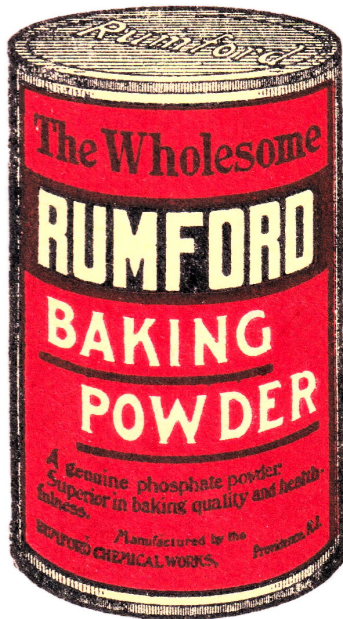


RUMFORD RECIPES

Sliding Cookbooks



Rumford Company
PROVIDENCE, R.I.

RUMFORD
Recipes
for Cake and Cookie Making
Rumford Company
Providence, R.I.
1926

RUMFORD
Recipes
for Biscuits, Muffins, Rolls, Etc.
Rumford Company
Rumford, R.I.
1929

typed from the originals
by *Jerry Stratton*

clubpadgett.com/runford

first printing
July, 2024

See *clubpadgett.com* for more vintage recipes, and *clubpadgett.com/runford*
for a facsimile of the original Rumford Recipes sliding cookbook,
downloadable copies of this book, and notes on the recipes.

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RECIPES

for CAKE and COOKIE MAKING

Brownies	1	1/4																		
Brown Sugar Macaroons																				
Drop Cakes																				
Chocolate Coconut Squares																				
Oatmeal Fruit Cookies	1	1/3																		
Lemon Cookies	1																			
Ginger Wafers	1/2																			
Jumbles	1/4																			
Hermits	2/3	1 1/4																		
Sand Tarts	1																			
Gingerbread		1 1/2																		
Sugar Cookies	1																			
Almond Squares	1																			
Date Sticks	3/4																			
Hot Milk Cake	1	1/2																		
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White Cake	1	1/2																		
Gold Cake	1	1/2																		
Fudge Cake	1	3/4																		
Sponge Cake	1																			
Nut Cake	1	1/2																		
Angel Cake	1 1/4																			
Spice Cake	1																			
Orange Layer Cake	1	1/2																		
Fruit Cake																				

- Almond flavoring
- 1/2 cup cold water
- 2 tablespoons water
- 1 cup coconut
- 1 3/4 cups oats
- 1/2 cup raisins
- 1 tablespoon milk
- 2/3 teaspoon grated lemon rind
- 2 teaspoons ginger
- 1/4 cup boiling water
- 1/4 cup lemon and orange juice mixed
- 2 tablespoons milk
- 1/2 cup raisins
- 1 teaspoon mixed spices
- 1 tablespoon shortening
- 1 1/2 teaspoons ginger
- 2 teaspoons mixed spices
- 2 tablespoons milk
- Blanched almonds
- Almond flavoring
- 1/2 cups cut-up dates
- Egg whites only
- Vanilla and Lemon Flavoring mixed
- Egg yolks only
- 1/4 cup boiling water
- Egg whites only
- 1 teaspoon cream of tartar
- 1/2 cup coffee
- 1 1/2 teaspoons mixed spices
- Grated rind
- 1 orange
- 3/4 cup coffee, 1 1/4 cups raisins
- 1 cup currants, 1/2 cup citron
- 1 1/2 teaspoons mixed spices

THE RUMFORD SLIDERS

These recipes are typed from two sliding recipe cards from the Rumford Company in 1926 and 1929. The cards slide up and down inside a sleeve with a window on the front and back. The ingredients are read on the front from a list of common ingredients, and the instructions are read on the back. It is a fascinating relic of early twentieth century food advertising, in this case baking powder. I wish I could make them available in their original sliding form.

Go to clubpadgett.com/rumford to see it in action, and to download scans of the original parts if you feel crafty enough to rebuild it.

The format has some interesting effects not present in a standard cookbook, which sadly includes this semi-reproduction. The original encourages memorizing standard methods of baking in its “General Rules”, and so over time understanding the common techniques used when specific ingredients are used together. The “General Rules” are more of a recipe instruction than the recipes themselves, which are limited by the size of the slider’s rear window.

This format also emphasizes the commonality between very different baked goods. They are the same ingredients varied only in ratio and perhaps a few special add-ons. A Sugar Cake and a Spice Cake, for example, are the same thing in different amounts. This is obvious on the sliders, less so in a book—like this one.

Oven Temperatures

The recipes don’t specify temperatures. They’re from the period when oven temperature terminology reflected where a coal or wood oven was in the heating or cooling process rather than its actual temperature. In general, use 350° as a default for cakes and cookies unless you know better. You don’t want the oven “too hot”. For biscuits and muffins use a “hot oven”, or about 400° to 450°.

A few of the recipes use old-school oven guidelines.

Cool oven:	200° or so
Very slow oven:	250°-275° or so
Slow oven:	300°-325° or so
Hot oven:	400°-425°-450° or so

RECIPES FOR CAKE AND COOKIE MAKING

RECIPES for CAKE and COOKIE MAKING

RECIPE	Cups	Cups	Cups	Cups	Squares	Teaspoons	Cups	Cups	Teaspoons	Teaspoons	Teaspoons	Cups	Ingredients
Brownies	1	1/4	2	1/4	3/4	2	1	1	1/3				
	Sugar	Milk	Eggs	Butter	Flour	Chocolate	Rumford Baking Powder	Nuts	Molasses	Flavoring	Salt	Soda	Brown Sugar
													Special

MRS. LILY H. WALLACE

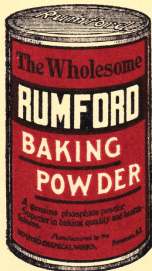
Teacher of and Lecturer on Home Economics

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RUMFORD COMPANY

PROVIDENCE, R. I.

General Rules for Cake and Cookie Making

All measures are level.

Use only best materials. Use pastry flour. Sift flour once before measuring; add leavening ingredients, spices, etc., and sift again.

Use fine granulated sugar unless some other form is specified.

Water may be used instead of milk, but the result will be different.

When using egg yolks, beat well and add, after creaming butter and sugar well. Beat egg-whites stiff, and fold in gently. When beating egg-whites, add a pinch of salt.

Prepare oven before mixing cake.

Line pans with wax paper.

Don't have oven too hot when cake first goes in. If you do, the top will crust over quickly and the center will not have time to bake.

When opening door to examine cake, close quickly and without slamming.

To ascertain whether cake is sufficiently done in center, thrust a clean straw or long, thin splinter into it. If done, there will be no dough on it when drawn out.

Let cake stand in pans from two to five minutes after removing from oven. Cakes can be removed more easily if damp cloth is laid over inverted pan when turning out.

Keep crisp cakes in a tin box, closed tight. Keep soft cakes in an earthen jar.

Lift cookies with a spatula.

When using chocolate, melt over hot water.

Butter substitute may be used in place of butter if desired.

Length of time required for baking varies, but following schedule can be used as general guide:

Cookies, 10 to 15 minutes

Layer cakes, 12 to 20 minutes

Cakes 1 ¼ inches thick, 25 to 35 minutes

Cakes 2 inches thick, 40 minutes.

Table of Weights and Measures

3 teaspoons; ½ fluid ounce; 4 fluid drams
= 1 tablespoon

16 tablespoons; 2 gills; ½ liquid pint; 8 fluid ounces
= 1 cup

1 liquid pint; 16 fluid ounces
= 2 cups

Brownies

Sugar	1	Cups
Milk	$\frac{1}{4}$	Cups
Eggs	2	
Butter	$\frac{1}{4}$	Cups
Flour	$\frac{3}{4}$	Cups
Chocolate	2	Squares
Nuts	1	Cups
Flavoring	1	Teaspoons
Salt	$\frac{1}{3}$	Teaspoons

Cream butter and sugar; add milk, eggs, flour, salt, chocolate, nuts, flavoring. Bake 15 minutes, cut in squares.

Brown Sugar Macaroons

Eggs	2	
Flour	$\frac{1}{2}$	Cups
Baking Powder	1	Teaspoons
Nuts	1	Cups
Flavoring	$\frac{1}{2}$	Teaspoons
Salt	$\frac{1}{3}$	Teaspoons
Brown Sugar	1	Cups
Special Ingredients	almond flavoring	

Beat eggs well, add sugar, flour and baking powder sifted together, salt, nuts, flavoring. Drop from teaspoons.

Drop Cakes

Eggs	1	
Butter	$\frac{1}{2}$	Cups
Flour	3	Cups
Flavoring	1	Teaspoons
Salt	$\frac{1}{3}$	Teaspoons
Soda	1	Teaspoons
Brown Sugar	$1 \frac{1}{2}$	Cups
Special Ingredients	$\frac{1}{2}$ cup cold water	

Cream sugar and butter; add egg, water, flour, soda, salt, flavoring. Drop from spoon and put raisin on top of each.

Chocolate Coconut Squares

Eggs	1	
Flour	1	Cups
Chocolate	1	Squares
Baking Powder	1	Teaspoons
Salt	1/3	Teaspoons
Brown Sugar	1	Cups
Special Ingredients		2 tablespoons water 1 cup cocoanut

Beat egg, add sugar, chocolate, dry ingredients sifted, water, cocoanut. Spread in tin. Cool oven. Cut in squares.

Oatmeal Fruit Cookies

Sugar	1	Cups
Milk	1/3	Cups
Eggs	2	
Butter	1/2	Cups
Flour	2	Cups
Baking Powder	1	Teaspoons
Nuts	1/2	Cups
Flavoring	1	Teaspoons
Salt	1/3	Teaspoons
Soda	1/2	Teaspoons
Special Ingredients		1 3/4 cups oats 1/2 cup raisins

Cream sugar and butter; add eggs, milk, flavoring, flour, baking powder, salt, soda, then oats, nuts and raisins.

Lemon Cookies

Sugar	1	Cups
Eggs	2	
Butter	1/2	Cups
Flour	2 1/2	Cups
Baking Powder	2	Teaspoons
Salt	1/3	Teaspoons
Special Ingredients		1 tablespoon milk 2/3 teaspoon grated lemon rind

Cream butter and sugar; add eggs, milk, lemon, dry ingredients sifted together. Roll and cut.

Ginger Wafers

Sugar	$\frac{1}{2}$	Cups
Eggs	1	
Butter	$\frac{1}{2}$	Cups
Flour	$3\frac{1}{4}$	Cups
Molasses	1	Cups
Salt	$\frac{1}{3}$	Teaspoons
Soda	$\frac{3}{4}$	Teaspoons
Special Ingredients	2 teaspoons ginger	
	$\frac{1}{4}$ cup boiling water	

Mix sugar, molasses, shortening (melted), add egg, soda dissolved in water, then dry ingredients. Roll thin, cut.

Jumbles

Sugar	$1\frac{1}{4}$	Cups
Eggs	3	
Butter	$\frac{3}{4}$	Cups
Flour	$3\frac{1}{2}$	Cups
Baking Powder	3	Teaspoons
Salt	$\frac{2}{3}$	Teaspoons
Special Ingredients	$\frac{1}{4}$ cup lemon and orange juice mixed	

Cream butter and sugar; add beaten eggs, add fruit juice, then sifted dry ingredients. Roll and cut.

Hermits

Sugar	$\frac{2}{3}$	Cups
Eggs	1	
Butter	$\frac{1}{3}$	Cups
Flour	$1\frac{3}{4}$	Cups
Baking Powder	2	Teaspoons
Salt	$\frac{1}{3}$	Teaspoons
Special Ingredients	2 tablespoons milk	
	$\frac{1}{4}$ cup raisins	
	1 teaspoon mixed spices	

Cream butter and sugar; add egg, milk, dry ingredients sifted, fruit floured. Roll thick and cut.

Sand Tarts

Sugar	1	Cups
Eggs	2	
Butter	1/2	Cups
Flour	2	Cups
Baking Powder	2	Teaspoons
Salt	1/3	Teaspoons

Cream butter and sugar; add eggs, then dry ingredients sifted. Roll, cut, brush with egg white, sprinkle with cinnamon and chopped almonds.

Gingerbread

Milk	1 1/2	Cups
Eggs	1	
Flour	3	Cups
Baking Powder	2	Teaspoons
Molasses	1	Cups
Salt	1/3	Teaspoons
Soda	2/3	Teaspoons
Brown Sugar	1	Cups
Special Ingredients	1	tablespoon shortening
	1 1/2	teaspoons ginger
	2	teaspoons mixed spices

Mix brown sugar, shortening, egg, molasses, add sifted dry ingredients alternately with milk. Have very slow oven.

Sugar Cookies

Sugar	1	Cups
Eggs	2	
Butter	1/2	Cups
Flour	2 1/4	Cups
Baking Powder	3	Teaspoons
Flavoring	1/2	Teaspoons
Salt	1/3	Teaspoons
Special Ingredients	2	tablespoons milk

Cream butter and sugar; add milk, eggs, flavoring, dry ingredients sifted. Roll thin and cut.

Almond Squares

Sugar	1	Cups
Eggs	1	
Butter	1	Cups
Flour	1	Cups
Flavoring	½	Teaspoons
Salt	⅓	Teaspoons
Special Ingredients	Blanched almonds Almond flavoring	

Cream sugar and butter; add egg, flavoring, flour, salt; knead, roll thick, cut, press blanched almond into each square. Slow oven.

Date Sticks

Sugar	¾	Cups
Eggs	2	
Flour	1	Cups
Baking Powder	2	Teaspoons
Nuts	1	Cups
Salt	⅓	Teaspoons
Special Ingredients	1 ½ cups cut-up dates	

Beat egg yolks with sugar, add nuts, dates, sifted dry ingredients, beaten egg whites.

Hot Milk Cake

Sugar	1	Cups
Milk	½	Cups
Eggs	2	
Butter	⅛	Cups
Flour	1	Cups
Baking Powder	1	Teaspoons
Flavoring	1	Teaspoons
Salt	⅓	Teaspoons

Beat eggs, add sugar and flavoring, dry ingredients sifted, then milk brought to boil with butter melted in it.

Delicious Cake

Sugar	1	Cups
Milk	1/2	Cups
Eggs	2	
Butter	1/2	Cups
Flour	1 1/2	Cups
Baking Powder	1 1/2	Teaspoons
Flavoring	1	Teaspoons
Salt	1/3	Teaspoons

Cream butter and sugar; add egg yolks beaten, milk, flavoring, dry ingredients sifted, stiffly beaten whites last.

White Cake

Sugar	1	Cups
Milk	1/2	Cups
Eggs	3	
Butter	1/3	Cups
Flour	1 3/4	Cups
Baking Powder	2 1/2	Teaspoons
Flavoring	1	Teaspoons
Salt	1/3	Teaspoons
Special Ingredients	Egg whites only Vanilla and Lemon Flavoring mixed	

Cream butter and sugar; add milk, flavoring, dry ingredients sifted, stiffly beaten whites last.

Gold Cake

Sugar	1	Cups
Milk	1/2	Cups
Eggs	4	
Butter	1/4	Cups
Flour	2	Cups
Baking Powder	1 1/2	Teaspoons
Flavoring	1	Teaspoons
Salt	1/3	Teaspoons
Special Ingredients	Egg yolks only	

Beat yolks and sugar, add milk, flavoring, dry ingredients sifted, butter melted.

Fudge Cake

Sugar	1	Cups
Milk	$\frac{3}{4}$	Cups
Eggs	1	
Butter	$\frac{1}{4}$	Cups
Flour	$1\frac{1}{2}$	Cups
Chocolate	2	Squares
Baking Powder	$2\frac{1}{2}$	Teaspoons
Flavoring	$1\frac{1}{2}$	Teaspoons
Salt	$\frac{1}{3}$	Teaspoons
Soda	1	Teaspoons

Special Ingredients $\frac{1}{4}$ cup boiling water

Cream butter, sugar, add egg, flavoring, milk, then flour, salt, baking powder sifted, soda dissolved in boiling water, melted chocolate last.

Sponge Cake

Sugar	1	Cups
Eggs	4	
Flour	1	Cups
Baking Powder	2	Teaspoons
Flavoring	1	Teaspoons
Salt	$\frac{1}{3}$	Teaspoons

Beat eggs well; add sugar and flavoring and beat, add dry ingredients sifted.

Nut Cake

Sugar	1	Cups
Milk	$\frac{1}{2}$	Cups
Eggs	3	
Butter	$\frac{1}{2}$	Cups
Flour	$1\frac{3}{4}$	Cups
Baking Powder	$2\frac{1}{2}$	Teaspoons
Nuts	1	Cups
Salt	$\frac{1}{3}$	Teaspoons

Cream butter and sugar, add eggs gradually, then nuts, dry ingredients sifted alternately with milk.

Angel Cake

Sugar	1 ¼	Cups
Eggs	8	
Flour	1	Cups
Flavoring	¾	Teaspoons
Salt	⅓	Teaspoons
Special Ingredients	Egg whites only 1 teaspoon cream of tartar	

Beat eggs stiff, add sugar sifted, flavoring, flour, salt and cream of tartar sifted three times.

Spice Cake

Sugar	1	Cups
Eggs	3	
Butter	½	Cups
Flour	1 ½	Cups
Baking Powder	2	Teaspoons
Salt	⅓	Teaspoons
Special Ingredients	⅓ cup coffee 1 ½ teaspoons mixed spices	

Cream butter, sugar, egg yolks, add coffee, then sifted dry ingredients, stiffly beaten whites last.

Orange Layer Cake

Sugar	1	Cups
Milk	½	Cups
Eggs	2	
Butter	¼	Cups
Flour	1 ⅔	Cups
Baking Powder	2 ½	Teaspoons
Salt	⅓	Teaspoons
Special Ingredients	Grated rind 1 orange	

Cream butter and sugar; add beaten eggs, orange rind, then milk and sifted dry ingredients alternately. Bake in layers.

Fruit Cake

Eggs	4	
Butter	1	Cups
Flour	3 1/2	Cups
Baking Powder	2	Teaspoons
Nuts	1	Cups
Molasses	1/2	Cups
Flavoring	1	Teaspoons
Salt	1/2	Teaspoons
Brown Sugar	2	Cups
Special Ingredients	2/3 cup coffee, 1 1/2 cups raisins 1 cup currants, 1/2 cup citron 1 1/2 teaspoons mixed spices	

Cream butter, sugar, add eggs, fruit, nuts, molasses, then coffee alternately with sifted dry ingredients. Very slow oven.

RECIPES FOR BISCUITS, MUFFINS, ROLLS, ETC.

RECIPES for BISCUITS, MUFFINS, ROLLS, Etc.

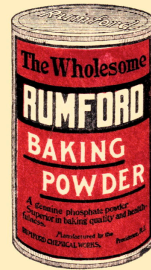
RECIPE	Cups	Teaspoons	Teaspoons	Tablespoons	Tablespoons	Number	Cups	Ingredients
1. Rumford Biscuits	2	1/2	4		2		3/4	
	Flour	Salt	Rumford Baking Powder	Sugar	Shortening	Eggs	Milk	Special

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THE RUMFORD COMPANY

RUMFORD, R. I.

(Hold Here)

General Rules for Biscuits, Muffins, Rolls, etc.

All measurements are level.

ALWAYS sift flour before measuring, then sift again with baking powder and other specified ingredients.

Use standard measuring cups for measuring both dry and liquid ingredients.

Shortening may be either cut into dry ingredients with two knives, worked in with a wire mixer, or rubbed in with tips of the fingers.

Eggs should be beaten until light. If stiffly beaten egg-whites are called for, beat these first, then set aside while beating the yolks, thus using the same eggbeater for both.

Add liquid gradually, preferably using a flexible spatula.

In mixing muffin batter be sure to *beat*, not *stir*. Stirring blends but does not make light.

Never make muffin batter too stiff. A stiff batter gives a solid muffin, the same rule holding good in the instance of biscuits.

Handle biscuit dough as little and as lightly as possible, cutting economically to avoid left-over fragments, as these when worked over are not quite as light as the first rolling.

Both biscuits and muffins require a hot oven and should be baked on the lower rack or shelf. Muffins may be baked either in iron, tin, aluminum or pyrex pans, which must be well greased, preferably with a brush, using liquid shortening. Light the oven from 7 to 10 minutes before using.

The baking pans used for corn breads, Sally Lunn, etc., must also be well greased.

Length of time required for baking varies, but following schedule can be used as general guide:

Biscuits, rolls, and small breads—12-15 minutes

Muffins, Rusks, Sally Lunn—20-25 minutes.

Breads, Tea Ring—30-40 minutes.

Table of Weights and Measures

3 teaspoons; $\frac{1}{2}$ fluid ounce; 4 fluid drams
= 1 tablespoon

16 tablespoons; 2 gills; $\frac{1}{2}$ liquid pint; 8 fluid ounces
= 1 cup

1 liquid pint; 16 fluid ounces
= 2 cups

for Biscuits, Muffins, Rolls, Etc.

Rumford Biscuits

Flour	2	Cups
Salt	1/2	Teaspoons
Baking Powder	4	Teaspoons
Shortening	2	Tablespoons
Milk	3/4	Cups
Molasses	1	Cups
Flavoring	1	Teaspoons
Salt	1/3	Teaspoons

Sift dry ingredients, work in shortening, moisten. Roll or pat out, cut.

Drop Biscuits

Flour	2	Cups
Salt	1/2	Teaspoons
Baking Powder	4	Teaspoons
Shortening	2	Tablespoons
Milk	1 scant	Cups

Sift dry ingredients, work in shortening, moisten. Drop by spoonfuls onto slightly greased pan.

Sour or Buttermilk Biscuits

Flour	2	Cups
Salt	1/2	Teaspoons
Baking Powder	4	Teaspoons
Shortening	2	Tablespoons
Milk	1/2	Cups
Special Ingredients	1/4 cup water	
	1/8 teaspoon baking soda	

Sift flour, salt, baking powder; work in shortening. Beat together with egg-beater sour milk, water, soda, and use to moisten. Roll or pat out, cut.

Maple Biscuits

Flour	2	Cups
Salt	1/2	Teaspoons
Baking Powder	4	Teaspoons
Shortening	3	Tablespoons
Milk	3/4	Cups
Special Ingredients	Melted shortening	
	Crushed maple sugar	

Sift dry ingredients, work in shortening, moisten. Divide into two portions, roll thin, brush one with melted shortening, spread thickly with maple sugar, cover with remaining dough, cut in squares.

Orange Biscuits

Flour	2	Cups
Salt	1/2	Teaspoons
Baking Powder	4	Teaspoons
Shortening	3	Tablespoons
Milk	3/4	Cups
Special Ingredients	Grated rind and juice of 1 orange Cubes of sugar	

Sift dry ingredients, work in orange rind, shortening. Moisten. Roll or pat out, cut. Dip sugar cubes in orange juice, press one down into center of each biscuit.

Honey Whole Wheat Biscuits

Flour	2	Cups
Salt	1/2	Teaspoons
Baking Powder	4	Teaspoons
Shortening	4	Tablespoons
Milk	3/4	Cups
Special Ingredients	4 tablespoons honey	

Thoroughly blend dry ingredients, work in shortening, moisten with blended honey and milk. Roll or pat out, cut.

Rumford Muffins

Flour	2	Cups
Salt	1/2	Teaspoons
Baking Powder	2	Teaspoons
Sugar	1	Tablespoons
Shortening	2	Tablespoons
Eggs	1	Number
Milk	1	Cups

Sift dry ingredients, add sugar; moisten with melted shortening, beaten egg and milk.

Rich Muffins

Flour	2 1/2	Cups
Salt	1/2	Teaspoons
Baking Powder	3	Teaspoons
Sugar	4	Tablespoons
Shortening	4	Tablespoons
Eggs	3	Number
Milk	2/3	Cups

Cream shortening and sugar, add egg-yolks, then sifted dry ingredients and milk. Fold in stiffly beaten egg-whites.

Crumb Muffins

Flour	1	Cups
Salt	1/2	Teaspoons
Baking Powder	3	Teaspoons
Shortening	2	Tablespoons
Eggs	2	Number
Milk	1 1/4	Cups
Special Ingredients	2 cups bread crumbs	

Soak crumbs in milk 15 minutes. Sift dry ingredients, add to crumbs with beaten eggs and melted shortening. Beat well.

Savory Muffins

Flour	2	Cups
Salt	1/2	Teaspoons
Baking Powder	2	Teaspoons
Shortening	2	Tablespoons
Eggs	1	Number
Milk	1	Cups
Special Ingredients	3/4 cup minced ham or tongue or 1/2 cup grated cheese	

Sift dry ingredients, moisten with beaten egg, melted shortening and milk. Stir in savory ingredient.

Berry Muffins

Flour	1 1/2	Cups
Salt	1/2	Teaspoons
Baking Powder	3	Teaspoons
Sugar	2	Tablespoons
Shortening	2	Tablespoons
Eggs	1	Number
Milk	2/3	Cups
Special Ingredients	1 cup blueberries or huckleberries	

Sift dry ingredients, add sugar, beaten egg, melted shortening and milk. Beat well, stir in berries.

Date Muffins

Flour	2	Cups
Salt	1/3	Teaspoons
Baking Powder	4	Teaspoons
Sugar	4	Tablespoons
Shortening	4	Tablespoons
Eggs	1	Number
Milk	3/4	Cups
Special Ingredients	3/4 cup stoned quartered dates	

Cream shortening and sugar; add beaten egg and dates, then sifted dry ingredients and milk. Beat thoroughly.

Corn Muffins

Flour	1	Cups
Salt	1/2	Teaspoons
Baking Powder	2	Teaspoons
Sugar	1	Tablespoons
Shortening	2	Tablespoons
Eggs	1	Number
Milk	1	Cups
Special Ingredients	1 cup cornmeal	

Sift flour, salt, baking powder; add cornmeal and sugar; moisten with melted shortening, milk and beaten egg.

for Biscuits, Muffins, Rolls, Etc.

Bran Muffins

Flour	1	Cups
Salt	1/2	Teaspoons
Baking Powder	4	Teaspoons
Shortening	2	Tablespoons
Eggs	1	Number
Milk	1	Cups
Special Ingredients	4 tablespoons molasses	
	1 1/2 cups bran	
	2/3 cup raisins, optional	

Sift flour, salt, baking powder; add bran and raisins if used; moisten with beaten egg, molasses, melted shortening and milk. Beat thoroughly.

Whole Wheat or Graham Muffins

Flour	2	Cups
Salt	1/2	Teaspoons
Baking Powder	4	Teaspoons
Sugar	3	Tablespoons
Shortening	3	Tablespoons
Eggs	2	Number
Milk	1	Cups
Special Ingredients	Use brown sugar	

Thoroughly blend flour, salt and baking powder; add sugar; moisten with melted shortening, beaten eggs and milk. Beat thoroughly.

Potato Flour Muffins

Flour	3/4	Cups
Salt	1/2	Teaspoons
Baking Powder	1	Teaspoons
Sugar	2	Tablespoons
Eggs	3	Number
Special Ingredients	4 tablespoons water	

Beat egg-yolks and sugar thoroughly; add water, then sifted dry ingredients. Fold in stiffly beaten egg-whites. Bake in greased pans in slow oven—about 25 minutes.

Rice Muffins

Flour	1	Cups
Salt	$\frac{1}{3}$	Teaspoons
Baking Powder	3	Teaspoons
Sugar	2	Tablespoons
Shortening	2	Tablespoons
Eggs	2	Number
Milk	$\frac{1}{2}$	Cups
Special Ingredients	1 cup cooked rice	

Sift dry ingredients, add rice and sugar, then beaten eggs, melted shortening and milk. Beat thoroughly.

Salad Sticks

Flour	1	Cups
Salt	$\frac{3}{4}$	Teaspoons
Baking Powder	1	Teaspoons
Shortening	2	Tablespoons
Special Ingredients	$\frac{3}{4}$ cup boiling water; $\frac{3}{4}$ cup corn meal 3 tablespoons grated cheese, optional	

Scald cornmeal, salt and shortening with water. Cover, cool. Sift and add flour and baking powder with cheese if used; knead slightly, break off small pieces, roll into sticks.

Parker House Rolls

Flour	1- $\frac{3}{4}$	Cups
Salt	$\frac{2}{3}$	Teaspoons
Baking Powder	3	Teaspoons
Shortening	2	Tablespoons
Eggs	1	Number
Milk	$\frac{1}{2}$	Cups
Special Ingredients	$\frac{1}{4}$ cup cornstarch melted shortening	

Sift dry ingredients, work in shortening, moisten with beaten egg and milk. Knead slightly, roll half-inch thick, cut into large rounds, brush with melted shortening, fold together, brushing tops also.

Corn Bread

Flour	1- ³ / ₄	Cups
Salt	1	Teaspoons
Baking Powder	4	Teaspoons
Sugar	4	Tablespoons
Shortening	4	Tablespoons
Eggs	2	Number
Milk	1	Cups
Special Ingredients	³ / ₄ cup	corn meal

Sift flour, salt, baking powder; add sugar and cornmeal; moisten with beaten eggs, milk and melted shortening. Beat thoroughly, turn into shallow greased pan.

Spoon Bread

Salt	1	Teaspoons
Baking Powder	2	Teaspoons
Shortening	2	Tablespoons
Eggs	2	Number
Milk	1- ¹ / ₂	Cups
Special Ingredients	1 cup	boiling water
	² / ₃ cup	cornmeal
	¹ / ₄ cup	cooked rice

Pour water over cornmeal and salt, add shortening, cool; add rice, baking powder, beaten eggs and milk. Beat well, turn into shallow greased pan. Serve from baking dish with spoon.

Scones

Flour	2	Cups
Salt	² / ₃	Teaspoons
Baking Powder	4	Teaspoons
Sugar	2	Tablespoons
Shortening	3	Tablespoons
Eggs	1	Number
Milk	² / ₃	Cups

Sift dry ingredients, add sugar if used; work in shortening, mix with beaten egg and milk. Divide into two portions (rounds), roll ³/₄ inch thick, cut into quarters, brush tops with beaten egg.

Rumford Recipes

Sally Lunn

Flour	3	Cups
Salt	1/2	Teaspoons
Baking Powder	4	Teaspoons
Sugar	5	Tablespoons
Shortening	2	Tablespoons
Eggs	2	Number
Milk	1	Cups

Special Ingredients 1/4 teaspoon grated nutmeg

Cream shortening and sugar; add beaten eggs, then sifted dry ingredients alternately with milk.

Rusks

Flour	2-1/2	Cups
Salt	1/2	Teaspoons
Baking Powder	4	Teaspoons
Sugar	2	Tablespoons
Shortening	2	Tablespoons
Eggs	1	Number
Milk	2/3	Cups

Special Ingredients 1/2 teaspoon ground cinnamon

Slight grating nutmeg

Sift dry ingredients, add sugar, moisten with beaten egg, melted shortening and milk; knead slightly, form into rolls, place close together on greased baking pan; let stand 10 minutes, brush with milk, sprinkle with sugar.

Rumford Tea Ring

Flour	3	Cups
Salt	1	Teaspoons
Baking Powder	6	Teaspoons
Sugar	1/2 cup	Tablespoons
Shortening	4	Tablespoons
Eggs	2	Number
Milk	7/8	Cups

Special Ingredients 1 cup halved raisins

2 tablespoons chopped nuts

Sift dry ingredients, work in shortening, add sugar and raisins, moisten with beaten eggs and milk. Roll with hands into two long strips, twist and join ends to form ring. Brush with milk, sprinkle with nuts.

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MRS. LILY H. WALLACE

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