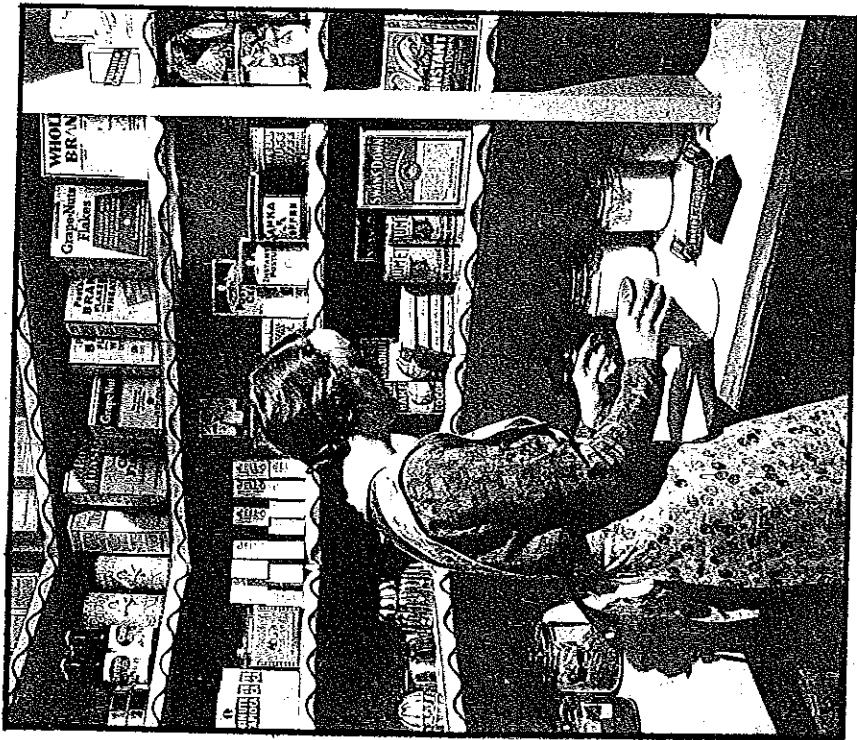


General Foods COOK BOOK

CONSUMER SERVICE DEPARTMENT
GENERAL FOODS CORPORATION
NEW YORK

A KEY TO THE QUESTION OF THREE MEALS A DAY

6-1932



GENERAL FOODS OFFERS OVER TWENTY FAMOUS
PRODUCTS FOR YOUR WELL-STOCKED PANTRY SHELF

96.
DOING
THE
JOB

THE PANTRY SHELF STANDS READY TO HELP

Even your pantry shelf stands ready to make this business of meal getting easier and simpler, if you'll just lend a managing hand. A thoughtful selection of the supplies offered today goes far toward meeting any emergency that may arise. And the Subject Index of this cook book, with such suggestions as are offered under *Emergencies—Ways to Meet Them*, takes you the rest of the way.

Of course you must check your pantry stocks regularly and keep them up—that's part of the bargain. Here is a list of staples and other supplies from which, with the aid of your refrigerator and your General Foods Cook Book, almost any emergency can be met:

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|---|--|
| BAKER'S BREAKFAST COCOA | GRAPE-NUTS FLAKES |
| BAKER'S UNSWEETENED CHOCOLATE | JELLIES AND JAMS |
| BAKER'S COCONUT— <i>Southern Style and Premium Shred</i> | JELL-O— <i>strawberry, raspberry, orange, lemon, cherry, lime</i> |
| BOTTLED SAUCES AND SEASONINGS— <i>ketchup, chili sauce, tabasco, meat sauces, horse-radish</i> | LOG CABIN SYRUP |
| BOUILLON CUBES— <i>chicken, beef</i> | MACARONI, SPAGHETTI, RICE |
| CALUMET BAKING POWDER | MARASCHINO CHERRIES |
| CANNED FISH— <i>tuna, salmon, crab meat, shrimp, sardines, anchovies</i> | MAXWELL HOUSE COFFEE AND TEA |
| CANNED FRUITS— <i>peaches, pears, apricots, pineapple, plums, cherries, raspberries</i> | MINUTE TAPIOCA |
| CANNED MEATS— <i>chicken, ham, tongue, corned beef</i> | MOLASSES |
| CANNED MILK— <i>evaporated, condensed</i> | NUT MEATS |
| CANNED PIMIENTO | OLIVES |
| CANNED SOUPS— <i>tomato, pea, corn, asparagus, vegetable, chicken</i> | PEANUT BUTTER |
| CANNED VEGETABLES— <i>tomatoes, peas, asparagus, beans, baked beans, beets, corn, mushrooms</i> | PICKLES |
| CERTO | POST'S BRAN FLAKES |
| CORN MEAL | POST TOASTIES |
| CORN SYRUP (light) | POSTUM |
| CRACKERS AND WAFERS | SALAD DRESSINGS |
| DRIED FRUITS— <i>apricots, currants, dates, figs, prunes, raisins</i> | SALAD OIL |
| FLAVORING EXTRACTS— <i>vanilla, almond, lemon</i> | SANDWICH SPREADS |
| GRAHAM FLOUR | SANKA COFFEE |
| GRAPE-NUTS | SEASONINGS— <i>Diamond Crystal Salt, pepper, peppercorns, paprika, celery salt, bay leaves, summer savory, thyme, sage, poultry seasoning, curry powder, mustard</i> |
| | SODA |
| | SPICES— <i>ginger, cinnamon, nutmeg, mace, cloves, allspice</i> |
| | SUGAR— <i>granulated, powdered, confectioners', brown</i> |
| | SWANS DOWN CAKE FLOUR |
| | VINEGAR |
| | WHOLE BRAN |