

Clare  
Secrets

Leaharts

# Chocolate Cake.

$1\frac{1}{2}$  Cup -- Sugar

$\frac{1}{2}$  " -- Butter.

2 Eggs.

$\frac{1}{2}$  cup Chocolate.

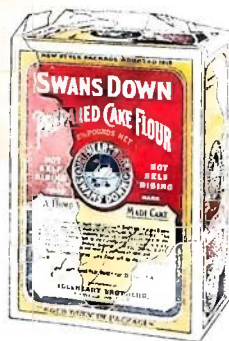
$\frac{1}{2}$  Cup Boiling Water.

$\frac{1}{2}$  Cup Butten Milk.

1 Teaspoon Soda.

2 Cups flour.

Do not use more than  
2 Cups flour.



Notice Wax Paper Cover

## TAKES HIGHEST HONORS

Awarded  
GRAND PRIZE  
World's Fair  
ST. LOUIS,  
1904

SWANS DOWN CAKE FLOUR  
is not self-rising, but it is especially  
prepared to give the best results in  
cake baking.

One package  
IGLEHEART'S SWANS DOWN  
contains 12 cups of flour, enough for  
twelve Angel Food Cakes or about  
6 other cakes. A cost of 2 to 5¢ per  
cake. Each package contains 12 dif-  
ferent cake recipes prepared by  
experts.

IGLEHEART'S  
SWANS DOWN CAKE FLOUR  
EVANVILLE, INDIANA



GRAND PRIZE



DELICATE BIRTHDAY CAKE. SEE PAGE 10



DIXIE BISCUIT  
SEE PAGE 11



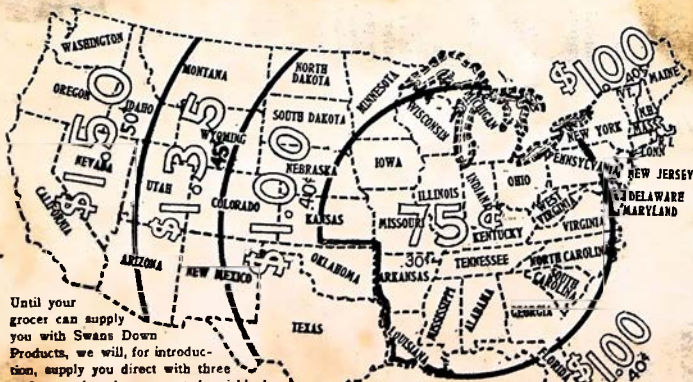
ANGEL FOOD CAKE. SEE PAGE 10



WHITE CAKE. SEE PAGE 13.  
CHOCOLATE CAKE. SEE PAGE 22  
SPONGE CAKE. SEE PAGE 12



SPONGE CAKE  
SEE PAGE 12



Until your grocer can supply you with Swans Down Products, we will, for introduction, supply you direct with three packages of each, or assorted, quickly by express or parcel post, carrying charges map above for prices on three packages in each territory. For prices on one package see the small figures on map shown immediately under the large black letter prices. These prices do not apply to Swans Down Bran. For each package wanted deduct 10c from the quantity price shown on the map.

prepaid. See large figures on map above for prices on three packages in each territory. For each additional package, over three wanted, add 25c. For prices on one package see the small figures on map shown immediately under the large black letter prices. These prices do not apply to Swans Down Bran. For each package wanted deduct 10c from the quantity price shown on the map.

**GIVE US THE NAME OF YOUR RETAIL GROCER WHEN ORDERING.**



CAKE FLOUR  
it is especially  
best results in

WANS DOWN  
flour, enough for  
Cakes or about  
st of 2 to 5c per  
e contains 12 dif-  
v3 prepared by

EARLY'S  
CAKE FLOUR  
INDIANA



PRIZE

# Holden Home Telephone Co.

INCORPORATED  
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Total	\$

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By

# CAKE SECRETS

By MRS. E. REISENBERG, YONKERS, N. Y.

"Cake is to the appetite what mirth is to the melancholy."

**T**HERE is no part of the duty of the modern housewife that requires more skill than the selection and preparation of the cakes served upon her table.

In no way is the old adage, "Variety is the spice of life," more true than in the preparation of dainty and appetizing cakes.

One of the best measures of a woman's ability as a housekeeper is her ingenuity in furnishing her table with cakes that will be enjoyed and remembered by her family and guests.

How proudly beats the heart of every young girl, who can place before her mother's guests a cake of the most delicate texture and delicious flavor. Did you ever watch the flush of pride, and glow of enthusiasm, as the school girl in confidence tells her dearest friend a home secret, which is simply this: "I make all the cake used at home; papa says it is ever so much better than what mamma makes. I learned a few 'Cake Secrets' at the cooking school, which is the key to my success; I am so happy to be in possession of these secrets that I will tell them to you."

Use only the best material, first among which is Igleheart's Swans Down Cake Flour. All ingredients must be carefully measured and combined and utensils and cake pans \* should be modern and suited to the work. Still there are some women who through lack of training consider cake making a matter of luck, and as their efforts in this direction too often result in failure, they eventually give up home baking and resort to the products of the bake shop, not without protest from the men and children of the family.

Now, let us analyze this so-called "luck." As flour is the main ingredient in cake, the ballast as it were, we might say that luck in baking not only means skill, but the proper selection of flour. The housewife who uses her ordinary flour for cake and pastry, can not make perfect cake be she ever so skilled, as bread flour contains a large percentage of gluten, a good quality for bread but not for cake. Gluten is a tough rubbery substance and the raising power used in cake is not strong enough to overcome this quality.

\* We recommend Van Dusen pans—The Chapman Co., Geneva, N. Y.

The excellence of cake depends on its lightness and texture. Cake is made light by the enlargement of the cells in the cake batter and this is accomplished in different ways. Angel Food and Sponge Cake are raised by the expansion of the eggs through whipping, during which process air is enclosed. Heavier cakes need the aid of baking powder or a combination of cream of tartar and soda and when these components come in contact with the liquid in the batter they evolve carbon dioxide, a harmless gas, which fills the cells. Both methods are further assisted by the action of the heat while baking. The heat expands the air cells as is seen by the raising of the cake after being placed in the oven and as the heat increases the cells become rigid and hold up the texture of the cake.

It is therefore necessary to use the finest flour in order to make light and delicate cake.

## WHY SWANS DOWN

"There is a reason"

Swans Down Cake Flour is especially prepared but is not self-rising. Many cakes, such as Angel Food and Sponge Cake, require little or no raising power and in the butter cakes the amount of baking powder often varies according to the ingredients used, not according to the amount of flour. Less shortening is required if one uses Swans Down.

Another reason "Why Swans Down": four cupfuls of carefully sifted and measured Swans Down Cake Flour weigh just one pound, but four cupfuls of bread flour, just as carefully sifted and measured, weigh from four to eight ounces more. It is therefore easy to compute that with every cupful of bread flour one adds one ounce or more of superfluous weight to a cake and this cannot be obviated by using less flour as the batter requires just so much bulk.

The gluten in Swans Down Cake Flour is extremely fine and tender in quality and this makes the flour so eminently superior. Its purity in taste and color add greatly to the delicacy of the cake and as far as nutritive value goes the butter, eggs and sugar more than compensate for its low gluten content.

Swans Down Cake Flour is the best flour that we can make and we have made the best flour for over half a century.



**GENERAL REMARKS.** A concise method for combining is given with each recipe but the following explanation of terms may be useful to the inexperienced cook. Before beginning to bake read your recipe and assemble all materials and utensils. Follow directions carefully. Use a graded half pint measuring cup and remember that all measurements are level. Do not pack flour into cup, just slide in and level off.

**TO CREAM.** This term means to blend and is used in connection with the combining of butter, sugar and eggs. Butter must be moderately soft, sugar fine grained and the material should be beaten until very light.

**TO BEAT YOLKS OR WHOLE EGGS.** Use a fork and beat until thick and lemon colored.

**TO WHIP WHITES.** Use a wire whip and use long easy strokes to enclose the cold air. To test whites take out whip and reverse it and if whites stand up in a point they are stiff.

**TO BEAT WHITES.** Use a "dover" egg beater and beat until stiff and dry. This beats out the air and is best for icings and meringues.

**TO FOLD.** To fold whites or flour into the batter use a light dipping motion, bringing the mass up from bottom of bowl and turning it over so as to enclose as much air as possible.

**UTENSILS AND CAKE PANS.** Use only round bottomed bowls for mixing and one should be large enough to hold all ingredients for the final beating or folding. Cake pans should be so constructed that they require no greasing. The Van Dusen pans are made so.\*

**TO FILL CAKE PANS.** Fill cake pans two-thirds full and bring batter well along edges and tube leaving a slight depression in center. Never move cake in the oven while soft and never bake several kinds of cake at the same time.

**CARE OF OVEN.** Begin with moderate heat and if you use wood or coal see that fuel will not have to be replenished during the baking. Test temperature by placing a soft piece of paper in oven. For Angel Food or Sponge Cake it should turn a golden brown in seven minutes; for butter loaf cakes in five minutes; for layer cakes in four minutes. Cake should rise to top of pan before it begins to brown and if oven gets too hot at any time open the door to let the hot air escape. Do not be afraid that it will cause the cake to fall.

**TO TEST CAKE WHEN DONE.** A toothpick if inserted should come out clean. If top is touched with finger tip it should rebound without making a hissing sound and cake will shrink slightly when done, especially Angel Food and Sponge Cake.

**TO REMOVE CAKE FROM PANS.** Do not take cake from pan until cold. Angel Food and Sponge Cake should be inverted in pan and allowed to hang as this stretches the cake and prevents settling. Butter cakes are cooled by setting the pan on a wire rack so air can circulate under it.

\* We recommend the use of Van Dusen Cake Pans, made by The Chapman Co., at Geneva, N. Y.

We have found the best way to bake Sponge Cake or Angel Food cake is by using ungreased patent moulds, making a delicate batter and allowing it to stick to the moulds. The moulds will support the cake while baking and when baked the mould is inverted and the cake let hang in the mould until it is cool. In this way the cake is stretched and made lighter instead of settling and becoming soggy.

We can recommend the use of Van Dusen Cake Moulds, made by The Chapman Co., at Geneva, N. Y.

### REMARKS

To serve Angel Food Cake to best advantage always use a fork, not a knife in dividing.

When fruits or nuts are added to a cake mixture, rub them thoroughly with a little flour and add to the mixture just before the whites of the eggs; also use one tablespoonful more flour than the recipe calls for.

Always sift baking powder with flour.—Royal Baking Powder is good.

The measuring cup should hold one-half pint.

Purchasers residing in high altitudes can use same measurements. The air being drier, less heat should be used. Necessarily a slower oven, time for baking the same.

With good judgment and care you can make an ideal cake from Swans Down Prepared Cake Flour in any Country.

Near to and West of Rocky Mountains retail price is higher, owing to the very much higher freight rates, and prices are based accordingly.

**Cake Secret** *Royal Baking Powder and Swans Down is a good combination to insure the best results.*



PHILADELPHIA, March 10, 1900

IGLEHEART BROTHERS  
Evansville, Ind.

"Igleheart's Swans Down Prepared Cake Flour" is the very nicest pastry flour we use, and I am always glad to call the attention of my pupils to it for pastry-making.

Very truly yours,

SARAH TYSON RORER

### WEIGHTS AND MEASURES

Four teaspoonfuls liquid equal one tablespoonful.  
Four tablespoonfuls liquid equal one-fourth cup.  
One-half cup equals one gill.  
Two gills equal one cup or one-half pint.  
Two cups liquid equal one pint.  
Four cups liquid equal one quart.  
Three teaspoonfuls dry material equal one tablespoonful.  
Four cups flour equal one pound.  
Two cups solid butter equal one pound.  
One-half cup butter equals one-quarter pound.  
Two cups granulated sugar equal one pound.  
Two and one-half cups powdered sugar equal one pound.  
One round tablespoonful butter equals one ounce.  
Two round tablespoonfuls flour equal one ounce.  
One heaping tablespoonful sugar equals one ounce.  
A pinch of salt is about a saltspoon full.

### PROPORTIONS

One-half cup yeast or one-fourth compressed yeast cake to one pint liquid.  
One even teaspoonful soda and two full teaspoonfuls of cream of tartar to four cups of flour.  
Three heaping teaspoonfuls baking powder to four cups flour.  
One teaspoonful soda to two cups sour milk.  
One teaspoonful soda to one cup molasses.

**Cake Secret** *Granulated sugar is best for cakes.*

### DELICATE CAKE NO. 1

$\frac{1}{2}$ cup butter	2 cups Swans Down Cake Flour
1 cup sugar	2 teaspoonfuls baking powder
$\frac{1}{2}$ cup cold water	Whites of 4 eggs
1 teaspoon vanilla	Pinch of salt

Cream butter and sugar, then add the water slowly with two tablespoonfuls flour. Fold in the beaten whites, then the remainder of the flour into which the baking powder has previously been well sifted. Bake in flat square pans in moderate oven until the cake leaves the sides of pans. Cover with caramel frosting.

### DELICATE CAKE NO. 2

$\frac{1}{2}$ cup butter	3 cups Swans Down Cake Flour
2 scant cups sugar	2 heaping teaspoons baking powder
$\frac{3}{4}$ cup milk	Whites of 5 eggs
$\frac{1}{2}$ teaspoon almond flavoring	

Follow same instructions as in recipe above.  
Mix in order given; bake in shallow square pans about twenty minutes. When cool, cover with boiled icing. Mrs. R. K.

### NEW COCOANUT CAKE

$1\frac{1}{2}$ cup sugar	1 cup and 2 tablespoons milk
$\frac{1}{2}$ cup butter	Whites of 3 eggs
3 cups Swans Down Cake Flour	$\frac{1}{2}$ teaspoon vanilla
3 teaspoons baking powder	

Cream the butter well, then add the sugar gradually. Sift the flour once before measuring, then sift the flour with the baking powder three times.

Add the flavoring to the butter and sugar, then the milk and flour alternately. Lastly fold in the stiffly beaten whites. Bake in a moderate oven in two round cake tins. Frost with cocoanut frosting.

**Cake Secret** Eggs cooled in the ice chest are much more easily beaten.



If you like Swans Down Cake Flour, try some of the other Swans Down Products. See page 36.

### SWANS DOWN CAKE

6 oz. butter ( $\frac{3}{4}$ cup)	2 teaspoons baking powder
14 oz. sugar ( $1\frac{1}{2}$ cups sifted)	Whites of 14 eggs
14 oz. Swans Down ( $3\frac{1}{2}$ cups sifted)	$\frac{1}{2}$ teaspoon almond or vanilla

Cream the butter and sugar, beating until very light; sift the flour with the baking powder three times then put back in sifter and sift gently into mixture, adding it alternately with the stiffly beaten whites; bake in a loaf or in shallow pans; if in a loaf, about forty minutes; if properly mixed and baked, a most excellent cake, as much success in cake making depends on baking as in mixing. S. I.

### LILLIAN'S ONE EGG CAKE

$\frac{1}{4}$ cup butter	1 egg well beaten
$\frac{3}{4}$ cup sugar	$1\frac{1}{2}$ cup Igleheart's Swans Down Cake Flour
$\frac{1}{2}$ cup milk	$1\frac{1}{2}$ teaspoonful baking powder
$\frac{1}{2}$ teaspoonful vanilla	

Cream the butter; add gradually the sugar, beating hard, then the egg; sift flour and baking powder together; add alternately with the milk a little at a time; bake in shallow pans.

**Cake Secret** Sugar for cakes should always be sifted. Never melt the butter; creaming butter encloses air and makes the cake light; cakes should always be beaten—not stirred.





Note:  
These recipes work well with  
Royal Baking Powder.

### MABEL'S TWO EGG CAKE

- |                                |                                     |
|--------------------------------|-------------------------------------|
| $\frac{1}{2}$ cup butter       | $1\frac{3}{4}$ cup S. D. Cake Flour |
| $\frac{1}{2}$ cup sugar        | 1 teaspoon baking powder            |
| $\frac{1}{2}$ cup milk         | Whites of 2 eggs                    |
| $\frac{1}{2}$ teaspoon vanilla |                                     |

Cream butter and sugar; sift flour and baking powder three times, add alternately with the milk a little at a time; fold in whites of eggs which have been beaten very stiff and ice top or put together with any desired icing.

### SURPRISE CAKE

- |                          |                                      |
|--------------------------|--------------------------------------|
| 1 cup sugar              | 1 cup milk                           |
| $\frac{1}{2}$ cup butter | $2\frac{1}{2}$ cups S. D. Cake Flour |
| 2 eggs                   | 1 heaping teaspoon baking powd.      |
| Flavoring to taste       |                                      |

Put the mixture in gem pans and in the center of each cake put a raisin which has been flavored. E. I.

### FEATHER CAKE

- |                           |   |
|---------------------------|---|
| $\frac{3}{4}$ cup butter  | $2\frac{1}{2}$ cups Swans Down Cake Flour |
| $1\frac{1}{4}$ cups sugar | 2 teaspoonfuls baking powder              |
| Flavor to taste           | 4 eggs                                    |
| $\frac{1}{2}$ cup water   |   |

Sift flour once and then measure; add baking powder and sift three times; cream butter and sugar, then add the yolks, which have been beaten to a stiff froth; add half a cup of the flour, then the water, then the rest of the flour, with the stiffly beaten whites alternately.

**Cake Secret** *Beating cakes encloses bubbles of air, which is one of the secrets of light cakes, stirring stirs them out.*

### ORANGE CAKE

- |                          |   |
|--------------------------|---|
| $\frac{1}{4}$ cup butter | $1\frac{3}{4}$ cups Swans Down Cake Flour |
| 1 scant cup sugar        | 2 teaspoonfuls baking powder              |
| $\frac{1}{2}$ cup milk   | Flavor with Orange Extract                |
| Whites of 2 eggs         |   |

Sift flour with baking powder three times and mix in the order given; bake in two shallow pans about twenty minutes; when cool, put together with orange filling.

### ORANGE FILLING

- |                                |                                       |
|--------------------------------|---------------------------------------|
| $\frac{1}{2}$ cup sugar        | $\frac{1}{2}$ teaspoonful lemon juice |
| 2 tablespoonfuls flour         | 1 teaspoonful butter                  |
| A little grated orange rind    | 1 egg slightly beaten                 |
| $\frac{1}{4}$ cup orange juice |                                       |

Mix in order given, heat up well, cook in double boiler; stir constantly until thick as thin mush; when cool, it is ready for use.

### WHITE LOAF CAKE

Good for all layers—delicious as a loaf cake

- |                          |                                      |
|--------------------------|--------------------------------------|
| Whites of 8 eggs         | $2\frac{1}{2}$ cups S. D. Cake Flour |
| $\frac{3}{4}$ cup butter | $1\frac{1}{4}$ cup granulated sugar  |
| $\frac{1}{2}$ cup water  | 2 heaping teaspoons baking powder    |

Cream butter and sugar; (warm sugar very slightly if butter is cold; never warm the butter) pour water on top of butter and sugar; pour slightly whipped whites on top; (don't stir water in butter and sugar) then add Swans Down Cake Flour and baking powder that has been sifted together three times; add extract; beat hard until fine as velvet; pour into ungreased patent pan; put in a slow oven; let it raise to top of pan; then increase heat and finish baking rapidly as possible without burning. Watch oven as for Angel cake.

Cool oven in same manner; when cake is done it will feel firm under finger tip touch; don't bake too dry. This recipe will be good for any layer cake; divide recipe into two pans for layers and bake as directed; layers will be much lighter baked in this manner. Both loaf and layers should hang in pan the same as Angel Cake. See that cake bakes under crust; cut out of pan when cold.

\* We can recommend the use of Van Dusen Cake Moulds, made by The Chapman Co., at Geneva, N. Y.



PARK RIDGE, ILL., Dec. 21, 1913  
IGLEHEART BROTHERS,  
Evansville, Ind.

Gentlemen:—This is to advise you that your several letters were received, also the invoice of stock sent to me free of cost. I thank you for the latter and trust that the 95 pupils will each and every one of them become converts to the use of The Swans Down Products. I, of course, shall use no other so long as I find so splendid a line. You may

add my testimony to those you already have from the people in my profession. I am very conscientious in making this statement. I believe Swans Down Cake Flour has no peer. I have never found it if it has.

Very truly yours, ELIZABETH O. HILLER

### MRS. PACE'S LADY BALTIMORE CAKE

$\frac{1}{2}$  cup scant butter  
 $1\frac{1}{2}$  cups granulated sugar  
1 cup cold water  
2 rounded teaspoons baking powd.  
Whites of 4 eggs  
 $\frac{1}{4}$  teaspoon almond  
 $\frac{1}{2}$  teaspoon vanilla

3 level cups S. D. Cake Flour sifted 4 times before measuring

Cream the butter and sugar; add  $\frac{1}{2}$  of the water with 1 cup of the flour; beat thoroughly, and add second cup of flour; continue beating; into the last cup of flour sift the baking powder, and add as the others; then the rest of the water; flavor and then cut and fold in the stiffly beaten whites very carefully. This will make 3 layers 12 inches square, or 2 layers 14 inches square. Layer cakes require a hotter oven than loaf cakes.

### FILLING FOR LADY BALTIMORE CAKE

Grind together in the meat grinder,  $\frac{1}{2}$  pound of figs;  $\frac{1}{2}$  pound pecans or English walnuts and  $\frac{1}{4}$  pound raisins. Make a boiled icing of 2 cups of granulated sugar;  $\frac{1}{2}$  cup of water; whites of 2 eggs. Boil sugar and water together gently without stirring until it threads from the spoon; turn this mixture slowly in the stiffly beaten whites of the eggs; beat while turning on the hot liquid; continue beating until of the right consistency to spread; leave out one-third and into the rest stir the fruit and nuts. Spread the fruit icing between the layers and on the top, and over this spread the plain white icing.

This is a most delicious cake and has been much sought after by readers of Owen Wistar's interesting story of Lady Baltimore.

**Cake Secret** *Royal is good Baking Powder—It is dependable.*



One of the Largest Fancy Retail Stores  
in Chicago

Office of C. JEVNE & Co., Retail Fancy Grocers  
CHICAGO, ILL., Nov. 11, 1899  
IGLEHEART BROTHERS, Evansville, Ind.

Gentlemen:—Replying to your favor of the 9th inst., we think that your Swans Down Prepared Cake Flour is a very convenient article for making all sorts of pastry and cake. In these days when Minnesota and Dakota Hard Spring Wheat Flour is mainly used for bread making purposes, and every housekeeper should know that Spring Wheat Flour will not make good cake, Swans Down Cake Flour should find its way into every well regulated household. We beg to remain,

Yours respectfully, C. JEVNE & Co.

### BLACKBERRY CAKE

$\frac{1}{2}$  cup butter  
1 cup sugar  
4 teaspoons cold water  
1 teaspoon soda  
2 eggs  
2 cups S. D. Cake Flour  
1 cup blackberry jam  
1 teaspoon cinnamon  
 $\frac{1}{2}$  teaspoon cloves  
 $\frac{1}{4}$  teaspoon mace

Cream butter and sugar together until very light; add beaten yolks, water, soda, spices, berries, and flour; stir all together; beat thoroughly; then cut and fold in the beaten whites; bake in a loaf in a moderate oven about forty-five minutes; when cool, cover with white icing. If desired, bake in two square layers and put together with white icing. Black raspberries or strawberries may be used instead of blackberries.

### LIZZIE'S HERMITS

1 cup butter  
3 cups brown sugar  
4 tablespoonsfuls sweet milk  
4 eggs  
2 teaspoons soda  
2 cups raisins  
1 cup nuts  
1 teaspoonful grated nutmeg  
1 teaspoonful cinnamon  
A little grated orange peel  
6 cups S. D. Cake Flour  
2 cups currants

Cream the butter and the sugar; add the milk, eggs beaten lightly; and the soda sifted into half of the flour; add the fruit and nuts, which have been chopped and floured; work well together; add the spice and the balance of the flour; drop by teaspoonfuls on buttered tins, some distance apart and bake. These are delicious and will keep a long time. Any kind of nuts can be used—pecans are perhaps the best.

**Cake Secret** *Never use any but the best materials. Be accurate in your measurements. Always sift flour before measuring.*

### MABEL'S DEVIL FOOD CAKE

- |                                |                                   |
|--------------------------------|-----------------------------------|
| $\frac{1}{2}$ cup of butter    | 3 eggs                            |
| $1\frac{1}{2}$ cup brown sugar | 2 cups Swans Down Cake Flour      |
| $\frac{1}{2}$ cup milk         | 2 heaping teaspoons baking powder |

Cream the butter and sugar; add the milk, then drop in the eggs one at a time and beat thoroughly. Add the flour into which the baking powder has been sifted and both again sifted together.

- Take 5 tablespoonfuls brown sugar.  
2 squares of Baker's bitter chocolate.  
 $\frac{1}{2}$  cup of milk.

Put this all in a double boiler and cook into a thick paste about ten minutes; let it cool and stir into the cake batter. This will make two ten-inch layers. Bake in a moderate oven. Can be put together with icing or left separate.

### ICING FOR DEVIL'S FOOD

White of one egg—as much cold water as white of egg—(do not beat) stir in enough confectioner's sugar to stiffen, add one square of melted Baker's chocolate, flavor with vanilla, lastly add a teaspoonful of thick cream. M. L.

### VARIETY CAKE

- |  |  |
|--|--|
| $\frac{1}{2}$ cup butter                 | 2 teaspoonfuls baking powder             |
| $1\frac{1}{2}$ cup sugar                 | 1 teaspoonful cinnamon                   |
| $\frac{1}{2}$ cup milk                   | $\frac{1}{2}$ teaspoonful cloves         |
| Yolks of 4 eggs                          | $\frac{1}{2}$ cup chopped seeded raisins |
| Whites of 3 eggs                         | $\frac{1}{2}$ teaspoonful nutmeg         |
| 2 cups Igleheart's Swans Down Cake Flour |  |

Mix in usual order, omitting the spices; to one-third of the mixture add the spices and raisins; bake in three square shallow pans; put together in layers with plain boiled icing. The dark layer in the center. Mrs. A. B.

**Cake Secret** *If the oven should be too hot, setting a dish of hot water in the oven will prevent scorching.*



the world, we have been compelled by the demand from our trade to take hold of Swans Down Flour. We find the goods give universal satisfaction and the demand for them is increasing.

One of the Largest and Best Wholesale Grocers in the North-west

Office of ANTHONY KELLY & Co.  
Wholesale Grocers  
MINNEAPOLIS, MINN. Nov. 13, 1890  
MESSRS. IGLEHEART BROTHERS,  
Evansville, Ind.

Gentlemen:—We think the best testimonial on Swans Down Prepared Cake Flour is the fact that in a city like Minneapolis, which has the reputation of manufacturing the best flour in the world, we have been compelled by the demand from our trade to take hold of Swans Down Flour. We find the goods give universal satisfaction and the demand for them is increasing.

Yours truly,  
ANTHONY KELLY & Co.

### SPICE CAKE

- |  |   |
|--|---|
| 1 cup butter                             | 1 teaspoonful each cinnamon and mace                  |
| 1 cup sugar                              | 1 teaspoonful each nutmeg and allspice                |
| 1 cup molasses                           | $4\frac{1}{2}$ cups Igleheart's Swans Down Cake Flour |
| 4 eggs                                   |   |
| $\frac{1}{2}$ cup sweet milk             |   |
| $\frac{1}{2}$ teaspoonful soda           |   |
| $1\frac{1}{2}$ teaspoonful baking powder |   |

Cream butter and sugar; add the molasses, then the eggs, dropped in one at a time and beaten thoroughly; sift the soda and baking powder into the flour and add alternately with the milk, beating well; lastly the spices; bake in gem pans about twenty minutes; this will make two dozen and nine. Mrs. L. T.

### SPICE CAKE NO. 1

- |   |                                  |
|---|----------------------------------|
| 2 eggs,                                   | 1 teaspoonful soda               |
| White of 1 egg                            | 1 teaspoonful allspice           |
| 2 cups brown sugar                        | 2 teaspoonfuls cinnamon          |
| 1 cup sour milk                           | $\frac{1}{2}$ teaspoonful cloves |
| $\frac{1}{2}$ cup butter (scant)          | $\frac{1}{2}$ nutmeg, grated     |
| $2\frac{1}{2}$ cups Swans Down Cake Flour |                                  |

Bake same as other butter cakes.

**Cake Secret** *Use Swans Down Cake Flour.*



Secured Many Premiums  
THE JOS. R. PEEBLES' SONS CO.  
Grocers

CINCINNATI, Nov. 21, 1899  
MESSRS. IGLEHEART BROTHERS  
Evansville, Ind.

Gentlemen:—We wish to state  
that the Swans Down Prepared  
Cake Flour gives excellent satis-  
faction. One of our customers  
took over \$25.00 worth of pre-  
miums on cakes made from Swans Down Flour, within a few days this fall, at  
the different county fairs about Cincinnati.

Very truly yours,

THE JOSEPH R. PEEBLES' SONS CO.  
Per EDWIN C. PEEBLES

### FRUIT CAKE

1 pound sugar  
1 pound butter  
8 eggs  
2 pounds raisins  
1 pound currants  
1 pound citron  
½ pound figs  
4 apples

1 tablespoon molasses  
1 cup sour milk  
1 teaspoon soda  
1 teaspoon each of spices  
1 cup good brandy  
1¼ pound S. D. Cake Flour  
2 teaspoons baking powder

To mix fruit cake, cream butter and sugar; whip yolks; add to creamed butter and sugar; then add raisins; work in with hand; then currants, figs; next citron, next chopped apples, molasses, spices; then add brandy, mixing well; next put soda in milk, pour on top; then add whites of eggs that have been whipped about half stiff; last add the five cups of Swans Down Cake Flour that have been browned in oven, and 2 teaspoons baking powder added to it. After pouring milk on mixture, don't beat until eggs and flour have been added. Separate to any size pans desired. Takes from 1 to 2 hours to bake, according to size.

**Cake Secret** *In baking divide the time into quarters. First quarter the mixture should become heated and begin to rise; second quarter, continue rising and begin to brown; third quarter, continue browning; fourth quarter, finish baking and shrink from the pan.*

### LOAF NUT CAKE

½ cup butter	2 cups S. D. Cake Flour
1 cup granulated sugar	2 teaspoons baking powder
2 eggs well beaten together	1 cup pecan nuts, chopped
½ cup milk	

Cream butter and sugar; add the beaten eggs, then the milk and flour alternately, the nuts last. Beat well. Bake in moderate oven in loaf form forty-five minutes to an hour.

### MARBLE CAKE

1 cup sugar	1½ teaspoon baking powder
½ cup butter	1 tablespoon molasses
1¾ cup S. D. Cake Flour	1 tablespoon melted chocolate
2 eggs	½ teaspoon powdered cinnamon
½ cup milk	¼ teaspoon grated nutmeg
½ teaspoon salt	¼ teaspoon powdered allspice

Cream butter, add gradually the sugar, yolks of eggs, beaten until thick; flour, salt, baking powder, milk, and egg whites beaten to a stiff froth. Mix carefully and to one-third mixture add spices, New molasses, and melted chocolate. Drop in cake pan alternately, a spoonful of each mixture, and draw spoon through once or twice to make colors lie in lines. Bake in moderate oven one hour. Sufficient for one cake.

### CARAMEL ICING

2½ cups light brown sugar	1 tablespoonful butter
1 cup cream	

Boil ingredients together in sauce pan until a ball can be formed when dropped into cold water; remove from fire and beat until right consistency to spread.

**Cake Secret** *Cake pans should be filled nearly two-thirds full if the cake is expected to rise to the top of the pan.*



### BOILED ICING

1 cup granulated sugar

$\frac{1}{3}$  cup water

Boil together gently without stirring until it threads quickly when lifted with spoon or knife; turn this hot mixture slowly into the white of one egg which has been beaten to a stiff froth, beat while turning on the hot liquid; continue to beat until stiff enough to spread; add one-fourth teaspoonful any preferred extract. If the sugar has cooked too much it will grain; then it may be made smooth by beating in a little boiling water; a teaspoonful at a time.

### MAPLE SUGAR ICING

Make the same as the plain boiled icing. It will take a little longer time to cook the sugar.

### MARSHMALLOW CREAM ICING

Cut ten marshmallows into small pieces, place in a cup, add one teaspoonful of water, set cup in pan of hot water to melt. Make a boiled icing and when hot syrup has been beaten into white of egg add the marshmallows.

Beat until thick enough to ice.

### ORANGE ICING

A little grated orange rind

$\frac{1}{2}$  teaspoonful lemon juice

1 tablespoonful orange juice

Yolk of one egg

Mix in order given and add confectioner's sugar until the right consistency to spread.

### CHOCOLATE ICING

To the boiled icing add two squares Baker's Chocolate melted and a little vanilla.

**Cake Secret** *Sponge Cake requires a cool oven.*

### GENERAL DIRECTIONS FOR SMALL CAKES

Small cakes or cookies, if kept in tin cans or boxes, with close fitting covers will not only keep for some time, but often improve with age. After giving the small recipes a trial you may find it profitable to double them. If there is no baking powder or liquid given do not think it an error for they do not require it.

The amount of flour given for cookies that are kneaded is enough to combine the material, but a little more may be used for the rolling. Always use flour sparingly and do not roll too large a batch at one time. ALL MEASUREMENTS ARE LEVEL. If possible bake small cakes on heavy baking sheets, do not grease them, merely rub them with a little warm paraffine. Bake very slowly.

### SUGAR PRETZELS

3 cups S. D. Cake Flour

$\frac{1}{2}$  cup powder sugar

$\frac{1}{2}$  cup butter

2 eggs

1 teaspoon vanilla extract

Sift flour three times before measuring. Cream butter and sugar very light, then add eggs, one at a time beating two minutes each time, add flour until dough can be handled, then take onto floured board, and knead all the material until smooth, cover and set aside for one or two hours. When shaping roll dough one quarter of an inch thick, strew well with granulated sugar and press in with the pin.

With pastry wheel cut into strips, seven inches long and a scant half inch wide, bring the ends towards middle and cross to form a pretzel. Lift carefully with a spatula and lay on waxed baking sheet. Bake slowly until a golden color.

### ANISE PRETZELS

Use sugar pretzel recipe, omit the vanilla and add one teaspoonful of fine anise seed to the dough.

### FRUIT WAFERS

Use Nut Cookie recipe but omit nuts and use a little more flour in kneading, roll into a thin sheet, spread sliced raisins, dates or figs over half of the dough, fold rest over and press together lightly with the rolling pin. Cut with a sharp knife into oblong wafers three by one inch. Bake as other cookies.

## IMPERIAL NUT COOKIES

2¼ cups S. D. Cake Flour  
1 teaspoon baking powder  
½ cup butter  
1 teaspoon lemon extract  
1 cup granulated sugar  
2 eggs  
½ cup ground walnuts or pecans

Sift flour once before measuring. Add baking powder and sift again. Cream butter, add sugar and cream well, add well beaten eggs and extract, when well blended add the flour and nuts, beating in slowly. As soon as stiff enough to take onto board, knead in the rest of flour. A little more flour will then be needed to roll into a thin sheet, cut with small round cutter and press half a nut in center. Bake on waxed cookie sheet in moderate heat.

## DATE BARS

1 cup S. D. Cake Flour  
1 teaspoon baking powder  
5 eggs  
1 cup fine granulated sugar  
1 pound dates  
1¼ cup sliced walnut meats

Sift sugar once before measuring then add baking powder and sift again, set aside. Separate the eggs placing whites in shallow bowl, yolks in mixing bowl. Have dates cut quite small and nuts shredded then rub both through the flour so as to separate them. Beat yolks and sugar until light and creamy, then whip whites stiff. Beat flour into yolks and sugar and when well blended add the whites. Mix well then pour into shallow baking pans, about one inch thick. Bake in very slow oven until a toothpick will come out clean. The mixture should raise rather crinkly and darken slowly. When done it will shrink slightly.

When almost cold cut into neat slices, one by three inches, lay on flat surface and sift confectioner's sugar over.

## ALMOND SLICES

2 cups S. D. Cake Flour  
1 teaspoon baking powder  
¾ cup butter  
1 cup powder sugar  
4 eggs  
1 teaspoon almond extract

Sift flour once before measuring, add baking powder and sift again, then set aside. Cream butter and sugar until well blended, add well beaten yolks and cream until fluffy, whip whites stiff, add extract to creamed mass and then whip in the whites and flour until smooth. Spread one-half inch thick in shallow baking pans. Strew on the following, evenly distributed:

¼ cup granulated sugar  
1 teaspoon cinnamon.  
½ cup ground almonds

When baked a golden brown and cooled cut into strips, one by four inches.

## SWANS DOWN HONEY CAKE COOKIES

Melt one quarter pound butter with one pound honey (stirring well), take off the fire and let it cool. Add one quarter pound sweet almonds (chopped fine), the grated rind of two lemons, a little nutmeg, one ounce carbonate of soda dissolved in a little warm water. Mix with enough Swans Down Cake Flour to make a dough and set in a cold place 12 hours. Roll out one half inch thick, cut into squares, decorate with nuts (almonds and chopped citron) then bake in a hot oven.

## PUFF BALLS

Make boiled batter as directed for "Swans Down Cream Cake." After it has stood long enough to stiffen, have ready a kettle of hot frying compound or lard, dip a teaspoon into the hot fat then take up a rounded spoonful of the batter and drop into the fat, continue until there are enough balls in fat to half cover surface, this will allow for expanding. Balls must puff up and enlarge at least double in size, they must cook long enough to be a golden brown, light in weight and hollow inside. Be sure you let them fry long enough. When cold ice with thin icing made with confectioner's sugar rubbed smooth with hot water, or sift sugar over.

## BUTTERFLIES OR VANITIES

2 cups S. D. Cake Flour  
2 eggs  
2 tablespoons sugar  
2 tablespoons of water  
A few drops vanilla extract  
A pinch of salt

Sift flour twice before measuring, cream eggs and sugar then add salt, vanilla and water, slowly stir in the flour until you can handle it on the board, then knead and roll very thin, cut into oblong shaped pieces about one by three inches in size. Pinch together in middle and drop into hot frying compound, as soon as a golden brown take up with skimmer and drain in sieve or on brown paper. Pile on plate, and dust with confectioner's sugar.

## Cake Secret

To keep cake fresh several days put in cake box with several slices of fresh apple.



We have found Royal Baking Powder gives good results in these recipes.

## PASTRY

### PUFF PASTE

1 pound S. D. Cake Flour

1 pound butter  
A little ice water

All the utensils used should be ice cold. Chill the flour; divide the butter into three parts, wash and pat each into a thin oblong pat; wrap two of the butter pats in a napkin and place them between pans of cracked ice; with the tips of the fingers work the other butter pat into the flour, keeping plenty of flour between the butter and the fingers; add ice water, using as little as possible to make a smooth paste; toss the paste on floured board, knead just enough to form a ball shape; pat and roll out one-fourth inch thick, keeping paste a little wider than long and corners square; lay one pat of the butter on the paste, dredge very lightly with flour; fold over the paste so as to enclose the butter; roll up like a jelly roll; pat and roll out one-fourth inch thick; add butter and roll out as above. After all of the butter has been added, fold and roll out four or five times; the more times it is folded and rolled out the more air will be enclosed. The more air retained in the paste the more puffy it will be. The rolling should be done with gentle strokes from center out. As often as the paste becomes a little soft, place it in a napkin between two pans of cracked ice and let it stand until thoroughly chilled. The paste should be ice cold when put into the oven. Puff paste requires a hot oven, greatest heat coming from the bottom; turn frequently that it may rise evenly; when well risen, decrease temperature of oven.

Puff paste should be used for pies, patties, vol-au-vents, rissoles, cheese straws, tarts, turnovers, etc.

**Cake Secret** *Flour sifted from three to five times is another secret of perfect cake making.*

### PLAIN PASTE

1½ cup S. D. Cake Flour  
¼ cup lard

¼ cup butter  
¼ teaspoon salt  
A little cold water

Wash the butter and pat it into a thin pat; add salt to flour, and with the tips of the fingers work in the lard, keeping plenty of flour between the lard and the fingers; add enough cold water to make a smooth paste, using as little as possible; ice water not essential, but desirable in summer; toss out on floured board; pat and roll out one-fourth inch thick; fold in the butter as for puff paste; fold and roll out two or three times; the folding and rolling if done gently makes the pastry flaky. Use for pies only. Bake in a moderate oven.

### PASTE WITH LARD

1½ cups S. D. Cake Flour  
¼ teaspoon salt

¾ cup lard  
A little cold water

Material and utensils should be as cold as possible to have them. Add salt to the flour; reserve one tablespoonful of lard; with the tips of the fingers work remainder of lard into the flour; add cold water using as little as possible to make a smooth paste; toss out on floured board; roll out one-fourth inch thick; spread with one-half of the reserved lard; dredge lightly with flour; fold over and roll up like a jelly roll; with rolling pin flatten to ¼ in. thickness and spread with remainder of lard; dredge lightly with flour; fold and roll up like a jelly roll; divide and roll out to fit baking dishes. This is only suitable for pies. Bake in a moderate oven.

**Cake Secret** *The oven should be heated very hot, the cake set in, then turn out gas for ten minutes. By this time the cake should be evenly heated and be almost through rising. Then light oven and finish baking with gas high until oven is well heated, then turn low. The cake will come up perfectly even on top. This applies to bread, rolls and cup cakes as well as cake.*

## STRAWBERRY SHORT CAKE

3 cups S. D. Cake Flour       $\frac{1}{2}$  cup lard  
 $\frac{1}{2}$  teaspoon salt               $\frac{3}{4}$  cup milk  
 2 teaspoons baking powder      1 egg

Sift the baking powder with the flour into a granite bowl; add salt, then rub in the lard thoroughly; beat the egg until very light and add it to the milk, then stir gradually into the flour; spread it over a square shallow cake pan that has been well greased and bake from ten to fifteen minutes in a quick oven. With a knife that has been heated, split the cake open and spread each side with butter; put the berries that have been mashed and sweetened between the layers and on top; serve with cream or mashed and sweetened berries. Fresh ripe peaches are also nice. An excellent shortcake.

## SEA FOAM CUP PUDDING

1 pt. S. D. Cake Flour      A teaspoon of salt  
 2 teaspoons baking powder       $\frac{3}{4}$  cup milk

Sift the baking powder into the flour; add the salt; stir the milk in slowly until a soft dough is formed; put a teaspoonful in a buttered cup; then a teaspoonful of jam; then another teaspoonful of batter. Steam thirty-five minutes. Serve with cream and sugar or a pudding sauce.

A. T. B.

## POPOVERS

3 cups S. D. Cake Flour      3 eggs  
 2 teaspoons baking powder      1 tablespoon butter, melted  
 $\frac{1}{2}$  teaspoon salt              3 cups milk

Mix the salt and baking powder with the flour; beat the yolks very light; add the sugar, melted butter and milk and stir into the flour; lastly cut and fold in the whites, beaten stiff. Bake in cups and serve with cream and sugar.

M. K.

**Cake Secret** *Layer cake requires a hotter oven than loaf cake.*

## SOUTHERN BISCUIT

1 qt. S. D. Cake Flour (sifted)      1 tablespoon lard  
 1 saltspoon salt              3 teaspoons baking powder  
 Milk—about a pint

Sift the baking powder with the flour; milk enough to make a very soft dough—about a pint; add the salt to the flour and baking powder and sift all together twice; chop the lard into the flour with a knife until there are no large lumps; mix in the milk gradually, still using the knife, as much touching with the hands injures the biscuit. Work the dough rapidly; when just stiff enough to be handled, (not kneaded) turn out on a well floured board, pat it with the rolling pin, which must be lifted quickly, that it may not stick, and when the dough is about half an inch thick, cut it into rounds and bake at once, about ten or fifteen minutes in a hot oven. If made right the dough must be kept soft and the biscuit will be flaky. These are the true Southern Biscuit and can only be made properly with a pastry flour, such as Igleheart's Swans Down Cake Flour.

## CREAM BISCUIT

Make the same as above using sweet cream instead of milk, and omitting other shortening. These are delicious and perhaps more hygienic than when lard is used.

F. B. I.

## DIXIE BISCUIT

Sift, then measure two cups of Swans Down Cake Flour; add one-half teaspoonful salt, one rounding teaspoonful of best baking powder; sift again, add one-half tablespoonful of cold lard, rub through flour until smooth; beat white of one egg well, stir into one-third cup of sweet milk, mix into flour with spoon; scrape out on board, toss about until smooth enough to roll; roll thin, cut with biscuit cutter; rub melted butter over top; double over; prick with fork; bake in quick hot oven.