cake pans which have been lined on the bottom with wax paper and then greased. Bake in a moderate oven (350°F.) for 25-30 minutes. Put layers together and top with any desired frosting.

STOY HONEY SPICE CAKE

(Makes 1 Loaf)

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|---------------------------|-------------------------------|
| 1 cup Stoy | 1/2 teaspoon nutmeg |
| 2 cups cake flour | 3/4 cup shortening |
| 3 teaspoons baking powder | 1/3 cup sugar |
| 1/2 teaspoon soda | 3/4 cup strained honey |
| 1/2 teaspoon salt | 2 eggs |
| 1 1/2 teaspoons cinnamon | 1/2 cup nut meats, broken |
| 1/2 teaspoon cloves | 1 cup sour milk or buttermilk |
| | 1 teaspoon vanilla |

Sift Stoy and cake flour separately and measure. Add baking powder, soda, salt, and spices and sift twice. Cream shortening until soft and light colored, add sugar gradually. Then beat in honey. Beat yolks of eggs and add. Add 1/4 cup of dry ingredients to nuts and add them to the creamed mixture. Add remainder of dry ingredients alternately with sour milk, blending well after each addition. Stir in vanilla. Beat egg whites until stiff and fold into batter. Pour into a well-greased 9x9-inch pan which has been lined on bottom with wax paper. Bake in a moderately slow oven (325°F.) for one hour and 10 minutes.

STOY SPICE CAKE

(Makes 2 8-inch Layers)

1/4 cup Stoy	1/4 teaspoon mace
1 3/4 cups enriched flour	1/2 cup shortening
2 teaspoons baking powder	1/2 cup brown sugar, firmly packed
1/2 teaspoon salt	3/4 cup dark corn syrup
3/4 teaspoon cloves	2 eggs, well-beaten
1/2 teaspoon allspice	3/4 cup milk
3/4 teaspoon nutmeg	

Sift Stoy and enriched flour separately. Measure and add baking powder, salt, and spices and sift together twice. Cream shortening until soft, then add sugar gradually, creaming well. Slowly stir in corn syrup. Add well-beaten eggs in four portions and blend each portion thoroughly with the creamed mixture. Add sifted dry ingredients alternately with milk, beating well after each addition. Pour into two well-greased 8-inch layer cake pans which have been lined on the bottom with wax paper. Bake in a moderately hot oven (375°F.) for 25 minutes. Turn out and cool on rack. Put together with any desired filling, or fill with jam, and dust with powdered sugar.



STOY ORANGE CAKE

(Makes 2 8-inch Layers)

1/2 cup Stoy	2 eggs, well-beaten
1 1/4 cups cake flour	1/3 cup milk
2 teaspoons baking powder	1/3 cup orange juice
1/2 teaspoon salt	1 teaspoon grated orange rind
1/2 cup shortening	1/2 teaspoon orange extract
3/4 cup sugar	

Sift Stoy and cake flour separately and measure. Combine, and add baking powder and salt and sift together twice. Cream shortening until soft, then add sugar gradually. Separate eggs. Beat yolks and add, blending well. Add dry ingredients alternately with liquid, adding milk first and then orange juice. Beat egg whites until stiff and fold lightly into batter. Stir in orange rind and extract. Pour batter in two 8-inch round layer cake pans which have been lined on the bottom with wax paper and then greased. Bake in a moderately slow oven (350°F.) for 30 minutes. Use orange filling between layers and cover with orange icing.



STOY BRONZE CAKE

- | | |
|---------------------------------------|-----------------------------|
| $\frac{3}{4}$ cup butter or margarine | 3 teaspoons baking powder |
| $1\frac{1}{2}$ cups brown sugar | $\frac{1}{2}$ teaspoon salt |
| $\frac{3}{4}$ cup Stoy | 1 cup milk |
| $1\frac{1}{2}$ cups cake flour | 1 teaspoon vanilla extract |
| | 4 egg whites |

Cream the butter or margarine until soft, then add the sugar gradually and cream very thoroughly. Sift Stoy and cake flour separately and measure. Add baking powder and salt and sift together twice. Add these dry ingredients alternately with the milk, beating after each addition. Stir in vanilla. Beat egg whites until stiff and fold lightly into the batter. Pour batter into two nine-inch layer cake pans which have been lined in the bottom with wax paper and then greased. Bake in a moderately slow oven (325°F.) for 30 minutes. Frost and fill with a fluffy white icing and sprinkle with nuts, if desired.

STOY VICTORY JAM CAKE

(Makes 2 9-inch Layers)

- | | |
|------------------------------------|---|
| $\frac{3}{4}$ cup Stoy | $\frac{3}{4}$ teaspoon salt |
| $1\frac{3}{4}$ cups enriched flour | $\frac{1}{2}$ cup shortening |
| 2 teaspoons baking powder | 1 cup light corn syrup |
| $\frac{1}{2}$ teaspoon soda | 3 eggs, separated |
| 1 teaspoon cinnamon | $\frac{2}{3}$ cup sour milk or buttermilk |
| $\frac{1}{2}$ teaspoon cloves | $1\frac{1}{4}$ cups strawberry preserves |
| $\frac{1}{2}$ teaspoon allspice | or jam |
| | Confectioners' sugar |

Sift enriched flour and Stoy separately, then measure. Add baking powder, soda, cinnamon, cloves, allspice and salt and sift together twice. Cream shortening, then stir in corn syrup slowly. Beat egg yolks and add in four portions. Add the sifted dry ingredients alternately with the sour milk, beating well after each addition. Lightly fold in the strawberry preserves. Beat egg whites until stiff and fold into the batter, blending until smooth. Pour batter into two 9-inch cake pans which have been lined with wax paper and then greased. Bake in a moderately slow oven (325°F.) for 35 minutes. Remove and cool on cake racks. Put together with $\frac{1}{2}$ cup additional strawberry preserves. Sprinkle the top with confectioners' sugar. The top of the cake may be spread with preserves before sprinkling with the sugar, if desired.

STOY COOKIES AND DOUGHNUTS



STOY OLD-FASHIONED MOLASSES COOKIES

(Makes 4 Dozen 2½-inch Cookies)

1 cup Stoy	1½ teaspoons ginger
2 cups enriched flour	½ teaspoon cinnamon
2 teaspoons baking powder	¾ cup melted shortening
¼ teaspoon soda	1 cup molasses
½ teaspoon salt	1 egg

Sift Stoy and the enriched flour separately. Measure and sift together with remaining dry ingredients. Combine melted shortening, molasses and beaten egg and blend well. Add sifted dry ingredients gradually, beating well after each addition. Chill dough in refrigerator for 10 to 15 minutes or until firm enough to roll. Divide dough into three portions and roll out on a lightly floured board, to one-eighth inch thickness. Cut with a cookie cutter and place on a greased cookie sheet. Bake in a moderate oven (350°F) for 10 minutes.

STOY HONEY FRUIT BARS

(Makes About 18 Bars)

¼ cup Stoy	½ cup chopped nuts
½ cup enriched flour	2 eggs
¾ teaspoon baking powder	3 tablespoons melted shortening
¼ teaspoon salt	¾ cup honey
¾ cup chopped dates	¼ cup confectioners' sugar

Sift Stoy and enriched flour separately. Measure and sift together with baking powder and salt. Add chopped dates and nuts. Beat eggs, add melted shortening and honey and blend well. Add this mixture to the dry ingredients and stir until thoroughly combined. Pour into a well-greased, eight-inch square pan and bake in a moderate oven (350°F.) for 35 minutes. Cut in strips about one inch wide and four inches long and roll in confectioners' sugar.

STOY JELLY JUMBLES

(Makes 12 2½-inch Jumbles)

½ cup Stoy	½ cup shortening
1 cup enriched flour	⅓ cup sugar
1 teaspoon baking powder	1 egg, well-beaten
¼ teaspoon salt	1 teaspoon vanilla
	½ cup jelly

Sift Stoy and enriched flour separately. Measure and sift together with the baking powder and salt. Cream shortening and sugar until light and fluffy. Add beaten egg and mix well. Stir in vanilla. Stir in dry ingredients in about three portions, blending well after each addition. Divide dough in half, roll each portion on a lightly floured board to a thickness of about ⅛-inch. Cut with a cookie cutter. Place one-half of the rounds on a greased baking sheet; place about a teaspoon of jelly on each and top with the remaining rounds. Press edges together with a fork. Bake in a moderately hot oven (375°F.) for 12 to 15 minutes.



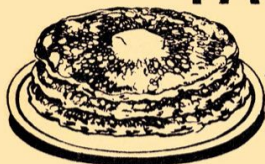
STOY DOUGHNUTS

(Makes 24 Doughnuts)

¼ cup butter or margarine	4 teaspoons baking powder
1 cup sugar	1 teaspoon salt
2 eggs	1¼ teaspoons nutmeg
1⅓ cups Stoy	¾ teaspoon cinnamon
2⅔ cups enriched flour	1 cup milk
	1 teaspoon vanilla

Cream butter or margarine. Add sugar gradually and continue creaming until light and fluffy. Beat in whole eggs. Sift Stoy and enriched flour separately and measure. Combine and add baking powder, salt, nutmeg, cinnamon and sift together. Add dry ingredients alternately with milk. Stir in vanilla. Roll dough ¼-inch thick on a lightly floured board. Cut with doughnut cutter. Fry in deep fat (365°F.) until doughnuts are brown on one side then turn and fry on second side. Drain on absorbent paper. Sugar lightly, if desired.

STOY PANCAKES AND WAFFLES

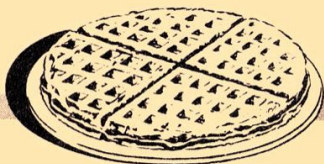


STOY PANCAKES

(Makes 12 Cakes)

1/2 cup Stoy	3 tablespoons sugar
1 cup enriched flour	1 egg
3 teaspoons baking powder	1 1/3 cups milk
3/4 teaspoon salt	3 tablespoons shortening, melted

Sift Stoy and enriched flour separately and measure. Combine, add baking powder, salt and sugar and sift again. Beat egg, add milk and melted shortening. Add dry ingredients and stir just until well combined. Drop batter from tablespoon onto a hot griddle which has been lightly greased. Spread cakes out lightly with back of spoon. Cook on one side until puffed, full of bubbles and cooked on edges. Turn and bake other side.



STOY WAFFLES

1/2 cup Stoy	1/2 teaspoon salt
1 1/4 cups enriched flour	2 eggs
3 tablespoons sugar	6 tablespoons shortening
2 teaspoons baking powder	1 2/3 cups milk

Sift Stoy and enriched flour separately, add sugar, baking powder and salt and sift again. Separate eggs and beat yolks. Add melted shortening and milk and blend. Add flour mixture, stirring only until well-blended. Beat egg whites until stiff and fold lightly into batter. Bake in a preheated waffle iron for three minutes.

STOY BEVERAGES



STOY EGG NOG

(Serves 4)

2 eggs, separated	1/2 teaspoon vanilla
4 teaspoons Stoy	8 teaspoons sugar
2 cups milk	Nutmeg

Beat egg yolks until light. Beat in Stoy, a teaspoonful at a time. Add milk slowly, beating after each addition. Add vanilla. Beat egg whites until they hold a peak. Add sugar slowly, beating constantly. Fold meringue into milk mixture and pour into glasses containing ice cubes. Top with a sprinkling of nutmeg and serve at once.

STOY MOLASSES MILK DRINK

(Serves 4)

8 teaspoons light molasses	4 cups cold milk
4 teaspoons Stoy	Nutmeg

Mix together molasses and Stoy. Add cold milk gradually, blending well. Pour into serving glasses. Top with a dash of nutmeg and serve at once.

STOY FROSTED CHOCOLATE

(Serves 4)

1/3 cup sugar	1/2 cup boiling water
4 tablespoons cocoa	2 cups milk, scalded
4 teaspoons Stoy	1/2 teaspoon vanilla
1/8 teaspoon salt	Crushed ice

Combine sugar, cocoa, Stoy and salt. Add boiling water and cook for two minutes. Remove from heat and combine with scalded milk. Add vanilla. Pour into glasses filled with crushed ice. Serve topped with whipped cream, if desired.

STOY COCOA DE LUXE

(Serves 4)

4 tablespoons cocoa	4 teaspoons Stoy
4 tablespoons sugar	1/8 teaspoon salt
2 teaspoons Cream corn starch	2 cups boiling water
	2 cups milk, scalded
	1 teaspoon vanilla extract

Mix together all dry ingredients. Add a small amount of boiling water and stir to form a paste. When smooth, add remaining water and cook, stirring constantly for three minutes. Add scalded milk and vanilla extract. Serve with sweetened whipped cream flavored with vanilla.

STOY

SOY FLOUR

WHAT GOVERNMENT AUTHORITIES SAY:

"Special committees in the Department are now developing a program for the utilization of soy products—both in kitchen recipes and in prepared foodstuffs—to take full advantage of this important protein food in the American diet. Soy products already have played a significant wartime role. Rich in valuable protein, minerals and vitamins, they are readily adaptable to large scale use as a human food to supplement meat, milk, and eggs."

UNITED STATES DEPARTMENT OF AGRICULTURE
Food Distribution Administration



