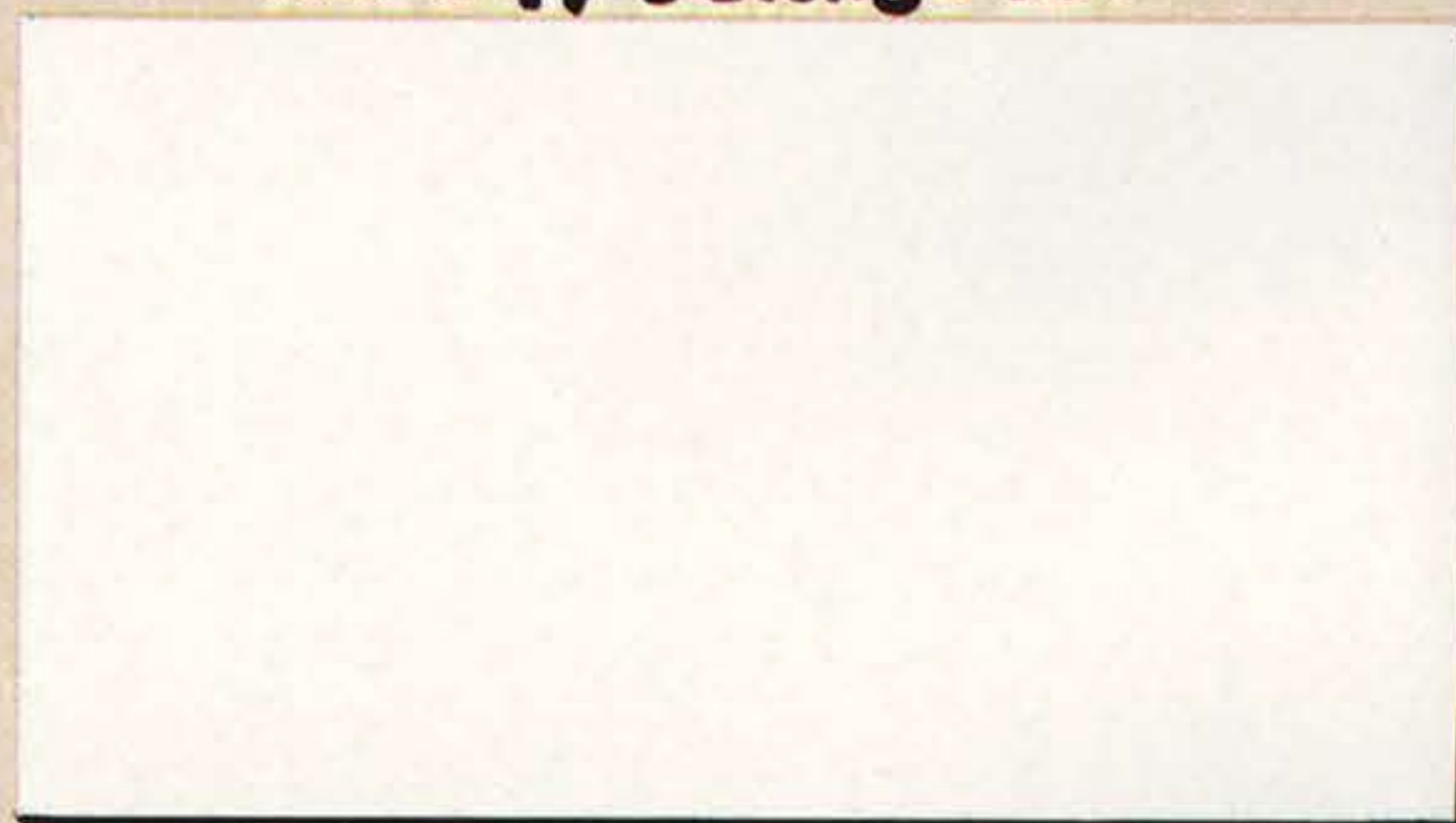


MY FIRST COOKBOOK



MY FIRST COOKBOOK

this copy belongs to:




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Imperial Sugar's "My First Cookbook" was first published in 1959.
This popular cookbook was updated and revised in 1963, 1967 and 1991.
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Good Cooking Habits

Wash your hands.

Put on apron.

Read your recipe carefully.

Set out all ingredients and the utensils you need.

Ask your mother to teach you how to use the range and light the oven. When the recipe tells you to preheat the oven, be sure to light the oven FIRST and let it be heating while you mix ingredients.

Measure ingredients carefully.

Read one step of the recipe at a time. Do what it says. Read it again to make sure you have done it right.

Clean off work area. Wash all pans and utensils.

Put everything back where it belongs.

Sweep the kitchen.

Fires start easily when working with high temperatures. Always have a fire extinguisher available and be sure you know how to use it.

A grease fire can be put out by covering it with baking soda or by putting a lid on it.

Be sure you have turned off the range and oven.

IDEA: ASK MOTHER TO TAKE YOU SHOPPING AND GIVE YOU TIPS ABOUT BUYING FOOD.

Safety Steps

PLOP! Keep your hands dry. Slippery, wet hands may cause you to drop something.

OOPS! If something spills on the floor, wipe it up at once. Someone may slip and fall.

OUCH! Use a pot holder in each hand when you take hot pans or dishes from the oven. If you burn yourself, let cool water run on the burn for five or ten minutes.

BOOM! Turn pan handle away from edge of the range so it cannot be bumped.

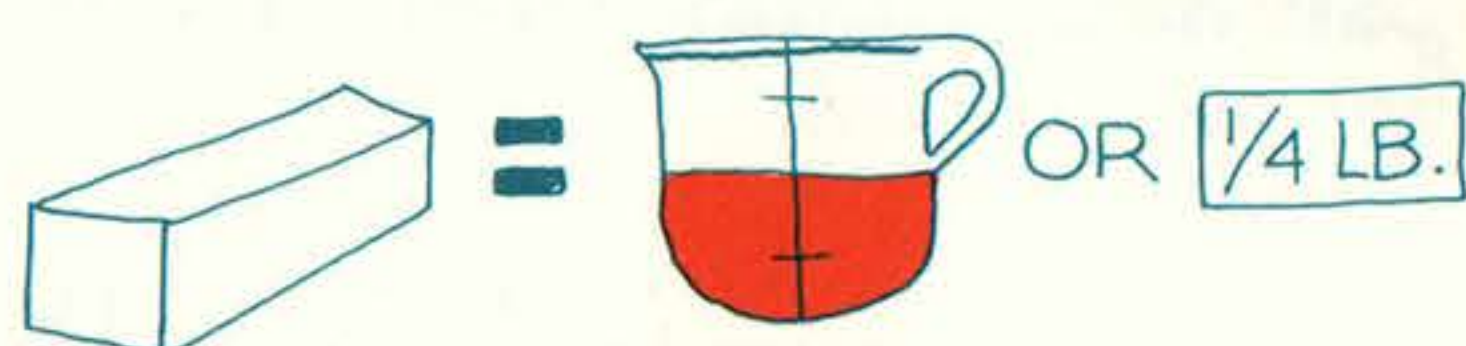
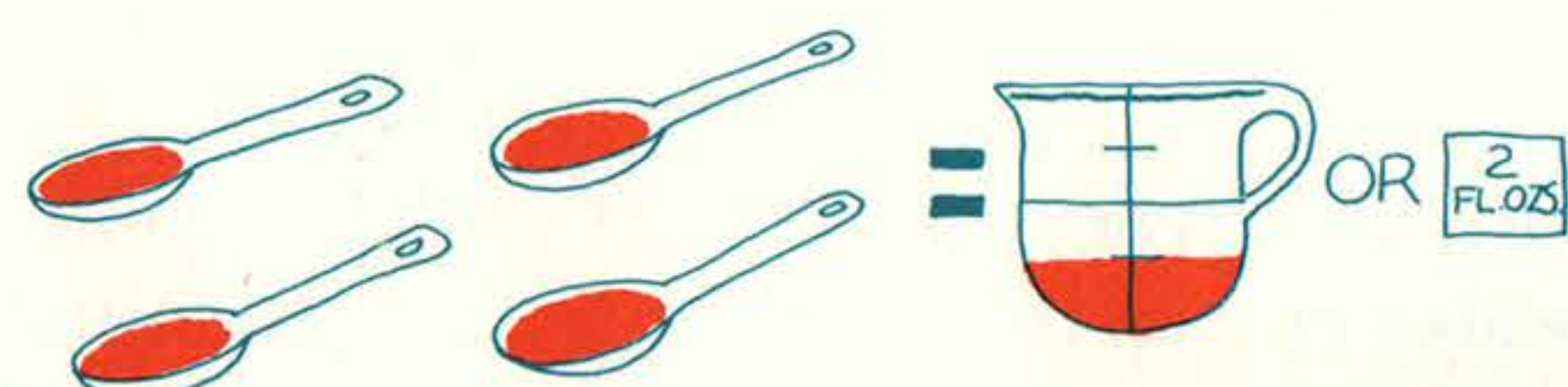
EEK! When you plug in or unplug an appliance, be sure your hands are dry. Don't leave cords hanging over the counter. Be careful not to overload circuits.

OOOH! When using the vegetable parer or knife, always cut away from yourself. Place foods to be cut on a cutting board. Cut down, never toward your hand. If you cut yourself, wash out the cut with cool water and wrap it in a clean bandage.

WOW! Avoid stinging steam. Tip lid *away* from you when you raise the cover to check contents of a hot pan.

SOS! Always ask for help or advice if you really need it. Before using special equipment such as blenders, microwaves, electric skillets and electric can openers, ask for permission and for help if you have never used them.

Table of Measurements



How to Measure



flour Sift flour onto piece of waxed paper. Carefully scoop sifted flour into measuring cup being careful not to shake flour down in the cup. Pile the flour high in the cup and level off carefully with blade of table knife. Return unused flour on waxed paper to flour container.



measure liquids in glass measuring cups. The 1 cup mark is below the rim. Have your eyes even with the mark on the cup when you are measuring.



measure dry ingredients in metal or plastic cups that come in a set of 1 cup, $\frac{1}{2}$ cup, $\frac{1}{3}$ cup and $\frac{1}{4}$ cup.



use standard measuring spoons, not the ones you use for meals. Make sure your teaspoon or tablespoon measurements of dry ingredients are right by leveling the spoonful off with the straight edge of a knife.



Imperial 10X Powdered Sugar Measure Imperial 10X Powdered Sugar the same way you measure flour. SIFT FIRST!



Imperial Brown Sugar Fill the cup with brown sugar. Pack down hard with your spoon. Add more sugar and push down till the cup is full. Level with knife. When you empty the brown sugar out, it keeps the shape of the cup.



other dry ingredients To measure other dry ingredients, just fill measure and level with a knife.



shortening Pack the shortening in the cup a little at a time. Press out the air. Level off with the straight edge of a knife. Scrape it all out of the cup with a rubber scraper.

Cooking Terms for Beginners

bake Cook food in the oven.

beat Use a large spoon, electric mixer or egg beater and mix fast. When you use a spoon, lift mixture with each beat. Example: You beat fudge to make it creamy-smooth. If you are mixing by hand, 150 full sweeping strokes around the bowl equals beating 1 minute with the electric mixer.

blend Stir several ingredients together until nice and smooth.

boil Cook in hot liquid that bubbles and steams.

broil Cook in direct heat. Use the broiler or cook outside over coals.

cream Make a soft, smooth, velvety mixture. A term often used in cake recipes. Beat shortening till creamy. Add sugar and beat till light and fluffy.

fold A gentle way of mixing. Use a spatula or spoon. Cut down through the mixture, across the bottom, up and over the top. Do it lightly, over and over. Be careful. Do *not* beat!

fry Cook in hot oil or shortening.

knead Work and press dough with palms of the hands. Turn a little after each push.

mix Stir ingredients together.

simmer Cook in liquid over very low heat. Bubbles are small and slow.

CHOCOLATE CHUG-A-LUG

*You will
need:*

1 cup water
3 tablespoons Imperial Granulated Sugar
2 tablespoons cocoa
 $\frac{1}{8}$ teaspoon salt
3 cups milk
1 teaspoon vanilla
Medium saucepan, measuring cups and
spoons, large spoon



*Work
plan:*

Bring water to boil in a medium saucepan; turn heat down. Mix sugar, cocoa and salt; add to water and blend. Add milk and vanilla.

Serve:

Pour over ice cubes in tall, frosty glass. Or, chill and serve in tall glasses with a scoop of ice cream. Or, serve hot in a cup with a marshmallow and a sprinkle of cinnamon. Makes 4 cups.

Idea:

Put several ice cubes, 2 cups Chocolate Chug-a-Lug and a scoop of ice cream in blender. Blend until thick and icy.

Make hot Chocolate Chug-A-Lug in electric coffee-maker.

MAD HATTER'S BREAKFAST



You will need:

1 egg, well beaten
1 tablespoon Imperial Granulated Sugar
1 cup milk
 $\frac{1}{4}$ teaspoon vanilla
Nutmeg
Egg beater, measuring spoons and cups,
small bowl, blender (optional)

Work plan:

In mixing bowl, beat egg. Add sugar, milk and vanilla; beat well. Or use blender. Pour into glass and sprinkle with nutmeg.

Serve:

If you are not very hungry but mother says you need breakfast, you'll enjoy this. And it's nourishing. Makes 1 cup.

Idea:

On a hot summer day, add a scoop of vanilla ice cream and blend in blender till thick and cold. Plain cookies like "My First Cookies" on page 16 are good with this drink.

FUNNY FACE PANCAKES

You will need:

$1\frac{1}{4}$ cups sifted flour
2 teaspoons baking powder
1 tablespoon Imperial Granulated Sugar
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon soda
1 beaten egg
 $1\frac{1}{4}$ cups buttermilk (or $1\frac{1}{4}$ cups milk plus 4 teaspoons lemon juice)
2 tablespoons melted margarine
Sifter, two mixing bowls, large spoon,
measuring cups and spoons, egg beater,
pancake turner

Work plan:

Sift flour, baking powder, sugar, salt and soda together into mixing bowl. In another bowl, combine beaten egg, milk and margarine, then add to dry ingredients. Stir until barely mixed. Heat lightly greased griddle or skillet. With small spoon, drop batter on hot skillet to make eyes, nose and mouth of a "funny face." Cook about a minute; pour more batter over "funny face" to make a whole pancake. Cook until bubbly on top. Turn and cook until brown; don't overcook. Makes 4 large or 6 medium pancakes.

Serve:

Make Imperial Brown Sugar Syrup by bringing 2 cups Imperial Brown Sugar and 1 cup water to boil. Simmer for 5 minutes. Makes about $1\frac{1}{2}$ cups.

Idea:

Instead of funny face, drip batter into pan to make your initial.



BUNNY "RABBIT"

You will need:

- 1 can (11 ounces) condensed Cheddar cheese soup
- 1 can (10½ ounces) condensed tomato soup
- ¼ cup milk
- 6 slices white bread
- Can opener, medium saucepan, large spoon, measuring cup, rabbit-shaped cookie cutter or a knife, toaster or skillet.



Work plan:

Carefully open soup cans and combine soups in saucepan. Stir to blend. Add milk and stir again. Heat over medium heat, stirring, until steaming hot. Cut rabbits from bread and toast them in toaster or in skillet using melted butter.

Serve: Spoon cheese mixture over toasted rabbits. Sprinkle with grated cheese, if you like. Makes 4 to 6 servings.

Idea: Use leftover rabbit as a sauce over spaghetti.

TEXAS TOAST

You will need:

- 6 slices white bread, cut in Texas shape
- 1 egg
- 1 cup milk
- 2 tablespoons Imperial Granulated Sugar
- Nutmeg (dash)
- Butter
- Texas cookie cutter or knife, mixing bowl, egg beater, measuring cups and spoons, pancake turner, skillet.

Work plan:

Cut bread into Texas shapes. Beat egg, milk, sugar and nutmeg together in mixing bowl. Heat skillet or electric skillet to medium heat. Melt 1 tablespoon butter and spread over bottom of skillet. Dip both sides of bread into egg mixture. Fry in preheated skillet until golden brown; turn and brown on other side, adding more butter as needed.

Serve: Good with sausage or bacon, Imperial Brown Sugar Syrup (page 9), and hot Chocolate Chug-A-Lug (page 7). Makes 6 pieces of toast.

Idea: Tint white corn syrup with red food color and serve over Texas Toast. Put red cinnamon candy on toast to mark your town.



QUICK SUGAR-CAKE



**You will
need:**

- 1 cup Imperial Granulated Sugar
- $\frac{1}{3}$ cup shortening
- 2 egg whites
- $\frac{1}{2}$ teaspoon vanilla
- $\frac{1}{2}$ cup milk
- $1\frac{3}{4}$ cups sifted flour
- 2 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- Mixing bowl, measuring cups and spoons,
sifter, 9" square cake pan, pot holder.

**Work
plan:**

Preheat oven to 375°F. Grease and flour 9" square cake pan. Put all ingredients in large mixer bowl and beat 2 minutes at medium speed of electric mixer. Empty batter into pan and bake 20 minutes.

Serve:

Mix $\frac{1}{3}$ cup softened margarine, $\frac{2}{3}$ cup Imperial Brown Sugar, $\frac{1}{4}$ cup cream or evaporated milk and 1 cup shredded coconut. Spread on warm cake and place under broiler set on low heat. Broil till mixture bubbles and is lightly browned—5 to 10 minutes. Cut in squares. Makes about 9 squares.

Idea:

If you don't like to sift flour, gently dip flour with spoon into cup but do not pack. Level with knife. Remove 1 tablespoonful.

SWEET DREAMBARS

**You will
need:**

- 1 cup chopped pecans
- 2 tablespoons butter, melted
- 1 cup Imperial Brown Sugar
- 5 tablespoons flour
- $\frac{1}{8}$ teaspoon soda
- 2 eggs
- 1 teaspoon vanilla
- Imperial 10X Powdered Sugar
- Small bowl, mixing bowl, measuring cups
and spoons, 8" square pan, knife, pot
holder.

**Work
plan:**

Turn on oven and set at 350°F. Chop pecans. Melt butter in baking pan. In small bowl, mix pecans, brown sugar, flour and soda. In another bowl, beat eggs. Stir in brown sugar mixture and vanilla. Pour batter into baking pan over butter, but do not stir. Bake for 20 minutes. Remove from oven, cool slightly and cut in bars. Sprinkle with powdered sugar.

Serve:

This is a tasty but easy holiday sweet. Your family and friends will enjoy them any time, however. Makes 18 bars.

Idea:

If you like coconut or dates, stir in $\frac{1}{2}$ cup of either along with pecans.



ANIMAL CRACKERS



You will need:

2¼ cups sifted flour
 ¼ teaspoon salt
 ½ teaspoon soda
 ¾ cup Imperial Granulated Sugar
 ½ cup shortening
 ½ teaspoon vanilla
 ¼ teaspoon almond flavoring
 1 large egg
 Sifter, measuring cups and spoons, mixer or beater, knife, pastry board, rolling pin, cookie cutters, baking sheet, wire rack.

Work plan:

Sift flour, salt and soda together. Cream sugar, shortening, vanilla, almond flavoring and egg. Mix the two mixtures thoroughly. Shape into a 3-inch roll, wrap roll in wax paper and chill. Slice in ½-inch slices. On lightly floured pastry board, roll each slice and cut with animal cutters. Bake at 350°F. about 8 minutes. Cool on wire rack.

Serve: Serve plain, with a tall glass of cold milk, or frost with Imperial Sugar-Paint Icing, recipe on page 15.

Idea: Cut cookie in paper doll shapes and design clothes to be painted on with tinted icing.

IMPERIAL SUGAR-PAINT ICING

You will need:

2¼ cups Imperial 10X Powdered Sugar, sifted
 4 teaspoons soft margarine
 ½ teaspoon vanilla
 2 tablespoons milk
 Sifter, measuring cups and spoons, small spoon, food coloring, pastry brush or clean water color brushes, small bowls.

Work plan:

Mix all ingredients and blend thoroughly. Use white or divide icing into several small bowls and tint each batch a different color.

Serve:

Decorate Animal Crackers, using clean pastry brush and clean watercolor brushes, if mother says you can. Slivers of gum drops, sprinkles (brightly colored cake decorations), colored sugar and chopped nuts are fun to use, too.

Idea:

Make Animal Crackers and have a tea party for your friends. Cookie dough rolls may be kept in refrigerator for several days if they are tightly wrapped; you can bake a few one day and the rest another day.



MY FIRST COOKIES



You will need:

- 2¾ cups sifted flour
- 2 teaspoons cream of tartar
- 1 teaspoon soda
- ⅛ teaspoon salt
- 1 cup shortening
- 1½ cups Imperial Granulated Sugar
- 2 eggs
- 2 tablespoons Imperial Granulated Sugar
- 2 teaspoons cinnamon
- Mixing bowl, measuring spoons and cups, mixing spoon, small bowl, baking sheet, pot holder.

Work plan:

Combine flour, cream of tartar, soda and salt. In mixing bowl, cream shortening and sugar. Add eggs. Beat well. Add flour mixture and blend well. Chill dough in refrigerator for 2 hours or till easy to handle. Turn on oven and set at 350°F. Lightly grease baking sheet. In small bowl, combine 2 tablespoons sugar and 2 teaspoons cinnamon. Roll dough into very small balls (about ¾-inch across) and dip into sugar-cinnamon mixture. Place on baking sheet and bake 10 to 12 minutes.

Serve: Makes about 72 cookies, but they will disappear fast, they're so good.

Idea: Instead of sugar-cinnamon mixture, use 2 tablespoons granulated sugar and ½ teaspoon cocoa, mixed well.

APRICOT CAROUSELS



You will need:

- 2 cups dried apricots, washed and drained
- 1 orange, peel and all except seeds
- 2 cups Imperial Granulated Sugar
- 2 cups Imperial 10X Powdered Sugar
- 1 cup chopped pecans or 1 can flaked coconut
- Food chopper, measuring cups, double boiler, large spoon, small spoons, cookie sheet

Work plan:

Finely grind apricots and orange. Add granulated sugar. Cook in top of double boiler until thick. Chill well. Shape into small balls. Roll balls in powdered sugar, then in nuts or coconut. Place on cookie sheet and chill.

Serve: Nice for a party. Or put each piece of candy in paper nut cup, pack in small gift boxes, wrap in pretty paper and give as gifts.

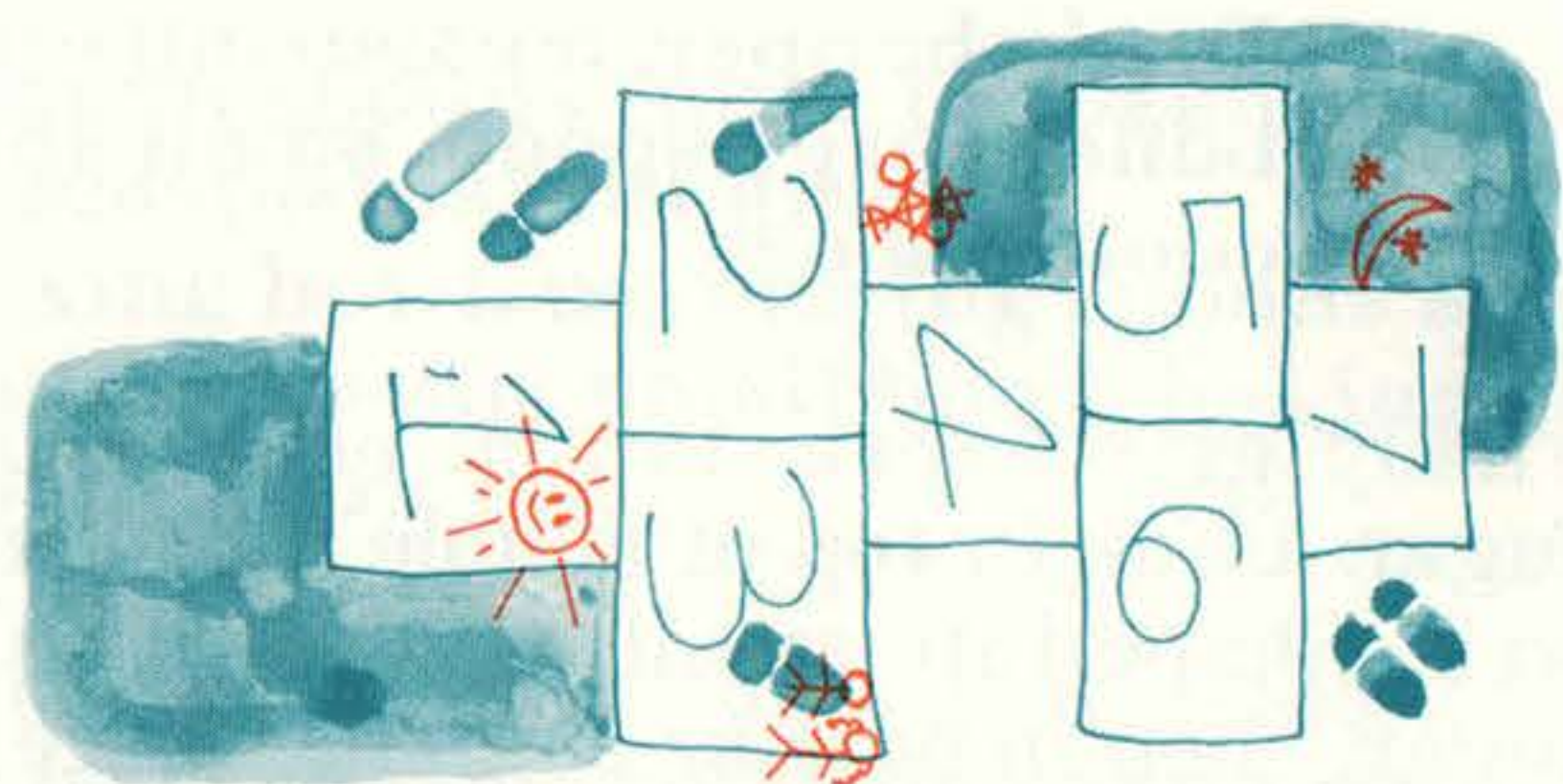
Idea: When shaping candy into balls, try shaping it around centers of gum drops, small marshmallows, chunks of nuts or chocolate bit, for a surprise center.



HOPSCOTCH SQUARES

You will need:

- 2½ cups Imperial Brown Sugar
 - 1 tablespoon light corn syrup
 - ⅛ teaspoon salt
 - ¾ cup milk
 - 1 tablespoon butter
 - 1 teaspoon vanilla
 - ¾ cup broken pecans
- Heavy saucepan, measuring spoons and cups, wooden spoon, shallow pan, knife.



Work plan:

Butter shallow pan. In heavy saucepan, mix sugar, light corn syrup, salt, milk and butter. Cook over medium heat, *stirring only till sugar dissolves*. Cook till mixture reaches soft-ball stage, 238°F. on candy thermometer. (Or, when candy holds its shape after being dropped from wooden spoon into a cup of cold water, it is ready.) Remove from heat and cool at room temperature, without stirring, till lukewarm. Add vanilla. Beat till candy holds its shape and starts to look dull. Quickly add pecans and beat till creamy. Spread in pan, cool and cut in squares.

Idea: Sometimes candy won't get hard. If this happens, stir in about 1 cup Imperial Powdered Sugar and 1 cup shredded coconut. Cool in refrigerator.

HELLO JELLY MINTS



You will need:

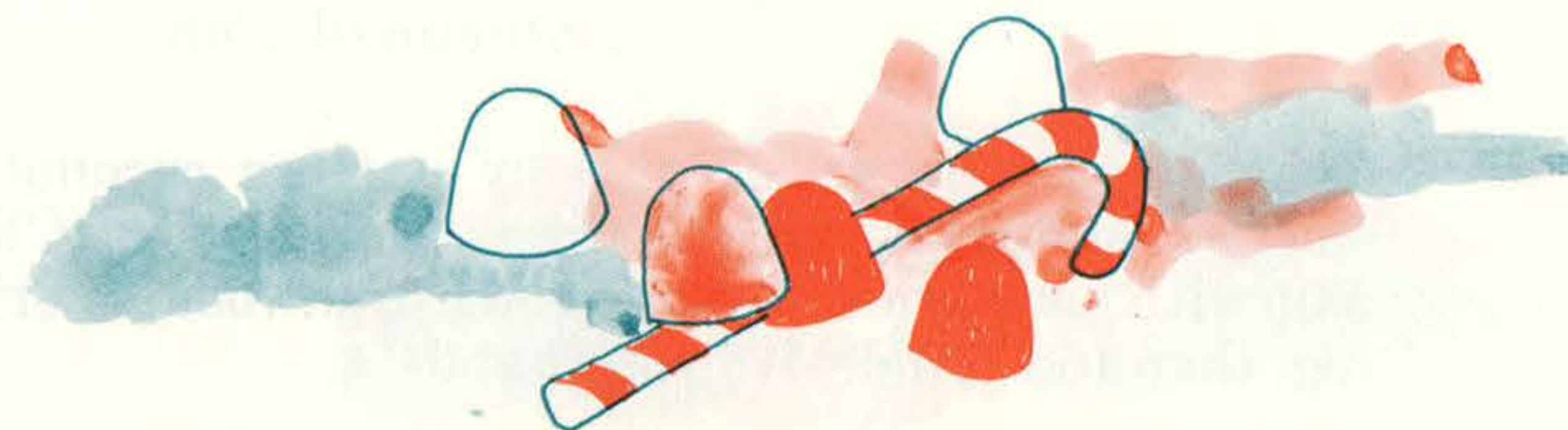
- 1 pound Imperial 10X Powdered Sugar
 - ¼ teaspoon peppermint extract
 - ⅛ teaspoon salt
 - ¼ cup cold water
- Gum drops cut into narrow strips
Mixing bowl, measuring cups and spoons, knife or kitchen shears.

Work plan:

Put powdered sugar, peppermint extract and salt into mixing bowl. Add water gradually, stirring until sugar is moist. Knead (mix thoroughly with hands) until mixture is stiff enough to roll out. Divide candy into small pieces, about 1½ tablespoons in each piece. Flatten candy into rectangle and place gum drop strips in center; roll candy around gum drops. Slice. Makes about 72 pieces.

Serve: These are nice for a party or good to munch for snacks.

Idea: When gift wrapped in box, these make a nice gift for a shut-in.



LITTLE ANGELS

You will need:

- 1 (3-ounce) package soft cream cheese
- 2½ cups sifted Imperial 10X Powdered Sugar
- ¼ teaspoon vanilla
- Dash salt
- Few drops red or green food coloring
- ½ cup coconut
- Medium mixing bowl, large spoon, measuring cups and spoons, cookie sheet.



Work plan:

Beat cheese until smooth, adding powdered sugar, vanilla, salt and food coloring. Cover. Chill 1 hour in refrigerator. Shape into small balls and roll in coconut. Flatten top slightly with fingers. Place on wax paper covered cookie sheet and chill. Makes about 24 pieces.

Serve: Serve for dessert to your family or as a snack to your friends.

Idea: Coconut may be tinted also by putting coconut in small plastic bag with 1 or 2 drops food coloring. Close bag with twist-tie. Shake coconut and food coloring together and blend with your hands.

DEVILISH EGGS

You will need:

- 6 eggs
- ¼ teaspoon salt
- Dash pepper
- 3 tablespoons mayonnaise
- ½ teaspoon lemon juice
- Paprika
- Saucepan with lid, cutting board, sharp knife, small bowl, measuring spoons, mixing spoon, teaspoon, 8" square baking pan or large plate.

Work plan:

Place eggs gently into saucepan. Add cold water till ½" above top of eggs. Cover pan with lid. Heat slowly to boiling. Turn heat low and simmer 20 minutes. Place pan in sink and run cold water over eggs till cool enough to handle. Tap eggs lightly to crack and peel under cold running water. Cut eggs in half lengthwise. Remove yolks carefully and put them in small bowl. Mash yolks with fork and mix in salt, pepper, mayonnaise and lemon juice, mixing well. Spoon yolk mixture lightly into egg whites. Sprinkle tops with paprika. Place eggs in single layer in pan or on plate, cover and chill in refrigerator.

Serve: Very good with sandwiches.

Idea: If you are in a hurry, stick large end of eggs with large pin or needle. Place eggs in boiling water gently, using large spoon. Turn heat down and cook only 10 minutes.



HUMPTY DUMPTY SANDWICHES



You will need:

2 slices bacon
 1/4 cup chopped onion
 2 tablespoons finely chopped green pepper
 4 eggs
 Salt and pepper
 Butter or mayonnaise
 4 slices bread
 Chopping board, paring knife, large kitchen spoon, pancake turner, frying pan, egg beater.

Work plan:

On chopping board, cut bacon into 1/2-inch slices. Cook bacon in frying pan until light brown over medium heat. Add chopped onions and green peppers and cook about 2 minutes. With large spoon remove as much grease as you can. Beat eggs with beater; pour over onions, bacon and green pepper. Stirring gently, cook until eggs are cooked the way you like them. Sprinkle with salt and pepper.

Serve: Put cooked eggs between slices of bread which have been spread with butter or mayonnaise. A tomato slice and leaf of lettuce add extra flavor and texture.

Idea: For an extra touch of color and flavor, add chopped pimientos with eggs and cook as above.

QUARTERBACK MEAT LOAVES

You will need:

1 egg
 1 pound lean ground beef (or 1/2 pound beef and 1/2 pound pork)
 1 teaspoon salt
 1/8 teaspoon pepper
 1 teaspoon lemon juice
 1/4 cup chopped onion
 1/2 cup bread crumbs
 1/2 cup pork and beans
 12 strips pimiento
 1/2 cup catsup
 Mixing bowl, measuring spoons and cups, fork, baking sheet, pot holders, pastry brush.

Work plan:

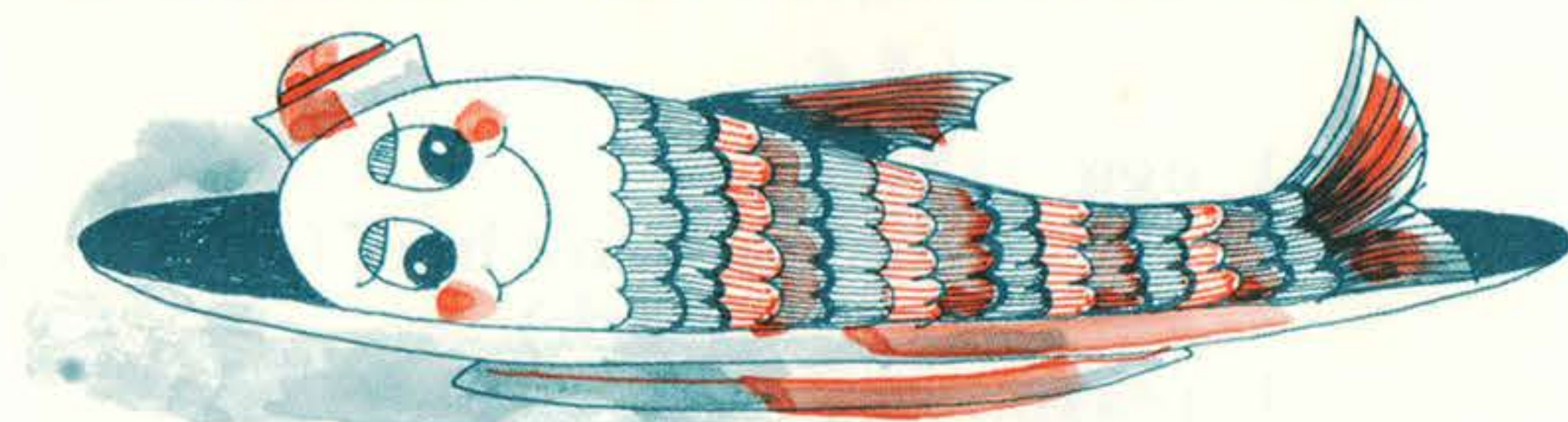
Set oven at 400°F. Beat egg in mixing bowl. Add all other ingredients, except pimiento and catsup. Mix lightly with fork. Shape into four loaves shaped like footballs. Place loaves on baking sheet and brush with catsup mixed with 2 tablespoons water. Bake 25 minutes. Lift with large spoon onto serving dish. Put strips of pimiento on top of each loaf in X design.

Serve: Make Toasty Taters on page 33, Party Pink Apple-sauce on page 27, green beans and hot biscuits.

Idea: For stuffed peppers, put mixture in green pepper shells. Top meat with catsup-water mixture. Bake in covered dish about 25 minutes.



TASTY TUNA CASSEROLE



You will need:

- $\frac{3}{4}$ cup crushed potato chips
- Butter
- 1 (10½ ounce) can cream of mushroom soup
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cup milk
- 1 (7 ounce) can tuna
- 1½ quart casserole dish, small mixing bowl, measuring spoons and cups, plastic bag, pot holder.
- 1 cup grated Cheddar cheese, optional.

Work plan:

Turn on oven and set at 350°F. Crush potato chips in plastic bag to make $\frac{3}{4}$ cup. Butter the inside of casserole dish. In small bowl, mix mushroom soup, salt and milk. Drain tuna and arrange in bottom of casserole dish. Pour soup mixture over tuna. Sprinkle crushed potato chips over soup. If desired, also sprinkle grated cheddar cheese over top. Bake for 25 minutes.

Serve: Serve hot with canned peach halves that have been sprinkled with Imperial Brown Sugar, placed in baking dish and cooked in oven with tuna the last 5 minutes tuna is cooking.

Idea: Tell mother, on a busy day, you will be happy to make this for dinner.

CANDLESTICK SALAD

**For each serving,
You will need:**

- Lettuce leaf
- Canned pineapple slice
- Ripe banana
- Lemon juice
- Imperial Granulated Sugar
- Mayonnaise
- Maraschino cherry
- Paring knife, salad plate, teaspoon.

Work plan:

Wash lettuce and dry with paper towel; put lettuce on salad plate. Place pineapple slice in center. Peel banana and cut in half crosswise. Roll banana half in lemon juice, then in sugar. Stand banana in middle of pineapple ring. Tint mayonnaise pink with maraschino cherry juice or a drop of red food coloring. Spoon a dab of pink mayonnaise over top of banana and let drip down the side like a melting candle. Place cherry on top of mayonnaise for flame.

Serve: Candlestick Salad is delicious with Humpty Dumpty Sandwiches, (page 22).

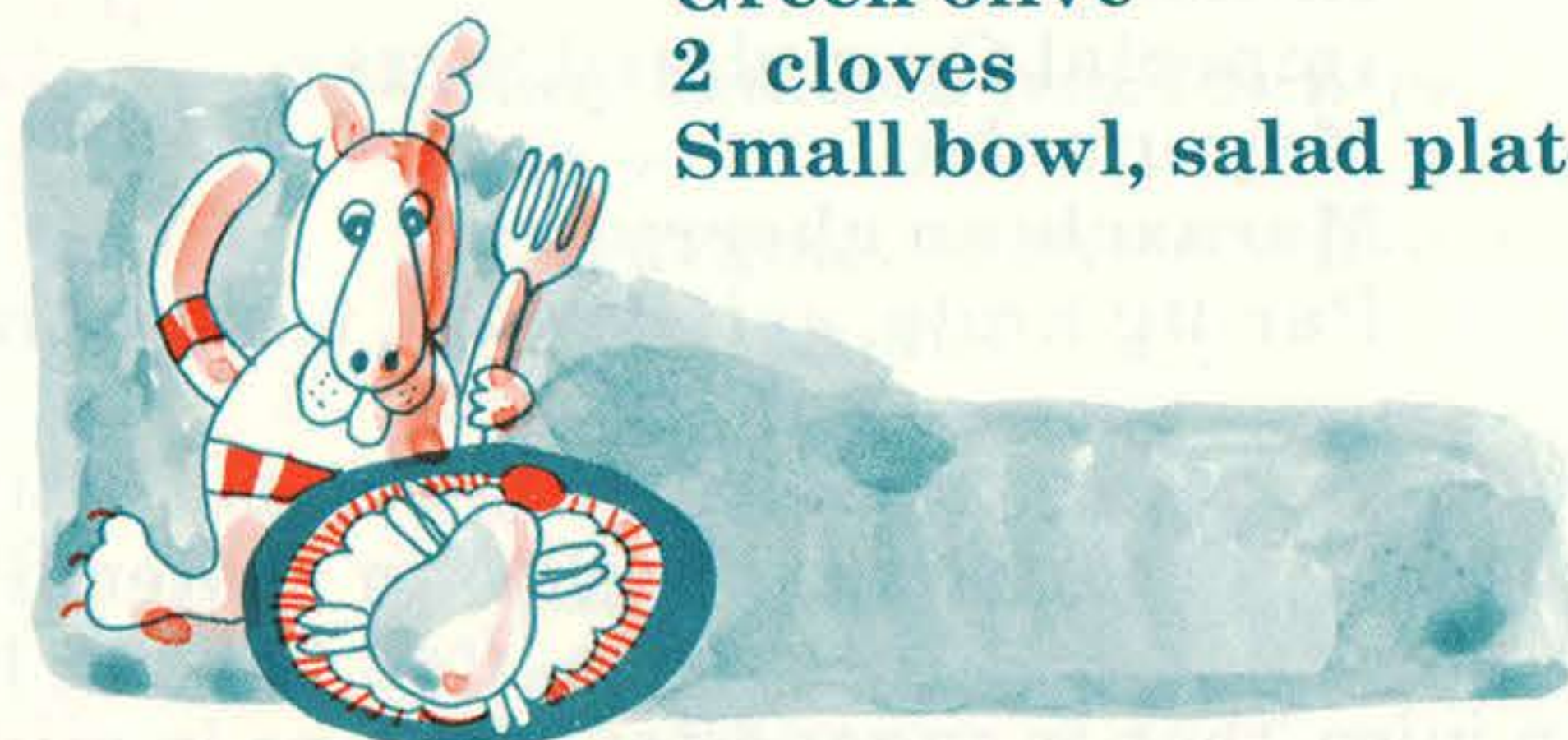
Idea: Suggest to your sister that you will make Candlestick Salads for dinner; ask your sister if she will please make Quick Sugar-Cake so mother won't have to spend so much time in the kitchen.



TINY TURTLE SALAD

*For each serving,
You will need:*

Canned pear half (save the syrup)
Green food coloring
4 pecan halves
Green olive
2 cloves
Small bowl, salad plate, spoon.



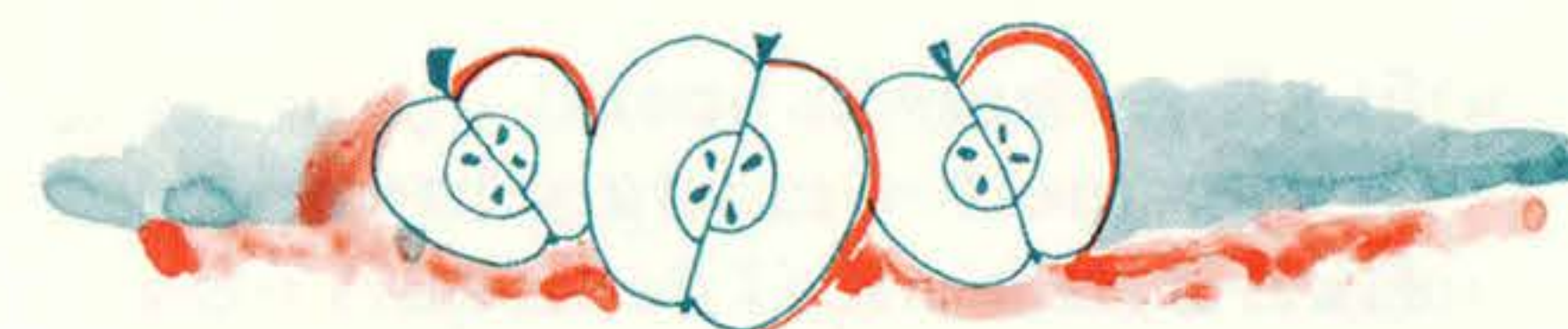
*Work
plan:*

Empty syrup from canned pears into small bowl and add a few drops of green food coloring. Soak pear halves in syrup till tinted green. On salad plate, place pear half, hollow side down. Put pecan halves in position for 4 feet. For the head, use one green olive with 2 cloves stuck in it to form eyes.

Serve: This is good with Chicken Forgotten. Sprinkle 1 teaspoon salt inside and over outside of 2½-pound chicken fryer. Put chicken in heavy baking dish, put lid on and place dish in 325°F. oven. Cook about one hour.

Idea: When chicken is one-half done, you can add two washed, peeled and cut up white potatoes and two cups frozen green peas, put lid back on and return to oven. With Tiny Turtle Salad, you have a whole meal.

PARTY PINK APPLESAUCE



*You will
need:*

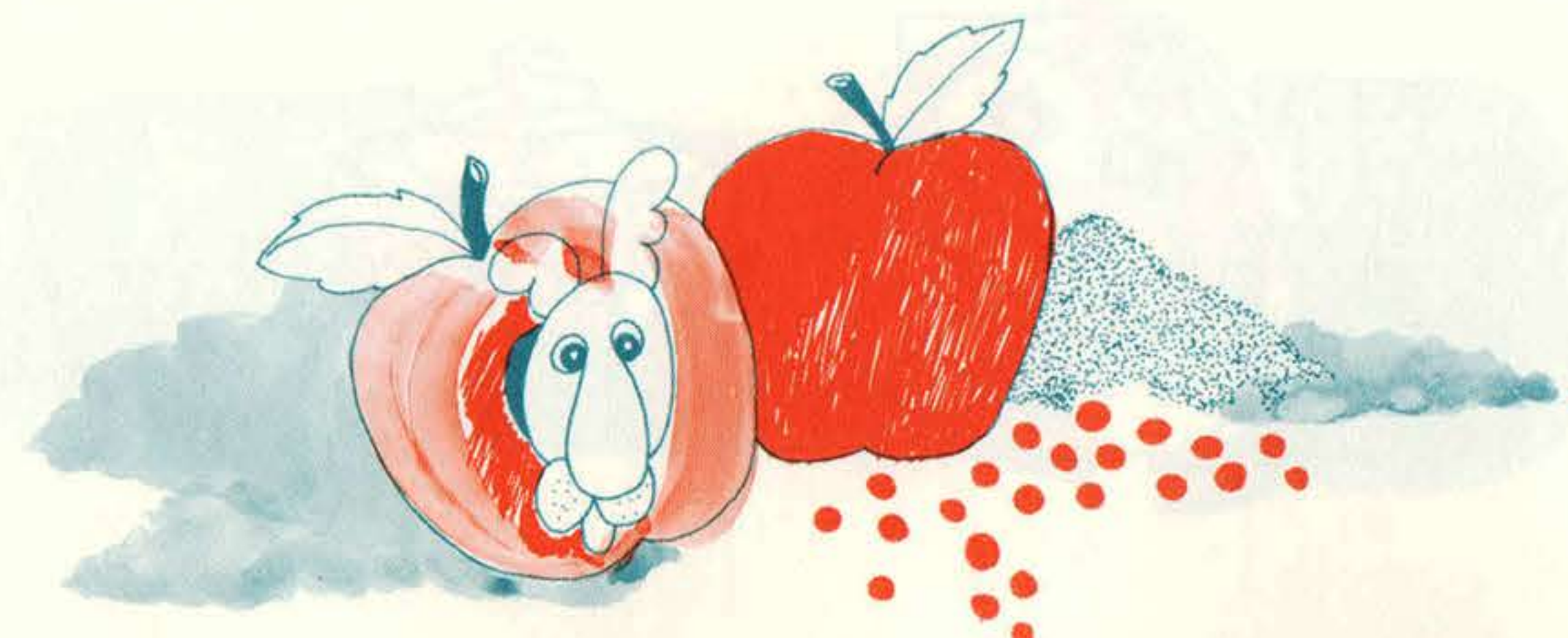
3 tart apples, peeled, cored and sliced
1 cup Imperial Granulated Sugar
⅓ cup water
2 tablespoons red hot candies
Knife, measuring cups and spoons,
medium saucepan, large spoon.

*Work
plan:*

Combine all ingredients and bring to boil. Lower heat and simmer until apples are barely tender. Stir gently a few times while cooking.

Serve: Your friends will love these pretty pink apples with hamburger patties, baked ham or fried chicken.

Idea: Serve with whipped cream for dessert.



RAGGEDY JANE PUDDING

*You will
need:*

5 slices raisin bread
 $\frac{1}{4}$ cup melted margarine
 Extra raisins, if desired
 2 eggs
 2 cups milk
 $\frac{1}{2}$ teaspoon vanilla
 $\frac{2}{3}$ cup Imperial Granulated Sugar
 Knife, skillet, medium bowl, egg beater,
 1-quart baking dish.

*Work
plan:*

Preheat oven to 375°F. Butter 1-quart baking dish. Cut raisin bread in narrow strips, about 1-inch wide, and dip them in melted butter. Stack bread strips in baking dish and sprinkle with extra raisins. Put all other ingredients in bowl and beat together. Pour over bread. Bake 25 minutes, or until top is browned and puffed.

Serve: Delicious warm with whipped cream. Also good plain.

Idea: Just as good served cold. If you have leftover fruit cocktail in the refrigerator, drain it and put fruit in dish with raisin bread before adding milk-egg mixture.



ICE CREAM YUM-YUMS

*You will
need:*

2 squares unsweetened chocolate, melted
 $\frac{1}{2}$ cup orange juice
 1 cup Imperial Granulated Sugar
 1 pint vanilla ice cream
 Gum drops or other small candies, chopped
 nuts or tinted coconut
 Ice cream scoop, small saucepan, wooden
 spoon, measuring cups, knife.

*Work
plan:*

Make Chocolate-Orange Sauce: Combine chocolate, orange juice and sugar; bring to boil and cool. Pour over ice cream balls; sprinkle with decorations (candies, nuts or coconut).

Serve: Serves four. If desired, put ring of whipped cream around ice cream ball just before serving.

Idea: This is a nice birthday party dessert. Ice cream balls can be made and frozen on cookie sheet. Make chocolate sauce in advance. Assemble candies. At serving time, put ice cream balls in serving dishes and decorate.



GRAPEFRUIT IMPERIAL



**You will
need:**

2 grapefruit
Imperial Brown Sugar
Maraschino cherries
Knife, citrus knife, measuring spoons,
aluminum foil, pot holder.

**Work
plan:**

Place sheet of aluminum foil over grill of broiler pan. Turn on broiler, asking for help from mother if necessary. Slice grapefruit in half. Cut around each section and remove the center. Sprinkle 1 tablespoon Imperial Brown Sugar over top of each grapefruit half. Arrange grapefruit halves on broiler pan and place under broiler. Cook until sugar melts and edge of grapefruit turns delicate brown. Remove from broiler. Put 1 cherry in center of each half.

Serve: Should be served at once. Serves four. Grapefruit Imperial is delicious at breakfast but is also good at other meals.

Idea: Sprinkle grapefruit halves with grated orange rind when grapefruit are almost ready. Return to broiler and finish cooking.

Use foil covered muffin tin, rather than broiler pan.

JETSET JELLO

**You will
need:**

1 package raspberry jello, 3-ounce size
1 cup boiling water
10 ice cubes
Chilled and drained fruit, if desired.
Medium bowl, rubber spatula, knife, large spoon.

**Work
plan:**

Empty contents of a small package of jello into mixing bowl. Using rubber spatula, stir in 1 cup boiling water until jello is completely dissolved. Add ice cubes and continue stirring, scraping sides and bottom of bowl, until jello is very cold and beginning to get thick. With large spoon, remove unmelted pieces of ice. Stir in 1 cup chilled, drained fruit, if desired. Pour into serving dish or individual dishes. Refrigerate until set, about 15 minutes.

Serve: Makes four servings. Other flavors of jello may be used, if preferred.

Idea: Slice banana into dessert dishes. Pour jello over bananas, then chill until set.



WILD WEST BEANS



You will need:

2 cans (#2½) pork and beans
 ½ cup chopped onions
 ½ cup cola beverage
 ¾ cup Imperial Brown Sugar
 ½ cup tomato catsup
 Salt to taste
 Knife, measuring cups, medium saucepan, large spoon.

Work plan:

Cook combined ingredients in heavy saucepan, first bringing to boil, then turning heat down to medium low. Cook about two hours, stirring occasionally to prevent sticking. May be cooked in baking dish in oven at 300°F., uncovered, for about two hours.

Serve: These are delicious when mother is barbecuing ribs or daddy is grilling hamburgers. Potato salad, hot bread and a cold drink complete the meal.

Idea: Put cold, leftover Wild West Beans on toasted sandwich bun, top with slice of onion and remaining half of bun.

TOASTY TATERS

You will need:

4 baking potatoes
 ½ cup melted margarine
 Salt and pepper
 Knife, baking sheet, large spoon.

Work plan:

Preheat oven to 400°F. Wash and scrub potatoes well, then dry them with paper towel. Do not peel. Cut potatoes in half, the long way. Then, cut each half into four long strips. Dip all sides of potatoes in melted margarine, place on baking sheet (with 1-inch sides on pan so margarine won't spill in oven). Bake until potatoes are brown and beginning to puff, about 30 minutes. Potatoes are thin, so they do not take as long to cook as whole potatoes. Sprinkle with salt and pepper to taste.



Serve: Good any time with all kinds of meats or as a snack. Serves 4.

Idea: Sprinkle grated parmesan cheese over potatoes about halfway through cooking time.

GOLDILOCKS BAKED YAMS



You will need:

- 1 can (# 2½) yams, drained**
¼ cup honey
½ cup Imperial Brown Sugar
2 tablespoons chopped pecans
¼ cup soft margarine
Small package (6-ounce) miniature marshmallows
Can opener, measuring cups and spoons, fork, medium bowl, medium baking dish, pot holders.

Work plan:

Preheat oven to 350°F. Mash yams with fork. Mix in remaining ingredients, except marshmallows, saving some of the sugar mixture to sprinkle on top of yams. Put yam mixture in buttered baking dish; sprinkle reserved sugar mixture over yams. Bake about 20 minutes. Remove from oven and sprinkle marshmallows over top. Put back in oven just until marshmallows melt.

Serve:

Serve to 4 or 6 hungry people with panfried sausage patties, broccoli and hot bake-and-serve rolls.

Idea:

Add ¼ cup drained, crushed pineapple to yam mixture before baking.

MY FAVORITE RECIPES

This image shows a single sheet of white paper with horizontal blue lines, resembling notebook paper. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slightly textured appearance and some minor discoloration or faint smudges, particularly towards the bottom right corner. The edges of the paper are slightly irregular.

FOOD AND YOU

Good nutrition enables our bodies to get the materials they need to live, grow and repair themselves. We get good nutrition by eating the right foods in the right amounts. This is also important because we feel better and happier when we eat the foods our bodies need most. The four important classes of food are:

1. Meats, poultry, fish and eggs
2. Milk and dairy products
3. Breads and cereals
4. Fruits and vegetables

When we eat many different kinds of these foods, our bodies receive all the carbo-

hydrates, fats, minerals, proteins, vitamins and water they need to work well for us. Since different foods have different food values, we can't get all the body building materials from just a few foods.

Sugar is a carbohydrate. Sugar is digested quickly, so it provides energy soon after it is eaten. Sugar enhances the flavors of many foods and improves cooking and baking qualities of many foods.

After you are sure you have included the basic four foods in your diet — then is the correct time to add pastries, ice creams, candies and other sweets.



QUALITY INGREDIENTS FIRST ESSENTIAL OF COOKING SUCCESS

Good cooking always starts with quality ingredients. There is no compromise. A recipe may be followed with precise care, but the results will be only as good as the ingredients used.

Select your ingredients by brand. Learn which brand you can depend on to be uniform. In sugar, uniformity is especially important to accurate measurement. Sugar used in home recipes is measured by the spoonful or cupful, not by weight. Unless the sugar grain is uniform in size, a cupful today may not contain the same amount of sugar as a cupful tomorrow. One cup of coarse-grain sugar is not equal in weight or sweetening value to one cup of fine-grain sugar.

Absolute uniformity of grain is one of the reasons why most Southwestern homemakers use Imperial Pure Cane Sugar. When you use Imperial Sugar, level measurements always represent *exactly* the same amount of sugar. Your recipe success is consistent. And because it's extra-fine granulated, Imperial Sugar is *quick dissolving*. It blends quickly and smoothly with other ingredients.

To be sure of getting 100% pure cane sugar of finest quality, be sure it's Imperial. Look for the red block marked "Pure Cane" on every bag and carton.



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