

RUMFORD COOK BOOK



Standard Table of Weights and Measures

1 cup	½ pint
4 cups	1 quart
3 teaspoons	1 tablespoon
1 gill	½ cup
16 tablespoons (liquid)	1 cup
2 cups butter (solid)	1 pound
4 cups flour (sifted)	1 pound
9 large eggs	1 pound
2 cups sugar (granulated)	1 pound
2½ cups sugar (powdered)	1 pound
2 tablespoons butter (solid and level)	1 ounce
2 tablespoons sugar (granulated)	1 ounce
2 tablespoons flour	1 ounce

How to Measure

Use a measuring cup holding one-half pint and marked one-half, one-third and one-quarter. Flour, meal and sugar are placed in the cup lightly, and leveled off with a knife.

Butter is packed in solid and leveled off.

Tea and tablespoons are filled solid and leveled off.

If a tea or tablespoon of dry material is to be divided in half, fill the spoon full, level off, and then divide lengthwise.

Accurate measurements always insure success.

Read the Label

The pure food laws require that the label upon each and every can of baking powder state in plain language the composition of the contents. Thus the housekeeper is informed and may protect herself against unwitting use of the objectionable alum powders.

As there are many forms of alum, purchasers have often been misled through the label use of scientific or unusual names instead of the plain language term *alum*. Some terms often used are sulphate of alumina, aluminum sulphate, sodium aluminum sulphate and the like which simply mean *alum* or some form of its objectionable constituent; indeed, whenever in such a case the words alumina or aluminum appear it means an unwholesome ingredient.

Read the label! Some of these alum baking powders contain a little ordinary phosphate, and the label made to read "phosphate" or "alum phosphate." Such powders are substantially as harmful as the straight alum powders, the highest scientific authorities declaring that baking powders containing alum in any form are a menace to the health of the consumer.

Rumford Baking Powder contains no alum. It is a strictly pure phosphate powder, in which is used the latest improvement of the genuine Professor Horsford's phosphate made by us solely for our own preparations, and none of which is ever sold for use in baking powders of other manufacture.

Economical and Practical Recipes

Compiled by
Well-Known Teachers of Cookery.

Rumford Biscuits

1 quart sifted flour	2 rounding tablespoons
1 level teaspoon salt	shortening
1 level teaspoon sugar	1½ cups sweet milk, or
2 rounding teaspoons Rumford	milk and water.
Baking Powder	

Sift flour, salt, sugar and baking powder together and rub in the shortening lightly with finger tips. Then add milk and mix the dough thoroughly, using a flexible knife (spatula) or large spoon. Place dough on a well-floured board or pastry cloth and knead only enough to get in shape to roll. Roll about three-quarters inch thick, cut and place in shallow pan, not touching each other. Have a *very* hot oven, and bake from twelve to fifteen minutes.

Peanut Butter Biscuit

1 quart sifted flour	1⅓ cups milk, or milk
1 level teaspoon salt	and water
2 rounding teaspoons Rumford	1 egg
Baking Powder	¼ cup sugar.
2 rounding tablespoons	
shortening	

Mix the same as for Rumford Biscuits, roll thin, spread with the nut butter, place two rounds together and bake.

Egg Biscuit

1 quart flour	2 tablespoons sugar
1 level teaspoon salt	2 rounding tablespoons
2 rounding teaspoons Rumford	shortening
Baking Powder	1 egg
1½ cups milk, or milk and water.	

Prepare the same as for Rumford Biscuit, mixing first all dry ingredients, and then rub in the shortening lightly with tips of fingers. Beat the egg light, add to the milk, then mix with the dry ingredients. Roll, cut and bake the same as Rumford Biscuit.

Cream Muffins

1½ cups flour	2 eggs
⅓ teaspoon salt	¼ cup melted butter
1 slightly rounding teaspoon	⅔ cup thin cream.
Rumford Baking Powder	

Sift together the flour, salt and baking powder; add the yolks of the eggs, melted butter and cream, and beat well. Last of all fold in the stiffly-beaten whites of the eggs and bake in greased muffin pans in a moderate oven about twenty minutes.

Graham Gems

3 cups Graham flour	2 eggs
½ teaspoon salt	3 cups milk
2 rounding teaspoons Rumford	2 tablespoons melted
Baking Powder	butter.

Sift together the flour, salt and baking powder; beat the eggs well and add them with the milk and butter to form a batter. Bake in hot, greased gem pans in a moderately hot oven about twenty minutes.

Parker House Rolls

2 cups flour
1 rounding teaspoon Rumford
Baking Powder
2 teaspoons sugar
 $\frac{1}{2}$ teaspoon salt
2 tablespoons butter
 $\frac{2}{3}$ cup milk.

Mix as for Rumford Biscuit. Roll to one-third inch in thickness, cut with a round or oval cutter, and crease in the centre with the handle of a case-knife first dipped in flour. Brush one-half with melted butter and fold over. Put in a pan, one-half inch apart, and bake in a quick oven fifteen minutes.

Nut Bread

2 cups white flour
1 cup Graham flour (or
whole wheat)
1 level teaspoon salt
 $\frac{1}{4}$ cup sugar
3 slightly rounding teaspoons
Rumford Baking Powder
 $\frac{3}{4}$ cup chopped nuts (pecans)
 $1\frac{3}{4}$ cups sweet milk (a little
more if dough is not soft
enough).

Mix together thoroughly the flour, salt, sugar, baking powder and nuts; add milk, and mix well. Place in a greased bread pan, let stand fifteen minutes, and bake fifty minutes in a moderate oven.

Southern Corn Bread

2 eggs
1 cup milk
2 tablespoons melted butter
 $\frac{1}{2}$ teaspoon salt
1 teaspoon sugar
1 cup corn meal
2 level teaspoons Rumford
Baking Powder
 $\frac{1}{2}$ cup flour.

Separate the eggs, beat yolks, and add the milk, butter, salt, sugar and corn meal. Sift baking powder with the flour and beat into the mixture; then add the well-beaten whites of eggs carefully. Place in a shallow pan, hot and well greased, and bake thirty minutes in a moderate oven. This may be baked in muffin-pans.

Johnny Cake

3 cups corn meal	1 rounding teaspoon Rumford
1 cup flour	Baking Powder
1 teaspoon salt	3 cups buttermilk
½ scant teaspoon soda	2 tablespoons molasses
	2 eggs.

Mix and sift dry ingredients; add buttermilk and molasses slowly, then the beaten eggs and beat the mixture well. Bake in two dripping pans for one-half hour. Sweet milk and two teaspoons of Rumford Baking Powder can be substituted for buttermilk, if desired.

Brown Bread with Raisins

2½ cups Graham flour (after sifting)	⅔ cup Sultana raisins
1 level teaspoon salt	½ cup molasses
1 level teaspoon soda	1½ cups sour milk
1 level teaspoon Rumford Baking Powder	1 egg.

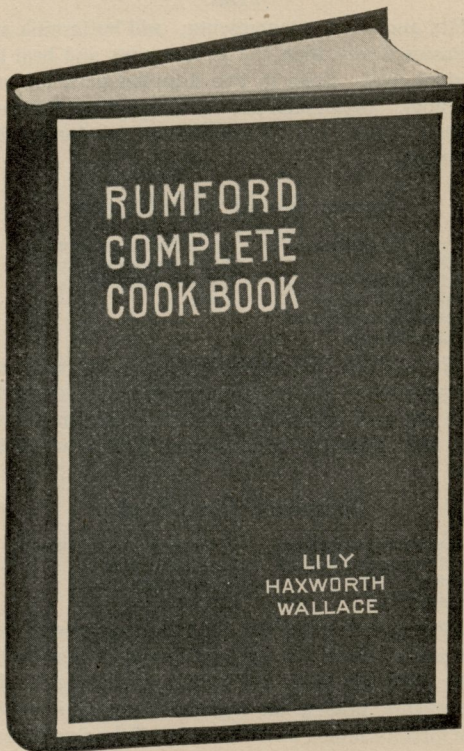
Mix together thoroughly the flour, salt, soda and baking powder; add raisins, molasses and sour milk. Beat egg and add to the mixture. Place in greased cans and steam for two hours, or bake in an oblong pan.

Rumford Doughnuts

2½ cups sifted pastry flour	¼ teaspoon ground mace
3 level teaspoons Rumford Baking Powder	1 egg and 1 yolk
½ teaspoon salt	½ cup sugar
	½ cup milk.

Sift together twice the flour, baking powder, salt and mace. Beat the egg and the yolk; beat in the sugar, then the milk and stir the whole into the dry ingredients, mixing all together very thoroughly. The mixture should be rather soft. Take a portion on the board, knead slightly, then roll into a sheet, cut into rounds and fry in deep fat. Let the rounds stand on the board a few moments before frying. Lift them from the board to the hand with a wide spatula.

Mailed free for 10 cards from
Rumford Baking Powder
ONE pound cans.



Rumford Chemical Works,
Providence, R. I.

RUMFORD COMPLETE COOK BOOK

BY

LILY HAXWORTH WALLACE,

Gold Medalist Graduate of National Training School of
Cookery, London.

National President of the Associated Clubs of
Domestic Science.

*256 pages bound in full Vellum de
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Contains 500 practical and easily understood recipes for preparing and cooking of meats, fish, poultry, vegetables and food for the sick; instructions for preserving, pickling, the making of ices, beverages, confections, etc.

**GOOD THINGS WILL BE FOUND
ON EVERY PAGE.**

Mailed free for 10 Cards from Rumford Baking Powder ONE pound cans.

CAKES, ETC.

There need be no haste in putting your batter in the oven. Even a delay of from 5 to 10 minutes insures a cake of that even texture and lightness sought for by all good cake makers.

Quick Sponge Cake

3 eggs
1½ cups granulated sugar
½ cup milk or water
2 cups sifted flour
2 level teaspoons Rumford
Baking Powder
½ teaspoon salt.

Beat the eggs, without separating the whites and yolks, and beat the sugar in gradually; add the milk and the flour, sifted two or three times with the baking powder and salt. Bake in a sheet about twenty-five minutes. Half of this recipe may be made by using one whole egg and the yolk of another with half of each of the other ingredients.

Miss Farmer's Sponge Cake

4 eggs, beaten separately
1 cup sugar
3 tablespoons cold water
1½ tablespoons cornstarch
1 scant cup flour
1 level teaspoon Rumford
Baking Powder
¼ teaspoon salt
1 teaspoon extract lemon.

Beat the yolks of the eggs until thick, add gradually the sugar; beat two minutes. Add the water. Sift together thoroughly the cornstarch, flour, baking powder and salt, and add to the first mixture the whites of the eggs beaten stiff and the lemon. Bake in a buttered angel-cake pan forty-five minutes, or shallow cake pan thirty-five minutes in a moderate oven.

One Egg Cake

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|---|--|
| $\frac{1}{4}$ cup butter | $\frac{1}{2}$ cup milk |
| $\frac{1}{2}$ cup sugar | $1\frac{1}{2}$ cups pastry flour |
| 1 egg, beaten without separating white and yolk | 2 level teaspoons Rumford Baking Powder. |
| Grated rind 1 lemon or orange | |

Beat the butter to a cream; gradually beat in the sugar, egg, grated rind, milk, and flour sifted with the baking powder, in the order enumerated. Bake about twenty minutes. Eat while fresh baked.

Cup Cakes

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|-----------------------------------|--|
| $\frac{1}{2}$ cup butter | 4 tablespoons milk |
| 1 cup sugar | $1\frac{1}{2}$ cups flour |
| 1 cup chopped nuts or raisins | 2 level teaspoons Rumford Baking Powder. |
| 3 eggs, beaten without separating | |

Beat the butter to a cream; gradually beat in the sugar, the nuts or fruit, or half of each, then the eggs, milk, and the flour sifted with the baking powder, in the order of enumeration. Beat vigorously, and bake in a dozen small tins about eighteen minutes.

Mace Cake

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|-----------------------------|--|
| $\frac{1}{4}$ cup butter | $2\frac{1}{4}$ level teaspoons Rumford Baking Powder |
| 2 egg-yolks | $\frac{1}{2}$ cup milk |
| 1 cup sugar | 2 egg-whites. |
| $1\frac{1}{2}$ cups flour | |
| $\frac{1}{4}$ teaspoon mace | |

Cream the butter and beat the yolks until light; beat half the sugar into the butter, the other half into the yolks and beat the two together; sift together the flour, baking powder and mace, and add them to the first mixture, alternately, with the milk; lastly, beat in the whites of eggs beaten dry. Turn the mixture into a brick-loaf bread-pan, well buttered; bake about thirty-five minutes. Cut in slices for serving.

Everyday Chocolate Cake

1 cup sugar	1 1/3 cups flour
2 eggs, beaten light	2 1/2 level teaspoons Rumford Baking Powder
3 tablespoons melted butter	1/4 teaspoon salt
2 ounces melted chocolate	1/2 teaspoon cinnamon.
1/2 cup milk	

Gradually beat the sugar into the eggs; add the melted butter and chocolate and, alternately, the milk, and flour sifted with the baking powder, salt and cinnamon. Bake in a pan about 11 x 7 inches about twenty-five minutes. Cover with *caramel frosting*.

Caramel Cake

1/2 cup butter	3 teaspoons caramel syrup
1 cup sugar	2 cups sifted flour
3 egg-yolks	2 level teaspoons Rumford Baking Powder
1 cup water	2 egg-whites.

Cream the butter; beat in the sugar, the yolks, well beaten, the water, syrup, flour sifted with the baking powder, and the whites beaten dry. Bake in a pan about 11 x 8 inches. When cold cover with *caramel frosting*.

Caramel Frosting

1/2 cup white sugar	1/3 cup boiling water
1/2 cup brown sugar	1 egg-white, beaten dry.

Melt the sugar in the water, washing down the sides of the pan, and let boil to the soft-ball stage, then pour in a fine stream on the white of egg, beating constantly meanwhile. Use when cold enough to hold its shape.

Rumford Feather Cake

$\frac{1}{3}$ cup butter	$\frac{1}{2}$ cup milk
1 cup sugar	$1\frac{1}{2}$ cups flour
2 egg-yolks	3 level teaspoons Rumford Baking Powder
Grated rind 1 orange	2 egg-whites, beaten dry.

Cream the butter, beat in the sugar, the yolks beaten light, the orange rind, and, alternately, the milk, and the flour sifted again with the baking powder; lastly beat in the whites, then beat the mixture from three to five minutes. Bake in a loaf about forty minutes. Cover with a boiled frosting.

Cinnamon One Egg Cake

$\frac{1}{4}$ cup butter	3 level teaspoons Rumford Baking Powder
1 cup sugar	$1\frac{1}{2}$ teaspoons cinnamon
1 egg, beaten light	3 tablespoons granulated sugar.
$\frac{1}{2}$ cup milk	
$1\frac{1}{4}$ cups flour	

Mix in the same manner as One Egg Cake; turn into a buttered pan about eight inches square. Mix the cinnamon and three tablespoons of sugar and dredge it over the top of the mixture. Bake about twenty minutes. Serve cut in squares when fresh.

Cream Cake

2 eggs	$1\frac{1}{2}$ level teaspoons Rumford Baking Powder
$\frac{2}{3}$ cup cream	$\frac{1}{2}$ teaspoon cinnamon
1 cup sugar	$\frac{1}{4}$ teaspoon mace
$1\frac{3}{4}$ cups flour	$\frac{1}{4}$ teaspoon ginger.
$\frac{1}{2}$ teaspoon salt	

Break the eggs into a bowl, add the cream and sugar and beat vigorously. Sift together thoroughly, flour, salt, baking powder, cinnamon, mace and ginger, and add to the first mixture.

Rumford Bran Cookies (Hygienic)

$\frac{1}{3}$ cup butter	$\frac{1}{2}$ cup water
$\frac{1}{2}$ cup sugar	$1\frac{1}{4}$ cups flour
$\frac{1}{2}$ cup molasses	2 level teaspoons Rumford
$\frac{1}{4}$ teaspoon soda	Baking Powder
1 egg-white, beaten light	2 cups bran

Bran for kneading and rolling.

Mix in the order given, mixing the soda with the molasses and sifting the baking powder with the flour. Roll into a sheet, cut into rounds and bake in an oven of moderate heat. For a change, roll very thin, spread part of the rounds with cooked-and-chopped figs, cover with other rounds, press together, dredge with sugar and bake as above.

Peanut Cookies

$\frac{1}{4}$ cup butter (scant)	2 tablespoons milk
$\frac{1}{2}$ cup sugar	1 cup flour
1 egg, beaten without separating white and yolk	2 level teaspoons Rumford Baking Powder

$\frac{3}{4}$ cup peanuts.

Cream the butter; gradually beat in the sugar, egg, milk, and flour sifted with the baking powder. Reserve two dozen whole pieces of nut and chop the rest fine. Add the chopped nuts to the mixture. Drop on a buttered tin, a teaspoonful in a place; set a whole piece of nut above; bake in a moderate oven. The recipe makes two dozen small cookies. Other nuts may be substituted.

Orange Cookies

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup orange juice
1 cup granulated sugar	3 cups flour
Grated rind 1 orange	2 slightly rounding teaspoons
1 egg, beaten light	Rumford Baking Powder.

Mix in the order given; more flour may be required; roll into a sheet, cut into rounds, dredge with granulated sugar and bake in a rather quick oven. This recipe makes a soft cookie; for a crisp cookie, use but one-fourth a cup of orange juice.

RUMFORD

“The Wholesome”

Baking Powder

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The action of Rumford Baking Powder in the dough is thorough, making cake, biscuit, muffins, etc., of finer texture and flavor and which retain their moistness longer than if made with ordinary baking powder or cream of tartar.

Pure and Wholesome

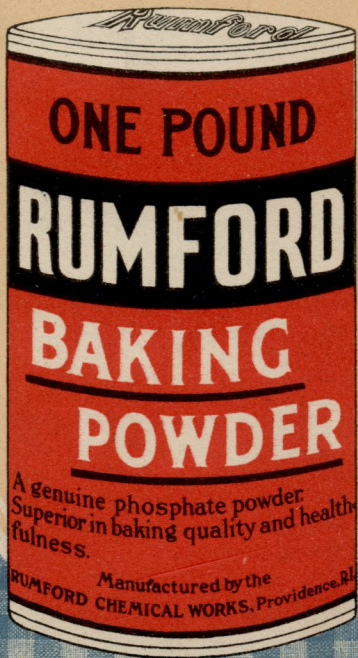
Made of the genuine Professor Horsford's phosphate, it supplies the food with an element, the strength-giving phosphates, absolutely necessary to health. Prof. Horsford's phosphate is made by us solely for our own use, and none is sold for use in any other baking powder.

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