

OLYMPIC

BREAD **IN THE MENU**

THIRTY SIX RECIPES BY JANE STERLING

HELMS BAKERIES • 8800 VENICE BOULEVARD • LOS ANGELES, CALIFORNIA

'A LOAF OF BREAD THE WALRUS SAID



IS CHIEFLY WHAT WE NEED;
Pepper and vinegar besides
are very good indeed_____”

FROM LEWIS CARROLL'S "THRU THE LOOKING GLASS"

Bread in the Menu

TO HAVE GOOD BREAD

First, buy good bread, and take the proper care of it. Keep it in a clean bread box from which all ends and left-over slices of stale bread have been removed.

THE PROOF OF GOOD BREAD

Helms Olympic Bread was named from its distinction in its exclusive and official use on Olympic Village Training Tables. It won California's First Gold Medal with a score of 99.7. Its formula was used in baking the breads of the European Olympic Games in 1936.

GOOD BREAD—GOOD CRUMBS—

In recipes calling for crumbs, use the soft crumbs from day-old bread. Toasted crumbs are from thin sliced bread heated in a slow oven at 225 degrees for an hour or more until the bread is a delicate brown all through.

and bread in Sandwiches

SANDWICH SUGGESTIONS:

Use only fresh bread, generously buttered. Buttering the bread, rather than mixing butter with the filling, adds an individual butter flavor, helps to hold the bread's freshness and makes the rolling of sandwiches easier.

BUTTER—Needn't be only yellow!

A bit of paprika brightens it to red, and minced parsley imparts a rich green.

SLICING BREAD

With the loaf top side down, place your hand firmly on bottom of loaf. With sharp knife remove bottom crust and slice into half-inch slices lengthwise. Bread should not be sliced thin for rolled sandwiches.

ROLLING AND SUCH

After slices are buttered and the filling spread roll them tightly into a large roll. Wax wrap them snugly and place in refrigerator for an hour or more. Slice into thin sandwiches. They may be left round, cut into half-circles, wedges, strips or what one's fancy suggests.

Helms Sandwich Bread cuts into 6 lengthwise slices. When rolled and set, these will slice into 12 sandwiches, or 72 sandwiches about 2½ inches in diameter to a single loaf.



BREAKFAST RECIPES

BREAD OMELET

- | | |
|-------------------------|--------------------------------------|
| 4 eggs | $\frac{3}{4}$ teaspoon salt |
| 4 tablespoons milk | pepper |
| 1 cup soft bread crumbs | $\frac{1}{2}$ teaspoon baking powder |

Beat yolks until thick and lemon colored; add milk, bread crumbs, salt and pepper. Add baking powder to whites and beat until stiff. Fold into first mixture. Melt 1 tablespoon butter in frying pan, turn in the mixture and spread evenly. Cook over slow fire until brown, then place in oven until top is set--fold and turn out on hot platter. Serves four.

BREAD CRUMB GRIDDLE CAKES

- | | |
|---------------------------|------------------------|
| 2½ cups of toasted crumbs | 1 tablespoon of oil |
| 1 teaspoon salt | 3 cups of scalded milk |
| 1 tablespoon sugar | 2 eggs beaten |
| 3 teaspoons baking powder | |

Pour scalded milk over bread crumbs, and let cool for a minute. Add remaining ingredients and beat. Fry on hot greased griddle until brown. Serve with hot maple syrup.

Ahhh! Eggs!



HUMPTY-DUMPTY

BREAKFAST RECIPES

BREAD CRUMB MUFFINS

- | | |
|---------------------------|---------------------|
| 2 cups toasted crumbs | 3 tablespoons sugar |
| 1 cup flour | 3 tablespoons oil |
| 4 teaspoons baking powder | 1 teaspoon salt |
| 2 eggs, separated | 2 cups of milk |

Beat egg yolks slightly, add sugar, salt, oil and milk. Stir in the crumbs, and the flour with which the baking powder has been sifted. Fold in the stiffly beaten egg whites. Makes twelve (12) large muffins.

BREAKFAST TURNOVERS

HELMS Olympic Bread sliced with crusts removed. Ham. 2 eggs mixed with $\frac{1}{2}$ cup milk, 1 teaspoon of salt, and 1 tablespoon sugar.

Slice bread into medium slices. Grind ham and mix to a paste with mayonnaise. Place 1 teaspoon of ham in the center of each slice of bread. Fold corners over and pinch edges together. Dip into egg mixture, and fry as French Toast. Garnish with tart red jelly.

FRIED TOAST

Dip a slice of **HELMS** raisin, white, or wheat bread into a sweet fritter batter and fry in deep fat. Serve with marmalade or jelly.

This makes an especially nice company breakfast for it stays hot, and crisp longer than French Toast.

A Tea-party?



THE MAD HATTER

STERLING FOOD-NOTES: Remember that your kitchen is the heart of your

home . . . that your friends find the joy of food in its friendly informality.

LUNCHEON SUGGESTIONS

BREAD CRUMB DUMPLINGS

- | | |
|---------------------------------|--------------------|
| 1 loaf Bread crumbled very fine | ¼ cup grated onion |
| 2 eggs | ½ teaspoon thyme |
| ¼ cup finely chopped parsley | salt and pepper |

Mix all dry ingredients, add eggs, onion and parsley. Mold into balls, and roll in flour. Drop into boiling soup, and boil 20 minutes. Serve 2 or 3 dumplings to the bowl of soup.

LUNCHEON LOAF

- | | |
|---------------------------------|-----------------------------|
| 1 large onion, chopped | 1 tablespoon minced parsley |
| 1 tablespoon fat | salt and pepper |
| 2 cups ground cooked meat | ½ cup of raisins |
| ½ cup gravy or cream sauce | ¼ teaspoon ginger |
| 1 cup of tomatoes without juice | 2 eggs |
| | 1 Helms Round French Bread |

Carefully trim all crusts from bread. Remove top and scoop out all crumbs, leaving ½ inch thickness. Cook onion in fat and add the crumbs removed from loaf—add all other ingredients except eggs, and heat well. Beat eggs slightly and add to mixture. Pour into loaf, which has been buttered inside. Seal top to loaf with 1 egg slightly beaten with 1 tablespoon of milk. Wash loaf with remaining egg and milk, and bake 1 hour at 375 degrees.



LUNCHEON SUGGESTIONS

CHEESE FINGERS

- | | |
|------------------------|--------------------|
| 1 cup grated cheese | ½ teaspoon paprika |
| ½ cup bread crumbs | 2 tablespoons oil |
| ½ teaspoon salt | ½ cup milk |
| 1 teaspoon dry mustard | 1 egg beaten |

Cook all but the egg in a double boiler till it begins to thicken. Add beaten egg and turn mixture into square pan to form ¾ inch depth. Set this in a pan of boiling water and bake in moderate oven for 20 minutes or until set. Cool and cut in ¾ inch strips, finger length. Roll in crumbs, dip in egg and roll in crumbs again. Fry in deep fat. Drain and serve at once as a substitute for meat.

STUFFED BACON ROLLS

- | | |
|-----------------------------------|-----------------------------|
| 2 cups bread crumbs | ½ cup chopped celery |
| ½ cup milk | 1 egg |
| 3 tablespoons minced green pepper | 1 tablespoon minced parsley |
| pinch of cayenne | 1 onion, chopped |
| ½ teaspoon salt | 8 strips of bacon |

Mix all but bacon together. Divide into 8 portions and shape into balls. Wrap with a strip of bacon and fasten with toothpick. Bake in moderate oven 375 degrees for 30 minutes. Sprinkle top with grated cheese.



DORMOUSE

Let them come into your kitchen. Food-mindedly speaking, "Two candles

and a bouquet can make a banquet of the plainest meal," and nothing so

LUNCHEON SUGGESTIONS

STUFFING RING

- | | |
|-------------------|-------------------|
| 5 cups crumbs | 2 tablespoons fat |
| 2 eggs | 1 teaspoon salt |
| ½ cup celery | pinch cayenne |
| ¼ cup bell pepper | ¼ teaspoon pepper |
| 1 large onion | 1 tablespoon sage |
| | 1 ½ cup milk |

Fry onions, pepper, and celery in melted fat until soft, add to the other ingredients and mix thoroughly. Pack into a floured and buttered ring mould, and bake 45 minutes at 375 degrees. Fill the center with Mock Chicken:

MOCK CHICKEN

- | | |
|--------------------|-------------------------------------|
| ½ pound veal | ½ cup walnuts—chopped |
| ½ pound pork | ½ cup ripe olives—cut
from seeds |
| 2 eggs | |
| ½ cup diced celery | |

Boil the veal and the pork together until tender. Pull into shreds, and add 2 hard boiled eggs, celery, olives, and nuts. Add enough of the broth in which the meat was boiled to heat through thoroughly. Pour into ring, garnish and serve.

The time has come—
to talk of many things



THE WALRUS

LUNCHEON SUGGESTIONS

CHEESE AND BACON ROLLS

Slice cracked wheat bread in lengthwise strips ½ inch thick. Trim crusts from edge. Spread with favorite cheese, and roll. Cut rolls in half and wrap with strips of bacon, fastening with toothpicks. Bake in oven at 375 degrees until bacon is crisp and brown.

SHEPHERDS PIE

- 4 cups of left-over lamb stew with gravy
- 4 cups of hot mashed potatoes
- 12 slices of Helms Olympic bread
- Butter
- Paprika

Make two slices of bread into a butter sandwich. Butter top of sandwich, place a mound of lamb, carrots, and peas with a small amount of thickened gravy from stew on top of each butter sandwich. Heap top with mashed potatoes. Dot with butter and sprinkle with paprika. Brown in a medium oven for about 20 minutes.

This with a green salad makes a complete meal.

O my fur and whiskers!



W. RABBIT

The woman who prepares her meal ahead of time is the woman whose family

enjoys coming home to dinner . . . many a "last minute office conference" is

LUNCHEON SUGGESTIONS

TUNA IN BREAD CUPS

Cut HELMS Sandwich Bread into 2 inch slices. Run sharp knife around $\frac{1}{2}$ inch from edge. Scoop out center with fork, being careful not to tear through bottom. Fry in deep fat to a golden brown. Drain on brown paper thoroughly.

Fill with the following:

Make a cream sauce of 3 tablespoons of butter heated with a bay leaf until butter bubbles. Add 5 tablespoons of flour and two cups of milk. When smooth and creamy season with 1 teaspoon of salt and $\frac{1}{2}$ teaspoon of paprika. To this add a small can of peas and a can of tuna. Heat well and pour into bread cups. Sprinkle with paprika and garnish with parsley.

CHEESE STICKS

Remove crusts from dry bread, and slice into $\frac{3}{4}$ inch slices, cut into 4 inch strips, $\frac{3}{4}$ inch wide. Roll in melted butter, and then in very dry, fine grated cheese. Toast in the oven to a golden brown. Sprinkle with paprika and serve with soup, salad, or creamed meat, and vegetables.

Better'n tarts!



THE KNAVE OF HEARTS

SANDWICHES — by Jane Sterling

BRIDGE LUNCHEON SANDWICH

Cut a loaf of HELMS white and HELMS wheat bread in slices lengthwise. Trim crusts from edges. Place together 4 slices overlapping alternately. Beginning at one end, spread about two inches with grated cheese, and minced watercress moistened with mayonnaise. Follow this with two inch spread of pimento cheese, then olive paste, and one of ground ham and mayonnaise.

Repeat until the whole surface of the bread is covered in alternate colors. Place stuffed olives end to end across the first covered strip of bread. Roll tightly. Wrap in wax paper and stand for one hour. Slice, and cut into 6 wedges. Place around pineapple avocado salad on chop plate.

PINEAPPLE AVOCADO SALAD

1 pkg. Lime flavored gelatine	1 pkg. cream cheese
1 can pineapple tidbits	1 small avocado

Dissolve gelatine with 1 cup boiling water. Add pineapple tidbits with juice, and cream cheese. Mix well. Pour into wet salad moulds—press slices of avocado into salad. Place in refrigerator to set. Un-mould onto crisp lettuce leaves.

Why bake tarts?



THE QUEEN OF HEARTS

with a big, juicy steak because we neglect to do our part of the bargain.

Choose recipes that can be made up in the morning and baked the last

SANDWICHES — by Jane Sterling

SANDWICH LUNCHEON

This a five tier sandwich—beginning with an appetizer, and ending with a dessert sandwich.

For the bottom tier use two slices of raisin bread. Trim off crusts and butter. Make a filling of chopped pineapple, preserved ginger, and walnuts. Mix with enough pimento cheese to hold together.

Next take two slices of white bread, just a bit smaller than raisin bread slices. Remove crusts, and butter. Fill with Mock Chicken, made by boiling together, ½ pound veal, ½ pound lean pork until very tender. Pull into shreds—add 2 hard boiled eggs chopped, ½ cup diced celery and ½ cup chopped walnuts, ½ cup ripe olives cut from seeds. Moisten with mayonnaise. Butter bottom of sandwich, and place on top of fruit sandwich.

For the next tier, which is still a bit smaller, use 2 slices of cracked wheat bread from which the crusts are removed. Butter, and fill with olive paste made by chopping ripe olives and mixing with mayonnaise. Butter bottom of this and place on top of chicken sandwich.

Next a slice of salami between 2 smaller slices of buttered rye bread, and then 2 smaller slices of pumpernickle buttered, and filled with a sardine paste made by rubbing sardines fine and seasoning with salt, pepper, Tabasco sauce and lemon juice. Place whole sandwich on crisp lettuce leaf, garnish with sliced stuffed olives, pickle fan, radish roses, pimentos, etc.

White Bread, Tweedledum!



Wheat Bread, Tweedledee!



SANDWICHES — by Jane Sterling

ROLLED FRUIT SANDWICH

Cut Helms wheat sandwich, and raisin bread in slices lengthwise. Trim crusts from edges. Place slice of each together, overlapping ends and holding together with butter. Butter the whole surface well. Beginning at one end, spread about 2 inches with date and nut filling. Follow this with 2 inch strip of maraschino cherries chopped fine, and mixed with enough cream cheese to take up extra moisture, then chopped pineapple and cream cheese mixed, then cream cheese and chopped mint leaves. Repeat until whole surface has been covered. Place four maraschino cherries across one end. Roll tightly, then roll in waxed paper. Flatten ends. Place in refrigerator for an hour or overnight. Slice.

ONION SANDWICH

Slice onions very thin. Pour boiling water over them and stand for one minute. Dash into ice water. Drain and sprinkle with lemon juice. The perfect bread for this is potato. Butter well and add a crisp lettuce leaf.

minute. This meal brings pleasure and joy to you, the hostess . . . let imagina-

tion and spice add to your flare for food, for that is true cookery art.

SANDWICHES — by Jane Sterling

BROWNEO CHEESE SANDWICHES

Take two medium slices of Helms Sandwich Bread and place a thin slice of cheese between them. Butter on the outside, and place on a hot griddle, cover the sandwich with a small plate, press down and brown. Turn and brown other side in same manner. Be sure to keep covered. Serve sliced through center and garnished with lettuce, pickles, etc. This sandwich keeps warm for some time—and is good made with ham, tuna, or peanut butter.

VEGETABLE ROLLS

Spread sliced sandwich bread from which crusts have been trimmed, with butter and paprika mixed or with butter and minced parsley mixed. Across one side of same place tender green onions. Roll tightly. Across others place a green bean, roll tightly. On the remaining slices spread with a butter-paprika mix, lay two asparagus tips and fold bread from corner to corner across center of asparagus tips. Fasten with a toothpick. Top with a stuffed olive over toothpick. Celery may be cut into even strips and used in the same way. Place these in wax paper and wrap in a bundle until ready to serve.

Wide awake, now!



DORMOUSE

SANDWICHES — by Jane Sterling

RIBBON SANDWICH

Rub sardines with a wooden spoon until smooth and fine. Season to taste with lemon juice, tabasco sauce, salt, and pepper. Rub four hard-boiled eggs through a strainer and moisten with salad dressing. Add one finely chopped green pepper. Grind $\frac{1}{2}$ pound of American cheese with 2 pimentos, add salt to taste. If needed, moisten with mayonnaise.

Slice white, and wheat bread lengthwise. Remove crusts. Butter—alternating the breads, spread one slice with sardine, one with egg, and one with cheese, and so on until seven slices of bread have been used.

Wrap in waxed paper. Place in a bread pan with a weight on top of it for several hours—or overnight. Slice into thin slices, and make into triangles, ribbons, etc.

ROLLED SANDWICHES

Cut Helms white, and whole wheat sandwich bread into lengthwise slices $\frac{1}{2}$ inch thick. Trim crusts from edge. Butter generously with soft butter which has been colored with either paprika or minced parsley. Spread one slice with hard boiled eggs, run through a sieve, seasoned, and moistened with mayonnaise. Spread another slice with pimento cheese made by grinding 1 lb. of yellow cheese, and 1 can of pimentos through the food chopper, and season with salt. Spread another slice with minced ham or boiled ham ground fine, and moistened with mayonnaise. Roll each into a tight roll and wrap in wax paper. Place in the refrigerator, for 1 hour or more, then slice.

Ahhh! Eggs!



HUMPTY-DUMPTY

Homelife is a game of give and take—don't be afraid to give. Each time you

do more than your share make note of it and collect later. Store it as money

SANDWICHES — by Jane Sterling

PUMPERNICKEL SANDWICH

Slice pumpernickel bread very, very thin. Butter, and as paprika is added to butter—apeel is added to sandwich. Fill with:

- 1 tablespoon minced stuffed olives
- 1 tablespoon drained horse radish
- Juice of one onion
- 6 tablespoons butter

Cream together with a fork. Don't forget the crispy lettuce leaf.

ROLLED DATE-NUT SANDWICH

Cut wheat sandwich bread in lengthwise strips. Remove crusts. Butter well. Spread with cream cheese, then with date and nut filling. Place Maraschino cherries across end. Roll tightly in wax paper. When well set, slice into one-half inch slices.

For the filling cook one package of stoned dates, with just enough water to keep them from sticking to pan, to a paste. Add one cup of walnuts.

Some gave them White Bread



THE LION

STERLING DESSERTS

LEMON MERINGUE PUDDINGS

- 3 slices day old bread, 1 1/2 inches thick
- 1 cup boiling water
- grated rind from 1 lemon
- juice of 2 lemons
- 3 egg yolks
- 1 cup sugar
- 1/2 teaspoon salt
- 3 egg whites
- 6 tablespoons sugar

Trim off crusts from bread, and pour boiling water over. Let stand until cold. Add juice of lemons, grated rind, egg yolks, well beaten, sugar and salt. Mix well. Butter 6 individual ramekins, and pour in the mixture. Bake 375 degrees—for 30 min. Top with meringue made with 3 egg whites and 6 tablespoons sugar. Bake 20 minutes at 375 degrees.

DATE STICKS

- | | |
|------------------------------------|----------------------|
| 1 1/2 cups toasted bread
crumbs | 1 cup chopped dates |
| 3 eggs | 1/2 cup walnut meats |
| 1 cup sugar | pinch of salt |

Add salt to eggs and beat light. Add sugar gradually. Add bread crumbs, dates and nuts. Spread 1/2 inch thick in greased and floured pan. Bake twenty minutes at 375 degrees. Roll in powdered sugar.

Some gave them brown. . . .



THE UNICORN

in a bank, and when collection day comes you find so much happiness has

resulted that somehow you just don't want to collect . . . !

STERLING DESSERTS

APPLE PUDDING

- | | |
|----------------------|-----------------------------|
| ¾ cup toasted crumbs | 1 teaspoon cinnamon |
| 1 cup chopped apples | ¼ teaspoon salt |
| ½ cup raisins | 2 eggs beaten |
| ½ cup sugar | 2 tablespoons melted butter |

Mix all ingredients. Pack into tight pudding mold. Drop into boiling water, and boil 2 hours. Serve with lemon or hard sauce.

LEMON SAUCE

- | | |
|----------------------------|-------------------------|
| ½ cup sugar | 1 tablespoon cornstarch |
| 1 cup boiling water | grated rind of ½ lemon |
| 2 tablespoons butter | few grains of salt |
| 2½ tablespoons lemon juice | |

Mix sugar and cornstarch, slowly add water, stirring constantly. Boil 5 minutes. Remove from fire and add lemon juice, rind, salt, and butter. Serve hot.

She baked some tarts. . .



THE QUEEN OF HEARTS

STERLING DESSERTS

BREAD CRUMB CAKE

- | | |
|----------------------------|--------------------------|
| 1 cup sugar | 1 ½ cups toasted bread |
| 4 eggs | crumbs |
| ¼ cup milk | 1 teaspoon baking powder |
| 1 cup walnuts chopped fine | 1 teaspoon cinnamon |

Separate eggs, beat yolks until creamy. Add the sugar gradually. Add milk, crumbs, baking powder, cinnamon, and nuts. Fold in the stiffly beaten egg whites. Bake in 2-8 inch layers for 25 minutes at 350 degrees. Put together with the following custard filling.

CUSTARD FILLING

- | | |
|-------------|--------------------------|
| 1 cup milk | 2 eggs |
| ½ cup sugar | 2 tablespoons cornstarch |
| | 1 teaspoon vanilla |

Make a custard of the above, cooking it in a double boiler until very thick. Use as a filling between the layers. Ice with sweetened, and flavored whipped cream.

He stole 'em.



THE KNAVE OF HEARTS

Homemaking is a series of beautiful pictures. Make each stand out, and to be

long remembered. A card table before the fireside, hot tea, dainty sand

STERLING DESSERTS

LEMON TARTS

- | | |
|----------------------------------|---------------------|
| 1 ½ cups toasted-bread
crumbs | 1 teaspoon cinnamon |
| ¼ teaspoon salt | ½ cup sugar |
| | ½ cup butter |

Mix all ingredients together. Hold back ¼ cup for the top of the tarts. Press the remainder into individual tins, and bake for ten minutes at 375 degrees.

Fill with the following:

- | | |
|----------------------|---------------------|
| 1 cup sugar | grated rind 1 lemon |
| ½ cup flour | 1 cup boiling water |
| ½ teaspoon salt | juice of 1 lemon |
| 2 tablespoons butter | 3 egg yolks |

Mix flour, sugar, salt and grated rind—add fruit juice and cook in double boiler ten minutes. Add 3 well beaten yolks and butter, cook two minutes. Pour into shells. Top with meringue made with 3 egg whites, and 6 tablespoons sugar. Sprinkle ¼ cup of crumbs over tops and bake in 375 degrees oven 20 minutes, until brown.

... it's always Tea-time



THE MAD HATTER

STERLING DESSERTS

COCOANUT BARS

- | |
|-------------------------------|
| ½ cup butter |
| ½ cup brown sugar |
| 1 ½ cups toasted bread crumbs |

Rub together well. Press into a 10"x10" cookie pan. Bake 10 minutes at 375 degrees. Cool and cover with the following mixture:

- | | |
|---------------------------------|--------------------------|
| 2 eggs | ½ teaspoon salt |
| 1 cup brown sugar | ½ teaspoon baking powder |
| 1 teaspoon vanilla | 1 ½ cups cocoanut |
| 3 tablespoons toasted
crumbs | 1 cup nut meats, chopped |

Mix egg and sugar together, add vanilla. Mix crumbs, salt, and baking powder, add cocoanut and nut meats—add to eggs. Pour over crust and bake 20 minutes at 375 degrees. Cool, cut into bars. Makes twenty-four large bars.



ing coffee, broiling steaks, laughter—a picture no artist can paint!

wiches, and the sparkle of loving happiness—a patio, an open grill, steam-

STERLING DESSERTS

BREAD CUBE PUDDING

3 cups of bread cubes
 ½ cup sugar
 pinch of salt
 1 ½ cups milk

2 eggs beaten
 2 tablespoons melted butter
 ½ cup raisins
 vanilla

Place bread cubes in a well buttered baking dish. Mix all other ingredients and pour over bread. Bake in a moderate oven till edges are crispy and center set.

Serve with Chocolate sauce.

CHOCOLATE SAUCE

½ cup grated chocolate
 ½ cup top milk
 ½ tablespoon butter

pinch salt
 ½ cup brown sugar
 ¼ cup white sugar
 vanilla

Boil all but vanilla to, just before the soft ball stage, when dropped into cold water. Cool a bit, add vanilla and whip with a dover egg beater till very thick and creamy. Pour over pudding.

O my dear paws!



W. RABBIT

STERLING DESSERTS

ORANGE TORTE PIE

1 ½ cups toasted crumbs
 ¼ teaspoon salt

1 teaspoon cinnamon
 ½ cup sugar

½ cup butter

Mix all ingredients. Hold back ½ cup for the top of pie. Press the remainder into a pie tin and bake for ten minutes in a slow oven.

Fill with the following:

1 cup sugar
 ⅓ cup flour
 ½ teaspoon salt
 2 tablespoons butter

grated rind 1 orange
 1 cup orange juice
 juice of 1 lemon
 3 egg yolks

Mix flour, sugar, salt and grated rind—add juice and cook in double boiler ten minutes. Add 3 well beaten yolks and butter—cook two minutes. Pour into shell. Top with meringue made with 3 egg whites and 6 tablespoons sugar. Sprinkle ½ cup of crumbs over top and bake in 375 degrees oven 20 minutes, until brown.

—said nothing but
 "Cut us another slice"



THE CARPENTER

And after the game tell the gang to come on over. Everyone gets an apron—

let Ruth make the salad—Bill makes grand coffee. Sarah and George to

STERLING DESSERTS

RIBBON PIE

1½ cups toasted Bread Crumbs	1 teaspoon cinnamon ½ cup sugar
¼ teaspoon salt	½ cup butter

Mix all ingredients together. Hold back ½ cup for the top of pie. Press the remainder into a pie tin and bake for ten minutes in a slow oven.

Fill with the following:

3 cups milk	½ teaspoon salt
7 tablespoons cornstarch	1 teaspoon vanilla
1 cup sugar	2 oz. Chocolate
3 egg yolks	

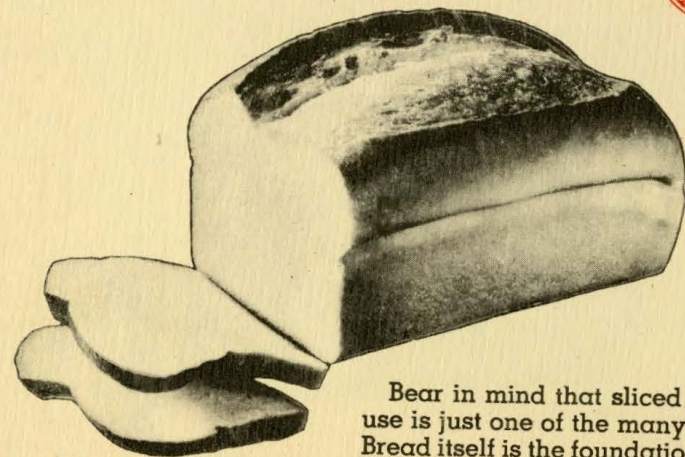
Mix all ingredients except vanilla and chocolate in double boiler. Whip just enough to mix well, and cook until thick, and well done. Add vanilla. Pour ½ of mixture into a bowl to cool, add chocolate which has been grated, and cook until chocolate is thoroughly mixed with filling. Pour ½ of chocolate mixture into pie shell, spread cream mixture over this, and add remaining chocolate mixture. Cover with a meringue made with 3 egg whites and 6 tablespoons of sugar. Bake at 375 degrees for about 20 minutes or more.

Wonderland, indeed!



ALICE

THIS IS THE BREAD!



Bear in mind that sliced bread for table use is just one of the many uses for bread. Bread itself is the foundation of some of our very finest recipes. Don't use old bread on the table—serve fresh bread at your table and use your older bread to make guests and family say, "How does she do it, such clever and original foods."

Joan Sterling
DIRECTOR, HELMS HOME ECONOMICS DEPARTMENT



spread the dishes—a buffet supper to make all say, "Let's go to Ann's often!"

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The recipes of Jane Sterling
The sketches of Edward Bowlds



