

MANILA CHRONICLE

Manila Chronicle  
Recipe Book

Coikled M. Antonio



a compilation  
of kitchen-tested  
recipes from the  
Chronicle  
cooking demonstrations  
plus some helpful  
guides in cooking

VOLUME II • 1959



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## FOREWORD

September 9, 1959, marks the second anniversary of the *Chronicle's* free cooking demonstration, a regular weekly full-hour show televised over DZAQ-TV Channel 3 every Tuesday from 2:30 to 3:30 p.m.

As in the previous year, this second milestone is being highlighted with the publication of this second volume of *The Manila Chronicle Recipe Book*, containing all the kitchen-tested recipes demonstrated during the year. In addition, some choice recipes and all the helpful guides in Volume I have been included in this year's issue partly to satisfy insistent demand for a reprint of the first volume.

The sale of the first cook book far exceeded our expectations. We could not meet the heavy demand from all parts of the country. Since complete re-printing of the whole volume was hardly practical, it was felt that inclusion in the present volume of selected recipes and helpful guides in Volume I might prove valuable and satisfactory to all concerned.

Also because of the terrific demand for the first cook book, Volume II has been expanded to include some new items, such as pictorials on the *Chronicle* cooking shows, write-ups of winners in various cooking contests, a collection of comments about the recipe book, a separate acknowledgment to the participating sponsors, correction of errors inadvertently committed in Volume I and a reprinted article from *Woman and the Home*.

Classification of recipes in the volume follows that in the first volume, namely: Rice Variation and Noodles, Meats, Poultry, Fish and Seafoods, Vegetables and Salads, Cakes and Pastries and Desserts. The recipes follow the step-by-step procedure in the demonstrations.

As the *Chronicle* cooking demonstration enters its third year, special mention must be given to Mrs. Amelia Tablante-Valencia, *Woman and the Home* magazine editor and at the same time the *Chronicle's* food section editor. She, with the assistance of representatives of various food firms, appliance and equipment companies and other commercial establishments, is mainly responsible for the success of the cooking show, a special public service feature of *The Manila Chronicle* and, particularly, of the magazine she edits.

The Chronicle Recipe Book, Volume Two, 1959. Copyright, 1959. Compiled and edited by the *Chronicle* promotions department: Artaseres L. Sampang, chief, Mauro Malang Santos, cover designer, Alberto F. Epitacio, artist, and Coronel G. Cordero, advertising representative. Published yearly by The Chronicle Publications, Chronicle Building, Aduana Street, Intramuros, Manila. Delivered postpaid to *Chronicle* subscribers at P0.75 the copy, to non-subscribers at P1.50 and to foreign countries at double the price. Advertising rates furnished on request, and insertion orders accepted as far in advance as one year, by the *Chronicle* advertising department. Position priority determined on a first-come, first-served basis.

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## ACKNOWLEDGMENT

The *Manila Chronicle* extends its sincere gratitude to the various food firms, appliance and equipment companies and other commercial establishments and all those who, in one way or another, have contributed to the success of the *Chronicle* cooking demonstration, a special public service project of the *Woman and the Home* magazine.

On the basis of the number of shows sponsored, the following firms are the year's "Top Five": (1) Del Rosario Bros., Inc., eight shows; (2) Manila Gas Corporation, six; (3) Standard Brands of the Philippines and California Manufacturing Co., four each; (4) Libby, McNeill & Libby (Phil.), Inc., three; and (5) D & E Restaurant, two.

Arranged alphabetically, the participating sponsors from September 16, 1958 to August 4, 1959, are listed hereunder:

Aristocrat Restaurant  
Au Gourmet Restaurant  
Barrio Fiesta Restaurant  
Cafe Indonesia  
California Manufacturing Co.  
D & E Restaurant  
Darigold Milk Co.  
Del Rosario Bros. Inc.  
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General Foods Corporation  
Gold Medal Flour  
Golden Lotus Restaurant

Keg Room Restaurant  
Libby, McNeill & Libby (Phil.), Inc.  
Ma Mon Luk  
Manila Gas Corporation  
New Tres Hermanas  
Plastics, Inc.  
Republic Flour Mills, Inc  
Rolling Pin Bake Shop  
Selecta Restaurant  
Silhouette Body Beautiful Clinic  
Standard Brands of the Phils.

It is hoped the above-mentioned sponsors of our cooking shows profited from their participation in terms of good public relations and increased sales. Needless to say, their cooperation is very greatly appreciated.

## CORRECTIONS

In the maiden issue of *The Manila Chronicle Recipe Book* last year (1958) a few errors were inadvertently committed.

The grouping for Vegetables and Salads was erroneously placed on page 44. It should have started on page 89 with the recipe "Baked Mushrooms."

In the third paragraph of the Foreword (page 3), Dutch Baby Milk was erroneously mentioned as being handled by a certain company. The same mistake was committed on page 186 under the recipe "Polvoron." The company handling the product is Wise & Co.

"Calamansi Chiffon Cake" and "Braised Pigeons a la Francaise" (pages 58 and 106, respectively) were sponsored by Gold Medal Flour.

On page 159, the explanatory note under "Queen's Chiffon Cake" should have read: "(Second prize winner in the 2nd Ana del Rosario Grand National Bake-off—by Mrs. Angela M. Suarez of Zamboanga City)."

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## PROCESSES

**BAKE**—To cook by dry heat, usually in an oven.

**BARBECUE**—To roast or broil whole, as a hog, fowl, etc. Usually done on a revolving frame over coals or upright in front of coals. To cook thin slices of meat in a highly seasoned vinegar sauce.

**BASTE**—To moisten roasting meat or other food while baking by pouring melted fat, drippings or sauces over it.

**BEAT**—To make a mixture smooth and introduce air by a brisk regular motion that lifts mixture over and over.

**BLANCH**—to pour boiling water over a food, then drain and rinse with cold water. Used to whiten or to remove skins as from almonds.

**BLEND**—To mix two or more ingredients so that each loses its identity.

**BOIL**—To cook in liquid, usually water, in which large bubbles rise rapidly and continually so that all of the liquid is agitated.

**BRAISE**—To cook meat by searing in fat, then simmering in a covered dish in small amounts of moisture.

**BREW**—To steep or let stand in hot water to extract the essence or flavor, as in tea.

**BROIL**—To cook by exposing the food directly to the heat.

**CANDY**—To conserve or preserve by boiling with sugar. To incrust or coat with sugar.

**CARAMELIZE**—To heat dry sugar or foods containing sugar until light brown and of caramel flavor.

**CHOP**—To cut into pieces.

**COMBINE**—To mix ingredients.

**CREAM**—To work foods until soft and fluffy. Usually applied to shortening and sugar.

**CUT**—(a) To divide foods with a knife or scissors. (b) To incorporate solid fat into dry ingredients with the least amount of blending, so the fat remains in small particles.

**DICE**—To cut into small cubes.

**DISSOLVE**—To pass into solution.

**DREDGE**—To coat with flour.

**FOLD IN**—To mix food without releasing air bubbles by lifting a part of the liquid from the very bottom of the bowl through the rest of the mixture to the top till the foods are blended.

**FRICASSEE**—To cook meat by stewing in gravy.

(Reprinted from Volume II)

**FRY**—To cook in fat.

(a) **PAN-FRY**—To cook in small amount of fat.

(b) **DEEP-FAT FRY**—To cook in enough fat to completely cover food while cooking.

**GARNISH**—To ornament with something bright and savory. Something added for decoration.

**GLACE**—To coat with a thin sugar syrup that has been cooked to crack stage.

**GRATE**—To reduce to small particles by rubbing with anything rough and indented.

**GRILL**—To cook by direct heat on a gridiron.

**GRIND**—To reduce food to particles by using a food chopper.

**KNEAD**—To manipulate with a pressing motion plus folding and stretching. Usually applied to bread dough.

**MARINATE**—To treat with a marinade.

**MELT**—To liquefy by heat.

**MINCE**—To chop very fine.

**MIX**—To combine in any manner that effects distribution.

**MOLD**—To shape food, usually by pouring the liquefied food into a mold. When the liquid is cooled it will retain the shape of the mold.

**PAN-BROIL**—To cook meat on a hot surface, pouring off fat as it accumulates.

**PARBOIL**—To boil raw food until partially cooked.

**PARCH**—To brown by means of dry heat. Applied to grains.

**PARE**—To cut off the outside covering. Applied to potatoes, apples, etc.

**PEEL**—To strip off the outer covering. Applied to bananas, oranges, etc.

**POACH**—To cook slowly in hot liquid to cover.

**ROAST**—To cook by dry heat, usually in an oven.

**SAUTE**—To cook in a small quantity of fat, shifting the food from side to side.

**SCALD**—To heat liquid to temperature just below the boiling point. A thin skin forming over milk indicates sufficient heating.

**SIMMER**—To cook in liquid, usually water, at a temperature below boiling. Small bubbles are formed and rise slowly but the liquid is practically motionless.

**STEAM**—To cook in the steam generated by boiling water.

**STEW**—To cook in a small amount of water. The water may boil or simmer.

## DEFINITIONS

**APPETIZER**—A small serving of food or beverage served before or as the first course of a meal.

**BATTER**—A mixture of liquid, flour, etc., that can be beaten or stirred.

**BISQUE**—A rich thick cream soup usually made from fish. Also a rich frozen dessert, usually containing powdered nuts or macaroons.

**BOUILLON**—Clear delicately seasoned soup usually made from lean beef stock.

**CANAPE**—An appetizer made of a small piece of bread spread with a highly seasoned food.

**CARAMEL**—Burnt sugar syrup used for coloring and flavoring. Also a chewy candy.

**CHOWDER**—A dish made of fresh fish, or clams, pork, crackers, onions, etc., stewed together.

**COCKTAIL**—(a) An appetizer served before as the first course of a meal. (b) An alcoholic beverage usually served before dinner. (c) Fruit or vegetable juice.

(d) Cut fruit or shellfish with tart sauce served as first course.

**CONDIMENTS**—Food seasonings such as salt, vinegar, herbs and spices.

**CONSOMME**—A highly seasoned clear soup made from one or a combination of meats.

**CRACKLINGS**—Crisp particles left after fat has been fried out.

**CREAM SAUCE**—A white sauce made with cream.

**CROQUETTES**—A mixture of chopped or ground cooked food held together by eggs or a thick sauce, shaped, dipped into egg and crumbs and fried.

**CROUTONS**—Cubes of toasted or fried bread served with soup.

**CUSTARD**—A cooked or baked mixture mainly of eggs and milk. It may be sweetened to use as a dessert or flavored with cheese, fish, etc., as an entree.

**CUTLET**—A small piece of meat cut from the leg or rib of veal or pork, or a croquette mixture made into the shape of a cutlet.

**DOUGH**—A mixture of liquid, flour, etc., that is stiff enough to be handled or kneaded.

**DRIPPINGS**—Fat and liquid resulting from cooking meat.

**ENTREE**—The main dish of an informal meal or a subordinate dish served between main courses.

**FONDANT**—A sugar and water mixture cooked to the soft-ball stage, cooled and kneaded.

**FRITTERS**—Fruit, meat, vegetables or fish covered with batter or chopped and mixed with batter. Usually fried in deep fat.

**FROSTING**—A cooked or uncooked sugar mixture used to cover and decorate cakes, cookies and other foods.

**GIBLETS**—The heart, liver and gizzard of poultry.

**HORS D'OEUVRES**—Salty, tart or crisp foods served as appetizers, such as canapes, fish, pickles, olives, celery, sausages, etc.

**ICE**—A frozen mixture of fruit juice, sugar and water.

**JULIENNE**—Food cut into match-like strips.

**MARINADE**—An oil and acid mixture as French dressing in which food is allowed to stand to give flavor to meats and salads.

**MERINGUE**—A mixture of stiffly beaten egg whites, flavoring and sugar. Used on pies, etc.

**MOCHA**—A flavoring made with coffee infusion or with coffee infusion and chocolate.

**MONOSODIUM GLUTAMATE**—Food seasoning known commonly to local housewives as *vetsin*.

**MUFFIN**—A drop batter baked in individual pans and served as a quick bread.

**PARFAIT**—A frozen dessert made of a foundation of beaten egg whites or yolks cooked with hot syrup, sometimes with whipped cream added. Also applied to ice cream and syrup served in parfait glasses.

**PUREE**—A smooth thick liquid made by pressing cooked fruit or vegetables through a sieve.

**RELISS**—A highly seasoned food used as an accompaniment.

**ROE**—Eggs of fish.

**SHERBET**—Frozen mixture of fruit juice, sugar, egg whites and milk or water.

**SKEWER**—A long strong pin of wood or metal used to hold food in shape while cooking.

**STOCK**—A rich extract of soluble parts of meat, fish, poultry, etc. A basis for soups or gravies.

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## TABLE OF EQUIVALENTS

### EGG

8 to 10 egg whites .....	1 cup
10 to 14 egg yolks .....	1 cup
4 to 6 whole eggs .....	1 cup

### FLOUR

For 1 cup sifted all-purpose flour use the following (sifted if possible) :

1 cup cake flour — plus 2 tablespoons flour
1/2 cup rice flour — plus 1/2 cup all-purpose flour
1 cup rice flour

### MILK

For 1 cup fresh sweet milk in batters use: 1/2 cup evaporated milk and 1/2 water.

## TABLE OF PROPORTIONS

### BATTERS

Pour batter .....	1 cup liquid to 1 cup flour
Drop batter or sponge .....	1 cup liquid to 2 cups flour
Soft dough .....	1 cup liquid to 3 cups flour
Stiff dough .....	1 cup liquid to 4 cups flour

### SALT

Soups and sauces .....	1 teaspoon salt to 1 quart sauce
Dough .....	1 teaspoon salt to 4 cups flour
Cereals .....	1 teaspoon salt to 2 cups liquid
Meat .....	1 teaspoon salt to 1 pound meat
Vegetables .....	1/2 teaspoon salt to 1 pound, using 1/4 cup water
Vegetables .....	1/2 teaspoon salt using 1 quart water

## WEIGHTS AND MEASURES

60 drops .....	
3 teaspoons .....	1 teaspoon
2 tablespoons .....	1 tablespoon
4 tablespoons .....	1 liquid ounce
16 tablespoons .....	1/4 cup
2 cups .....	1 cup
2 pints .....	1 pint
4 quarts .....	1 quart
8 quarts .....	1 gallon
4 pecks .....	1 peck
16 ounces .....	1 bushel
	1 pound



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## HELPFUL HINTS

TO WHIP CREAM READILY add a few drops of lemon or calamansi juice and chili thoroughly before whipping.

TO WHIP EVAPORATED MILK place a can of milk in freezing unit of refrigerator until partially frozen. Pour contents into a very cold bowl, add 1 tablespoon lemon or calamansi juice to 2/3 cup milk and whip as cream.

TO HARD-COOK EGG YOLKS drop into simmering water and keep below boiling until firm.

TO DIVIDE AN EGG beat slightly and measure with tablespoon.

TO CUT HARD-COOKED EGGS WITHOUT BREAKING THE YOLK dip the knife into water.

TO AVOID UNPLEASANT ODORS WHILE COOKING FISH cover with browned butter or lemon or calamansi juice.

TO REMOVE FISH ODORS FROM COOKING UTENSILS add 2 tablespoons ammonia to the dish water.

TO CUT FRESH BREAD EASILY cut with a hot knife.

PEEL ONIONS under water to keep them from affecting eyes.

TO REMOVE VEGETABLE STAINS FROM HANDS rub them with a slice of lemon.

TO MAKE RICE WHITER AND MORE FLUFFY add 1 teaspoon lemon or calamansi juice to each quart of water while cooking.

TO KEEP CHEESE FRESH wrap in a cloth dampened with vinegar and store in a cool place (not in refrigerator).

TO OPEN FRUIT JARS EASILY set them upside down in hot water for a few minutes.

KEEP GLASS JARS AND COVERS IN WHICH SALAD DRESSING is purchased. Remove pasteboard insert, wash, dry and use as containers for leftovers or for spices, cut onion, garlic, sugar, etc., on shelf.

AVOID POURING COLD WATER INTO HOT PANS; the sudden change of temperature will cause metals to warp.

TO TEST HEAT OF A GRIDDLE place a few drops of water on griddle and if water scatters it is hot enough to brown food.

## REQUIREMENTS FOR GOOD NUTRITION

### BREAD OR RICE

Daily, at every meal

### MEAT, FISH OR POULTRY

About 5 times a week or daily if prepared in combination with cereal or vegetables

### VEGETABLES AND FRUITS

4-1/2 to 5 or more servings per person daily

### EGGS

2 to 3 a week for adults

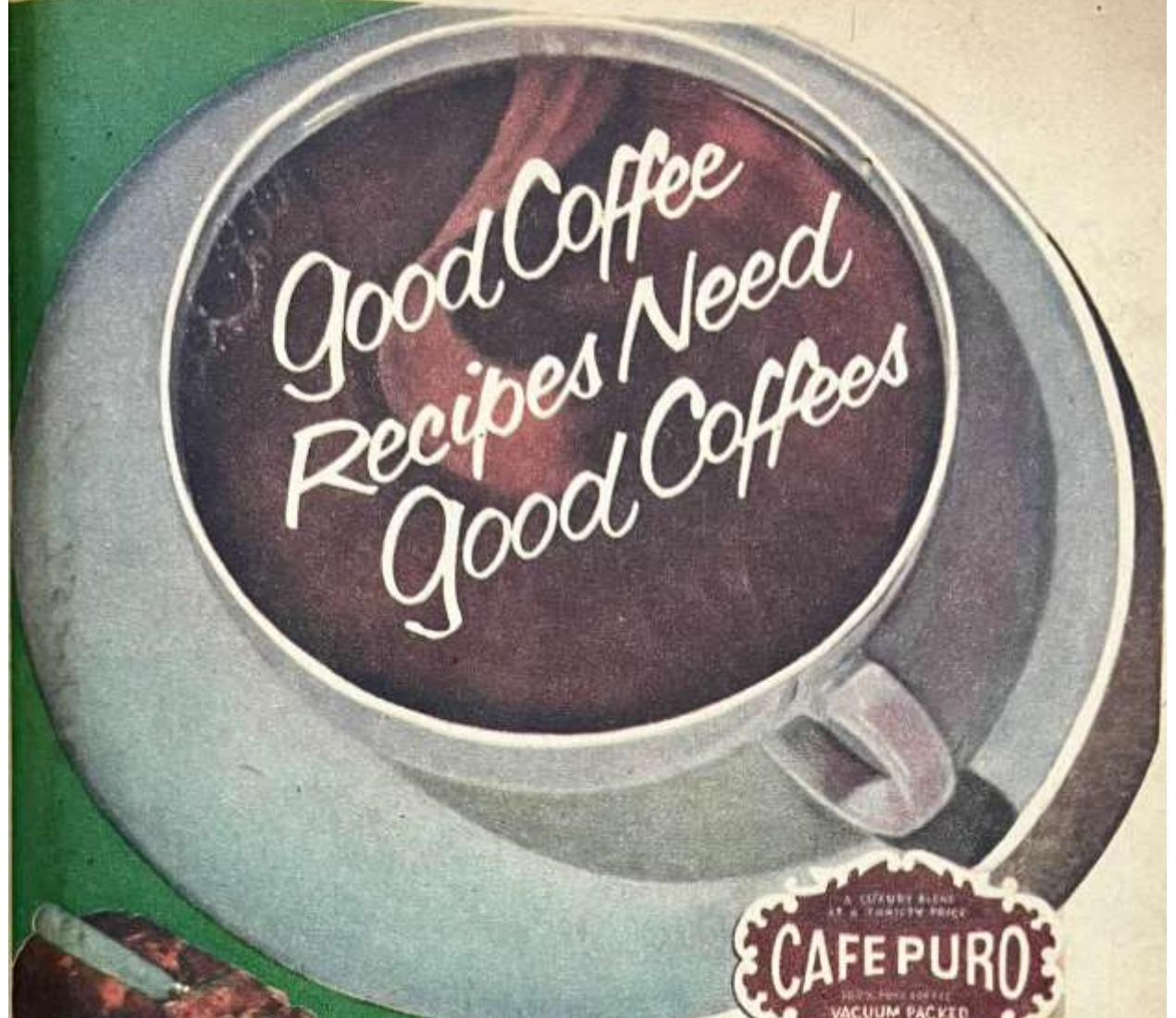
4 to 5 for young children

A few for cooking

### MILK

1 pint daily for each adult (2 cups)

1 quart daily for each child (4 cups)



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# Number of Calories in Average Servings

## CALORIES

### FOOD

Apple, 1 large . . . . .	100
Apple pie, 1/6 of 9-inch pie . . . . .	300-350
Asparagus soup, cream of, 1/2 cup . . . . .	100
Avocado, 1/2 fruit . . . . .	120-300
Bacon, broiled, 4 small slices . . . . .	100
Bananas, average size . . . . .	273
Beans, Lima, dried, 1/2 cup uncooked . . . . .	100
Beans, Lima, fresh or canned, 1/2 cup . . . . .	200
Beans, soy, dried, 3-1/2 tablespoons . . . . .	22
Beans, string, 1/2 cup . . . . .	100
Beef, corned, boiled, lean, 3 ounces . . . . .	100
Beef, dried, 4 thin slices . . . . .	100
Beef rib, roasted, lean, slice 5 x 2-1/2 x 1-1/4 inches . . . . .	100
Beef steak, lean, broiled, slice 2 x 1-1/2 x 3/4 inches . . . . .	250
Beef stew, 1 cup . . . . .	25
Bouillon, 1 cup . . . . .	50
Bread, white, slice 1/2 inch thick . . . . .	100
Butter, 1 tablespoon . . . . .	32
Cabbage, cooked, 1/2 cup . . . . .	13
Cabbage, raw, shredded, 1/2 cup . . . . .	100
Cake, 2 egg, 1 3/4-inch cube . . . . .	70
Cheese, 1-inch cube . . . . .	100
Chestnuts, 7 average . . . . .	200
Chicken, roast, slice 4 x 2-1/2 x 1-1/4 inch slice . . . . .	100
Chicken salad, 1/2 cup . . . . .	200
Chocolate cake, a small piece . . . . .	200
Chocolate cream candy, average piece . . . . .	80-100
Chocolate drop cookie, 2-inch diameter . . . . .	60
Chocolate fudge, 1-inch cube . . . . .	80-90
Chocolate malted milk, large glass . . . . .	465
Clams, 6 . . . . .	50
Cocoa, powder, 1 tablespoon . . . . .	40
Coconut, shredded, 1 tablespoon . . . . .	34
Consomme, 1 cup . . . . .	25
Corn, canned, 1/3 cup . . . . .	100
Corn, fresh, on cob, 1 ear, 6 inches long . . . . .	50
Crackers, graham, 2-1/2 . . . . .	100
Crackers, soda, 2 . . . . .	100
Cream, heavy, 40%, 1 tablespoon . . . . .	50
Cream, whipped, 1 tablespoon . . . . .	60
Cream, thin, 18%, tablespoon . . . . .	35
Cucumber, 10 inches long . . . . .	30
Cup custard, 1/2 cup . . . . .	50
Doughnut . . . . .	100
Duck, 4 ounces . . . . .	200
Egg . . . . .	234
Eggs, scrambled, 1/4 cup . . . . .	70-75
Eggnog, 1 cup . . . . .	100
Frankfurters, 1 . . . . .	200
French dressing, 1 tablespoon . . . . .	100
Fruit cake, 1 (7/8 x 1-7/8 x 3/8 inch slice) . . . . .	67
Ginger ale, 1 cup . . . . .	100
Grapes, large bunch . . . . .	72
Griddlecake, 1 (4 to 5 inch) cake . . . . .	100
Ham, 1/4 pound . . . . .	100
Honey, 1 teaspoon . . . . .	270-400
	25

(Continued on page 16)

Scribbled by Antonia - 20 Nov 57

Ice cream, commercial, vanilla, 3/8 cup	100
Lemon juice, 1 tablespoon	5
Lemon meringue pie, 1/6 of 9-inch pie	450
Lettuce, 1/4 head	12
Lettuce, 1/4 head with salad dressing —	100-150
Liver, 1/4 pound	145-220
Macaroni, cooked, 1/2 cup	67
Macaroni with cheese, 2/3 cup	200
Marshmallows, 5	100
Mayonnaise, 1 tablespoon	100
Milk, irradiated evaporated, 1/2 cup undiluted	175
Milk, whole, 1 cup	170
Muffin, 1	125-150
Napoleon, average size	453
Oat, rolled, cooked, 1/2 to 3/4 cup	100
Olives, each	15
Onions, cooked, 3 to 4, small	50-60
Orange, large	100
Orange juice, 1 cup	133
Oysters, according to size, each	6-16
Peaches, canned, 1 large half with 1-1/2 tablespoons juice	50
Peanuts, 1/4 pound, shelled	620
Peanut butter, 1 tablespoon	100
Peas, dried, 1/4 pound	400
Peas, fresh, cooked, 3/8 cup	50
Peppers, green average size	20
Pineapple, canned, 1 slice, 3 tablespoons juice	100
Pineapple, canned, shredded, 1/4 cup	100
Pineapple, fresh, 1 slice, 3/4 inch thick	50
Pineapple juice, 1 cup	150
Popcorn, popped, 1-1/2 cups	100
Pork, 1/4 pound	300-620
Pork chops, broiled, 1, fat not included	200
Pork sausage, cooked, 2 sausages 3 inches long, 1/2 inch in diameter	100
Potato, 1, average size	100
Potato salad, 1/2 cup	210
Raisins, 1/4 cup	100
Rice, steamed, 1 cup	140
Salmon, canned, 1/2 cup	100
Sardines, canned, 2 (3 inches long)	50
Shrimps, each	5
Soda, chocolate	400
Spinach, 3/4 cup	25
Spinach soup, cream of, 1 cup	150
Spongecake, hot water, 2 x 2-3/4 x 7/8 inches	100
Strawberries, fresh, 1/2 cup	50
Strawberry shortcake	480
Strawberry shortcake with whipped cream	530
Sugar, 1 teaspoon	17
Sundae, chocolate	350
Sweet potato, 1 medium	140
Tomatoes, fresh, 1 large	50
Tuna, canned with oil, 1/4 pound	315
Tuna, canned, without oil, 1/4 pound	140
Turnips, 1/2 cup	25
Waffles, 1 (6 inches in diameter)	250
Walnuts, English, 16 halves	100
Watercress, 1/2 bunch	10
Watermelon, 3/4-inch slice, 6 inches in diameter	100

# I. Rice Variations and Noodles



(Reprinted from Volume I)

## ARROZ A LA PAELLA

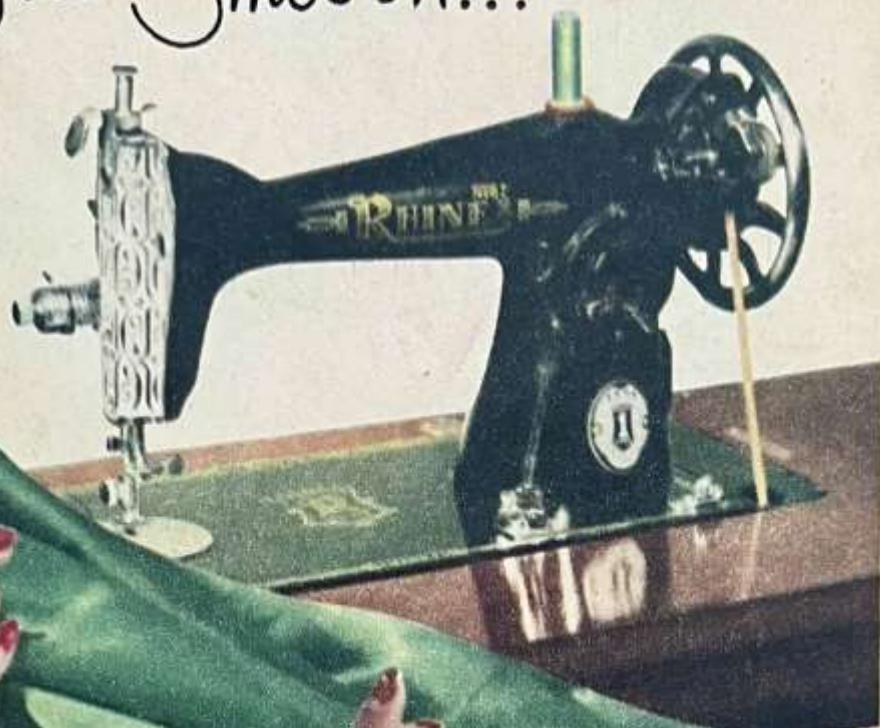
### Ingredients:

1 medium-sized chicken	1 medium-sized green pepper
1/2 kilo lean pork	2 pcs. hard-boiled eggs
6 medium-sized shrimps	1 clove garlic
10 pcs. clams (almejas)	1/2 piece onion
3 cups rice	3/4 can cooking oil
2 cans tomato sauce	3 tbsps. salt
1 can pimientos morones	

### Procedure:

- Fry the chicken and the pork which has been previously sliced and salted, in the cooking oil.
- Boil the shrimps in 6 cups salted water.
- In the pan where the chicken and pork were fried, saute the sliced garlic, onions and green pepper.
- Add the tomato sauce.
- Stir for a while, then add the fried chicken and pork.
- Stir for about 30 seconds, then add the rice and stir for about a minute.
- Add the 6 cups of water used in boiling the shrimps.
- Add salt and stir thoroughly.
- Distribute the clams evenly around the pan, then cover the pan.
- Reduce fuel to medium and after five minutes distribute the shrimps evenly and reduce heat to low.
- Cover the pan and let it boil until the water has dried up.
- Distribute the sliced pimientos and hard-boiled eggs on the top and cover.
- After ten minutes it is ready for serving. Serve it hot.
- Serves from 5 to 8 persons.

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Cebu; Los Baños; San Pablo; Lucena; Iriga; Masbate.



## CHICKEN AND MACARONI

### Ingredients:

1/4 cup margarine	1 cup cooked <i>Elbow macaroni</i>
3/4 cup hot milk	2 tbsps. minced onion
2 eggs, beaten	2 tbsps. minced parsley
1/2 cup soft bread cubes	1/4 tsp. salt
1-1/2 cups diced and cooked chicken	1/4 tsp. pepper
2 tbsps. grated cheese	

### Procedure:

- Melt margarine in hot milk; cool.
- Pour over beaten eggs.
- Add remaining ingredients and seasonings.
- Pour into greased casserole.
- Place in moderate oven (350° F.) until firm.
- Serve with mushroom sauce.

## Mushroom Sauce

### Ingredients:

1 can mushrooms, sliced	1-1/2 cups chicken broth
2 tbsps. margarine	1/4 tsp. salt
2 tbsps. flour	1/8 tsp. pepper

### Procedure:

- Melt margarine; add mushroom and cook.
- Blend in flour; add chicken broth gradually; cook until thickened stirring constantly.
- Add seasonings and serve hot.

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(Reprinted from Volume I)

## LONGEVITY BIJON

### *Ingredients.*

1/2 kilo bijon	2 tbsps. soy sauce
1 cup boiled chicken	2 tsps. salt
1 cup sliced lean pork	2 tsps. monosodium glutamate
1 cup sliced blanched shrimps	4 cloves garlic, crushed
1 cup Chinese ham, cut in long strips	4 tbsps. cooking oil
2 pieces Chinese sausage, cut crosswise	1 tsp. pepper
1 small patola, cut crosswise	1 cup chicken stock
1 cup shredded cabbage	
1 onion head, sliced	
1 stalk Chinese celery )	
2 stalks green onion )	cut into 1/2-inch long pieces

### *Procedure:*

Heat cooking oil in sauce pan. Saute the garlic; when brown add the onion, pork, shrimps, Chinese sausage and ham. Add one teaspoon salt and the soy sauce. Cook for 3 minutes. Set aside enough for garnishing. Mix the patola, cabbage, green onion and celery. Season with pepper. Add the chicken stock and cook until almost dry.

Blanch bijon in boiling water, drain and add to mixture. Mix and serve with calamansi and soy sauce. Garnish with shredded fried eggs.

Cooking demonstrations no. 42

Sponsored by: Silver Swan Mfg. Co., Inc.



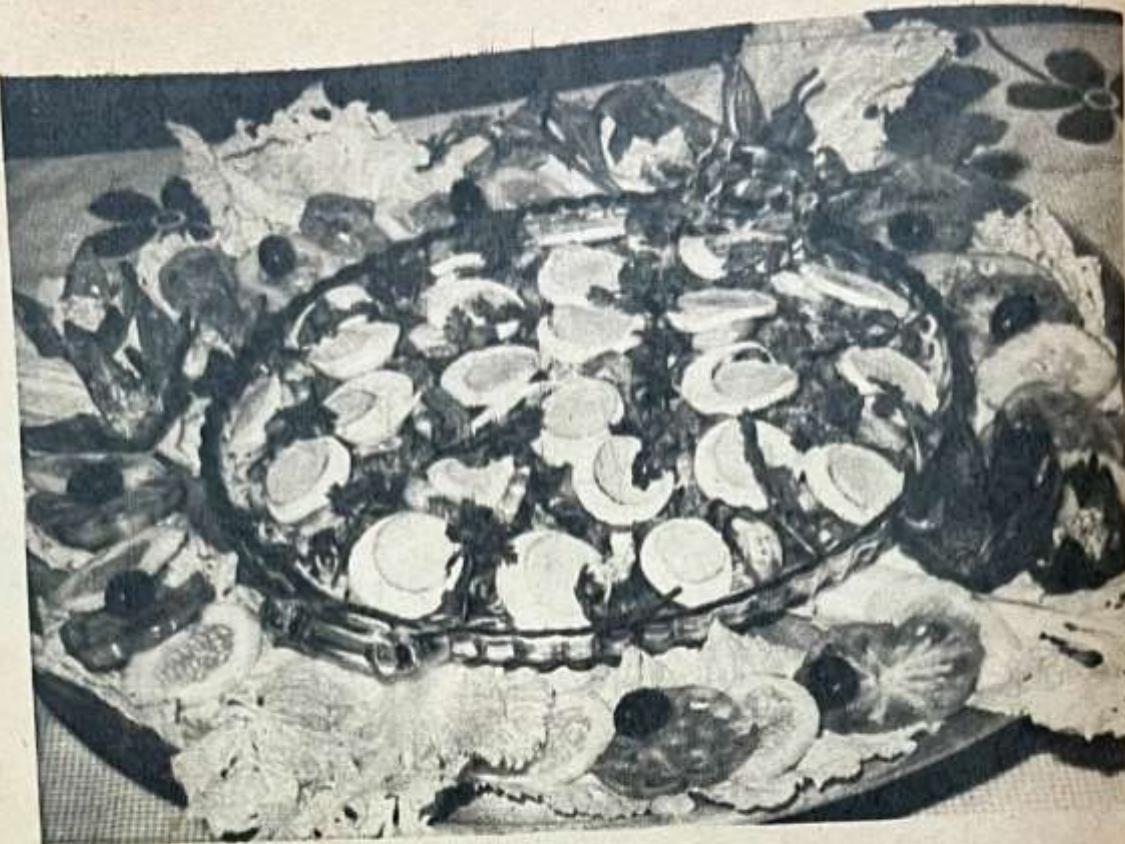
## NEAPOLITAN SPAGHETTI

### *Ingredients:*

2 onions, sliced thinly	4 hot chili pepper
2 cloves garlic, mashed	1 tsp salt
1/3 cup oil	1/4 tsp. pepper
1/2 kilo ground beef	1 tsp. Victorias sugar
1 bottle catsup	12 stuffed green olives, sliced
1 8 oz. tomato sauce	1 box cooked spaghetti
2 cups water	

### *Procedure:*

- Heat catsup, tomato paste and water in saucepan; bring to a boil, about 10 minutes.
- Brown garlic in oil.
- Add ground beef and cook for about 10 minutes.
- To boiling catsup, tomato paste and water mixture add chili pepper, salt, pepper and sugar.
- To cooked meat add the onions.
- Pour tomato mixture to meat mixture and simmer for a while.
- To spaghetti add meat sauce and serve hot.
- Garnish with olive slices.



## PANCIT MALABON

### *Ingredients:*

1/2 kilo bijon sariwa  
 3 tbsps. melted pork's lard  
 3 tsps. patis  
 Ground sitsaron  
 Ground tinapa  
 Boiled oysters  
 Boiled shrimps, peeled  
 Hard-boiled egg slices  
 Fried garlic  
 Wan soy

*For the Palabok*  
 6 pieces tokwa, cubed  
 2 onions, sliced  
 1 head garlic, crushed  
 3 tbsps. achuete water  
 3 cups shrimp liquor  
 4 tbsps. lard  
 Salt to taste  
 2 tsps. monosodium glutamate  
 Flour for thickening

### *Procedure:*

Saute garlic in lard in skillet till brown; add sliced onions till wilted. Add cubed tokwa which has been previously fried till slightly brown. Add achuete water and let simmer awhile. Next add the shrimp liquor, stirring all the while to prevent mixture from curdling. Add flour, which has been dissolved in a little water, to chicken sauces. Season with salt to taste and lastly add the monosodium glutamate.

Boil water in a deep casserole; dip bijon in boiling water for about 10 seconds; drain. Put bijon on serving platter; add melted pork's lard and patis

Pour some of the palabok on top of bijon; garnish with oysters, shrimps, ground sitsaron, ground tinapa, hard-boiled egg slices and fried garlic. Top with some sprigs of wan soy. Serve with calamansi halves and patis.

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(Reprinted from Volume I)

## RING OF PLENTY

### Ingredients:

- |                             |   |
|-----------------------------|---|
| 1 package 8 oz. macaroni    | 2 tbsps. each minced parsley,<br>onion and pimiento |
| 2 cups hot milk             | 2 tbsps. salt                                       |
| 1/4 cup butter or margarine | 1/4 tsp. pepper                                     |
| 2 cups grated cheese        | 1 tsp. monosodium glutamate                         |
| 2 cups soft bread crumbs    |   |
| 2 eggs, well-beaten         |   |

### Procedure:

Boil the macaroni till tender; drain. Combine the hot milk, butter, cheese, bread crumbs, beaten eggs, parsley, onion, pimiento, salt and pepper and monosodium glutamate. Add this mixture to the macaroni and mix well. Pour macaroni mixture into a well-greased ring mold, set in a pan of water and bake in a moderate oven (350° F.) for about 40 minutes or till set. Let cool; then unmold onto a serving platter and fill center with Creamed Shrimps.

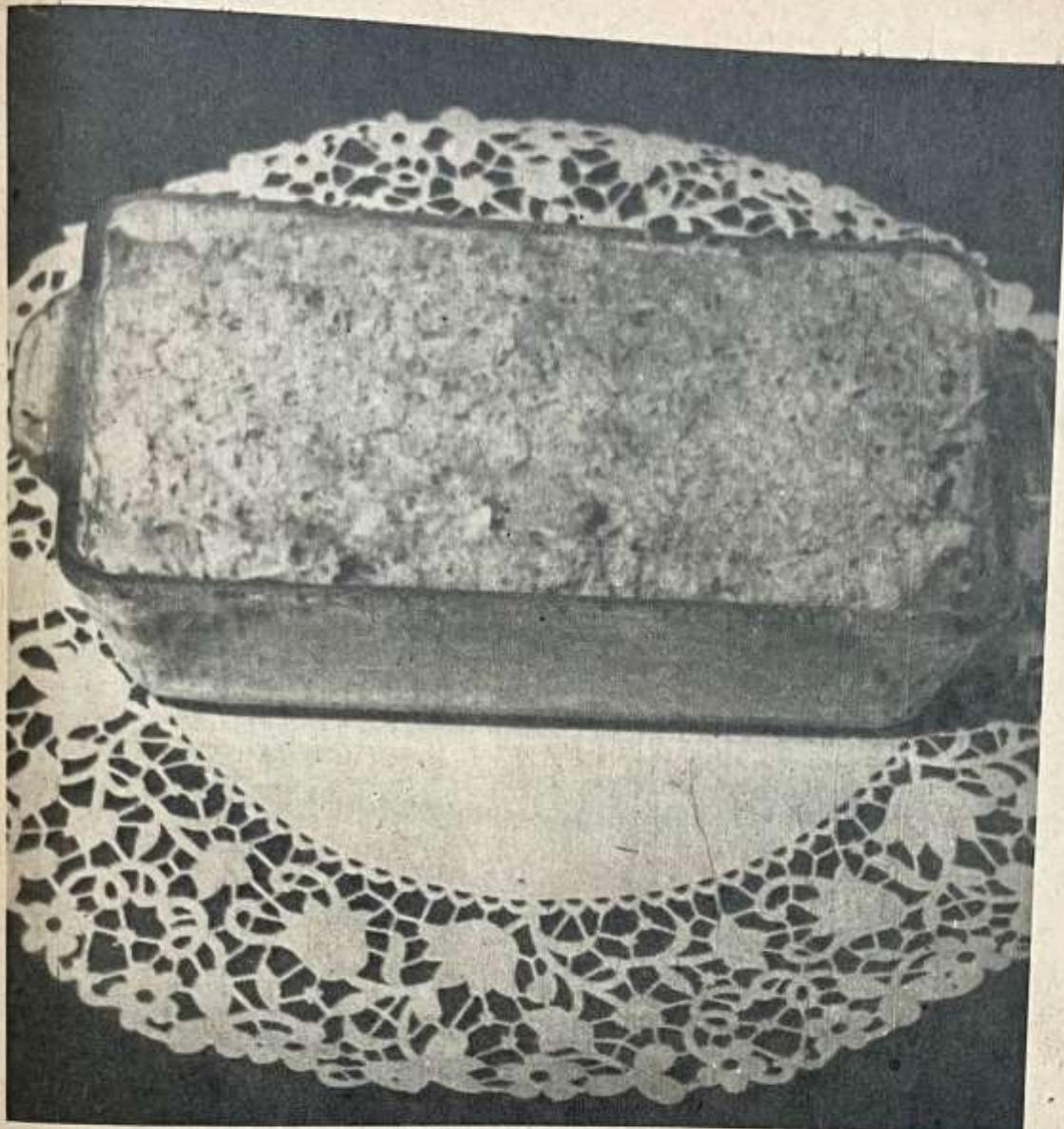
## Creamed Shrimps

### Ingredients:

- |                             |                             |
|-----------------------------|-----------------------------|
| 1/2 kilo cooked big shrimps | 1-1/2 cups scalded milk     |
| 3 tbsps. butter             | Salt and pepper to taste    |
| 1 tsp. calamansi juice      | 1 tsp. monosodium glutamate |
| 1-1/2 tbsps. flour          |                             |

### Procedure:

Fry the cooked shrimps in 2 tablespoons butter; add the calamansi juice and cook for another minute. Melt the other tablespoon of butter in another skillet; stir in flour. Add scalded milk gradually, stirring constantly to prevent lumps. Cook until thickened. Remove from fire and add shrimps and season to taste.



## ROYAL BEEHIVE VERMICELLI

### Ingredients:

1/2 box vermicelli	1 tbsp. flour
1/3 kilo pork, chopped fine	2 tbsps. butter
2 eggs, well-beaten	Salt
1 can liver pate	Pepper
1 can evaporated milk	Green onions

### Procedure:

Boil vermicelli in water with salt till well cooked. Dip in evaporated milk and arrange well in a layer in a pyrex dish. Then place mixture of chopped pork, liver pate, eggs, salt and pepper on top of layer of vermicelli. Alternate the 2 layers. Bake at 375° F. Make white sauce of evaporated milk with salt, pepper, green onions, flour and butter over double broiler.

Serves six.

Costs ₱2.15.



## ROYAL CHICKEN MACARONI

### Ingredients:

1 big chicken, cleaned	1/4 cup grated cheese (queso de bola)
6 cups water	2 tbsps. cooking oil
1 tsp. salt	1 tsp. macerated garlic
1/4 tsp. pepper	1 med. onion, chopped
1 med. onion, sliced	1 can tomato sauce
1 (8oz.) box macaroni	1 tsp. salt
1/4 cup butter	1/4 tsp. pepper

### Procedure:

Cook the chicken in water with salt, pepper and onion  
When cooked, take out and flake.  
Cook the macaroni in the stock; drain and put in a bowl.  
Add the butter right away; toss until the butter has melted  
Add the grated cheese; toss lightly; set aside.  
Meanwhile, heat the oil in a skillet.  
Saute the garlic, onion, tomato sauce; let simmer.  
Add the flaked chicken; season with salt and pepper. Let simmer  
Pour on top of macaroni.  
Serve piping hot for 6.

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## ROYAL CHICKEN NOODLE SOUP

### *Ingredients:*

- |                              |                             |
|------------------------------|-----------------------------|
| 1 tbsp. cooking oil          | 1-1/2 tsps. salt            |
| 1 tsp. macerated garlic      | 1/4 tsp. pepper             |
| 6 cups boiling chicken broth | 1/3 cup flaked chicken meat |
| 1/2 (8 oz.) box egg noodles  | Chopped parsley             |

### *Procedure:*

Heat the oil in a saucepan.  
 Sauté the garlic until light brown.  
 Add the chicken broth and the egg noodles.  
 Season with salt and pepper.  
 Cook until the noodles are done.  
 Sprinkle with flaked cooked chicken and chopped parsley.  
 Serve hot for 6.

Note: Use the same broth used in cooking Royal Chicken Macaroni.

Cooking demonstrations no. 87

Sponsored by California Manufacturing, Co

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ABOVE scene is repeated every Tuesday at the entrance to the Chronicle Clubhouse. Here, copies of the particular recipes to be demonstrated are distributed, ticket stubs collected and raffled before the end of the show to determine winners of prizes at stake.



LOCATED on the third floor of the Chronicle building on Aduana, Intramuros, Manila, the well-furnished demonstration room is shown above, with the much preferred front seats already reserved by the early comers. Note the bags and newspaper



MRS. AMELIA Tablante-Valecia, WH magazine editor and supervisor of the project, opens weekly show at 2:30 p.m. Shown with her is the specially built demonstration table.



CHRONICLE Broadcasting Network's Leah Benitez is also heard every Tuesday over DZAQ-TV and radio when she does the kitchen-reporting for the weekly show.

## The Chronicle Show, Of Culinary Skill

Every Tuesday at 2:30 p.m., an average of 500 women from all walks of life—housewives, students, career women, etc.—troop to the Chronicle Clubhouse on Aduana, Intramuros, to witness the weekly Chronicle cooking demonstration.

A public service feature of *The Manila Chronicle*, particularly of *Woman and the Home*, the Chronicle's mid-week magazine, in cooperation with various commercial firms producing or distributing food products



TV COVERAGE of show is being coordinated by Carrie Lorenzana, radio-TV coordinator of J. Walter Thompson Advertising Agency.



TV TECHNICIANS see to it that there are no hitches in the television coverage of the one-hour exhibit of culinary skill.



EACH time a recipe is demonstrated, spectators are given a chance to ask question relating to the recipe. Here, a housewife airs question over microphone held by kitchen reporter.



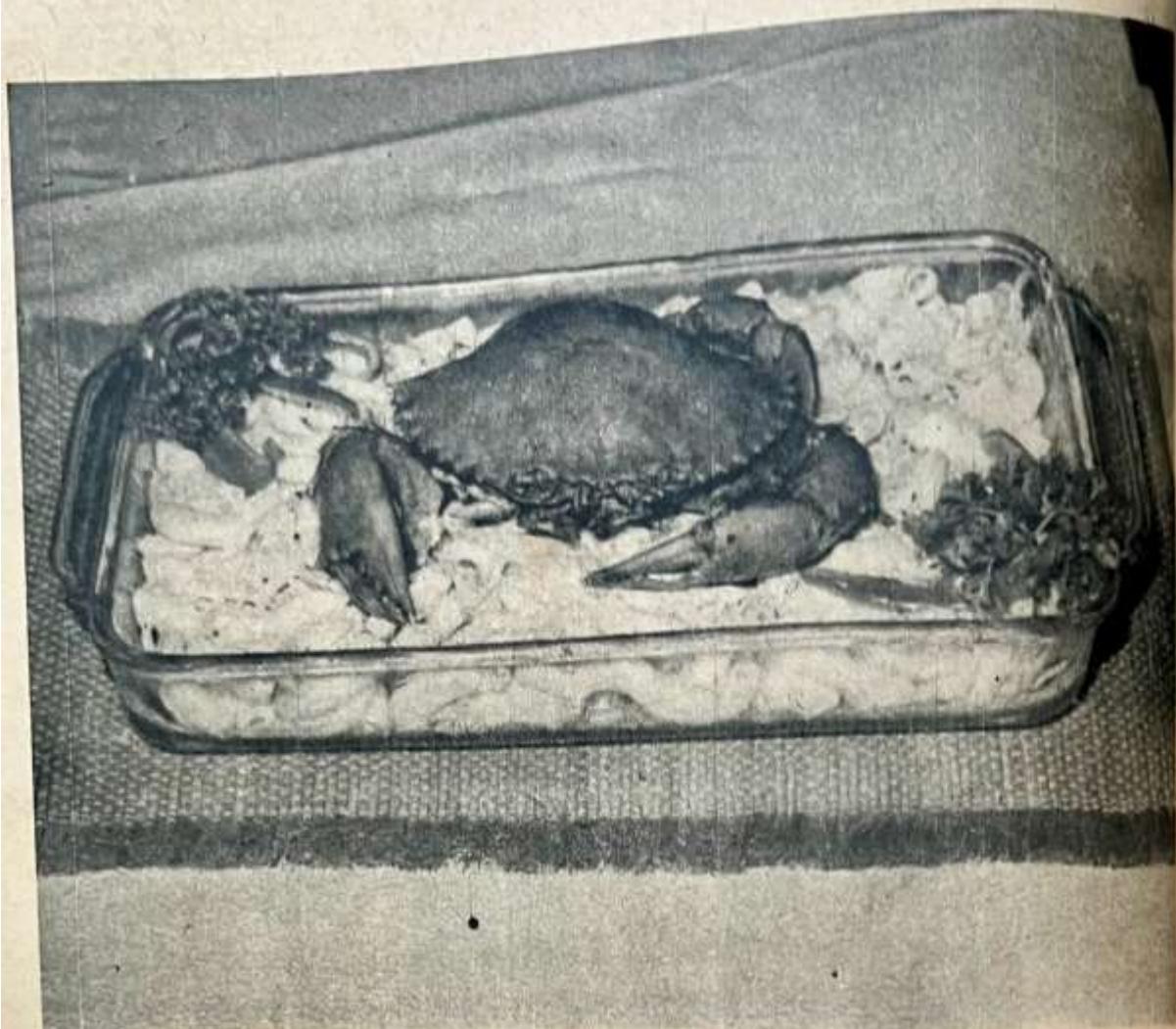
COOKING show fans may also give their own versions of some recipes demonstrated. A housewife is shown in this photo explaining before the audience what she thinks of a recipe.

or home appliances and equipment, these cooking shows, televised over DZAQ-TV Channel 3, have become an institution for homemakers and culinary artists.

Since September 9, 1957, when the weekly shows were inaugurated, an average of three kitchen-tested recipes have been demonstrated every week before an eager crowd of cooking enthusiasts and television viewers. These recipes are compiled and published as the annual edition of *The Manila Chronicle Recipe Book*.

So that proceedings may be seen from even the farthest end of the room, a specially built demonstration table with an adjustable 1m x 2m mirror, has been conveniently placed at one end of the Chronicle Clubhouse for the exclusive use of the demonstrators.

(Continued on page 41)



## ROYAL CRAB TIMBALES

### *Ingredients:*

1 box elbow macaroni	Salt
1 can cooked crab meat	1/2 head garlic
1/2 onion, chopped	Kintsay
2 eggs, well-beaten	Butter
1/4 cup tomato catsup	4 tbsps. grated cheese
Pepper	

### *Procedure:*

Boil elbow macaroni as per direction in the box. Then arrange in a well-greased baking pan. Saute garlic, chopped onions in butter, remove from fire and add crab meat. Beat the eggs, add salt and pepper, tomato catsup, crab meat mixture. Mix the elbow macaroni to this mixture, topped with grated cheese and thick with pepper. Bake at 375° F.  
Serves six persons.  
Costs P2.10.

Cooking demonstrations no. 81

Sponsored by: California Manufacturing, Co.



## ROYAL MACARONI AND CHEESE RISSOLE

### Ingredients:

1/4 cup margarine  
1/2 cup chopped onions  
1/2 cup all-purpose flour  
1-1/4 cups evaporated milk  
4 egg yolks  
2 cups macaroni, cooked and chopped

2 cups grated cheese (8 oz.)  
1/2 tsp. salt  
1/2 tsp. pepper (white)  
Eggwhites, bread crumbs, parsley, etc.

### Procedure:

- Melt the margarine in a skillet; saute onions and flour.
- Combine the egg yolks and milk.
- Add to flour followed by the grated cheese and chopped macaroni.
- Season with salt and pepper and set aside to cool.
- Upon setting, form rolls or any desired shape.
- Coat the rolls with flour then with unbeaten eggwhites, then bread crumbs.
- Fry in hot oil till golden brown.
- Drain on absorbent paper.
- Serve with Italian Sauce.

### Sauce

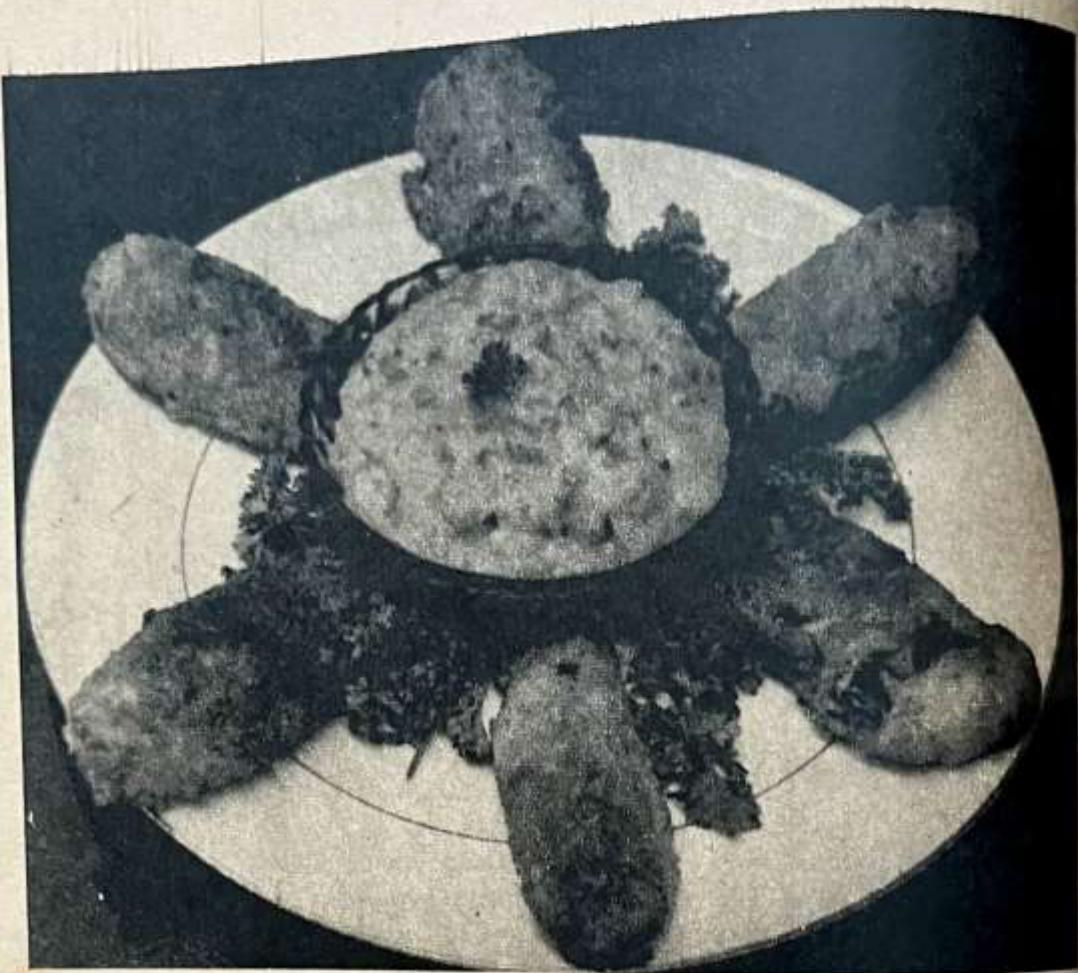
#### Ingredients:

1/4 cup margarine  
2 tbsps. each of chopped onions, carrots and ham  
1/2 cup all-purpose flour  
2 cups stock, hot

1/2 cup white wine  
Salt and pepper to taste  
1 tbsp. each of chopped parsley and mushrooms

#### Procedure:

- Melt the margarine in a skillet; saute onions, carrots and ham.
- Add the flour, stock and wine until boiling.
- Add parsley and mushrooms and cook till thick.



## ROYAL NOODLES WITH MILANESE SAUCE

### Ingredients:

1/4 cup fresh butter	1 box egg noodles
1/2 cup onions, chopped finely	1 cup grated Kraft Cheese
1/2 cup mushrooms, thinly sliced	1 can tomato sauce
1 cup ham, diced	

### Procedure:

- Melt the butter in a skillet.
- Saute onions, mushrooms, ham.
- Add tomato sauce, cooked egg noodles and cheese.
- Toss well and serve very hot.
- Serves 6.



**DEMONSTRATORS** show audience the step-by-step procedure to be followed while another member of the staff (far left) repeats instructions of demonstrator for the benefit of the radio listeners and television viewers.



**BEFORE** Show ends, prizes donated by commercial firms are awarded to lucky holders of ticket stubs picked up in a raffle. Photo shows a smiling housewife receiving a basketful of goods from a member of the sponsoring firm.



**A VIEW** of the audience from the farthest end of spacious, air-conditioned show room.



**WITH TV man in foreground, audience elicits various moods while show is in progress.**

(Continued from page 37)

The cooking sessions are under the over-all supervision of Mrs. Amelia Tablante-Valencia, *Woman and the Home* magazine editor. She is ably assisted by the Chronicle Broadcasting Network's Leila Benitez-Roses, popularly known over the airwaves as the "Lady Dean" of "Student Canteen," who does the kitchen-reporting; Carrie Lorenzana of J. Walter Thompson Advertising Agency, who coordinates the TV coverage; and, of course, the staff of weekly demonstrators.

On this and the following spreads, is a pictorial presentation of the televised shows.—a.l.s.

# BACHELORETTE ANALYZES MANIA FOR COOKING DEMONSTRATIONS

by puri k. katigbak



Ah! The smoke clears from milady's kitchenette revealing a graceful silhouette bent laboriously over nasty looking aluminum wares piled conscientiously near the wooden shelves, a sign of unsuccessful efforts. Efforts of what? Why, efforts to show her man that his mother's favorite recipe was not just a mere formality during the pre-I do days, but a bulk of milady's charm and talents, of course! At least, efforts to show that she did try, and how! Should we interrupt this concentrated maneuver to offer a mild suggestion: go to a cooking demonstration. Air your gripes, frustrations and lop-sided up-sidedown cakes among sympathizers. Get the feel of the glamour of cooking and come out—a better woman?

This study, lest it be misunderstood, does not render homage to the heat and flush of these popular cooking demonstrations. Quite the contrary, I shall, in my limited capacity as a lover of good food, attempt to analyze the feminine psychology and perhaps come up with the right answer as to why many housewives, present and future, do the things they do.

Scientific approach. Cooking demonstrations are a very interesting sociological study because they are a sign

of the rising social problems of today. Idle wives. After meticulous inquiries into what men call "feline mentality" I hastily conclude that... women, the more energetic sex, seem to harness their excess kinetic energy on cooking demonstration leaving more important responsibilities forsaken. Instead of spending half an hour applying Einstein's theory of balancing the household budget, they religiously trek down dusty roads to learn in an hour or more of demonstrations what their mother should have taught them years ago.

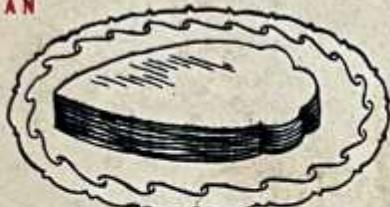
In the economic world of cut-throat competitions, a well advertised product gets the upperhand. When we, however, deal with the more expensive merchandise like ovens, burners, toasters, electric mixers, household appliances in general, we have to consider the problem of convincing the consumer that the product is worth all the dough. In other words, a demonstration. What could be more enticing than a lovely creature with lily-white hands kneading dough to be baked in an immaculately white oven. Advertisement is the word. Propaganda for prosperous firms abroad which sell these foreign mechanical gadgets to local consumers. Now this is inconsistent with the Filipino-

# *That Touch of Magic*

FOR CAKES AND SWEETS  
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## TRY THESE MILMAID MILK COOKERY RECIPES

LECHE FLAN



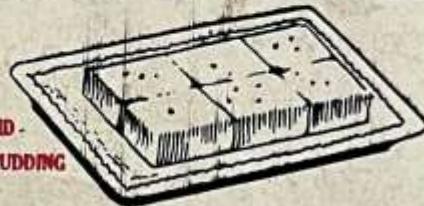
Boil 2 teaspoonfuls water and 1/4 cup sugar in custard pan until sugar turns to caramel. Coat sides of pan and remove from fire. Add 1 four-ounce tin Milkmaid Condensed Milk to 1 well-beaten egg; 1/3 cup water and 1 teaspoon Vanilla or Nescafe. Pour mixture into caramel-coated pan and cook in steamer or moderate oven until custard shrinks from sides of pan. Cool and serve.

PASTILLAS  
DE LECHE



Mix 1 four-ounce tin of Milkmaid Condensed Milk; 1/2 ounce of water and 1 teaspoon grated calamansi or dayap rind in a pot. Cook over low fire, stirring constantly, until a little of the mixture dropped into cold water forms a soft ball. Remove from heat and pour out on a sugared board. Cut into pieces 2 1/4 inches long. Roll in sugar and wrap in fringed white paper.

MILKMAID  
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Boil 1 unopened tin of Milkmaid Condensed Milk in water to cover for 3 or 4 hours. Remove tin from boiling water and cool. Open tin with can opener. Place contents in a tray and slice into desired shapes.



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**A Natural Source Of Energy-**

## Bachelorette Analyzes...

(Continued from page 42)

first policy. But, I suppose, to survive we have to be inconsistent.

Yesterday, Pedro came home from the locust-infested rice fields sweating out the heat. He is met at the door by the faint but delicious aroma of adobo or sinigang na baiigus. Now, lo and behold, the little woman humbly presents an exotic African dish entitled Arroz ala Conga-Conga decorated with frills and fringes, colorful enough, but quite undigestible. In this craze for something foreign, something alien we have forgotten what is truly ours, what is native Filipino.

Perhaps we dare not blame milady too much. A little variety is always best. After all a number of years following the same pattern of boiling white rice and peeling potatoes can be monotonous. A break from this dry, dull, drab pattern of kitchen life would ease the tension from cracking nerves. I suppose, once in a while, cooking demonstration is absolutely necessary. Not, however, if it becomes a weekly novena.

The preparation of cooking demonstration takes more than the yearly presentation of a dramatic guild. Before the dishes are selected, the demonstrators have to be carefully screened.

Preferable, specially if the demonstration is going to be televised, she must be a she and a pretty one at that. A dimpled smile can draw attention from an unsuccessful cake. Then rehearsals are held with several directors present. When the ordeal is about to go underway, spectators are stuffed into a small studio to watch hands, which had never before stirred a kettle of boiling water, demonstrate to the connoisseurs the proper way of handling the batter.

To remove, however, these cooking demonstrations, would mean the death of many an ambition. These colorful demonstrations have satisfied the hopes and dreams of frustrated cooks. To destroy the faith of the little woman on these exhibits would mean to destroy her faith in herself as milady had probably suffered innumerable cooking failures, and the only satisfaction to all these frustrations is a cooking demonstration. When an elaborate dish is prepared so cleverly and quickly as the demonstrators go, her ego is boosted and she reckons to try her luck again. Cooking demonstrations are indispensable, a blessing in disguise, but a neurotic ordeal.—(Reprinted from "Woman and the Home" magazine, July 23, 1959 issue)

## ROYAL SHELLS SOUP

### Ingredients:

1/2 box shells  
1 cow's brain, washed and cleaned  
4 tbsps. butter  
1/2 onion  
1/2 head garlic  
5 cups water

2 eggs, hard-boiled  
Vetsin  
Salt  
Pepper

### Procedure:

Saute garlic and onion in butter, for a few minutes and add salt water or vetsin. Let cook tainer with a little salt. As soon as cooked, drain and add to the soup. Before serving cut hard-boiled eggs in cubes and add.

Serves six persons.

Costs ₱1.70.



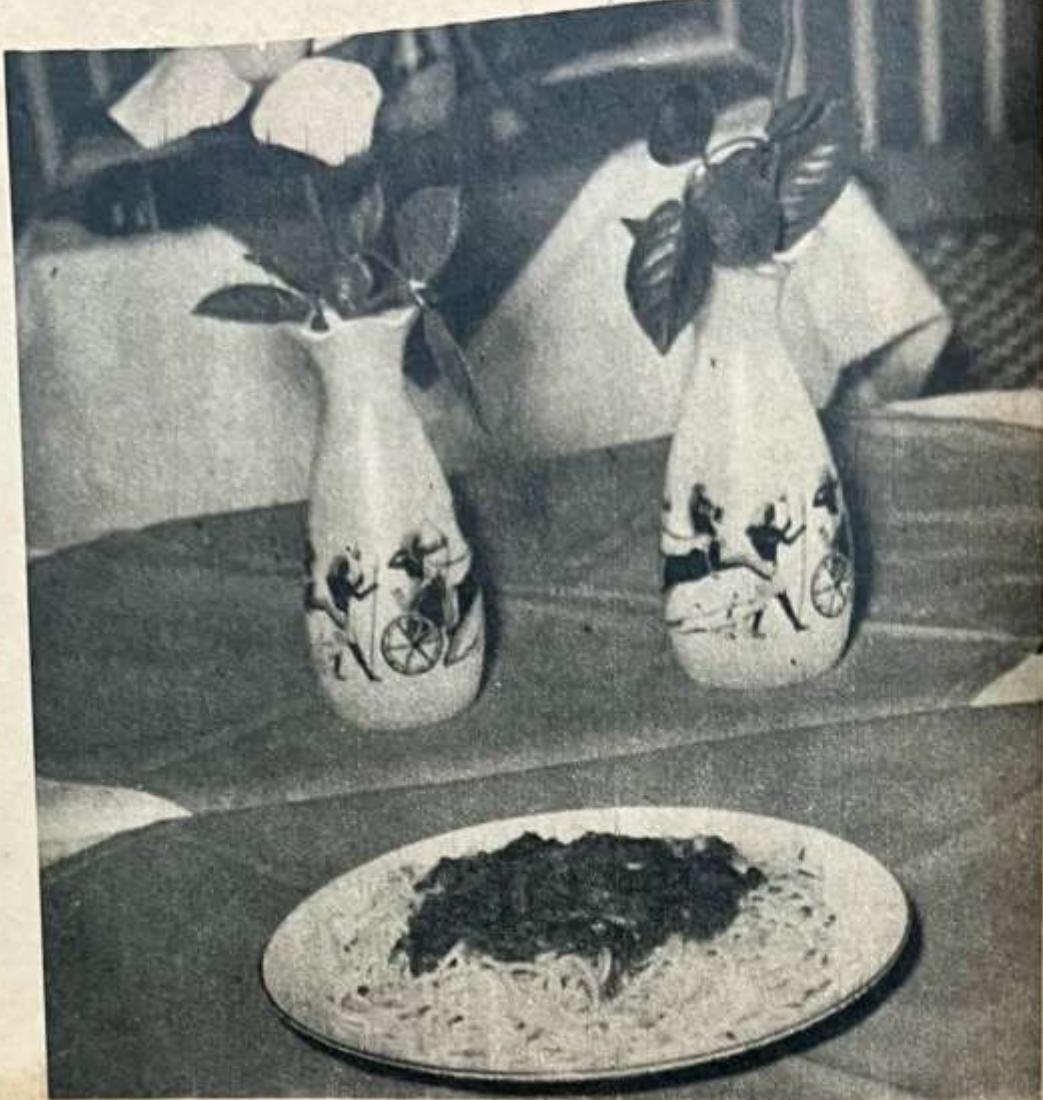
## ROYAL SPAGHETTI A LA BOLOGNAISE

### *Ingredients:*

1/4 cup olive oil	1 cup finely diced raw beef
1 tbsp. garlic, macerated	1 can tomato paste
1/2 cup chopped onions	1/2 cup white wine
1 med. carrot, sliced and quartered	1-1/2 cups grated cheese
1/2 cup celery, sliced finely	Salt and pepper to taste
1 cup fresh tomatoes, peeled and chopped	

### *Procedure:*

- Heat the oil in the skillet.
- Sauté consecutively the garlic, onions, carrot, celery and tomatoes.
- Add the diced beef, when brown, add the tomato paste, wine and 1 cup cheese.
- Season with the salt and pepper, simmer till beef is tender.
- Pour over hot spaghetti, top with grated cheese.
- Pour over hot spaghetti, top with grated cheese.
- Serves 8.



## ◆ ROYAL SPAGHETTI A LA MARINARA Tomato a la Marinara

*Ingredients:*

1 large can of whole tomato	1 pinch oregano
1/4 cup olive oil	1 pinch black pepper
1/2 clove crushed garlic	1/2 can water
1/2 tsp. salt	

*Procedure:*

Empty can of tomato in saucepan and break up whole tomato with a fork. Add olive oil, crushed garlic, salt, pepper, ad water; stir well. Bring to a boil, lower flame to simmer. Cook for one hour, stirring occasionally.

### Spaghetti

*Ingredients:*

Boiling water	2 tbsps. salt	1 box spaghetti
---------------	---------------	-----------------

*Procedure:*

When water is boiling, break spaghetti in half and put into pot; add salt, stir and boil for about 15-20 minutes until tender, but not soft. Drain through colander, place in platter and pour prepared Tomato a la Marinara. Sprinkle with grated Parmesan cheese and serve hot.

Cooking demonstrations no. 68

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(Reprinted from Volume 1)

## SAVORY SPAGHETTI

### Ingredients:

1 package 8 oz. spaghetti	2-1/2 cups canned whole tomatoes
1/4 kilo ground beef	2-1/2 cups water
1/4 kilo ground pork	2 tsps. salt
1 small onion, chopped	1/4 tsp. pepper
1 small green pepper, diced	1 tsp. Worcestershire sauce
1 small red pepper, diced	1 tsp. oregano
1 can tomato sauce	

### Procedure:

Brown beef and pork in a little fat in a skillet over medium heat. Add onion, green and red pepper and cook for 5 minutes. Combine the tomato sauce, whole tomatoes, water, salt, pepper, Worcestershire sauce and oregano. Stir tomato mixture into meat mixture and bring to a boil. Add uncooked spaghetti and bring mixture to a boil once more. Cover tightly, reduce heat and let simmer for 40 minutes, stirring occasionally to prevent scorching. Uncover and simmer for about 5 minutes more. Serve hot, garnished with grated cheese.

Cooking demonstrations no. 46

Sponsored by: Central Macaroni Co., Inc.



(Reprinted from Volume 1)

## WHITE HEAVEN

### Ingredients:

4 egg whites	Salt to taste
1 cup cream	1 tsp. monosodium glutamate
3/4 cup crab meat	1/2 bundle of bijon
6 tbsps. pork fat	2 tbsps. cornstarch
	Few drops of sesame oil (optional)

### Procedure:

- Drop bijon in deep hot fat just long enough to float to surface. Set aside.
- In a deep bowl, pour cream. Add salt and monosodium glutamate. Add egg whites. Add the cornstarch, previously dissolved in a little water, and beat till well-mixed.
- Add crab meat and mix. Add 1 tbsp. pork.
- Heat 5 tbsps. of pork fat in frying pan. When hot, pour the mixture, stirring constantly to prevent burning. When mixture forms lumps its done.
- Pour mixture over fried bijon. Add a few drops of sesame oil.
- Serve hot.

## *II. Meats*



### **BAKED HAM (with beans)**

#### *Ingredients:*

1 canned ham (pre-cooked)  
8 slices bacon  
1 can beans

1 big onion, cut into rings  
3 tbsps. syrup  
3 tbsps. brown sugar

#### *Procedure:*

Fry 4 slices bacon. Grease baking pan with bacon drippings. Arrange cooked bacon on pan. Over it pour 1 can baked beans. Add the syrup. Make a second layer of bacon slices, using the uncooked bacon. On top of the bacon slices, place the whole cooked ham. Slit top of ham about 1 inch apart and place in center of slits whole cloves. Arrange onion rings and pineapple slices around the ham. Sprinkle on top the brown sugar. Bake in a moderate oven for about 30 minutes or till bacon is done.

Cooking demonstrations no. 85

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## BEEF SLICE 'N' ROLL

### Ingredients:

1 kilo beef	2 tbsps. minced onions
1-1/2 cups finely chopped ham	2 tbsps. melted margarine
1 cup soft bread crumbs	1-1/2 tsps. salt
2/3 cup finely chopped celery	1/4 tsp. pepper
1/2 grated carrot	1/4 cup cooking oil
1/2 cup grated cheese	2 cups water

### Procedure:

- Slice the beef to 1/4" thickness.
- Combine the ham, bread crumbs, celery, carrot, cheese, onion, margarine, salt and pepper; mix thoroughly.
- Spread over the sliced meat.
- Roll up and tie with a string.
- Heat the oil; brown the roll on all sides.
- Place in a shallow pan with the water; cover the roll with aluminum foil.
- Bake in a preheated oven at 350° F. for 1 hour or until tender.
- Slice and serve with gravy from the drippings.
- Serves 10.



## CALDERETA

### *Ingredients:*

1 kilo goat's meat	1 tbsp. Worcestershire sauce
1/2 bottle olives (green)	1 tbsp. Tabasco sauce
1/2 can green peas	2 tbsps. olive oil
2 cans liver spread	2 tbsps. achuete coloring
1 can tomato sauce	1 bay leaf
Salt and pepper to taste	4 potatoes
1/2 bread crumbs	2 sweet red peppers

### *Procedure:*

Marinate goat's meat overnight in 1 cup vinegar, salt, pepper and minced garlic.

Fry marinated goat's meat in deep hot fat till brown and tender. Set aside. Sauté onion in olive oil. Add tomato sauce, fried goat's meat, bay leaf, achuete coloring, liver spread and 1 cup boiling water. Let simmer till tender.

Add the green olives, green peas, potatoes, sweet pepper and bread crumbs.



## COCIDO

### Ingredients:

1 spring chicken

1/2 kilo pork

2 Chorizos de Bilbao

1 head cabbage

2 onions

6 saba bananas

4 potatoes

1 can tomato sauce

1-1/2 cups water

1 can garbanzos

3 tbsps. olive oil

2 tbsps. achiote coloring

4 tbsps. bread crumbs

1/2 tsp. salt

4 tbsps. hot lard

### Procedure:

Cut the chicken and pork into serving pieces. Saute in hot fat the onions and tomato sauce. Add achiote coloring, then the chicken and pork pieces and the chorizo. Add water, stir and cover. Bring to a boil. Season with salt and lower heat and let simmer till tender.

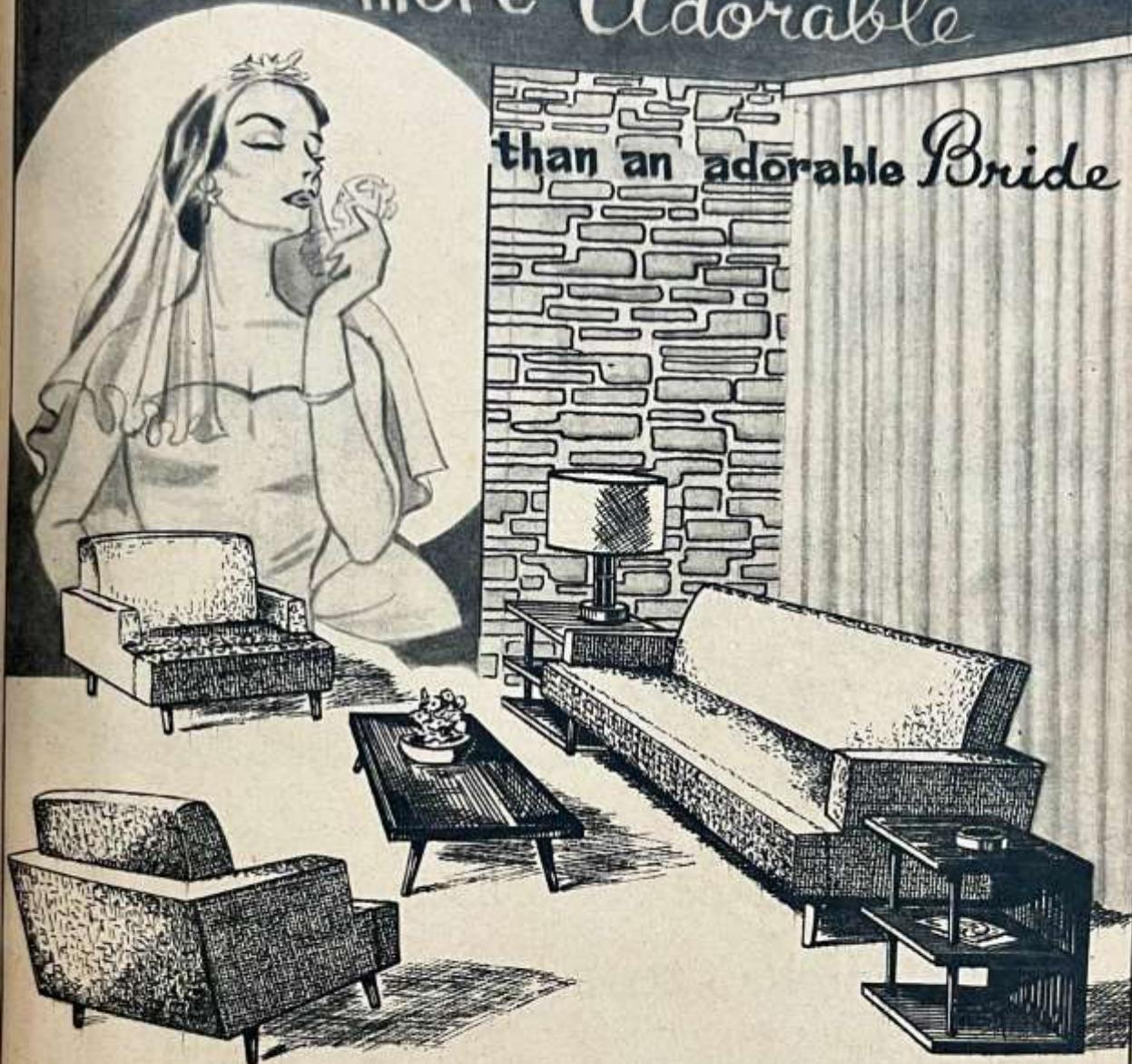
Meanwhile, fry bananas which have been cut into halves. When meat is tender, add potatoes and cabbage. Cook till tender. Add garbanzos and fried bananas. Thicken sauce with bread crumbs. Add olive oil and serve hot.

Cooking demonstrations no. 50

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## COUNTRY STYLE CUBED STEAK

### Ingredients:

1/4 cup cooking oil	1/2 cup catsup
6 cubed steaks (about 1/4" thick each)	1/4 cup water
Salt and pepper	2 tbsps. Worcestershire sauce
All-purpose flour	1/4 tsp. Tabasco sauce
	1 tbsp. brown sugar

### Procedure:

- Heat oil in skillet.
- Sprinkle steaks with salt and pepper; dredge in flour; and brown.
- Combine the catsup, water, Worcestershire sauce, Tabasco sauce, and brown sugar.
- Brown the onions in the hot fat and add the catsup mixture.
- Cover and simmer for about 20 minutes or until meat is fork tender.
- Serves 6.
- Costs about ₱2.85.

Cooking demonstrations no. 80

Sponsored by: Del Rosario Bros., Inc.



## DARIGOLD MEAT LOAF

### *Ingredients:*

1/4 kilo ground pork	1 small can gisantes
1/4 kilo ground beef	1/4 cup chopped sweet pickles
1 raw egg	1-1/2 cups milk
1-1/2 tsps. salt	1 can Vienna sausage )
1/4 cup chopped onions	1 hard cooked egg ) garnish
2 cups ground biscocho	Lettuce )
1 small box raisins	

### *Procedure:*

Combine all ingredients except milk and garnish. Mix well, and stir while adding milk.

Arrange slices of hard cooked egg and sausages in the bottom of a well greased loaf pan. Pack mixture inside pan. Bake in moderate oven (350° F.) for about 30 minutes or until done. Turn upside down on a platter and garnish with lettuce leaves.



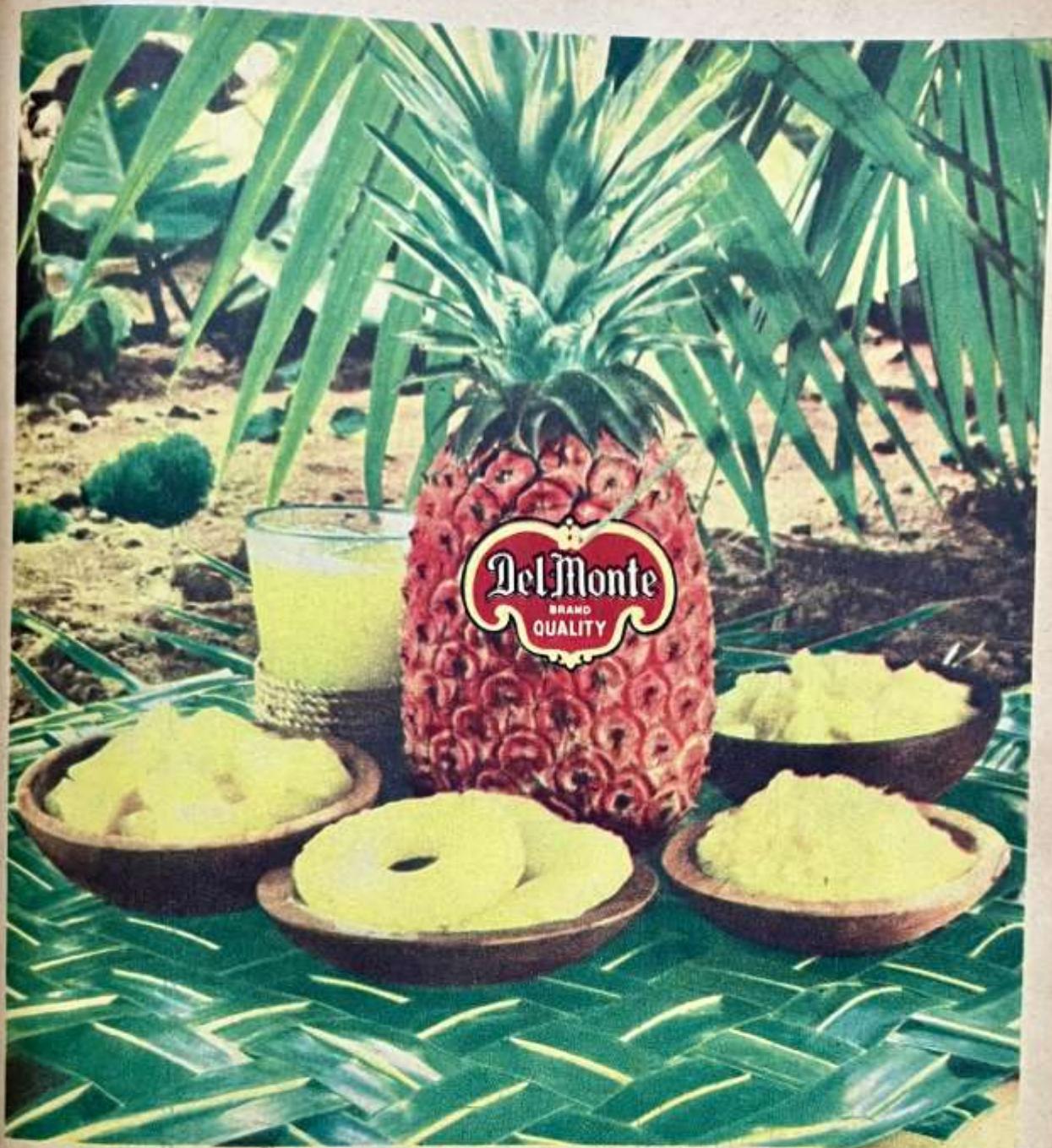
## DELICIOUS ROAST BEEF

### *Ingredients:*

1 kilo beef, round	1 tsp. salt
2 chorizos de Bilbao	1 tbsp. soy sauce
1/2 cup white wine	1 clove
1 onion, sliced	1 bay leaf
1/2 lemon, sliced	1 tsp. monosodium glutamate
1 tbsp. brown sugar	1/4 cup olive oil
1/4 tsp. ginger	1-1/2 beef broth
8 pepper corns	3 tbsps. olive oil
1/4 cup ham, diced	

### *Procedure:*

Cut 1 chorizo lengthwise into 4 strips. Insert each strip into beef roast. Set aside other chorizo for garnishing. Marinate roast in next 13 ingredients overnight. Heat 3 tbsps. olive oil in heavy skillet and brown beef on all sides. Then add marinade and 1-1/2 cups beef broth, cover and simmer for 2 to 2-1/2 hours or until tender. Slice and arrange on platter. Garnish with diagonally sliced chorizo and mashed potato nests with sweet garden peas. Strain sauce and chicken slightly as desired. Serve separately or poured on top of sliced roast beef.

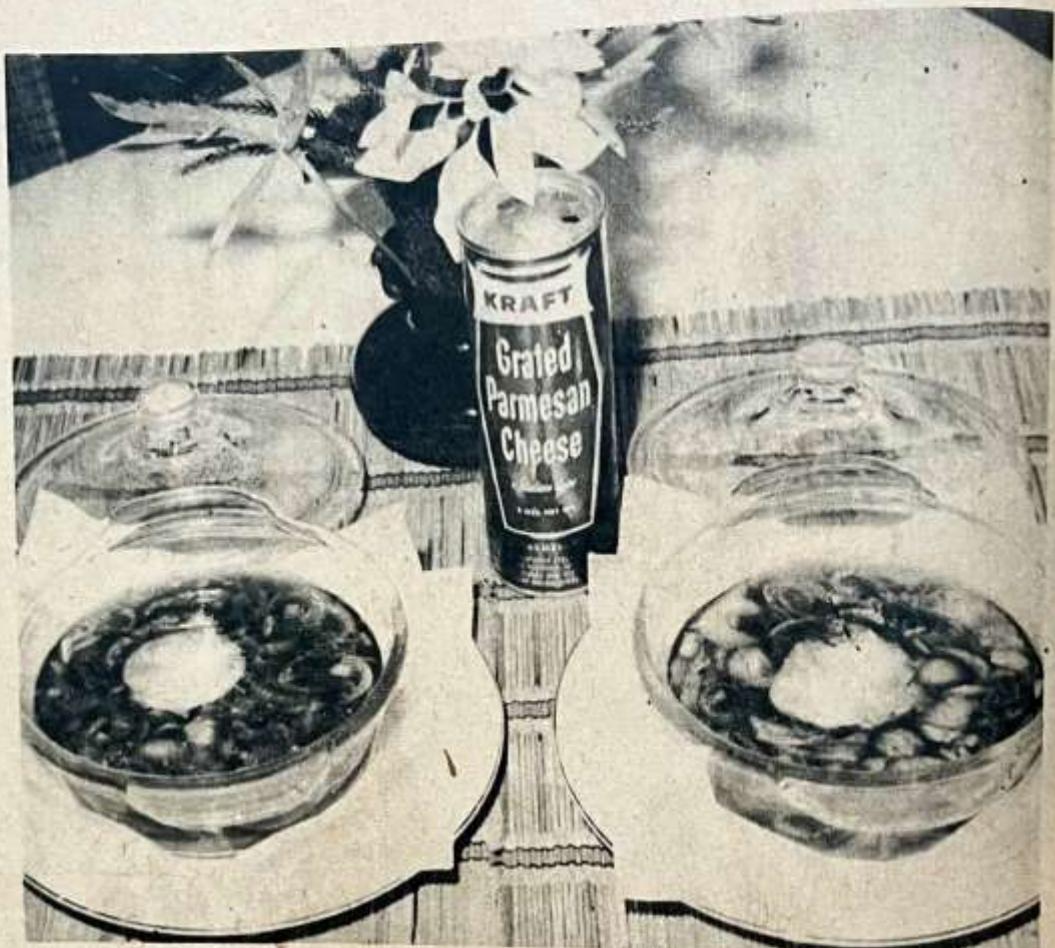


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## FRENCH ONION SOUP AU GRATIN

### *Ingredients:*

2 to 3 big onions	Flour
1 bouillon cube	Parmesan cheese
1/4 cup fresh butter	1 cup beef stock
Salt and pepper	1 egg, slightly beaten

### *Procedure:*

Peel and slice very thinly the onions in rings; separate the rings. Heat the butter in a saucepan; coat onion rings with the slightly beaten egg and then sprinkle with flour. Cook coated onion rings in melted butter until golden brown.

Heat beef stock to boiling point; add the bouillon cube and season to taste. When ready to serve, put in oven-proof soup tureen. Add fried onion rings and top with cracker or a piece of toasted bread which has been sprinkled with Parmesan cheese. Serve very hot.

Cooking demonstrations no. 91

Sponsored by: Au Gourmet Restaurant



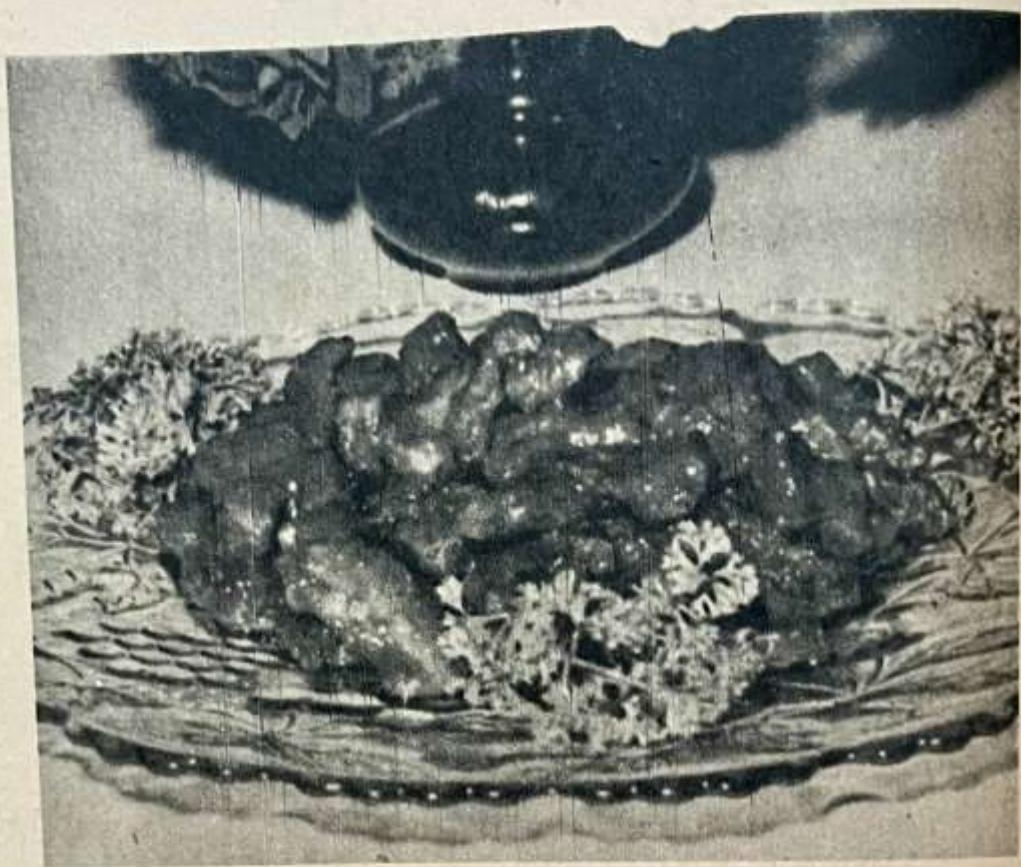
## FRICASSEE OF LIVER

### Ingredients:

2 tbsps. soy sauce	1/4 cup all-purpose flour
1 tbsp. calamansi juice	1/4 cup cooking oil
1-1/2 tsps. salt	1 onion, sliced
1/2 tsp. pepper	1/4 cup white wine
1/2 kilo calf's liver, sliced 1/2" thick	

### Procedure:

- Combine the soy sauce, calamansi juice, salt and pepper. Marinate the liver.
- Roll in flour.
- Heat the oil in a skillet. Brown the onion; remove.
- Fry the liver on each side over high heat.
- Put back onion; add wine. Let simmer.
- Serve hot for 6.



## GOLDEN PORK LOIN

### Ingredients:

- |                              |   |
|------------------------------|---|
| 1/2 kilo pork loin (lomo)    | 2 tbsps. cornstarch, flour for dredging |
| 1/2 can tomato sauce         | 1 heaping tbsp. Victorias sugar         |
| 2 tbsps. soy sauce           | 1/4 cup sweet-sour vinegar mixture      |
| 1 tbsp. Worcestershire sauce | Fat for frying                          |
| 1 tbsp. mustard              |   |

### Procedure:

Take out the *lamad* or remaining ligaments from pork and slice into bite-size pieces. Marinate pork in soy sauce, drain, then dredge in flour and a little of the cornstarch. Fry in a skillet of hot fat, drain and set aside.

In another heated skillet, melt fat, then add soy sauce, mustard, sweet-sour vinegar, Worcestershire sauce, sugar, salt and pepper. Simmer for a few minutes, then add the pork. Thicken sauce with rest of cornstarch, stirring constantly and simmering only until pork is thoroughly saturated with sauce. Serve at once.

Cooking demonstrations no. 52

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## HUMBA

### *Ingredients:*

- |                                  |  |
|----------------------------------|--|
| 1 kilo pork loin                 | 1 tbsp. pepper corn                          |
| 2 cubes tauho or 1 can bean curd | 1 cup vinegar (if strong<br>reduce quantity) |
| 1/4 cup toyo                     | 1 onion quartered                            |
| 1/2 cup peanuts fresh with skin  | 1/2 cup Victorias sugar                      |
| 2 cups water                     | 1 whole garlic macerated                     |
| 2 laurel leaves                  |  |
| 1 piece cinnamon stick           |  |

### *Procedure:*

Cut the pork into 2-inch cubes with the skin on. Boil in a covered sauce pan till skin is tender. Remove from the fire and drain. If the fat is thick try to remove some of it. If the pork is not fatty, omit this step. Make slits 1 cm. squares on the skin of the pork. Place these in a sauce pan.

Mash the taucho fine. Add the toyo, sugar, vinegar, seasonings and the rest of the ingredients including the water where the pork was boiled. Pour this over the pork and boil in a slow fire till soft.

## JAM SESSION SANDWICHES with Libby's Corned Beef Hash

### Ingredients:

1 can corned beef hash	Sweet pickle relish, barbecue sauce, catsup or mustard—to suit individual taste
Oil or shortening for frying	
5 hamburger buns	
1 slice cheese	
	1 egg

### Procedure:

- Fry five slices corned beef hash, placing slice of cheese on cooked side of one slice. This demonstrates the Cheese Hashburger.
- Top other slices with different condiments after placing them in buttered hamburger rolls.
- Show how to broil these sandwiches over charcoal by demonstrating wrapping technique.
- Last of all, the hash and egg sandwich. Make ring of hash, fry egg inside—place on slice of toast and serve open face with any favorite sauce.

Cooking demonstrations no. 58

Sponsored by: Libby, McNeill & Libby  
(Phili.) Inc.

## MAMON BORRACHO CON PIÑA

### Ingredients:

5 pcs. or slices old day mamon	1 small can pineapple
1 cup Victorias sugar	1/2 cup water
1/4 cup mompo or vermouth (wine)	1 small box raisins

### Procedure:

Boil the water with sugar, then add wine. Arrange the slices of mamon in a pyrex. Pour the sugar mixture. Then add the pineapple on top of each slice of mamon and put the raisins. Bake for about 10 minutes. Cool and serve.

Cooking demonstrations no. 61

Sponsored by: Plastics, Incorporated

## PORK CHOP RELLENADO Con Jamon y Queso

### Ingredients:

5 pcs. pork chops	1/2 cup fresh butter
5 slices ham	5 big potatoes, boiled and mashed
5 slices cheese	1 egg, beaten with 2 tbsps. cornstarch
5 hard-boiled eggs	1 tbsp. salt
1 onion	1 tsp. pepper
2 stalks celery	1 tbsp. monosodium glutamate
3 tbsps. cooking oil	

### Procedure:

Remove the bones of the pork chop, flatten well and add salt, pepper and monosodium glutamate. Place the slice of cheese on top and add the slices of ham, then the one hard-boiled egg. Wrap these well and tie.

Cover it with the batter mixture of egg and cornstarch. Fry in heated butter and oil. When done, fry the chopped celery and chopped onion together with the remaining butter. Place the pork chops, add 1 cup water and simmer until tender. Untie and arrange on top of mashed potatoes. Garnish with slices of tomatoes and parsley.

Cooking demonstrations no. 61

Sponsored by: Plastics, Incorporated



## LENGUA ROJA

### *Ingredients:*

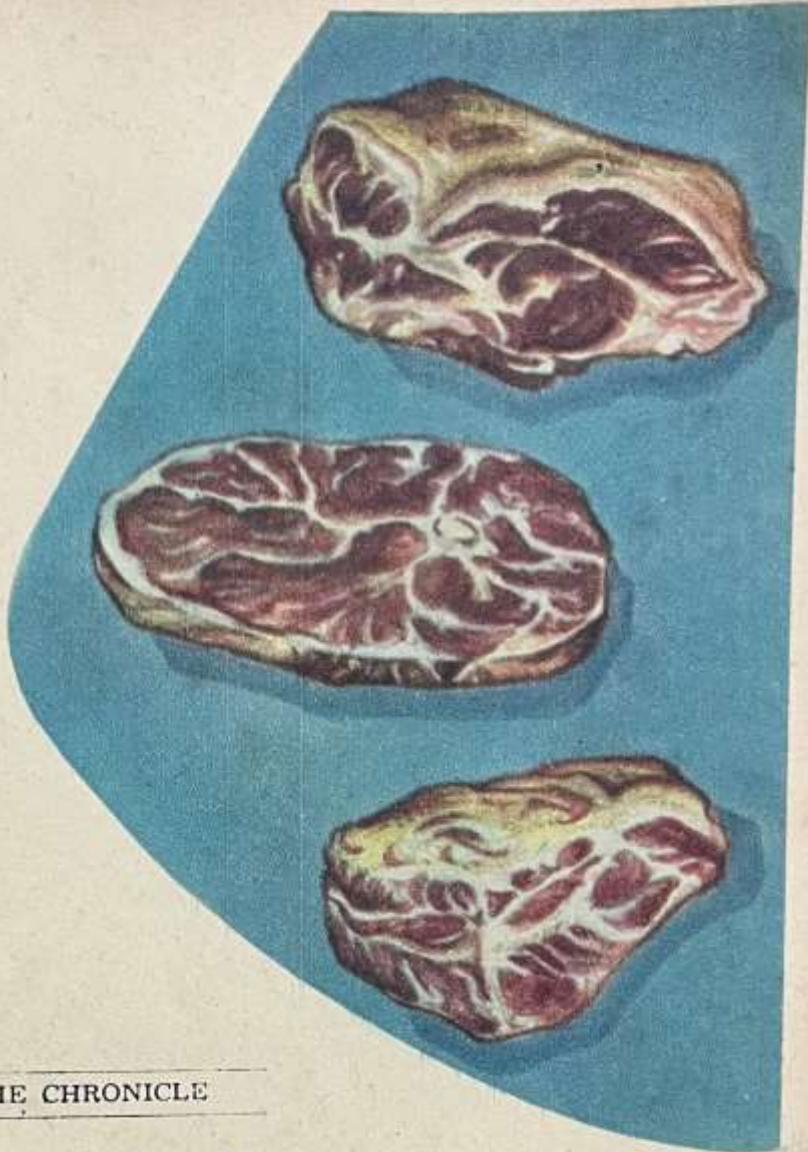
1 ox tongue	1 cup water
4 calamansi	1 can 4 oz. mushrooms
1/3 cup soy sauce	1 tsp. salt
3 tbsps. cooking oil	1/2 tsp. pepper
2 med. onions, sliced	4 tbsps. brown sugar
2 tbsps. all-purpose flour	2 tsps. monosodium glutamate
3 bottles tomato catsup	2 drops Tabasco

### *Procedure:*

- Clean and blanch the tongue in boiling water to take off the skin that coats it.
- Pre-cook in salted water with bayleaf until tender.
- Slice into serving pieces.
- Marinate the tongue pieces in calamansi and soy sauce for 30 minutes.
- In a big saucepan heat the oil and saute the onions until slightly withered; add the flour, tomato catsup, water and the tongue and mushrooms.
- Season the mixture with the salt and pepper, brown sugar, monosodium glutamate and tabasco sauce.
- Continue cooking until the tongue is well seasoned (about 7-10 minutes).

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and  
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## LIBBY'S CORNED BEEF BAGUIO SPECIAL

### *Ingredients:*

1 large head Baguio cabbage	1/2 tsp. salt
Boiling water	1/4 tsp. pepper
1/4 cup green onions, sliced into rounds	2 cans corned beef, chopped
4 sprigs parsley, chopped or 1 heaping teaspoon kinchay minced	2 tsps. margarine or butter
	2 cups meat stock made from bouillon cube

### *Procedure:*

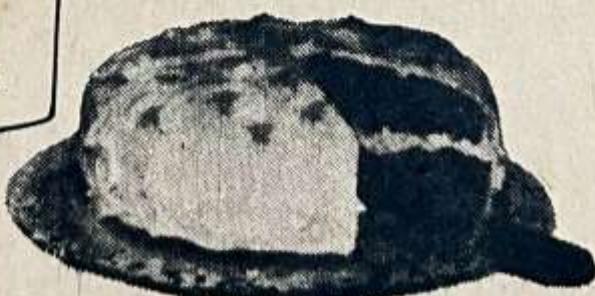
- Remove imperfect leaves from the outside of a large head of Baguio cabbage.
- Place on rock over sink and pour boiling water over it, gently separating the leaves as they begin to wilt.
- Drain cabbage.
- Meanwhile mix vegetables, seasoning and corned beef.
- Arrange a few pieces of string on a board or a piece of foil, dial fashion.
- Place cabbage in center; stuff leaves; tie securely in place.
- Place stuffed cabbage in large kettle with desired vegetables, such as potatoes, carrots, saba bananas, etc.
- Steam slowly, covered, about 20 minutes or until vegetables are done.
- Remove from kettle; arrange vegetables around cabbage. Remove strings and serve with juice from the pan, thickened or not, as preferred.

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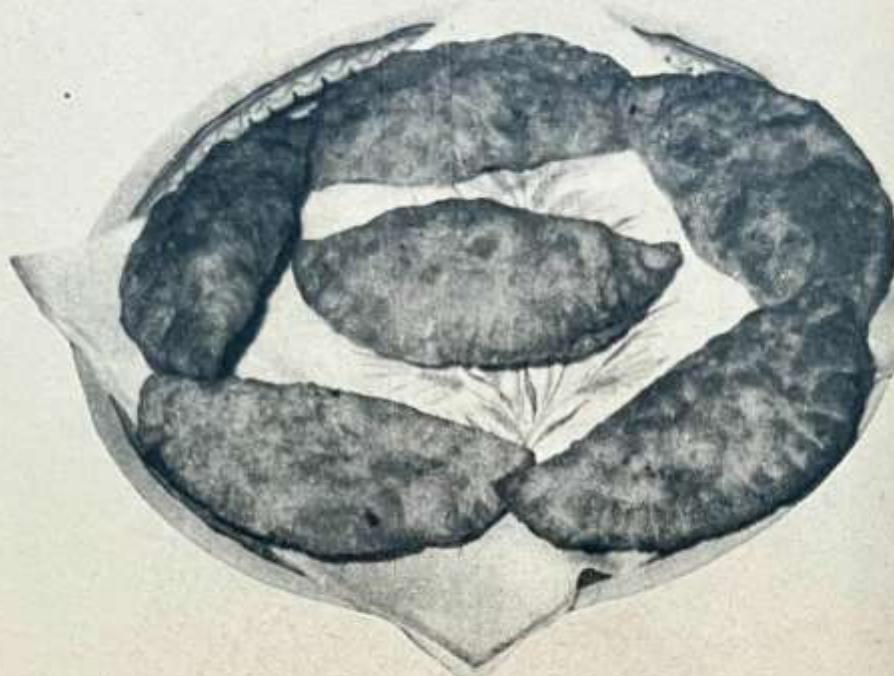
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# WHITE KING

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## LIBBY'S CORNED BEEF AND CABBAGE EMPANADAS

### Ingredients:

- |                               |   |
|-------------------------------|---|
| 1 can corned beef             | 1 tbsps. oil or shortening                              |
| 1 medium onion, chopped       | A little undiluted evaporated milk,<br>to moisten       |
| 1 clove garlic, crushed       | Salt and pepper to taste                                |
| 1 cup finely shredded cabbage | Dash of Worcestershire or red<br>pepper sauce, to taste |
| 1 hard boiled egg, chopped    |   |

### Procedure:

Chop corned beef hash and set aside.

Saute vegetables in oil or shortening until tender. Add eggs and moisten with milk. Add salt and pepper to taste and Worcestershire or pepper sauce to taste. Set aside.

## Pastry

### Ingredients:

- |                          |                    |
|--------------------------|--------------------|
| 2 cups all-purpose flour | 1/4 cup water      |
| 1 tsp. salt              | 2/3 cup shortening |

### Procedure:

Sift, then measure flour. Resift into bowl with salt. Measure  $1/3$  cupful of this mixture and place it in a smaller bowl. Stir water into it until it forms a smooth paste. Cut shortening into first mixture until it resembles grains of rice. Stir in flour paste and work with hands until it is well mixed. When dough can be gathered into a ball, roll it out, a little at a time, until very thin, about  $1/8$  inch thick. Cut into squares or rounds. Place a spoonful of the filling on each piece of pastry. Moisten edges and press together with a fork. Fry in deep, hot fat until golden brown on both sides. Drain well. Serve hot or cold.

Cooking demonstrations no. 75

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## LIBBY'S CORNED BEEF HASH PIE

### *Ingredients:*

1 can corned beef hash  
 1/3 cup mafran, or another favorite savory sauce  
 1 egg, slightly beaten  
 2 cups corn, or any favorite vegetables such as peas, string beans, sayote, etc.  
 1/4 cup minced onion

1 clove garlic, crushed  
 2 or 3 chopped tomatoes  
 Salt and pepper to taste  
 2 tbsps. oil or shortening  
 1/4 cup bread crumbs  
 1/4 cup grated cheese  
 Green onion tops and tomatoes, for garnish

### *Procedure:*

Grease an eight inch pie plate with some of the oil or shortening. Combine corned beet hash, mafran and egg, stirring until well blended. Mold the hash mixture to the bottom and sides of the pie plate to form a crust. Bake in a moderate oven 350° F., for 30 minutes.

Meanwhile, saute onion, garlic and tomatoes until tender. Add cooked vegetable and season to taste. Place this filling in the Hash Crust and top with crumbs and grated cheese. Return to the oven to melt cheese and brown crumbs. Remove, garnish as liked and serve.

Cooking demonstrations no. 75

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## LIBBY'S CORNED BEEF LUMPIA

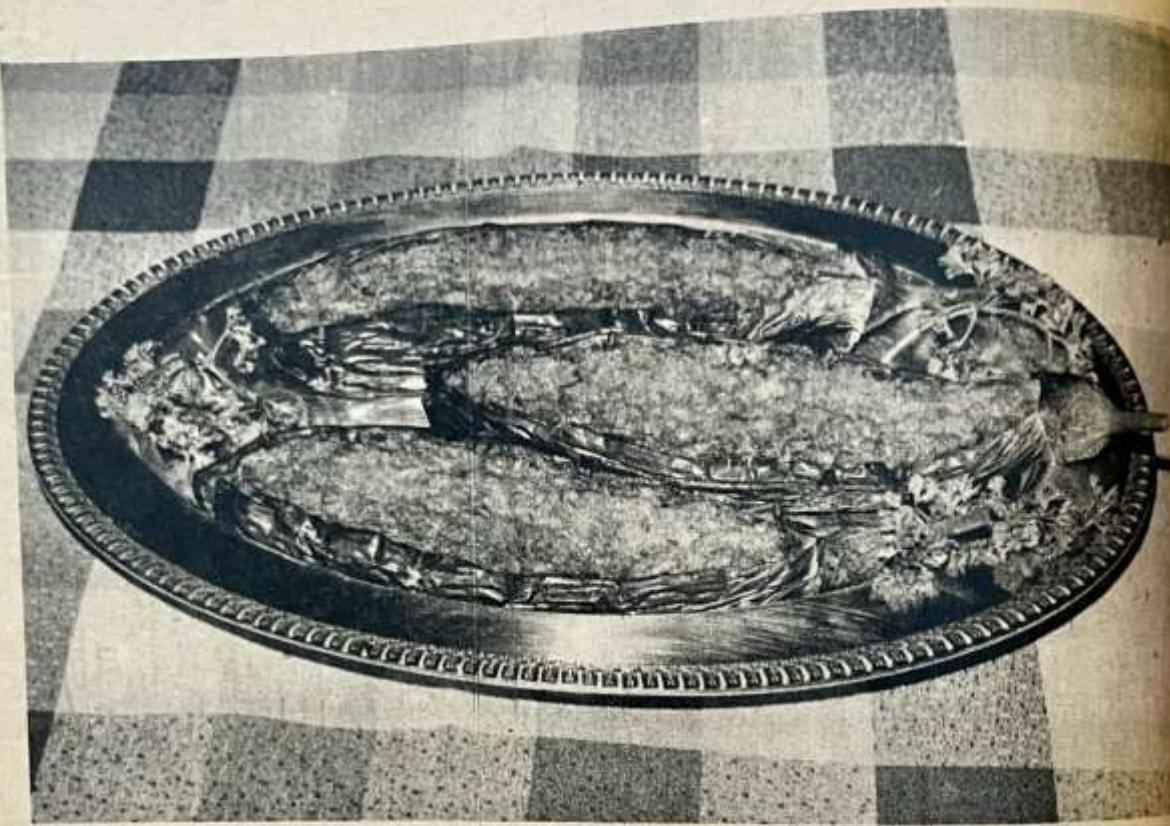
### *Ingredients:*

- |                           |                          |
|---------------------------|--------------------------|
| 1 can corned beef         | 1 small pkg. raisins     |
| 2 cloves garlic, crushed  | 1 hard-boiled egg, diced |
| 1 onion, chopped          | Salt and pepper to taste |
| 2 large tomato, chopped   | Lumbia wrappers          |
| 2 tbsps. cooking oil      | Lettuce leaves           |
| 1 camote, diced and fried |                          |

### *Procedure:*

Saute the crushed garlic, chopped onion and tomatoes in the cooking oil in a skillet. Fry garlic till brown, the onions till wilted, and crush the tomatoes so they blend well with other ingredients. Add about 4 tbsps. water and mix well. Add raisins, fried camote and season with salt and pepper. Add the corned beef and blend thoroughly with the other ingredients. Add diced hard-boiled egg just before removing from the fire. Set aside and let cool before wrapping mixture in lumpia wrappers.

Place a lettuce leaf at one side of wrapper; place about 2 tbsps. of filling on top of lettuce. Roll carefully and seal by wetting edges of wrapper with lumpia sauce or water. Serve with sauce and crushed garlic.



## LIBBY'S HASH-STUFFED EGGPLANT

### Ingredients:

1 can corned beef hash  
6 medium eggplants  
2 cloves garlic, crushed  
1 medium onion, chopped  
1 large tomato, chopped

2 or 3 eggs, beaten stiff  
1 cup biscocho crumbs  
Salt and pepper to taste.  
Cooking oil for frying

### Procedure:

Roast eggplants till wilted—peel off skin and set aside. Saute garlic till brown; add onions and tomatoes and cook till tomatoes are thoroughly mashed. Flake corned beef hash and add to tomato mixture; blend mixture very well and season with salt and pepper to taste.

Slit center of peeled roasted eggplants—scoop out a little of the center pulp and fill eggplant with filling. Top with scooped pulp and sprinkle with bread crumbs; dip in stiffly beaten eggs and sprinkle once more with bread crumbs. Fry in hot cooking oil till golden brown.

Cooking demonstrations no. 66

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## MEAT LOAF MEXICAINÉ

### Ingredients:

1/2 kilo chopped beef (sirloin)	1 tsp. chopped garlic
1 tin chopped * Vienna sausages	1 tsp. chopped onions
1 sliced cooked chopped ham	1 tin of tomato sauce
2 tbsps. lard	1/2 tsp. chili powder

### Procedure:

Heat lard in a skillet and sauté garlic, onions and tomatoes. When golden brown, add beef. Mix well and simmer for 15 minutes. Add vienna sausages and ham. Season with chili powder, salt and pepper. Set aside.

Fry the shaped bread in lard to brown only. When browned, fill with the meat mixture.

\* Decorate top with peas and strips of red pimientos. Garnish around with potatoes, native lettuce and rose radishes.

Cooking demonstrations no. 62

Sponsored by: Keg Room Restaurant



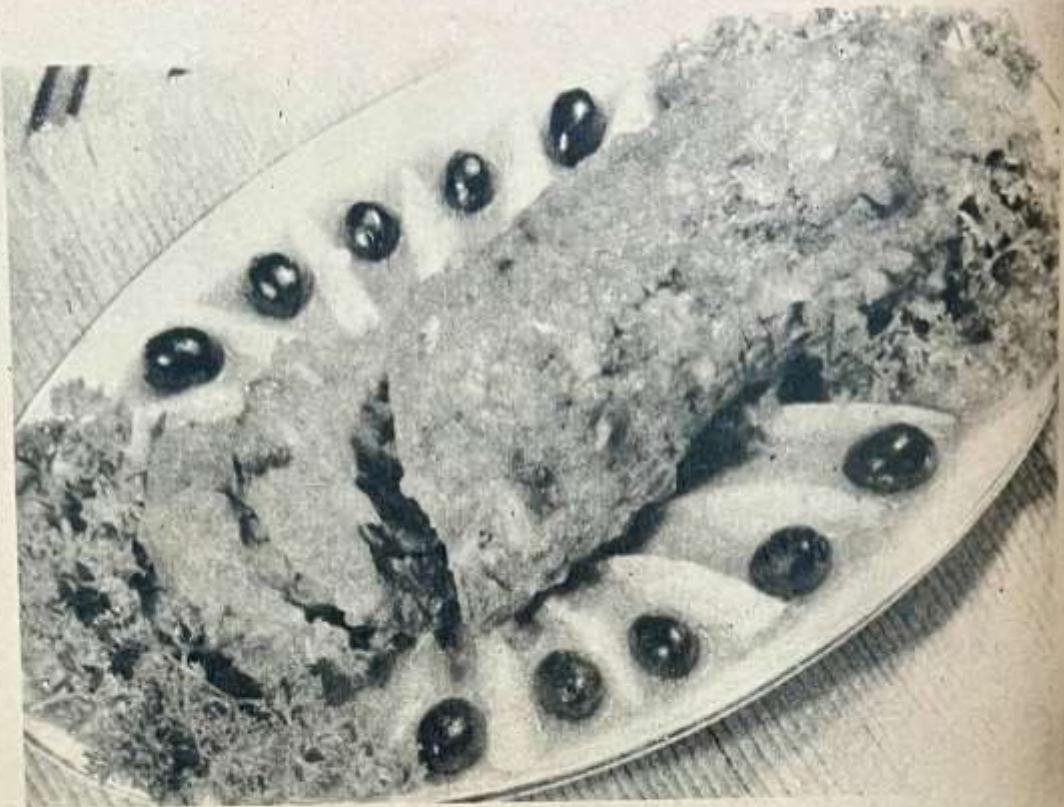
## MIXED GRILL

*Ingredients:*

1/2 kilo ground beef	6 slices bacon
1/4 cup finely chopped onion	3 tomatoes, halved crosswise
1/4 cup finely chopped green pepper	Salt
2 tbsps. finely chopped parsley	Pepper
1-1/2 tsps. salt	12 pieces cocktail potatoes, boiled and peeled
1/8 tsp. pepper	Salt
1 tsp. paprika	Pepper
1/2 tsp. thyme	Finely chopped parsley
3 tbsps. evaporated milk	3 tbsps. melted margarine

*Procedure:*

- Combine the beef, onion, green pepper, parsley, salt, pepper, paprika, thyme, and evaporated milk in a mixing bowl; blend thoroughly.
- Divide the mixture into 6 portions and shape into patties about 3/4" thick. Wrap a strip of bacon around side of each patty and fasten ends with a toothpick. Place in a broiling pan.
- Sprinkle the sliced tomatoes with salt and pepper. Place in the broiling pan.
- Sprinkle the potatoes with salt and pepper; roll in the chopped parsley. Place in the broiling pan.
- Brush with melted margarine.
- Broil in a preheated oven at 450° F. for 7 minutes on one side and another 7 minutes on the other side.
- Serve hot for 6.



## MORCON ESPAÑOLA

### *Ingredients:*

1 kilo lean beef, sliced 1/4" thick	1 tbsp. calamansi juice
1 tbsp. soy sauce	1 tsp. salt

### *Filling*

1 egg, slightly beaten	1/4 cup raisins
1/2 cup ground pork	1/4 cup sweet pickles
1/3 cup ground cooked ham	2 hard-boiled eggs, quartered
1/4 cup grated queso de bola	1/4 tsp. pepper

### *Sauce*

2 cups water	1 bay leaf
1/2 cup tomato sauce	1 tsp. salt
1 onion, sliced	1/2 tsp. pepper
2 cloves garlic, macerated	

### *Procedure:*

- Slice meat into 1/4" thickness and marinate in a mixture of soy sauce, calamansi juice and salt for a few minutes.
- Meanwhile beat the egg slightly.
- Add the pork, ham, grated cheese, raisins, and the pepper and mix well.
- Spread the filling on the seasoned meat and arrange the quartered eggs and pickles.
- Roll as in jelly roll.
- Tie with string.
- Prepare sauce by combining all the ingredients.
- Pour over the morcon and simmer for 1 hour or until meat is tender.
- Makes 8 servings.

# Your cooking skill



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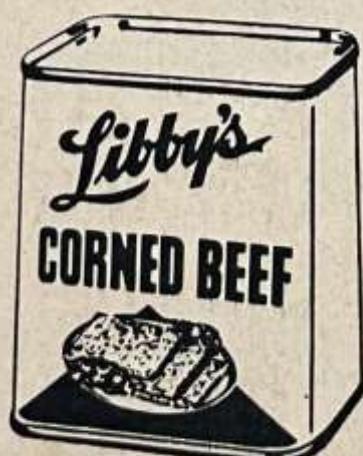
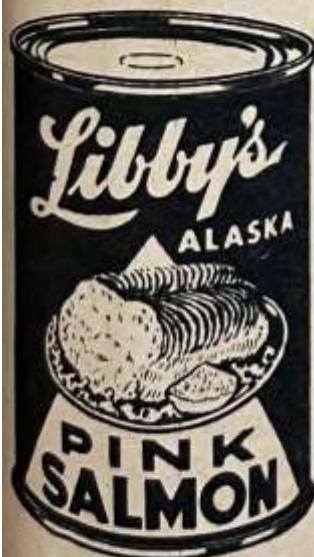


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## PORK LOIN IN PEPPER SAUCE

### Ingredients:

1 kilo pork loin, whole	2 tsps. salt
1 tbsp. macerated garlic	1/2 tsp. pepper
1/2 cup chopped onion	2 cups broth
1/2 cup chopped tomatoes	2 tomatoes, wedged
2 pieces chorizos de Bilbao, diced	1 green pepper, cut into strips

### Procedure:

- Sear the pork loin in a skillet.
- In the fat extracted, saute the garlic, the onion, the tomatoes, and the chorizos de Bilbao.
- Add the salt and the pepper; blend well.
- Add the broth; cover; simmer till tender.
- When done, slice into serving pieces.
- Top with sauce.

## Sauce

### Ingredients:

2 tbsps. cooking oil	1 cup chopped cooked tomatoes
1 cup chopped onions	1/4 tsp. salt
1 cup chopped green pepper	1/2 tsp. paprika

### Procedure:

- Heat the oil in skillet.
- Saute the onion, the green pepper, and the cooked tomatoes.
- Add the salt and the paprika; blend well.
- Cook until the vegetables are tender.
- Garnish with the tomato wedges and the green pepper strips.
- Serves 4.
- Costs about ₱5.90.

Cooking demonstrations no. 69

Sponsored by: Del Rosario Bros., Inc.

## ROAST PORK DELUXE

### Ingredients:

1-1/2 kilos pork rump (pigue)	2 tsps. crushed garlic
2 tbsps. salt	1 tsp. vetsin
1 tsp. pepper	

### Procedure:

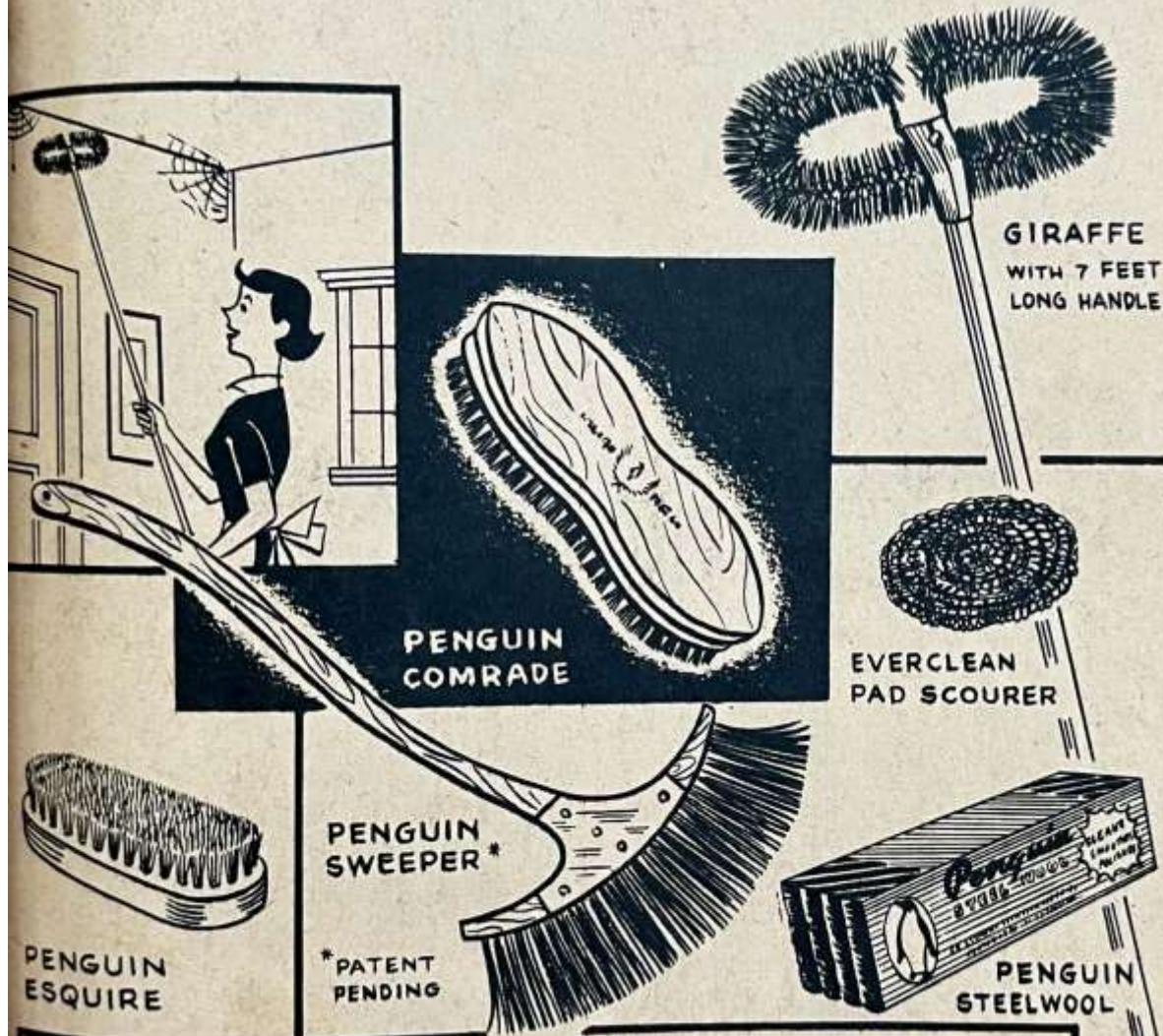
Clean the pork; combine the seasonings. Rub the seasonings well onto the pork and let stand for one to two hours to get the flavor sealed. Bake in a moderate oven (350° F.) for 1-1/2 hours or until tender. Serve with boiled vegetables, rice mold, pan gravy or sweet-sour sauce.

Cooking demonstrations no. 64

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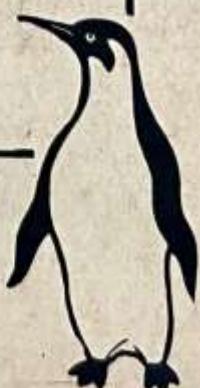
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## ROCK AND ROLL BURGER

### Ingredients:

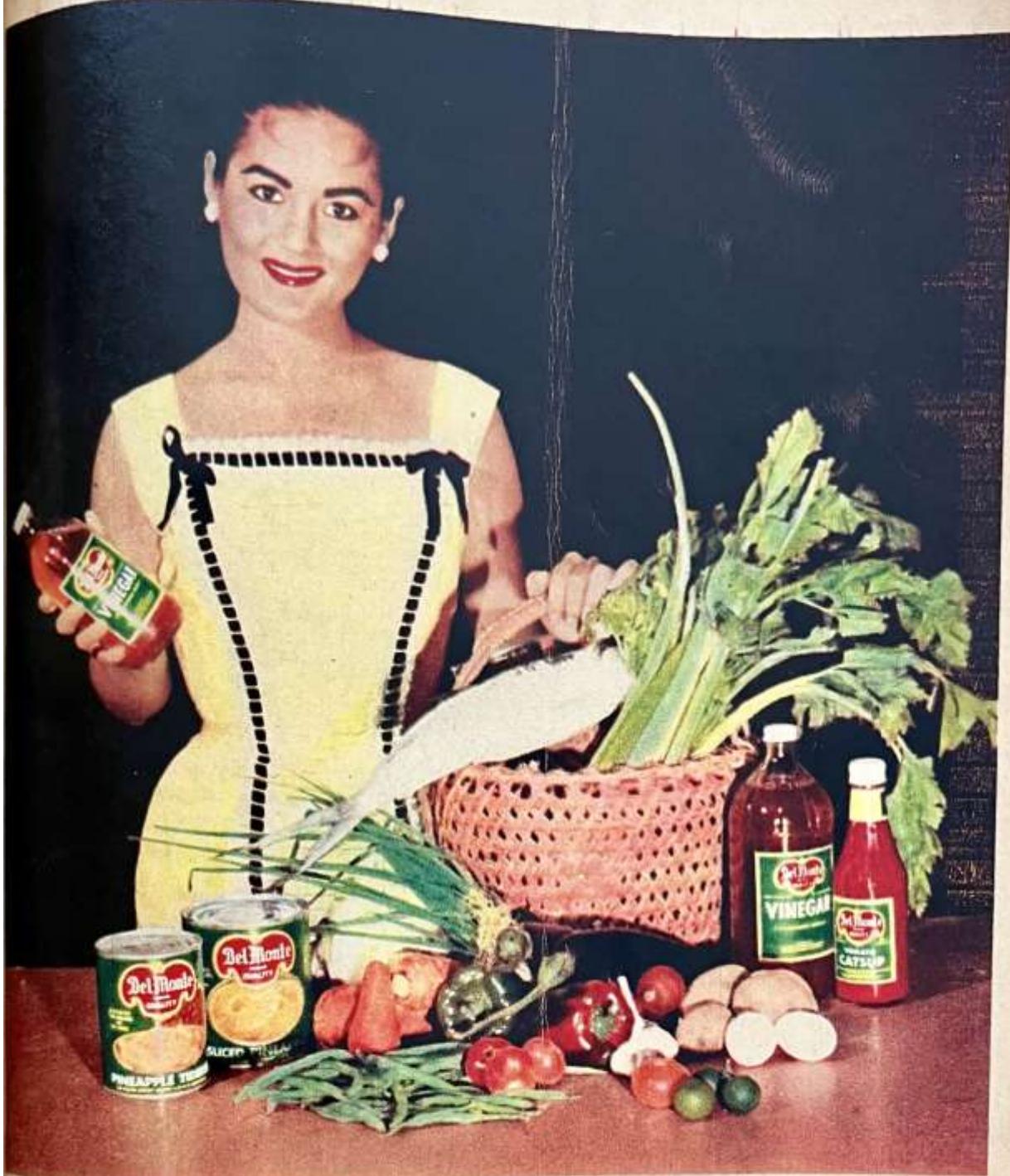
- |                               |                                |
|-------------------------------|--------------------------------|
| 1 kilo ground pork            | 1 tbsp. Victorias sugar        |
| 1 cup chopped turnips         | 1 tbsp. soy sauce              |
| 1 big onion, chopped          | 4 tbsps. chopped spring onions |
| 1 head garlic, finely crushed | Pepper to taste                |
| 1/2 cup chopped raw shrimps   | 1 cup cornstarch               |
| 2 eggs, whole                 | Unto sensal                    |
| 1 tbsp. salt                  |                                |

### Procedure:

Mix all the ingredients together till thoroughly blended. Form mixture into long rolls—about 4 inches long—and wrap in unto sensal. Dip rolls in batter and fry in deep hot fat till golden brown. Drain and serve with catsup or sweet-sour sauce.

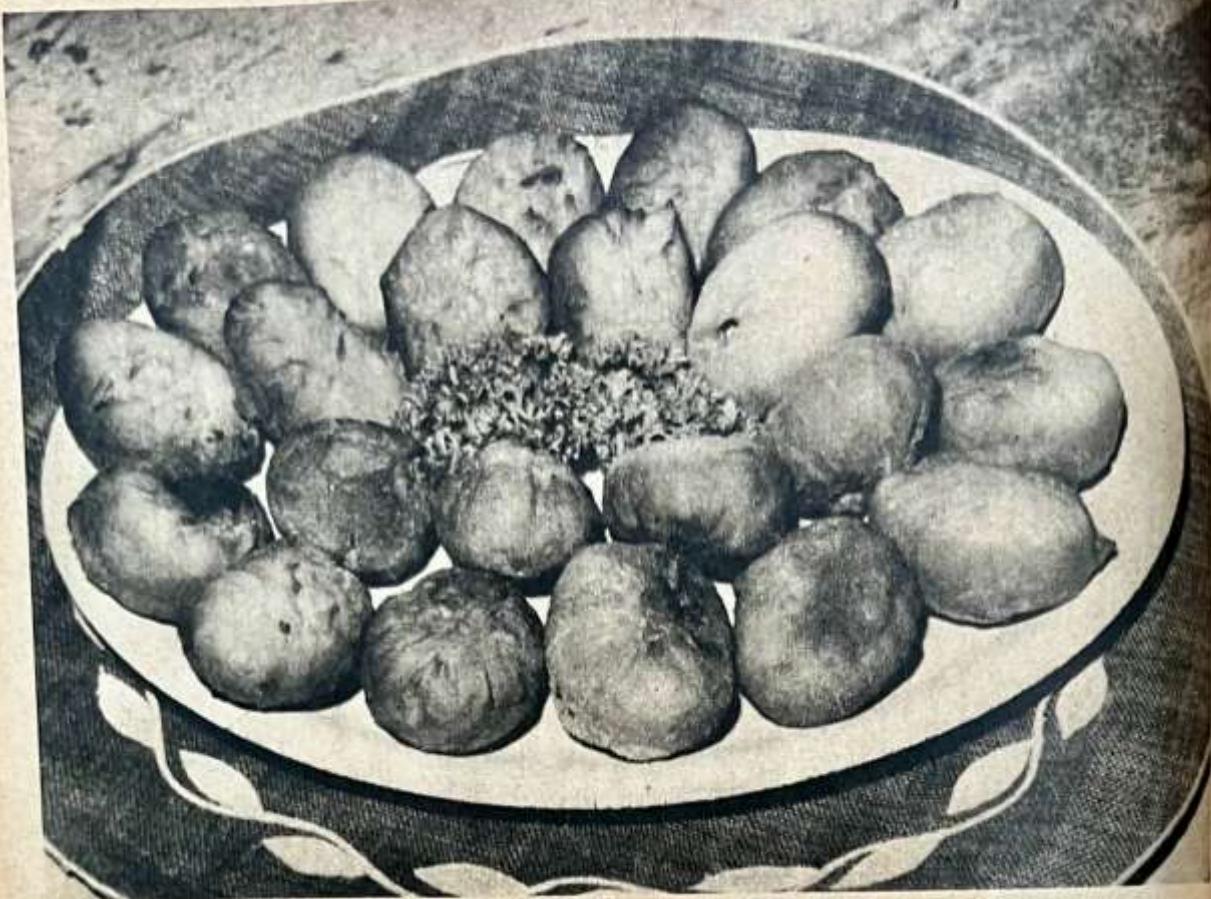
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## RUSSIAN PIROSHKI

### *Ingredients:*

1/4 cup margarine	2 tsps. evaporated milk
1 onion, finely chopped	2 tbsps. all-purpose flour
1/2 kilo Sirloin, ground	2 eggs, separated
1 tsp. salt	2 tsps. Victorias sugar
Dash of pepper	1/2 cup water, hot
2 hard-cooked eggs, chopped	1/2 cup evaporated milk (diluted)

### *DOUGH:*

1/4 cup warm water	3 cups all-purpose flour
2 tsps. Victorias sugar	2 or 3 cups cooking oil for
2 tsps. Fleischmann's Active Dry Yeast	deep fat frying

### *Procedure:*

Sprinkle the 2 tsps. sugar over 1/4 cup warm water. Add the 2 tsps. yeast; stir until dissolved. Pour in the 2 tsps. evaporated milk. Stir in the 2 tbsps. flour. Let rise in a warm place for 10 minutes. Meanwhile, saute the onion in the margarine. Add the ground beet. Season with salt and pepper; simmer. Cool; add the chopped hard-cooked eggs and mix. Set aside temporarily. Add 2 tbsps. sugar to yolks and beat. Beat the whites in another bowl. In a larger bowl, pour in the 1/2 cup hot water and 1/2 cup milk. Add the risen dough, beaten yolks, melted margarine and the beaten whites. Sprinkle the 2 tsps. salt. Add the 3 cups flour; beat until smooth. Let rise in a warm place for 1-1/2 hours. Sprinkle a little flour over the risen dough. On a floured board, cut the dough into 4 portions. Flatten each portion by stretching and patting with the fingers. Cut into round pieces with brim of a cup. Stuff the round pieces of dough with 1 or 1-1/2 tablespoons of meat filling. Seal top by pinching. Fry in hot fat until brown. Serves 24.

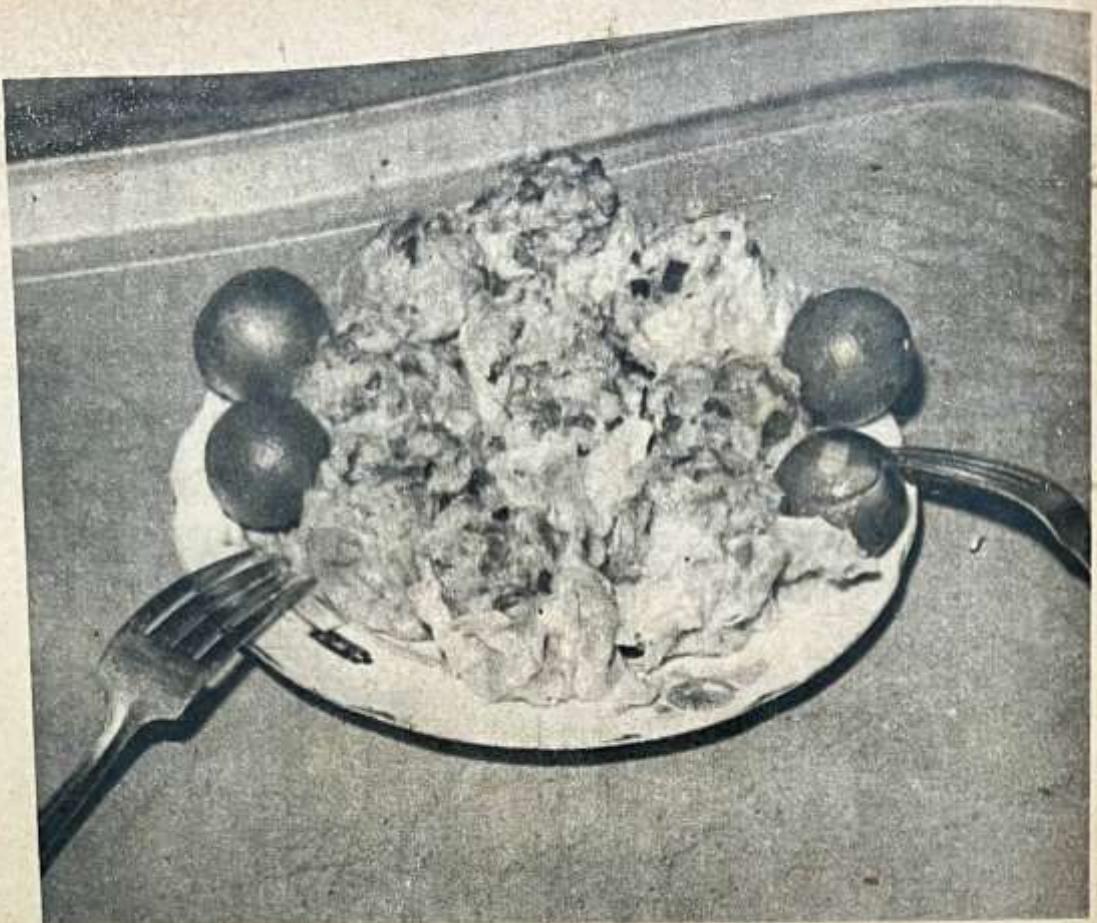


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## SIOMAY

### Wrapper

*Ingredients:*

1/2 kilo flour

2 eggs

1/2 cup water

Few drops of ligia

Dash of salt

*Procedure:*

Mix all ingredients together to form smooth dough. Roll out batter with rolling pin till paper thin. Cut with doughnut cutter or round cookie cutter. Set aside.

### Filling

*Ingredients:*

1 kilo pork meat, chopped

2 tbsps. rock salt

Spring onions

Pepper to taste

1-1/2 tbsps. Victorias sugar

3 eggs

4 tbsps. cornstarch

*Procedure:*

Mix the first 6 ingredients very well. Add the cornstarch and continue mixing till mixture is thoroughly blended. Fill each piece of siomay wrapper with pork mixture. Push up sides of wrapper to topsides. Do not cover or seal. Put in bamboo steamer and steam for 20 minutes. Serve hot with calamansi and soy sauce.

Cooking demonstrations no. 82

Sponsored by: Ma Mon Luk Restaurant



## SIOPAO

### Dough

*Ingredients:*

1 kilo flour

*1/4 c sugar*

1-1/2 cups water

*1 tsp. ligo (wood ash lye)*

*3 tsps. Victorias sugar*

*Procedure:*

Mix all ingredients to form dough. Knead dough till smooth. Let dough stand in a warm place for 6 hours till double in bulk.

Knead dough again on a well-floured board for 30 minutes more. Shape into a roll and break off ball-sized pieces from dough. Set aside. Makes about 20 pieces.

*Ingredients:*

### Filling

1 kilo pork meat

*3 tsps. water sugar*

1/2 cup soy sauce

*Salt and pepper to taste*

1 cup water

*1 small piece kanela*

*Procedure:*

Put pork in a deep saucepan. Season it with salt and pepper. Add soy sauce, water, sugar and kanela. Bring to a boil; lower flame and let simmer gently till pork is tender. Remove pork from broth and set aside to cool. Continue to boil broth till slightly thickened. Set aside.

Cut pork asado into small cubes; add 3 tsps. sugar, more pepper to taste and 1 cup thickened gravy. Blend mixture very well.

Flatten each ball of dough with palm of hand; fill center with 2 tablespoons of pork filling. Work up sides of dough to top to seal. Put each siopao on top of a piece of white paper inside bamboo steamer. Let filled siopao stand for 1-1/2 hours more. Steam for 25 minutes. Serve hot.



## STUFFED HAMBURGERS DE LUXE

### *Ingredients:*

2 lbs. chuck, ground once	1 cup chili sauce or catsup
2 tsps. salt	1/2 tsp. garlic salt
1/2 tsp. pepper	12 thin raw onion rings
1/4 cup minced onion	2 eggs unbeaten
1-1/4 cups grated sharp Cheddar cheese	1 tbsp. Victorias sugar

### *Procedure:*

- Lightly toss chuck with salt, pepper, minced onion and sugar, and add the unbeaten eggs. Shape into 12 flat hamburgers.
- Sprinkle half of hamburgers with grated cheese, then top with remaining hamburgers; press edges together.
- Arrange on cold broiler rack.
- Meanwhile, preheat broiler 10 minutes or as manufacturer directs. Then broil hamburgers 3" from heat until of desired doneness, turning once.
- Now heat chili sauce with garlic salt.
- Spoon over hamburgers, then top each hamburger with 2 onion rings.
- Makes 6 servings.

Cooking demonstrations no. 65

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## VEGETABLE - BEEF ROLL

### Ingredients:

1 flank beef steak	1 tsp. salt
1 whole egg	1/4 cup all-purpose flour
1/4 cup chopped celery	1/2 tsp. pepper, 1/2 tsp. salt
1/2 cup chopped cooked tomatoes	1/4 cup cooking oil
1/2 cup chopped onions	1-1/2 cup hot water
1 cup chopped raw carrots	1 cup button mushrooms (optional)
1 cup soft bread crumbs	

### Procedure:

- Score the beef steak.
- Beat the egg well.
- Add the celery, the tomatoes, the onions, the carrots, the bread crumbs and the salt. Combine well.
- Spread the vegetable stuffing on the beef steak; roll; tie with a string.
- Roll in combined flour, salt and pepper.
- Brown in hot oil on all sides.
- Add the hot water and the mushrooms. Cover; bake in a pre-heated oven of 325° F. for 1-1/2 hours or until tender.
- Slice into serving pieces when done.
- Serves 6.
- Costs about: ₱5.96.

Cooking demonstrations no. 69

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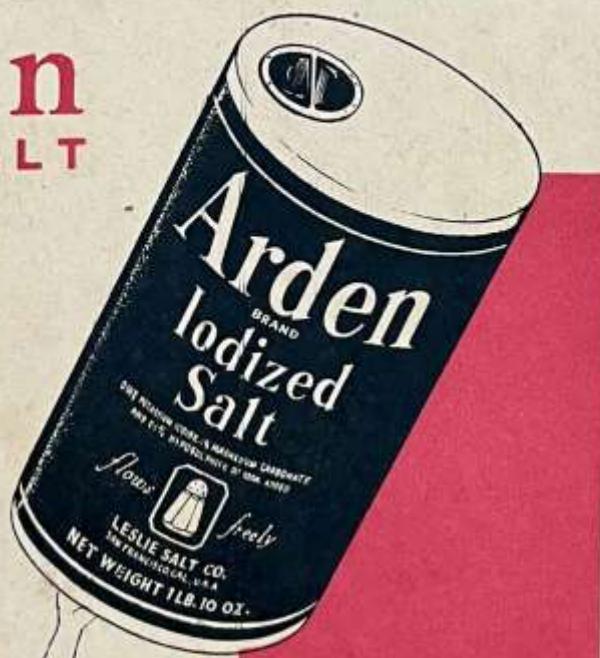
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### *III. Poultry*



#### **ADOBO SA GATA**

##### *Ingredients:*

1 tandang (1-1/2 kilos)	1/2 cup vinegar
1 clove garlic, crushed	1 tsp. Victorias sugar
2 coconuts	Salt to taste
1/2 tsp. peppercorn, crushed	

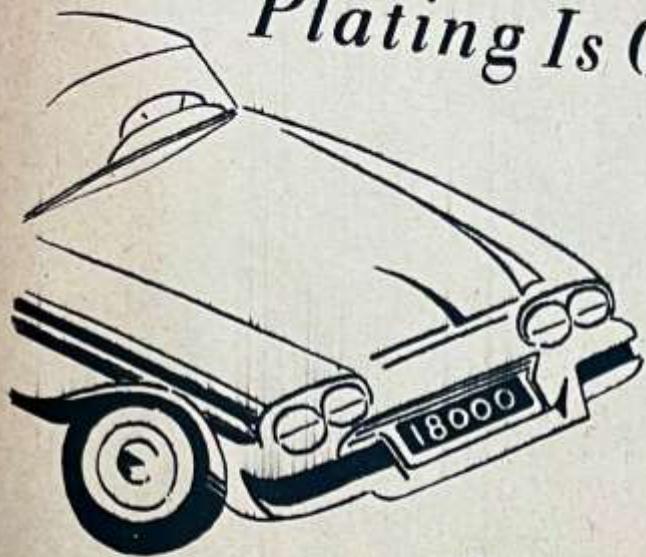
##### *Procedure:*

Marinate chicken in vinegar, crushed garlic, crushed peppercorn and salt for about 15 minutes. Extract the pure coconut milk, and set aside. To the coconut pulp, add the coconut water and extract the coconut milk. Add this second extraction to the marinade and boil till chicken is tender. Then add the pure coconut milk and sugar. Simmer till gravy is thick. Do not cover while simmering.

Cooking demonstrations no. 78

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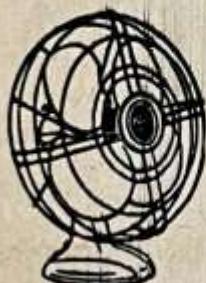
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(Reprinted from Volume I)

## ARISTOCRAT STUFFED CHICKEN LEG

### Ingredients:

1 chicken leg	1 piece pork fat
1/2 Chorizo de Bilbao	1 piece leaf lard
1 slice ham	2 eggs
1 red pepper	3 tbsps. flour
1 piece egg omelet	3 tbsps. cornstarch
2 stalks spring onion	Salt and pepper to taste
1 celery stalk	

### Procedure:

- Cut chorizo, ham, red pepper, spring onion and celery into long strips.
- Cut through chicken leg and debone; cut off upper bone and continue to cut to form into cutlet.
- Place cutlet on top of leaf lard and pork fat; arrange strips of chorizo, ham, pepper, spring onion, egg omelet and celery on cutlet; season with salt and pepper; and roll up, like you do for jelly roll.
- Wrap roll in cheesecloth (*cacha*) and tie securely with piece of string.
- Boil chicken in water until tender (20-30 minutes). Remove from water, cut off string and unwrap.
- Beat eggs together with flour, cornstarch and a little water.
- Dip stuffed chicken leg in batter and fry in deep hot fat for about 5 minutes or till golden brown. Drain and put on platter.
- Garnish with fried camote, cucumber slices, radish roses and parsley. Pour melted butter over it just before serving.
- Cut bread slices with heart-shaped cookie cutter.
- Trim with tinted mayonnaise and arrange around triple-decked sandwich together with melon and watermelon balls, sliced orange and parsley.



## BESENGET AJAM KOENING

(Seeing this dish in the finished stage, one will think it is chicken curry, because of the typical yellow color found in curry dishes. Once you taste this however, you will realize that it is far different from curry—but definitely more surprisingly flavorful. In this dish—the secret of success is the combination of condiments and spices).

### Ingredients:

1 whole spring chicken (parboiled)	1 piece tanglad
1/2 tsp. colantro (coriander)	1/2 tsp. ginamos
1 piece langkawas	1 tamarind pod or champuy
3 pieces lumbang pods or pili	2 tbsps. cooking oil
2 cloves garlic	1 tsp. Victorias sugar
3/4 cup cocomilk	3 pieces siling labuyo
1 piece yellow ginger (luyang dilaw)	(optional)

### Procedure:

Pound together until fine: colantro, langkawas, garlic, lumbang pods, ginger, ginamos, tamarind pod or champuy. After pounding, saute in hot cooking oil. When condiments start to dry in the skillet, add the cocomilk and the dressed, cut chicken and finally, the tanglad. Cook, covered over medium heat until chicken is tender. Garnish with fried onion rings, complement with a boiled vegetable plate and serve hot with rice.

Sponsored by: Cafe Indonesia

## BROILED SQUABS with Lemon - Butter Sauce

### Ingredients:

6 cleaned squabs  
1/2 cup olive oil  
2 tbsps. parsley, chopped

1 tbsp. onion, finely chopped  
Salt and pepper to taste  
6 slices of toast bread  
Crisp young watercress or parsley

### Procedure:

Split the squabs without separating the halves and flatten with the broad side of a cleaver. Marinate the flattened birds in a shallow dish in olive oil, parsley and onions. Sprinkle salt and pepper to taste. Let stand for 30 minutes, turning squabs several times.

Place squabs skin-side down, on a boiler rack and cook them under moderate flame for about 15 minutes, brushing them several times with the marinade. Turn them skin-side up and broil for another 10 minutes or until tender. Then crisp the skin under a bright flame for a few minutes. Serve on a platter, each squab on a piece of toast. Garnish the platter with crisp young watercress or parsley.

On the side serve melted butter seasoned to taste with a little lemon juice or lime juice.

Cooking demonstrations no. 55

Sponsored by: Manila Gas Corporation

## CHICKEN VALDEPEÑAS

### Ingredients:

1/4 cup all-purpose flour  
1 tsp. salt  
1/2 tsp. pepper  
1 medium chicken, cut into serving pieces  
1/4 cup cooking oil

1 cup Vino Valdepenas  
2 tbsps. margarine  
1/2 cup thinly sliced bacon  
1/2 cup onion rings  
1/2 cup button mushrooms

### Procedure:

- Combine the flour, the salt, and the pepper.
- Dredge each chicken piece.
- Heat the oil in a skillet; brown the dredged chicken pieces.
- Drain the chicken pieces; put into another pan.
- Add the wine and the margarine; cover; simmer until tender.
- Meanwhile, sear the bacon until crisp; remove from pan and drain.
- In remaining fat in pan, saute the onion and the mushrooms.
- Arrange the chicken pieces in a platter. Garnish with the bacon, the onion, and the mushroom.
- Serves 4.
- Costs about: ₱5.00.

Cooking demonstrations no. 60

Sponsored by: Del Rosario Bros., Inc.



## CHICKEN ALA KIEV

### *Ingredients:*

1 whole breast of chicken  
1 cup biscocho  
1 cup flour  
2 whole eggs

1/4 cup butter  
1 tbsp. Maggi seasoning  
1 tsp. vetsin  
Salt and pepper

Garnishings: Asparagus tips, pimientos morones, cucumbers, olives and parsley.

### *Procedure:*

Dress and debone the chicken. Slice into two equal parts. On a chopping block, flatten the chicken and pound with the back of a kitchen knife, add the vetsin and Maggi and pound some more until seasoning is absorbed by chicken. Add salt and pepper if you wish.

Now, making sure that the butter you use is had, flatten it on a chopping block and roll in a cone. Work fast and insert this inside the chicken. Roll again. Meanwhile, beat the eggs.

Dip the rolled chicken into the beaten eggs first dredging it in flour. Now, roll again in biscocho, then eggs, then biscocho, then eggs, and a final thick rolling in biscocho again. Set the coated chicken aside on a platter and place in the refrigerator to allow the butter stuffing to harden.

In the meantime, heat lard to boiling point. When shortening is very hot, fry the rolled chicken quickly. Arrange on a platter and garnish.

Sponsored by: Selecta Restaurant

Cooking demonstrations no. 54



## CHICKEN BREAST SAINT FRANCES

### Ingredients:

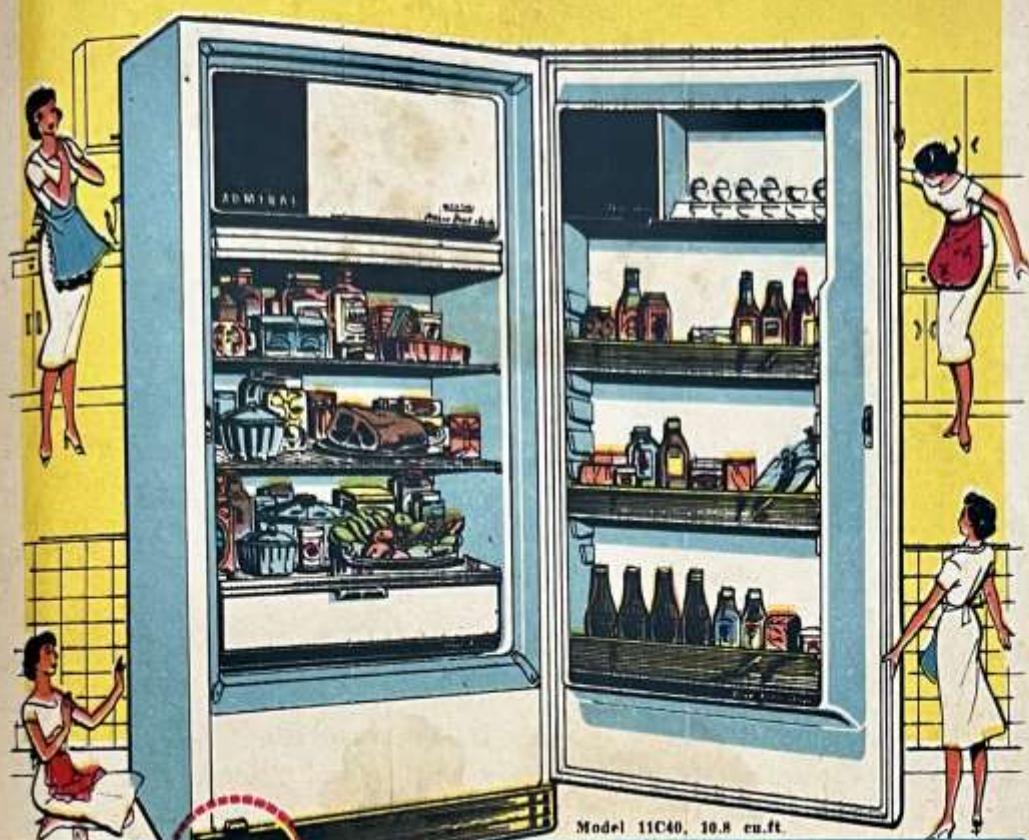
4 chicken breasts  
Pinch of pepper  
Pinch of salt  
2 beaten eggs  
1 cup flour  
4 slices toasted bread

4 slices ham  
1 hard-cooked egg  
4 cups mushrooms  
1 cup melted butter  
Maggi seasoning

### Procedure:

Remove skin from breast, make it flat. Season with salt and pepper, and roll in beaten eggs and flour. Sauté in butter until well done and nicely browned. Place chicken on toast bread. Put ham, sliced egg and mushroom caps on top of chicken. Pour melted butter and Maggi seasoning over the chicken.

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Pine Pineapple

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(Reprinted from Volume I)

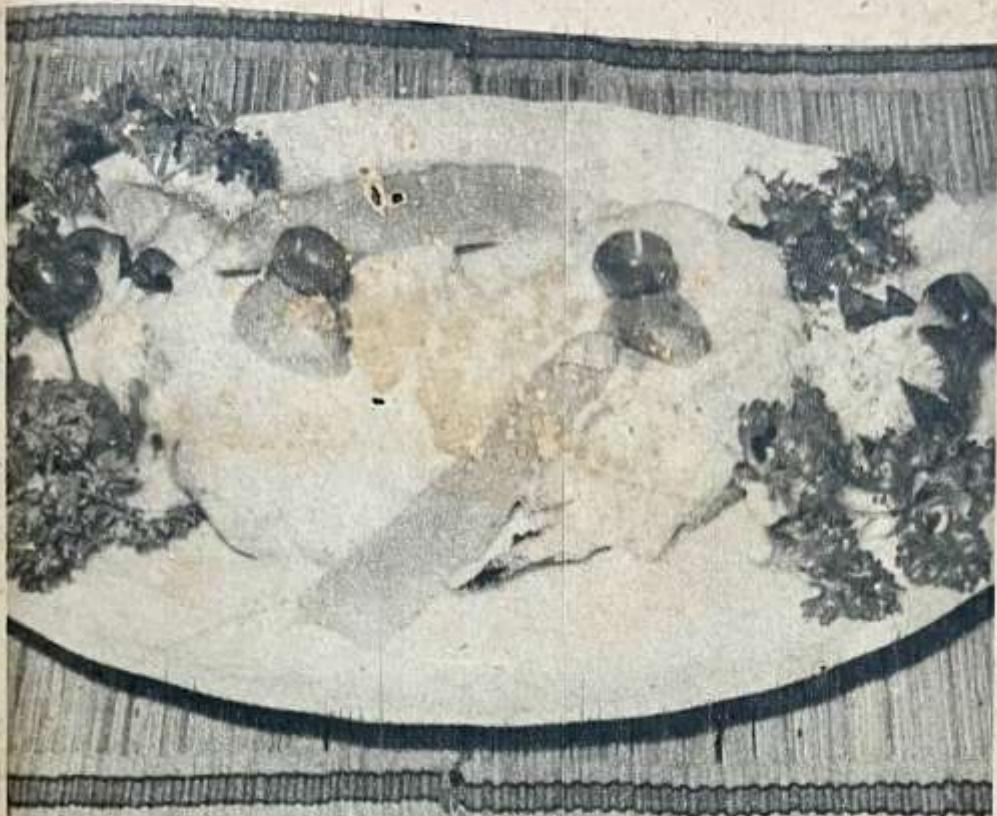
## CHICKEN RELLENO

### Ingredients:

1 big chicken	3 tbsps. soy sauce
2 cups ground pork	3 tbsps. calamansi juice
3 cups ground cooked chicken meat	2 hard-cooked eggs, quartered
2 pieces Chorizo de Bilbao, chopped fine	4 raw eggs
1/4 cup cooked ham, chopped fine	2 tbsps. margarine
1/3 cup celery, chopped fine	Salt and pepper to taste
1/3 cup grated cheese	Garnishings:
2 pieces dill pickles, chopped fine	2 sprigs of parsley
	6 small pieces of carrots

### Procedure:

- Prepare chicken for stuffing.
- Remove all bones, leaving skin, wings and legs intact.
- Soak in calamansi and soy sauce for 30 minutes.
- Mix ground pork, ground chicken meat, ham, raw eggs, chorizos, celery, cheese, pickles, salt and pepper to taste, in a large mixing bowl.
- Stuff chicken with meat mixture, placing quartered in the center of the mixture.
- Close up opening with a needle and thread by sewing it.
- When opening is sewed, wrap the chicken with a gauze and tie the ends with a piece of string.
- Place the wrapped stuffed chicken into a roasting pan with 2 cups of soy sauce and calamansi juice and hot water (mixed together to make 2 cups).
- Then bake at 350° F. for 1-1/2 to 2 hours.
- When cooked, remove the gauze and brown the chicken in deep hot fat.
- After browning, put the chicken on several layers of paper towel and damp it to absorb the extra fat on the chicken.
- Then arrange the chicken on a platter and garnish with parsley and carrots.
- Serve with any sauce good for meat.
- Good for 12-16 persons.
- Total cost: ₱8.13.



## CHICKEN V'ILLEROI

### Ingredients:

Pair of chicken breasts  
Lemon juice  
1 egg  
Salt and pepper  
Flour

Bread crumbs  
Mushrooms  
Asparagus  
Green and black olives

### Procedure:

Remove the skin and bones from the chicken breasts; pound with back of kitchen knife to make them thin and tender. Sprinkle breasts with salt and pepper; sprinkle with lemon juice. Coat breasts with slightly beaten egg and roll in a mixture of 1/2 flour and 1/2 bread crumbs. Coat again with beaten egg. Fry slowly in butter till golden brown. Set aside.

Prepare V'lleroi sauce: melt 2 tbsps. of fresh butter in a saucepan; add 2 tbsps. flour and cook till golden brown, stirring continuously. Add 1/2 cup soup stock and 1/2 cup milk. Continue to stir constantly till mixture reaches boiling point. Do not let boil. Add one slightly beaten egg yolk and stir some more. Put fried breast cutlets on serving platter; pour sauce over them and serve garnished with asparagus, mushrooms, green and black olives.

Sponsored by: Au Gourmet Restaurant



## EGG RENAISSANCE CREAM SAUCE

### Ingredients:

1/4 cup butter  
3 tbsps. flour  
Dash of pepper

1 cup evaporated milk  
1/4 tsp. salt

### Procedure:

Melt butter on top saucepan of double-boiler. Add the flour; stir. Season with salt and pepper. Add milk into flour mixture; stir until thick.

### Ingredients:

Cream Sauce  
3 eggs  
Dash of salt and pepper

1/3 cup chopped ham  
1/4 cup grated cheese

### Procedure:

Butter 3 custard cups. Pour a little of the hot sauce into each cup. Break an egg and season with salt and pepper. Add chopped ham. Pour cream sauce. Sprinkle top with grated cheese. Bake in a pre-heated oven at 350° F. for 8-10 minutes.



## ESTOPADANG MANOK

### Ingredients:

- |   |                     |
|---|---------------------|
| 1 chicken                                       | 3 laurel leaves     |
| 1 onion   | 2 pieces sauve      |
| 1 head garlic                                   | 1 tbsp. pepper corn |
| 1 cup vinegar                                   | 1 cinnamon stick    |
| 1/2 cup Victorias sugar                         | 1 cup water         |
| 4 saba bananas cut crosswise into 4 pieces each | 1/2 cup wine        |
| 4 potatoes cut into halves                      | Lard for frying     |

### Procedure:

Dress and cut the chicken into serving pieces. Fry in hot fat to brown. Remove from fat and put in a sauce pan. Add the vinegar, water, sugar, onion, garlic and seasonings. Boil in slow fire till done. Before removing from the fire add the wine and the potatoes and bananas which have been fried. Serve on a platter. Decorate with sprigs of parsley and reddish roses.

Sponsored by: D & E Restaurant



(Reprinted from Volume I)

## HOMING PHOENIX SOUP

### Ingredients:

1 chicken, cleaned and boned	1/2 tsp. pepper
1 cup chicken meat, chopped coarsely	1 tbsp. Victoria sugar
1/3 cup chopped American mushrooms	1/2 cup lily flowers
1/3 cup chopped lean ham	1/2 cup lotus seeds
1/4 cup fat	4 cups nido
1 tbsp. soy sauce	1 cup stock
1 tbsp. monosodium glutamate	

### Procedure:

- Clean and bone the chicken.
  - (a) Slit the neck of chicken lengthwise at the back through the wings.
  - (b) Remove 1/2 of wing bones.
  - (c) Carefully remove breastbone leaving flesh with the skin.
  - (d) Break bones of legs along the joints and remove the upper and lower leg bones carefully.
  - (e) Remove the flesh.
  - (f) Turn the skin and wash.
- Prepare other ingredients as enumerated above.
- Sauté chopped chicken, mushrooms and ham in 1/4 cup fat.
- Remove skillet from fire.
- Add soy sauce, monosodium glutamate, pepper and sugar.
- Return to fire and sauté some more, about 2 minutes.
- Add lotus seeds, lily flowers and nido and continue cooking.
- Remove from fire and use for stuffing.
- Stuff the boned chicken through the slit at neck.
- Knot the neck.
- Immerse in boiling water and cook for 3 minutes or so.
- Remove from fire and prick chicken.
- Add 1 cup stock and simmer.
- Steam for 1 hour.
- Serve 8-12.



## PAELLA a la VALENCIANA

### Ingredients:

1 young chicken	2 tsps. salt
1/2 cup olive oil	1/4 tsp. pepper
2 cloves garlic, macerated	1/2 bay leaf
4 cups boiling water	1 lobster, cooked and unshelled
2 cups rice, uncooked	1 crab, cooked and unshelled
1/4 kg. string beans, cut into 2" long	1 cup clams, boiled
1 cup peas	5 prawns, cooked and shelled with head and tails intact

### Procedure:

- Clean chicken and cut into serving pieces.
- Heat olive oil in a big skillet and fry the chicken until golden brown.
- Add the macerated garlic.
- Then add the rice soaked in boiling water and continue cooking until the rice has absorbed all the water and is dry with each grain quite separate; stir and mix frequently.
- Next add the beans and the peas.
- Season with salt and pepper and bay leaf.
- Serve at once in a big platter and arrange the lobster, prawns, crabs and clams on top.
- Makes 10 servings.
- Costs about ₱10.40.

Sponsored by: Del Rosario Bros., Inc.



## PASTEL DE POLLO

### Ingredients:

1/2 lb. butter	3 medium-sized potatoes
1 small chicken	1/2 cup sweet peas
1 small can Vienna sausage	2 tbsps. flour
1 chorizo de Bilbao	2 cups chicken broth
1 small can mushrooms	Grated cheese
3/4 cup green olives	Salt and pepper
1 chopped onion	1 tbsp. white wine
1 tsp. pimiento	Monosodium glutamate to taste

### Procedure:

Cut the chicken into one-inch pieces, sprinkle with salt and pepper and brown slightly in hot butter. Remove chicken and add more butter to a pan, saute the onion and add one teaspoon pimiento. Cook until onion is soft. Then add mushroom, chicken, and Bilbao sausages, sliced. Cook 3 minutes, then add 1 1/2 to 2 cups, chicken broth. Add 1 tbsp. wine. Simmer until chicken is almost done. Add the carrots, potatoes, and Vienna sausage, cut in small pieces. Cook for a few minutes then add the cheese and olives. Thicken the sauce, with a little flour if you see that the sauce is not thick enough. Add peas, then pour on a pyrex dish. Cover with pie crust. Brush with beaten egg. Bake until golden brown in hot oven.

## Pie Crust

### Ingredients:

2 cups all-purpose flour	1/2 cup cooking oil
1 tsp. salt	1/4 cup cold water

### Procedure:

Sift flour and measure 2 cups. Add the salt. Sift this together into a bowl. In a cup, whip the cooking oil and water. Pour over the surface of the flour mixture. Stir lightly until just mixed. Gather into a ball. Roll out between sheets of wax paper to the desired thickness.

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(Reprinted from Volume I)

## PATO ALA NARANJA

### Ingredients:

- |                                 |                            |
|---------------------------------|----------------------------|
| 1 medium-sized duck (dressed)   | 1 clove garlic (macerated) |
| 1 medium onion (sliced)         | 1 large orange (sliced)    |
| 1 medium carrot (quartered)     | 1 tbsp. orange rind        |
| 1 medium can tomato paste       | 3 tbsps. olive oil         |
| 1 small piece bay leaf (laurel) | 1/4 cup cointreau          |
| 2 tbsps. flour (for thickening) |                            |

### Procedure:

In a shallow baking pan place the duck and vegetables and sprinkle with the olive oil. Place in a moderate oven 350° F. and let brown. Baste occasionally. When the duck is brown, dust the whole mixture plus the duck with flour and return to the oven to brown. Add the cointreau and meat stock (about 1 cup) and salt and pepper. Continue cooking (about 1 hour and 15 minutes) until the sauce is reduced and the meat is soft.

Transfer the duck to a hot platter. Let the gravy and the cooked vegetables pass through a fine sieve until fine. Add the orange rind and cook for 5 minutes on top of a double boiler. Pour into a gravy boat.

On the hot platter pour gravy on the duck and more cointreau. Return to oven and heat for five minutes (covered) until bubbly. Arrange around duck on platter, boiled peas, potatoes, orange slices and garnish with chopped parsley.  
• Serves 4.



(Reprinted from Volume I)

## PATO TIM a la MODERNA

(First-prize winning recipe—Manila Gas Corp. Chinese Cooking Contest)

### Ingredients:

1 medium-sized duck, dressed	1/2 cup all-purpose flour, for dredging
1 can apulid	1/2 tsp. black pepper
1 can Chinese mushrooms	1 tbsp. Victorias sugar
1 can asparagus	3 calamansi
1 onion head	1 tbsp. salt
2 tbsps. soy sauce	2 tsps. monosodium glutamate
1/2 cup cooking oil	

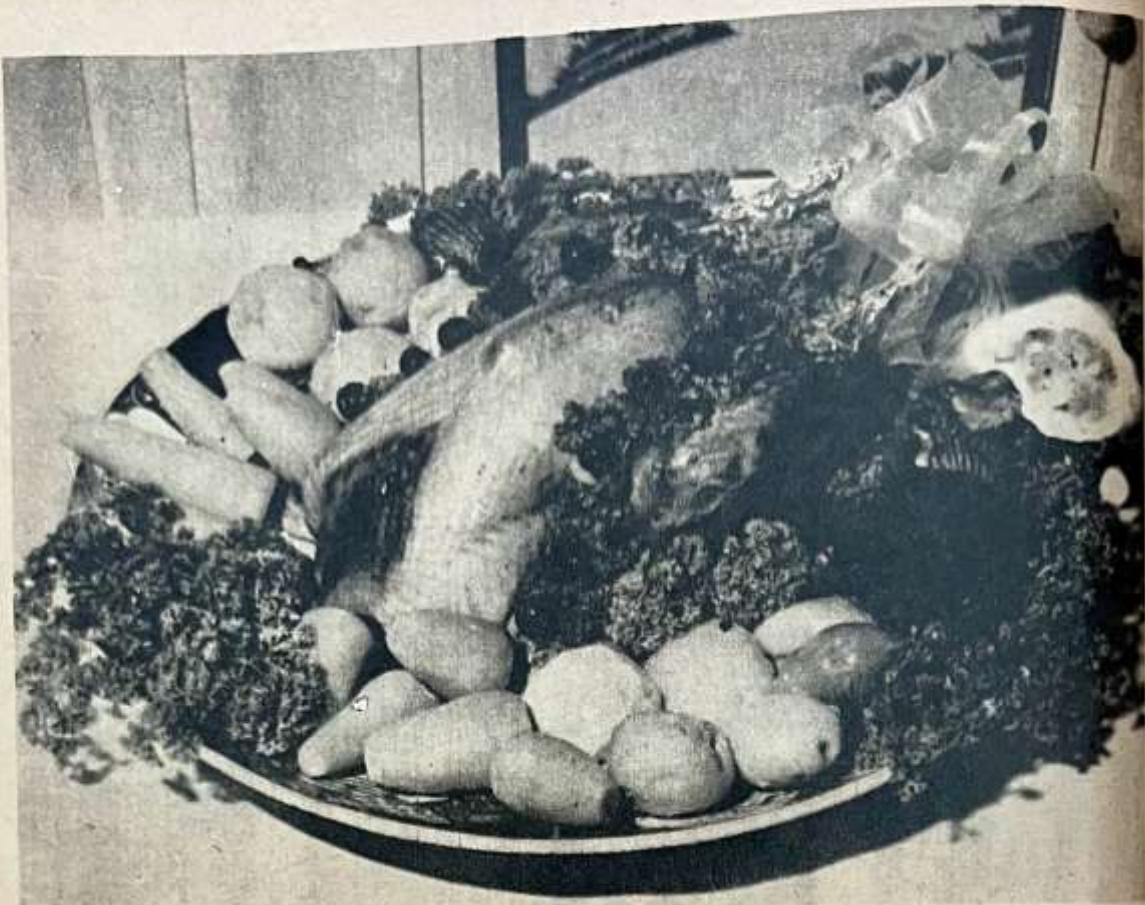
### Procedure:

Wash and clean the duck thoroughly with crushed ginger. Drain. Marinate with the following ingredients: salt, pepper, soy sauce, sugar, vetsin and calamansi juice. Soak for 1/2 hour.

Heat cooking oil in skillet, and dredge the bird with flour. Fry until golden brown. Transfer to a pressure cooker. Add 3 cups water, or stock if desired. Cook for 40-50 minutes at 15-lbs. gauge.

Meanwhile, saute the apulid, mushrooms, and onion in little oil. Cook till soft but do not brown. Pour over the duck. Transfer to a platter and garnish with asparagus. Serve hot.

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## ROAST STUFFED TURKEY Chestnut Dressing

*Ingredients:*

5 kilos turkey	1 cup chestnut (chopped)
1 cup margarine	1 cup celery (chopped)
1 cup onion (chopped)	2 loaves American bread (cut in cubes)
1 cup ham (chopped)	3 tsps. Sage dressing
1 cup sausage (chopped)	3 whole eggs
1 tsp. salt	

*Procedure:*

Season the turkey with salt and pepper and let stand for about 1/2 hour. Sauté chopped onion in margarine. Add the chopped ham, chopped sausage, chopped chestnuts, chopped celery and bread. Add the sage dressing and 1 teaspoon salt to taste. Remove from fire and let it cool for 5 minutes and add the 3 whole eggs. Put stuffing inside the turkey and sew opening. Place in a greased pan. Bake in a moderate temperature, 350° F. for 1-1/2 hours.

## Giblet Gravy

*Ingredients:*

Ground giblet (gizzard and liver of turkey)	1/4 cup flour
1/2 cup margarine	1 tsp. salt

4 cups meat broth

*Procedure:*

Sauté ground giblet in margarine and add flour. Add 4 cups of broth little by little. Add 1 teaspoon salt to taste. Serve together with the roast turkey.

Cooking demonstrations no. 59

Sponsored by: Aristocrat Restaurant



## SIZZLING CHICKEN

### Ingredients:

1 whole spring chicken or young hen  
2 stalks leeks, sliced  
4 tbsps. Kikkoman soy sauce  
6 pats butter

Salt and pepper, onion salt  
Flour for dredging  
Deep hot fat  
Sizzling pan (Use a rice bibingka pan)

### Procedure:

Dress and debone the chicken and cut into serving pieces. While this is being done, heat fat in a deep frying pan. Marinate the chicken in a little soy sauce and when saturated, dredge with a little flour.

Pour a little of the heated fat into another skillet, and brown leeks and chicken for five minutes. Add salt, pepper, onion salt and a little soy. Remove from heat.

In the meantime, heat the pan in another burner. As soon as the chicken-leek mixture is browned, add the butter then the soy sauce and let bubble and steam. Add the fried chicken to the sizzling soy mixture and bring to the table.

Serve with steaming hot rice and a crisp green salad.

Cooking demonstrations no. 52

Sponsored by: Golden Lotus Restaurant



## SOPA EXQUISITA

### Ingredients:

Chicken bones	3 egg yolks
Small ham bones	6 or 7 medium-sized potatoes
Pieces of cooked chicken	Salt, pepper, monosodium glutamate

### Procedure:

Make a good stock of the chicken and ham bones. Cook the potatoes separately in a saucepan of salted water. When soft, mash them through a sieve. Strain the stock and add to the potato puree, taking care to make it the right consistency, not too thick and not too liquid. Strain to make doubly sure that it is smooth.

Into this, add the finely-chopped pieces of cooked chicken. Add salt and pepper, if necessary. Lastly, pour in slowly, stirring briskly all the time, the beaten yolks of the eggs. Season with ve-tsin.

Cooking demonstrations no. 60

Sponsored by: Manila Gas Corporation



(Reprinted from Volume 1)

## STUFFED CHICKEN FILLET

### Ingredients:

1 chicken  
Few drops Worcestershire sauce  
Salt and Pepper  
Shortening  
*For Stuffing:*  
1/2 cup chopped onions  
1/2 cup cooked ham, chopped

1 small box raisins  
1/4 cup chopped sweet mixed pickles  
1 egg omelet

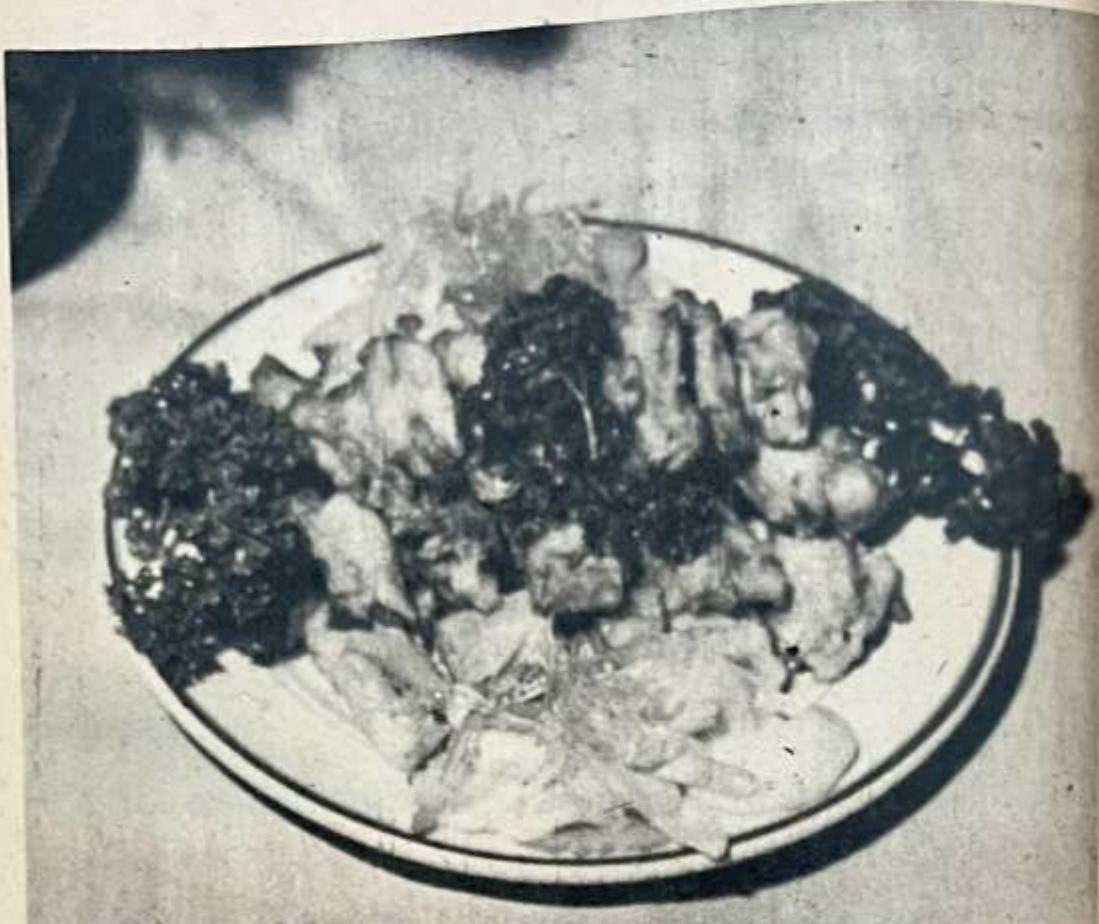
### Batter:

4 eggs  
6 tbsps. flour  
6 tbsps. cornstarch

### Procedure:

Remove the legs whole and cut the bones. Remove either side of the breast and flatten out to make a thin piece. Chop each piece lightly, season with Worcestershire sauce, salt and pepper. Mix ingredients together and pile a portion on top of each cutlet over a whole omelet. Roll and wrap in unto-sensal, then in cheesecloth and tie with a piece of string. Boil in water tender (about 15-30 minutes). Remove and unwrap. Mix flour and cornstarch. Add to beaten whole eggs plus a little water. Coat each cutlet and fry in deep hot fat till golden brown. Drain. Serve with melted butter. Garnish with fried camote, tomatoes, parsley, radish roses.

Sponsored by: Manila Gas Corporation



(Reprinted from Volume I)

## STUFFED CHICKEN WINGS

### Ingredients:

24 chicken wings	Sauce
1/2 canned bamboo shoot, cut in strips	1 cup chicken stock
100 gms. ham, cut in strips	2 tbsps. oyster sauce
Batter.	1 tbsp. soy sauce
1 egg	1 tsp. monosodium glutamate
2 tbsps. flour	1 tbsp. cornstarch
2 tbsps. cornstarch	Pepper to taste

### Procedure:

- Boil chicken wings till tender. Set aside to cool.
- Debone wings—cut off both ends—remove bones by pressing down the chicken meat.
- Stuff each wing with a piece of bamboo shoot and a piece of ham.
- Mix ingredients for batter together till smooth.
- Dip the stuffed wings in batter and fry in deep hot fat till golden brown.
- Prepare sauce.
- In frying pan, simmer chicken stock. Add the oyster sauce. Season with vinegar and soy sauce. Add cornstarch, dissolved in a little water, to thicken sauce. Mix well and continue to cook till thick. Pour over fried wings.

Cooking demonstrations No. 48

Sponsored by: Aristocrat Sun-Ya

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Heads of lettuce	Onion, chopped fine
1 cup EGGO Mayonnaise	

Slice meat loaves 1/4-inch thick, trim edges and cut into heart, oval or flower shapes. Arrange on a bed of lettuce, chilled to crunchy crispness. Now blend 1 cup of EGGO Mayonnaise with celery and onions. Use a heart-shaped dip dish and set in the middle of your salad tray. You'll have a salad; of a beauty to behold, dressed to captivate. Remember, only EGGO Mayonnaise offers you top taste quality at a low, low price!

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# *What they say....*

Since the publication of The Manila Chronicle Recipe Book last year, comments of appreciation and congratulatory messages as well as late orders for the book have been pouring in. The following are representative statements from women who were able to get hold of the first volume.



(ARCELEI D. LANSANGAN, a public school teacher and summer student (home economics major) at the Philippine Normal College.)

## *'A reference material'*

"Just before summer 1959 a copy of the first volume was handed to me by a close friend of my cousin. I was highly pleased with its many new and modern recipes. Its timely arrival helped me a lot in my foods and nutrition class last summer. In fact, it was used as one of our reference materials. The book helped us so much in the preparation of our recipes and especially in our study of Unit VI—calories requirement—as it contains the amount of calories obtained in some of our common foods.

I like the well-balanced format of the book and the quality of the selected recipes published with their illustrative pictures. The price of the book is too cheap considering its usefulness.

I thank *The Manila Chronicle* for publishing this book."

## *'A far cry'*

The first time I heard about *The Manila Chronicle Recipe Book*, I thought it was just like other cook books available any time in book stores. However, when I got hold of a copy and had scanned every page of it, I found out it is a far cry from just the ordinary cook books sold downtown. Its most outstanding feature is that all the recipes contained therein are all kitchen-tested and their ingredients are easily available in the market. The helpful guides, like the definitions, processes, number of calories in average servings, table of weights and measures, table of proportion, etc. are very useful.

Thanks to *The Manila Chronicle* for publishing this true home companion. Every woman interested in the culinary art must have a copy of this book.



(EMILIE CRISOLAGO, a senior Philippine Women's University coed taking up education and music.)

### 'A valuable possession'



(ROSIE P. MACAPINLAC, a medical student of the University of the Philippines.)

"Do you like to be a good cook? Keep in handy *The Manila Chronicle Recipe Book!* It contains recipes suited for any occasion — special or otherwise.

Any woman wishing to be an ideal homemaker needs such a book for cooking is one of the most important aspects of homemaking. So, be an intelligent homebody by keeping this book as one of your valuable possessions.

This recipe book is a good help in diverting my mind from my hectic studies and tough work in the college of medicine. I get real satisfaction and enjoyment in trying the wonderful recipes it contains."

### 'A remarkable help'



(MRS. ISABEL WARREN ROBLES, a product of Centro Escolar University from kindergarten to college, now a happy mother of six.)

"The publication of *The Manila Chronicle Recipe Book* is indeed a remarkable help to those who are interested in cooking, be they professionals or amateurs.

This book contains an array of varied, appetizing, tasty, and selected kitchen-tested recipes that the culinary science can offer. It is appropriately designed to meet all the needs of the family as well as for special occasions, such as elaborate dinners, friendly parties, or family picnics.

I believe that every home economics teacher and every cook will be greatly benefited by such a wonderful book."

### 'A constant companion'

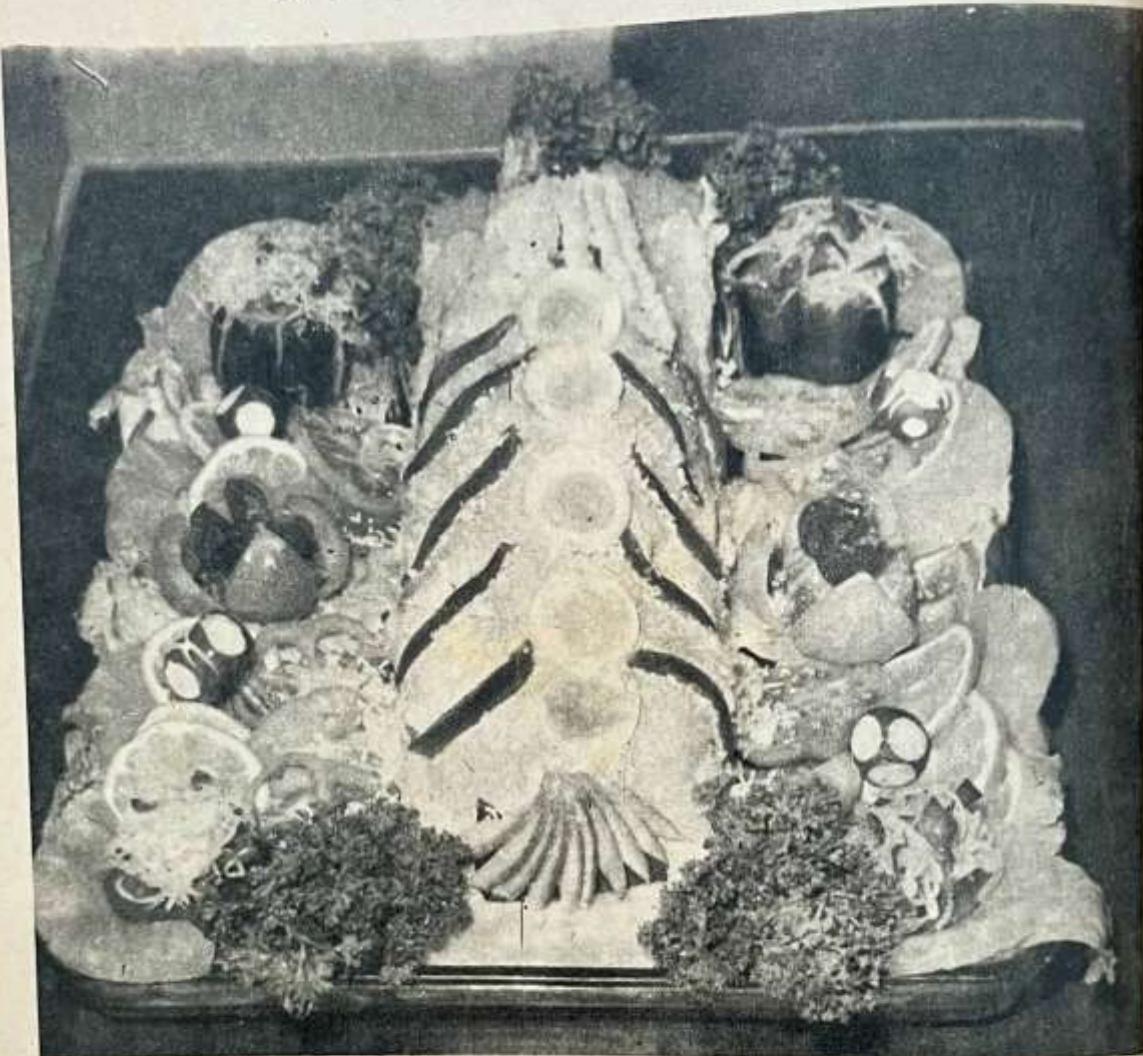


(ANITA CAPATI, a senior pharmacy student from the University of Sto. Tomas, she believes that "the nearest way to a man's heart is through his stomach.")

"Cooking has delighted me very much ever since I was a child. Now as a student always occupied with studies during school days, I find time for my hobby only on Sundays, on which *The Manila Chronicle Recipe Book* is my constant companion, instead of voluminous texts in my course.

This book is preferable to any other recipe book because its recipes are simple and economical. The procedures are easily understood. The recipes make use of local ingredients readily available in the market."

## *IV. Fish and Seafood*



### **BAKED APAHAP ALA EIRLANDA**

*Ingredients:*

1 medium apahap	3/4 cup mayonnaise
2 small tomatoes	1 tsp. vetsin
1 medium onion, sliced	1 tbsp. Maggi sauce
Salt and pepper	1/2 tsp. paprika
2 cups water	1/2 cup ketchup

Garnishings: Hardboiled eggs, pimientos morones, sliced cucumbers and black olives

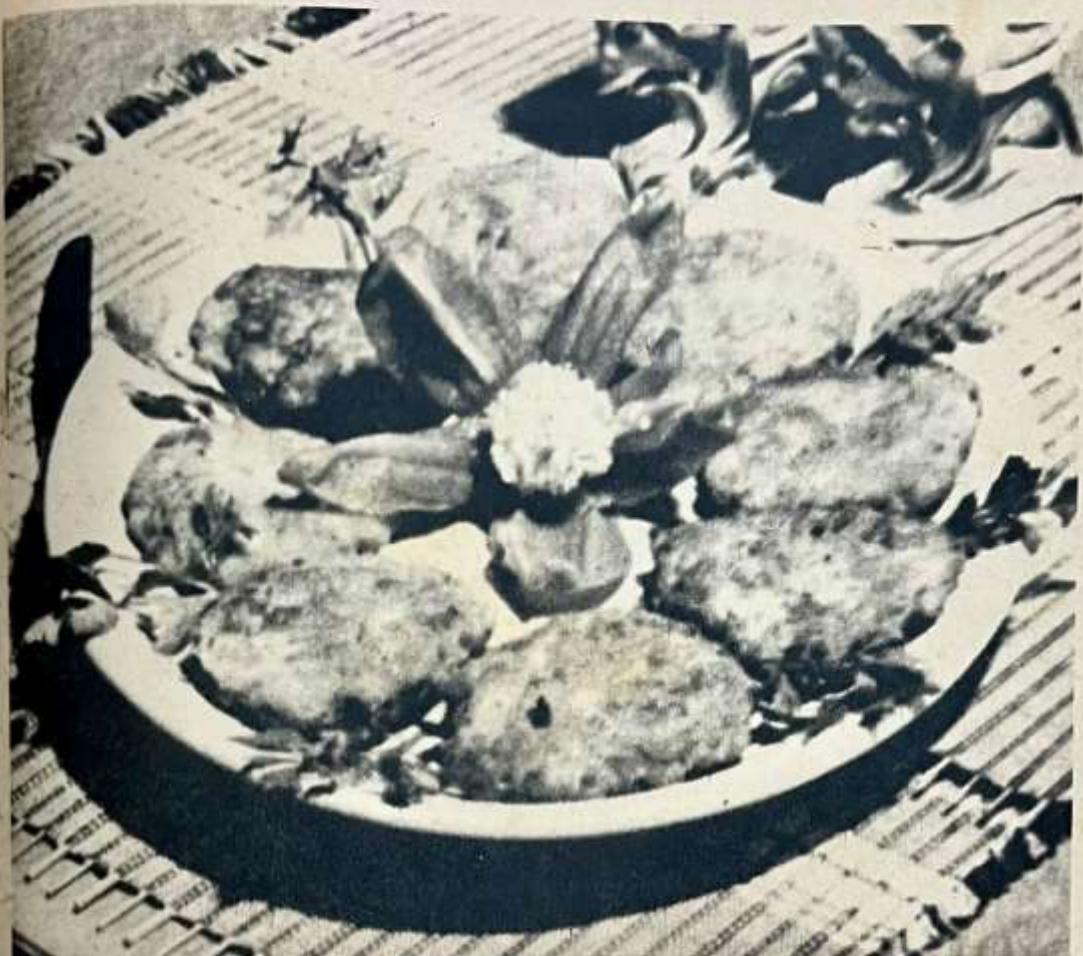
*Procedure:*

Boil fish in water with tomatoes, onion salt and pepper for 5 minutes. Remove from flame and water, cool.

Skin the fish. Baste the fish with butter and put in a moderate oven for 10 minutes.

When done, place in a foundation made of sliced bread. Combine mayonnaise, vetsin, ketchup, sauce, paprika, salt and pepper. Blend well and pour on fish.

Garnish with shredded hardboiled eggs, pimientos, cucumbers and black olives.



(Reprinted from Volume I)

## CRABMEAT PATTIES

### Ingredients:

- |                              |   |
|------------------------------|---|
| 3 tbsps. butter or margarine | 1/4 tsp. Worcestershire sauce, if desired |
| 1 tsp. finely chopped onions | 1/2 tsp. salt                             |
| 3 tbsps. flour               | 1 egg, slightly beaten                    |
| 1 cup powdered milk          | 1 cup bread crumbs or more                |
| 2 cups cooked crab meat      |   |

### Procedure:

- Melt butter or margarine.  
Add chopped onions and saute for 2 minutes.  
Add flour and cook 1 minute.  
Add powdered milk and cook, stirring constantly, until very thick.  
Cool and add all ingredients except egg and crumbs.  
Form mixture into patties. Dip in crumbs; then in egg; then in crumbs again.  
Fry until brown in deep hot fat. Drain and serve with desired sauce.



(Reprinted from Volume I)

Felicita M. Antonios - a Novice

## FISH STEAK A LA SHANGHAI

### Ingredients:

8 pieces Jabahita fillets	1 tsp. pepper
1/4 cup dayap juice	3 medium-sized onions, sliced in rings
1/3 cup soy sauce	1/4 cup vegetable shortening

### Procedure:

- Marinate labahita fillets in dayap juice, soy sauce and pepper, for about 15 minutes.
- Heat shortening in a skillet; fry fish fillets until done.
- Sauté onion rings slightly.
- Pour marinade mixture in hot skillet, let simmer for awhile.
- Pour sauce over fish fillets in platter.
- Serve hot with lemon slices.
- Serves 8.

Cooking demonstrations no. 4

Sponsored by: Silver Swan Mfg. Co., Inc.



## LADY'S CHOICE STEAMED FISH

### Ingredients:

1 big bacoco or lapu-lapu	Kinchay, chopped
4 cups water	Lettuce leaves
1 tsp. salt	1 cup mayonnaise
1/4 tsp. pepper	2 hard-cooked eggs, cut into wedges
1 tbsp. patis	1 med. onion, cut into rings
1 med. onion, sliced crosswise	10 pieces olives

### Procedure:

Place the fish on the steamer rack; add the water, salt, pepper, patis, onion, tomatoes and kinchay.

Steam until the fish is tender.

Transfer in a platter with a bed of lettuce.

Spread mayonnaise.

Garnish with hard-cooked eggs, tomatoes, onion and olives.

Serves 6.



(Reprinted from Volume 1)

## LAND-SEA RENDEZVOUS

### Ingredients:

3 heads, Chinese pechay	1 tsp. garlic
2 tsps. macerated garlic	1/2 cup broth
2-1/2 tbsps. soy sauce	1/2 tsp. pepper
1 tbsp. monosodium glutamate	1 tbsp. soy sauce
1 cup shelled shrimps	1/4 cup cornstarch solution (3 tbsps. water and 1 tbsp. cornstarch)
4 pieces dried abalone, medium-sized	
1/2 cup Chinese mushrooms, soaked and halved	1 tbsp. salad oil

### Procedure:

- Remove the outer green leaves of pechay. Again remove tips of inner leaves.
- Cut into 4 pieces lengthwise, making sure that each portion has part of the stem.
- Wash and drain.
- Deep-fat fry the pechay leaves slightly and drain.
- Sauté with 1/3 cup oil with 2 tsps. finely macerated garlic (3 segments).
- Add soy sauce and monosodium glutamate.
- Remove from fire; arrange on steaming dish and steam for 1/2 hour.
- In hot fat, fry the shrimps and rest of the ingredients (abalone and mushrooms).
- Drain.
- Sauté the garlic and add drained ingredients, add broth, seasonings, cornstarch solution and salad oil.
- Cook for about 2 minutes and arrange on a platter on top of steamed pechay.

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and

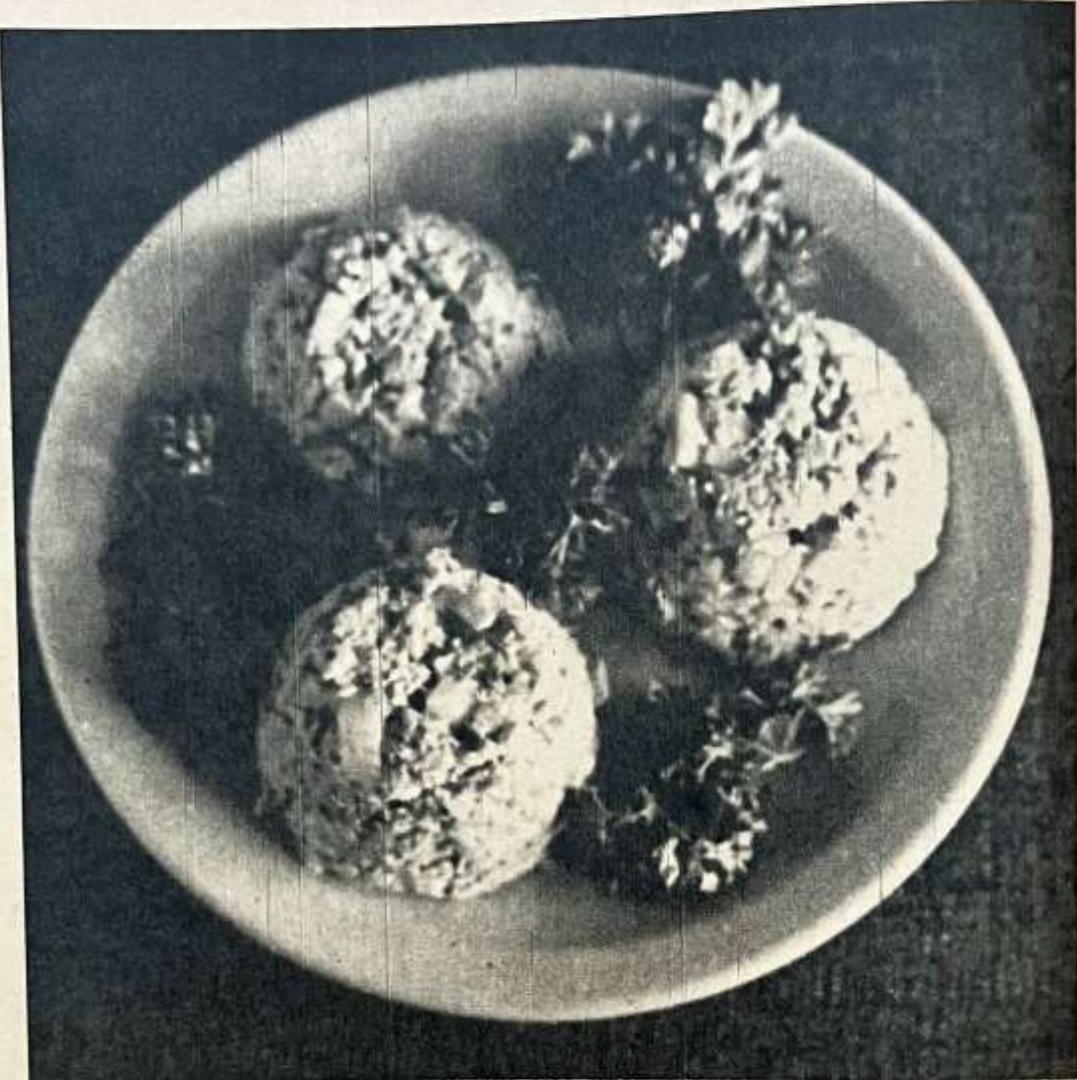


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# DARIGOLD





(Reprinted from Volume I)

## LIBBY'S EASY SALMON MOLD

### Ingredients:

- |                                   |                             |
|-----------------------------------|-----------------------------|
| 1 can pink salmon                 | (or chopped sweet pickle)   |
| 1 cup chopped celery, with leaves | 1 tbsp. finely minced onion |
| 1/4 cup sweet pickle relish       | 1/4 cup mayonnaise.         |

### Procedure:

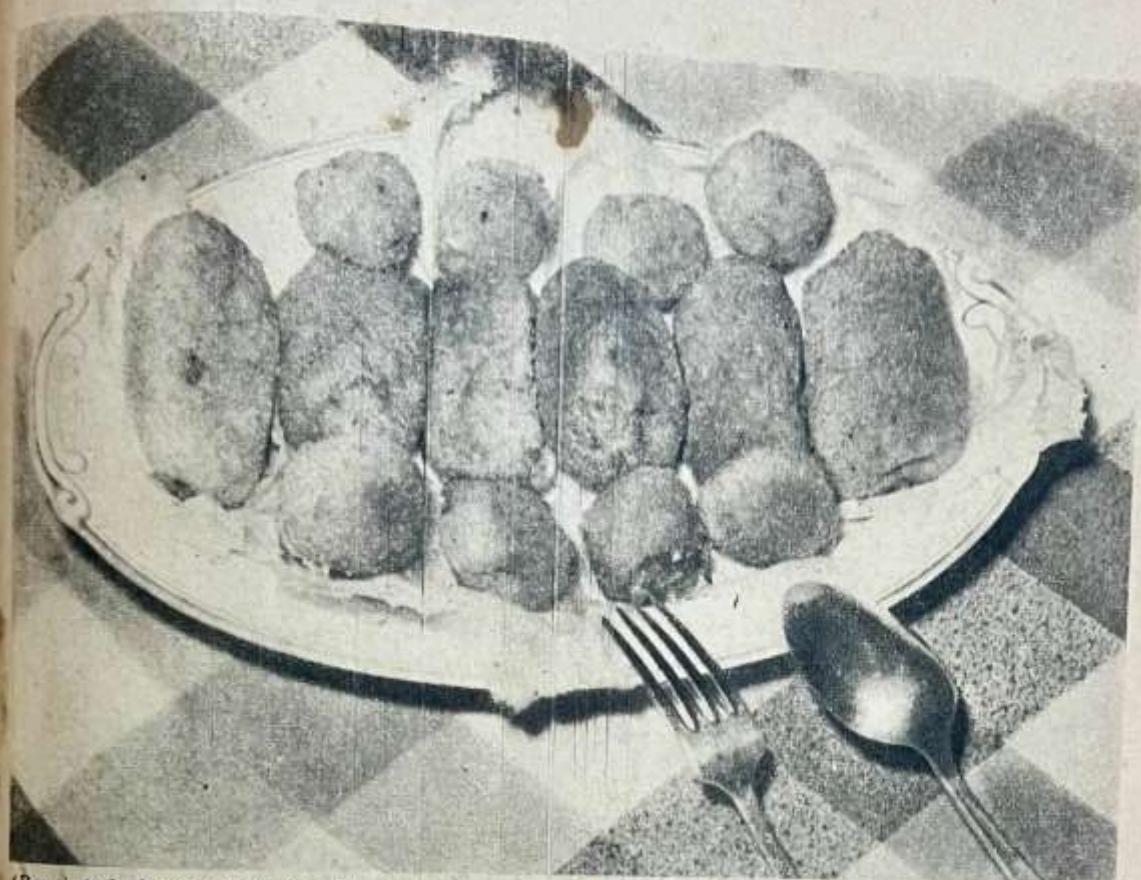
Drain salmon, bone and flake it. (Reserve juice, skin and bones for another use such as soup or sauce.) Toss all ingredients lightly together. Add mayonnaise. Taste the mixture and add salt and pepper if desired.

Pack mixture into cups, firmly. Unmold on a bed of green salad vegetables. (Local lettuce looks pretty and lays flat. Shredded Baguio lettuce or any other good green salad leaves are equally appropriate).

This salad looks and tastes delicious during the season when tomatoes are large. Unmold the salad on thick slices of tomatoes when large ones are available. Garnish as desired.

Cooking demonstrations no. 2

Sponsored by: Libby, McNeill & Libby  
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(Reprinted from Volume I)

## LIBBY'S PINK SALMON CROQUETTES

### Ingredients:

1/4 cup margarine or butter  
1/4 cup flour  
1 can pink salmon, drained  
and chopped  
Add enough milk to make 1 cup  
liquid when combined with juice  
from pink salmon

2 tbsps. minced spring onion  
1 tsp. calamansi juice  
Pepper to taste  
2 eggs, beaten  
2 cups dry bread or biscocho  
crumbs (about)  
Oil or shortening for deep frying

### Procedure:

- Melt margarine or butter in small frying pan.
- Gradually add flour and cook, stirring constantly about 1 minute.
- Add liquid, all at once, and cook, stirring constantly until liquid comes to a boil and thickens. Mixture will be very thick.
- Add sauce to salmon mixture.
- Cool and shape into cubes, circles, globes or cones.
- Coat with crumbs. Dip into beaten egg, then into crumbs again. Set aside until crumbs are firm.
- Meanwhile, heat oil or shortening until just hot enough to brown a square of bread in 1 minute. (375° F. on a thermometer).
- Fry croquettes a few at a time, until golden brown on all sides. Serve with savory sauce.
- Makes 6 large and 7 to 8 small croquettes.



## LIBBY'S STOVE-TOP SALMON TIMBALE

### *Ingredients:*

1 can pink salmon  
2 tbsps. finely chopped onion  
1/4 cup melted margarine  
3/4 cup bread crumbs

3 egg yolks  
2 tsps. calamansi juice  
3 egg whites, beaten stiff  
Salt and pepper to taste

### *Procedure:*

Drain the salmon and flake very well. To this add the onion, melted margarine, bread crumbs, egg yolks and calamansi juice. Season with salt and pepper and mix well. Add the stiffly beaten egg whites and fold in with gentle strokes. Place mixture in a generously greased pyrex bowl or a tin mold; press in mixture gently and smoothen top. Place in a pan of hot water, cover and steam for about 1 hour.

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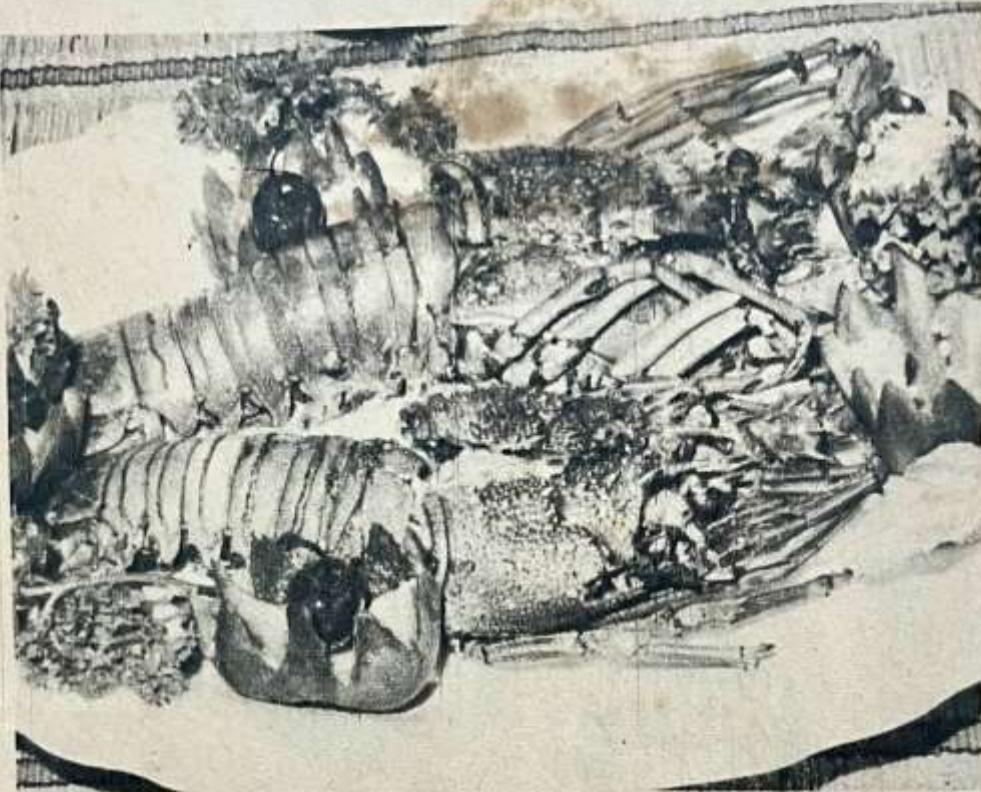
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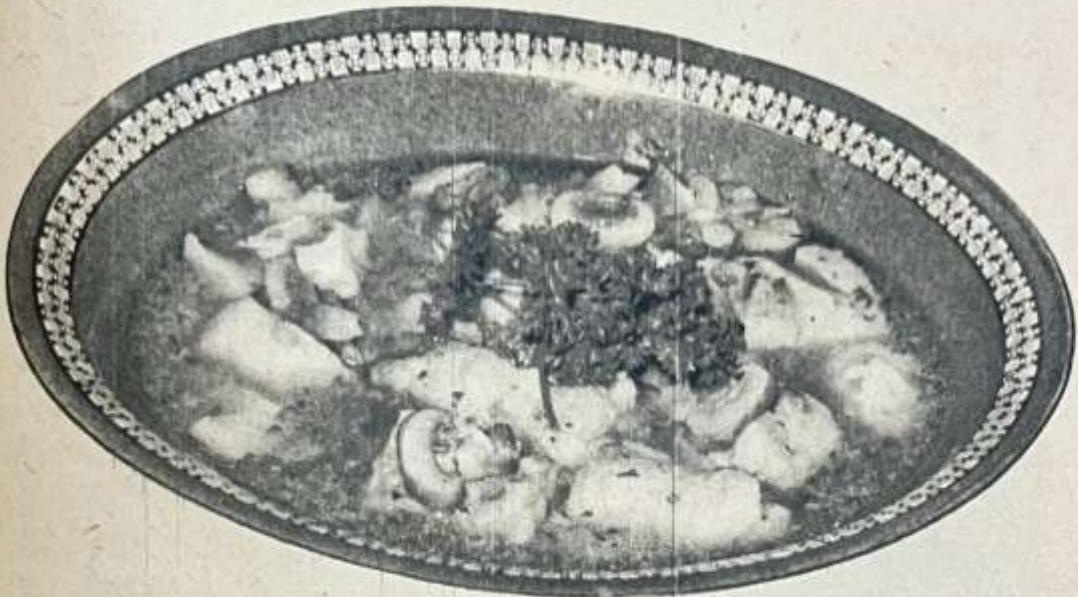
## LOBSTER HOMMARD THERMIDOR

### *Ingredients:*

1 lobster (weighning about a kilo)	1 green pepper
1 onion chopped	1/4 cup milk
3 pieces mushrooms	1 tbsp. flour
1 stalk celery	2 tbsps. butter
1 tsp. prepared mustard	Salt and pepper to taste
1 red pepper	Parmesan cheese

### *Procedure:*

Boil the lobster in a little water till done. Cut lobster in half and separate the meat from the shell. Set shell aside and dice the meat. Sauté meat in butter in skillet; add flour and stir well. Next add milk and continue stirring till sauce is thick. Add prepared mustard. Season with salt and pepper to taste. Transfer sautéed mixture onto lobster shell. Sprinkle with Parmesan cheese and dot with additional butter. Brown in hot oven for 15 minutes. Serve hot. Garnish with fried potato strips, parsley and pepper-flowerets.



## M A T E L O T E (Fish Stew with Beer)

### Ingredients:

3-1/2 to 4 lbs. fish

(fresh or salt-water fish)

3 tbsps. butter or margarine

1 onion, chopped finely

3 stalks spring onion, chopped

2 cloves garlic, crushed

1/2 lb. mushrooms, sliced

1 tsp. salt and a little pepper

A bouquet garni \*

Bread crumbs

Beer

A pony of cognac (optional)

1 tsp. parsley, chopped

### Procedure:

Cut fish into 2-inch pieces. Melt 3 tbsps. butter in a saucepan. Add the onion and cook to a light golden color. Add the spring onion, garlic and mushrooms. Season the fish and put a layer of half of the fish in the saucepan. Sprinkle with bread crumbs and add the bouquet garni and the remaining fish. Pour beer to cover the fish and bring to a boil. Pour on a pony of cognac and ignite it (optional). Cook for 25 minutes or until fish is done. Put fish in a serving dish, discard the bouquet garni, correct seasoning, add 1 tsp. chopped parsley and pour broth over the fish. Serve.

(\* Bouquet Garni is the French term for a bundle, of faggot, of seasoning vegetables and herbs, tied with a string for easy removal from the pot. The Bouquet Garni usually includes celery, parsley, thyme and bay leaf; sometimes it also includes leeks, anise, marjoram and other herbs and vegetables as desired.)

Sponsored by: Manila Gas Corporation

## PAN-FRIED SHRIMP ROYAL

### Ingredients:

- |  |   |
|--|---|
| 4 tbsps. Wesson Oil                    | 1/2 large green pepper,<br>coarsely chopped |
| 1 lb. shrimp, peeled                   | 2 tbsps. grated lemon rind                  |
| 1 can (4 oz.) mushroom, reserve liquid | Sunkist lemon wedges                        |
| 1/2 tsp. salt                          |   |

### Procedure:

- Heat Wesson oil in fry pan.
- Add shrimp, mushroom, salt and green pepper.
- Cook over medium heat for 10 minutes, stirring occasionally.
- Add grated lemon rind and mushroom liquid to pan; blend and heat.
- Serve with sunkist lemon wedges.
- Makes 4 servings.

Cooking demonstrations no. 85

Sponsored by: Del Rosario Bros., Inc.

(MRS. NENA B. OUANO an accountant for almost 20 years, mother of three boys.)



### 'A wonderful friend'

"I have found *The Manila Chronicle Recipe Book* a wonderful friend. Everytime we expect guests at home, I just open my Recipe Book and choose varied recipes for the occasion. Although I do not have a home economics background, the step-by-step instructions in the cook book are so easy to follow that I am able to serve good food to our guests. It is indeed a great pride to hear friends say that I am a very good cook — thanks to *The Manila Chronicle Recice Book*."

(ESTHER L. JARDINICO, head of the home economics department of Mountain View College in Malaybalay, Bukidnon.)

### 'Foods class text'

"I am glad that although Volume I of *The Manila Chronicle Recipe Book* cannot be reprinted, some of its recipes can be included in Volume II. At present the Mountain View College library has one copy of your Volume I. I have been using several recipes from that edition in my food class. I found them very practical and easy to make. The students can follow the procedure very easily and they produce fine results."



(NENITA A. PASCUAL. A cooking enthusiast, she sums up her interest in the culinary art, thus: "Cooking is a must for a girl to meet the qualifications of a good housewife.")

### 'Perfect for beginners'

"Every woman would love to own a collection of *The Manila Chronicle Recipe Book*. Perfect for beginners, for it is understandable and easy to follow, it contains interesting new methods of modern cooking. For good cooking I keep *The Manila Chronicle Recipe Book* always handy."

(MRS. ADELAIDA V. NEPOMUCENO-PARINA, a housewife with four children, and an alumna of U.S.T.)

### 'A great boon'

"*The Manila Chronicle Recipe Book* has proved to be a great boon to the housewives, especially to those unexperienced in cooking. With no formal schooling in home economics, I find it a great help indeed. Whenever I serve a new dish, my children always ask me if I got the recipe from the *Chronicle Recipe Book*. During parties and get-togethers at home, I always refer to it. I have been much praised for my cooking because of my good friend — *The Manila Chronicle Recipe Book*."

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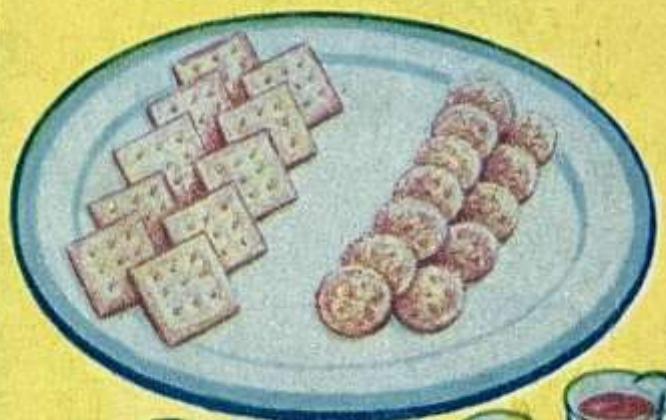
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CHEESE





(Reprinted from Volume I)

## PASTELITOS DE PESCADO

### Ingredients:

#### Pastry:

- 4 cups flour.
- 12 tbsps. margarine
- 4 egg yolks
- 1 tsp. salt
- 1 tsp. Victorias sugar
- 6 tbsps. water

#### Filler:

- 1 medium-sized onion chopped fine
- 1/4 cup chopped native white cheese
- 1/4 cup tomato or 2 regular-sized tomatoes, roasted, skinned, seeds removed, and minced
- 1/2 kilo pre-cooked flaked fish
- 1 pkg. bacon, chopped fine
- 2 tbsps. patis
- Bacon fat

### Procedure:

- To make the pastry, sift flour, salt and Victorias sugar in a bowl.
- Work in the margarine with two spatulas.
- Fold in well beaten yolks.
- Sprinkle cold water to bring the mass together and work lightly with fingers.
- Divide dough into half. Place 1/2 of the dough in between two sheets of waxed paper, and roll out gently into a sheet.
- Cut into squares 3" long and 3" wide.
- On one part spread evenly the filler made as follows:
- Place bacon on a hot skillet and fry until crispy. Set bacon on one side of the skillet and add onion and fry until golden yellow.
- Then add tomato, stirring continuously; add fish and cook until done.
- Remove the skillet from the fire and then add the native white cheese and the patis.
- Cool the fish mixture and spread evenly on one part of the dough.
- Brush edges with cold water, and fold halfway.
- Press edges together with the aid of a table fork or pastry cutter.
- Place in a buttered and floured pan and brush lightly with beaten yolks of eggs and bake at 350° F. until brown.



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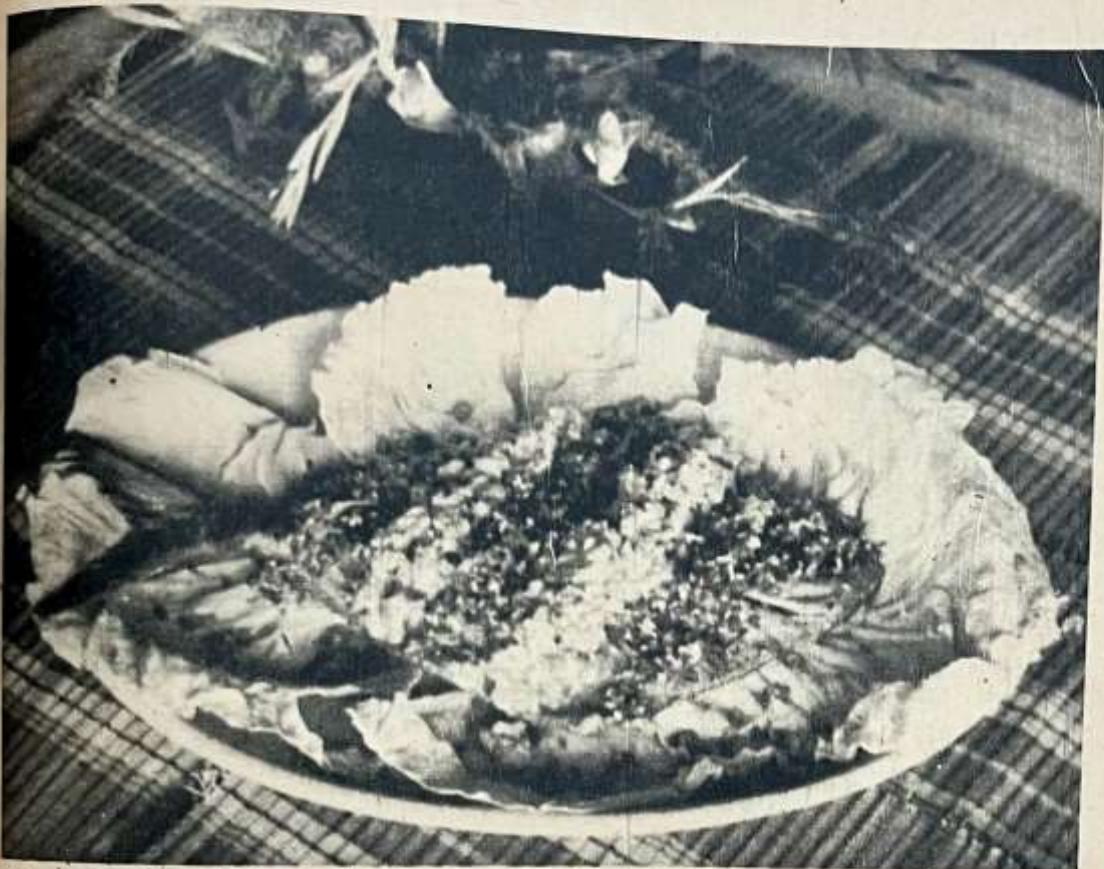
## PESCADO A LA PARISIENNE

### *Ingredients:*

- |                        |                               |
|------------------------|-------------------------------|
| 1 med. sized Bambangin | 1 big onion, sliced           |
| 1 strip bacon          | 1 stalk celery, cut in pieces |
| 1 dayap                | 1/3 cup water or broth        |
| 1 tbsp. butter         | 1 tbsp. flour                 |
| 1 big tomato, sliced   | Salt and pepper to taste      |

### *Procedure:*

Clean fish; remove gills and intestines. Slit fish diagonally. Season with salt and pepper and dayap juice. Insert strips of bacon in slits. In a baking pan, arrange alternate slices of tomato, onion and celery. Over this, place the fish. Sprinkle flour over fish. Then add the broth or water. Bake in a moderate oven about 30 minutes or till done. Baste with butter and broth while taking. When done, remove fish from pan, and transfer to a platter. With the remaining broth, make a gravy and pour over fish. Garnish with carrot strips, chopped onions, pickles and beets.



(Reprinted from Volume I)

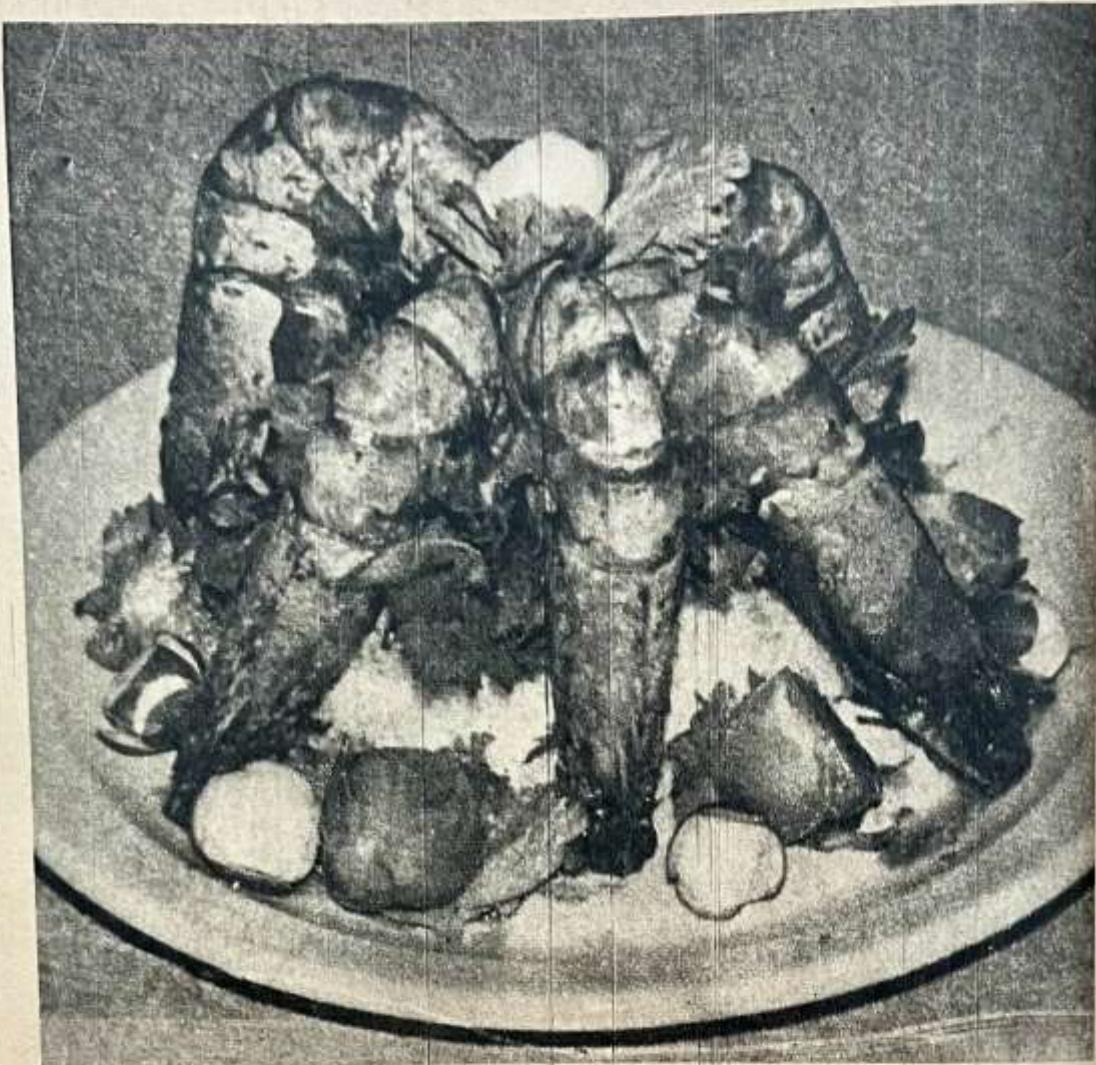
## POMPANO POUF

### Ingredients:

1-1/2 kg. pompano	1 tsp. salt
1/3 cup vinegar	1 egg, slightly beaten
1 tsp. salt	1/4 cup evaporated milk
1/2 tsp. pepper	1/3 cup onion leaves, chopped
1/2 kg. shrimps, chopped	1/2 cup cooking oil
1/4 tsp. pepper	3/4 cup evaporated milk

### Procedure:

- Clean pompano, cutting through stomach up to backbone; remove large middle bones leaving head and tail intact.
- Combine next 6 ingredients for stuffing mixture.
- Stuff fish with mixture and sew opening in stomach; place in baking dish.
- Pour milk and cooking oil over stuffed fish.
- Bake at 350° F. for about 30 to 40 minutes, basting occasionally.
- Serves 6 to 8.



## PRAWNS AUX PAPRIKA

### *Ingredients:*

1/2 kilo fresh prawns  
1 cup olive oil  
1/2 cup vinegar  
1/2 tsp. paprika

Chopped garlic  
1 bay leaf  
10 peppercorns  
Salt and pepper to taste

### *Procedure:*

Marinade prawns in vinegar, oil, paprika, chopped garlic, bay leaf, peppercorns, salt and pepper. Let stand for 30 minutes. Strain liquid. Fry prawns in olive oil until red, add strained liquid and simmer for about 20 minutes.

Prepare a rice mold, surround with prawns and remaining sauce. Garnish with parsley and fresh tomatoes.



## PRAWNS ON CUCUMBER RING

### Ingredients:

12 pieces uniform-sized prawns  
2 qts. water  
1 tsp. salt

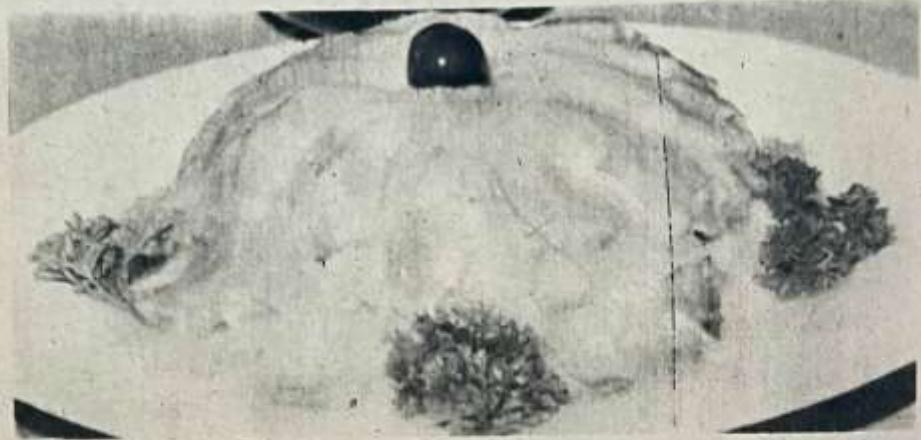
6 pieces red radish made into flowers  
1 cup Remoulade sauce  
6 heads curled parsley

### Procedure:

Cook prawns in boiling salty water about 5 minutes. Peel but leave heads and tails intact. Place on cucumber ring. Decorate with red radish flowers and curled parsley.

Cooking demonstrations no. 77

Sponsored by: New Tres Hermanas



## PRAWNS ROYALE

### Ingredients:

1/2 kilo prawns or shrimps, blanched and sliced	1 egg yolk
100 grams cooked ham, sliced thin (Bacon may be used)	2 tbsps. butter or margarine
Juice of 1 lemon or dayap	1 tsp. cornstarch
	1 cup chicken broth

Salt and vetsin to taste

### Procedure:

Boil prawns, shell and slice thin, lengthwise. Arrange slices alternately with ham to form a concentric circle in a shallow Chinese bowl, pressing well to mold into a mound. Unmold on a serving platter.

Prepare sauce by boiling a cup of chicken broth with lemon juice, cornstarch, salt, pepper, vetsin. After 2 minutes of steady simmering, add the egg yolk and butter. Simmer gently for a minute and pour on ham and prawn mold.

Garnish with hard-boiled egg slices, asparagus tips, celery and kinchay. A wonderful addition to a cold buffet.

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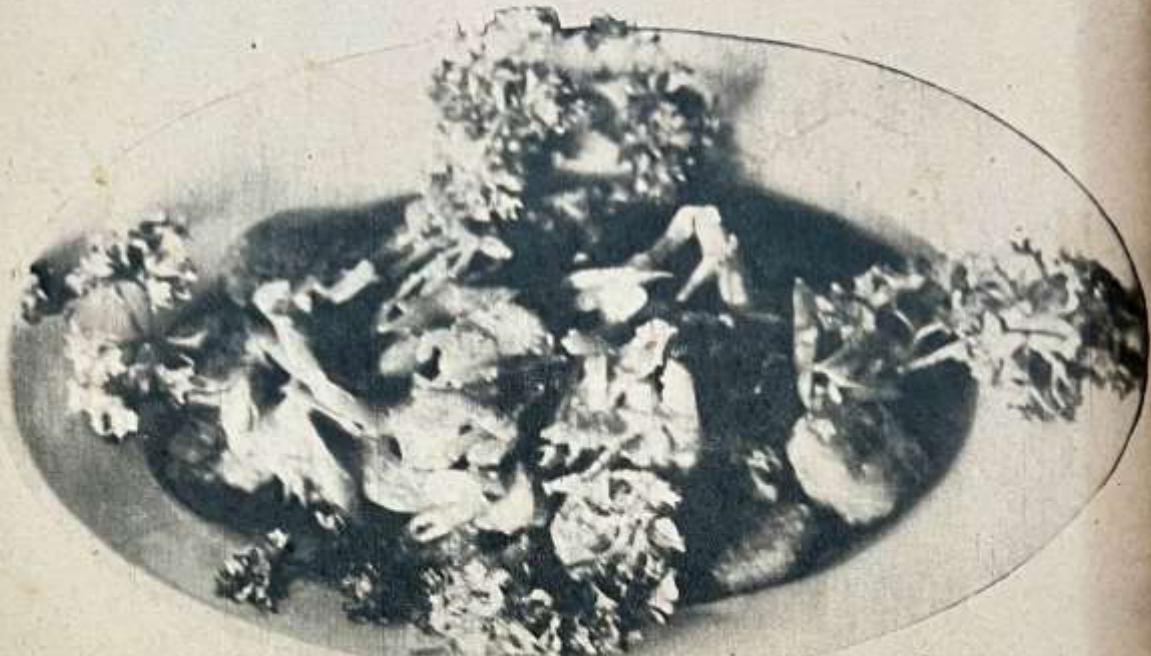
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## SAMBEL GORENG UDANG

(This Indonesian shrimp dish is distinguished for its subtle spiciness. Its greatest virtue is the fact that although the shrimp taste is kept intact and full-bodied, the aroma is improved by the clever use of condiments—and a minimum of cooking. It is one of the finest examples of skillet cookery in the Orient).

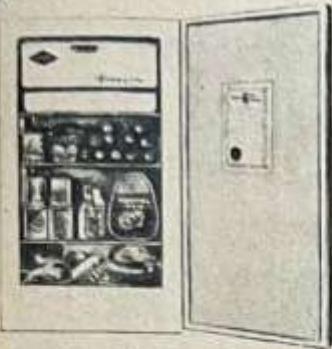
### Ingredients:

1/2 kilo shrimps, shelled and salted	1 piece langkawas
1/2 cup string beans, sliced	1 tamarind pod (tamarindo)
2 tbsps. cooking oil	1 tsp. ginamos
3/4 cup coconut milk	1 slice lemon
1 medium red pimiento cut in strips	Tamarind juice marinade
4 small pieces native onions	Salt and pepper
3 cloves garlic	2 small pieces siling labuyo (optional)

### Procedure:

Key element in this dish is flavor and this is insured by the first step: Marinade the shelled shrimp in 1 cup tamarind juice. Meanwhile, using a mortar and pestle (dikdikan) pound garlic, onion, pimiento strips, langkawas, and siling labuyo (optional). Pound all these ingredients until they achieve a fine consistency then scrape off the almiris. Heat the oil in a skillet and then brown the pounded mixture and add unpounded pimiento strips. Saute lightly for 3 minutes then remove shrimp from marinade and add to the cooking mixture. Cook till shrimp changes color. Next, pour all of the coconut milk and continue cooking until curds form on the sauce. Here, you may add string beans (if uncooked)—but if your string beans are parboiled be sure to add them last. When curds form, add salt and cook for another two minutes. Serve hot with a lemon peel.

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(Reprinted from Volume I)

## TEMPURA

### *Ingredients:*

5 big shrimps	1 labahita fish steak
1 eggplant, sliced slantwise	1 green pepper, quartered
1 egg	2 cups flour
2/3 cup water	Salt
Monosodium glutamate	

### *Procedure:*

- Wash the shrimps very well; peel off shell leaving tail intact; slit twice or thrice the front part of the shrimps and set aside.
- Cut the labahita steak into quarters; wash and rub with salt and calamansi juice.
- Beat the egg slightly; add the water, flour, salt and monosodium glutamate and beat the mixture lightly.
- Dip shrimps, fish, pepper and eggplant slices in batter and fry in deep hot fat till golden.
- Serve with grated radish, ginger, carrots and Suki-yaki sauce.

Cooking demonstrations no. 12

Sponsored by: Ajinomoto



(Reprinted from Volume I)

## TORTA DE CANGREJO

### Ingredients:

1 cup crabmeat (save fat of crab for sauce)  
1/3 cup onions  
3 eggs  
2 tbsps. soy sauce

1 tsp. monosodium glutamate  
2 tbsps. camote starch or cornstarch dissolved in  
1 tbsp. water  
Pinch of salt  
5 tbsps. lard

### Procedure:

Cut the onions in thick slices and saute in lard until cooked. Add the crabmeat and salt and cook for one minute more. Stir in the beaten eggs until cooked. (Add more shortening before putting in the beaten egg). Place in a platter.

Dissolve the fat in about 1/4 cup water. Cook the fat mixture in the frying pan together with the soy sauce. When boiling add the camote or cornstarch to thicken the sauce. Pour sauce over the crab omelette.

If crab has no fat, pound the claws and add water to get the juice equivalent to 1/4 cup.

Sponsored by: Manila Gas Corporation

Cooking demonstrations no. 5



(Reprinted from Volume I)

## TUNA FISH AMANDINE

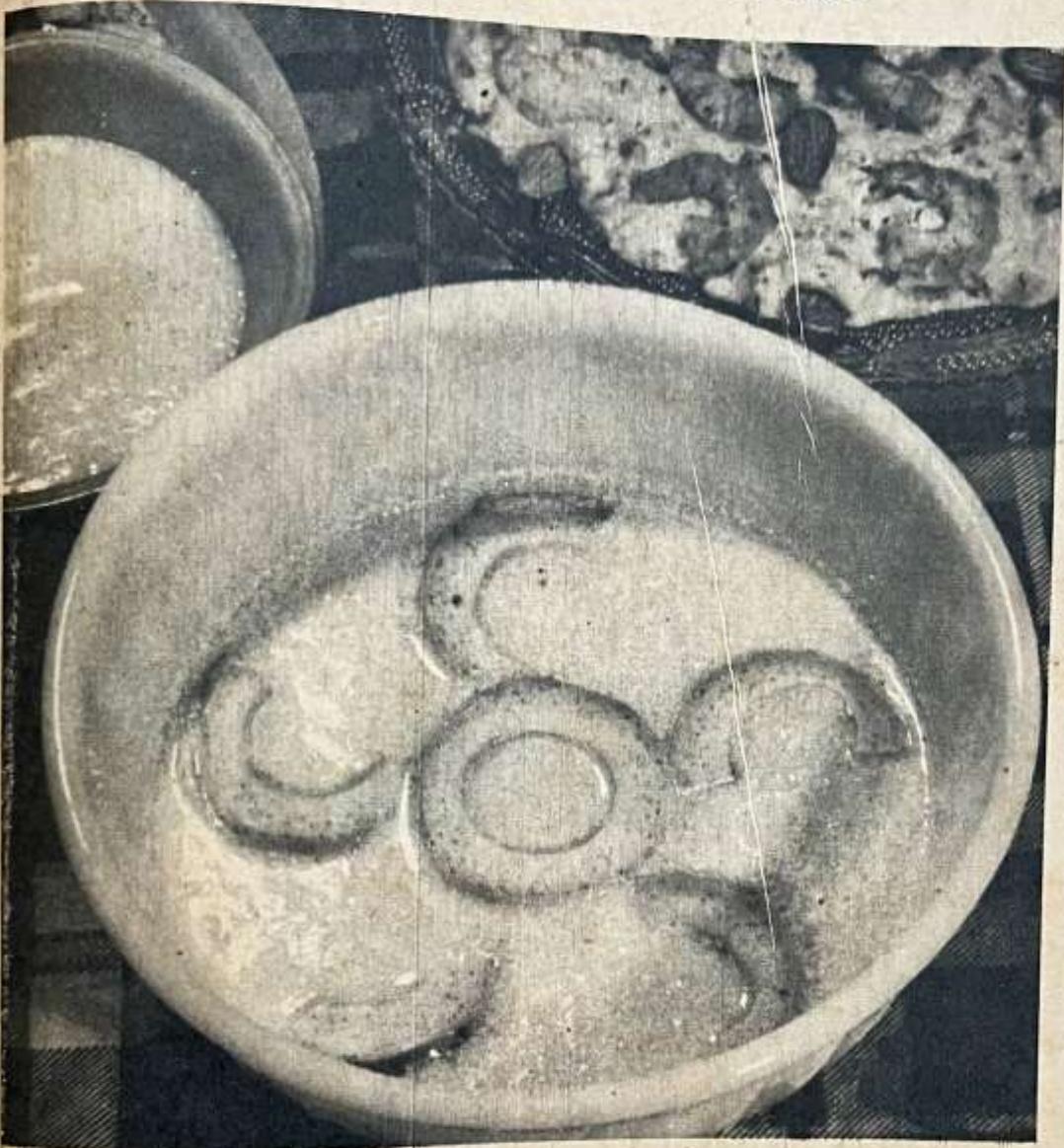
### Ingredients:

1/2 cup almonds	1/8 tsp. black pepper
2 cans tuna fish	2 tbsps. butter
4 tbsps. lemon juice (or 6 tbsps. calamansi juice)	

### Procedure:

- Blanch and sliver almonds.
- Pre-heat oven to 350° F.
- Empty both cans of tuna fish together with juice of one can into baking dish. Separate into large chunks.
- Add the lemon juice or calamansi juice and the black pepper, and mix well, being careful not to break tuna to small bits.
- Melt the butter in pan, add the almonds and brown slightly. Pour over tuna fish.
- Bake 15 minutes or until well heated and almonds are toasted.
- This is enough for a full meal for 4, or a first course for 6 or 8
- Approximate cost: ₱2.00, if Namarco tuna is used;  
₱3.50, if grocery tuna is used.

## V. Vegetables and Salads



### AVOCADO CREAM SOUP

#### Ingredients:

1 large ripe avocado	2 cups chicken stock
1 cup evaporated milk (undiluted)	2 tbsps. sherry

#### Procedure:

- Remove seed and skin from avocado.
- Blend or mash well with the cream.
- Add this mixture to the chicken stock which has been heated, in a saucepan.
- Add the sherry; reheat just to the boiling point.
- Serve with thin slices of avocado for garnishing.
- Makes about 4 to 6 servings.
- Costs about ₱0.66.



(Reprinted from Volume I)

## BAKED MUSHROOMS

### Ingredients:

1 cup evaporated milk	2 cups mashed potatoes
1 cup grated cheese	(1/2 tsp. salt
1 tbsp. chopped onions	(1/4 tsp. white pepper
1 tsp. salt	(1/8 cup evaporated milk
1/4 tsp. prepared mustard	(1/4 cup melted butter
1 can mushroom	1 cup chopped parbroiled bacon

### Procedure:

- Combine milk, cheese, chopped onions and mustard; set aside.
- Divide chopped bacon into two.
- Combine mashed potatoes and chopped bacon.
- Line baking dish with mashed potato mixture.
- Fill with mushrooms.
- Pour over milk-cheese mixture.
- Top with other half cup of chopped parbroiled bacon.
- Bake for 30 minutes in a moderate oven of 350° F. for about 40-45 minutes or until the milk is set.
- Serves 8.



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The result of years of research and experimentation, Rosepack's Mango Halves out-tastes any imported fruit products. It's made from choice, fresh "carabao" mangoes. Chilled or iced . . . on Sundaes, salads or fruit cocktails . . . and as toppings for cakes —IT'S GREAT! (Available at your favorite grocers.)



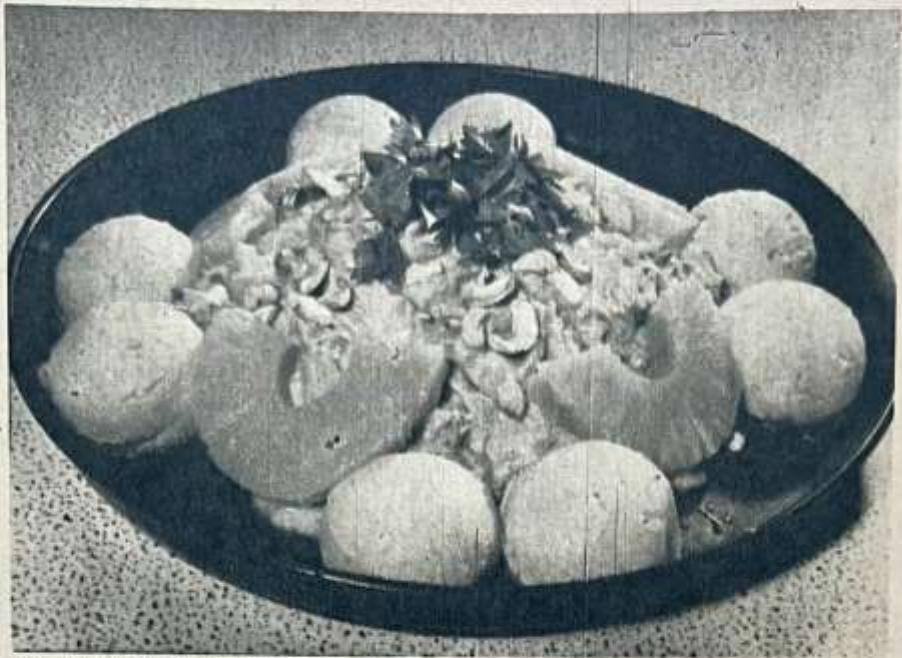
## ROSEPACK'S MANGO-ADE (MANGO JUICE)

Here's an exotic product . . . a wonderfully wholesome and refreshing drink you'll surely enjoy. Its fruity flavor is delicious . . . distinctive from any fruit drink you've tried before! To serve, add equal amount of water and chill. (Available at your favorite grocers.)



(Available at your favorite grocers)

ROSE PACKING COMPANY, INC.  
Office: Rm. 407 Trade & Commerce Bldg.  
Factory: Juan Luna, Manila \* Tel. 2-87-02  
Apelo Cruz, Pasay City; Tel. 8-18-11



(Reprinted from Volume I)

## CHICKEN HAWAII

### Ingredients:

1/4 cup margarine	1 egg yolk
2 tbsps. flour	2 cups diced cooked chicken
1/4 tsp. pepper	1 cup drained pineapple tidbits
1-1/2 tbsps. salt	1/4 cup casuy nuts
2 cups evaporated milk	

### Procedure:

- Melt margarine in top saucepan of the double boiler.
- Add flour, salt and pepper; blend well.
- Add milk and cook, stirring constantly until slightly thick.
- Beat egg yolk slightly and add a small portion of the cream mixture.
- Return egg mixture to the double boiler; continue to cook until thickened.
- Add chicken and pineapple tidbits.
- Garnish with casuy nuts, pineapple slices and parsley sprigs.
- Serve with mashed potatoes.
- Serves 6 to 8.

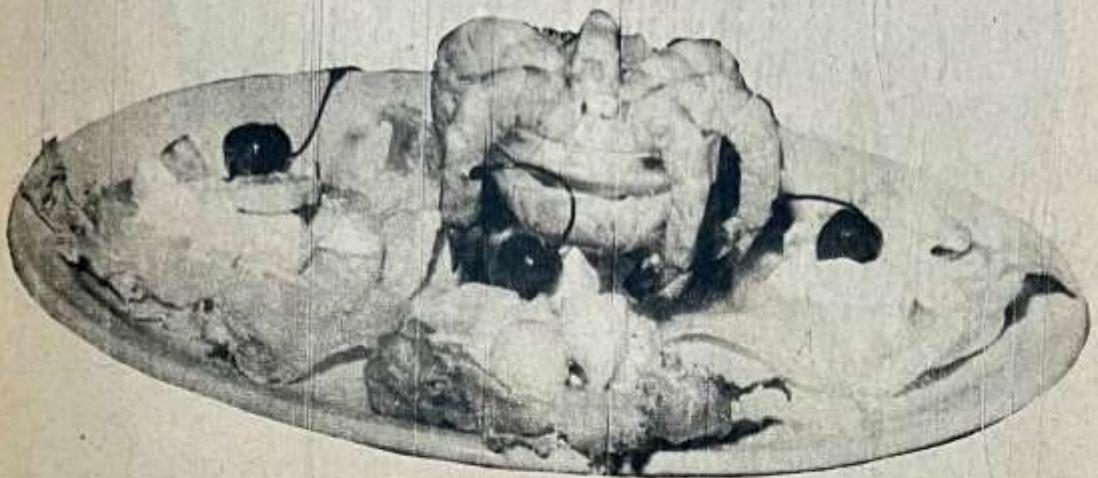
## Mashed Potatoes

### Ingredients:

2 cups mashed potatoes	1/4 cup evaporated milk
1-1/2 tbsps. salt	1/4 cup melted margarine
1 tsp. white pepper	

### Procedure:

- Beat the potatoes until fluffy.
- Add the seasonings, milk and margarine. Beat until light and fluffy.
- Mold as desired.



## FRUIT MEDLEY

### Ingredients:

1 big can sliced pineapple	Magic mayonnaise
1 cantaloupe	3 calamansi
2 red apples	1 head lettuce
2 ripe mangoes	6 prawns
5 bananas (lakatan)	1/2 cup wine
Marachino cherries	Salt and pepper to taste

### Procedure:

Cut 3 slices pineapple into small pieces. Scoop 1 cantaloupe into small balls. Cube 2 red apples (removing core and seeds). Scoop 2 mangoes into smaller balls. Slice bananas crosswise. Sprinkle calamansi juice over apples and bananas. In a large bowl, carefully blend mayonnaise into cut up fruits. Meanwhile, arrange on individual salad plates: 2 pieces lettuce leaves (as a bed) and place 1 slice pineapple on each "bed" of lettuce leaves. Lastly, before serving, arrange fruit salad on pineapple slices. Top with green marachino cherry. Serve with prawns cooked in wine as accompaniment.



(Reprinted from Volume I)

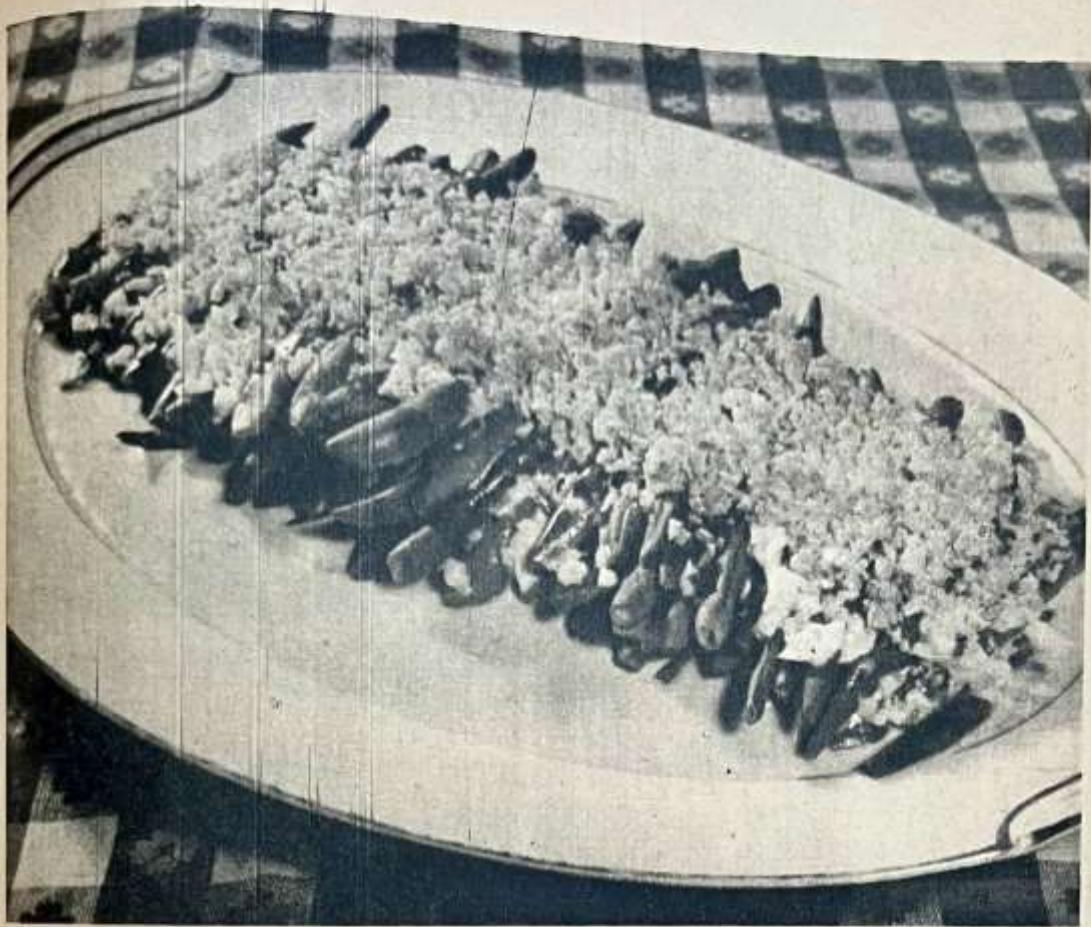
## FRUIT—MACARONI SALAD

### Ingredients:

- |   |                        |
|---|------------------------|
| 2 cups cooked elbow macaroni            | 1/4 cup pickle relish  |
| 2 small can fruit cocktail, drained     | 1 tsp. Victorias sugar |
| 1 small can pineapple tid-bits, drained | Salt to taste          |
| 1 cup mayonnaise                        |                        |

### Procedure:

Combine all the above ingredients together and mix well. Chill in the refrigerator before serving. Serve on lettuce greens and garnish with additional fruits.



(Reprinted from Volume I)

## GOLDEN ROD BEANS

### Ingredients:

1/2 kilo string beans, cooked  
1-1/2 tbsps. margarine  
2 tbsps. flour  
1 tsp. salt  
1/4 tsp. pepper

1/2 cup water  
1/4 cup evaporated milk  
3 hard-cooked eggs, separated and mashed  
3/4 cup mayonnaise

### Procedure:

- Cook beans until tender. Drain.
- Arrange on a platter.
- On top portion of double boiler, melt margarine.
- Add flour, salt and pepper.
- Dissolve powdered milk in water; stir into the mixture.
- Add egg whites; heat thoroughly.
- Remove from heat and add mayonnaise.
- Cover beans with sauce and sprinkle with egg yolk.
- Serves 6.

Cooking demonstrations no. 18

Sponsored by: Dutch Baby Milk  
(Getz Bros. & Co.)



## JELLIED SHRIMP SALAD

### Ingredients:

1 envelope unflavored gelatin	2 tbsps. lemon juice
1/4 cup cold water	Salt to taste
1-1/2 cups tomato juice	1 cup shrimp, halved lengthwise 1/2 cup diced celery

### Procedure:

Soften gelatin in cold water and dissolve over hot water. Add tomato juice, lemon juice and salt. Chill. When beginning to thicken, add shrimps and celery. Pour into greased ring mold. Chill till firm. Unmold and fill center with cucumber dressing.

### Cucumber Dressing

To one cup of mayonnaise, add 1 tbsp. chopped celery and 2 tbsps. chopped cucumber.



## LIBBY'S SALMON PARFAIT SALAD

### Ingredients:

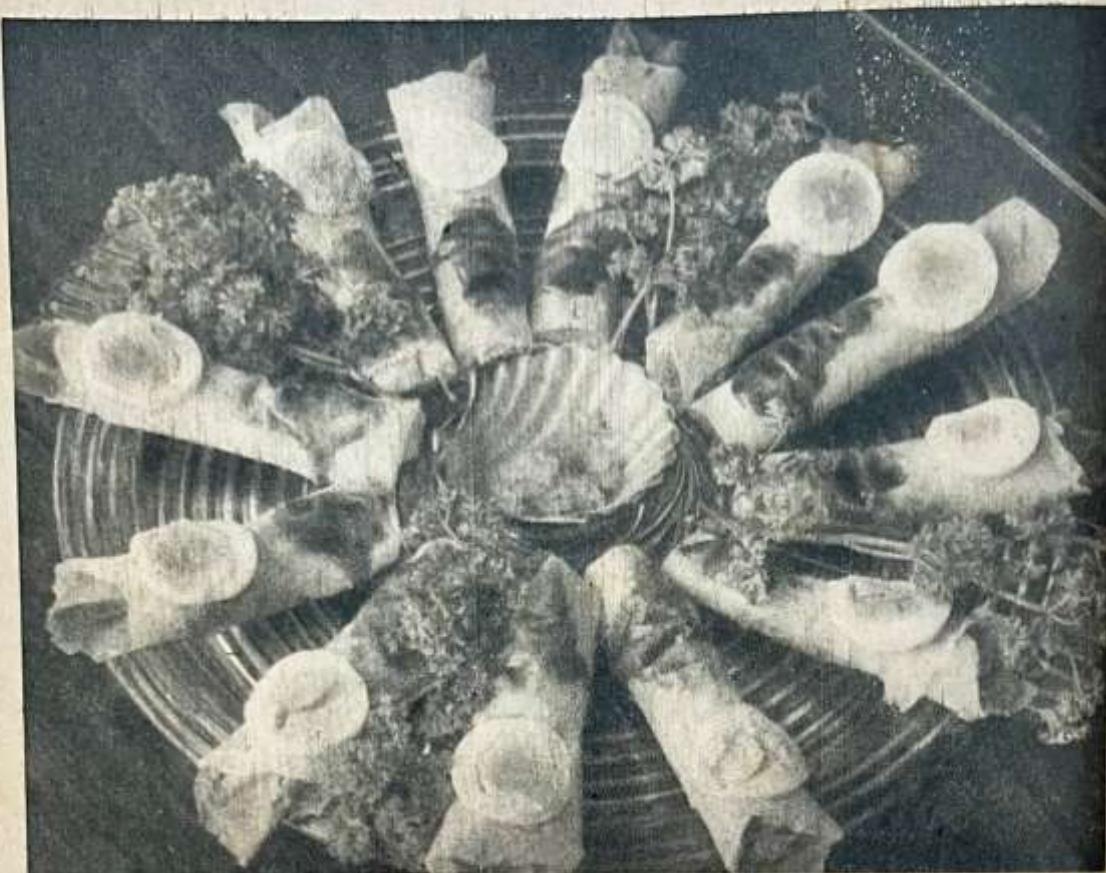
1 envelope unflavored gelatin  
1 cup cold milk  
3/4 cup mayonnaise  
1/4 cup undiluted evaporated milk  
1 tsp. prepared mustard  
1 tsp. grated onion  
1/2 tsp. salt  
Pepper to taste  
1/2 cup cooked peas, or some other suitable vegetable  
1 cup chopped celery  
1/4 cup chopped green pepper

Note: If you add vegetables, reduce the amount in the original recipe proportionately.

### Procedure:

Soften gelatin in 1/2 cup milk and dissolve over hot water. Cool. Gradually add salad dressing, remaining milk, undiluted milk, mustard, onion and seasoning. Chill until slightly thickened. Fold in vegetable and pink salmon, adding whatever optional ingredients you prefer at this time. If you add beets remember that they will color the salad, so plan to dilute the milk with beet juice instead of water to achieve a nice, uniform tint.

Before pouring into the mold, decorate the bottom of the mold with your choice of pimiento strips, pickle bits or whatever colorful decoration you choose. Chill until firm. Just before serving, line a chilled plate or platter with lettuce leaves or some other crisp salad greens. If you like, you may add tomato slices, cucumber chips or pickles as an extra garnish.



(Reprinted from Volume 1)

## LUMPIA ESPECIAL

### Ingredients:

- |   |                          |
|---|--------------------------|
| 1 cup green beans cut into fine strips          | 2 cloves crushed garlic  |
| 1/2 small cabbage, shredded                     | Salt                     |
| 1/4 small coconut ubod, cut<br>into fine strips | Patis                    |
| 1 cup boiled garbanzos                          | Pepper                   |
| 1/4 kilo lean pork                              | Lumpia wrappers          |
| 1 large onion                                   | Lettuce leaves as needed |
| 1 carrot cut into fine strips                   | Monosodium glutamate     |
| 1/4 cup tokua, cubed, fried                     | Hard boiled egg slices   |
| 1/2 cup crab meat, flaked                       | <i>Sauce:</i>            |
| 1/2 cup shrimps, boiled, peeled, sliced         | 2 tbsps. cornstarch      |
| 1/2 cup ham, cut into fine strips               | 1/6 cup brown sugar      |
| 1/4 cup shortening                              | 1/4 cup soy sauce        |
|   | 3/4 cup water            |

### Procedure:

Boil chicken and pork until tender. Separate meat from bones and cut into fine strips. Saute the garlic and onions. Add chicken, pork, crab meat, shrimps, and ham. Season with salt, pepper, patis, and monosodium glutamate. Add the vegetables; cover and simmer until meat and vegetables are well done. Use some of the meat stock if necessary. Add chopped kinchay greens if desired. Cool before wrapping.

*Sauce:* Mix ingredients until smooth. Cook over low heat until the mixture is of the right consistency.

Housewife 6-way value  
test in  
buying the right patis:

1. Inversion test: Invert the bottle and see bottom portion. Is there any precipitate?
2. Smell it. Does it smell "cheesy" making you a bit hungrier than before you smell it?
3. Taste it. Does it taste appetizing with full fine flavor like the taste of something you dream about?
4. Is the cover rust-proof in conformity with the highest standard of sanitation?
5. Is it convenient and economical to use?
6. Is it provided with dispenser top?

If the answer is "NONE" to number 1 and "YES" for the rest, the wise housewife buys the right kind of patis.



*introducing...*

## *The Nation's Top Cooks*

by artaserxes I. sampang

Cooking has never been as popular as it is today. While before it was nothing more than an exclusive affair in the drab kitchen, now it is a widely acclaimed show—put on in the well-furnished, air-conditioned demonstration room, over the radio and television, or as cooking competitions. The latter, together with the regular cooking shows, have contributed most in generating interest in the culinary art, now the rage of women both old and young.

Cooking contests are now held periodically by two progressive firms, in addition to the cooking demonstrations they also sponsor regularly.

These are the Manila Gas Corporation and the DRB Marketing Corporation.

Manila Gas holds three cooking contests a year, the winners of which get the right to compete in the "Cook of the Year" tilt held December of every year.



MRS. CONCHITA CARMELO-PASCAL. She won the "Cook of the Year" crown in the 1957 contest of the Manila Gas Corporation. Before that she also won the Chinese cooking contest of the same firm for which she got the right to participate in the grand finals. Born in Manila, she attended schools in France and the United States. A housekeeper and mother of two, she is the wife of the treasurer and production director of Carmelo and Baumann. An expert culinary artist, she is also fond of pottery, music and swimming.



MRS. CARMEN I. GLORIA. The winner of the First Ana del Rosario National Bake-A-Cake contest held June, 1957, she also won sixth place in the same contest the following year. A bachelor of science in chemistry graduate from Adamson University, this Dumaguete City housewife is married to Manuel F. Gloria, a chemical engineer. They are blessed with four children. Her hobbies include hunting, crocheting, knitting and baking.

DRB, on the other hand, conducts an annual baking contest, the

grand prize winner of which wins a free trip to New York and back, a five-day stay

at the Waldorf Astoria



▲ **ALICE M. CANCELLER.** The youngest among the twelve finalists in the 2nd Ana del Rosario National Bake-A-Cake contest held at the Fiesta Pavilion of the Manila Hotel in September, 1958, she romped away with the first prize consisting of a round-trip to New York as guest of Pillsbury Mills' in the 10th Grand National Bake-Off and a week's stay at the famous Waldorf-Astoria, among various other prizes. Now a cooking demonstrator of the DRB home economics staff, the young cook from Naga City is a holder of a B.S.H.E. from the University of the Philippines. Of her trip to the United States, she said: "I hope I have done something to sell our beloved country abroad. It was an honor and opportunity for me to serve my country as ambassador of goodwill. I am also grateful to those who have had a hand in the contest."



▲ **FLORA G. MANUEL.** A Pangasinense, she won MGC's Chinese cooking contest and subsequently emerged champion in the grand national contest, thus earning the title of "Cook of the Year" for 1958. In the two contests, she was awarded a total of \$1 prizes, including two P10,000 insurance policies, P1,000 in cash, a Tappan de luxe gas range, two days stay at the Pines Hotel, a plaque and a round-trip ticket for two in the MRR first-class air-conditioned coach. She is connected with the bureau of plant Industry as a research nutritionist, having been employed there since 1946.



◀ **MRS. PETRA L. GUTIERREZ.** Bulacan's contribution to this line-up of kitchen experts is a sexagenarian from Baliuag. She won MGC's Filipino dish cooking contest held in June, 1957, at the Philippine Normal College canteen. A graduate of the then Philippine Normal School, she is the dean of the YWCA dormitory. Although busy in her position, she still finds time for her hobbies—cooking, crocheting and needlework. The prizes she won included P500 cash, products from Del Monte, P.M.C. La Pacita Bakery, Modern Frames, and others.



**JOSEPHINE AREVALO-YBAÑEZ.** A Manila by birth, the winner in the November 30, 1957 Spanish cooking contest of the Manila Gas Corporation is a well-traveled homemaker. She has traveled extensively in Europe and the Far East. A good hand at golf and a lover of good music and books, she became richer by P500 cash and P1,000-worth of miscellaneous items when she won the cooking tilt held at the department of education canteen.

and lots of other attractive prizes. On this and the following spreads are winners in the various cooking contests. Included in this honor roll of expert cooks are the winners in the Filipino, Chinese and Spanish dish cooking contests held in 1957 and 1958, and the Housewives' and Career Women's cooking tilts co-sponsored by the Manila Gas Corporation and two women's magazines; and the grand-prize winners of the Ana del Rosario National Bake-A-Cake contest in June, 1957, and September, 1958.

**ROSITA ARCE IGNACIO.** She won MGC's cooking contest for Philippine dishes. Coming from a family of cooks, she hails from Calapan, Oriental Mindoro. Her hobbies include cooking and collecting recipes. A holder of a doctor of medicine degree from the University of the Philippines and at present a law student at the Lyceum of the Philippines, Dr. Ignacio also took up post-graduate work in ophthalmology at the Clinica Barraquer in Barcelona, Spain.



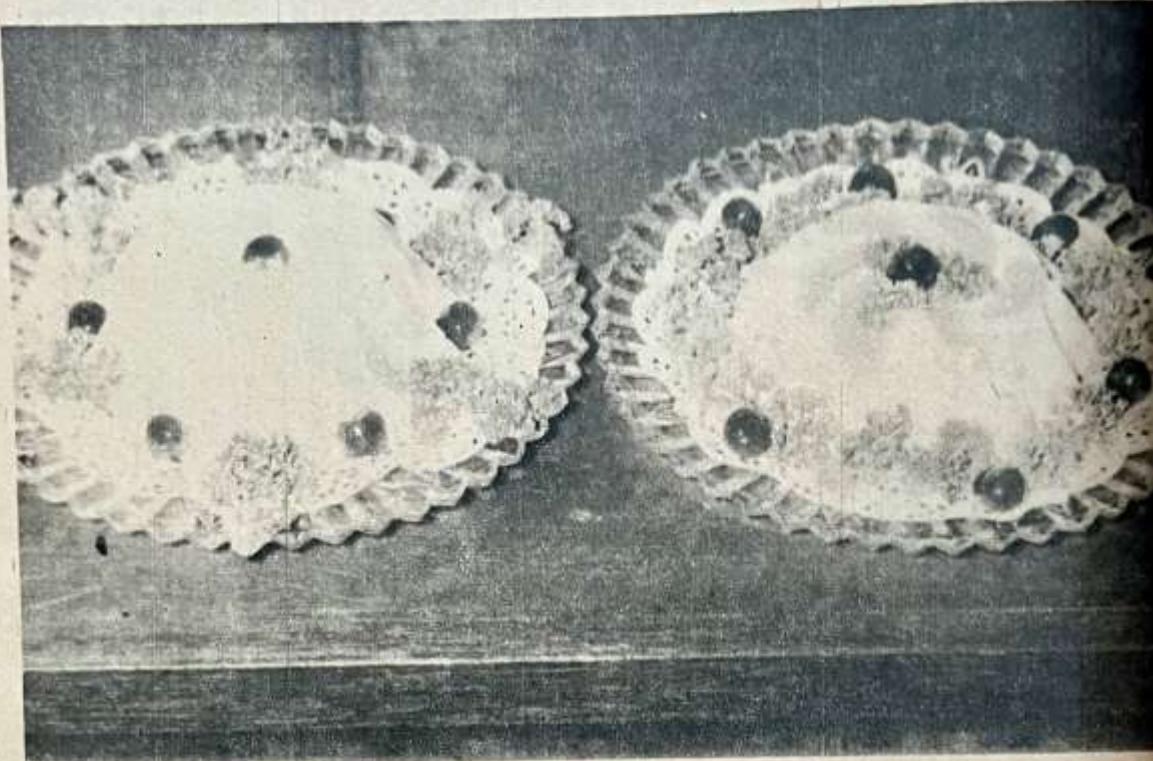
**MRS. PERLA T. AMPIL.** A housewife with five children, all girls, Mrs. Ampil was the winner in the November 29, 1958 Spanish cooking contest. The previous year, she also won second prize in the same contest. A specialist in cake-making, cake decoration and French pastries, she is an alumna of St. Theresa's College and the famous Fountainbleau Culinary School. She hails from Angeles, Pampanga, is happily married to a successful physician.



**MARIA GUADALUPE B. DE JESUS** is a housewife who has had no formal education in cooking. She won the MGC-Woman and the Home co-sponsored Housewives' cooking contest held April 11, 1959, at the Manila Gas office on Otis street, and was also one of the twelve finalists in DRB's 2nd baking contest. As a winner in the first-quarter contest, she will compete for the "Cook of the Year" title in December. She is a proud mother of seven, an alumna of then Philippine Women's College and the Pontifical university. Of her victory, she said: "Winning in the two contests has made me very happy indeed. Considering that I did not have a formal schooling in the art of cooking, somehow these two events have given me great satisfaction and fulfillment."



**MRS. ERLINDA ESPIRITU.** She was the winner in the Career Women's Recipe and Cooking Contest jointly sponsored by *Woman's World* magazine and the Manila Gas Corporation July 26, this year. The daughter of former Mindoro Governor Arturo Arce-Ignacio, she comes from a family of expert cooks. Her mother took pre-war cooking lessons at MGC's cooking school and her sister, Dr. Rosita Arce Ignacio (also featured in this article), won one of the cooking contests of the gas firm last year. A mother of one and a widow, she won a trip to Hongkong with chaperon and numerous other prizes.



## MOLDED FRUIT SALAD

### *Ingredients:*

1 can fruit cocktail	1/2 can condensed milk
1 can sliced pineapple	1 cup pineapple juice
1 can sliced peaches	1 cup boiling water
1 can cream	2 packages of Knox gelatin

### *Procedure:*

- Place 1 cup pineapple juice in a bowl; add 2 packages of Knox gelatin and 1 cup of boiling water until it dissolves.  
Beat 1 can of cream together with 1/2 can of condensed milk.  
Mix this with pineapple juice-gelatin mixture.  
Arrange fruits nicely in pan.  
Pour mixture in pan alternately with the fruits.  
Place in a freezer overnight.

## NATIVE ACHARA

### Ingredients:

1 medium green papaya, grated  
1 green pepper, sliced in strips  
1 red pepper, sliced in strips  
1 small carrot, grated  
1 small cauliflower, cut into pieces  
1 small ampalaya, sliced

1 small ginger, cut in strips  
1 bunch native onions, peeled  
3 cups vinegar  
1-1/2 cups Victorias sugar  
3 tbsps. salt  
Salt for soaking

### Procedure:

Knead all the vegetables in salt; let stand for one hour then extract liquid. Blanch the cauliflower, drain and set aside. Place all strained vegetable in a bowl or sterilized jar. In the meantime, combine vinegar, salt and sugar and cook over a hot flame till boiling. Remove the foam, continue boiling for another two minutes and then pour onto container with vegetables. If achara is to be stored, seal container immediately.

Cooking demonstrations no. 64

Sponsored by: Manila Gas Corporation

## VEGETABLE SALAD ALA SELECTA

### Ingredients:

1 cup diced cucumbers  
1 cup sliced tomatoes  
1 head shredded lettuce  
1 cup diced beets  
1 cup sliced avocado  
1/2 cup sliced red peppers  
1/2 cup sugar peas

1 cup fresh blanched string beans  
1 cup cooked prawns, sliced  
1/2 cup hardboiled eggs  
French Dressing  
Thousand Islands Dressing  
Olives, parsley for garnish

### Procedure:

In a large bowl, combine cucumbers, tomatoes, lettuce, beets, avocado, peppers, peas and beans. Drench well in standard French dressing made of vinegar, salad oil, salt, pepper and sugar. When thoroughly combined, place the vegetables on a bed of lettuce leaves in a platter or bowl. Over it, pour the Thousand Islands Dressing and garnish.

## THOUSAND ISLANDS DRESSING

1 cup mayonnaise	1 tsp. paprika
1/2 cup grated cheese	1 tsp. vetsin
1/2 cup pimiento morones, diced	1 tbsp. Maggi sauce
1/2 cup catsup	Salt and pepper to taste

Combine all ingredients, blend well and add to salad.

Sponsored by: Selecta Restaurant

Cooking demonstrations no. 54



## ROYAL MACARONI SALAD

### *Ingredients:*

2 cups, cooked macaroni salad	1/2 cup Spanish pimiento, cut fine, 10 strips
1 cup celery, sliced	1/4 cup American cheese, diced
1/4 cup cucumber, diced	1/2 cup mayonnaise
1/4 cup sweet pickles, diced	
1/4 cup onions, diced	5 green peppers

### *Procedure:*

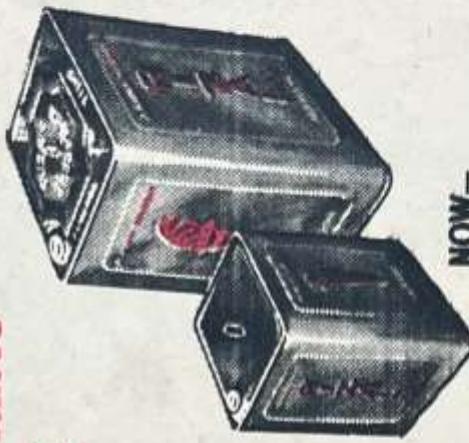
- Remove cores from green pepper.
- Transfer cooked macaroni in big bowl.
- Add rest of ingredients; combine well.
- Serve in green pepper cups.
- Decorate with pimiento slices and parsley sprigs.
- Serves 5.

*for cooking...*

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## ROYAL GRIDDLE CAKES

### *Ingredients:*

2 cups all-purpose flour  
2 tsps. baking powder  
1 tsp. salt  
2 unbeaten eggs

2 tbsps. cooking oil  
1 cup milk  
2 tbsps. Victorias sugar

### *Procedure:*

- Sift the flour, the baking powder, and the salt together.
- Beat the egg slightly; add the oil, the milk, and the sugar.
- Add the dry ingredients and fold until just blended.
- Grease the hot pan with oil or lard.
- Fry the cakes till done.
- Brush top with butter and serve hot with syrup.
- Makes 6 regular hot cakes.
- Costs about P.76.



## ROYALTY BISCUITS

### Ingredients:

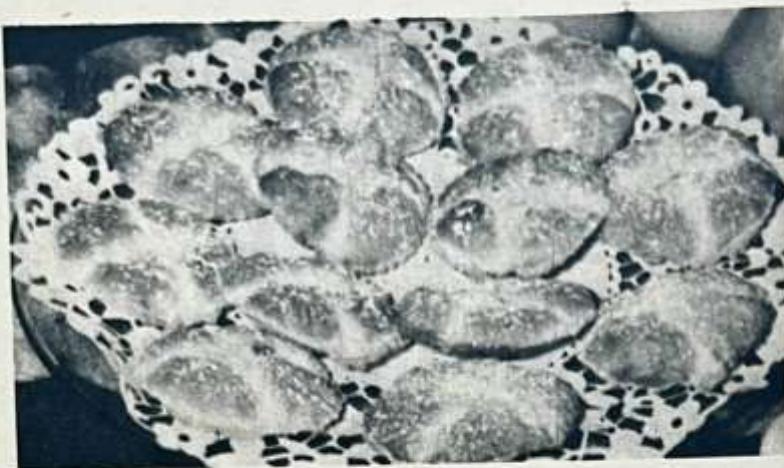
2 cups all purpose flour  
4 tsps. baking powder

4 tbsps. margarine  
3/4 cup milk

### Procedure:

- Sift the flour and the baking powder together in a mixing bowl.
- Add the margarine and mix thoroughly with a fork.
- Add the milk to make a soft dough.
- Turn out on a floured surface.
- Roll out to 1/2" thickness.
- Cut with floured biscuit cutter.
- Place on greased cookie sheet.
- Bake in a 425° F. oven for 12 minutes.
- Makes 12-16 biscuits.
- Costs about P0.48.

Sponsored by: Standard Brands of the Phils.



## ST. DENIS TARTLETS

### Pastry

#### Ingredients:

1 cup flour	1 egg
4 tbsps. butter	Pinch of salt

#### Procedure:

Pour the flour on marble or enamel counter-top. Make a well in the center and add butter, egg and salt, mixing with hands in the meanwhile. Knead and roll until all ingredients are well blended. Make a smooth paste, roll into a ball, wrap in waxed paper and chill for 10 minutes. After chilling, roll the dough out on a flour-dusted surface with a rolling pin. Handle carefully. With cookie cutter make circles and fit onto pastry saucers or tart saucers. Prick dough with fork. Roll left-over or retazo dough and cut into strips. These strips will be used for ribbon topping. Set pastry aside then work on filling.

### Filling

#### Ingredients:

4 tbsps. butter	2 egg yolks
1/3 cup Victoria sugar	1/2 cup slivered almonds or casuy
1 tbsp. cornstarch	2 egg whites
Fruit jam	1 tsp. rum

#### Procedure:

Cream butter and sugar until smooth. Add the egg yolks, slivered almonds, cornstarch and rum. Blend well. In the meantime, beat the egg whites until firm then add to the almond mixture. Now, before placing this mixture into the tart molds, line the molds with a teaspoon of fruit jam. Place almond filling on top of the jam, then top this with crossed, twisted party ribbons pressed onto tart shell. Bake in a hot oven (400° F.) for 20 minutes.

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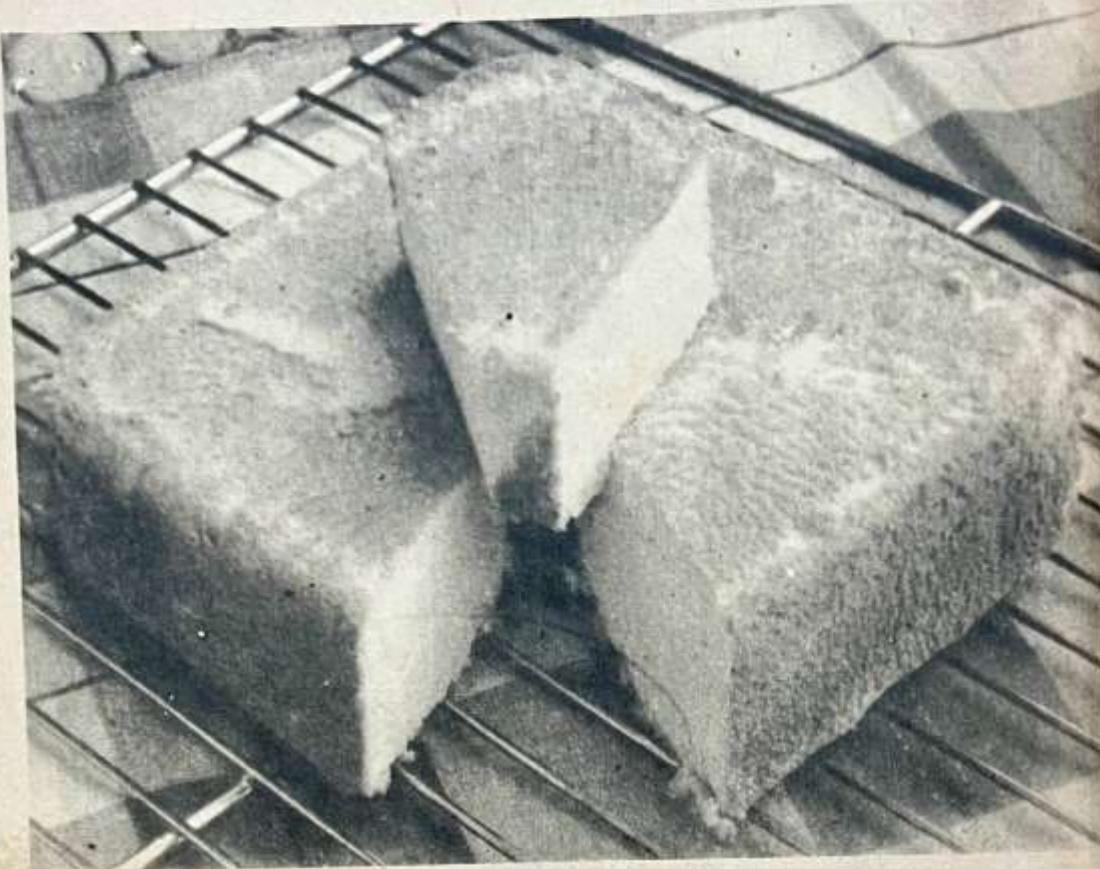
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## SPONGE CAKE

### *Ingredients:*

7/8 cup all-purpose flour	1 tbsp. lemon juice
2 tbsps. cornstarch	Grated rind of 1/2 lemon
6 eggs, separated	1/4 tsp. salt
1 cup Victorias granulated sugar	1/4 tsp. cream of tartar
3 tbsps. hot water	

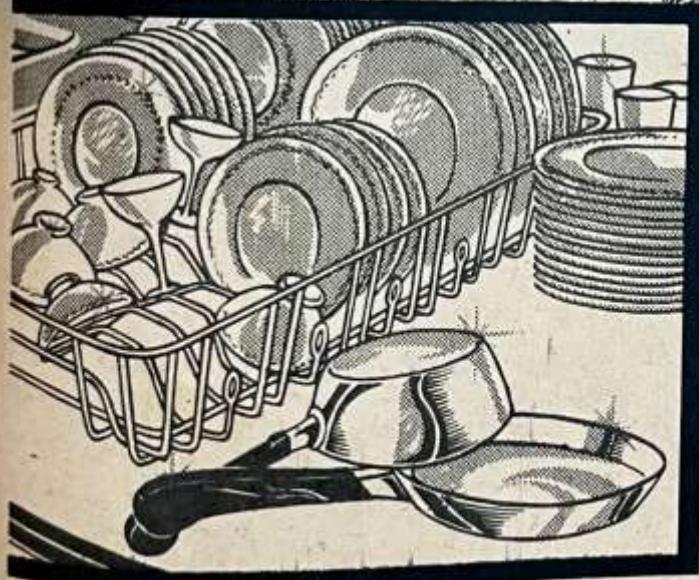
### *Procedure:*

- Sift the flour and cornstarch together; set aside.
- Beat the egg yolks until very thick and light yellow in color.
- Add 1/2 of the sugar little by little.
- Beat in the hot water, lemon juice, and lemon rind gradually.
- Beat the egg whites with the salt, cream of tartar and the remaining 1/2 of the sugar until stiff.
- Fold in the sifted dry ingredients and the stiffly beaten egg whites together little by little into the yolks mixture.
- Turn the batter at once into a floured 9" x 3-1/2" tube pan.
- Bake in a preheated oven at 325° F. for 50 minutes.
- Let hang on the neck of a funnel or bottle to cool.
- Serves 16.

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## SWANSDOWN CHIFFON CAKE

### Ingredients:

6 eggs  
1 cup sifted cake flour  
2 tsps baking powder  
1 cup Victorias sugar  
1/4 cup pineapple juice  
1/4 cup cooking oil

1/4 tsp. salt

1/4 tsp. cream of tartar

### Icing:

3/4 cup butter  
3/4 cup sifted Victorias sugar  
1/2 cup chilled milk

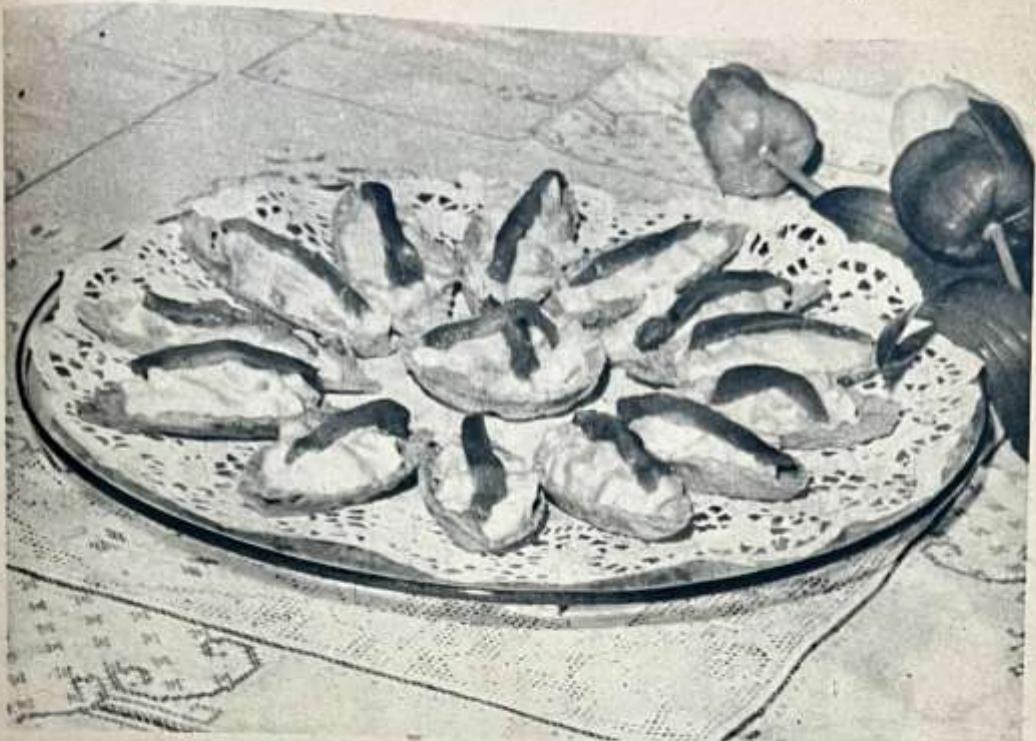
### Procedure:

Separate the egg yolks and the egg white. Set the electric mixer at high speed to beat the egg whites, cream of tartar and salt. Beat until the egg white mixture forms soft peaks. (If using a rotary beater, simply beat the ingredients fast and non-stop until mixture reaches desired consistency; with a spatula, get in the standard 150 strokes used for all egg white mixtures in a chiffon cake).

Once mixture is ready, add 1/2 cup sugar gradually, still beating at high speed. To assure a good blend, add the sugar in three separate quantities; beat until very stiff (when the bowl is turned sideways the mixture will stand and not slide).

In another bowl, combine egg yolks, the reserved other half cup of sugar, the oil, the pineapple juice and the cake flour. Set electric mixer at slow speed and beat well until blended. (With a rotary beater, simply beat at medium speed until right consistency is achieved. When beating by hand and using a spoon get 85 even strokes).

Fold yolk-flour mixture into egg white mixture. Then turn batter into a greased ring pan and bake for 25 minutes in a moderately hot oven set at 350° F.



## TARTLETINES

### *Ingredients:*

1-1/2 cups flour	2 tbsps. shortening
4 tbsps. butter	Salt
	Ice water

### *Procedure:*

Sift the flour on a marble slab or working table. Make a well in center of flour; add salt, butter, shortening and ice water to the well. Work to a smooth dough. Roll till paper thin and cut with tartlet moulds. Line tartlet moulds and bake in hot oven (400° F.) for 20 minutes.

Cooking demonstrations no. 90

Sponsored by: Republic Flour Mills, Inc.

### Filling

### *Ingredients:*

1 cup cooked diced chicken	2 tbsps. butter
1/2 cup chopped pimiento	1 egg yolk
2 tbsps. flour	1 cup milk
1/2 cup sliced mushrooms	

### *Procedure:*

Saute the mushrooms in a little butter; add the chicken. Melt the butter in a saucepan and add the flour. Stir in the milk and cook until quite thick, stirring constantly. Add the slightly beaten egg yolk and continue to cook till thick. Add the chicken and mushrooms and pimiento. Fill tartlet shells with chicken filling and decorate with additional pimiento.

Cooking demonstrations no. 90

Sponsored by: Republic Flour Mills, Inc.



## VIENNA TORTE

### Ingredients:

8 eggs	1-1/2 cups flour
1 cup Victorias sugar	5 tbsps. butter

### Procedure:

Beat the eggs and sugar till fluffy and thick. Fold in the flour carefully and gently. Add the melted butter and blend well. Divide batter into 4 parts and pour in 4 separate round cake pans. Bake for 20 minutes in moderate oven (375° F.) Let cool on cake rack and set aside.

Cooking demonstrations no. 90

Sponsored by: Republic Flour Mills, Inc.

## Filling

### Ingredients:

2 cups Victorias sugar	2 cups milk
4 tbsps. flour	2 tbsps. butter
6 egg yolks	

### Procedure:

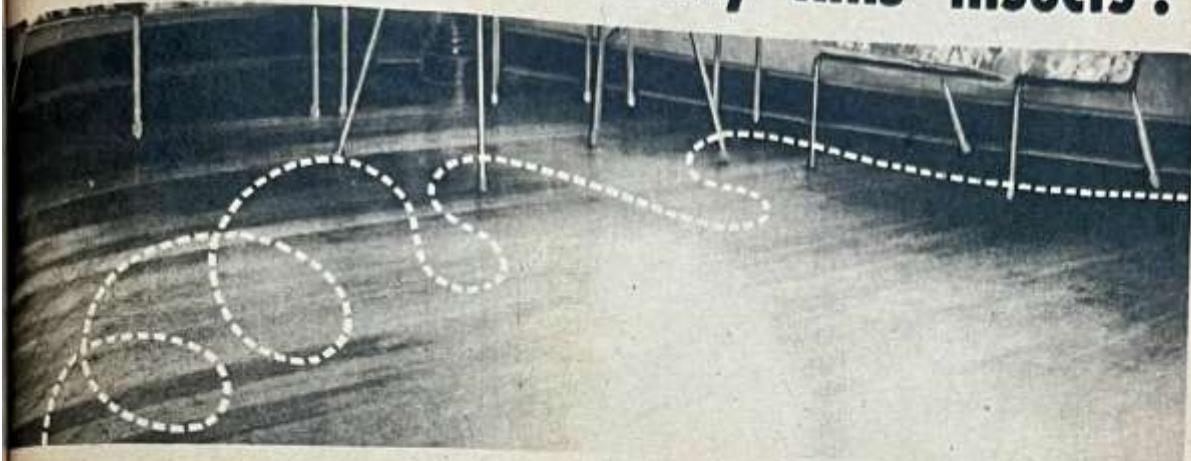
Mix the sugar, and flour together. Add the milk and stir well. Cook on top of double boiler until quite thick. Add the slightly beaten egg yolks and cook until mixture is thick. Then add the butter. Separate 1/2 of the mixture and add 1-1/2 squares of chocolate to the other half. Cook until chocolate is melted. Use cream and chocolate filling alternately as filling for the Vienna Torte.

Cooking demonstrations no. 90

Sponsored by: Republic Flour Mills, Inc.

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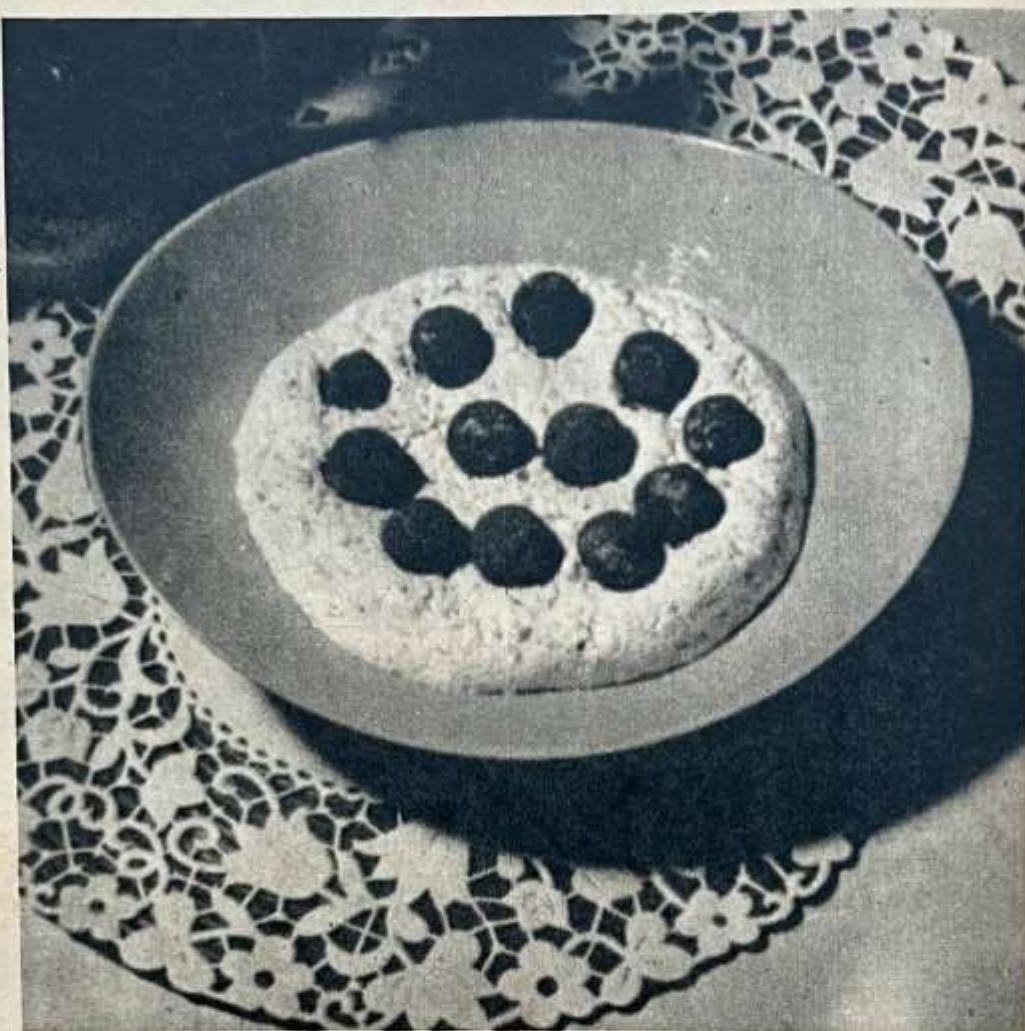
the insect-killing effectiveness of the **Durocide**. With two coats applied to spots around problem areas such as cabinets, cupboards, and sinks, the killing action will continue up to one month! Get new Johnson's Insect-Killer Paste Wax today in your choice of clear golden yellow or rich, mellow red — keep your home free of insect pests as you keep it shining and beautiful. (So much cheaper than buying wax and insecticides separately!)

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## VII. Desserts



(Reprinted from Volume I)

### ANGEL FLUFF

#### Ingredients:

2 egg whites	1/4 cup water
2 cups Victorias sugar	Vanilla extract
3/4 cup corn syrup	1/2 cup ground nuts

#### Procedure:

- Combine sugar, syrup and water in a saucepan. Blend well and bring to a hard boil over moderate heat until it reaches the soft ball stage. (Determine this by dropping a bit of the cooking syrup into cold water. If syrup forms hard globules that can be molded — it is ready for next step.)
- Meanwhile, beat the egg whites until it forms peaks but not dry.
- Slowly add the syrup, beating thoroughly and fast in the meanwhile.
- When all the syrup has been added, use a wooden spatula for the creaming.
- Give it 80 strokes, add the nuts and flavoring and mold in a greased platter.

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## BROAS MALLORQUINA

### Ingredients:

1 doz. lady fingers	1 can evaporated milk
1 box Jello pie filling, chocolate flavor	1/4 cup nuts, chopped Few pieces of marshmallows

### Procedure:

(Filling: Over double boiler, mix 1 box jello pie filling and 1 can evaporated milk. Boil till thick, stirring constantly).

In a deep pyrex, arrange lady fingers. Over this pour 1/3 of chocolate filling. Sprinkle chopped nuts. Repeat procedure till top of pyrex is reached. Then arrange sliced marshmallows on top of garnish. Cool and serve.

Cooking demonstrations no. 73

Sponsored by: Manila Gas Corporation

## DARIGOLD BUCO CUSTARD

### Ingredients:

1 can milk	1/4 cup toasted mamon
1/2 cup Victorias sugar	1 tsp. melted margarine
1 cup grated buco (pack cup)	1/4 cup water
2 eggs slightly beaten	1/4 cup Victorias sugar for caramel

### Procedure:

Combine all ingredients except sugar for caramel. Caramelize 1/4 cup sugar in a pan. Cool. Pour mixture in pan. Bake at 350° F. for one hour or until mixture sets. Cool before cutting.

Cooking demonstrations no. 71

Sponsored by: Darigold Milk Co.

## IRAI

### Ingredients:

1/4 kilo gabi	2-1/2 cups Victorias sugar
1/4 kilo camoteng kahoy	1 cup of pure milk of 2 coconuts
1 kilo sweet potatoes	

### Procedure:

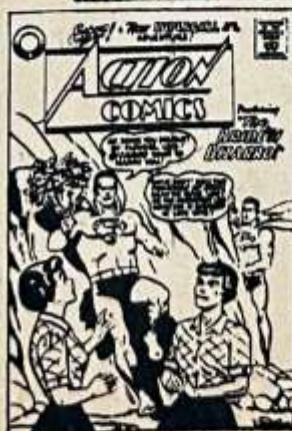
Pare and slice the gabi, cassava and sweet potatoes. Add the rest of the ingredients and mix well. Line on pyrex or aluminum pan with banana leaves. Butter the leaves and pour the mixture into it. Steam in a baño María or bake in a moderate oven for about 30 minutes. Cover the pan with piece of banana leaf before placing the pan in the oven. Cut into diamonds, squares or rectangles before serving.

Cooking demonstrations no. 70

Sponsored by: D & E Restaurant

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(Reprinted from Volume I)

## COCO FLAN

### *Ingredients:*

1/2 cup Victorias sugar	2-1/2 cups milk
2 tbsps. cornstarch	2 tbsps. enriched flour
2 slightly beaten egg yolks	1/2 tsp. salt
1-1/2 fresh or dessicated coconut	1/2 tsp. orange rind
1 tsp. vanilla	

### *Procedure:*

- Sift together twice the Victorias sugar, cornstarch, flour and salt.
- With the dry ingredients, slowly blend the milk in a saucepan. Bring this to a boil over moderate heat or in a double boiler. Cook and stir until thick.
- Stir a little of the hot mixture into the slightly beaten egg yolks.
- Add this to the remaining mixture.
- Return to the heat and bring to a boil stirring constantly.
- Remove from the heat and cool.
- Beat the cooled mixture with a rotary beater.
- Fold in the grated coconut and vanilla.
- Add a little food coloring if you wish.
- Pour this into a pie plate or individual custard cups.

## COCONUT-RAISIN BARS

### Ingredients:

2 cups sifted all-purpose flour	2-1/2 cups pinipig
1-1/2 tsps. baking powder	1-1/2 cups shredded coconut
1 tsp. salt	2 tsps. vanilla
3/4 cup firmly packed brown sugar	1 cup margarine Raisin Filling

### Procedure:

- Sift together flour, baking powder, and salt.
- Combine with brown sugar, pinipig, coconut and vanilla.
- With pastry blender cut in butter until well mixed.
- Pat one-half of the mixture evenly in the bottom of 11 by 7 by 1-1/2-inch baking pan.
- Spread with Raisin Filling.
- Top with remaining crumb mixture.
- Bake in slow oven (325° F.) for 30 to 35 minutes.
- Cool in pan on rack.
- Makes about 3 dozen bars.

## Raisin Filling

### Ingredients:

2 tbsps. all-purpose flour	1 egg well beaten
3/4 cup Victorias sugar	1 tbsp. lemon juice
1 cup water	1 tbsp. margarine
2 cups raisins	

### Procedure:

- Combine flour and sugar; gradually blend in water and raisins
- Cook over medium heat until thickened, stirring constantly
- Remove from heat.
- Carefully add well beaten egg, and cook 2 to 3 minutes longer.
- Add lemon juice and butter.
- Cool.
- Use as directed.

Cooking demonstrations no. 67 Sponsored by: Standard Brands of the Philippines

## RUM OMELETTE

### Ingredients:

2 whole eggs	2 tbsps. rum
3 tbsps. Victorias sugar	1/4 tsp. 46 proof alcohol
3 tbsps. butter	

### Procedure:

Separate yolks from eggs. Beat whites until stiff but not dry. Add egg yolks and beat again. Heat butter in frying pan and fry egg mixture into an omelet. Remove from platter, dust with sugar and indent with a grill or chicken wire. Pour on the rum with alcohol, and light. Serve flaming at dessert time.

Sponsored by: Keg Room Restaurant

Cooking demonstrations no. 62



## CORN CUSTARD

### *Ingredients:*

7 eggs	1-1/4 cups water
1 can creamed sweetened corn	1/2 cup Victorias sugar
1 can condensed milk	1 tbsp. dayap rind

### *Procedure:*

- Caramelize 1/2 cup sugar in a loaf pan; set aside and cool.
- Break the egg yolks slightly with a wooden spoon.
- Combine the milk and water and add to egg yolks.
- Blend well and pass through sieve.
- Add drained whole corn kernels.
- Add dayap rind.
- Transfer into pan and bake at 350° F. in a pan of water.

Cooking demonstrations no. 65

Sponsored by: Del Rosario Bros., Inc.



## CREMA NIEVES

### Ingredients:

6 egg yolks  
6 egg whites

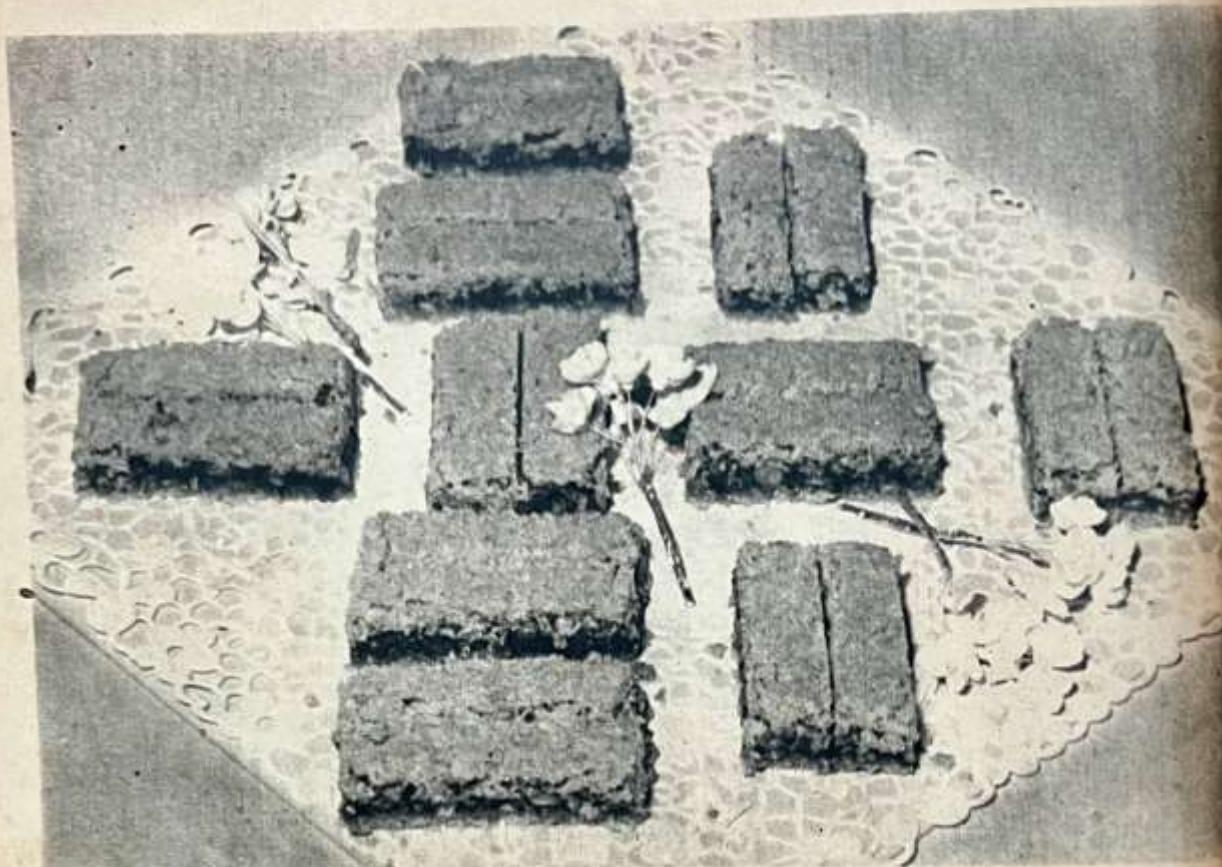
1/2 cup Victorias sugar  
3 tbsps. rum

### Procedure:

Separate the yolks from the whites. Beat the yolks and stir with the sugar and rum on a low fire with a wooden spoon. Continue stirring until cream thickens. Remove from the heat and fold-in the 6 stiffly-beaten egg whites. Serve in individual glass dishes.

Cooking demonstrations no. 60

Sponsored by: Manila Gas Corporation



## DATE BARS

*Ingredients:*

3 cups sifted flour	1 lb. butter
4 cups oatmeal	2 pkgs. pitted dates, chopped
2 cups packed brown sugar	2 cups casuy nuts, chopped
2 cups Victorias sugar	Juice and rind of 1 lemon.
1/2 tsp. baking soda	

*Procedure:*

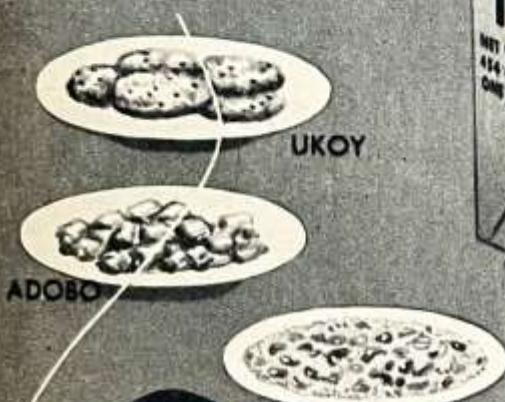
Combine sifted flour, oatmeal, brown and white sugar, and baking soda together and mix very well till all ingredients are thoroughly blended. Melt the butter in a pan; add lemon juice and rind and add to flour mixture. Mix very well till mixture is not crumbly anymore. Divide mixture into 2 parts and set aside.

Combine the chopped dates and chopped casuy nuts; mix thoroughly. Set aside.

Put 1 part of the flour-butter mixture in a shallow baking pan lined with wax paper; spread mixture evenly to cover baking pan. Top layer with the dates-casuy filling, spreading evenly to cover first layer. Spread the other part of flour-butter mixture on top of filling; spread evenly, too.

Bake in a moderately hot oven (350° F.) for 30 minutes. Remove from oven and let cool for sometime. Cut into bars and serve.

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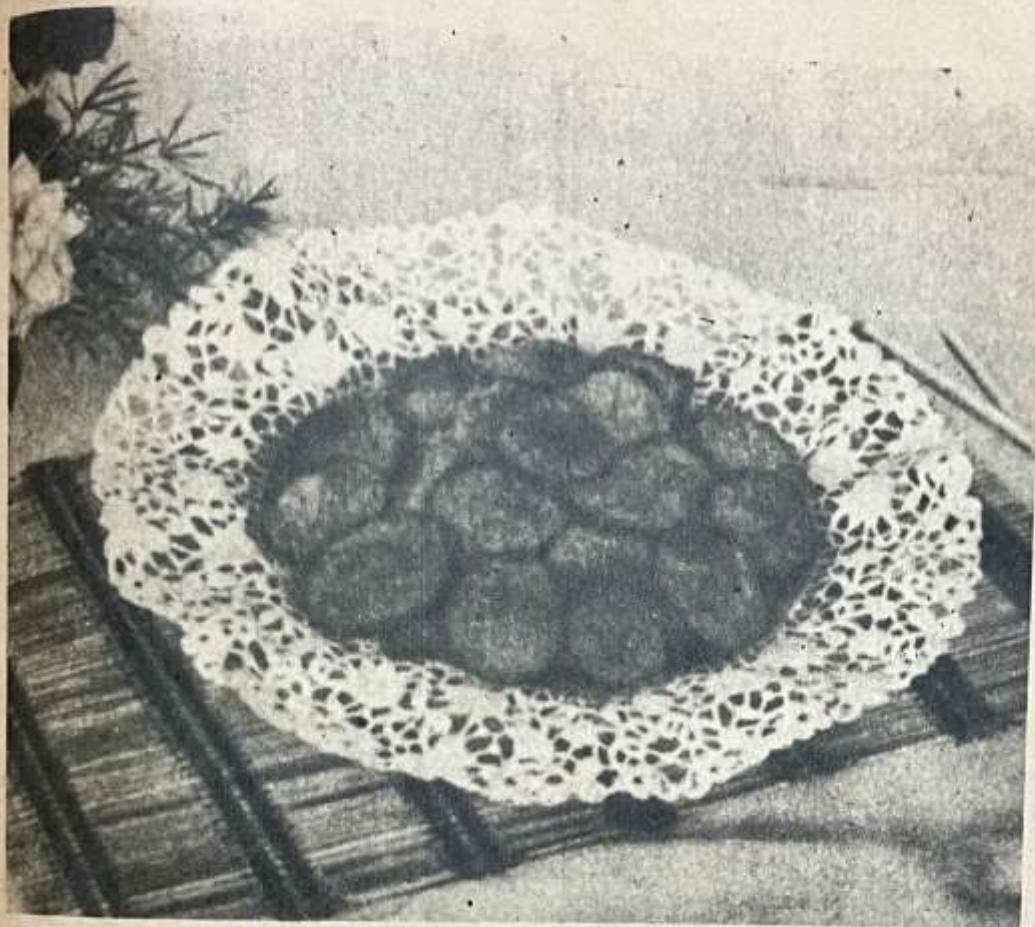
## GATEAU LE SANS RIVAL

### Ingredients:

12 egg whites (1-1/2 cups)	12 egg yolks
4 cups Victorias sugar	1 cup water
4 cups cashew nuts, finely chopped	1 lb. butter

### Procedure:

- Separate egg yolks from egg whites.
- Beat egg whites until stiff and foamy.
- Gradually add 2 cups sugar and beat until soft peaks are formed.
- Add finely chopped nuts; mix well.
- Line baking sheets with wax paper.
- Pour egg white mixture onto 7-8 baking sheets.
- Bake at 350° F. for 30-35 minutes or until golden brown.
- Remove wax paper lining at once, but with extra care that the baked egg whites will not break.
- Set aside temporarily.
- Beat egg yolks well until lemon-colored.
- Make syrup out of the remaining sugar and one cup water. Boil until thick enough to form a soft ball when dropped in a saucer full of water.
- Add syrup to well-beaten egg yolks, a little at a time; make sure that it blends well with mixture.
- Set mixture aside to cool.
- Cream butter; add cooled egg yolk mixture.
- Spread cream mixture on each layer of the baked egg whites.
- Arrange the 7-8 layers of baked egg whites on top of each other.
- Cover top and sides of trimmed "Sans Rival" with the remainder of the cream mixture.
- Garnish with chopped nuts.
- Chill and serve cold.
- Costs about ₱6.15.



## JIEN DUY (BUCHE)

### Ingredients:

2 cups glutinous rice powder  
1 cup brown sugar  
1/2 cup boiling water  
1/2 sesame seeds

1 cup cooking oil  
1/2 cup Victorias sugar  
1/2 cup cooked black beans (ubi jam or mongo)

### Procedure:

To make filling: Mix half-cup sugar and black beans (ubi jam or mongo) and cook until thick. Cook and set aside. Dissolve rest of brown sugar in boiling water. Mix into glutinous rice powder until well blended. Roll dough to form sausage about 1-inch in diameter, then cut into 1-inch sections. Roll into balls with palms of hands to flatten. Put filling between the dough and seal edges. Dip in sesame seeds until entire surface is covered. Press seeds. Fry in deep hot cooking oil until golden brown.

Sponsored by: Silver Swan Mfg. Co., Inc.

## KWEE TALEM Indonesian Sweet

### Ingredients:

1 cup cornstarch	1 cup cocomilk
2-1/2 cups water	Salt to taste
2 pieces <i>panocha</i>	Pandan leaves
1/4 cup <i>araro</i> (arrowroot flour)	

### Procedure:

Crush the pandan leaves and tie together. Start boiling water in your steaming kettle (pasingaw). Dissolve cornstarch in 1/2 of the measure of water. Prepare a skillet over medium heat and pour half the coconut milk in it, add the crushed pandan leaves, boil, stirring constantly. Add the araru dissolved in a little cocomilk and salt, stir and cook until thickened. Remove and place on a mold. In the meantime, dissolve the *panocha* in cornstarch mixture, blend well and pour this on top of the *araro* layer in the mold. Place mold in your steaming kettle on a wire rack and steam for 20 minutes.

Cooking demonstrations no. 57

Sponsored by: Cafe Indonesia

## PUTONG SAMAR

### Ingredients:

5 cups first-class "old" rice	2 cups Victorias sugar
2 coconuts, shredded	4-1/2 tbsps. baking powder

### Procedure:

Wash and soak the rice for about an hour. Meanwhile, shred the coconuts. Squeeze the milk to produce at least 1/2 cup pure coconut milk (*kakang-gata*). Add 1-1/2 cups water to the coconut, and squeeze 2 cups coconut milk out of this.

Drain the rice. Add to it the 2 cups of coconut milk. Grind fine in a grindstone or coffee grinder. Add to this ground rice the pure coconut milk and the sugar. Mix well till sugar is melted. Add the baking powder just before cooking. Mix well.

Boil water in a carajay enough to touch the bottom of the rack on which the molds of the puto will be set. Pour the mixture to fill 3/4 of the puto molds. Cover and keep tightly closed for 15 minutes. Keep water boiling to let puto rise.

Cooking demonstrations no. 50

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**Department of Public Works and Communications**  
**BUREAU OF POSTS**  
**Manila**

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 (Required by Act 2580)

The undersigned, BIENVENIDO E. CALLEJA, Business Manager, of The Manila Chronicle Recipe Book published annually in English at Aduana St., Manila after having been duly sworn in accordance with law, hereby submits the following statement of ownership, management and circulation, etc., which is required by Act 2580, as amended by Commonwealth Act No. 201:

Name	Address
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Managing Editor: Celso G. Cabrera .....	Aduana St., Manila
General Manager: Eugenio Lopez, Jr. ....	Aduana St., Manila
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| 1. Sent to paid subscribers .....             | 8,175  |
| 2. Sent to others than paid subscribers ..... | 7,940  |
| T o t a l .....                               | 16,115 |

\* (Sgd.) **BIENVENIDO E. CALLEJA**  
Business Manager

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(Sgd.) **LEOPOLDO M. BRUNO**  
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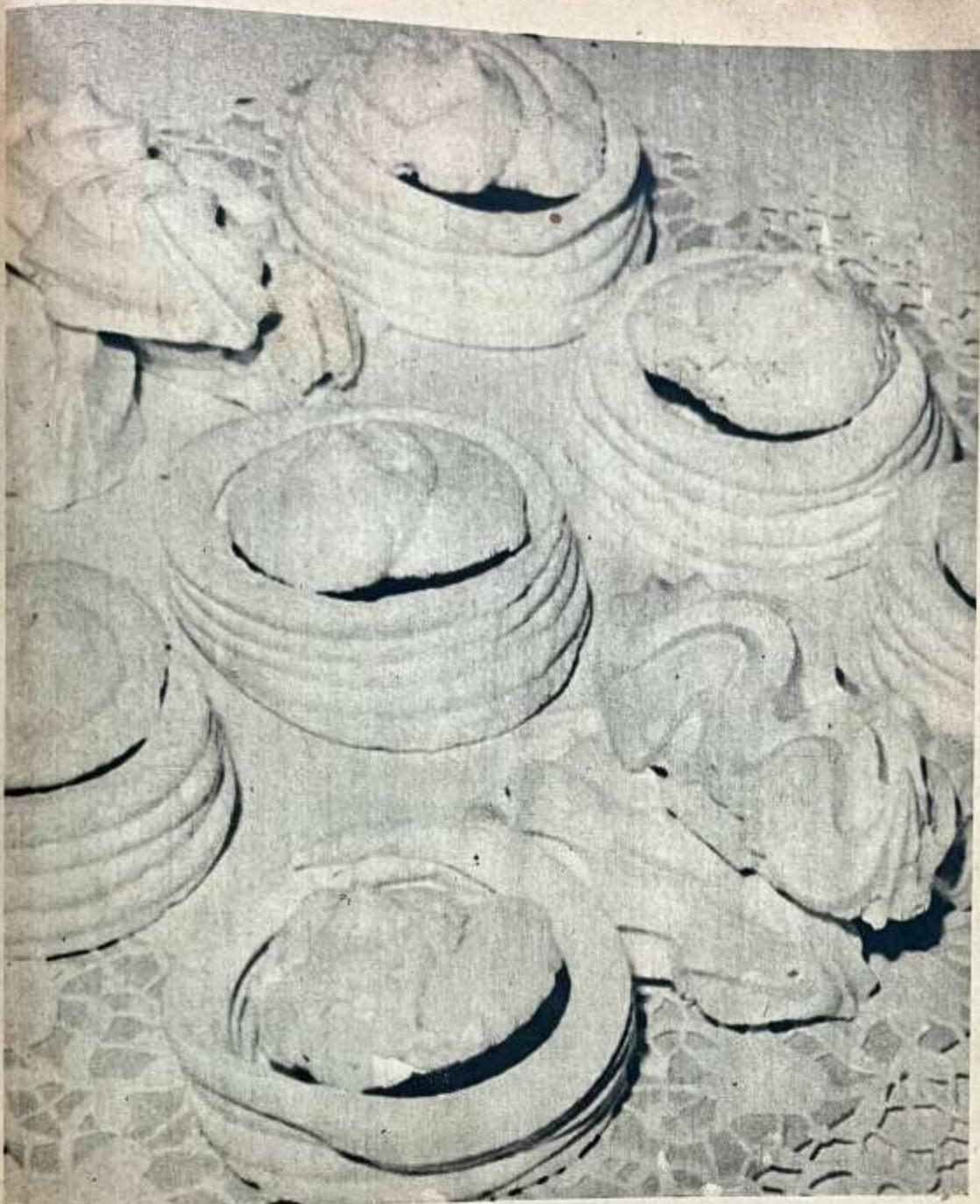
## MAZAPAN de MACAPUNO

### Ingredients:

2 cans condensed milk	3 cups grated macapuno
6 egg yolks	3 tbsps. butter

### Procedure:

- Mix the condensed milk, the egg yolks, and the grated macapuno in a saucepan.
- Stir constantly over low heat until thick.
- Add the butter, and mix well.
- Place in a buttered pyrex dish and bake in an oven of 350° F. for 15 minutes.
- Makes 8 to 10 servings.
- Costs about P3.65.



## MERINGUE

### Ingredients:

10 egg whites  
1 cup Victorias sugar

1 cup water  
1-1/2 cups Victorias sugar

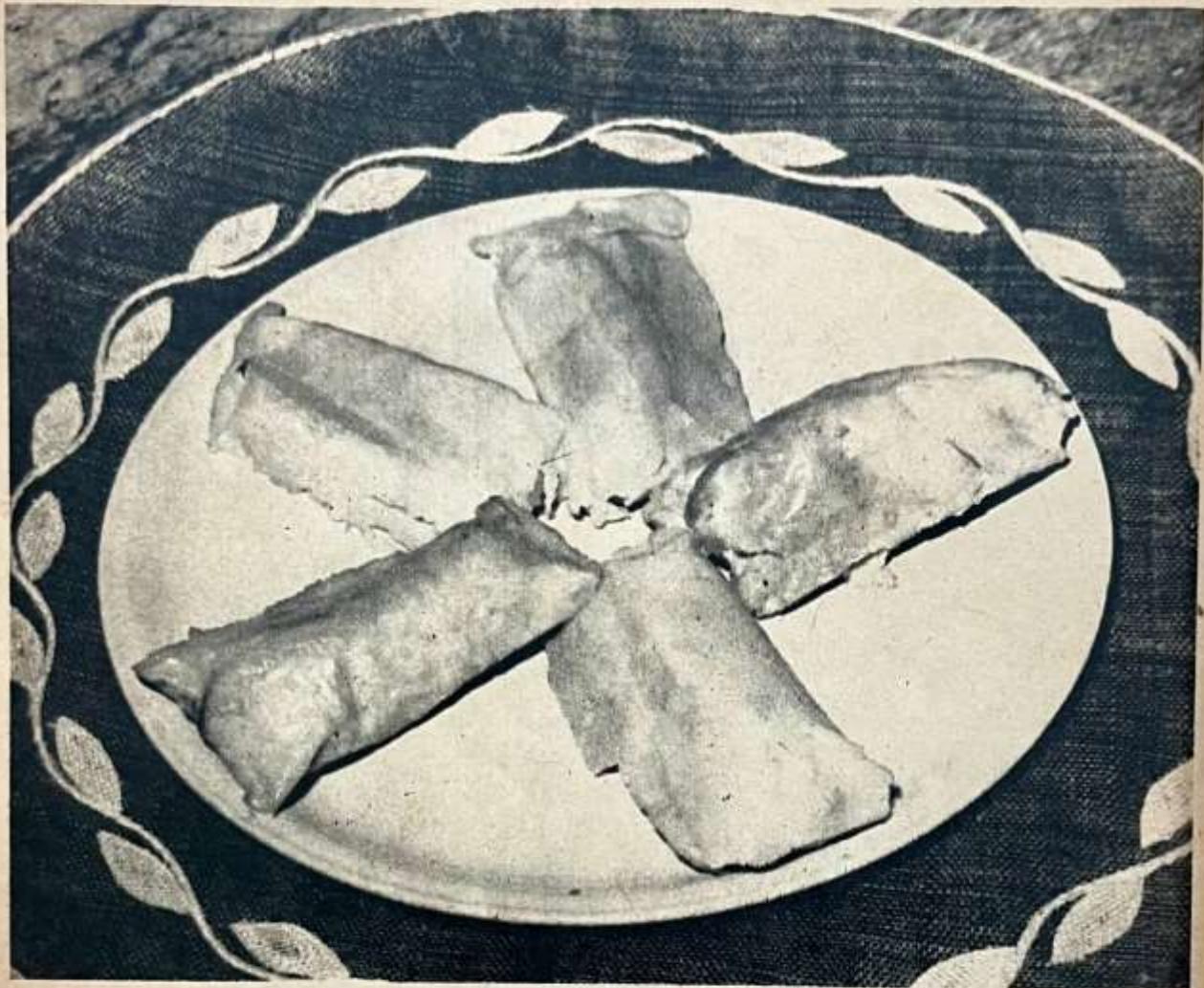
### Procedure:

Combine 1-1/2 sugar with 1 cup water and bring to a boil to make syrup for about 30 minutes.

While syrup is boiling to desired consistency, beat the egg whites till stiff but not dry. Add 1 cup sugar gradually, beating all the while. Then add the syrup gradually, beating continuously to get a smooth consistency.

Put meringue in cake decorator tube or wax paper cone with cake decorator tip. Press out meringue into desired shapes and sizes. Bake in oven from 20 to 30 minutes till slightly brown.

Sponsored by: Rolling Pin Bake Shop



## NOGOSARIE

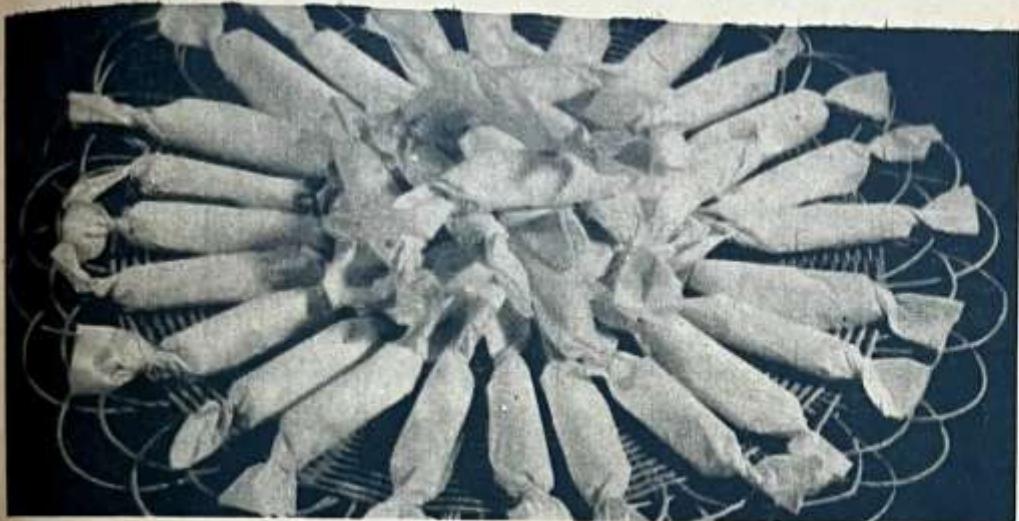
### *Ingredients:*

6 saba or lakatan  
1 cup coconut milk  
1/2 cup water  
3 tbsps. cornstarch

1/3 cup Victorias sugar  
Pandan leaves  
12 pieces banana leaves

### *Procedure:*

Boil coconut milk with pandan leaves on top saucepan of double-boiler. Add water to cornstarch gradually and stir. Add sugar to coconut milk. Pour the cornstarch mixture into the boiling coconut milk; stir until thick. Discard pandan leaves. Pass fresh banana leaves over fire for a few minutes. Spread a peeled banana over it. Cover with another layer of sauce; wrap and tie. Steam for 35-40 minutes.



## PASTILLAS DE CASUY

### Ingredients:

3 cups powdered milk	1/2 cup water
2 cups nuts, finely chopped	1/2 cup fresh butter
2 cups Victoria sugar	

### Procedure:

- Mix the powdered milk, casuy nuts and sugar together in a bowl.
- Melt the butter by boiling it with the water.
- Then gradually add this to the dry ingredients, blending well.
- On a sugared board place about one tablespoonful of the mixture and roll with the fingers to 1/2 inch thickness.
- Cut into regular bands of 2-1/2" by 1/2" pieces.
- Wrap in white paper.

Cooking demonstrations no. 51

Sponsored by: Dutch Baby Milk



## PUDDING

### *Ingredients:*

4 cups bread (cut into small cubes)	4 eggs
4 cups evaporated milk	2-1/2 tbsps. margarine
1/3 cup Victorias sugar for caramelization	1/4 tsp. vanilla
1-1/3 cups Victorias sugar	3/4 cup raisins.

### *Procedure:*

- Soak bread in milk for at least 1 hour
- Caramelize sugar in a 9" x 5-1/2" loaf pan.
- Add the rest of the ingredients to the soaked bread.
- Pour into the pan with caramel.
- Place in a pan of water and steam in a preheated oven of 350° F. for an hour or until set.
- Costs about ₱2.00.

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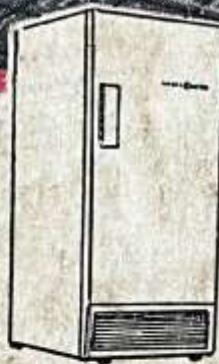
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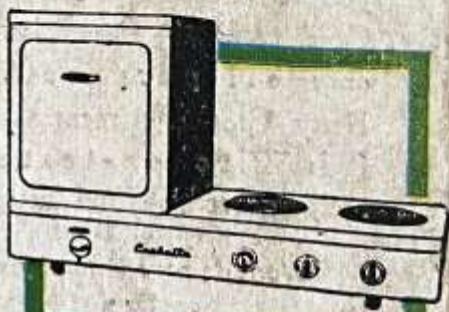
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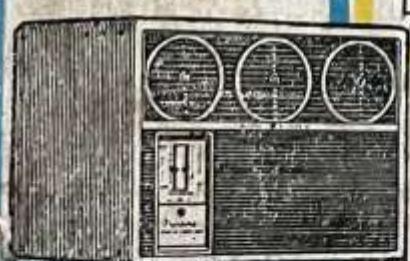
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