

HOW Chefs USE CAMPFIRE MARSHMALLOWS





"Cookery is, of all the arts, the one that has rendered the most important service to social life."

BRILLAT-SAVARIN

CAMPFIRE Marshmallows have long been a standard cooking ingredient with the great cooks of the world.

The skill and artistry of the greatest living chefs have gone into the creation of the recipes offered here, which we pass on to you confident that you can duplicate them as perfectly and as easily as the master cooks who conceived them.

WE are indebted to "The New Yorker" for the following sketches of a few of the famous chefs who have contributed to this book:

"When we were exploring the Hotel New Yorker a couple of months ago we discovered Pierre Berard, the chef, in an ice vault far below ground. He was modelling a statue in ice. We've since learned that ice accounted in a large part for his career; when he was a mere boy in Paris he made a large statue of a horse out of ice for a great banquet given to a prince; the statue was much admired, and Pierre resolved to become a chef, and did.

"ITE is a conceited fellow, by his own admission, fears no one nor anything, and, unlike most chefs, likes to eat. He's had quite a life—three years in a pastry shop in Paris, then London at the Berkeley and the Savoy, then America cooking for many big hotels and clubs. He once prepared what President Hoover called

the best meal he ever ate, and is now at work on a book, "The Life of a Chef," which he is managing to write between meals. Some day he is going back to Villeneuve-Loubet, near Nice, where he still has an ancestral home.

"THERE are about six or eight famous chefs around town. One of them, Scotto of the Ambassador, is a pupil of Escoffier, who is considered the greatest living chef. Scotto says Americans don't know how to eat, and every so often the idea gets hold of him very strongly and he packs up and goes abroad to Monaco, where he was born, and where people know how to eat.

"ANOTHER plump cook is Roger Cretaux at the Roosevelt. He is so ample most of the horses in Central Park dislike him, but he rides anyway. Cretaux no longer wears a chef's garb; he has so many responsibilities at the Roosevelt he has to wear a business suit. He's a friend of Babe Ruth, and the Babe sometimes drops into the Roosevelt kitchen and gorges himself.

"T HE Ritz is distinguished by having a long slender chef, Louis Diat. A bit of fruit for breakfast, a bit of fish for lunch, a bit of milktoast for supper—that's Louis. He has to eat lightly. He supports three French orphans, out of the kindness of his heart."



INDEX TO CHEFS

Here are listed the famous chefs who have contributed to this book. Their individual recipes will be found on the pages indicated. A classified index of recipes will be found on page 38.

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Amiet

OF THE PALMER HOUSE

WHEN Chicago's famous Palmer House opened its new and palatial building in 1925 it announced the appointment of the celebrated Amiet as executive chef.

Amiet was born in France where he early mastered the subtleties of traditional French cooking. He has served ultra-fashionable hotels in Lausanne and Lake Geneva, Switzerland, and in Paris, London and New York.

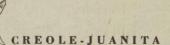
He was the 1929 President of the Chefs de Cuisine Association of America.



CREOLE-JUANITA

PARADISE TOAST





For this excellent dessert, make a ring of sweet rice filled with apples, peaches, pineapple and bananas. Cook I cup of rice in 4 cups boiling, salted water, until tender. Drain. Add ½ cup sugar and pack into a ring mold. Boil ¾ cup of water with ½ cup sugar. Add 2 cups fruit cut in small pieces and cook until tender. Unmold rice and fill with fruit. Cover with sliced Campfire Marshmallows as illustrated. Garnish border with slices of Maraschino Cherries. Put into a very hot oven until marshmallows are browned to a golden color. Serve hot. Will serve 8 people.

PARADISE TOAST

2 ounces of cream 3 eggs 1 grated lemon peel 6 Campfire Marshmallows 12 slices of thin cut bread

Whip the cream into the eggs until quite light.

Cut each Campfire marshmallow into four slices. Spread these on 6 slices of bread. Divide the grated lemon peel over the marshmallow and then cover each with the remaining 6 slices of bread.

To hold this together insert a toothpick from each side, dip this into the cream and eggs, and fry slowly in butter. Remove toothpicks and serve. THE Central Park Casino is one of the most picturesque of the distinguished restaurants of New York.

Here the fashionable world foregathers to feast on Beaumont's culinary masterpieces.

Beaumont was born in Biarritz in 1893. Since the age of fourteen he has worked in the celebrated hotels and restaurants of Biarritz, Paris, London and New York. He is a world war veteran, and the proud possessor of three war crosses bestowed by the French and Italian governments. He has been at the Casino since its opening in 1928.



Beaumont

OF THE CENTRAL PARK CASINO





CHOCOLATE SOUFFLE WITH MARSHMALLOW SAUCE

1/2 glass milk 2 squares chocolate
3 tablespoons sugar 2 egg whites beaten 2 tablespoons flour
2 tablespoons butter

Boil the milk, sugar and chocolate together, add the flour mixed with a little cold milk. Cook for 2 minutes, remove from fire and add the butter, egg yolks and the egg whites beaten stiff. Bake in oven for 15 or 20 minutes. Marshmallow Sauce or Mal-O-Whip served separate. (See recipe page 29.)

SWEET POTATO, DIXIE STYLE

Scoop out the center of two baked sweet potatoes and mash with 2 tablespoons butter, a little honey, salt and pepper. Arrange the potato in a dish in the form of a cone and pour over it a generous amount of Campfire Marshmallow sauce or Mal-O-Whip. (See sauce recipes page 29.) Brown in hot oven.

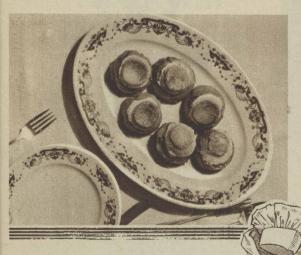
P.S. This dish may be prepared with boiled sweet potato but the flavor is better with baked potato.

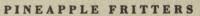
Berard_

OF THE NEW YORKER

T New York's newest smart hotel, the A New Yorker, Chef Berard produces mouth-watering dishes which have quickly established this hotel as a place of gastronomical importance.

Berard was born in Nice and learned the rudiments of his art from his uncle who was chef to Prince Radziwill. Later, Paris claimed him for her own. He spent some years in one of the most aristocratic Parisian restaurants. Later he was chef at three of London's greatest hotels. He has been at the New Yorker since its opening.





11/2 cups flour

teaspoons baking powder

teaspoon salt

cup milk

1 egg 12 slices pineapple

Mix and sift dry ingredients, add milk gradually, and egg well beaten. Drain pineapple. Dip in batter and fry in deep fat 395° F. Place a Campfire Marshmallow in center of each fritter and glaze until well browned in a moderate oven, 375° F.

SWEET POTATO GEMS

Mash sweet potatoes; season with salt and pepper; mix thoroughly with butter; re-form in round even balls and place in platter or pan. On top in center of each one, place Campfire Marshmallow; then bake gently in oven 375° F. until well browned.

This preparation can be used as a garnish for Pork Chops, Roast Turkey and other

meats.



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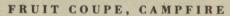
OF THE HOTEL PEABODY

THROUGHOUT the South, the Hotel Peabody, of Memphis, is known for the excellence of its food.

Chef Blanc, who creates the delectable dishes served here, was born in Switzerland where he learned his art in one of the notable hotels of that country, which has produced so many famous chefs.

Since coming to America in 1909, he has served two famous New York hotels, including the old Waldorf, and two exclusive clubs

For the past five years he has been delighting the clientele of the Hotel Peabody.



Half fill a sherbet glass with mixed fruit, add lemon sherbet, and top with Campfire Marshmallows cut in small pieces and mixed with whipped cream. Decorate with red and green cherries.

SUNSHINE SALAD

Cut in small pieces 6 Campfire Marshmallows and 6 pecans, mix with 1 cup whipped cream. Fill peach halves with the mixture and garnish with strawberries or cherries.





CAMPFIRE PEACH WHIP

Whip 1 pint cream, add ½ cup powdered sugar, 2 half peaches diced and 10 Campfire Marshmallows cut in small pieces. Line a mold with Lady Fingers and fill with the mixture.





Cantus

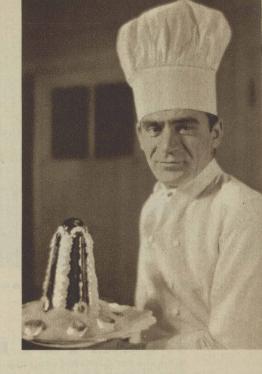
OF THE LAKE SHORE DRIVE HOTEL

AT Chicago's Lake Shore Drive Hotel the service is impeccable and the food is called "gorgeous" by the Gold Coast clientele.

Chef Cantus was born in Switzerland where he mastered his profession in the celebrated resort hotels of that country.

He has served many famous hotels on the Continent and in London.

Here are two of his most popular desserts.



CAMPFIRE FRUIT GELATINE

Place in mold ½ inch of strawberry gelatine, then add mixed fruit (sliced oranges, strawberries, etc.). Place Campfire Marshmallows over the fruit and cover with strawberry gelatine, add another layer of fruit and marshmallows and cover with gelatine until the mold is full. Chill. Unmold and garnish with whipped cream and fresh fruits.





CAMPFIRE CHOCOLATE SUNDAE

Cover regular chocolate sundae with Campfire Marshmallow sauce and nuts. (See recipes for marshmallow sauces on pages 29, 32 and 33.)





MOCHA CHOCOLATE MARLOW

PINEAPPLE MARLOW

CAMPFIRE MARLOWS

MARLOWS are first cousins to the mousses, for they both use gelatine as their stiffening "agent." Only, in the case of marlows, gelatine is introduced by means of marshmallows, while in mousses it is added in dissolved granulated form.

Like a mousse, a marlow can be prepared not only hours ahead of a meal but even the day before, if desired. And when once it is in the freezing compartment, it can be dismissed from mind. Smooth and velvety in texture, flavor can be varied to suit any taste.

In the preparation of marlows, a few general rules should be observed:

First: Always melt the marshmallows thoroughly. If steamed long enough they become liquefied and in some instances quite clear. Second: This foundation must be allowed to stiffen slightly before the cream is added.

Third: If vegetable coloring is used, it should be added to the foundation while hot or certainly before combining with the cream. It is impossible to give directions as to the exact amount of coloring to use. The addition of the cream lightens the color; so make your foundation a deeper shade than you wish the finished product to be.

Marlows may be served plain, with any desired sauce or garnish, or used in any way you would use ice cream of similar flavor.

Two or three flavors can be arranged in layers in the freezing trays and sliced when ready; or each kind can be frozen separately and put into deep glasses in alternating spoonfuls.





MACAROON MARLOW

CHOCOLATE MARLOW

MOCHA CHOCOLATE MARLOW

15 Campfire Marshmallows
1 square chocolate
1 cup strong coffee
Few grains salt
½ cup chopped nuts
1 cup whipping cream

Melt chocolate in a double boiler with Campfire Marshmallows, add coffee and salt. Cool. When slightly thickened add the whipped cream and nuts, pour into tray of refrigerator. Freeze from 6 to 8 hours.

PINEAPPLE MARLOW

Heat 2 cups pineapple juice, ½ teaspoon salt and 2 tablespoons granulated gelatine in a double boiler until the gelatine dissolves. Add 2 cups crushed pineapple, ½ cup chopped pecans and 16 Campfire Marshmallows cut in small pieces. Cool, Add ¾ cup sugar mixed with 1 cup of cream which has been whipped. Freeze and serve with pineapple sauce.

CHOCOLATE MARLOW

20 Campfire Marshmallows
1 cup milk
1 square chocolate
1 teaspoon vanilla
1 cup whipping cream
Few grains salt

Melt 15 Campfire Marshmallows and chocolate in milk over hot water. Chill until slightly thickened; add vanilla, salt and whipped cream. Cut 5 Campfire Marshmallows in small pieces and fold into the mixture. Pour into freezing compartment of refrigerator and freeze from 6 to 8 hours.

MACAROON MARLOW

15 Campfire Marshmallows

8 Macaroons

1 cup milk

I cup whipping cream

Steam marshmallows in milk over boiling water. Crush macaroons, add to marshmallow mixture and chill. When slightly thickened add the stiffly beaten cream and pour into the tray of the refrigerator and freeze from 6 to 8 hours.

PEAR MARLOW

18 Campfire Marshmallows

1 cup crushed canned pears

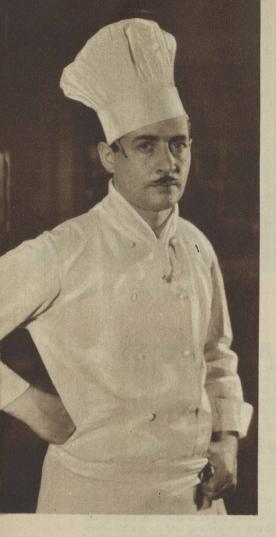
4 tablespoons pear juice

3 tablespoons syrup from preserved ginger

3 teaspoons lemon juice

1/2 pint whipping cream

Steam the marshmallows in pear juice over hot water until marshmallows are melted. Add the crushed fruit, ginger syrup and lemon juice; cool. When quite cold and slightly stiffened, carefully combine with the stiffly beaten cream. Pour into trays and freeze.



(Charles

EMBASSY CLUB

TABITAT of blue bloods and social registrites—New York's smart Embassy Club is renowned for its distinguished food.

Here, Charles holds sway in the kitchen. His desserts, like everything that he creates, are supreme triumphs.

Charles was born in Switzerland. He spent years at the fashionable Palace Hotel at St. Moritz where he won international fame. Later, he plied his art in leading hotels in Milan, Paris and London, after which he was private chef to King Constantine of Greece.

He has been chef of the Embassy Club since its opening three years ago.

SOUFFLE PUDDING CAMPFIRE

1/2 cup rice

2 tablespoons tapioca

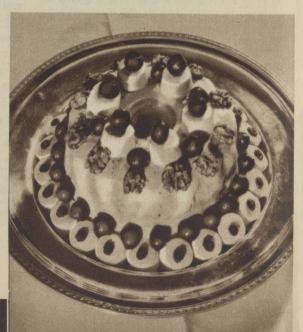
2 cups milk 4 tablespoons butter

5 egg yolks

1 tablespoon vanilla

1 tablespoon corn starch 5 egg whites

Cook rice for ten minutes in boiling water, drain and continue cooking in milk with tapioca. Mix sugar and corn starch, add to the rice mixture, cook one minute. Add butter, egg yolks, and vanilla. Cool. Fold in stiffly beaten egg whites and pour into buttered baking dish. Place baking dish in a pan of hot water and bake in a moderate oven until firm. Carefully turn out of mold, cover with melted Campfire Marshmallows, garnish with cherries and chopped nuts. Serve immediately.







TEDDY BEAR CAVE SALAD

Pit and stuff each of 2 large dates with half marshmallows. Into each of three marshmallows press a nut meat and toast in the oven. Arrange lettuce leaves to resemble open cave. Place stuffed dates and toasted Campfire Marshmallows inside the cave. Dress with fresh orange juice.

CAMPFIRE CROWN

Cut a two inch slice from a round loaf of Boston Brown bread. Hollow out cuplike. Fill with seasoned thick apple sauce. Arrange Campfire Marshmallows on their sides, around the top edge of the bread, to resemble crown. Heat and brown in a slow oven. Serve warm.

Cretaux

OF THE ROOSEVELT

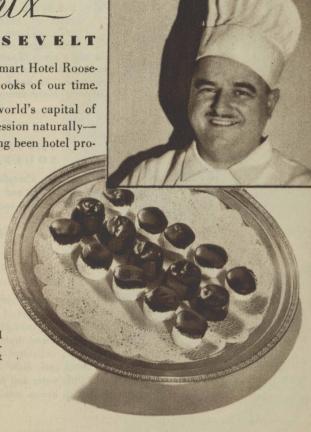
C RETAUX, of New York's smart Hotel Roosevelt, is one of the great cooks of our time.

He was born in Paris, the world's capital of fine food, and came to his profession naturally his father and grandfather having been hotel proprietors in Nantes, Brittany.

He was trained by the great Escoffier and has practiced his art in leading restaurants and hotels of Paris and Berlin. He has been at the Roosevelt since its opening.

PETIT RUTH BONBONS

Melt dipping chocolate in a bowl over hot water until soft. Dip Campfire Marshmallows or frost as petit fours.



Edmond

OF THE ST. REGIS

THE name of the St. Regis, New York's celebrated hotel, has always been associated with fine food.

Here, in earlier days, the great Emile Bailly presided over the kitchen. He taught many of his original recipes to Edmond, who still serves them for the delectation of gourmets.

Edmond learned his art in famous kitchens in Saarbourg, Lorraine—later spending some years in noted hotels in London. He came to the St. Regis from the old Holland House—remembered reverently by old New Yorkers.

At the St. Regis, he serves a clientele who are appreciative of the subtleties of his art.



MARSHMALLOW RICE CONDE

Boil ½ cup rice in one quart of milk until thick, add one egg, a little sugar, vanilla flavor and a pinch of salt. Mold in ring and serve with sliced pineapple, ½ peach and 3 Campfire Marshmallows, put

in slow oven to melt the marshmallow until brown. Serve with either Fruit Sauce or hot Marshmallow sauce.*

* (10 marshmallows, 4 tablespoons sugar, a little water and sherry wine or fruit juice to flavor.)

CAMPFIRE MARSHMALLOW SOUFFLE EN SURPRISE

Roll a dozen Campfire Marshmallows in flour, dip them in beaten egg yolks and roll them well in bread crumbs. Have a deep fry pan ready and fry them in hot grease or oil quickly till brown.

These may be used as a garnish for chicken southern style.

BOULE DE NEIGE DOREE

Beat 4 egg whites very stiff, add ½ cup sugar and shape into balls. Heat 1 pint of milk to boiling, remove from direct fire and place the snow balls in the hot milk to poach. When the balls are cooked drain on a cloth. Make a custard sauce and pour into individual serving dishes, place a snowball in the center of each dish. Bake two Campfire Marshmallows, melt in a little water and pour over the snowballs. Place under the broiler to brown quickly.





Fontaine

OF THE HOTELS LAFAYETTE AND BREVOORT, NEW YORK

THE true flavor of the I French Republic is preserved at the Lafavette and the Brevoort. In these timehonored establishments all is Gallic, especially the kitchens where Fontaine creates the masterpieces which have made him famous wherever fine foods are prized. Fontaine was born in Toul, France, in 1885. He perfected the subtleties of his delightful art at the Grand Hotel, Paris, where he spent twenty years. The recipes which he presents here are typical examples of his skill.



The Lafayette entrance is one of the most famous doorways in New York.

BANANA PIE CAMPFIRE

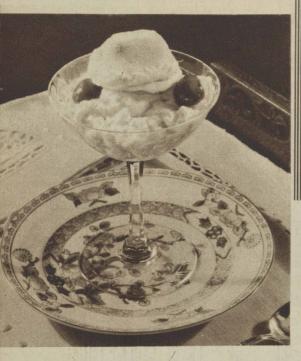
Bake a pastry shell. Cool and cover bottom with sliced bananas. Cover with a filling made of equal proportions of whipped cream and Campfire Marshmallows, Garnish with sliced bananas and whipped cream.

CAMPFIRE CAKES WITH CHOCOLATE SAUCE

20 yolks 4½ cups Cake Flour 14 egg Whites 1 cup Melted Butter 3¾ cups Powdered Sugar Lemon Flavoring

Beat egg yolks and mix with sugar, fold in flour. Add the melted butter and mix well. Add lemon flavoring and fold in stiffly beaten egg whites. Pour in muffin tins or individual cake pans and bake in a moderate oven. Cut cakes in half, put together with Campfire Marshmallow frosting (see pages 29, 30, 31, and 32.) Serve with chocolate sauce.





CAMPFIRE MARSHMALLOW CREAM

tablespoons gelatine 1/4 cup milk 1/2 cup sugar cup hot milk 1/2 cup chopped nuts beaten egg white teaspoon lemon juice 1 teaspoon vanilla cup whipped cream Candied cherries 15 Campfire Marshmallows cut in pieces Soak gelatine in cold milk for five minutes, dissolve in hot milk and add sugar. Cool, add chopped nuts, vanilla, lemon juice, beaten egg white, whipped cream and Campfire Marshmallows cut in pieces. Place in individual serving dishes with a toasted marshmallow on top. Chill, garnish with a candied cherry and serve.

APRICOT TARTLETS

2 cups cooked Apricots
6 Tart shells 1 cup whipped cream
12 Campfire Marshmallows

Rub cooked apricots through a sieve. Cut Campfire Marshmallows in quarters, mix with whipped cream and cooked apricots. Fill tart shells with the apricot mixture and serve immediately. The tarts may be garnished with nuts or cherries.



STEAMED CHOCOLATE PUDDING WITH CAMPFIRE

MARSHMALLOW SAUCE

3 egg yolks

1 cup granulated sugar

1 cup flour

1/2 teaspoon salt

2 teaspoons baking powder

3 tablespoons milk

2 tablespoons melted unsweetened chocolate

3 egg whites

30 Campfire Marshmallows

Beat egg yolks and sugar until creamy. Sift dry ingredients together and add to first mixture. Stir in milk and chocolate. Fold in beaten egg whites. Steam two hours in buttered mold. Melt Campfire Marshmallows in double boiler and pour over hot pudding. Garnish with toasted Campfire Marshmallows.

PINEAPPLE-CIRCLES

6 slices canned pineapple Campfire Marshmallows cut in bits Mint-jelly cubes or stuffed dates

Place the pineapple-slices on glass plates. Outline with the marshmallows cut in quarters. Fill the pineapple centers with the mint-jelly cubes or with stuffed dates, and garnish with cherries, walnuts, or marshmallows.



CAMPFIRE CHOCOLATE ROLL

- 4 eggs
- 1/2 cup sugar
- 4 tablespoons sifted flour
- 4 tablespoons cocoa
- 1/2 teaspoon cream of tartar
- 1/3 teaspoon soda
- 1/2 teaspoon salt
- 20 Campfire Marshmallows

Beat eggs until very light, add sugar slowly and beat. Fold in flour, cocoa, cream of tartar, soda and salt. Pour mixture into rectangular cake pan lined with oiled brown paper, and bake about 10 minutes in moderate oven (300° F.). Turn into cloth dipped in cold water and wrung dry. Remove paper carefully, spread with Campfire Marshmallow filling and roll like jelly roll. Top with chocolate frosting and marshmallow flowers made from Campfire Marshmallows cut in thin strips. (In cutting marshmallows dip scissors frequently in cold water.) Decorate with a cherry.

For the Marshmallow filling melt 15 Campfire Marshmallows in double boiler. Boil I cup of sugar and ½ cup water until it forms soft ball in cold water (240° F.). Pour hot syrup slowly over 1 stiffly beaten egg white, beating constantly. Add melted marshmallows and ½ tsp. vanilla. Beat until cool.



FROZEN STRAWBERRIES AND CAMPFIRE MARSHMALLOWS

- 1 cup sugar
- 3/4 cup boiling water
- 1 quart strawberries
- 2 tablespoons gelatine
- 1/4 cup cold water
- 2 cups whipped cream
- 15 Campfire Marshmallows

Mix sugar, water and strawberries and boil five minutes; add the gelatine which has been soaked in the cold water and stir until dissolved. Chill. Add whipped cream and Campfire Marshmallows which have been cut in quarters. Freeze.

CAMPFIRE BANANA SHORTCAKE

Make individual shortcakes. Split and butter while hot and spread layer with sliced bananas and add Campfire Marshmallows cut into eighths. Garnish with whipped cream,

Kircher

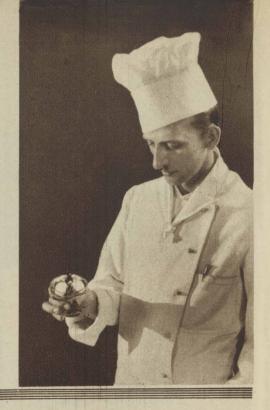
OF THE RAQUET CLUB, PHILADELPHIA

THE exclusive Raquet Club of Philadelphia is noted for its cuisine.

Here Chef Kircher creates the delightful dishes for which he is famous.

Kircher received his early training at the celebrated Hotel Bertrand in Stuttgart Later he was with the Hotel Traub in Coblentz and with fashionable hotels in Austria.

At the Raquet Club he has won the enthusiastic appreciation of a most discriminating clientele.









CAMPFIRE MARSHMALLOW FAIRY

Put Campfire Marshmallows and nuts on top of whipped cream. Grate some sweet chocolate over top and serve cold.

CHEESE AND MARSHMALLOW SALAD

Mix Cottage Cheese with cream and a little salt. Put a good spoonful on a piece of lettuce. Make a border of Campfire Marshmallows cut in half. On top place a half walnut. Decorate with small pieces of pimento.

Any dressing can be served with it.

HEAVENLY HASH

3 tablespoons Granulated Gelatine

Juice of 1 lemon

8 oz. Can Fruit Salad

3 cups fruit juice or water

24 Campfire Marshmallows

Soak gelatine in a little cold water or fruit juice, dissolve over boiling water and add the remaining fruit juice or water. Chill, and when the gelatine is slightly thickened, add the fruit and Campfire Marshmallows cut in small pieces. Chill until firm. Unmold on lettuce and garnish with a border of Campfire Marshmallows.





VIRGIN ISLANDS

Cover Campfire Marshmallows with cream and allow to stand several hours, stirring from time to time. Serve over vanilla ice cream. (Allow 4 or 5 marshmallows to a serving.)

CAMPFIRE ORANGE SURPRISE

Cut the top off a large orange. Scoop meat out of orange and cut meat in small pieces. Sprinkle with sugar and let stay for half an hour until thoroughly sweetened. Cover the inside of the orange with the sliced fruit and put a dipper of orange ice on top. Press four or five Campfire Marshmallows firmly into ice. Glaze under flame or bake in a quick oven.



Kurtz

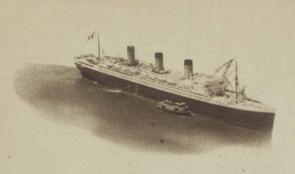
OF THE BELLEVUE-STRATFORD

PHILADELPHIANS will tell you that the food is incomparable at the Bellevue-Stratford Hotel.

Camille Kurtz, the Bellevue-Stratford chef, was born in Alsace. He mastered his profession in leading hotels of Paris, London, Berlin and Interlaken, Switzerland. Before joining the Bellevue-Stratford fifteen years ago, he served New York's Waldorf-Astoria Hotel and Mouquin's Cafe of tender memories.







Lindauer

OF THE "ILE DE FRANCE"



INDAUER, chef of the "Ile de France," flagship of the French Line, is celebrated on both sides of the Atlantic for the excellence of his dishes. Lindauer was born in Colmar, Alsace and began his career in Paris. He entered the service of the Compagnie Generale Transatlantique in 1920 and has served as supervising chef of the hotels operated by this company in Algiers, Fez, and Tunis.

In 1924 Lindauer was awarded the much-coveted medal of the famous French "Club des Cent." He has also received the decoration of the Medaille de Merite Agricole (Chevalier), the Croix de Guerre, and that of the officer d'Academie.

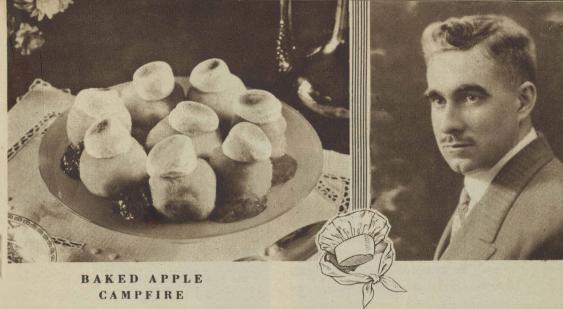


THE MOUNT TABOR

Make a sponge cake (2 or more layers) using 9 tablespoons sugar, 5 well beaten eggs and 1½ cups flour. Bake in unbuttered cake pans. Put layers together with currant jam and Campfire Marshmallows cut in half garnished with preserved cherries. Cover with green frosting and garnish with cherries and marshmallows.

THE MASSENA

Cream 9 tablespoons butter with ½ cup sugar, add 2 eggs, one at a time without beating, add ½ cup rice flour and mix well. Pour into buttered molds and bake in a moderate oven. When baked fill the cakes with preserved prunes. Cover with granulated sugar and place in a moderate oven ten minutes. Decorate with halves of Campfire Marshmallows with a cherry on each marshmallow.



Peel and core apples. Bake with granulated sugar and sweet butter. Place a Campfire Marshmallow on top of each baked apple and brown quickly in a hot oven. Serve with Apricot Sauce. The apples may be served either hot or cold.



BISCUIT GLACE WASHINGTON

Fancy molded chocolate ice cream decorated with Campfire Marshmallows and sliced almonds toasted on the top of the marshmallows.



Louis of the RITZ

Louis of the Ritz is one of the aristocrats of chefdom. He has served the Ritz-Carlton Hotel for twenty-eight years, first in Europe and then in America. For the past twenty-eight years he has presided over the kitchen at the celebrated New York Ritz. Debutantes and sedate old gourmets alike grow ecstatic over the wonders of his creations.

SWEET POTATOES AND PINEAPPLE ROBERT

Cut sweet potatoes in round slices about 1/6 of an inch in thickness. Dress them in a porcelain baking dish with alternate slices of pineapple. Pour maple syrup over them and bake till they assume a rich golden brown color.

Then decorate them artistically with Campfire Marshmallows and replace in the oven for a few minutes, until the marshmallows are toasted.

Roemer

OF THE PALACE HOTEL, SAN FRANCISCO

C ALIFORNIANS grow eloquent upon the subject of the food served at the Palace Hotel, San Francisco.

Chef Roemer who presides over the famous Palace kitchens was born in Alsace where he learned his art. Before coming to America he served fashionable hotels in Cannes and Cantrexville, France, and in the German Black Forest.

He was chef of the official banquets of the Panama Pacific Exposition and is widely known as a lecturer upon the culinary art. He has been at the Palace Hotel for fifteen years.







EGGS IN NEST

Mix 2 cups flour, ½ cup butter, 2 eggs, ½ cup sugar and the grated rind of ½ lemon. Chill, then roll as pie paste and bake a shell of this sugar dough on a pie tin. Fill with French Cream and cover with Campfire Marshmallows. Garnish with apricot jam.

CHOCOLATE CAKE

Mix 1 cup sugar, 1 teaspoon salt and 1 cup sour cream. Add two well beaten eggs. Mix and sift 1½ cups pastry flour with 1 teaspoon soda and combine with the egg mixture. Add two squares of melted chocolate and ½ cup of hot water. Cut 16 Campfire Marshmallows in quarters and stir into the cake mixture. Bake in layers and frost with chocolate icing.

Sabatini

OF THE NEW DELMONICO'S

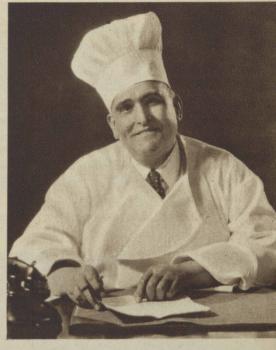
OLD NEW YORKERS grow moist-eyed at mention of the old Delmonico's, whose world-famous restaurant made it the center of the city's most brilliant social life. At the New Delmonico's all of the hallowed traditions of the older establishment have been preserved. Here Sabatini presides over the kitchen, surrounded by many of the culinary staff who assisted him at old Delmonico's.

Sabatini is the sixth of a line of distinguished Italian chefs. His early training was received in the kitchen of the Royal Palace in Rome where his father served the King of Italy for 25 years.



BAKED APPLES ROYLEANA

Core and peel 12 small apples. Blanch in cold water with few drops lemon juice. Drain, fill center with Campfire Marshmallows. Place on baking dish, cover with melted Guava Jelly and bake one-half hour in a slow oven to glaze. Place the apples on a thick layer of farina mush in a vegetable dish, top each with candied cherry. Brush lightly with melted sweet butter. Reheat in a hot oven and serve at once.



STUFFED SWEET POTA-TOES A LA SANDERSON

Cut sweet potatoes as illustrated. Wash, dry and put into moderately hot fat. Gradually increase the heat of the fat and cook the potatoes until they rise to the top. Drain and fry again in very hot fat. The second frying effects the necessary puffing. Make a small opening in each piece of potato and fill the puffs with a sauce made by melting ½ pound of Campfire Marshmallows with 4 tablespoons of cream over a slow fire.



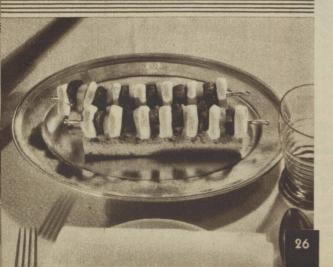
Scholz

OF THE CRILLON

AMONG the smartest of the smart New York restaurants is the Crillon. Here, Park Avenue comes to dine on food that debutantes call "heavenly" and sedate old epicures speak of with reverence.

Scholz, the Crillon's celebrated chef, was born in Vienna. By the age of 20 he had mastered his art in famous hotels of the Continent and in London. For the past seven years he has achieved an ever-increasing fame at the Crillon.



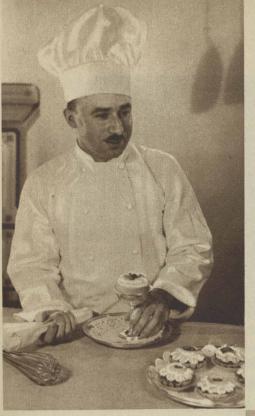


STUFFED SWEET POTATOES CRILLON

Scoop out the center of baked sweet potatoes and mash with sweet butter, salt and chest-nuts which have been cooked in syrup made of one part sugar with two parts water. Add Campfire Marshmallows cut into small pieces and refill the potato shells. Cover with alternate slices of banana and Campfire Marshmallows, brown in a hot oven,

STRAWBERRIES WAIKIKI

Steep large strawberries in fruit syrup one hour. Cut thin slices of preserved pineapple about the size of a quarter and place on a skewer alternating with Campfire Marshmallows. Place each skewer on a strip of sponge cake and cover with thick strawberry sauce.



Rumeau

OF THE AMBASSADOR

TRULY cosmopolitan is New York's Hotel Ambassador—here may be met the notables of all countries. Here Rumeau practices his art with a skill that only sophisticated epicures can fully appreciate.

Rumeau was trained in his native France by Escoffier, who is quite generally considered the greatest living chef. Under the tutelage of Escoffier he mastered all of the mysteries of his so delightful science. At the Ambassador, since its opening, he has won the plaudits of the most discriminating epicures.

SWEET POTATOES NEW ORLEANS

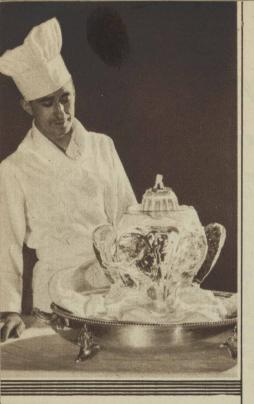
Cut bananas and boiled sweet potatoes into rounds 1/8 inch thick and fry in butter. Place alternate slices of Campfire Marshmallow, banana and sweet potato on a plate to form a circle. Cover with apricot pulp and glaze in a hot oven.





CAMPFIRE MARSHMALLOW PANCAKE

Mix 1 cup flour, 2 tablespoons sugar, a pinch of salt, 2 whole eggs and 1 egg yolk. Add the grated rind of ¼ orange, ¾ cup milk and ¼ cup melted butter. Mix well and fry pancakes 6 inches in diameter. Melt Campfire Marshmallows in a double boiler and spread over the pancakes. Roll the pancakes, sprinkle with sugar, cover with syrup and glaze in a hot oven.



Derpin

OF CIRO'S, CHICAGO

CIRO'S has long been a rendezvous of Chicago's smart set. The amazing food served here is created by Rene Sevrin.

Sevrin was born in Bordeaux, France, where he developed his skill under leading chefs. Since coming to America in 1919 he has served famous hotels in New York, Atlantic City and Chicago. His dishes are triumphs of French cookery.

CAMPFIRE RICE PUDDING

l cup rice l quart milk l cup sugar Vanilla
Pinch salt

6 egg yolks 10 Campfire Marshmallows

1 tablespoon butter 10 half apricots

Wash rice and blanch in boiling water for 5 minutes of continuous boiling. Remove from fire, wash in cold water and drain through a colander. Boil milk with sugar, salt, butter and vanilla. Add blanched rice and bring to a boil. Place in baking dish and bake for 25 to 30 minutes. Remove from oven and add the yolks, mixing with care and let set for 3 or 4 minutes. Cover with apricots and place a marshmallow on each cavity, return to oven until marshmallows are glazed. Serve with vanilla or apricot sauce.

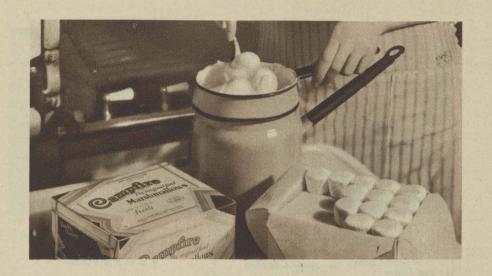
CAMPFIRE SNOW BALLS

8 Campfire Marshmallows 8 Maraschino cherries 1 cup vanilla sauce (Page 32) Shredded cocoanut

On each marshmallow place a maraschino cherry. Bring vanilla sauce to boiling point. Poach marshmallows on the sauce until soft taking care to keep whole as much as possible. Remove from sauce and roll on shredded cocoanut. Place on dish with vanilla or chocolate sauce and serve.







RECIPES

FOR CAMPFIRE MARSHMALLOW SAUCES AND ICINGS

MARSHMALLOW MINT SAUCE

(For Chocolate Ice Cream)

1/2 cup sugar

1/4 cup water

8 Campfire Marshmallows

1 egg white

1 drop oil of peppermint

Green coloring

Boil sugar and water to a thin syrup (230° F), not thick enough to spin a thread, and add marshmallows cut in small pieces. Let stand two minutes, pressing marshmallows under syrup, using back of spoon. Add mixture gradually to the egg white, beaten until stiff but not dry. Continue the beating until mixture is cool; then add oil of peppermint and color green. Serve with chocolate ice cream.

MARSHMALLOW SAUCE

1 cup sugar

1/3 cup water

20 Campfire Marshmallows

3 tablespoons cream

1 teaspoon vanilla

Boil sugar and water until it will spin a thread, pour over marshmallows which have been melted over hot water with the cream. Flavor with vanilla.

MARSHMALLOW MAPLE FROSTING

1½ cups maple syrup 2 egg whites 8 Campfire Marshmallows

Boil maple syrup until it will spin a thread, pour slowly over stiffly beaten egg white. Add Campfire Marshmallows cut in small pieces and beat until cool enough to spread.



BUTTERSCOTCH CAMPFIRE FROSTING

1½ cups brown sugar ½ pound Campfire ¼ cup butter ½ cup water Marshmallows

Cook sugar, butter and water until a few drops will form a soft ball when dropped in cold water. Pour the hot syrup over the marshmallows which have been melted over hot water. Beat until thick enough to spread. Flavor with vanilla.

CAMPFIRE CARAMEL MARSHMALLOW FROSTING

cups brown sugar 10 Campfire Marshcup white sugar mallows

2 egg whites 3/4 cup water 1 teaspoon vanilla

Boil sugar and water until it will spin a thread. Add Campfire Marshmallows and pour over stiffly beaten egg whites. Flavor

with vanilla and beat until fluffy and spread on cake.

CAMPFIRE FUDGE FROSTING

2 cups sugar 2 squares chocolate 2 tablespoons butter 34 cup milk 2 tablespoons butter 10 Campfire Marshmallows

Boil sugar, milk and chocolate until a few drops will form a soft ball when dropped in cold water. Add butter and vanilla. Cool and beat until creamy. While beating add the marshmallows cut in small pieces. Spread between layers and over the cake.

CAMPFIRE MARSHMALLOW FROSTING

% cup sugar 1 egg white 6 or 8 Campfire Marsh- 3 tablespoons cold mallows water

Place sugar, egg white and water in top of double boiler, over boiling water. Beat with Dover beater for seven minutes. Remove from heat and add quartered marshmallows. Beat for a minute, spread on cake.

This has a delicious "bumpy" appearance

and splendid flavor.

"SEVEN MINUTE" MARSH-MALLOW FROSTING

1 egg white 12 Campfire Marsh-7/8 cup sugar mallows 3 tablespoons water 1 teaspoon vanilla

Put egg white, sugar and water in top of double boiler and set it over rapidly boiling water. Beat constantly for seven minutes. Remove from fire, add marshmallows cut in pieces—beat until marshmallows are melted and consistency to spread. Add vanilla.

CAMPFIRE CAKE FROSTING

1½ cups sugar
6 Campfire Marshmallows (toasted) 2 egg whites

Beat whites till stiff. Cook sugar and water until it forms soft ball in cold water. Pour over egg whites, beating all the while and dropping in marshmallows at same time. When of the desired thickness spread over cake.

"SNOW CAP" ICING

- 1 cup sugar
- l egg white
- 3½ tablespoons cold water
- 1 teaspoon lemon extract
- 6 Campfire Marshmallows

Pour sugar, water and egg white into top of double boiler and beat with a rotary egg beater. Have the water in the lower section of double boiler just below boiling point. Beat the mixture constantly until it begins to stiffen, then add marshmallows.

Continue heating until mixture is quite stiff. Add flavoring and beat again for a few seconds.

Apply to cake while hot.

Whip till dissolved.

Then add few grains salt and extract to suit.

Beat lightly till cold enough to spread on cake. Add chopped nuts.

MARSHMALLOW ICING

1½ cups sugar 3 egg whites ½ cup water 12 Campfire Marshmallows 1 teaspoon vanilla

Boil sugar and water until the syrup spins a thread; melt Campfire Marshmallows in syrup and pour over stiffly beaten egg white and continue beating until fluffy. Spread over cake.

CAMPFIRE FROSTING

% cup (scant cup) sugar
3 tablespoonfuls cold water
¼ teaspoonful cream of tartar
1 unbeaten egg white
8 to 12 Campfire Marshmallows
½ cup chopped nuts

First combine in double boiler, sugar, water, cream of tartar and egg white.

Second, place over boiling water and beat with egg beater for 7 minutes.

Just before cooked enough drop in the marshmallows in cut form.

FLUFFY CHOCOLATE FROSTING

Boil sugar and water until it will spin a thread, pour over stiffly beaten egg whites and add the melted chocolate. Beat until cool and add the marshmallows cut in quarters. Flavor with vanilla and spread on cake.



VANILLA CAMPFIRE SAUCE

1/4 cup cream

12 Campfire Marshmallows

1/3 cup confectioner's sugar 1/2 teaspoon vanilla

Melt marshmallows in cream over hot water. Add sugar, beat until cool and fluffy and flavor with vanilla.

COFFEE CAMPFIRE FROSTING

25 Campfire Marshmallows 1 cup confectioner's sugar 1/4 cup strong coffee

Melt marshmallows in a double boiler, when soft and puffy add coffee and sugar. Beat until firm enough to spread.

CAMPFIRE WALNUT ICING

1½ cups sugar ½ cup water

3 egg whites

12 Campfire Marshmallows

1 teaspoon vanilla 1/2 cup chopped walnuts

Boil sugar and water until the syrup spins a thread; melt marshmallows in syrup and pour over stiffly beaten egg whites, add nuts and continue beating until fluffy. Spread on cake.

CAMPFIRE PINEAPPLE FILLING

FRENCH ICING

20 Campfire Marshmallows 3 cups confectioner's sugar

4 tablespoons butter

4 tablespoons strong coffee

1 teaspoon vanilla 2 squares chocolate

cake.

Melt Campfire Marshmallows and butter in a double boiler, add coffee, sugar and vanilla. Spread on cake and cover with melted chocolate,

CHOCOLATE NUT FROSTING

2½ cups sugar

3/4 cup water

4 egg whites

4 squares melted chocolate

20 Campfire Marshmallows

1 teaspoon vanilla

34 cup chopped nuts

Boil sugar and water until it will spin a thread, pour over stiffly beaten egg whites and add the melted chocolate. Beat until cool and add the marshmallows cut in quarters. Flavor with vanilla, add nuts and spread on cake.



CAMPFIRE MARSHMALLOW MAYONNAISE

15 Campfire Marshmallows

1/2 cup cottage cheese

1/2 cup shredded pineapple (drained)

1 cup mayonnaise

Cut Campfire Marshmallows in quarters. Beat cheese and pineapple into mayonnaise. Fold in marshmallows. Serve very cold on hearts of lettuce.

CAMPFIRE CHOCOLATE CAKE

(See Frontispiece illustration, page 3)

½ cup shortening 1½ cups flour

l cup sugar 2 eggs

½ cup milk 3 teaspoons baking powder

3 squares chocolate 1 teaspoon vanilla

1/4 teaspoon salt

Melt chocolate. Cream butter, add sugar and eggs, well beaten. Add melted chocolate. Add flour, sifted with baking powder and salt, alternately with milk. Add vanilla. Bake in two layers in oven about 375° F. for 20-25 minutes. Cover and frost with chocolate marshmallow frosting (page 32) and place Campfire Marshmallows between layers and on top of the cake.

CAMPFIRE CHOCOLATE FILLING

Yolks of 2 eggs 1½ cups sugar ½ cup milk

4 squares chocolate 1 teaspoon vanilla Few grains of salt

8 Campfire Marshmallows

Beat yolks until light and thick. Add sugar gradually and beat. Add milk and cook slowly until it boils. Boil about a minute, add salt and melted chocolate. Beat until it holds its shape. Spread on cake and add Campfire Marshmallows.

ORANGE MARSHMALLOW SAUCE

1/3 cup orange juice
1 teaspoon lemon juice
12 Campfire Marshmallows
1/2 cup confectioner's sugar

Soften marshmallows in orange juice over hot water, add sugar and lemon juice and beat until cold.

CAMPFIRE VANILLA FROSTING

1½ cups sugar

½ cup water

2 egg whites1 teaspoon vanilla

15 Campfire Marshmallows

Boil sugar and water until the syrup will spin a long thread when dropped from the end of a spoon (240° F.). Pour the syrup gradually over the stiffly beaten egg whites, beating constantly. While the frosting is still warm add the Campfire Marshmallows cut in quarters, and continue beating until almost cold.

WALNUT SAUCE

1 cup sugar 20 Campfire Marshmallows 1/3 cup water 3 tablespoons cream 1 teaspoon vanilla 1/2 cup walnuts

Boil sugar and water until it will spin a thread, pour over marshmallows which have been melted over hot water with the cream. Flavor with vanilla, add nuts and serve hot.





APRICOT MARSHMALLOWS

Place Campfire Marshmallows between halves of candied apricots. Press firmly together and roll in sugar.

CAMPFIRE NOUGATINES

1 cup almonds 1/2 cup confection- 1/2 cup candied ers' sugar

1/2 cup nut meats cherries

30 Campfire Marsh- 1/2 teaspoon almond extract mallows

1/4 teaspoon rose extract (if available)

Cover almonds with boiling water, boil one minute, put in cold water, remove skins and dry on towel. Force through the fine cutter of a food chopper with sugar. Put in double boiler with Campfire Marshmallows cut in pieces; when marshmallows begin to melt stir and heat until mixture is blended, add nut meats and cherries cut in pieces and the extracts. Work until smooth and spread half an inch thick on pan or slab sprinkled with confectioners' sugar. When firm cut in bars one and one-half inches long and half an inch wide. Dip if desired, in melted coating chocolate.

EASTER BASKET

Hollow out one round loaf cake. Fill nearly full with boiled custard. On the custard arrange Campfire Marshmallows as eggs in a basket, first toasting part of the marshmallows to represent brown eggs. Make a handle of wire covered with ribbon and insert in cake. Make a small Easter chicken of marshmallows with candy legs and eyes, and place on rim of basket. Tie ribbon bow on handle.

DECORATED MARSHMALLOWS

Campfire Marshmallows 1 egg white Confectioner's sugar

Beat egg white until stiff, add confectioner's sugar, beating constantly until the frosting will hold its shape. Divide the frosting and color with vegetable coloring. (Any desired color may be used.) Make flowers on Campfire Marshmallows using a decorating tube or pastry bag.

MARSHMALLOW CARAMELS

11/2 cups sugar

cup light corn syrup

cup milk

1/4 cup cream

tablespoons butter teaspoon vanilla

Campfire Marshmallows

Mix all the ingredients together, except vanilla and marshmallows, and cook over a low flame, stirring constantly, until the mixture reaches a temperature of 246° F. or until a little tested in cold water will have the consistency of a soft, chewy caramel. Remove from fire and add vanilla. Cover bottom of greased pan with caramel mixture, sprinkle with marshmallows, cut in quarters, and cover with another layer of caramel. When cold, turn the block of caramel out of the pan in order to cut it more evenly. Cut in squares with a large, sharp knife.





CAMPFIRE MARSHMAL-LOW PENUCHE

1 cup granulated sugar

3 cups light brown sugar

11/4 cups milk

2 tablespoons butter

1/2 cup walnuts broken in pieces

15 Campfire Marshmallows

Cook sugar and milk over a slow fire, stirring constantly until syrup reaches temperature of 236° F. (or until a little dropped in cold water will form a soft ball). Remove from fire, add butter and allow to cool. When cold, add nuts and marshmallows, cut in small pieces. Beat until mixture is creamy and will hold its shape. Drop by spoonfuls on oiled paper.

CAMPFIRE MARSHMALLOW DIVINITY

3 cups sugar

1/4 cup orange juice

2 egg whites

1/4 cup lemon juice

1 cup chopped dates

12 maraschino cherries

30 Campfire Marshmallows

Boil the sugar, lemon and orange juice without stirring, to 240° F. Remove from fire and pour over the stiffly beaten egg whites, beat ing constantly until thick. Add dates, maraschino cherries and Campfire Marshmallows cut in pieces. Pour into buttered pans and cut in squares.

MARSHMALLOW FUDGE BALLS

2 squares unsweetened chocolate 1½ cups sweetened condensed milk Campfire Marshmallows halved Nut meats, chopped

Melt chocolate in double boiler. Add condensed milk, and stir mixture over boiling water five minutes until it thickens. Drop pieces of marshmallow into mixture and lift out covered with chocolate. Drop into finely chopped nut meats, rolling until well covered.

CAMPFIRE MAPLE CREAMS

2 cups sugar

1 cup maple syrup

1 cup milk

2 tablespoons butter

1½ cups cocoanut

15 Campfire Marshmallows cut in quarters

Cook sugar, syrup and milk until it forms a soft ball in cold water (238° F.). Add butter. Cool to lukewarm (110° F.). Add marshmallows and cocoanut and beat until creamy. Pour into greased pan and mark into squares.

MARSHMALLOW PECAN BRITTLE

Melt 2 cups sugar in a frying pan over a slow fire. Add ½ cup of pecans and 15 Campfire Marshmallows cut in quarters. Pour into a buttered pan and cool.



CAMPFIRE MARSHMALLOW STUFFED DATES



CAMPFIRE STUFFED DATES

Dates

Nuts

Campfire Marshmallows

Remove the stones from dates, cut Campfire Marshmallows in half and place a half marshmallow in each date. Place a nut on the marshmallow and press firmly together. Roll in sugar.

ISLE OF SPICE TID BIT

With round cutter, cut 6 slices of thin bread. Soak well in melted butter and set in moderate oven for a few minutes. Remove from oven, powder well with cinnamon powder, add a whole Campfire Marshmallow on top of each slice and brown slowly in oven.

Serve hot: Sufficient for 2 people.



CAMPFIRE FUDGE

CAMPFIRE FUDGE

- 4 squares chocolate
- 4 cups sugar
- 2 tablespoons butter
- 1 cup cream
- 1/8 teaspoon salt
- 2 teaspoons vanilla
- 15 Campfire Marshmallows cut in two

Cook chocolate, sugar, salt and cream to soft ball stage. Add butter. Cool. Add vanilla. Beat. Pour into buttered pan half of the fudge, place cut marshmallows on this and pour over the marshmallows the rest of the fudge. Cover with nuts and cut in squares.

PETIT RUTH BONBONS

Melt dipping chocolate in a bowl over hot water until soft. Dip Campfire Marshmallows or frost as petit fours.

CAMPFIRE ICE BOX LOAF

. ½ lb. Campfire Marshmallows

11/4 cups milk

1/2 cup chopped nuts

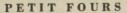
1/2 cup chopped dates

2½ cups graham cracker crumbs (2½ doz.)

Cut marshmallows in quarters and pour milk over them. Add dates and nuts. Then add cracker crumbs, kneading thoroughly. Place in loaf shaped mold and let stand in ice box about 12 hours before serving. Slice and serve with whipped cream. Will keep moist several days.



PETIT FOURS



Cut sponge cake in fancy shapes. Soften Campfire Marshmallows in small amount of hot cream; spread over top of sponge cake and cover with powdered sugar frosting.

WERMEIL GLOBULES A LA SUE

Roll Campfire Marshmallows into the shape of strawberries and cover with strawberry icing. With a pastry bag make a stem of chocolate icing. Decorate with small flowers and green leaves made of red and green cherries.

TIMBALE OF CHESTNUTS WITH CAMPFIRE MARSHMALLOWS

1 lb. chestnuts 6 whole eggs
Milk to cover chestnuts 4 egg yolks
1 teaspoon vanilla 1 cup sugar
Campfire Marshmallows 1 pt. cream
Stewed apricots Maraschino cherries
Angelica

Skin the chestnuts and cook in milk until the nuts are soft. Rub through a sieve, add the beaten eggs, egg yolks, sugar, vanilla and cream and strain. Line a buttered timbale mold with thin slices of Campfire Marshmallows and fill with the above mixture. Place the mold in a pan of boiling water and cook below the boiling point until firm. Invert the timbales on a dish, place a half stewed apricot on each timbale, decorate with red and green cherries. Serve with whipped cream flavored with vanilla.



WERMEIL GLOBULES
A LA SUE



CAMPFIRE PUFFS

CAMPFIRE PUFFS

Dip Campfire Marshmallows in milk or cream. Roll in shredded cocoanut.

MARSHMALLOW DAINTY

1/2 lb. Campfire Marshmallows

1 cup whipped cream

11/2 tablespoons sugar

2 egg whites

1 cup diced bananas

l cup chopped nut meats

Flavoring to taste

Cut marshmallows into small pieces with scissors. Add to them the whipped cream, the sugar, the stiffly beaten egg whites, the diced bananas and the flavoring. Set in refrigerator for 1½ hours to chill; then serve in glasses.

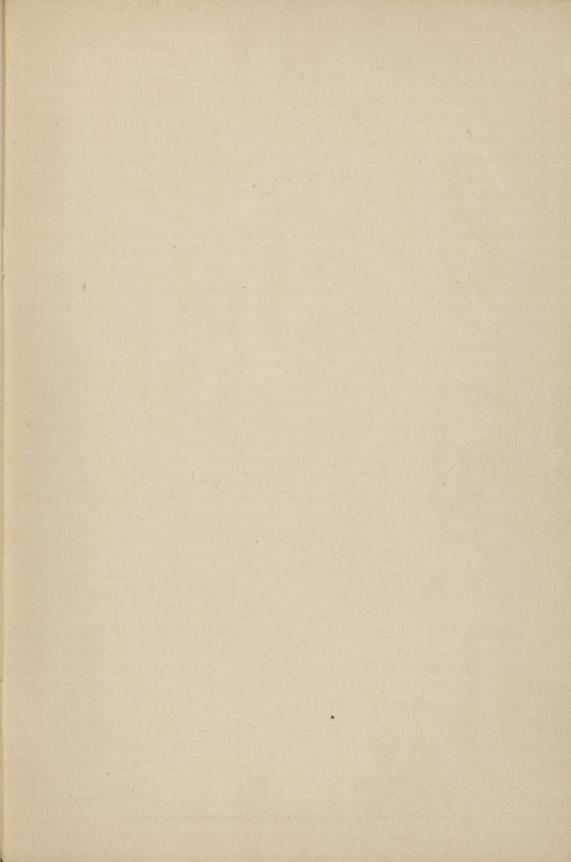


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