

# The Recipe Box



Conducted by  
**PHIL LIBBY**

former Restaurateur,  
and Now Food Consultant

(Editor's Note: You are invited to write your questions about recipes or household information to Phil Libby, in care of this newspaper, enclosing a self-addressed, stamped envelope. He will be glad to answer you promptly. It will be impossible to answer questions received by telephone.)

What an array of sea food may be found at Jonsson's Sea Food Shop. The other night I had fresh salmon steaks, broiled to a golden brown and served on a hot platter surrounded with fresh green peas. Plenty tempting.

By the way—the next time you serve a steak to hubby, have a bottle of Miller and Hart's "Ole Dixie Sauce," on the table. He'll go for it in a big way, and its good on fish, too.

Have you tried SPRY—a real shortening, less smoke—in deep frying and ideal in pastries and cakes.

Today we are going to read about waffles—I have had so many requests for them that this issue will be devoted to them entirely.

Many variations are permitted, and some people even go so far as to make their favorite cake or cookie recipe and instead of putting in a pan and baking drop spoonful on the waffle grids and bake the same as waffles or longer if necessary to fully bake. If you care to have some of these ideas, which space prevents me from publishing, write me enclosing a self addressed stamped envelope and I'll send you some.

### Gingerbread Waffles

Sift well together 2 cups flour, 1 1/2 teaspoons ginger, 1/2 teaspoon cinnamon, 1/2 teaspoon salt. Next heat to boiling point, but do not boil. 1 cup molasses and 1/2 cup butter. Remove from stove and beat in 1 1/2 teaspoons soda. Add 1/2 cup sour cream or milk, 1 beaten egg, then the sifted dry ingredients. Bake in waffle iron, not too hot, watching carefully. Serve hot with sweetened whipped cream.

### Graham Cracker Waffles

Roll 1 1/2 dozen graham crackers until finely crumbled. Add 2 teaspoons baking powder, 1/4 teaspoon salt and 2 teaspoons sugar. Beat the yolk of 1 egg, stir into 1/2 cup of milk and add to crackers and other ingredients. Stir in 1/4 cup melted butter. Fold in stiffly beaten white of egg and cook in usual waffle iron. Makes 6 servings.

### Orange Nut Waffles

1 1/2 cups sifted flour  
1 1/2 teaspoon salt  
1/4 cup sugar  
1/2 cup of the crinkly type bran  
4 teaspoons baking powder  
2 teaspoon orange rind  
2 egg yolks  
1/2 cup milk  
1/2 cup melted butter  
1/4 cup chopped nuts

Sift flour, measure, add baking powder, salt and sugar and sift again. Beat egg yolks, add grated orange rind, combine with milk and add to flour mixture, beating with egg beater until perfectly smooth. Add the bran, nut meats and butter. Fold in the egg whites. Bake in hot waffle iron. Serve with a hot orange sauce.

### Foundation Waffle Recipe

2 cups pastry flour  
1/2 teaspoon salt  
2 eggs  
4 teaspoon baking powder  
2 tablespoons sugar  
1 1/2 cups milk  
6 tablespoons melted butter  
Sift dry ingredients together. Beat egg yolks and add with milk into dry ingredients. Beat until batter is smooth. Add melted butter and fold in stiffly beaten egg whites. Preheat waffle iron and bake 3 to 4 minutes. Serves 6.

### Date Waffles

Use foundation recipe and after pouring batter on iron, sprinkle chopped dates on top. Bake 4 minutes.

### Nut Waffles

Use foundation recipe and after pouring batter on iron, sprinkle on finely chopped nuts. Bake 3 to 4 minutes.

### Corn Waffles

Use foundation recipe and when well mixed add 1 cup whole kernel corn (well drained). Bake in usual way 3 to 4 minutes.

### PRIZE WINNING RECIPES

Anna K. Hinn  
919 Ridgewood Dr., Highland Park  
**CHOCOLATE ICE CREAM**  
Mix together 2 eggs, one ten cent can of Hershey's chocolate syrup, and a pinch of salt (do not beat).

## NORTH SHORES MOST BEAUTIFUL THEATRE

# DEERPATH

### LAKE FOREST

Phone 2502 272 E. Deerpath Ave., Lake Forest Phone 2502

Thursday May 7  
**"THANKS A MILLION"**  
with Dick Powell, Ann Dvorak, Patsy Kelley, Fred Allen, Paul Whiteman and His Orchestra  
Novelty, "Accent on Girls" - Musical Novelty, "Jolly CoBurn and His Orchestra" - Latest Metrotone News

Friday May 8  
**FIFTH ANNUAL SPRING RECITAL**  
of the Pupils of Mrs. J. C. Emma's  
**SCHOOL OF THE DANCE**  
in addition to the picture program - Zane Grey's  
**"DRIFT FENCE"**  
with Larry "Buster" Crabbe, Katherine DeMille, Tom Keene, Benny Baker, Glenn Erikson  
Comedy, "Life Hesitates at 40" - Cartoon, "Vim, Vigor and Vitality" - Latest Metrotone News  
Admission 50c - Reserved Seats \$1.00

Saturday May 9  
**"WIDOW FROM MONTE CARLO"**  
with Warren Williams, Dolores Del Rio, Louise Fazenda, Colin Clive, Herbert Mundin  
"March of Time"—No. 3 - Novelty, "Broadway High Lights" - Latest Pathe News

Sunday-Monday-Tuesday May 10-11-12  
**"MILKY WAY"**  
with Harold Lloyd, Adolphe Menjou, Verree Teasdale, Helen Mack, William Gargan, George Barbier  
Comedy, "A Thrill for Thelma" - Cartoon, "Little Nobody" - Novelty, "Important News" - Latest Paramount News

Wednesday-Thursday May 13-14  
**"THE BOHEMIAN GIRL"**  
with Stan Laurel, Oliver Hardy, Antonio Moreno, Jacqueline Wells  
Comedy, "Will Power" - Sport Reel, "Singed Champions" - Latest Metrotone News

SOON: "PETRIFIED FOREST" - "TRAIL OF THE LONESOME PINE" - "FOLLOW THE FLEET" - "VOICE OF BUGLE ANN"

Add 1 pint of cream, whipped very stiff, 2 tablespoons of sugar, fold egg and chocolate mixture into cream and sugar. Let freeze in electric refrigerator, stir once during freezing process. Serves 8.

Mrs. John Kreutzberg  
Lake Bluff, Ill.

### TOMATO SAVORY

2 large onions sliced,  
2 tablespoons fat  
1 can kidney beans  
1 can tomatoes  
1 small can corned beef, cut in pieces.

Brown onions—add kidney beans and tomatoes and bring to boil. Simmer for five minutes. Add corned beef, salt and pepper and heat. Delicious served with rice. If more convenient this can be done in a casserole in the oven.

### Deerfield Wins Two Track Events at Iowa

Deerfield-Shields won two championships last Saturday afternoon at Clinton Iowa, in the Mid-West Interscholastic. In a field of fifty schools from Iowa and Illinois the Blue and White track stars garnished sixteen points to come in seventh on total points.

After trailing for three and one half laps in the one mile run, Newman "Red" Fell, one hundred and twenty pounds from the local school, raced to victory by defeating Jack Devaney of Oak Park by a nose.

In the Bradley relay which consists of a 200, 110, 440 and 880 yard runs the Little Giant broke the Iowa records, running it in the fast time of three minutes and 33 seconds. The feature of this race was a 2:02 half by Hank Boehm. Other members of the team were George Olsen, George Stanger, and Walter Reppholz. Two trophies to them.

A crowd of two thousand witnessed the meet which was sponsored by the Iowa High School association.

### Crowds Attend Boat and Sports Show

Hundreds of thousands of vacationists, sportsmen and lovers of the great outdoors are turning this week to Navy Pier, where the seventh annual Chicago National Boat and Sports Show is being held.

The show, which boasts the biggest display of boats, vacation and sportsmen's equipment ever shown in the midwest, opened Sunday (May 3) and will close the night of May 10.

Among the special displays are those of Illinois and Minnesota. The Illinois exhibit is made up of wild game birds, which are raised on state farms at Springfield, Mount Vernon and other points and then distributed throughout the state. Wild turkeys, pheasants, quail and rare prairie chickens are shown.

In the Minnesota show, depicting beautiful outing and vacation spots of the Gopher state, are live cub bears, the seldom seen beaver and live deer.

Wooded spots, fringed with ferns and flowers and actually showing waterfalls and running brooks, have been reproduced in replica to give vacationists their first real taste of summer days.

Contests for fishermen and horse shoe tossers are drawing enthusiasts in those sports.

The boat division of the show offers all types of inboard and out-

board motored boats, cruisers, runabouts, sailing boats and the new small boat, the "frostbite" dinghy.

All sections of the North Shore have displayed interest in the pier show and Manager Hubbard Erickson has predicted a record attendance for this year's event.

Numerous entertainment features have been arranged for the eight day exposition.

Man ought always to have something he prefers to life, otherwise life itself will seem to him tiresome and void.—Seume.

## GREENSLADE

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This Delphinium Special includes fifteen of our Franken's Delight Delphiniums which is of unquestionable value as a cutting variety. This particular variety was developed by us and merits your special consideration.

**PHLOX SPECIAL \$2.50**  
6 R. P. Struthers; 6 Henry Murger  
Phlox Special—over a period of years we have noted that the R. P. Struthers Phlox not only has a long blooming season, but does not revert back. Therefore, we consider this the most valuable variety. Phlox of more than fifty varieties that we have tried in our nursery, and by our patrons during the past several years. The same can also be said of Henry Murger; therefore, we are giving you this most wonderful combination with our sincere recommendation.

## Franken Brothers, Inc.

Phone Deerfield 241 Deerfield, Ill

### Specials for Thursday, Friday, Saturday — May 7, 8 & 9

<b>RADISHES</b> . . . . . 3 for 10c	<b>ORANGES</b> Extra large Florida, 3 doz. \$1 Juicy Oranges, 2 doz. for .39c		
<b>CANNED GOODS</b>	<b>CEREALS</b>	<b>SOAPS</b>	
Clark's Sliced Carrots 25c 3 No. 2 cans for D. C. Crosby Corn 27c 3 No. 2 cans for Nobility G. B. Corn 25c 2 No. 2 cans for Telmo Crab Meat 49c large can for Medium can for 27c Telmo Tuna Fish \$1 6 cans for Azalea Tuna Fish \$1 3 large cans for Reber Hominy 27c 3 No. 2 1/2 cans for Sauer Kraut 25c 3 No. 2 1/2 cans for Libby's Peaches 39c 2 No. 2 1/2 cans for Alola Peas 39c 2 No. 2 1/2 cans for Guard Health Toilet Paper, 4 rolls for 25c Guard Health Roll Towels, 2 rolls for 29c	Post Bran Flakes 23c 2 packages for Post Whole Bran 23c 2 packages for Wheatena 22c the package Ralston's Breakfast Food, pkg. 24c Wheaties 25c 2 packages for Shredded Wheat 25c 2 packages for Kellogg's All Bran 27c 2 packages for Large package for 22c Pure Lard 27c 2 pounds Rice Krispies 25c 2 packages for Wheat Krispies 27c 2 packages for Bisquick 29c large package Aunt Jemima Pancake Flour, pkg. 12 Buckwheat Flour pkg. 14c	Quaker Oats 17c 2 packages for Large package for 19c Puffed Wheat 19c 2 packages for Puffed Rice 25c 2 packages for Farina 11c the package Quaker Cornmeal yellow or white, pkg. 10c Kellogg's W. W. Biscuit 25c 2 packages for Malt-O-Meal 21c the package Cream of Wheat 24c the package Post Toasties 15c 2 packages for Large package for 11c Grape Nuts 35c 2 packages for Corn Flakes 17c Large package 12c	Am. Family Soap 49c 10 bars for Am. Family Flakes 39c 2 packages for P-G Soap 17c 5 bars for Chippo 39c 2 large packages for Casing Peaches 83c 3 No. 2 1/2 cans for Gold Dust 17c large package Kitchen Kleenser 19c 4 cans for Ivory Soap 89c 10 large bars for Ivory Flakes 39c 2 packages for Lux Soap 19c 3 bars for Lifebouy Soap 19c 3 bars for
<b>DIXIE BACON</b> 2 pounds Sliced for 39c M. & L. Bacon, 3 lbs. 89c	<b>EGGS</b> Kitchen, doz. 23c Selected, doz. 29c Table, doz. 35c	<b>ASPARAGUS</b> . . . . . THE BUNCH 19c <b>CARROTS or BEETS</b> the bunch 5c	
Baker's Chocolate 14 1/2c 1/2-pound cake for Hershey's Chocolate 9c 1/2-pound cake for Baker's Cocoa 19c 1-pound can for 1/2-pound can for 11c Hershey's Cocoa 13c 1-pound can for 1/2-pound can for 10c Crisco 21c 1-pound can for 1 1/2-pound can for 30c 3-pound can for 57c Knock Gelatine 20c the package Hi-Land Peanut Butter 19c 1-pound jar for 2-pound jar for 35c Mustard 19c quart jar	Club House Dry Mince 25c Meat; 2 pkgs. Little Boy Blue 9c the bottle Cresto Salad Dressing 29c quart Heinz's Soups 25c All kinds except Consomme and Clam Chowder, 2 cans Heinz Spaghetti 19c 12-ounce can, 2 for 29c 17-ounce can, 2 for 29c Jap Rose Soap 9c the bar Lincowash 19c quart bottle Lee & Perrin's Sauce 30c the bottle Dog Food—Strongheart 25c 5 cans for	Ammonia 10c quart bottle Dromedary Pitted Dates, (2) 8-oz. pkgs. for 25c Pet or Carnation Milk, 3 tall cans for 20c Nut Meats 39c Pecans, the pound Nut Meats—Almonds or English Walnuts; lb. 49c Cider Vinegar 10c quart bottle; each C. H. Chili Con Carni 23c 2 cans for Ovaltine 63c \$1.00 size for 50-cent size for 35c Small can for 19c Medium can for 37c Large can 72c Libby's Corned Beef 35c 2 cans for Broadcast C. B. Hash 35c 2 cans for Prunes—Bulk 25c 3 pounds for Virginia Sweet Pancake Flour, 2 pkgs. 21c Buckwheat Flour 27c 2 packages for Wesson Oil 39c quarts, each Pints, each 20c Kosto 9c 2 packages for Dill Pickles 19c quart jar Log Cabin Syrup 19c Small can for 19c Medium can for 37c Large can 72c	
Countryside Pumpkin 19c 2 No. 2 1/2 cans for Raisins—Seedless 25c 3 15-oz. pkgs. for Royal Deserts or Jello 17c 3 packages for Tomato Juice 25c Libby's; 4 cans for	Nucoa or Good Luck 35c Margarine; 2 lbs. for Armour's Pork & Beans 19c 2 28-oz. cans for Crackers 19c Graham or Soda; 2-lb. pkg. Red Cross 9c Macaroni or Spaghetti; 2 pkgs.	Crax 19c 1 pound package Cane Sugar 49c 10 lb. limit; 10 lbs. for Jones Sausage 31c Links, lb. 34c; Meat, lb. Tomato Soup 19c Campbell's; 3 cans for	

# RAPP BROS.

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