

# BETTER COOKED FOODS

...By... ZORADA Z. TITUS

Food Economist

SERIES OF RECIPES especially compiled and tested on Coleman Instant-Gas Stoves. Their purpose is—

- (1) To show the wide range of cooking to which the Coleman is adapted.
- (2) To show how the Coleman supplies modern gas service for every cooking need for any home anywhere.
- (3) To show how it cooks foods so that they retain their natural, delicious flavors—makes it possible for you to place on your table BETTER COOKED FOODS.

Price 25¢

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### The Oleman Lamp and Stove Ompany

General Offices: Wichita, Kansas, U.S.A.

Sales Branches: Philadelphia, Chicago, Los Angeles Factories: Wichita, Kansas and Toronto, Canada

Form A225. Printed in U.S.A.

### A Booklet for Home Makers



N THE PREPARATION OF THIS BOOKLET, Miss Zorada Z. Titus, the author, gives to the home-makers of America her years of practical experience in a helpful and understandable way. It is the sincere hope of Miss Titus and The Coleman Lamp and Stove Company that this booklet will aid you in that every-day task of every housewife . . . the economical preparation of appetizing, nutritious and healthful meals. Every recipe contained in this book is a special tested recipe . . . . prepared and tested personally by Miss Titus on a Coleman Instant-Gas Stove.

Miss Titus is director of *The Household Searchlight*, the national testing service of *The Household Magazine*, and is recognized as one of the country's foremost food authorities. She has attained a splendid reputation through her thorough knowledge of foods, cooking and nutrition. She was reared in the Central West and is thoroughly familiar with the cooking conditions and cooking needs of the modern American home.

Miss Titus is a graduate of Kansas State College and holds a Master's Degree in Nutrition from Iowa State College. Before her appointment to her present position Miss Titus was a home economics consultant and contributor to The Household Magazine, McCalls and The American Home, and lectured extensively. Previous to that, she was for five years food and equipment specialist at The Household Searchlight.



## Setter Cooked Foods the Coleman Way

Today's homemaker is alert to every development in equipment which will add to the ease of performing routine household tasks. The Coleman Instant-Gas Range in its convenience and compactness offers her concrete help in preparing better cooked foods for her family.

There are three essentials in preparing better foods. First a well balanced recipe; second some skill on the part of the one preparing it; and third and by no means least a stove adequate in every respect for cooking purposes. The Coleman Instant-Gas Range shows a striking advancement in stoves using liquid fuels, and will meet every cooking need of the homemaker. She will have the assurance that the food she is preparing will be better food because her range is constructed in such a manner as to give results in the quickest, easiest, and most dependable manner.

The Coleman Instant-Gas Range is just what its name implies. You light a match, open a valve, and you have immediately an intensely hot, clean, blue flame ready for cooking.

An attractive appearance, while not as vital as efficient operation, has an intangible value which is hard to estimate. The soft colorings used in the finish of the Coleman Instant-Gas Range together with its attractive modern design bring a beauty to your kitchen that will harmonize with the other kitchen furnishings and will contribute to the pleasure of using the stove.

The utensil compartments, which are located beneath the burner surface of the DeLuxe type of range, provide added and convenient storage space for frying pans, small sauce pans, and other cooking utensils. This additional storage space is of special value in the small kitchen.

The DeLuxe model of the Coleman Instant-Gas Range has a smooth flat top of convenient height which helps to solve the problem of adequate working surface. The table top completely covers the burner surface and protects it from dust. When raised, it provides a splasher back and protects the wall directly behind the stove.

The built-in tank, with its concealed pump and Dial-Type Instant-Gas Carburetor Valve, is designed for convenience and safety in use. The well insulated oven which conserves the flavors of the foods which are cooked in it is a highly important and contributing factor to better cooked foods.

### Care and Operation of the Coleman Instant-Gas Range

The clean, intensely hot flame, instantly available and readily controlled, makes for ease of operation and satisfactory results. Foods can be prepared quickly because there is no slow heat, no waiting for the flame to reach its maximum height. When the directions for lighting are followed carefully, no difficulty is experienced with a yellow flame, or with utensils becoming blackened with smoke; consequently the need of scouring cooking utensils is reduced to a minimum.

Keep surface and oven burners clean. This can be accomplished by washing with soap and water. Carefully follow operating directions.

### Economy of Operation

The Coleman Instant-Gas Range is remarkably efficient in heating and in its economical use of fuel. But with any stove, regardless of type used the cost of operation is affected appreciably by the regulation of the burners. For greatest economy in operation, lower the flame as soon as possible after the foods begin to boil. Rapid boiling does not decrease the cooking period, and may result in the texture of the food becoming broken and unsightly. With care in planning menus, and in use of cooking utensils, meals can be cooked for a family of four at an average cost of less than 2 cents.



### Recipes for Better Cooked Foods

The recipes in this booklet are based on level measurements and on quantities for six servings. No attempt has been made to cover all of the food classifications. An effort has been made, however, to show the wide range of cooking to which the Coleman Instant-Gas Range is adapted, and to include those recipes which will be of value in helping each home-maker enjoy her Coleman Range to the fullest extent in the preparation of Better Cooked Foods.

### SURFACE COOKING



THE SURFACE BURNERS of the Coleman Instant-Gas Range are well suited to the methods of cookery ordinarily carried out on the top of a stove. The surface of the stove is roomy. There is a space for all of the utensils used in preparing the foods for the average meal.

The Master Burner is sufficiently large to provide adequate heat for the largest container which will be used on the stove. Two full size burners, and a simmering burner, provide the varying degrees of heat needed for surface cookery. All of the burners are easily and quickly regulated.

### Types of Food Cooked on Surface of Stove

Foods may be boiled, stewed, simmered, fried or sauted, steamed, deep fat fried, and braised on the surface burners. Foods may be cooked also in a waterless cooker or pressure cooker.

Boiling is cooking in water or other liquid, which reaches a temperature of 212° Fahrenheit at sea level.

Stewing is cooking by a slow boiling process.

Simmering is cooking just below boiling temperature.

Frying or sautéing is cooking in a small quantity of hot fat.

Deep fat frying is cooking rapidly in a large quantity of hot fat.

Steaming is cooking in the presence of steam.

Pan Broiling is cooking in a very hot slightly oiled frying pan. The food should be turned frequently during the cooking process.

Braising is cooking food which has first been seared in hot fat, in slow moist heat.

Waterless cookery is cooking without water, or in a small quantity.

Pressure cookery is cooking food in steam under pressure.

### Economy of Surface Cookery

Regulate the flame carefully—decrease the heat as soon as the food reaches the desired cooking temperature.

Use combination cookers with inset pans which make possible the preparation of an entire meal over one low flame.

Use utensils with straight sides and flat bottoms. The sets of duplicate and triplicate pans, which can be used over one burner are of value in effecting economy in meal preparation.

Utilize the flame from the oven generator as an auxiliary burner. This can be used to heat a teakettle filled with water, or to keep food simmering.

### OVEN COOKED FOODS

THE flavor saving qualities of the oven of the Coleman Instant-Gas Range result in a greater appetite appeal for those foods cooked in it. The oven is roomy and sufficiently large to accommodate a large roaster. The shelves are removable and can be adjusted to provide space for utensils of varying depth. The oven of the DeLuxe Range is lined with porcelain enamel which prevents rust formation.

Types of Utensils for Oven Cooked Foods

Utensils with straight sides, flat bottoms and tightly fitting flat covers contribute toward the efficient use of the oven. Utensils of this type fit closely together; one may be used on top of another if space is limited. The close fitting covers prevent the escape of steam when moist heat is required for the cooking process.

Types of Foods Cooked in the Oven

Practically all foods, in addition to those which are baked, and except those which are broiled, or which require constant stirring, can be cooked in the oven. Meats, vegetables, fruits, and fish can be cooked in covered containers with the addition of little or no water.

Care of the Oven of the Coleman Instant-Gas Range

The smooth porcelain enamel lining of the oven of the Coleman DeLuxe Instant-Gas Range is easy to keep clean. Wash with warm soapy water. Rinse with clear water. If food particles burn on sides or bottom of oven, rub with fine steel wool or a mild scouring powder.

Regulation of Oven Temperature

A large burner directly beneath the oven floor provides adequate heat for foods requiring the high temperature of 500° to 600° Fahrenheit. The oven

burner has a sufficiently sensitive adjustment to make possible also the cookery of foods which require a temperature as low as 250° to 275° Fahrenheit.

In oven canning, a low temperature is required for the processing period, yet the temperature must be sufficiently high to keep the food in the sealed containers boiling. Detailed directions for oven canning are given under "Canning and Preserving." In oven canning, the oven is preheated to 325° Fahrenheit and the foods processed at 275° Fahrenheit.

In adjusting the flame for foods which are cooked at a low temperature, it is necessary to make certain it has not been lowered beyond the desired point. This is particularly true of temperature in the lower range.



### Economical Use of the Oven

For the most economical use of the oven, plan to fill the oven to capacity each time it is used. Foods for more than one meal can be prepared and baked at one time, with little greater cost than if the oven were only partially filled. This requires careful planning of menus. The main point to keep in mind is to prepare foods which can be cooked at approximately the same temperature.

If breads, layer cake, or pastry are being baked they may nearly fill the oven in its entirety. If a loaf cake is being baked, other foods which require a temperature of approximately 375° Fahrenheit may be baked at the same time.

Economy of fuel can be effected also if a baked dinner is planned when the broiling oven is to be used for cooking steak, fish, ham, or other foods, which are to be broiled.

The oven of the Coleman DeLuxe Instant-Gas Range is insulated with rock wool. This prevents radiation of heat, and results in a cooler kitchen, and greater comfort for the housewife. It results also in an economy of fuel, as the flame may be extinguished from 5 to 10 minutes before the cooking period is ended, and the cooking process completed on stored heat.

The uniform heating of the well insulated oven of the Coleman Instant-Gas Range enables the homemaker to save fuel in her baking operations. This can be demonstrated by baking biscuits without first preheating the oven. To test this feature prepare either drop or roll biscuits from the recipes given in this booklet, or from your own favorite recipe.

Place the biscuits on a well-oiled baking sheet. Place shelf on the second shelf support. Place baking sheet on the shelf. Light oven. Turn to high flame. You will find that your biscuits are baked in about 15 minutes, nearly as quickly, as they would have baked had you preheated the oven and at much less cost of fuel.



### **BROILING**



BROILING is the term applied to the rapid cookery of foods by high dry heat. There are two types of broiling; pan broiling and oven broiling.

In pan broiling, the food is placed in a frying pan which has been slightly oiled and heated to a high temperature. In oven broiling, the food is placed on a rack directly beneath the flame of the broiler oven.

The quick high heat of the surface burners and that of the equally efficient oven burner of the Coleman Instant-Gas Range insures broiled foods of satisfactory quality by either method.

Unless the term pan broiled is used, it is usually inferred that a broiled food has been cooked in the broiling oven.

### Foods Suitable for Broiling

Broiled foods should be tender and

juicy and of a nature to be cooked to perfection by high, dry heat.

Only the more tender cuts of meat, fish, young poultry, and game birds should be broiled. Chops of veal, pork, or lamb, and the tender porterhouse and sirloin steaks, are delicious cooked in this manner.

### How to Use Broiling Oven of the Coleman Instant-Gas Range

Light oven burner. Heat oven to 500° Fahrenheit. Open door of broiling oven. Pull out broiler. Place broiler pan on highest pan support directly beneath the flame.

Pour ¼ cup water into broiler pan. This will prevent the grease which drops into pan from smoking. Rub broiler with a small piece of fat cut from the meat. Wipe meat with a clean damp cloth. Place on broiler.

Push broiler back into oven, and close door. Sear meat on one side. Cook until puffy and well browned. Turn. Sear. Cook until puffy and well browned.

Avoid piercing meat with fork while turning it. This would allow the juices to escape, and the meat would lose flavor.

Season generously with salt, pepper, and butter. Garnish with lemon or with vegetables prepared in an attractive manner. Serve at once.

Care of the Broiling Oven

After the oven has been used, cool to room temperature. Wash thoroughly with warm soapy water. Use a fine steel wool to remove particles of burned food.

### **CANNING and PRESERVING**



THE roomy surface of the Coleman Instant-Gas Range with its easily and instantly regulated burners and the large and well insulated oven with its accurate temperature indicator contribute to the ease of obtaining satisfactory results in canning.

### **Equipment for Canning**

Jars and other containers must have smooth tops, and caps must have smooth rims in order that a perfect seal may be obtained. Never use a rubber ring, which has been used in a previous canning operation.

Jars and other containers must be sterilized just before they are used. Wash them in warm soapy water. Rinse. Cover with water. Boil 15 minutes.

### Selection and Preparation of Food

Fruits: Select firm well-ripened freshly gathered fruit. Wash fruit. Remove stems and blossom ends. Pare if necessary, slice, quarter, or leave whole as desired. Follow directions given in time table for each fruit. Fill jars to within one-half inch of the top with boiling syrup. Wipe top of each jar with a clean damp cloth. Adjust rubber ring. Adjust cap. Partially seal. Process according to directions given in time table.

Vegetables: Select freshly gathered firm vegetables. Wash vegetables. Follow directions given in time table for each vegetable. Add 1 teaspoon salt to each quart. Wipe top of each jar with clean damp cloth. Adjust rubber ring. Adjust cap. Partially seal. Process according to directions given in time table.

Meats and Poultry: Allow meat and poultry to bleed well. Chill thoroughly. Do not soak in water. Wipe with clean damp cloth. Pre-cook, or pack uncooked. Pre-cook by searing in hot fat, by boiling or frying. Pack loosely to insure even and rapid heat penetration. Do not add liquid to uncooked meat. Add 1 teaspoon salt to each pint. Wipe top of each jar with clean damp cloth. Adjust rubber ring. Adjust cap. Partially seal. Process according to directions given in time table.

### Methods of Canning

Water Bath: Use any large utensil in which water can be boiled, and which has a tightly fitting cover. The utensil should be fitted with a rack on

which the filled jars can be placed. This will allow free circulation of the boiling water around and beneath the jars. The water bath canner must be sufficiently large to contain enough water to cover the jars to a depth of 2-3 inches. There should be several inches between the level of the water and the cover of the water bath canner.

Place filled, partially sealed jars in canner. They should not touch. The water should be near the boiling temperature. Begin counting time the instant boiling starts. Keep water boiling during entire processing period. At end of processing period, remove jars from canner. Complete seal at once. Invert for leaks. Wipe each jar with a clean damp cloth. Label. Cool. Store in cool dry place.

Pressure Cooker: Steam under pressure and a temperature higher than that of boiling water is obtained in the pressure cooker. A strongly constructed utensil with a heavy tightly fitting and securely clamped cover, safety valve, pet cock, and pressure gage is required for the process.

Place rack in bottom of cooker. Add hot water to just cover rack. Place filled, partially sealed jars in cooker. Adjust cover. Tighten clamps. Place cooker over fire. Open pet cock. Leave open 5 minutes after steam has begun to escape in a steady stream. Close pet cock. Heat until pressure gage registers the required pressure. Keep pressure uniform. Begin counting time when required pressure has been reached. At the end of processing period, remove cooker from fire. Let cool until hand on pressure gage returns to zero. Open pet cock slowly. Release clamps. Remove jars. Complete seal at once. Invert for leaks. Wipe each jar with a clean damp cloth. Label. Cool. Store in cool dry place.

Follow instructions given by manufacturer for care of pressure cooker.

The pressure cooker method of processing is the only method recommended for canning meats, poultry, and non-acid vegetables. This conforms to the recommendation of the Bureau of Home Economics, Washington, D. C.

Oven: A roomy oven, with adjustable shelves, easily controlled temperature and a heat indicator or regulator is essential for successful oven canning. Place an oven shelf on the lowest shelf support. Heat oven to 325° Fahrenheit. Place filled, partially sealed jars on the shelf. The jars should not touch each other or the back or sides of the oven. Begin counting time when jars are placed in oven. Adjust flame until a temperature of 275° Fahrenheit is obtained. Hold temperature until end of processing period. At end of processing period, remove jars from oven. Complete seal at once. Invert for leaks. Wipe each jar with a clean damp cloth. Label. Cool. Store in cool dry place.

Open Kettle: The open kettle method is not recommended for general canning of meats, poultry, fruit, and vegetables. It is used for cooking preserves, jams, jellies, and other foods which contain large proportions of sugar, and for pickles and other foods which contain large quantities of vinegar.

### Sugar Syrups for Fruits

Thin Syrup: 1 cup sugar—3 cups water Medium Syrup: 1 cup sugar—2 cups water Thick Syrup: 1 cup sugar—1 cup water

Combine sugar and water. Boil 5 minutes. Skim. Combine with fruits.

### CANNING TIME TABLE

### For Processing Foods In Water Bath and Oven

		PROCESSING PERIOD	
PRODUCT	METHOD OF PREPARATION	WATER BATH (Boiling Water)	OVEN (275° F)
		(MINUTES)	(MINUTES)
APPLES	Slice or quarter. Cover with thin syrup. Boil 5 minutes. Pack in jars. Fill with boiling syrup	20	40
APRICOTS	Scald. Peel. Pack in jars. Fill with boiling medium syrup	25	35
BLACKBERRIES ELDERBERRIES RASPBERRIES STRAWBERRIES	Pack in jars. Fill with boiling thin syrup	20	35
GOOSEBERRIES	Pack in jars. Fill with boiling medium syrup	20	30
CHERRIES	Pit. Pack in jars. Fill with boiling medium syrup	30	35
GRAPES	Pack in jars. Fill with boiling thin syrup	25	30
PEACHES	Scald. Peel. Cover with boil- ing medium syrup. Boil 5 min- utes. Pack in jars. Fill with boiling syrup	35	35
PEARS	Pare. Cut in halves. Proceed as for apples	35	40
PINEAPPLE	Pare. Core. Remove eyes. Slice. Cut in sections. Pack in jars. Fill with boiling thir syrup	35	45
PLUMS	Prick. Proceed as for goose- berries	20	40
RHUBARB	Cut in small pieces. Proceed as for gooseberries	20	30
TOMATOES	Scald. Peel. Pack in jars. Add salt. Fill with boiling water	30	45
TOMATO JUICE	Crush tomatoes. Cook until soft. Rub through sieve. Heat to boiling. Pour into jars. Add salt	20	30
PICKLED BEETS	Boil until tender. Pack in jars. Fill with boiling slightly diluted sweetened vinegar	30	40

### CANNING TIME TABLE

### For Processing Foods In Pressure Cooker

PRODUCT	METHOD OF PREPARATION	PROCESSING PERIOD	
		TIME (MINUTES)	PRESSURE (POUNDS)
ASPARAGUS	Tie stalks in bundles. Stand in boiling water. Do not cover tops. Boil 3 minutes. Pack in jars. Add salt. Fill with boil- ing water	45	10
BEANS, STRING	Remove strings. Cover with water. Boil 5 minutes. Proceed as for asparagus	45	10
BEANS, LIMA	Cover with water. Boil 5 min- utes. Proceed as for aspara-		
BEETS	Cover with water. Boil until tender. Peel. Proceed as for	60	10
CARROTS	asparagus	50	10
CORN	Remove husks and silk. Cover with water. Boil 5 minutes. Cut from cob. Pack loosely in jars. Proceed as for aspara-	40	10
OKRA	Slice. Cover with water. Boil 5 minutes. Proceed as for asparagus	80	10
PEAS	Select tender peas of even size. Pack in jars. Add salt. Fill with boiling water	60	10
PEPPERS	Cut tops from peppers. Remove seeds. Cover peppers with water. Boil 5 minutes. Proceed as for asparagus	The state of the s	10
PUMPKIN AND	Pare. Slice. Cover with wa-	15	10
SQUASH	ter. Cook until tender. Drain. Mash. Pack in jars	90	10
SPINACH	Steam until thoroughly wilted. Pack in jars. Add salt. Fill jars with boiling water	80	10
SWEET POTATOES	Cover with water. Peel. Pack	90	10
MEAT	in jars Thoroughly cool. Wipe with damp cloth. Pack in jars. Add salt	75	10
POULTRY	Dress. Cut in pieces. Chill thoroughly. Boil until tender. Pack in jars. Add salt		10

### **JELLIES**



A LL fruit juices do not make satisfactory jelly. Pectin, the natural jelly-making substance is not contained to the same degree in all fruits. The quantity decreases as the fruit ripens.

It is essential to combine the juice from the fully ripened fruit, or the juice from the fruit lacking in pectin, with a fruit juice with a high pectin content. When a commercial pectin is used, follow directions given by the manufacturer.

### Extraction of the Juice

Select and wash fruit. Remove hulls and blossom ends. Do not pare, or remove seeds from hard fruits. Add water to cover. Cook until fruit is soft. Add just enough water to soft fruit to prevent sticking. Crush fruit. Cook slowly until the color begins to fade.

Pour cooked fruit and juice into a wet cotton flannel bag. Do not squeeze bag. Suspend bag over large bowl. Let juice drip into bowl. When juice has stopped dripping, empty pulp into large kettle. Cover pulp with water. Mix thoroughly. Cook slowly 20 minutes. Strain juice. Keep the second extraction separate from the first.

### Test for Pectin

Combine 1 tablespoon of extracted juice, 1 teaspoon sugar, and  $\frac{1}{2}$  teaspoon Epsom Salts. Stir until sugar and salts are dissolved. Let stand 20 minutes. The formation of a flaky gelatinous mass indicates that the juice is rich in pectin.

### Cooking the Jelly

Measure juice. Do not work with more than 2 quarts at a time. Heat juice to boiling. Skim. Add sugar in the proportion given in the individual recipe. Stir until sugar is dissolved. Boil rapidly until jelly test is obtained.

### Jelly Test

Dip a spoon into the rapidly boiling juice. Cool slightly. Allow juice to drop from the edge of the spoon. If two or more drops run together and the jelly tears or sheets from the spoon in a distinct piece, the jelly is done and must be removed from the fire immediately.

### Sealing and Storing

Skim jelly. Pour at once into freshly sterilized glasses. Cover the entire surface of the jelly with melted paraffin. Cover with a second layer of paraffin if necessary. Cover glasses with metal tops. Label with the date and kind of jelly. Store in cool place.

### JELLY TABLE

FRUIT	Combination of Juices	Proportion Sugar TO JUICE	
FROIT	COMBINATION OF SUICES	SUGAR CUP	JUICE CUP
APPLE		3/4	1
APPLE-BLACKBERRY	½ apple, ½ blackberry	2/3	1.
APPLE-CHERRY	½ apple, ½ cherry	2/3	1
APPLE-CRANBERRY	½ apple, ½ cranberry	3/4	1
APPLE-CURRANT	1/3 apple, 2/3 currant	3/4	1
APPLE-ELDERBERRY	½ apple, ½ elderberry	2/3	1
APPLE-PLUM	½ apple, ½ plum	2/3	1
APPLE-QUINCE	¾ apple, ¼ quince	3/4	1
APPLE-RASPBERRY	½ apple, ½ raspberry	2/3	1
APPLE-STRAWBERRY	½ apple, ½ strawberry	2/3	1
CRABAPPLE		3/4	1
CRANBERRY		3/4	1
CURRANT		3/4	1
GRAPE		3/4	1
GRAPE-ELDERBERRY	½ grape, ½ elderberry	3/4	1
GOOSEBERRY (Green)		1	1
GRAPE-PLUM (half ripe)	½ grape, ½ plum	2/3	1
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### **PRESERVES**



### Strawberry Preserves

- 4 pounds strawberries 4 pounds sugar

Wash berries. Remove stems and hulls. Add sugar. Let stand overnight. Heat slowly to boiling. Boil 7 minutes. Let stand overnight. Pour into sterilized jars. Seal.



### Strawberry Sun Preserves

Prepare strawberry preserves. Boil 7 minutes. Pour into shallow containers. Cover with glass. Let stand in hot sun until juice is thick and berries are plump.



### Grape Preserves

4 pounds ripe grapes 3 pounds sugar

Wash grapes. Separate skin and pulp. Cook pulp until soft. Rub through sieve. Combine pulp, skins, and sugar. Simmer, stirring frequently, until thick. Pour into sterilized jars. Seal.



### Gooseberry Strawberry Preserves

- 2 pounds gooseberries 2 pounds strawberries
- 4 pounds sugar

Wash and stem berries. Add sugar. Let stand 1 hour. Heat slowly to boiling. Simmer 7 minutes. Pour into shallow containers. Cover with glass. Let stand in hot sun until juice is thick and berries are plump.

### Cherry Sun Preserves

3 pounds pitted cherries 3 pounds sugar

Combine cherries and sugar. Let stand 30 minutes. Heat slowly to boiling. Boil 7 minutes. Pour into shallow containers. Cover with glass. Set in sun until thickened. Pour into sterilized jars. Seal.



### Citron Preserves

- 4 pounds citron
- 1 lemon
- 3 pounds sugar
- 3 cups water

Remove the rind from the citron melon. Cut melon in small cubes. Cover with water. Boil until tender. Drain. Combine sugar and water. Boil until syrup threads. Add melon and thinly sliced lemon. Simmer, stirring frequently, until melon is clear. Pour into sterilized jars. Seal.



### **Tomato Preserves**

- 4 pounds ripe tomatoes 2 pounds sugar 1 lemon

Scald and peel tomatoes. Place in large kettle. Add sugar. Let stand overnight. Add thinly sliced lemon. Simmer slowly, stirring frequently until thick. Pour into sterilized jars. Seal.

### **PICKLES**



### Bread and Butter Pickles

6 medium cucumbers

11/2 cups water

1 teaspoon mustard seed 3 teaspoon ginger

1/3 cup salt

3 large onions, sliced

11/2 cups vinegar

34 cup sugar

1/3 teaspoon turmeric

1 clove garlic

Wash cucumbers. Slice. Add onions, water, and salt. Let stand 2 hours. Drain. Combine remaining ingredients. Add vegetables. Simmer until tender. Pack in sterilized jars. Seal.



### Watermelon Pickles

4 quarts melon rind

3 cups vinegar 2 tablespoons cloves

10 cups sugar

3 cups water

1 teaspoon allspice 2 sticks cinnamon

Pare melon rind. Remove all pink portion. Cut in strips 2 inches by one inch. Cover with water. Boil until tender Drain. Combine sugar, water, and vinegar. Add spices which have been tied in a loose mesh bag. Boil until syrup threads. Add melon rind. Boil 20 minutes. Let stand overnight. Cook until melon is clear and syrup thick. Pack in sterilized jars. Seal.



### Pickled Beans

Wash and remove strings from green beans. Boil or steam until tender. Pack in sterilized jars. To each pint add 1 cup boiling water, 1/3 cup vinegar, 1/2 teaspoon salt, 1 teaspoon sugar, 2 cloves, and 1 slice onion. Seal.

### Green Tomato Pickle

6 pounds green tomatoes

cups water

3 cups vinegar

11/2 tablespoons mustard seed

½ cup salt 3 pounds onions, sliced

cup brown sugar 11/2 tablespoons celery seed

1 clove garlic

Wash and slice tomatoes. Combine tomatoes, onions, and salt. Place in crock. Weight down. Let stand overnight. Drain. Rinse with cold water. Combine remaining ingredients. Heat to boiling. Add vegetables. Simmer until tender. Pack in sterilized jars. Seal.



### Dill Pickles

Select medium size, firm cucumbers. Wash. Pack in sterilized quart jars. Add 1 teaspoon dill seed or a spray of dill to each jar. Combine 2 tablespoons salt, 14 cup vinegar, 2 cups water, 4 cloves, and a few grains of garlic salt. Heat to boiling. Cool. Pour over pickles. Seal.

### Peach Pickles

15 large peaches

2 cups vinegar

stick cinnamon

cups water

6 cups sugar

Select large, smooth, ripe peaches. Scald. Peel. Cover with cold water. Combine remaining ingredients. Boil until syrup threads. Add peaches. Simmer 30 minutes, turning peaches frequently. Let stand overnight. Boil until syrup is thick. Pack in sterilized jars. Seal.

### BREADS



### Bread, Sponge Method

3 cups lukewarm water or milk

1½ tablespoons sugar
 2 tablespoons melted shortening

2 cakes compressed yeast 3 teaspoons salt 2½ quarts flour

Soften yeast in liquid. Add ½ tablespoon sugar. Add 3 cups flour. Beat until smooth. Cover. Let stand until full of bubbles. Add remaining ingredients. Knead until smooth and elastic. Cover. Let rise until double in bulk. Work down. Cover. Let rise until double in bulk. Form in loaves. Place in well-oiled pans. Cover. Let rise until double in bulk. Bake in hot oven, 450° F. 15 minutes. Reduce heat to 425° F. Bake 35 minutes.



### Bread, Straight Dough Method

3 cups lukewarm water or milk

2 tablespoons sugar

3 teaspoons salt

2 cakes compressed veast

2 tablespoons melted shortening 2½ quarts flour

Soften yeast in liquid. Add sugar, salt, and shortening. Add flour, beating after each addition. Knead until smooth and elastic. Proceed as for bread, sponge method.



### Whole Wheat Muffins

1 cup sifted white flour

3 tablespoons sugar

½ teaspoon salt 1 egg, well beaten

1 cup milk 1 cup whole wheat flour

3 tablespoons melted shortening

3 teaspoons baking-powder

Combine egg, milk, sugar, and shortening. Combine white flour, baking-powder, and salt. Sift. Add whole wheat flour. Add to first mixture. Mix only until smooth. Fill well-oiled muffin tins 3/3 full. Bake in hot oven, 425° F. 20 minutes.

### Whole Wheat Bread

Follow recipe for bread made by either sponge or straight dough method. Substitute whole wheat flour for 1/2 the white flour.



### Boston Brown Bread

11/2 cups whole wheat flour ½ cup sifted white flour 2 cups buttermilk

1/2 cup corn-meal

34 cup molasses teaspoon salt

11/2 teaspoons baking-soda

cup raisins

1 teaspoon baking-powder

Combine white flour, baking-soda, baking-powder, and salt. Add whole wheat flour and corn-meal. Combine buttermilk and molasses. Combine mixtures. Add raisins. Mix until smooth. Fill well-oiled molds 2/3 full. Cover. Steam 3 hours.



### Biscuits

2 cups sifted flour

3 teaspoons baking-powder

3 tablespoons shortening

3/2 teaspoon salt

4 cup milk

Combine dry ingredients. Sift. Cutin shortening. Add milk to form a soft roll dough. Roll in sheet 34 inch thick. Cut with floured outter. Place in shallow pan. Bake in hot oven, 450° F. 12-15 minutes.



### Drop Biscuits

Prepare recipe for roll biscuits. Add 1/4 cup milk. Stir just enough to blend thoroughly. Drop by teaspoonfuls onto a well-oiled baking sheet. Bake in hot oven, 450° F. 12-15 minutes.

### Griddle Cakes

1 cup sifted flour

1 tablespoon melted shortening

1 egg

34 cup milk

½ teaspoon salt 11/2 teaspoons baking-powder

teaspoon sugar

Combine milk, shortening, and well-beaten egg yolk. Combine dry ingredients. Sift. Add to first mixture. Beat until smooth. Fold in stiffly beaten egg white. Bake on hot griddle.



1 cup sifted flour

2 tablespoons sugar

11/2 teaspoons baking-powder

1 egg, slightly beaten
½ cup milk
2 tablespoons melted shortening

1/3 teaspoon salt

Combine milk, shortening, and egg. Combine dry ingredients. Sift. Add to first mixture. Beat only enough to mix. Fill well-oiled muffin tins 3/3 full. Bake in hot oven, 425° F. about 20 minutes.

### Popovers

2 eggs

½ teaspoon salt

1 cup sifted flour

1 cup milk

1 tablespoon melted butter

Beat eggs until very light. Add salt, milk, and butter. Sift in flour slowly, beating thoroughly after each addition. Pour into hot well-oiled popover pans or deep muffin tins. Bake in hot oven, 450° F. 40 minutes.

### -5-3-

### Bran Popovers

Bran popovers may be made by substituting 4 tablespoons bran for 2 tablespoons flour in the popover recipe.

### Cinnamon Rolls

Use any well-risen bread or roll dough. Roll in sheet 34 inch thick. Spread with butter. Sprinkle generously with cinnamon and sugar. Roll as jelly roll. Pinch edges together. Cut in slices 34 inch thick. Place cut side down in well-oiled pan. Cover with damp cloth. Let rise until treble in bulk. Bake in hot oven, 425° F. about 15 minutes.

### Foundation Rolls

1 cake compressed yeast 3 tablespoons melted shortening

1% teaspoons salt

1% cups lukewarm water

1½ tablespoons sugar sifted flour

Soften yeast in water. Add sugar, salt, shortening, and sufficient flour to form a soft dough. Knead until smooth and elastic. Cover with damp cloth. Let rise until double in bulk. Work down. Let rise until double in bulk. Form into rolls. Place on welloiled baking sheet. Cover with damp cloth. Let rise until treble in bulk. Bake in hot oven, 450° F. 15 minutes.

#### Ice-Box Rolls

Prepare foundation roll recipe adding 2 tablespoons melted shortening, 1 egg, well beaten, and 11/2 tablespoons sugar. Cover the dough with waxed paper. Place in refrigerator until needed. Warm to room temperature. Let rise until double in bulk. Proceed as with foundation recipe.

### Whole Wheat Rolls

Prepare recipe for foundation rolls using 1/2 white flour and 1/2 whole wheat flour.

#### Bran Rolls

2 cakes compressed yeast 1 egg, well beaten 1½ cups lukewarin water

¼ cup sugar 1¼ cups bran

4 cup molasses
5 cups sifted flour
4 cup melted shortening

11/2 teaspoons salt

Combine water, yeast, sugar, salt, egg, molasses, and shortening. Mix thoroughly. Let stand 15 minutes. Add bran and flour slowly, beating thoroughly after each addition. Turn onto lightly floured board. Knead until smooth. Place in bowl. Cover with damp cloth. Let rise until double in bulk. Work down. Let rise until double in bulk. Form into rolls. Place in well-oiled pan. Let rise until treble in bulk. Bake in hot oven, 450° F. about 20 minutes.

### **CAKES and COOKIES**



### Angel Cake

1¼ cups egg whites 1¼ cups sifted pastry flour 1½ tablespoons water

11/3 cups sugar

11/4 teaspoons cream of tartar

teaspoon salt teaspoon almond flavoring

Beat egg whites until frothy. Add water, salt, and cream of tartar. Continue beating until whites hold their shape. Add flavoring. flour. Measure. Sift 3 times. Sift sugar. Measure. Sift 3 times. Add sugar by tablespoons, carefully folding in each addition. Add flour by tablespoons, carefully folding in each addition. Pour into unoiled tube pan. Bake in slow oven, 325° F. until firm to the touch.

### +--

### Sponge Cake

11/2 tablespoons water 1 teaspoon grated lemon rind

1/2 cup sugar

teaspoon salt cup sifted flour

1/2 teaspoon lemon flavoring

Beat eggs until thick and lemon colored. Add water, sugar, salt, flavoring, and grated rind. Sift in flour. Beat until smooth. Pour into unoiled cake pan. Bake in moderate oven, 375° F. 30 minutes.

### -6.3-

#### One Egg Cake

1 egg well beaten

34 cup sugar 11/2 cups sifted flour

14 teaspoon salt

cup shortening

2 teaspoons baking-powder 34 teaspoon vanilla flavoring

Cream shortening with sugar. Add egg. Beat well. Combine dry ingredients. Sift. Add alternately with milk to first mixture. Add flavoring. Mix thoroughly. Pour into well-oiled layer cake pan. Bake in moderate oven, 375° F. 20 minutes.

### White Cake

1/2 cup butter

2 cups sifted flour 1/2 cup milk

3 egg whites

1/8 teaspoon salt 1/2 teaspoon vanilla flavoring

1¼ cups sugar 2½ teaspoons baking-powder

Cream butter with sugar. Combine dry ingredients. Sift. Add alternately with milk to first mixture. Add flavoring. Fold in stiffly beaten egg whites. Pour into 3 well-oiled layer cake pans. Bake in moderate oven, 375° F. about 20 minutes.

### -

### Gold Cake

½ cup egg yolks, well beaten

cup milk

3 teaspoons baking-powder

1/2 cup shortening

1 cup sugar grated rind 2 lemons

¼ teaspoon salt 2 cups sifted flour

Cream shortening with sugar. Add egg yolks and grated rind. Combine dry ingredients. Sift. Add alternately with milk to first mixture. Beat until smooth. Pour into well-oiled loaf pan. Bake in moderate oven, 375° F. about 35 minutes.

### -5..-

#### Gingerbread

1/4 cup shortening

eggs, well beaten cup sour milk

teaspoon baking-soda

teaspoons ginger

1 cup molasses 2½ cups sifted flour

teaspoon baking-powder

11/2 teaspoons cinnamon

cup raisins

1/2 teaspoon salt

Cream shortening with sugar. Add eggs, molasses, and milk. Mix thoroughly. Combine dry ingredients. Sift. Add to first mixture. Mix thoroughly. Add raisins. Pour into welloiled pan. Bake in moderate oven, 375° F. 40 minutes.

The Coleman Instant-Gas Range

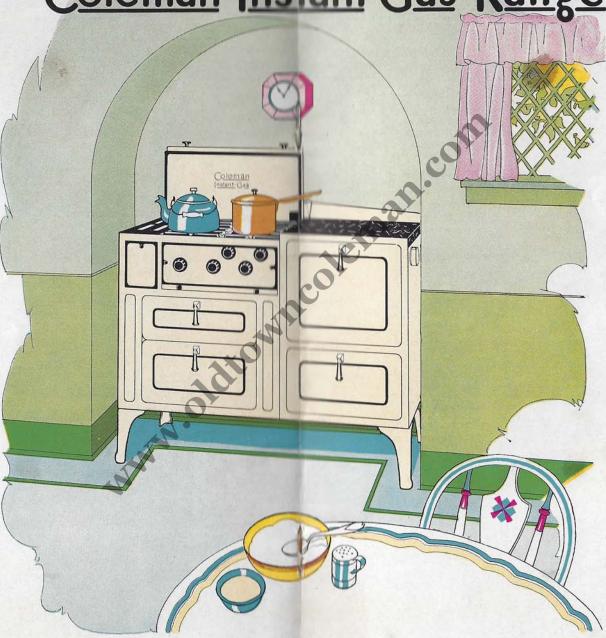
# "The King of the Kitchen"

The new Coleman Instant-Gas Range brings better cooked foods to your table — foods that retain their natural, delicious flavors and nutritious juices.

You can bake the finest cakes, and hot breads — or prepare the finest roasts in the "flavor-saving" oven. You can broil luscious steaks. You can fry, boil and toast . . . . quickly, easily and economically.

Modern in style, design and colors, the Coleman Instant-Gas brings new beauty to your kitchen. See the beautiful models shown on pages 34-35 of this booklet. Each is truly "King of any Kitchen"!

With all of the latest modern gas cooking conveniences the Coleman Instant-Gas Range brings you, you can prepare better meals quicker and you will enjoy happier hours in the kitchen.



### Lights Instantly

Just like gas. Brings modern Instant-Gas cooking service to homes everywhere.

### Cooks Better Than Gas

Fast, clean, hot. Heat instantly regulated.

### Band-A-Blu Burners

Increase heating efficiency 20 per cent; use less fuel; provide a wider range of cooking heat.

### Dial-Type Safety Carburetor Valve

Produces gas instantly for starting. Gives positive visible fuel control. Works like a snap switch—works only one way; you can't go wrong. A big safety feature that insures accurate, simple and easy operation.

### **Economical**

Makes and burns its own gas from clean gasoline, free of anti-knock compounds or heavy oils. Fuel cost less than 2¢ per average meal for family of five.

### Style Leadership

Modern designs, new Rippletone porcelain finish and new colors, add to the beauty of any kitchen.

### Devil's Food

1/2 cup shortening 2 squares chocolate

1 cup sour milk
1 teaspoon baking-powder
2½ cups sifted flour

cups sugar 2 eggs

¾ teaspoon baking-soda ½ teaspoon salt

1 teaspoon vanilla flavoring

Cream shortening with sugar. Add well-beaten egg yolks. Add chocolate, which has been melted over hot water. Combine dry ingredients. Sift. Add alternately with milk to first mixture. Add flavoring. Fold in stiffly beaten egg whites. Pour into well-oiled layer cake pans. Bake in moderate oven, 375° F. 20 minutes.



### Date Cake

1/3 cup butter 2 eggs teaspoon vanilla flavoring

1/2 teaspoon salt 1 cup sugar

cup cold coffee

2 teaspoons baking-powder ½ cup chopped nuts ½ cup chopped nuts

½ cup chopped dates 1¾ cups sifted flour

Cream butter with sugar. Add well-beaten egg yolks. Combine dry ingredients. Sift. Add alternately with coffee to first mixture. Add flavoring, nuts, and dates. Mix thoroughly. Fold in stiffly beaten egg

whites. Pour into well-oiled loaf pan. Bake in moderate oven, 375° F. 30-35 minutes. -5..3-

### Dark Fruit Cake

1 cup shortening

2 teaspoons cinnamon

½ cup milk ½ pound chopped nuts

teaspoon nutmeg

41/2 cups sifted flour

teaspoon salt eggs, well beaten

1 teaspoon baking-soda 1/2 cup cold coffee

pound brown sugar ½ pound raisins

pound currants

tablespoons molasses lemon

½ teaspoon cloves

Cream shortening with sugar. Add juice and grated lemon rind. Add eggs and molasses. Beat well. Sift baking-soda, salt, and spices with 31/2 cups flour. Add alternately with milk and coffee to first mixture. Combine fruits, nuts, and 1 cup flour. Add to batter. Mix thoroughly. Pour into well-oiled loaf pan. Bake in slow oven, 325° F. 2 hours.

### White Fruit Cake

1 pound butter eggs, well beaten

cup raisins

5 cups sifted flour 1 teaspoon cinnamon ½ teaspoon salt

cups sliced candied pineapple

cups sugar 1 cup milk

1 cup chopped pecans 4 teaspoons baking-powder

teaspoon nutmeg
2 cups sliced candied cherries

2 cups sliced citron

Cream butter and sugar. Add eggs. Beat well. Sift baking-powder, salt, and spices with 4 cups flour. Add alternately with milk to first mixture. Combine fruits, nuts, and 1 cup flour. Add to batter. Mix thoroughly, Pour into well-oiled loaf pan. Bake in slow oven, 325° F. 2 hours.



### **Ginger Cookies**

½ cup molasses

cup brown sugar egg, well beaten

11/2 teaspoons baking-powder

teaspoon cinnamon

cup sour milk cup melted shortening

teaspoon baking-soda teaspoon salt

1 teaspoon ginger 2%-3 cups flour

Combine molasses, sugar, shorten ing, milk, and egg. Mix thoroughly Combine dry ingredients. Sift Add to first mixture. Mix thoroughly, Drop by teaspoonfuls onto well-oiled baking sheet. Bake in moderate oven, 375° F. 12-15 minutes.



### Oatmeal Cookies

1 egg, well beaten

1 cup sugar
1 cup rolled oats
2 tablespoons molasses
3 teaspoons baking-powder

¼ teaspoon ginger ½ cup melted shortening

1½ cups sifted flour teaspoon salt

cup water teaspoon cinnamon

1 teaspoon nutmeg 1 cup chopped dates, figs, or raisins

Combine egg, sugar, shortening, molasses, oats, and water. Mix thoroughly. Combine dry ingredients. Sift. Add to first mixture. Add fruit. Mix thoroughly. Drop by teaspoonfuls onto well-oiled baking sheet. Bake in moderate oven, 425° F. 15 minutes.

### CEREALS



### Spaghetti with Steak

1 pound round steak, diced 3 tablespoons cooking fat

14 cup water teaspoon salt

cup cooked spaghetti celery salt and garlic salt

Brown steak in hot fat. Add spaghetti. Season to taste. Add water. Cover. Cook slowly until steak is tender.



Hominy with Liver

pound liver cup sliced onion

1 teaspoon salt 3 tablespoons melt d fat

1 cup hot water 2 cups cooked hominy

Pour boiling water over liver. Drain. Brown onion in fat. Remove onion. Brown liver. Add salt, onion, hominy, and water. Cover. Cook slowly 30 minutes.

### Chinese Rice

34 cup rice 134 cups cold water

Wash rice. Add water. Cover. Cook slowly 15 minutes. Lower heat. Keep covered. Cook slowly until all the water has been absorbed.



### Macaroni and Cheese

2 cups cooked macaroni

2 cups milk

1/2 teaspoon salt

cup grated cheese

2 eggs, slightly beaten 2 tablespoons chopped pimiento

Combine eggs, salt, milk, pimiento, and macaroni. Pour into well-oiled baking dish. Sprinkle with cheese. Set in pan of warm water. Bake in moderate oven, 400° F. 30 minutes.

### **EGGS**



#### Creamed Eggs

tablespoons flour

2 cups milk 4 tablespoons butter 1/2 teaspoon salt paprika

Simmer eggs 30 minutes. Cool. Peel. Combine flour and butter. Add milk. Cook in double boiler until thick and smooth. Add salt. Slice eggs. Place on buttered toast. Cover with white sauce. Sprinkle with paprika.

### Scalloped Eggs

6 eggs 3 tablespoons flour 1½ cups milk

3 tablespoons melted butter salt, pepper, and paprika

Wash eggs. Simmer 30 minutes. Peel. Slice. Combine flour and butter. Add milk. Cook in double boiler until thick and smooth. Season to taste. Place eggs in well-oiled baking dish. Cover with white sauce. Sprinkle with paprika. Bake in moderate oven, 375° F. 20 minutes.

### Tomato Omelet

tablespoon water

tablespoon melted butter 2 tablespoons tomato juice

1/2 teaspoon pepper 1/2 teaspoon salt

paprika

Combine water, tomato juice, salt, pepper, and well-beaten egg yolks. Beat egg whites until stiff. Fold in first mixture. Add few grains paprika. Heat butter in heavy frying pan. Pour omelet into pan. Cook over slow fire until brown on bottom and sides. Cook in slow oven, 325° F. until firm to the touch.



### Carrot Souffle

34 cup mashed carrots 4 tablespoons butter

2 tablespoons flour ½ cup milk ½ teaspoon salt

Cook carrots until tender. Mash or rub through sieve. Add butter, flour, and salt. Mix thoroughly. Add slightly beaten egg yolks. Add milk. Mix thoroughly. Cook in double boiler until flavors are blended. Carefully fold in stiffly beaten egg whites. Pour into well-oiled casserole. Set in pan of warm water. Bake in moderate oven, 375° F. until an inserted knife comes out clean.

### Cheese Souffle

2 tablespoons rice

1/2 cup grated cheese

½ teaspoon salt pepper and paprika

2 tablespoons melted butter

½ cup milk 2 eggs

Cook rice in boiling water until tender. Drain. Add butter, milk, and salt. Add well-beaten egg yolks. Mix thoroughly. Cook in double boiler 10 minutes. Add cheese. Stir until melted. Fold in stiffly beaten egg whites. Season to taste. Pour into well-oiled casserole. Set in pan of warm water. Bake in moderate oven, 375° F. until an inserted knife comes out clean.

### +----

### Chicken Souffle

1 cup diced cooked chicken

2 tablespoons flour

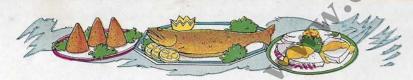
2 eggs

2 tablespoons melted butter

½ cup milk

3 tablespoons grated cheese salt, pepper, and paprika

Combine butter and flour. Add milk. Mix until smooth. Add slightly beaten egg yolks. Cook in double boiler until thick. Add cheese. Stir until melted. Add chicken. Fold in stiffly beaten egg whites. Season to taste. Pour into well-oiled baking dish. Set in pan of warm water. Bake in moderate oven, 375° F. until an inserted knife comes out clean,



#### Fish Croquettes

1 cup flaked fish

4 tablespoons flour salt and pepper

1 cup milk

4 tablespoons melted butter

Combine flour and butter. Add milk. Cook in double boiler until thick and smooth. Add fish. Season to taste. Mix thoroughly. Cool. Shape. Roll in fine crumbs. Dip in slightly beaten egg. Roll in crumbs. Brown in deep fat, 390° F. Drain on absorbent paper.

### Salmon Loaf

2 cups salmon

1 cup cracker crumbs

2 eggs, slightly beaten

salt and pepper

½ cup milk 2 tablespoons melted butter

Flake salmon. Remove bones and skin. Combine crumbs, butter, eggs, and milk. Mix thoroughly. Season to taste. Form in loaf. Place in welloiled baking dish. Bake in moderate oven, 400° F. 45 minutes.

### Fish Fillet in Deep Fat

Trim fillet. Hold in shape by means of toothpicks. Season with malt and pepper. Dip in slightly beaten egg. Dip in fine crumbs. Cook in deep fat, 390° F. until well browned. Serve with tomato or tartare sauce. +---

### Broiled Fish

Wipe fish with wet cloth. Season with salt and pepper. Dot with butter. Place on rack in broiling pan. Broil under high flame until brown. Turn. Baste with melted butter. Brown.

### Scalloped Salmon

2 cups salmon

1 tablespoon chile sauce

salt and pepper 11/2 cups milk

3 tablespoons flour

3 tablespoons melted butter 1/2 cup buttered cracker crumbs

Combine flour and butter. Add milk. Cook in double boiler until thick and smooth. Flake salmon, and remove bones and skin. Add to white sauce. Add chile sauce. Season to taste. Pour into well-oiled baking dish. Cover with buttered crumbs. Bake in moderate oven, 375° F. 30 minutes.



#### Fruit Roll

Prepare a rich biscuit dough. Roll in sheet 34 inch thick. Spread with butter. Cover with thinly sliced fresh apples, peaches, berries, or with welldrained, cooked dried fruit. Sprinkle generously with sugar. Dot with butter. Spice may be used if desired. Roll as jelly roll. Cut in slices 1 inch thick. Place in well-oiled baking pan. Bake in hot oven, 450° F. 25 minutes. Serve with cream.



### Jellied Peaches

2 cups cooked peaches 2 tablespoons vinegar

2 cups peach juice 1 tablespoon gelatin

sugar

Soften gelatin in 1/4 cup juice. Add remainder of juice, which has been heated to boiling. Stir until dissolved. Add vinegar. Add sugar if necessary. Cool until partially set. Add peaches. Chill until firm. Serve with whipped cream.

### **Baked Stuffed Apples**

6 medium apples

2 tablespoons chopped nuts

1 cup sugar

2 tablespoons chopped dates

1 cup water

Wash apples. Core. Pare upper third of each apple. Place in baking pan. Stuff with nuts and dates. Sprinkle with sugar. Add water. Bake in slow oven, 300° F. until ten-

### +---**Baked Apples**

6 medium apples

½ cup sugar 1 cup water

Wash apples. Core. Pare upper third of each apple. Place in baking pan. Fill centers with sugar. Add water. Bake in slow oven, 325° F. about 11/2 hours or until apples are tender.

### **Dried Fruits**

Wash dried fruits. Cover with warm water. Cover. Simmer until tender. To each cup of fruit, add 1/4 cup sugar. Simmer 5 minutes.

### ICINGS and FILLINGS



### **Boiled Icing**

21/4 cups sugar 34 cup water 2 egg whites 1 teaspoon flavoring

Combine water, sugar, and a few grains of salt. Boil until syrup threads, 236° F. Pour slowly, beating constantly, over stiffly beaten egg whites. Continue beating until stiff. Add any desired flavoring.

### Butter Icing

21/2 cups sifted powdered sugar 3 tablespoons lemon juice

1/4 cup melted butter 1 tablespoon milk

Combine sugar, butter, lemon juice, milk, and a few grains salt. Beat until thick and smooth.

### Caramel Icing

21/4 cups sugar 1 tablespoon butter

1/2 cup cream ¼ cup water

1 teaspoon vanilla flavoring

Caramelize 1/4 cup sugar. Add water. Stir until dissolved. Add 2 cups sugar, cream, butter, and a few grains salt. Cook to soft ball stage, 236° F. Cool to room temperature. Add flavoring. Beat until thick.

### -5-3-Chocolate Fudge Icing

2 cups sugar ½ cup milk

squares chocolate

2 tablespoons butter tablespoons corn syrup

1 teaspoon vanilla flavoring

Combine sugar, chocolate, milk, syrup, butter, and a few grains salt. Boil to soft ball stage, 236° F. Cool to room temperature. Add flavoring. Beat until thick.

### Fruit Filling

1 cup chopped dates, figs

or prunes

½ cup sugar

1 cup boiling water

% teaspoon salt 1 tablespoon lemon juice

Combine ingredients. Simmer, stirring frequently until thick.



### Cream Filling

1/2 cup sugar teaspoon salt

cup scalded milk 2% tablespoons flour

1 egg, slightly beaten

tablespoons butter 1 teaspoon flavoring

Combine dry ingredients. Add egg. Mix thoroughly. Add milk slowly, stirring constantly. Add butter. Cook in double boiler until thick and smooth. Add any desired flavoring

### Seafoam Icing

1 cup brown sugar

1 cup white sugar 1/4 teaspoon salt 4

1 cup water

1 cup water 2 egg whites ½ teaspoon vanilla flavoring

Combine sugar, water, and salt. Boil to soft ball stage, 236° F. Pour slowly, beating constantly, over stiffly beaten egg whites. Add flavoring. Beat until stiff.



#### Seven Minute Icing

2 cups sugar 1/8 teaspoon salt

egg whites 1/2 cup boiling water

1/2 teaspoon flavoring

Combine sugar, salt, and water in upper portion of double boiler. Place over boiling water. Add egg whites. Beat until icing will hold its shape. Add any desired flavoring.

### **MEATS and POULTRY**



### Broiled Steak

Select porter-house, sirloin, or club steak, cut 1 inch thick. Wipe with damp cloth. Place on rack of broiler pan. Cook under high flame until puffy and well browned. Turn. Cook until puffy and well browned. Season with butter, salt, and pepper. Serve at once. -

### Roasted Meat

Wipe meat with damp cloth. Season with salt and pepper. Place in roaster. Roast in slow oven, 325° F. until tender. Allow 40 minutes per pound

### Pot Roast with Vegetables

3 pounds beef chuck

6 medium carrots

2 tablespoons cooking fat

6 medium potatoes 6 small onions

salt and pepper

Wipe meat with damp cloth. Season with salt and pepper. Sear in hot fat. Cover. Cook slowly until nearly tender. Add vegetables. Cover. Ccok slowly until vegetables are tender.

### +---

### Meat Pie

3 cups diced cooked meat 1 tablespoon chopped onion

2 cups meat broth

11/2 cups diced cooked potatoes salt and pepper biscuit dough

Combine meat, vegetables, and broth. Heat to boiling. Season to taste. Boil 5 minutes. Pour into baking dish. Cover with small biscuits. Bake in hot oven, 450° F. 15 minutes. Serve at once.

### Meat Loaf

1 pound round steak, ground

1 egg, slightly beaten

1/2 cup milk

1 tablespoon chopped onion

2 tablespoons cooking fat

1 cup bread crumbs

3 slices bacon

½ cup tomato juice ¾ teaspoon salt

1/8 teaspoon pepper

Combine all ingredients except bacon. Mix thoroughly. Form in loaf. Place in loaf pan. Lay bacon on top of loaf. Bake in moderate oven. 400° F. 11/2 hours.



### Meat Roll

Prepare biscuit dough. Roll in sheet 34 inch thick. Spread with well-seasoned finely chopped meat which has been moistened with meat broth or gravy. Roll as jelly roll. Cut in slices ¾ inch thick. Place cut side down in baking pan. Bake in hot oven, 450° F. 12-15 minutes. Serve with gravy.

### Smothered Pork Chops

Season chops with salt and pepper. Celery salt may be used. Brown well on both sides in hot frying pan. Cover with milk. Reduce heat. Cover. Cook slowly until chops are tender.

### Liver With Tomatoes

1 pound sliced liver

2 tablespoons chopped onion

2 cups tomatoes

3 tablespoons cooking fat

flour, salt, and pepper

Pour boiling water over liver. Let stand 1 minute. Drain. Salt and pepper each piece. Dip in flour. Brown in hot fat. Add onion and tomatoes. Cover. Cook slowly until liver is tender.

### Stew with Dumplings

2 pounds beef chuck or lamb breast

½ cup diced celery 2 tablespoons cooking fat

cup diced potatoes 1 cup diced carrots

2 tablespoons diced onion

6 cups water salt and pepper

Wipe meat with damp cloth. Cut meat in cubes. Brown in hot fat. Add water. Cover. Simmer until meat is tender. Add vegetables. Season to taste. Simmer until vegetables are tender. Drop dumpling dough by teaspoonfuls into boiling stew. Cover. Boil 10 minutes. Serve at once.

### -6-3-

### Dumplings

Prepare dough for drop biscuits. Drop by teaspoonfuls into boiling stew. Cover. Boil 10 minutes. Serve at once.



#### Swiss Steak

1 pound round steak, 1 inch thick

1/4 cup cooking fat

1/4 cup flour

2 cups tomatoes

1/8 teaspoon pepper 1/2 teaspoon salt

Wipe meat with damp cloth. Pound flour and seasonings into meat. Sear in hot fat. Add tomatoes. Cover. Cook slowly about 2 hours or until tender. Sour cream or water may be substituted for tomatoes.



#### Goulash

2 pounds beef or veal shoulder 1 cup diced turnips

3 cups water

½ cup chopped onion 1 cup diced carrots

1/4 cup cooking fat

salt, pepper, and paprika

Wipe meat with damp cloth. Cut in cubes. Brown in hot fat. Add water. Cover. Simmer until meat is tender. Season to taste. Add vegetables. Simmer until vegetables are tender.



### Roast Chicken

Dress chicken. Wash thoroughly. Rub inside and outside with salt and pepper. Fill with any desired stuffing. Place in roaster. Roast in moderate oven, 325° F. until tender. Allow about 40 minutes per pound. Baste frequently during cooking process.

### Fried Chicken

Dress chicken. Wash thoroughly. Cut in pieces suitable for serving. Sprinkle with salt. Roll in flour. Brown in hot fat. Add 1 cup water. Cover. Cook very slowly until tender.

### -5-3-Pressed Chicken

3 pound chicken

bay leaf

2 cloves

1 tablespoon gelatin

3 tablespoons vinegar salt and pepper

Dress chicken. Wash thoroughly. Cut in pieces. Cover with water. Add bay leaf, cloves, and 1 teaspoon salt. Cover. Cook slowly until meat separates from bone. Remove chicken and bones from broth. Strain broth. Add gelatin to broth. Stir until dissolved. Add vinegar. Add shredded chicken. Season to taste. Mix thoroughly. Pour into mold. Let stand until-firm.



### Chicken with Dumplings

Dress chicken. Wash thoroughly. Cut in pieces suitable for serving. Cover with water. Add 1 teaspoon salt. Cover. Simmer until tender. drop dumpling dough by teaspoonfuls into boiling broth. Cover. Boil 10 minutes.

### -----

### Poultry Dressing I

3 cups soft bread cubes

cup chopped apricots

tablespoons melted butter

2 tablespoons chopped onion 1 egg, well beaten

salt and pepper

Moisten bread with water. Add onion, egg, butter, and apricots. Season to taste. Mix thoroughly.



### Poultry Dressing II

3 cups soft bread cubes

2 tablespoons melted butter 2 tablespoons chopped onion

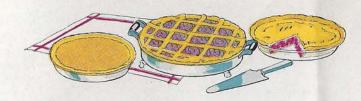
1 cup chicken broth

½ cup sliced celery 1 egg, we'll beaten

salt are pepper

Brown onion and celery in melted butter. Moisten bread with broth. Add egg. Add vegetables. Season to taste.

### **PASTRIES**



### Plain Pastr

11/2 cups sifted flour

1/2 cup shortening

cup cold water teaspoon salt

1/4 teaspoon baking-powder

Combine dry ingredients. Sift. Cut in shortening. Add water. Mix lightly until little balls of dough form one large ball. Divide in two parts. Roll in sheet 1/8 inch thick. Shape to ple pan. Roll remainder of dough for upper crust.



### Hot Water Pastry

11/2 cups sifted flour

1/2 teaspoon salt

cup boiling water

½ cup shortening ½ teaspoon baking-powder

Combine water, salt and shortening. Beat until smooth. Combine dry ingredients. Sift. Add to first mixture. Beat mixture until it forms a soft ball. Chill thoroughly before rolling.



### Lemon Pie

1 cup sugar 3 tablespoons flour

grated rind 1 lemon 1 tablespoon butter

11/2 cups boiling water

eggs

¼ cup lemon juice 1/3 teaspoon salt

Combine dry ingredients. Add slightly beaten egg yolks, and butter. Mix thoroughly. Add lemon rind and water. Mix thoroughly. Cook in double boiler until smooth and thick. Add lemon juice. Stir until blended. Pour into baked pastry shell. Cover with meringue made of egg whites, 2 tablespoons sugar, and a few grains of salt.

### Apple Pie

Line a pie pan with pastry. Fill with thinly sliced apples. Combine 1 cup sugar, 1 tablespoon flour, and 1 teaspoon cinnamon. Sprinkle over apples. Dot with butter. Cover with crust. Bake in hot oven, 425° F. 40 minutes. If apples lack flavor sprinkle with lemon juice or vinegar before covering with crust.



### Deep Dish Apple Pie

Line sides of a deep pie pan with pastry. Fill pan with thinly sliced apples. Combine 1 cup sugar, 1 teaspoon cinnamon, and 2 tablespoons flour. Sprinkle over apples. Dot with butter. Cover with crust. Bake in hot oven, 425° F. 40 minutes.



#### Tarts

Line muffin tins with pastry. Bake in hot oven, 450° F. until crisp and golden brown. Fill each pastry shell with jelly, preserves, or well-drained, canned peaches. Garnish with whipped cream.

### Butter-Scotch Custard Pie

3 eggs, slightly beaten

1/3 cup sugar

4 teaspoon salt 2 cups scalded milk 2 tablespoons sugar

1 teaspoon vanilla flavoring

Caramelize 2 tablespoons sugar. Add milk. Stir until caramelized sugar is dissolved. Combine eggs, 1/3 cup sugar, salt, and flavoring. Add milk slowly, stirring constantly. Pour into pastry-lined pan. Bake in moderate oven, 425° F. until an inserted knife comes out clean.

### Blackberry Pie

2 cups blackberries % cup sugar 2 tablespoons flour 2 tablespoons butter

Line pie pan with pastry. Sprinkle with flour. Add berries. Combine remainder of flour, and the sugar. Sprinkle over berries. Dot with butter. Cover with pastry. Bake in hot oven, 425° F. about 35 minutes.

### -----Peach Pie

Line a pie pan with pastry. Fill with thinly sliced peaches. Combine 1 cup sugar and 2 tablespoons flour. Sprinkle over peaches. Dot generously with butter. Cover with crust. Bake in hot oven, 425° F. 40-45 minutes.

### -5-3-Custard Pie

2 cups scalded milk

¼ cup sugar ½ teaspoon nutmeg

3 eggs, slightly beaten

1/3 teaspoon salt

Combine eggs, nutmeg, sugar, and salt. Add milk slowly, stirring constantly. Pour into pastry lined pan. Bake in hot oven, 425° F. until firm.

### -6-3-Cranberry Pie

3 cups cranberries 1½ cups sugar 1 tablespoon butter

Wash cranberries. Add sugar. Cover closely. Cook over slow fire until berries are soft and clear. Pour into pastry-lined pan. Dot with butter. Cover with strips of pastry. Bake in hot oven, 425° F. 25 minutes.

### -5...2 Pumpkin Pie

1 cup cooked pumpkin

2 tablespoons molasses ½ cup milk

1/3 teaspoon salt

¼ teaspoon cinnamon 1/2 cup sugar

2 eggs, slightly beaten ½ cup cream ½ teaspoon ginger ¼ teaspoon cloves teaspoon cloves

1/4 teaspoon nutmeg

Combine ingredients. Pour into pastry-lined pan. Bake in moderate oven, 400° F. until crust is crisp, and filling firm to the touch.

#### Cream Pie

2 cups scalded milk

2 tablespoons melted butter

4 tablespoons flour

% cup sugar teaspoon salt

1 teaspoon vanilla flavoring

Combine dry ingredients. Add butter and slightly beaten egg yolks. Mix thoroughly. Add milk slowly, stirring constantly. Cook in double boiler until thick and smooth. Add flavoring. Pour into baked pastry shell. Cover with meringue made of the egg whites, 3 tablespoons of sugar, and a few grains of salt. Brown in slow oven, 325° F. 20 min-

### +-3-Banana Pie

Prepare filling for cream pie. Cover bottom of baked pastry shell with sliced bananas. Cover with cream filling. Cover with meringue. Brown in slow oven, 325° F. 20 minutes.

### Coconut Pie

Prepare filling for cream pie. Add 3 cup coconut. Pour into baked pastry shell. Cover with meringue. Brown in slow oven, 325° F. 20 min utes.

### Chocolate Pie

Prepare filling for cream pie. Melt one square chocolate. Add to cream filling. Pour into baked pastry shell. Cover with meringue. Brown in slow oven, 325° F. 20 minutes. The meringue may be omitted, and the pie covered with whipped cream.

### Meringue

1 teaspoon water 2 egg whites 2 tablespoons sugar

teaspoon salt

1/2 teaspoon vanilla flavoring

Beat egg whites until frothy. Add water, flavoring, and salt. Continue beating until stiff. Sift in sugar. Pile lightly on pie. Bake in slow oven, 325° F. about 30 minutes.

### **PUDDINGS**



### Bread Pudding

4 egg yolks, slightly beaten

14 teaspoon salt 14 cups bread crumbs cup raisins

tablespoon butter teaspoon nutmeg

teaspoon cinnamon 6 tablespoons brown sugar 3 cups scalded milk 1 teaspoon vanilla flavoring

Combine egg yolks, sugar, salt, butter, and spices. Add milk slowly, thring constantly. Add raisins, head, and flavoring. Mix thoroughly. Our into well-oiled baking dish. Set in pan of warm water. Bake in moderate oven, 375° F. until an inserted knife comes out clean.

### -----Rice Pudding

4 cups milk ¼ cup sugar 3 tablespoons rice

1/2 teaspoon salt 1/2 cup raisins

Wash rice. Add milk, sugar, and salt. Cook in double boiler until rice is tender. Add raisins. Pour into baking dish. Bake in slow oven, 350° If until pudding is thick and creamy. -----

### Suet Pudding

2 cups sifted flour

% cup molasses 1 teaspoon baking-powder

cup chopped suet 1 teaspoon cinnamon

¼ teaspoon cloves teaspoon baking-soda

% cup sour milk teaspoon salt cup raisins

teaspoon nutmeg cup sliced citron teaspoon ginger

Combine dry ingredients. Sift. Add fruits. Mix thoroughly. Combine milk, molasses, and suet. Combine mixtures. Fill well-oiled molds 3/3 full. Cover. Steam 3 hours. Serve with hard sauce. Dried apricots may be substituted for the citron.

### Date Pudding

3 eggs 1 cup sugar

2 tablespoons cracker crumbs

3/2 cup chopped nuts

11/3 cups chopped, pitted dates

teaspoon salt
teaspoon baking-powder
teaspoon vanilla flavoring

Beat egg yolks until thick. Add sugar and salt. Mix thoroughly, Add crumbs, dates, nuts, baking-powder, and flavoring. Fold in stiffly beaten egg whites. Pour into well-oiled pan. Set in pan of warm water. Bake in moderate oven, 375° F. until an inserted knife comes out clean.

### -5...-Caramel Custard

4 eggs, slightly beaten ¾ teaspoon vanilla flavoring

cup sugar teaspoon salt

cup water

4 cups scalded milk

Caramelize 2 tablespoons sugar. Add water. Stir until sugar is dissolved. Combine eggs, remainder of sugar, salt, and flavoring. Add milk slowly, stirring constantly. Add caramel syrup. Pour into pudding dish. Set in pan of warm water. Bake in slow oven, 375° F. until an inserted knife comes out clean.

### -5-3-Steamed Fruit Pudding

1 cup sifted flour

1/4 teaspoon salt

1 tablespoon sugar 1 cup cooked, sweetened fruit 21/2 teaspoons baking-powder

1 tablespoon shortening 1/2 cup milk or water

Combine dry ingredients. Sift. Cut in shortening. Add milk or water. Mix quickly. Prepare 6 well-oiled molds. Place 21/2 tablespoons fruit in each mold. Cover with batter. Place in steamer. Steam 15 minutes. Serve with fruit sauce.

### SAUCES



### Tomato Sauce

11/2 cups cooked tomatoes

1 tablespoon flour

1 clove 1 tablespoon melted butter

salt and pepper 1 tablespoon chopped onion

Combine tomatoes, clove, and onion. Cover. Simmer 15 minutes. Rub through sieve. Combine with butter and flour. Mix thoroughly. Season to taste. Cook in double boiler until thick.



### Cheese Sauce

11/2 cups milk

3 tablespoons flour

3 tablespoons melted butter

1/3 cup grated cheese salt, pepper, and paprika

Combine flour and butter. Add milk. Cook in double boiler until thick and smooth. Add cheese. Stir until melted. Season to taste.



### Tartare Sauce

1 cup mayonnaise dressing 1/4 cup chopped pickle Combine ingredients.

### Berry Sauce

1 cup cooked berries and juice

1 tablespoon flour

1 tablespoon melted butter

Combine butter and flour. Add berries. Mix until blended. Add a few grains of salt. Cook until smooth. Sugar may be added if necessary.

### Lemon Sauce

34 cup water

2 tablespoons flour

1/4 teaspoon salt

cup lemon juice

2 tablespoons melted butter

¾ cup sugar

2 egg yolks, slightly beaten

Combine sugar, flour, butter, and salt. Add egg yolks. Mix thoroughly. Add water. Cook in double boiler until thick and smooth. Add lemon juice. Cook 5 minutes.

### ----Hard Sauce

2 cups sifted powdered sugar

1/8 teaspoon salt

3 tablespoons lemon juice ½ cup melted butter

Combine ingredients. Beat smooth.

### SOUPS



### Beef Soup

2 pounds beef shank

11/2 teaspoons salt

1 tablespoon chopped onion

2 quarts cold water ½ cup diced carrot

1/2 cup diced potato

1/2 cup tomato

Wipe meat with damp cloth. Add water and salt. Cover. Simmer until meat is tender. Skim. Strain. Combine broth and vegetables. Simmer until vegetables are tender.

#### Salmon Soup

1 cup shredded salmon

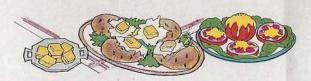
1 tablespoon chopped onion

2 cups milk

4 tablespoons butter 4 tablespoons flour salt and pepper

Brown onion in 1 tablespoon butter. Combine flour and 3 tablespoons butter. Add milk. Cook in double boiler until thick and smooth. Add onion and salmon. Season to taste. Heat thoroughly.

### **VEGETABLES**



### Baked Stuffed Beets

Wash medium size beets. Boil until tender. Peel. Remove stems and roots. Remove centers. Fill with buttered peas and celery. Cover with buttered crumbs. Brown in moderate oven, 425° F.

### Baked Stuffed Turnips

Pare turnips. Boil until nearly tender, Drain. Remove centers. Fill with buttered peas. Cover with butleved crumbs. Brown in hot oven, -5-3-

### **Broiled Tomatoes**

Select firm, smooth, ripe tomatoes. Wash. Cut in slices ½ inch thick. Place on rack in broiling oven. Sprinkle each slice with salt, pepper, and sugar. Dot well with butter. Broil until brown. Serve at once.

### Baked Stuffed Cabbage

1 medium size head cabbage 2 tablespoons chopped onion 2 cups hamburger or sausage

salt and pepper

Remove outer leaves from cabbage. Cover cabbage with water. Boll 10 minutes. Fold back outer leaves. Remove center. Chop. Combine with onion and meat. Season to taste. Pack in cabbage shell. Fold leaves over filling. Tie tightly. Place in roaster. Cover. Bake in moderate oven, 400° F. 30 minutes.

### -----**Buttered Cauliflower**

1 medium head cauliflower 3 tablespoons butter salt and pepper

Remove leaves from cauliflower. Place cauliflower head down, in cold water to which 1 teaspoon salt has been added. Let stand 30 minutes. Drain. Rinse in cold water. Cover with boiling water. Boil, uncovered, until tender. Drain. Add butter. Beason to taste.

### Buttered Corn

6 ears corn

2 tablespoons butter salt and pepper

Remove husks and silk from corn. Cover with boiling water. Boil 10 minutes. Cut corn from cob. Add butter. Season to taste. Heat thoroughly. Serve.

### +----

### Scalloped Green Beans

2 cups cooked green beans

1/4 teaspoon celery salt 3 tablespoons melted butter 1½ cups milk

3 tablespoons flour

1/4 cup grated cheese

½ teaspoon salt

Combine flour and butter. Add milk. Cook in double boiler until thick and smooth. Add salt. Add beans and celery salt. Pour into well-oiled baking dish. Sprinkle with cheese. Bake in moderate oven, 400° F. 30 minutes.

#### -----

#### Potato Whirls

3 cups mashed potatoes

salt, pepper, and paprika 1 egg, well beaten 2 tablespoons butter

scalded milk

Combine potatoes, egg, and butter. Add sufficient hot milk to moisten. Season to taste. Beat until light and fluffy. Shape with pastry tube on a well-oiled baking sheet. Brown under broiler flame. Serve at once.

### +6.3

### **Baked Stuffed Potatoes**

Select smooth, medium size potatoes. Wash. Oil. Bake in hot oven, 425° F. 1 hour or until tender. Remove upper portion of each potato. Remove centers. Mash. Season highly with cream, salt, and pepper. Beat until fluffy. Pile lightly into potato shells. Sprinkle with grated cheese. Sprinkle with paprika. Brown in hot oven, 425° F.

# The NEW Coleman Sofeth Instant-Gas Ranges



DeLuxe Table-Top Range in the popular Cream-Tan Rippletone finish. Fully insulated oven and broiler, porcelain lined. Drawer-Type Broiler with drop door: Two utensil drawers. Concealed Fuel Tank. Has all Coleman Instant-Gas Equipment and latest operating conveniences.



A DeLuxe Low Oven, table-top Range of beautiful lines, strong and compactly built. Finished in Snowy-White Porcelain with Black Porcelain Enamel Trim. Large, roomy oven, fully insulated. Porcelain lined. Convenient Utensil Cabinet. Concealed Fuel Tank. Also furnished in Cream-Tan Rippletone finish.

### Bring Modern Gas Cooking Service to Any Home Anywhere

OLEMAN INSTANT-GAS RANGES operate on the famous Coleman Instant-Gas Principle. They make and burn their own gas from any good grade of clean gasoline, free of anti-knock compounds. They light instantly like gas, cook like gas.

They are equipped with: (1) BAND-A-BLU Burners, which increase heating efficiency 20 per cent, and reduce fuel cost one-fifth; (2) Dial-Type Safety Carburetor Valves, which give accurate, simple and safer operation; (3) the universal "Perfect Vaporizer" Generator, that gives long trouble-free service and insures low-pressure operation, another safety feature.

They provide cooking service that makes possible the preparation of Better Cooked Foods. They are modern in styling, finish and design — add to the beauty of any kitchen. The various models fit every cooking need, at prices that fit every purse.



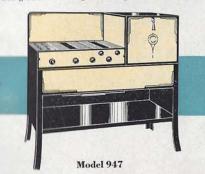
DeLuxe Console Range, full porcelain finish in Cream-Tan Rippletone. Oven and broiler completely insulated with best grade rock wool; full porcelain lined. Drawer-type Broiler with drop door. Handy Utensil Drawer. This model also furnished in ivory and green porcelain.



This Standard Low Oven Range gives Coleman Instant Gas Cooking convenience and modern style at a popular price. Finish is a pleasing vory porcelain and black baked enamel. Large roomy oven. Corcealed Fuel Tank. Three lurners. Full Standard Instant-Gas Equipment.



A handsome Console Range, finished in marhelsed porcelain of Ivory and Green; Black rim Roomy cooking top, large Oven and troller Concealed Fuel Tank. Full Instant-Gas automent, latest improvements. A stove that will give first-class gas cooking service for years.



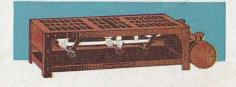
A fine performing, low-priced Standard Conmile Range, finished in glistening Ivory Porceian and Black Baked Enamel. Concealed Fuel Tank. Full Instant-Gas equipment with all the latest improvements. Roomy cooking top. Large oven, removable, porcelain drip pan.



A 3-Burner DeLuxe type of stove that is fine for the home, summer cottage, kitchen or cabin. Has full Coleman Instant-Gas equipment with all the latest operating improvements. Finish is gray baked enamel with white porcelain splash back; gray porcelain cooking top and drip pan.



A low-priced, sturdily built 3-burner stove, especially made for use in cottages, camps, cabins. Finished in Maroon-Brown baked enamel. Its instant-gas operation assures dependable cooking service any time, any where. Has Instant-Gas Valve with Automatic Safety Lock. Burners are gray cast iron.



### Model 975

This 3-Burner Hot Plate is the same stove as Model 974, except that it has no back or high legs. Durably constructed; a fine stove for use in cottages, cabins, camps, lunch counters, home laundries, etc. Also can be furnished in a 2-burner style as Model 976.

### Coleman Lamps and Lanterns



### The Finest Light for 1# a Night

You can have a whole roomful of finest light for only 1¢ a night with a Coleman Lamp! It produces an abundance of soft pure-white radiance; up to 300 candle power. More and better light than 20 common oil lamps.

The Coleman is clean, safe and dependable. Can't spill fuel if tipped over; can't befilled while lighted. It's a great home light.

A Coleman Lantern is a powerful, handy, out-door light! In rain, snow or wind it produces plenty of steady, shining brilliance for any job, any night.



### No. C362 Lamp

A Quick-Lite Lamp with glass globe that protects mantles from flying insects. Suitable for use indoors or out. May be fitted with Parchment Shade.



### No. 242 Lantern

A handy little lantern with big brilliance! Lights instantly. Single mantle type; produces up to 150 candlepower of steady shining radiance. Pyrex Glass Globe, built-in pump.



### No. 118A Lamp

Kremelite Shade and brown-gold colac finish. Roto-type Burner assures continuous service. An attractive lamp always ready with plenty of good light.



#### No. 220B Lantern

A big sturdy lantern—
no finer made. Lights instantly, gives up to 300candlepower brilliance on
any lighting job in any
weather. Genuine Pyrex
Glass Globe, built-in pump.

-36-



### No. 121 Duo-Lite

This reading lamp can be quickly made into a lantern by lifting from base, removing shade. Lights instantly, Single mantle type, Metallase, Parchment Shade.



### No. L427 Lantern

This Quick-Lite Lantern is backed by a fine record of performance. Match Generating. 300 c and le power. Built-in Pump. Popular in price. No other lantern like it for the money

### Coleman Instant-Gas Appliances



### for Heating Cooking and Ironing

Here are some of the Coleman Instant-Gas Appliances that bring modern gas service to homes beyond the gas mains.

Radiant Heaters that supply radiant, healthful warmth; Water Heaters that supply hot water for every household need; Self-Heating Irons that make ironing an easier, pleasanter task; Camp Stoves that add to the pleasure of the outing trip and Handy Gas Plants that supply many heating needs about the farm and home.

They are economical to use; give years of dependable service; save time and work.



#### No. 5A Radiant Heater

A DeLuxe Model, provides clean, quick, healthful heat at a cost of only 2¢ an hour. Thermo-Safety Generator — automatically controls flow of fuel. Portable , use it anywhere. Listed by Underwriters' Laboratories under File G-546.



This dependable quick action Heater provides steaming hot water in just a few minutes plenty of hot water for every household need. Lights instantly, like gas. Easy to install.



For cooking in camp, small apartments, summer cabins, etc. Lights instantly, cooks anything. Folding oven can be used as drum heater. Everything builtin: folds up like a suitcase.



#### No. 4A Iron

Selt-heating, use it anywhere. Large glass-smooth sole plate with beveled edge, cuts ironing time one-third. Does better work with less effort



### No. 16 Radiant Heater

A fine portable radiant heater that provides quick, low cost, gas heat. Lights instantly, just like gas. Provides an abundance of fresh, healthful radiant heat. Use it anywhere. Finished in bronze-brown baked enamel.

### Handy Gas Plant

A portable heating unit that makes and burns its own gas. Fine for use with steam tables, boilers, stock food cookers, pressure canning and in farm dairies and cream stations.



### Coleman Electric Appliances



### **Outstanding in Beauty** and Performance

Coleman Electric Appliances are automatic in operation . . . distinctive in design . . . . modern in styling . . . . pleasing in grace and charm. They are finished in gleaming Coleman Super-Chromium . . . the ever-lustrous, nontarnishing surface that never needs polishing.

Automatic operation assures better performance than you have ever known before . . . . coffee with a new zest and savor . . . . crispy toast, perfectly baked . . . luscious waffles . . . ironing a third easier. Your choice of many models.



#### Master Automatic Iron

Fully Automatic and Adjustable Heat Control. Long-life Heating Element. Accurate, Dependable Thermostat. Large, glassmooth sole plate, "button bevel" and sloping point. Chromium Finish.



### Automatic Coffee Maker

Perfect coffee every time made automatically! That's what you get with this Automatic Coffee Maker. Nothing to bother about . . no guessing. The secret is a magical new pump, which stops percolation when coffee is ready to serve. Chromium Finish.



### Easy-Glide Iron

Light weight . . . only 3½ pounds. Full size. Glides smoothly. No bearing down necessary. Extra heat (1000 watts) does work of the extra weight. Long-life Heating Element. Accurate, Dependable Thermostat. Chromium Finish.



### Aristocrat Waffle Maker

A deluxe tray-type waffle maker that bakes "better waffles" — the evenly
browned, crispy, tender
kind. Accurate, positiveacting heat indicator tells
when to pour batter. Has
shooth die-cast aluminum
rids—easy to clean. Chromium Finish.



#### Automatic Toast Oven

Makes real oven-baked toast automatically. Two slices, both sides at one time. Has single-lever automatic control, of both timing device and current switch. Shuts off automatically when toast is done. Chromium Finish.



### Automatic Waffle Maker 19C

Gives superior performance in better baked waf-fles. Automatic thermostat fles. Automatic thermostat prevents over-heating... maintains correct baking temperature. Heat Indica-tor tells when to pour bat-ter. New type long-life Heating Element. Chrom-ium Fluish

### FOR 30 YEARS The Name Coleman HAS STOOD FOR QUALITY

THROUGHOUT its long and successful career, of more than 30 years, The Coleman Lamp and Stove Company has developed many new and useful household appliances, both gasoline pressure and electric.

In millions of homes throughout the world these Coleman Appliances are dally giving dependable, satisfactory service . . . providing modern comforts and conveniences for lighting, heating and cooking; saving time, money and work - making household tasks easier and pleasanter.

So closely has the Coleman Company always adhered to the policy of produring dependable, quality products at fair prices that today the name COLEMAN" is a symbol of quality the world over . . . . a guarantee of satis-Nactory service!

To be certain of high quality and the utmost in convenience always insist on the genuine - always look for the name "COLEMAN" on the appliances you buy.

### The Coleman Lamp & Stove Co.

Main Factory and General Offices, WICHITA, KANSAS

Hranch Offices: Chicago, Ill.; Philadelphia, Penna.; Los Angeles, Calif. Canadian Factory-Toronto, Canada



The Coleman Factory in Toronto, Canada



The Coleman Factory in Wichita, Kansas

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