GENERAL DIRECTIONS

All measurements used in these recipes are level.

Each recipe will serve six persons; those for hot breads, cakes and muffins are large enough to be served more than once.

Wherever the recipes require fat, any of the vegetable fats, of which there are many excellent ones on the market today, may be used. In place of the butter in any recipes, butterine, oleomargarine, or any of the good butter substitutes may be used.

Wherever milk is required, skimmed milk may be used with success although it must be remembered that the food value is lowered. Any reliable brand of canned milk may be used if desired.

All recipes have been tested, and if carefully followed may be relied upon to give perfect results.