


# RELIABLE RECIPES



RELIABLE  
FLOUR CO  
103 BROAD ST  
BOSTON 



**MARSTON'S**

**RESTAURANT**

25·BRATTLE·ST & 17·HANOVER·ST



**LUNCHEON·ROOMS**

FURNISHED·WITH·COUNTERS·AND·STOOLS

33·HANOVER·ST

AND

564·WASHINGTON·ST

**BOSTON**



LARGEST·RESTAURANT·IN·THE·CITY  
COMBINED·SEATING·CAPACITY·1300

ESTABLISHED·IN·1847

**RELIABLE  
RECIPES**



WITH INTRODUCTION  
MODERN·METHODS  
IN·COOKING



WILL·B·HUNT·DESIGNED

PUBLISHED·BY  
**RELIABLE·FLOUR·CO**  
103·B·ROAD·ST·BOSTON

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## Modern Methods In Cooking.



**I**N the old way of cooking, the housewife bought flour, meal, cream-of-tartar and baking powder, and mixed and sifted them with more or less uncertainty regarding their quality. Then no one could be sure of success until the biscuit or cake was taken from the oven. In large establishments, where success depends almost entirely upon always having good food, it has been a great problem how to obtain uniformly good results. The solution of this problem forms the greatest innovation in modern methods of cooking, and this is how it came about.

In the bakery of Marston's famous Boston restaurant there are employed generally about thirty-two people in the preparation of the three meals of the day. Now, in the old-fashioned way of measuring and mixing, it would be impossible to have everything always just right. But see in what a common sense way it was accomplished. Samples of the different ingredients were analyzed and tested for purity and nutrition, and the exact proportions in mixing to obtain the best results determined. Then the flour and the meal were mixed in bulk

with the exact proportions of pure soda and cream-of-tartar, and the many bakers drew on this supply, uniformly good success being the result. So Marston's achieved its world-wide reputation for its bread and pastry.

One readily sees how the flour business grew up. Patrons inquired regarding the ingredients which were used, and then bought the preparations in small quantities from the bakery department. The demand became so great that the Reliable Flour Company was formed, and its customers are supplied with the same preparations as those used constantly in the famous restaurant.

These preparations remove the uncertainty in the home of the strength and quality of ingredients, and abolish one of the greatest vexations of the housewife. They are adapted not only to bread, biscuit and pastry, but to nearly everything in which flour or meal is the basis.

In the following pages we give a number of recipes, but every housewife can readily adapt the preparations to all favorite recipes. The three preparations can be obtained from all grocers:

**Reliable Prepared Flour.**

**Reliable Prepared Graham.**

(Entire Wheat.)

**Reliable Prepared Corn-Cake.**

## RECIPES.

**Tea Biscuits.** If there is one thing more than another which eludes the grasp of the average housekeeper, it is the art of making cream-of-tartar biscuits. There are times when nothing so perfectly fits the requirements of luncheon or supper. With the RELIABLE PREPARED FLOUR one can be sure of success. Simply mix with *cold* milk to a soft dough, with or without shortening, and bake.

Next to the lightness of the biscuit, nothing contributes more toward perfection than regular formation. We will give three methods, with suggestions of the advantages of each:

1. The best-formed biscuits are made by rolling out the dough and cutting with a cutter. It also requires the most work, the board, rolling-pin and cutter having to be cared for. The scraps never make so good biscuit after the repeated rollings.

2. Another method, involving less work and leaving no scraps, is to mould the dough into a rectangular form, and cut into even cross-sections with a knife. By careful placing in the baking-pan diagonally, as indicated herewith, the biscuits will be all light and even in size.



3. The method which requires the least work, and which with practice gives excellent results, is the mixing of the dough well in a small bowl and then, with a small dish of flour at hand, keeping the hands well floured to prevent the dough from sticking, forming the biscuit quickly into even sizes, with a folding under movement, so that the tops will be smooth.

## Perfection Dumplings.

Mix the RELIABLE PREPARED FLOUR with *cold* milk to a medium dough; with floured hands form into the required shape, and steam as wished, with a pot-pie, stew, or in a steamer.

1776.

Mix the RELIABLE FLOUR as for "Perfection" dumplings; flatten to one-half inch in thickness; cut into strips two inches wide, then cut these strips crosswise, making bits of dough two inches long by one inch wide. Fry in hot fat. When done, dip in mixture of one cup of molasses and one-fourth cup butter cooked to a thick syrup.

## French Toast.

Fry the strips of dough as for 1776. When done, turn over them hot milk with a little butter with salt in it.

## Wheat Muffins.

1 beaten egg.  
1 tablespoonful sugar.  
1 cup milk.  
1 tablespoonful melted butter.  
RELIABLE FLOUR to make a batter.

## Graham Muffins.

2 cups RELIABLE GRAHAM.  
1 tablespoonful sugar.  
1 egg.  
1½ cups of milk.  
1 tablespoonful of melted butter.

Put the graham into a dish; add sugar; break in the eggs, and mix to a medium batter; lastly, add the melted butter. Bake in small muffin cups.



Graham Muffins without Eggs, very Nice.

Rub one tablespoonful of butter into two cups of RELIABLE PREPARED GRAHAM; add one tablespoonful of sugar; mix with cold milk to a medium batter.

These muffins have excellent keeping qualities. If kept covered, will keep moist for a long time.

### Reliable Corn Cakes.

3 cups RELIABLE CORN-CAKE.  
 $\frac{1}{3}$  cup of sugar.  
1 egg.  
 $1\frac{1}{2}$  cups of milk.  
2 tablespoonfuls of melted butter.

Put the corn-cake flour into a bowl; add the sugar; egg, without beating; mix to a medium batter with the milk; lastly, stir in the melted butter. Bake in sheets.

### Reliable Corn Rolls.

As made in the finest and best hotels. Very rich and fine flavored. This rule is submitted to those who wish the very best Corn Roll that can be made.

$\frac{1}{2}$  cup sugar.  
 $\frac{1}{3}$  cup butter.  
3 eggs.  
creamed together; add to  
 $1\frac{3}{4}$  cups milk.  
 $3\frac{1}{2}$  cups RELIABLE CORN-CAKE  
MIXTURE.

Bake in deep cups of this style.



### Indian Griddle Cakes.

1 cup of milk.  
1 beaten egg.  
1 tablespoonful of sugar.

RELIABLE CORN-CAKE to make a batter.

Cook well.

### Health Griddle Cakes.

1 cup of milk.  
1 beaten egg.  
1 tablespoonful of sugar.  
RELIABLE GRAHAM to make a batter.

Can we afford to *eat* anything but the best? Try the above and compare with the cheap "pancake" flours.

### Reliable Griddle Cakes.

1 cup of milk.  
1 beaten egg.  
1 tablespoonful of sugar. [batter.  
RELIABLE PREPARED FLOUR to make a  
2 tablespoonfuls melted butter.

### Blueberry Griddle Cakes.

Add blueberries to the above, and you will have delicious cakes.

### Corn Fritters or Oysters.

1 can sweet corn.  
2 beaten eggs.  
2 tablespoons milk.  
1 tablespoon melted butter.  
Salt and pepper.

RELIABLE PREPARED FLOUR to make a batter. Fry in a shallow fry pan with plenty of fat.

## MORE THAN BAKING POWDER

Is necessary in the making of the delicate cakes, the fluffy biscuit, and the tender crusts. The quality of the flour is a much more important factor than the manufacturers of the widely advertised baking powders would have us to understand.

You may use the best and purest of powders, and combine the ingredients with the most consummate skill; but unless you are sure of the high quality of your flour, your labor is more than likely to be crowned with an indifferent degree of success.

The best baking powder, if combined with a poor, or low-grade flour, will not produce food of high quality, notwithstanding misleading advertisements to the contrary.

In the RELIABLE PREPARED FLOUR we offer you all the requisites of success—the best and highest grade flour milled from wheat selected from the best wheat-fields of the country; pure grape cream-of-tartar and bicarbonate of soda, the purest and most healthful leavening known to science. And, what is most important, we combine them with a method and process peculiarly our own, in exactly the right proportions, so that with the rules which we furnish the novice and the inexperienced in cookery may have the utmost surety of success.

When you purchase the RELIABLE PREPARED FLOUR, you purchase the flour, the baking powder, the rule, and success in one package.

### Steamed Apple Dumplings.

Peel and core some sour apples; make a dough as for Perfection dumplings; roll out three-eighths of an inch in thickness; cut into squares according to the size of the apples; cover; place on the steamer, with the part where the dough meets downward. Steam until soft.

### Baked Apple Dumplings.

Two cups RELIABLE FLOUR; one-fourth cup butter; one-fourth cup lard, rubbed into the flour. Mix with *cold* milk stiff enough to roll out one-fourth inch thick; cover peeled and cored sour apples after the manner of steamed apple dumplings. Bake and serve with wine or hard sauce.

### Fruit Pot Pie.

Fill a round agate pan two-thirds full of blueberries, blackberries, or sliced apples, sweetened to taste. Make some dumplings from the RELIABLE FLOUR recipe on page 6; place them on the fruit, but not too closely, so as to allow for the dumplings to expand. Set pan in a steamer and steam until the fruit is cooked. Serve hot with butter.

The above is a popular dish in the country, but is usually made in a pot over the fire, which method requires more care to prevent scorching.

### Pie Crust.

To those who are troubled to make good pie crust, we suggest using a small quantity of the RELIABLE PREPARED FLOUR in place of as much plain flour, using a little less shortening. This will make a soft, tender, digestible crust.

### Suet Pudding.

- 1 ½ cups chopped suet.
- 2 teaspoonfuls salt.
- 1 cup seeded Muscatel raisins.
- ½ cup Sultana raisins.
- ½ cup currants.
- 1 teaspoonful cinnamon.
- ½ teaspoonful cloves.
- ½ teaspoonful nutmeg.
- 1 cup of Porto Rico molasses.
- 2 eggs beaten.
- 1 cup milk.
- 1 teaspoonful soda, in the milk.
- 1 cup RELIABLE PREPARED FLOUR.
- Plain flour to make a stiff batter.

Put together in order named, and steam three to four hours.

### Blueberry Pudding.

Mix the RELIABLE PREPARED FLOUR with *cold* milk to a stiff batter; stir in blueberries to suit. Steam three-fourths to one hour.

### Cottage Pudding.

- 1 cup sugar.
- 1 rounding tablespoonful butter.
- 2 eggs.
- 1 cup milk.
- 1 teaspoonful vanilla.
- 2 ¼ cups RELIABLE PREPARED FLOUR.
- ½ cup pastry flour.

Cream the butter and sugar; beat in the eggs, add flavor; stir in a small portion of the flour alternately with the milk until all are used.

### Hard Sauce.

- ⅓ cup of butter.
- 1 cup powdered sugar.
- ½ teaspoonful lemon.
- ½ teaspoonful vanilla.
- 1 tablespoonful of cream.

Cream the butter; add sugar gradually, then cream and flavoring. Keep cold. You may cream in brandy or wine instead of the extracts, if wished.

### Wine Sauce.

- 1 cup of water.
- ¾ cup of sugar.      ¼ cup of butter.
- 1 teaspoonful lemon juice.
- 1 pinch of nutmeg.

Thicken with cornstarch; wet with water; cook two minutes; strain, and add a wine glass of sherry. The wine may be omitted and the same flavored with vanilla or lemon.

### Crullers.

- 1 egg.      ½ cup of sugar.
- 2 teaspoonfuls melted butter.
- 1 level teaspoonful salt.
- ¾ level teaspoonful nutmeg.
- ½ level teaspoonful extract lemon.
- 1 cup milk.
- 2 cups RELIABLE PREPARED FLOUR.
- 2 cups pastry flour.

Roll out, cut into strips ten inches in length and one-half inch wide. Double them in the center and twist them. Fry in hot fat. When nearly cool, roll in powdered sugar.



## Doughnuts.

The name doughnuts and crullers, as commonly used, is a sort of distinction without a difference. By comparing the rules for each you will notice that the cruller mixture has but one-half the quantity of sugar that is in the doughnut rule: in other respects it is nearly the same.

- 1 egg. 1 cup sugar. 1 cup milk.
- 2 teaspoonfuls melted butter.
- 1 level teaspoonful salt.
- $\frac{3}{4}$  level teaspoonful nutmeg.
- $\frac{1}{2}$  level teaspoonful cinnamon.
- 2 cups RELIABLE PREPARED FLOUR.
- $2\frac{3}{4}$  cups pastry flour.

## Advantages of the Reliable Prepared Flour.

With the RELIABLE PREPARED FLOURS, rules are not really necessary. Simply take the flour required and combine it with sugar, butter, eggs, etc., as you wish; mix with cold milk. Of course you will need to measure somewhat, so the food will not vary too much in sweetness or flavor, but you need not be confined to rules, for the rule is in the flour. This is a new method of cookery, which produces much better and more wholesome food with a great deal less time and trouble. As an example: to make Graham muffins, put some RELIABLE PREPARED GRAHAM into a dish, rub in some shortening, if you wish it; sweeten to taste, more or less; if you want them rich, break in an egg, then mix with cold milk or water. All that is necessary is to get the wetting right.

## VALUE OF THE RELIABLE RULES.

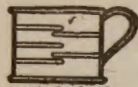
Our rules are reliable: they have been tested during a number of years in actual practice, and have been found to be just right. How often have you been tempted into trying one of the alluring concoctions described in some book or paper, with the result causing you to wonder if the author had not a better knowledge of the paste pot and shears than of the art of cookery?

The value of our recipes is in the fact that the results are what you are looking for, and can be depended upon as to the quality and the uniformity of the product. The RELIABLE RULES were arranged by the originator of the RELIABLE PREPARED FLOUR, who thoroughly understands each of them, and are both a part of our method. If you have one, you have the other, and with them the superlative excellence of your cakes, biscuit, muffins, griddle-cakes, crusts, and shortcake will be an agreeable surprise.

If you are in trouble with your cookery, or if any of our rules do not seem to be just right, kindly write us, giving full particulars, and we shall be most happy to assist you with such helpful suggestions as may occur to us in connection with your work.

RELIABLE FLOUR COMPANY,  
103 Broad Street, Boston, Mass.

## THE "RELIABLE" METHOD OF CAKE MAKING.



Use the "cooking school" measuring cup, which is divided into thirds and quarters, in measuring, which is here illustrated. An accurate cup will be sent you from our main office on receipt of six cents in stamps. To measure flour, sift and fill the cup rounding full with a spoon, and level with a case knife. In measuring butter and lard, pack solidly into the cup and level.

The sugar should be measured first and placed in the mixing bowl; then sift and measure the flours and place in a separate dish, to be ready when wanted. The butter should be measured and placed with the sugar in the mixing bowl. The measuring cup can now be used for the milk, which can remain in it until it is wanted.

Have the butter soft enough to cream; rub the butter and sugar together with the hand in an earthen bowl until light and creamy. Cream in the eggs, one at a time, without beating. Then add the spice or flavor, and milk, then the flour, and, last of all, fruit or nuts, if any are to be used.

### RELIABLE CAKE POINTS.

Line your pans with light brown paper at the commencement of your cake making.

Make it a point to measure carefully.

Always sift your flour before measuring.

Do not think that any butter will do for good cake.

To insure cake of good clearness, smoothness, flavor and lightness, you must use butter of good grain and flavor.

It must not contain an excess of buttermilk or salt.

Above all, it must be of pure flavor; no sweetening, spices or flavors will cover up bad butter.

The fresher the eggs the better, particularly in making sponge cake.

With the exception of a few special cases, it is a mistake to beat up eggs before adding them to the other ingredients.

It is best to cream them in one at a time at the commencement; when they are nearly all in, add two at a time.

In cakes where the ingredients are creamed, fine granulated sugar is best, as it is stronger.

Add spices at the commencement of creaming.

Add extracts toward the last just before the flour.

Be particular in mixing in the flour — mix it lightly but fully; clean the sides of the mixing bowl well down.

The richer the cake, the slower the heat required in baking.

If you bake a rich cake in a hot oven, the outside becomes cased at the beginning, and as the heat reaches the center the expansion of the mixture causes it to force its way through, and thus bursts the cake.

If too slow a heat is used, the cake will rise and then fall, and the cake will be heavy.



### Acton Pound Cake.

This splendid cake has all the characteristics of its name, and yet is not quite as rich and expensive. Mace may be substituted for the vanilla in flavoring, if it is preferred.

1 cup sugar.       $\frac{2}{3}$  cup butter.  
4 eggs.            1 tablespoonful milk.  
1 teaspoonful vanilla.  
1 cup pastry flour.  
 $\frac{1}{3}$  cup RELIABLE PREPARED FLOUR.

### Almond Cake.

A fine rich cake for those who are fond of the flavor of almonds.

1 cup sugar.       $\frac{3}{4}$  cup butter.  
5 eggs.             $\frac{1}{8}$  cup milk.  
1  $\frac{1}{2}$  teaspoonfuls extract almond.  
1 cup pastry flour.  
1 cup RELIABLE PREPARED FLOUR.

When the batter is in the pans, sprinkle the top over with chopped blanched Jordan almonds. Bake in a moderate oven, but hot enough to give the nuts on top of the cake a rich brown color.

### Blueberry Cake.

Of all the rules tested or tasted by the author, this is much the best for this time-honored, old-fashioned cake.

1  $\frac{1}{8}$  cups sugar.       $\frac{1}{2}$  cup butter.  
3 eggs.                1 cup milk.  
3 cups RELIABLE PREPARED FLOUR.  
1 cup pastry flour.  
2  $\frac{1}{2}$  cups blueberries.

### Ribbon Cake.

2 cups sugar.  
1 cup butter.  
4 eggs.  
1 cup milk.  
1 teaspoonful vanilla.  
2 cups pastry flour.  
1  $\frac{1}{2}$  cups RELIABLE FLOUR.

To one-third of the mixture add :

$\frac{1}{2}$  cup chopped Muscatel raisins.  
 $\frac{1}{4}$  cup each currants and cut citron.  
 $\frac{3}{4}$  level teaspoonful cinnamon.  
 $\frac{1}{2}$  level teaspoonful clove and nutmeg.

Bake in three sheets, to be about three-fourths of an inch in thickness when baked. When cool place the sheets of cake together with a thin layer of jelly between, having the dark cake in the middle. Frost with soft vanilla frosting.

### Silver Cake.

This delicious cake, from the collection of a friend skilled in culinary art, is highly commended as a very dainty white cake.

1  $\frac{1}{3}$  cups sugar.  
 $\frac{1}{2}$  cup butter.  
4 whites of eggs.  
 $\frac{2}{3}$  cup of milk.  
 $\frac{3}{4}$  teaspoonful extract almond.  
1  $\frac{1}{8}$  cups RELIABLE PREPARED FLOUR.  
1  $\frac{1}{8}$  cups pastry flour.

Cream the butter and sugar; cream in the egg whites a little at a time without beating them; add milk and flavor; lastly add the flour, and bake in a moderate oven.



### Rich Cream or Washington Pie.

$\frac{3}{4}$  cup sugar.       $\frac{1}{2}$  cup butter.  
2 eggs.               $\frac{1}{4}$  cup milk.  
1 teaspoonful vanilla.  
 $\frac{3}{4}$  cup pastry flour.  
 $\frac{3}{4}$  cup RELIABLE PREPARED FLOUR.

### Lady or Bride's Cake.

2 cups sugar.  
 $1\frac{1}{2}$  cups butter.  
 $1\frac{1}{2}$  cups egg whites.  
2 teaspoonfuls extract almond.  
1 tablespoonful milk.  
 $2\frac{3}{4}$  cups pastry flour.  
1 cup RELIABLE PREPARED FLOUR.

Wash butter in cold water to freshen. Cream the butter and sugar together with the hand in an earthen bowl. Now cream in the egg whites, a little at a time, without beating. Add almond, milk and flour. Frost with white frosting.

### Currant Cake.

$1\frac{1}{4}$  cups sugar.       $\frac{2}{3}$  cup butter.  
3 eggs.                 $\frac{2}{3}$  cup milk.  
1 teaspoonful vanilla.  
 $\frac{1}{2}$  level teaspoonful mace.  
 $1\frac{1}{2}$  cups pastry flour.  
 $1\frac{1}{4}$  cups RELIABLE PREPARED FLOUR.  
1 cup cleaned currants.

Slightly flouring the currants before adding to the cake and baking in as hot an oven as may be so as not to color the cake too brown, will tend to keep the currants from sinking to the bottom.

### Famous Five Minute Cake.

1 cup sugar.       $\frac{1}{4}$  cup butter.  
2 eggs.              $\frac{1}{2}$  cup pastry flour.  
 $1\frac{1}{4}$  cup RELIABLE PREPARED FLOUR.

Put sugar, flour, butter, into a dish in the order named. Break the eggs into, the cup, fill the cup with milk, add one teaspoonful of vanilla. Put all together and beat five minutes, and bake. This is a very nice light cake for tea.

### Lily Cake.

$2\frac{1}{4}$  cups sugar.  
1 cup butter.  
 $\frac{1}{2}$  cup pure leaf lard.  
1 cup whites of eggs.  
 $1\frac{1}{2}$  cups of milk.  
1 teaspoonful vanilla.  
1 teaspoonful lemon.  
 $3\frac{1}{4}$  cups pastry flour.  
 $2\frac{1}{8}$  cups RELIABLE PREPARED FLOUR.

Frost with soft vanilla icing (see page 27).

### Boston Fruit Cake.

2 cups sugar.       $\frac{2}{3}$  cup butter.  
4 eggs.              1 cup milk.  
1 teaspoonful cinnamon. [meg.  
 $\frac{3}{4}$  teaspoonful each of cloves and nut-  
1 tablespoonful molasses.  
 $1\frac{1}{2}$  cups RELIABLE PREPARED FLOUR.  
 $2\frac{3}{4}$  cups pastry flour.  
2 cups chopped Muscatel raisins.  
 $\frac{1}{2}$  cup cut citron.

### Gold Cake.

This is one of many valued recipes from the private collection of a most accomplished New England housekeeper.

- 1 cup sugar.       $\frac{1}{2}$  cup butter.
- 1 whole egg.      4 egg yolks.
- 1 teaspoonful extract of lemon.
- $\frac{1}{2}$  cup milk.
- 1 cup RELIABLE PREPARED FLOUR.
- $\frac{3}{4}$  cup pastry flour.

This cake makes a pleasing companion to the Silver Cake, served in slices, on the same dish.

### Reliable Plain Cake.

One of the best of the richer varieties of plain cakes.

- 1 cup sugar.       $\frac{3}{4}$  cup butter.
- 5 eggs.             $\frac{1}{4}$  cup milk.
- 1 teaspoonful vanilla.
- $1\frac{1}{8}$  cups pastry flour.
- 1 cup RELIABLE PREPARED FLOUR.

### Delicate Cake.

A delicious cake, the characteristics of which are softness and sweetness. Though simple and easily made, this is a dainty cake.

- 2 cups sugar.      1 cup butter.
- 3 eggs.            1 cup milk.
- 1 teaspoonful vanilla or lemon.
- $1\frac{3}{4}$  cups pastry flour.
- $1\frac{1}{2}$  cups RELIABLE PREPARED FLOUR.

Bake in a moderate oven. As this cake is sweet it does not require to be frosted.

### Chocolate Cake.

The following is a very good rule for those who wish to make this cake with "chocolate in it."

- 1 cup sugar.
- $\frac{1}{3}$  cup butter.
- 3 eggs.
- 2 level tablespoonfuls cocoa.
- $\frac{1}{4}$  cup hot water.
- $\frac{3}{4}$  cup milk.
- 1 cup pastry flour.
- $1\frac{1}{8}$  cups RELIABLE PREPARED FLOUR.

Cream butter, sugar, and eggs in the usual manner; dissolve the cocoa in the hot water, let it cool a little; add vanilla, milk, and flour. Bake in sheets. Ice with soft vanilla icing.

### Snowball Cake.

A dainty white cake, not quite as expensive as the Pearl cake on page 25, but yet it is a very good cake.

- 1 cup sugar.
- $\frac{1}{2}$  cup butter.
- 3 whites of eggs.
- $\frac{3}{4}$  teaspoonful lemon.
- $\frac{3}{4}$  teaspoonful almond.
- $\frac{2}{3}$  cup milk.
- 1 cup pastry flour.
- 1 cup RELIABLE PREPARED FLOUR.

Frost with soft vanilla icing, and, if wished, while the icing is soft, sprinkle it over with shredded cocoanut

### Nut Cake.

The rule given below is by many preferred to richer and more expensive cakes. We give it in all confidence that it will be of use to those who wish a good quality cake at a medium cost.

1  $\frac{1}{4}$  cups sugar.       $\frac{3}{4}$  cup butter.  
3 eggs.                      1 cup milk.  
1 teaspoonful vanilla.  
1  $\frac{1}{2}$  cups pastry flour.  
1  $\frac{1}{2}$  cups RELIABLE PREPARED FLOUR.  
1 cup chopped pecan or walnut meats.

Frost with vanilla icing (see page 27).

### Sponge Cream Pie.

2 eggs.  
3 ozs. sugar.  
4 teaspoonfuls lukewarm milk.  
3 teaspoonfuls melted butter.  
 $\frac{1}{2}$  teaspoonful vanilla or lemon.  
4 ozs. RELIABLE PREPARED FLOUR.  
Cream filling (see page 26).

If one has no facilities for weighing, the following measures may be used:—

2 eggs.  
 $\frac{1}{3}$  cup sugar.  
4 teaspoonfuls lukewarm milk.  
3 teaspoonfuls melted butter.  
 $\frac{1}{2}$  teaspoonful vanilla or lemon.  
1 cup RELIABLE PREPARED FLOUR.

Beat eggs and sugar to a cream; put milk, melted butter, and flavoring into a cup, mix them, and add to the creamed eggs and sugar, stirring but slightly; lastly, add the RELIABLE

FLOUR, and fold it in. Do not stir it too much. Bake in two 9-inch Washington-pie tins. Divide the batter between each tin, and tip them to let the batter run to the edge. Do not handle too much; the batter will find its level in the oven.

### Cabinet Cake.

This is a fine flavored plain cake of moderate cost. Will make a good chocolate cake if frosted with chocolate icing.

2 cups sugar.       $\frac{1}{2}$  cup butter.  
4 eggs.                      1 cup milk.  
1 teaspoonful vanilla.  
 $\frac{1}{2}$  level teaspoonful mace.  
1  $\frac{1}{2}$  cups pastry flour.  
1  $\frac{1}{4}$  cups RELIABLE PREPARED FLOUR.

### Pearl Cake.

This is one of the best of white cakes. Although a little more costly than some others, its exquisite texture will amply repay for the added expense.

1  $\frac{3}{4}$  cups sugar.  
 $\frac{3}{4}$  cup butter.  
 $\frac{3}{4}$  cup white of eggs.  
 $\frac{1}{2}$  teaspoonful vanilla.  
 $\frac{1}{2}$  teaspoonful almond.  
1 cup milk.  
1  $\frac{3}{4}$  cups pastry flour.  
1  $\frac{1}{4}$  cups RELIABLE PREPARED FLOUR.

Bake in a moderate oven. Ice with soft vanilla icing.



### Yellow Raisin Cake.

2 cups sugar.      1 cup butter.  
5 eggs.              1 cup milk.  
1½ level teaspoonfuls nace.  
3 cups pastry flour.  
1 cup RELIABLE PREPARED FLOUR.  
2 cups floured Sultana raisins.

### Cream or Washington Pie.

1 cup sugar.      ⅓ cup butter.  
2 eggs.              ½ cup milk.  
½ teaspoonful vanilla.  
1 cup RELIABLE PREPARED FLOUR.  
¾ cup pastry flour.

Cream butter and sugar; cream in the eggs, one at a time, without beating; milk and vanilla; mix in the flour and bake.

### Cream-pie Filling.

1¼ cups milk.      ½ cup sugar.  
Pinch of salt.      1 egg.  
1 tablespoonful cornstarch.  
Vanilla and a bit of butter.

Heat the milk hot; stir the starch with a little cold milk; add the beaten egg, salt and sugar; mix and strain; turn into the hot milk, stirring rapidly; cook ten minutes; add the butter. When cool, flavor.

### Chocolate Filling.

Add Bensdorp's prepared cocoa to the foregoing while hot, and you have a chocolate filling.

### How to Whip Cream.

Cream to whip readily should be of moderate richness and not too fresh; the average milkman's cream is too thin, the cream sold in small jars in the city too thick; by diluting the thick cream with nearly an equal amount of milk, you will have it right. Have the cream *cold*; turn into a *cold* mixing bowl, surrounded by ice-water; beat with a wire whip until thick. Try to lift the cream upward as you beat, not with a stirring motion. When thick enough, stop or you will have butter. Just before it is done, sift in some powdered sugar to sweeten.

### Orange Icing.

1 orange, juice of.  
1 tablespoonful glucose.  
1 tablespoonful hot water.

Mix to proper consistency with icing sugar. Color with a few drops of yellow color, which you may obtain of the bakers' supply store or of almost any bakery.

### Chocolate Icing.

2 tablespoonfuls hot water.  
1 teaspoonful or more Bendsdorp's cocoa.

Cook ½ minute; cool; then add 1 tablespoonful milk. Stir in icing sugar to the right consistency.

### Soft Vanilla Icing.

Mix icing sugar with *rich* milk; beat one minute and flavor.

### Glucose.

A little glucose added to icing will give it a glossy appearance.

## REAL SHORTCAKE.

No one who has eaten the genuine old-fashioned shortcake or shortbread of the New England housewife will for a moment tolerate the soft, mushy, sweetened cake that often masquerades as shortcake, even though covered with strawberries and whipped cream.

Cake is cake, but the real shortcake is quite a different article. It is more like biscuit dough, only more shortening in it. If taken from the oven when well baked and brown, yet tender and crisp, separated into two parts, each covered with a liberal amount of partly crushed and sugared berries, then one laid on the other, and a good-sized pitcher of cream poured over the whole, it will make a shortcake to cause one's mouth to water for another taste of the delicious morsel in the near future.

Do not attempt shortcake unless you can do it correctly. If you have not plenty of berries, and if you cannot make a rich, light and crisp shortbread crust, serve your berries plain instead of adding to your list of failures.

But no one need be disheartened, for, thanks to the RELIABLE PREPARED FLOUR, anyone can easily and surely make the real and most delicious shortcakes; and best of all, it is not only good for shortcake, but all other kinds of cake, — biscuits, muffins, griddle-cakes.

Try the following rules and see how near they come to the standard of this little sketch. We have given a number of rules that will produce cakes of slightly different character. Remember that when using the RELIABLE PREPARED FLOURS you can vary the quantity of sugar, butter and eggs as you wish. Simply have the wetting right.

## Reliable Shortcake.

2 cups RELIABLE PREPARED FLOUR.

$\frac{1}{2}$  cup of butter.

2 yolks of eggs.

Milk to mix to a soft dough.

Rub the butter into the flour, add the beaten yolks to the milk, and mix. Spread or roll one-half inch in thickness, or cut with a biscuit or cooky cutter. Bake in a moderate oven.

## Individual Shortcakes.

If you like them crusty, make them individual, like large flat biscuits, using the "Reliable Shortcake" rule. Roll out about one-half inch in thickness, cut with a biscuit or cooky cutter, and bake on a baking sheet or a pan with a low edge in a moderate oven. When done, break apart with a fork (cutting will make them heavy). Place the bottom part on a plate, cover with a liberal amount of sweetened berries; on top of the berries put a spoonful of sweetened whipped cream. Replace the top of the shortcake, and sprinkle with powdered sugar.

## Shortcake in Sheets to cut up.

2 cups RELIABLE PREPARED FLOUR.

$\frac{1}{4}$  cup butter.

$\frac{1}{4}$  cup lard.

Cold milk to mix.

Rub the shortening into the flour, mix with cold milk stiff enough to handle. Roll out about three-eighths inch in thickness. Place on a baking sheet or a pan with a low edge. Butter with a brush or cloth with soft butter (do not use too much butter, or the layers will stick). Dust with flour, and place a second layer on the first. Do not stretch the dough, or it will draw up in baking: rather full it on loosely. When baked, the layers can be separated, and the various berries and fruits placed between.



## SHORTCAKE POINTS.

### Soft Dough.

Have the dough as soft as can be rolled and cut out.

### Unsalted Butter.

By using newly made, unsalted butter, or ordinary butter with the salt washed out in ice-water, and adding a little salt to the flour, you will have a most delicate, tender shortcake or pie crust.

### Flaky Food.

Do not rub the butter too finely into the flour, or it will be mealy. To have flaky shortcake or pie-crust, the shortening should show in little flakes or streaks in the dough.

### Cutting Strawberries.

To more fully bring out the flavor, chop the strawberries or cut them into halves or quarters with a sharp knife. Sweeten slightly, and they are ready for the cake.

### Serving.

Shortcakes are particularly nice with the cake slightly warm and the berries and whipped cream very cold.

### Various Fruits.

We are apt to associate shortcake with June and strawberries, and to those who have not tasted the various combinations of berries and fruits with cream, some of the following will be an agreeable surprise: raspberries, blackberries, sliced peaches, canned peaches, or apricots.

To our mind canned California Crawford peaches, sliced, and combined with whipped cream, are superior to the early Southern straw-

berries which are so apt to be green, sour, and without flavor. As the peaches can be obtained at all seasons, they make a very pleasing addition to variety of desserts.

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## CAUTION.

Since introducing these celebrated preparations, which are now widely used all over the country, we have had a number of imitators, and, like all imitations, their products lack the essential qualities that have made the genuine so successful. For this reason and for the protection of those who want our preparations, we ask them to look at every package they receive, and see if it bears the word "Reliable."



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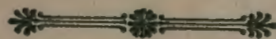
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