

Cake
Secrets

Igelhearts



(16-25)

STORY OF SWANS DOWN

IN 1853, Levi Igleheart, at the age of thirty-three, finding farming to be discouraging, moved to the then little town of Evansville, Indiana, on the Ohio River and Erie Canal, and started a sawmill. He later took on the grinding of wheat grist. With this new enterprise, he was so successful that in 1856, his brothers, Asa and William (the latter leaving the farm and moving to town), established the firm of Igleheart Brothers, Millers. The business was run by Levi and William, while Asa followed the legal profession, later withdrawing from the firm. In 1892, the firm was incorporated, and William died soon after, leaving Levi and his three sons, Leslie, Addison, and John, to run the business. In 1896, Addison Igleheart found a means of making flour, which was of superior quality for cake making, and after experimenting and perfecting it, he began the manufacture and of this new product called Swans Down Cake Flour.

Leslie, Addison, and John each have one son to whom are gradually turning over the cares and joys of Swans Down Cake Flour.

The business has grown from year to year and the capacity has been increased from a small mill on the Canal in 1853 to a fine, modern plant of latest type of structure. Every care and precaution is taken to put out a superior product under the most sanitary conditions.

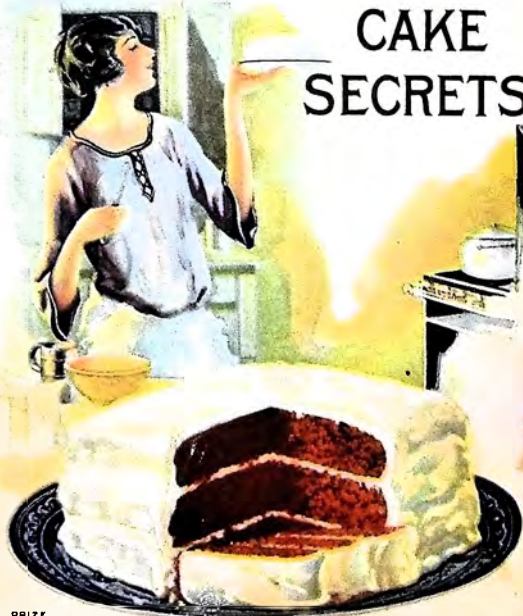
TABLE OF WEIGHTS AND MEASURES

2 tablespoonfuls butter = 1 ounce
2 tablespoonfuls sugar = 1 ounce
4 tablespoonfuls flour = 1 ounce
2 tablespoonfuls liquid = 1 ounce
4 tablespoonfuls cocoa = 1 ounce or
1 square of chocolate by weight
2½ tablespoonfuls baking powder =
1 ounce
1 medium size egg weighs 2 ounces
8-10 medium size eggs (with shells)
= 1 pound

3 teaspoonfuls = 1 tablespoonful
4 tablespoonfuls = ¼ cupful
16 tablespoonfuls = 1 cupful (or ½
pint)
2 cupfuls = 1 pint
4 cupfuls (or 2 pints) = 1 quart
4 cupfuls cake flour = 1 pound
2 cupfuls granulated sugar = 1
pound
2½ cupfuls brown sugar = 1 pound
3½ cupfuls confectioner's sugar =
1 pound
2 cupfuls butter = 1 pound

Always sift flour once before measuring.
Always use level measurements.

CAKE SECRETS



PRIZE
DEVILS
FOOD

(RECIPE PAGE 19)

All recipes tested and approved by Mary Jean Hart
Director of Domestic Science Department

IGLEHEART BROTHERS, INC.

Established 1856

EVANSVILLE,

IND., U.S.A.

A COMPLETE DESCRIPTION OF WHAT THEY ARE

By Janet McKenzie Hill

EDITOR, AMERICAN COOKERY MAGAZINE

BOSTON, MASS.

How did you make that beautiful cake?

How often you hear this question asked at a luncheon or a dinner where delicious homemade cake is served. And although the hostess usually answers her guest in a general way, you'll notice she seldom tells those "Cake Secrets."

I will tell you her "Cake Secrets." It has taken me many years to find them out, and I wish every housewife to profit by my experiences.

First of all, remember there are only two kinds of cake—sponge cake and butter cake. Every cake is a variation of one of these two; every cake begins by being a sponge or a butter cake. Accordingly, I have made a division under these two headings in this book. The basic recipe for sponge cakes is on the opposite page, and its variations immediately after. Likewise, on page 8 is the basic recipe for plain butter cakes. From this basic recipe all butter cakes can be varied, as shown on the pages following recipe.

Learn to make these two fundamental cakes, the simple form of sponge cakes and that of butter cakes, and it is easy to make any variation of either.

Right here I want to call your attention to a fact which, in my opinion, is not generally understood—homemade cake is a real food. Bread has long been a synonym of food, and as cake is a refined, sweetened, and flavored bread, there is no question as to the place cake takes in the dietary. Generously represented in most cakes are the food elements from which our meals are chosen—the protein in eggs, milk, and flour, the carbohydrates in the flour and the sugar, the fats in the milk and butter, the minerals in the eggs and the milk.

Because of its high nutritive value, cake is most desirable at a meal that lacks hearty food in the form of meat or fat or their equivalents; but as sugar satisfies hunger almost instantly, cake should be eaten at the end of a meal.

For perfect cake, select only the choicest materials. Let the flour, the foundation of cake, be the best adapted for cake making. Some flours contain a large proportion of the elements essential to bread; others are better adapted to cake. Such a flour is found in Igleheart's *Swans Down Cake Flour*. With this flour as a foundation, and by following the recipes in this book, anyone can make a perfect cake.

Besides recipes for cakes, are included recipes for plain and French pastries in this book. Pastries, like cakes, require only good materials and a little care in the making to insure delicious results.

All recipes in this book call for level measurements unless otherwise stated.

REGULATION SPONGE CAKE

(No baking powder needed)

INGREDIENTS

ALL LEVEL MEASUREMENTS

5 eggs	1 cupful Igleheart's Swans Down
1 cupful granulated sugar	Cake Flour
½ lemon, grated rind and juice	¼ teaspoonful salt

UTENSILS

FOR REGULATION SPONGE CAKE AND ITS VARIATIONS

2 earthen mixing bowls with round bottoms	Lemon squeezer
Egg beater, Dover	Measuring cup
Slotted wooden spoon	Flour sifter
Lemon grater	Patent sponge-cake pan or two layer-cake pans
Wire whip	

METHOD OF MIXING AND BAKING

Assemble the ingredients and utensils.

Sift the flour before measuring; grate the lemon rind into the sugar; extract and measure the juice—there should be two tablespoonfuls.

Beat the yolks until light colored and thick, add lemon juice.

Beat the whites with wire whip until very light. Fold the sugar in carefully, then the egg yolks, and last the flour sifted with the salt. Do not beat or stir, but cut and fold.

To bake a sponge cake, divide the time into four quarters of 15 minutes each. At the end of the first quarter the cake should begin to rise; in the second quarter it should rise to full height and brown slightly; in the third quarter it should brown all over; in the fourth quarter it should finish baking and settle somewhat in the pan. The heat should be rather low (325°F.), until the cake has reached its full height, then increased for 15 minutes while browning (350-375°F.), then decreased until it is done. A broom straw inserted in the center of the cake should come out clean when the cake is done. Let the cake cool in the pan, inverted; in this way the moist cell walls are made firm while elongated, and the light, airy texture is maintained. Serve the cake by pulling it apart with two silver forks.

HOW TO MAKE SPONGE CAKES SUCCESSFULLY

(The first five paragraphs under heading of "How to Make Butter Cakes Successfully," on page 9, apply also to Sponge Cakes.)

In making a regulation, or true sponge cake, remember that beating and folding are the only motions used; to stir breaks down the bubbles of air incorporated into the mixture and occasions a heavy cake.

Small and layer cakes call for a hotter oven than thick cakes. Do not attempt to bake cakes of varying thickness or of different mixtures at the same time. The heat of the oven can be regulated to only one mixture and one thickness of batter at a time.

The appearance of the cake, in connection with the time it has been in the oven, is the only safe guide to its baking.

SPONGE CAKES



CHOCOLATE SPONGE CAKE (RECIPE PAGE 6)

If the fire is too hot, lower the heat; or place a baking tin containing hot water in the oven, but do not move the cake.

To retain lightness of a sponge cake, after baking turn pan upside down and allow cake to hang in pan until cool. (See bottom of page 9.) (Do not turn a butter cake upside down, nor remove from pan until 5 or 10 minutes after removal from oven.)

VARIATIONS OF SPONGE CAKE

STRAWBERRY SPONGE CAKE

Bake Regulation Sponge Cake in two round layer-cake pans. Hull, wash, and drain two pint boxes of berries; cut them in halves; mix with $1\frac{1}{2}$ cupfuls of sugar; let stand a short time, then use as a filling between and above the layers of cake.

NUT SPONGE CAKE

When folding the flour into Regulation Sponge Cake, fold in also about $\frac{1}{2}$ cupful of finely chopped nut meats floured.

COCOANUT SPONGE CAKE

When folding the flour into Regulation Sponge Cake, fold in $\frac{1}{2}$ cupful or more of finely grated cocoanut.

MOCHA CAKE

Bake the Regulation Sponge Cake in three layer-cake pans. Put the layers together with Mocha Frosting, also spread on the outside of the cake, then pipe it (in some regular pattern) with Mocha Frosting. See page 26.

SPONGE JELLY ROLL

Bake Regulation Sponge Cake in a large dripping pan; line the pan with a greased paper that hangs over the ends; turn the cake on a damp towel, and remove the paper, cut off the crisp edges, spread the cake with fruit jelly beaten smooth, roll and turn on a cake rack to cool.

SPONGE CAKES



IMPERIAL SUNSHINE CAKE

- | | |
|--------------------------------|---|
| $1\frac{1}{2}$ cupfuls sugar | 1 cupful Swans Down Cake Flour |
| $\frac{1}{2}$ cupful water | $\frac{3}{4}$ teaspoonful cream of tartar |
| 6 eggs, beaten separately | 1 teaspoonful orange extract |
| $\frac{1}{4}$ teaspoonful salt | |

Boil sugar and water until it threads when dropped from tip of spoon. Pour the hot syrup in a fine stream on the beaten egg whites to which salt has been added, beating mixture until cool. Then add the well-beaten egg yolks. Sift the flour once, measure, add cream of tartar and sift again three times. Fold very carefully into the egg mixture. Add extract. Pour into an ungreased angel cake pan and bake 50-60 minutes in a moderately slow oven, (325° to 350° F.). When done invert to cool.

CHOCOLATE MARSHMALLOW CREAM ROLL

- | | |
|---|--------------------------------|
| 4 eggs, beaten light without separating | 1 cupful Swans Down Cake Flour |
| 1 cupful granulated sugar | Pinch of salt |
| 2 tablespoonfuls cocoa | 1 teaspoonful baking powder |
| | 1 teaspoonful vanilla |
| 2 tablespoonfuls milk | |

Gradually beat the sugar into the eggs, add the milk, then the flour, sifted with the baking powder, salt and cocoa. Turn into a baking pan $13\frac{1}{2} \times 8\frac{1}{2}$ inches, lined with greased paper. Bake about 15 minutes in moderate oven, at 350° F. Turn onto a cloth or paper, trim off the crisp edges on the four sides, and, when cooled somewhat, spread with Fluffy Boiled Icing for filling (page 25) and roll like a jelly roll; roll in the cloth and let stand half an hour or longer. Spread Chocolate Confectioner's Icing (page 25) over the outside of the roll.

SPONGE CAKES

ECONOMY SPONGE CAKE (Using 2 Eggs)

- | | |
|-----------------------------|----------------------------------|
| 2 eggs, beaten separately | 1 tablespoonful lemon juice |
| 1 cupful sugar | 1½ cupfuls Swans Down Cake Flour |
| 5 tablespoonfuls cold water | 2 teaspoonfuls baking powder |
| ½ teaspoonful salt | |

Beat the egg yolks with a Dover beater until thick, add the sugar gradually and continue beating. Add water and lemon juice. Sift flour, measure, add baking powder and salt and sift again. Add gradually to the first mixture. Fold in the stiffly beaten egg whites. Bake in a loaf about 30 minutes in moderately hot oven (350° F.).

CHOCOLATE SPONGE CAKE (Picture page 4)

- | | |
|--------------------------------|---------------------------------|
| 5 eggs | ¾ cupful Swans Down Cake Flour, |
| 1 cupful sugar | measured after sifting 5 times |
| ½ lemon, grated rind and juice | ¾ teaspoonful salt |
| | 4 tablespoonfuls cocoa |

Sift the flour five times before measuring, grate the lemon rind into the sugar, extract the juice. Separate the eggs, and beat the egg yolks until thick and lemon colored. Add the lemon juice to them. Beat the egg whites until stiff. Carefully fold in the sugar to egg whites, then fold in yolks; then flour, cocoa, and salt sifted together 3 times. Do not stir or beat. Bake in a loaf pan in moderately slow oven (325-350° F.).

CHOCOLATE ANGEL FOOD

- | | |
|----------------------------------|--------------------------------------|
| 11 egg whites (1¼ cupfuls) | ¾ cupful cocoa (sift flour and cocoa |
| 1¼ cupfuls fine granulated sugar | 5 times) |
| (sifted) | 1 level teaspoonful cream of tartar |
| ¾ cupful Swans Down Cake | ¾ teaspoonful salt |
| Flour (sifted 5 times before | ½ teaspoonful vanilla |
| measuring) | ½ teaspoonful lemon extract |

Bake the same as Angel Food (at 275° to 325° F.). (See page 7.)

CHOCOLATE ICE BOX CAKE

- | | |
|----------------------------------|------------------------|
| 1 medium sponge cake | 3 tablespoonfuls water |
| 1½ cakes (¾ lb.) sweet chocolate | 4 egg yolks |
| 3 tablespoonfuls sugar | 4 egg whites |
| ½ pint whipping cream | 1 teaspoonful vanilla |

Bake Baking der Sponge Cake (page 7) in sheet pan. When cold, divide crosswise in 3 pieces. Line a one-loaf bread tin with oiled paper. Place one piece of cake in the pan. Melt the chocolate in a double boiler, add sugar, water, and beaten egg yolks. Cook until smooth, stirring constantly. When cool, add the stiffly beaten egg whites. Pour one half of filling over the cake, put in another piece, then remaining part of filling. Place third piece on top and set in ice box for 12 hours. When ready to serve, slice crosswise, cover with whipped cream and chopped nuts.

SPONGE CAKES

ANGEL FOOD CAKE

- | | |
|------------------------------------|---------------------------------|
| 1 cupful egg whites (8 to 10 eggs) | 1 cupful Swans Down Cake Flour, |
| ¾ teaspoonful cream of tartar | sifted once, measured, and |
| 1¼ cupfuls fine granulated sugar | sifted 4 times |
| (sifted) | ¾ teaspoonful salt |
| ½ teaspoonful almond extract | ¾ teaspoonful vanilla extract |

Pour the egg whites on a large platter or in a large bowl, add salt and beat with a flat egg beater until foamy. Add cream of tartar and continue beating until the eggs are stiff enough to hold up in peaks, but not dry. Fold in the sugar, 1 tablespoonful at a time. Add flavoring. Fold in the flour in the same manner as the sugar. Pour into an ungreased patent pan (see bottom page 13) and bake in a very slow oven (275° F.), fifty to sixty minutes, increasing heat slightly when cake is almost done. Remove cake from oven and invert tin for one hour or until cake is cold. Remove cake from tin with a broad-bladed knife.

Four tablespoonfuls of cold water may be substituted for two egg whites with good results. One half of this recipe may be used to make a small Angel Cake, and the egg yolks which are left to make a Sponge Cake (recipe below).

SPONGE CAKE, USING EGG YOLKS ONLY

- | | |
|------------------------|------------------------------|
| 6 egg yolks | 2 teaspoonfuls baking powder |
| 1 cupful sugar | 1½ cupfuls Igleheart's Swans |
| ½ cupful boiling water | Down Cake Flour |
| ½ teaspoonful salt | 1 teaspoonful lemon extract |

Beat egg yolks until light with a Dover egg beater; add sugar gradually then hot water, beating meanwhile. Add flour, sifted with baking powder and salt, and beat thoroughly. Bake in a moderate oven (325° to 350° F.), about 45 minutes, or in two layers about 25 minutes. Put layers together with Cream Filling, recipe page 24.

ANGEL CAKE WITH FRUIT AND NUTS

Make batter same as plain Angel Cake (recipe above). Put half of the batter in a cake pan. Put ¼ cupful of nuts, mixed with ¼ cupful of grated coconut, chopped raisins or candied cherries on top of the batter; then add rest of the batter. Spread evenly with a knife, and run the knife through to the bottom of pan, and gently mix the fruit all the way around. Bake same as plain Angel Cake. Let hang in pan and cut out as directed.

BAKING POWDER SPONGE CAKE

- | | |
|------------------------------------|---------------------------------|
| 3 egg yolks | ¾ cupful cold water |
| ¾ cupful cold water | 1 cupful Igleheart's Swans Down |
| 1½ cupfuls sugar | Cake Flour |
| Grated rind lemon or ½ teaspoonful | 2 teaspoonfuls baking powder |
| lemon extract | ½ teaspoonful salt |
| 1 cupful Igleheart's Swans Down | 3 egg whites |
| Cake Flour | |

Use a large, strong Dover egg beater; beat the egg yolks, then beat in each ingredient, one after another, in the order enumerated. adding the baking powder and salt with the last cupful of flour; then fold in the egg whites beaten very light, using a wooden spoon. Bake in a tube sponge cake pan 45 minutes in moderate oven (325° to 350° F.), or in biscuit pans or layer cake pans about 15 minutes. This cake is good for strawberry or other shortcakes or for sponge jelly roll. It will make two jelly rolls.

BUTTER CAKES



REGULATION BUTTER CAKES

This is the simplest form of butter cakes, known as Plain White Cake. If you have never made a butter cake, try this recipe first. From this recipe you can make a variety of butter cakes by adding any of the variations that follow, on page 10, or by using any of the Icings and Fillings on pages 24, 25, 26 and 27, or by baking in different shaped pans.

INGREDIENTS

ALL LEVEL MEASUREMENTS

- | | |
|------------------------------------|---------------------------------|
| 1½ cupful butter or substitute | 3 egg whites |
| 1 cupful sugar | ¾ cupful milk |
| 2 cupfuls S. D. Cake Flour | 1 teaspoonful flavoring extract |
| 3 level teaspoonfuls baking powder | |

METHOD OF MAKING

FIRST MIXTURE: Beat or work the shortening with a slotted wooden spoon until it has a whitish appearance around the edges. Then gradually add the sugar to the shortening, beating the mixture meanwhile.

SECONO: Sift the flour, measure, add baking powder, and sift three times.

THIRD: Beat the egg whites until very light and fluffy. Dry beaten egg whites make a dry cake. Use a wire whip, which leaves the eggs moist.

To the creamed shortening and sugar add alternately the ¾ cupful of milk, and the flour with the baking powder (the second mixture above). Now thoroughly beat the entire mixture until smooth. Add flavoring. Then fold in the egg whites (the third mixture above). Do this carefully with a wooden spoon, so as not to break down the air cells in the beaten egg whites.

BUTTER CAKES

Pour into a greased pan 8 x 8 x 2 inches. Bake in a moderate oven (300°-375° F.) for 35 minutes.

HOW TO MAKE BUTTER CAKES SUCCESSFULLY

Use the ingredients best suited to the purpose in hand, i. e., cake flour, egg, finely granulated sugar, fresh spices, nuts, butter or oleomargarine, etc. Very successful cakes can be made with other shortenings instead of butter, but they do not taste quite so rich.

Measure all ingredients accurately; the "cooking-school cup" holds one-half pint. Measure flour after once sifting, fill the cup with a spoon, and level off cup with a knife; do not pack the flour in cup.

Have pans ready and ingredients measured before beginning to mix the cake.

Have the fire or heat in such a condition that the oven will be ready for use when the batter is mixed.

Be sure your egg beater is absolutely dry and clean before using.

Always work butter to a cream before adding any sugar to it. In cold weather rinse the bowl with hot water and wipe dry before putting the butter into it.

The flour and milk should always be added alternately, beating hard after each addition.

The last motion in mixing a butter cake is to fold in the stiffly beaten egg whites.

Small and layer cakes call for a hotter oven than thick cakes. Do not attempt to bake cakes of varying thickness or of different mixtures at the same time. The heat of the oven can be regulated to only one mixture and one thickness of batter at a time.

Often you may know that a butter cake that has not been disturbed during baking is baked by the fact that it has separated from the sides of the pan.

A clean broom straw inserted in center of cake should come out without any particles adhering to it when cake is done.

The appearance of the cake, in connection with the time it has been in the oven, is the only safe guide to its baking.

A cake may be gently moved in the first and last quarters of time in baking; in the second and third quarters the cell walls are not firm, and a jar will cause them to settle. The warm, expanded air which makes the cake light has already been evolved, and there is nothing present to lighten it again.

If the fire is too hot, lower the heat; protect the cake with paper or a baking tin containing hot water, but do not move it. Open the oven door a reasonable number of times, but shut it gently.

Never jar or move a cake in the oven before it is thoroughly baked. This contracts the delicate, incompletely stiffened cell walls and occasions a "heavy" cake. See page 13 for "Causes of Cake Failures," "Oven Temperatures," "Cake Making at High Altitudes," etc.

BUTTER CAKES

VARIATIONS OF REGULATION BUTTER CAKE

MARBLE CAKE

Follow the recipe for Plain White Cake as given on page 8. Divide the mixture and leave one half plain; into the other half beat 2 squares (ounces) of melted chocolate, $\frac{1}{2}$ teaspoonful of ground cinnamon, $\frac{1}{4}$ teaspoonful of ground cloves, and $\frac{1}{4}$ teaspoonful of soda. Put the two mixtures, alternately, by the large spoonful into the tin. Do not stir, but smooth over the top. On the mixture may be set 15 marshmallows in three rows, sprinkling the surface with 3 tablespoonfuls granulated sugar and $\frac{1}{2}$ teaspoonful cinnamon. Bake about 35 minutes. Serve cut in squares, a marshmallow on each square.

NUT CAKE

Bake Plain White Cake (recipe page 8) in 2 layer-cake pans—sprinkle $\frac{1}{2}$ cupful of chopped nut meats and 2 tablespoonfuls of granulated sugar over the top of one layer of the batter after it is in the pan. When the cake is baked, use the cake with the nuts for the top layer and put the layers together with a boiled icing, page 25.

YELLOW CAKE

Follow recipe for Plain White Cake, except to add 2 egg yolks to the creamed butter and sugar, and fold in one egg white at last, leaving one egg white for icing.

ALMOND CAKE

Follow recipe for Plain White Cake as given on page 8. Dispose the mixture in two square layer-cake pans. On one cake set blanched and halved (split) almonds in rows, letting one edge of the half nut emerge from the cake, sprinkle with 2 tablespoonfuls of granulated sugar. Bake about 20 minutes. Use the layer with nuts for the top, put the layers together with boiled frosting to which $\frac{1}{4}$ cup of chopped almonds and $\frac{1}{2}$ teaspoonful of vanilla extract have been added.

FIG CAKE

Follow recipe for Plain White Cake as given on page 8, except to bake in two layer pans. Put the layers together with Fig Filling (page 24) and finish the top with Confectioner's Icing (page 25).

JELLY CAKE

This cake can be baked equally well in loaf, layer, or cup cake form, and can be enlarged or reduced by doubling or halving the ingredients.

Follow recipe for Plain White Cake as given on page 8, except to bake in two layers (in layer pans). Put the layers together with fruit jelly (currant, apple, quince, etc.) and sift confectioner's sugar over the top or cover with Confectioner's Icing (page 25).

CHOCOLATE CAKE

Bake Plain White Cake in two layers, put Chocolate Frosting (page 27) between the layers and over the whole cake.

LADY BALTIMORE CAKE

Follow recipe for Plain White Cake as given on page 8, except to bake in two layers. Put the layers together with Lady Baltimore Filling (page 24) and cover the whole cake with Boiled Icing (page 25).

CARAMEL CAKE

Follow recipe for Plain White Cake as given on page 8, except to bake in two layers. Put Caramel Icing (page 26) between the layers and on top of the cake. Or bake in a sheet and spread the icing over the top.

BUTTER CAKES

ECONOMICAL BUTTER CAKES

ONE-EGG CAKE

$\frac{1}{4}$ cupful butter or substitute	$1\frac{1}{2}$ cupfuls Igleheart's Swans Down
$\frac{2}{3}$ cupful sugar	Cake Flour
1 egg, well beaten	2 teaspoonfuls baking powder
$\frac{1}{2}$ cupful milk	$\frac{1}{2}$ teaspoonful vanilla.

Cream the shortening; 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. Add vanilla. Bake in a shallow pan in a moderate oven about 30 minutes (350-375°F.). Ice as desired.

EMERGENCY CAKE

$1\frac{1}{2}$ cupfuls Igleheart's Swans Down	2 teaspoonfuls baking powder
Cake Flour	2 egg whites
1 cupful sugar	Soft butter or substitute as needed
$\frac{1}{4}$ teaspoonful grated nutmeg or $\frac{1}{2}$ teaspoonful vanilla	$\frac{1}{2}$ cupful milk

Sift together the flour, sugar and baking powder. To the whites in a measuring cup add enough soft (not melted) shortening to half fill the cup; add milk to fill the cup; turn into the dry mixture with the nutmeg and beat vigorously 7 minutes. Bake in a loaf or sheet in a moderate oven (350°F.). Frost with any desired frosting.

CREOLE CAKE

1 cupful sugar	$\frac{1}{2}$ cupful milk
2 eggs, beaten light	$1\frac{1}{2}$ cupfuls Igleheart's Swans Down
3 tablespoonfuls melted butter or substitute	Cake Flour
2 ounces melted chocolate	$2\frac{1}{2}$ teaspoonfuls baking powder
	$\frac{1}{4}$ teaspoonful salt
	$\frac{1}{2}$ teaspoonful cinnamon

Gradually beat the sugar into the eggs; add the melted shortening and chocolate, and alternately the milk and flour sifted, measured, and sifted again with the baking powder, salt, and cinnamon. Bake in a pan 7x11 inches, about 25 minutes at 350°F. When cool cover with Creole Frosting (page 26).

ORANGE CAKE

$\frac{1}{4}$ cupful butter or substitute	3 teaspoonfuls baking powder
1 cupful sugar	2 eggs
2 cupfuls Swans Down Cake Flour	$\frac{3}{4}$ cupful milk
	1 teaspoonful flavoring

Cream the shortening, add sugar gradually. Add beaten egg yolks and beat hard. Sift flour, measure, add baking powder and sift again. Add alternately with milk to first mixture. Add flavoring. Fold in stiffly beaten egg whites. Bake in 2 layers or double recipe for 3 large layers, in moderately hot oven (375°F.). Put together with Orange Filling (page 24), and cover with Boiled Icing. (See picture, page 26.) Candied orange peel makes a pleasing decoration.

MISCELLANEOUS CAKES

SWANS DOWN ANGEL SPONGE

- | | |
|--|--|
| 1 1/4 cupfuls egg whites
(9 to 11 egg whites) | 1/2 cupful Swans Down Cake Flour
—white part |
| 1 cupful + 2 tablespoonfuls sugar | 1/2 teaspoonful vanilla—white part |
| 1 1/2 teaspoonful salt | 3/4 cupful Swans Down Cake Flour
—yellow part |
| 1 teaspoonful cream of tartar | 1/2 teaspoonful orange extract—yel-
low part |
| 6 egg yolks | |

Put egg whites on large platter, beat until foamy. Add salt and cream of tartar, beat until stiff but not dry. Carefully fold in the sugar and divide the mixture in two parts. To one part, carefully fold in 1/2 cupful Swans Down Cake Flour, sifted 5 times, and 1/2 teaspoonful vanilla. To the other, fold in 6 beaten egg yolks, 3/4 cupful Swans Down Cake Flour, sifted 5 times and 1/2 teaspoonful orange extract. Put by spoonfuls into ungreased Angel pan, alternating yellow and white as in marble cake. Bake 60 minutes in a slow oven (300-350°F.). Invert pan, let stand 30-40 minutes before removing from pan. (See picture page 32.)

RUSSIAN ROLL

- | | |
|-------------------------|-------------------------|
| 1 tablespoonful gelatin | 1/4 teaspoonful salt |
| 2 cupfuls scalded milk | 1 teaspoonful vanilla |
| Yolks 3 eggs | 1 cupful whipping cream |
| 1/2 cupful sugar | |

Dissolve gelatin in cold water. Add boiling milk, salt, and sugar. Pour the mixture on beaten egg yolks, stirring constantly. Cook in double boiler ten minutes. Remove from fire and cool. When it begins to set, fold in the cream whipped stiff. Allow to stiffen. Put between and on top of Angel Food (page 7) baked in long tin and split. Cover with shaved pecans and maraschino cherries. (See picture page 33.)

LADY FINGERS

- | | |
|---------------------------|----------------------------------|
| Whites 3 eggs | 1/4 cupful Swans Down Cake Flour |
| 1/2 cupful powdered sugar | 1/2 teaspoonful salt |
| Yolks 2 eggs | 1/4 teaspoonful vanilla |

Beat whites of eggs until stiff, add sugar gradually, and continue beating. Then add yolks of eggs beaten until thick and lemon-colored, and flavoring. Cut and fold in flour mixed and sifted with salt. Shape four and one-half inches long and one inch wide on a tin sheet covered with unbuttered paper. Sprinkle with powdered sugar and bake eight minutes in a moderate oven (350°F.). Remove from paper with a knife. Lady Fingers are much used for lining moulds that are to be filled with whipped-cream mixtures.

BAKING HINTS AND CAUSES OF CAKE FAILURES

OVEN TEMPERATURES FOR BAKING

SLOW OVEN	MODERATE	HOT	VERY HOT
200-300°F.	300-375°F.	375-425°F.	425-500°F.
Fruit cakes	Medium size cakes	Thin layer cakes	Meats
Thick loaf cakes	1 to 2 1/2 inches	Biscuits	Puff Paste, etc.
Angel cakes	thick	Cookies	
Sunshine cakes	Cup cakes	Pastry	
Regulation sponge cakes			

TIME TABLE FOR BAKING

Baking Powder	Thick Sheet Cakes	30-45 minutes
Biscuits	Regulation Sponge or	
Cookies	Angel Cakes	45-60 minutes
Cup Cakes and	Loaf Cakes	45-60 minutes
Muffins	Pound and Large Fruit	
Layer Cakes	Cakes	1 1/2-3 hours

CAKE MAKING AT HIGH ALTITUDES

For making cakes at high altitudes, use a little less shortening and sugar, or less baking powder. Add more flour; more eggs may also be used. Bake with less oven heat, time of baking the same.

CAUSES OF CAKE FAILURES

Heavy cakes are sometimes caused by too slow an oven, or by the use of too much sugar or shortening.

Coarse grained cakes are the result of too much leavening ingredients, too slow an oven, insufficient creaming of shortening and sugar, insufficient beating of batter before addition of egg whites.

Large holed angel cakes are occasioned by insufficient blending of the egg whites with the other ingredients; too little sugar or too fast an oven might produce such an effect.

When a cake "falls," it is occasioned by insufficient quantity of flour or rising ingredient, or from moving it in the oven after the cake has risen but before the cell walls have become fixed or firm by the heat.

A cake is "bready" and solid when too much flour has been used.

A cake presents an uneven surface and cracks open on the top when too much flour is used, or, more often, when too strong heat at first crusts over the top before the mixture has risen to its full height; later when the batter, heated throughout, rises, it bursts out at the weakest place, usually the top of the cake. *If you should have any difficulties in cake making, write us fully, giving recipe and detailed experience, and we will try to help you.*

Bake angel food or sponge cake in an ungreased pan. The batter will expand and stick to the side of the pan, making the cake higher and lighter. The cake must be cut from the pan, which should be of special construction to permit a knife to be inserted under the cake.

A heavy streak at the bottom of a cake is caused by using flour that is too fresh, by using too many egg yolks in proportion to other ingredients, or by baking cake in too slow an oven.

Proper utensils mean better cakes. See special utensil offer, page 36.



BUTTER CAKES



SPANISH CAKE

$\frac{1}{2}$ cupful butter or substitute
1 cupful sugar
2 eggs
 $\frac{1}{2}$ cupful milk

$1\frac{1}{4}$ cupfuls Swans Down Cake Flour
3 teaspoonfuls baking powder
1 teaspoonful cinnamon
 $\frac{1}{2}$ teaspoonful salt

Cream shortening, add sugar gradually. Add beaten egg yolks and beat hard. Sift flour, measure, add dry ingredients and sift three times. Add alternately with milk to first mixture. Fold in beaten egg whites. Bake 40 minutes in loaf pan in a moderate oven (325° - 350° F.). Cover with Maple Icing, page 25, and decorate with halves of walnut meats.

SWANS DOWN GOLD CAKE

8 egg yolks
 $1\frac{1}{4}$ cupfuls granulated sugar
 $\frac{1}{2}$ cupful butter or substitute
 $\frac{1}{2}$ cupful milk

$2\frac{1}{2}$ cupfuls Swans Down Cake Flour
4 teaspoonfuls baking powder
 $\frac{1}{2}$ teaspoonful lemon extract

Sift flour once, then measure, add baking powder and sift three times; cream shortening and sugar thoroughly; beat yolks to a stiff froth; add this to creamed shortening and sugar, and beat thoroughly; add flavor, add milk, then flour, then beat very hard. Put in a slow oven at once (325° F.); will bake in 40 minutes. Invert immediately after it is taken from oven; cut out as directed. Can be used as layers and with any kind of filling desired.



BUTTER CAKES



COCOANUT CAKE

Cream $\frac{1}{2}$ cupful of butter or substitute with $\frac{3}{4}$ cupful of sugar. Beat the yolks of 3 eggs until light; add to this another $\frac{3}{4}$ cupful of sugar. Beat well and add to the first mixture of creamed shortening and sugar. Sift, then measure 3 level cupfuls Swans Down Cake Flour; then add one-half teaspoonful salt and 3 teaspoonfuls baking powder, sifting mixture three times. Take one cupful coconut milk, or one cupful milk, and beat this liquid and the flour alternately into creamed shortening and sugar. Add 1 teaspoonful vanilla and beat thoroughly. Then fold in lightly 3 stiffly beaten egg whites. Bake in two medium layer pans in hot oven (375° F.) and let cool before icing for three large layers. For Coconut Icing, see page 26.

NUN'S CAKE

1 cupful butter or substitute
 $1\frac{1}{2}$ cupfuls sugar
5 egg yolks
2 egg whites

$\frac{3}{4}$ cupful milk
3 cupfuls Swans Down Cake Flour
 $2\frac{1}{2}$ teaspoonfuls baking powder
 $\frac{1}{4}$ teaspoonful salt

1 teaspoonful vanilla

Beat shortening until soft and creamy, add sugar and yolks of eggs, beating well. Stir in unbeaten whites of eggs and beat one minute. Sift flour with baking powder and salt, adding alternately with milk. Beat well and add flavoring. Pour into well greased cake pan and bake 1 hour and 20 minutes in a moderate oven (350° F.).

The above recipe makes a round loaf about $7\frac{1}{2}$ inches in diameter and $3\frac{1}{2}$ inches high.

BUTTER CAKES

POUND CAKE

- 1 $\frac{3}{4}$ cupfuls butter
- 2 cupfuls sugar
- 8 eggs

Cream the butter and add sugar gradually, creaming mixture well. Add the eggs, one at a time, without separating or beating. Sift the flour, measure, add the baking powder, salt and mace, if used, and sift again. Add the flour gradually, and beat the batter hard. Turn into two greased and paper lined, brick shaped pans, and bake 1 hour in a very slow oven (300-325°F.). Pound cake is not usually iced.

APPLE SAUCE CAKE (Requiring 1 egg only)

- 1 $\frac{1}{2}$ cupful butter or substitute
- 1 cupful sugar
- 1 egg, beaten light
- 1 cupful raisins
- 1 cupful currants or nuts
- 1 $\frac{3}{4}$ cupfuls Swans Down Cake Flour
- $\frac{1}{4}$ teaspoonful salt
- 1 teaspoonful soda
- 1 teaspoonful cinnamon
- $\frac{1}{2}$ teaspoonful cloves
- 1 cupful hot apple sauce

Cream the shortening, beat in the sugar gradually, then add the well-beaten egg, and the fruit, chopped and floured. Add the flour, sifted with the soda, salt and spices, and next the apple sauce, which should be strained and in the form of a comparatively thick puree. Bake in a tube pan lined with greased paper, in a moderate oven (350°F.) about one hour.

FEATHER CAKE WITH PINEAPPLE FROSTING

- $\frac{3}{4}$ cupful butter or substitute
- 1 $\frac{1}{4}$ cupfuls sugar
- 4 egg yolks
- $\frac{1}{2}$ cupful water
- 2 teaspoonfuls baking powder
- 4 egg whites
- 1 teaspoonful vanilla extract
- $\frac{1}{2}$ teaspoonful lemon extract
- 2 $\frac{1}{2}$ cupfuls Swans Down Cake Flour

Cream the shortening, add the sugar gradually, then the egg yolks, beaten until thick. Sift flour once, measure, add the baking powder, and sift three times. Add flour and water alternately to the first mixture, beating batter hard. Add flavoring. Fold in the stiffly beaten egg whites last, and bake in a sheet or layers in a moderate oven (350°F.). Put the layers together and cover cake with Pineapple Frosting (page 26).

WALNUT CAKE

- 1 $\frac{1}{2}$ cupful butter or substitute
- 1 cupful sugar
- Yolks 3 eggs
- $\frac{1}{2}$ cupful milk
- $\frac{1}{2}$ teaspoonful salt
- 1 teaspoonful vanilla
- 2 cupfuls Swans Down Cake Flour
- $\frac{2}{3}$ teaspoonfuls baking powder
- Whites 2 eggs
- $\frac{3}{4}$ cupful walnut meats, broken in pieces

Cream shortening, add sugar, then beaten egg yolks. Mix and sift dry ingredients, add to chopped nuts. Add to first mixture alternately with milk. Add vanilla. Fold in stiffly beaten egg whites. Bake forty-five minutes in a moderate oven (350°F.). Cover with Boiled Icing (page 25), decrease in squares, and put one half walnut on each square.

SMALL CAKES AND COOKIES

EVERYDAY SUGAR COOKIES

- $\frac{1}{2}$ cupful butter or substitute
- 1 cupful sugar
- 2 eggs, beaten light
- 1 tablespoonful cream
- 2 $\frac{1}{4}$ cupfuls Swans Down Cake Flour
- 2 teaspoonfuls baking powder
- $\frac{1}{2}$ teaspoonful grated nutmeg
- Grated rind 1 lemon

Mix in the same manner as for butter cake. Roll part at a time into a thin sheet, and cut with a cookie cutter. Dredge with granulated sugar, and bake in a quick oven (425° to 450°F.).

HERMITS

- 1 cupful butter or substitute
- 3 cupfuls brown sugar
- 4 tablespoonfuls sour milk
- 4 eggs
- 2 teaspoonfuls soda
- 6 cupfuls Swans Down Cake Flour
- 2 cupfuls raisins
- 2 cupfuls currants
- 1 cupful nuts
- 1 teaspoonful nutmeg
- 1 teaspoonful cinnamon
- A little grated orange peel

Cream the shortening and add sugar gradually. Add the milk and eggs, well beaten. Sift the soda with half of the flour, and add to the mixture, then the fruit and nuts, which have been chopped and floured. Mix well. Sift the spices with the balance of the flour, and add to mixture. Drop by teaspoonfuls on greased tins, some distance apart and bake. These are delicious and will keep a long time.

BUTTERSCOTCH COOKIES

- $\frac{1}{4}$ cupful butter or substitute
- 2 cupfuls brown sugar
- 2 eggs
- $\frac{1}{2}$ tablespoonful vanilla
- $\frac{1}{2}$ tablespoonful cream of tartar
- $\frac{1}{2}$ tablespoonful soda
- 3 $\frac{1}{2}$ cupfuls Swans Down Cake Flour

Mix in order given. Pack in hard loaf and let stand overnight. In morning slice and bake in hot oven (425°F.).

BRAN COOKIES (Three Dozen)

- $\frac{1}{2}$ cupful butter or substitute
- 1 cupful granulated sugar
- 1 tablespoonful cream or milk
- 2 eggs
- 2 teaspoonfuls baking powder
- cupfuls Igleheart's Swans Down Health Bran
- 1 $\frac{1}{2}$ cupfuls sifted S.D. Cake Flour
- Pinch of salt
- 1 teaspoonful vanilla

Cream shortening and sugar, add the eggs well beaten, the cream, bran, flour, baking powder, salt, and vanilla. Mix $\frac{1}{2}$ cupful bran and $\frac{1}{2}$ cupful flour to use in rolling out. Roll only a small piece at a time. Roll about $\frac{1}{4}$ inch thick and cut with a cookie cutter. Bake in a rather hot oven (400°F.).

PEANUT BARS

Bake plain butter cake (page 8), or Orange Cake (page 17), in a sheet pan and cut in strips 3 inches by 1 inch, or in squares 1 $\frac{1}{2}$ inches by 1 $\frac{1}{2}$ inches. Cover on all sides with Confectioner's Icing (page 25), and roll in peanuts which have been put through a food chopper.

BUTTER CAKES



PICNIC CARAMEL CAKE

- | | |
|---|--------------------------------|
| $\frac{1}{2}$ cupful butter or substitute | 4 teaspoonfuls baking powder |
| $\frac{3}{4}$ cupful sugar | $\frac{1}{4}$ teaspoonful salt |
| 4 egg yolks, beaten light | 1 cupful milk |
| Second $\frac{3}{4}$ cupful sugar | 1 teaspoonful vanilla extract |
| 3 cupfuls Swans Down Cake Flour | 4 egg whites, stiffly beaten |

Cream the shortening with $\frac{3}{4}$ cupful sugar. Beat the egg yolks until light, and add the second sugar, beating well. Add the egg and sugar mixture to that of the shortening and sugar, mixing well. Sift the flour, measure, add the baking powder and salt, and sift three times. Add this flour mixture and the milk alternately to the first mixture. Then add the vanilla extract. Fold in the egg whites, and bake in two layer-cake pans in a moderate oven (350°F.). Put the layers together and cover cake with a caramel frosting.

NUT SPICE CAKE

- | | |
|--|---|
| $\frac{1}{2}$ cupful butter or substitute | 1 teaspoonful cinnamon |
| 1 cupful brown sugar | $\frac{1}{2}$ teaspoonful cloves |
| $\frac{1}{2}$ cupful molasses | $\frac{1}{2}$ teaspoonful grated nutmeg |
| Yolks 4 eggs | 1 cupful raisins, chopped |
| 1 cupful sour milk | $\frac{1}{2}$ cupful currants |
| $2\frac{1}{2}$ cupfuls Swans Down Cake Flour | $\frac{1}{2}$ cupful chopped walnuts |
| 1 teaspoonful soda | $1\frac{1}{2}$ teaspoonfuls baking powder |

Cream shortening, add the sugar, gradually. Add the beaten egg yolks and beat hard. Mix and sift the dry ingredients. Add the soda and molasses to the sour milk. Add alternately with the dry ingredients to the first mixture, beating after each addition. Add the floured nuts and fruit, mixing thoroughly. Bake slowly (300° to 350°F.) one hour.

BUTTER CAKES



IGLEHEART'S SWANS DOWN CAKE

- | | |
|---|--|
| $\frac{1}{2}$ cupful butter or substitute | $\frac{1}{4}$ teaspoonful salt |
| $1\frac{1}{2}$ cupfuls sugar | 3 teaspoonfuls baking powder |
| $\frac{1}{2}$ cupful milk | $\frac{1}{2}$ cupful water |
| 3 cupfuls Igleheart's Swans Down Cake Flour | 1 teaspoonful vanilla extract |
| | $\frac{1}{4}$ teaspoonful almond extract |
| | 3 egg whites, beaten very light |

Cream the shortening; gradually work in the sugar. Sift together the flour, baking powder, and salt; add to the first mixture alternately with the water and the milk; beat in the extracts and fold in the egg whites.. Bake in layers in moderate oven (350° F.). Put the layers together with a boiled frosting, or Chocolate Fudge Frosting (recipe page 25).

PRIZE DEVIL'S FOOD

- | | |
|--|---|
| $\frac{1}{2}$ cupful butter or substitute | $\frac{1}{2}$ cupful boiling water |
| 2 cupfuls light brown sugar | 1 teaspoonful soda |
| 2 eggs | $1\frac{1}{2}$ squares chocolate, melted, |
| $2\frac{1}{4}$ cupfuls Swans Down Cake Flour | (or $\frac{1}{2}$ cupful cocoa) |
| $\frac{1}{4}$ teaspoonful salt | 1 teaspoonful vanilla |
| $\frac{1}{2}$ cupful sour milk | 1 teaspoonful baking powder |

Cream shortening, add 1 cupful sugar gradually, creaming mixture thoroughly. Beat eggs until light, add the other cupful of sugar to the eggs, mixing well. Add this egg mixture to the creamed shortening and sugar and beat hard. Sift flour once, measure, add baking powder, add salt and sift three times. Then add to the first mixture, alternating with the sour milk, beating batter hard after each addition of flour and milk. Into the boiling water stir the soda and the melted chocolate or cocoa, and beat into the cake mixture. Add vanilla. Bake in three layers in a moderate oven (325°F.). Spread a white icing between the layers and on top and sides of cake. (See picture, page 1.)

SMALL CAKES AND COOKIES

OATMEAL DROP CAKE

- | | |
|--------------------------------|---------------------------------|
| 2½ cupful butter or substitute | 2 cupfuls Swans Down Cake Flour |
| 1 cupful sugar | 1 teaspoonful baking powder |
| 2 eggs | ½ teaspoonful salt |
| ¼ cupful milk | 1 teaspoonful cinnamon |
| 2 cupfuls rolled oats | 1 teaspoonful nutmeg |
| | 1 cupful chopped seeded raisins |

Cream shortening, add sugar gradually, creaming mixture well. Add eggs well beaten, then milk and rolled oats. Sift flour, measure, add salt, baking powder, cinnamon and nutmeg and sift again. Add raisins. Add the flour mixture to the first mixture and thoroughly mix. Drop by spoonfuls on a greased baking pan and bake in a rather hot oven (400° F.).

DATE BARS

- | | |
|--------------------------------|-----------------------------|
| 5 eggs, separated | 1 teaspoonful baking powder |
| 1 cupful fine granulated sugar | 1 pound dates |
| 1 cupful Swans Down Cake Flour | 1½ cupfuls English Walnuts |

Beat egg yolks until light, and add sugar. Sift flour once, measure, add baking powder and sift again. Add dates and nuts, finely chopped, to the flour, rubbing well through the flour so as to separate them. Add to the egg and sugar mixture. Fold in the stiffly beaten egg whites. Pour to one inch thickness in shallow baking pans, and bake in a slow oven (325° F.), until a toothpick inserted will come out clean. When cool cut in bars, 1 by 3 inches, and sift confectioner's sugar over them.

DOUGHNUTS

- | | |
|---|-------------------------------|
| 1½ cupfuls sugar | ¾ teaspoonful soda |
| 2½ tablespoonfuls melted butter or substitute | 1 teaspoonful baking powder |
| 3 eggs | ¾ teaspoonful grated nutmeg |
| 1 cupful sour milk | 1 teaspoonful salt |
| | Swans Down Cake Flour to roll |

Beat eggs, add sugar and melted shortening. Sift three cupfuls flour with dry ingredients; add alternately with milk; add more flour to roll. Roll ½ dough at one time. Cut and fry in deep fat until brown—*Note:* Do not get dough too stiff.

ALMOND SLICES

- | | |
|--|----------------------------------|
| 3 eggs | 2 teaspoonfuls cinnamon |
| 1 cupful brown sugar | 2 teaspoonfuls soda |
| 1 cupful white sugar | ¼ cupful blanched almonds |
| 1½ cupfuls hot butter or substitute, part butter desirable | 5½ cupfuls Swans Down Cake Flour |

Mix in order given. Form loaf and chill thoroughly—overnight if possible. Slice in thin slices. Bake in hot oven (425° F.-450° F.).



SWANS DOWN BANANA NUT CAKE

- | | |
|------------------------------------|-----------------------|
| ¾ cupful butter or substitute | 3 eggs |
| 1½ cupfuls sugar | 1 cupful milk |
| 3 cupfuls Swans Down Cake Flour | 1 teaspoonful vanilla |
| 4 level teaspoonfuls baking powder | |

Mix and sift dry ingredients three times. Cream shortening, add sugar gradually; then beaten egg yolks. Beat hard until milk and dry ingredients alternately beating after vanilla and fold in stiffly beaten egg whites. Bake small layers, in moderately hot oven (375° F.), about

Icing: 1½ cupfuls brown sugar }
½ cupful water } Bon

until it spins a thread. Remove from fire and pour slowly on the stiffly beaten whites of two eggs. Add one teaspoonful vanilla and beat until creamy. Slice bananas over lower layer of cake and pour the icing over them. Place second layer on top; cover with sliced bananas. Add ½ cupful chopped walnut meats to the remainder of icing before pouring it over the upper layer of bananas.

PRUNE CAKE

- | | |
|----------------------------------|--|
| ½ cupful butter or substitute | 1 level teaspoonful baking powder |
| 1½ cupfuls sugar | 1 teaspoonful each cloves, allspice and cinnamon |
| 1 cupful sour milk | 1 level teaspoonful soda |
| 2 eggs | 1 cupful cooked prune pulp chopped fine |
| 2½ cupfuls Swans Down Cake Flour | |

Cream shortening, add sugar gradually, then beaten eggs and prune pulp. Mix and sift dry ingredients, add alternately with milk to first mixture. Bake in layers in moderate oven (350° F.). Put together with Caramel Icing, page 26.

FRUIT AND SPICE CAKES



POTATO FUDGE CAKE

- 1 cupful butter or substitute
- 2 cupfuls sugar
- 4 eggs, beaten separately
- 1 cupful grated raw potato
- 2 squares bitter chocolate
- Grated rind of 1 lemon
- $\frac{1}{2}$ teaspoonful each allspice, cloves and cinnamon
- $\frac{1}{2}$ cupful milk
- $2\frac{1}{4}$ cupfuls Swans Down Cake Flour
- $2\frac{1}{4}$ teaspoonfuls baking powder
- $\frac{1}{2}$ cup of chopped almonds

Cream shortening, add sugar gradually, then beaten egg yolks and potato. Sift flour, measure, add dry ingredients and lemon rind. Use part of flour to dust chopped almonds. Add milk and dry ingredients alternately; then the melted chocolate and nuts. Fold in egg whites last. Bake slowly 1 hr. (325°F.). Cover with Fluffy Icing (page 25). Have ready two squares melted bitter chocolate and drop it from the tip of a spoon in narrow strips $1\frac{1}{2}$ inches apart across the surface of the cake. Turn the cake and draw a case knife through the icing at right angles to the strips. This must be done before the icing "sets" and will give the appearance of cake pictured above.

DARK FRUIT CAKE

- 1 lb. granulated sugar
- 1 lb. butter or substitute
- 8 eggs
- 2 lbs. raisins
- $\frac{1}{2}$ lb. each of currants, citron, figs
- 1 lb. shelled nuts
- 4 apples
- 1 tablespoonful molasses
- 1 cupful sour milk
- 1 cupful grape juice
- 1 teaspoonful soda
- 2 tsps. cinnamon, cloves, nutmeg
- $1\frac{1}{2}$ lbs. Swans Down Cake Flour
- 2 teaspoonfuls baking powder

Cream shortening, add sugar gradually. Add beaten egg yolks, then add molasses. Put soda in sour milk and add to mixture. Add one half of the flour, and baking powder and spices sifted with it. Next add grape juice, then remaining flour, with chopped fruit and nuts. Fold in the egg whites, stiffly beaten. Bake in loaf pans, in a slow oven (250°-300°F.) from 1 to 3 hours, according to size.

FRUIT AND SPICE CAKES



QUICK SPICE CAKE

- $\frac{1}{2}$ cupful butter or substitute
- $1\frac{1}{2}$ cupfuls dark brown sugar
- 2 eggs
- $\frac{1}{2}$ cupful cold water
- $1\frac{1}{4}$ cupfuls Swans Down Cake Flour
- $\frac{1}{2}$ teaspoonful salt
- 3 teaspoonfuls baking powder
- $\frac{3}{4}$ teaspoonful cinnamon
- $\frac{3}{4}$ teaspoonful nutmeg
- $\frac{1}{2}$ teaspoonful ground cloves
- 1 cupful raisins (floured)

Sift the dry ingredients into a mixing bowl. Add all other ingredients and beat hard for 5 minutes. Bake in a loaf tube pan about 45 minutes in a moderate oven (350°F.). Ice with boiled or confectioner's icing.

BLACKBERRY JAM CAKE

- $\frac{3}{4}$ cupful butter or substitute
- 1 cupful sugar
- 3 eggs
- $\frac{3}{4}$ cupful blackberry jam
- $\frac{1}{2}$ cupful sour milk
- 1 teaspoonful soda
- 2 cupfuls Swans Down Cake Flour
- 1 teaspoonful baking powder
- 1 teaspoonful cinnamon
- $\frac{1}{2}$ nutmeg, grated

Cream shortening, add sugar gradually. Add beaten egg yolks and jam. Sift the flour, measure, add baking powder, cinnamon, and nutmeg, and sift three times. Dissolve soda in the sour milk. Add flour and milk alternately to the mixture, beating well. Fold in the stiffly beaten whites of eggs and bake in two layer pans about 25 minutes in moderate oven (350°F.).

EXCELLENT GINGERBREAD

Cream $\frac{1}{2}$ cupful butter or substitute with $\frac{1}{2}$ cupful sugar. Add 1 well beaten egg and $\frac{3}{4}$ cupful molasses. Beat mixture well. Add $\frac{1}{2}$ teaspoonful soda to $\frac{1}{2}$ cupful sour milk, and add alternately to the first mixture with 2 cupfuls Swans Down Cake Flour, which should be sifted, measured, and 2 teaspoonfuls ginger, 1 teaspoonful cinnamon, $\frac{1}{2}$ teaspoonful salt, and 1 teaspoonful baking powder added to same, sifting all twice. Beat batter hard and bake in a moderate oven (325°-350°F.).

CAKE FILLINGS

PEACH FILLING

Mix 3 tablespoonfuls cornstarch with $\frac{1}{2}$ cupful sugar and $\frac{1}{4}$ teaspoonful salt. Add 1 cupful boiling hot chopped peach pulp (fresh, canned or dried), stirring often. Spread between layers of cake. Boil 5 minutes.

CREAM FILLING FOR CREAM PUFFS

$\frac{1}{8}$ cupful sugar
 $\frac{1}{8}$ cupful Swans Down Cake Flour
 $\frac{1}{4}$ teaspoonful salt
 2 eggs or 4 yolks
 2 cupfuls scalded milk
 1 teaspoonful vanilla or $\frac{1}{2}$ teaspoonful lemon extract

Mix dry ingredients, add eggs slightly beaten; add scalded milk. Cook 15 minutes in double boiler, stirring constantly until thickened, afterwards occasionally; cool and flavor.

CHOCOLATE CREAM FILLING

To the above recipe for Cream Filling add $1\frac{1}{2}$ squares ($1\frac{1}{2}$ ounces) of melted chocolate to the milk when it is put on to scald; proceed as directed above, increasing the sugar to 1 cupful. Spread between layers of sponge cake.

FIG FILLING

Chop fine $\frac{1}{4}$ pound of figs, add $\frac{1}{4}$ cupful water or grape juice and 2 tablespoonfuls of sugar, and let boil to a paste. Use at once or when cooled a little.

CURRENT JELLY AND PEANUT FILLING

Chop (not too fine) enough fresh roasted peanuts to half fill a cup. Stir through a cupful of currant jelly.

ORANGE FILLING

1 cupful sugar
 5 teaspoonfuls Swans Down
 Cake Flour
 Grated rind 1 orange
 $\frac{1}{2}$ cupful orange juice
 3 tablespoonfuls lemon juice
 4 teaspoonfuls water
 1 egg slightly beaten
 2 teaspoonfuls butter

Mix ingredients in order given. Cook ten minutes in double boiler, stirring constantly. Cool before spreading.

LADY BALTIMORE FILLING

Chop fine $\frac{1}{2}$ cupful each of raisins and nuts. Cut 6 figs in shreds and mix through Boiled Icing.

TUTTI-FRUTTI FILLING

2 tablespoonfuls granulated
 gelatin
 $\frac{1}{2}$ cupful cold water
 2 cupfuls sugar
 $\frac{1}{2}$ cupful hot water
 $\frac{1}{2}$ teaspoonful vanilla extract
 $\frac{1}{2}$ teaspoonful orange extract
 3 tablespoonfuls mixed candied
 fruits
 3 tablespoonfuls chopped nuts

Boil the sugar and hot water until it threads. Soak gelatin in the cold water, then dissolve over steam, and pour the syrup slowly into it; add the vanilla and orange extracts. When cool beat until thick, and then stir in the candied fruits and nuts, chopped fine. Spread thickly between two layers of cake.

ICINGS OR FROSTINGS

CONFECTIONER'S ICING

Mix (about) $1\frac{1}{4}$ cupfuls of sifted confectioner's sugar with $\frac{1}{4}$ cupful of liquid—coffee, water, fruit juice, cream or milk. With fruit juice add a teaspoonful of lemon juice. With other liquid a scant half teaspoonful of vanilla or other extract. (Add 3 tablespoonfuls cocoa for chocolate icing.)

SOUR CREAM FROSTING

1 cupful sour cream
 1 cupful sugar
 Boil until it forms soft ball when tried in cold water. Set in pan of cold water until cool. Beat until creamy. Add 1 teaspoonful vanilla and $\frac{1}{2}$ cupful chopped walnuts.

BOILED ICING

Dissolve $\frac{1}{4}$ cupful of granulated sugar in $\frac{1}{4}$ cupful of boiling water. Let boil until, when tested in cold water, a little of the syrup may be gathered into a soft ball. Pour the syrup in a fine stream on the white of 1 egg beaten very light, beating constantly meanwhile. Beat continually until cold or stiff enough to spread on cake. If cooked or beaten too hard, beat in lemon juice or water a few drops at a time. If not cooked enough (too thin), set the bowl of frosting over the fire in a pan of boiling water, and beat constantly until the icing thickens perceptibly.

FLUFFY BOILED ICING

Same as Boiled Icing except use 2 egg whites. This icing is light and fluffy, and will not harden as quickly as Boiled Icing.

MARSHMALLOW ICING

Cook $1\frac{1}{2}$ cupfuls brown sugar, $\frac{1}{4}$ cupful of butter, and $\frac{1}{4}$ cupful boiling water as for Boiled Icing. Add $\frac{1}{2}$ pound marshmallows melted in a double boiler and beat until thick enough to spread. Beat in $\frac{1}{2}$ teaspoonful vanilla before spreading.

MAPLE ICING

Same as Boiled Icing, except use 1 cupful maple sugar and 1 tablespoonful white corn syrup in place of the granulated sugar.

EMERGENCY FROSTING

Put 1 egg white, $\frac{1}{4}$ cupful sugar and 3 tablespoonfuls cold water in the upper part of a double boiler and set over rapidly boiling water. Beat constantly with a Dover beater for 7 minutes. Remove, add $\frac{1}{2}$ teaspoonful vanilla and beat until thick enough to spread.

SEA FOAM ICING

Cook 1 cupful brown sugar and 6 tablespoonfuls water until it spins a thread. Pour on the stiffly beaten white of one egg and beat until creamy. Add $\frac{1}{2}$ teaspoonful salt, one teaspoonful vanilla, and $\frac{1}{2}$ cupful chopped walnut or hickory nut meats.

CHOCOLATE FUDGE FROSTING

Cook 1 cupful granulated sugar, 1 cupful light brown sugar, 1 cupful milk or water, 2 squares bitter chocolate (or four tablespoonfuls cocoa), until it forms a soft ball when tried in cold water. Add 1 tablespoonful butter and 1 teaspoonful vanilla; remove from fire, leave until cold, then beat until creamy.



ICINGS



ORANGE CAKE

(RECIPE PAGE 17)

PINEAPPLE FROSTING

To a cupful of crushed Hawaiian pineapple add a tablespoonful of lemon juice and enough sifted confectioner's sugar to make a frosting that will remain in place on the cake.

CREOLE FROSTING

Stir together 2 tablespoonfuls strong black coffee (boiled), 2 tablespoonfuls cocoa (dry), $\frac{1}{2}$ teaspoonful vanilla, and 1 cupful confectioner's sugar.

CARAMEL ICING

Cook 2 cupfuls light brown sugar with 1 cupful milk or water until it forms a soft ball when tried in cold water. Add 1 tablespoonful butter and 1 teaspoonful vanilla; remove from fire, leave until cold, then beat until creamy. (NOTE: If the sugar curdles the milk, add a pinch of baking soda.)

COCOANUT ICING

Boil $1\frac{3}{4}$ cupfuls sugar and $\frac{3}{4}$ cupful water until it spins a thread. Beat whites of 2 eggs until stiff; gradually pour syrup into egg, beating all the time. Add vanilla. Use 1 or 2 cupfuls grated cocoanut. Freshly grated, canned, or dried cocoanut can be used. Mix two-thirds of the cocoanut in the icing and sprinkle the balance of cocoanut over the cake after frosting.

MOCHA FROSTING

Cream $\frac{3}{4}$ cupful butter, gradually beat in about 3 cupfuls confectioner's sugar, then strong black coffee, a few drops at a time, to tint and flavor as desired.



ICINGS

CHOCOLATE FROSTING

Cook $2\frac{1}{4}$ cupfuls granulated sugar in $\frac{3}{4}$ cupful boiling water, until it reaches 238°F. , or it forms a soft ball when a little is tried in cold water. Pour gradually over 3 stiffly beaten egg whites, beating constantly meanwhile. Add slowly 3 squares of melted chocolate, then the vanilla, and beat until stiff enough to spread.

DECORATING CAKES

The process of forcing frosting or icing through a bag with tube attached, so as to trace a design upon the cake, is called piping. Only specially prepared icings can be used for piping. A frosted cake is decorated with piping alone; or colored sugars, citron, glace fruits, nuts, small candies, and fruit jellies are combined with the piping.

The utensils needed in decorating are few. A sieve with a very fine mesh, 28 holes to the linear inch, through which the dry sugar should always be passed, is of the utmost importance. For ornamental icing a round-bottomed bowl, a spatula, a slotted wooden spoon for mixing, and bags, with tubes for piping the mixture, are also essentials.

The bags for holding icing that is to be piped may be bought, or, at very slight expense, made at home. Copper tubes may be bought, in sets of 6 or 12, at a confectioner's or a large kitchen furnishing store. These afford shapes for large and small rounds, stars, leaves, ribbons, cords, and frills. The angle at which the bag is to be held while at work, depends upon the position of the surface to be decorated and the style of decoration. This is readily determined upon trial.

ORNAMENTAL ICING

4 egg whites	$\frac{1}{4}$ teaspoonful cream of tartar, or
$3\frac{1}{2}$ cupfuls confectioner's sugar	1 tablespoonful lemon juice
(about)	1 teaspoonful vanilla

Beat the whites of the eggs with $\frac{1}{4}$ cupful sugar 3 or 4 minutes, then continue to add the same quantity of sugar, beating the same length of time, until half the sugar has been used; add the cream of tartar with the second quantity of sugar, or add the lemon juice gradually as the mixture thickens. Now continue adding the sugar, a spoonful at a time, beating several minutes between each addition, until a knife cut down into the frosting makes a "clean cut" that will not close again. The success attending the use of this icing depends much upon thorough beating between the additions of sugar. Particularly is this true of icing used for piping. This needs to be stiffer and tougher than that for merely covering a cake, and this condition is secured by the beating rather than by the addition of sugar. Without beating, it will not hold its shape. This icing dries quickly, and, if it is not used as soon as finished, cover with a damp cloth and plate.

TABLE FOR COOKING ICINGS AND CANDIES

Soft Ball,	238°F.	Hard Crack,	310°F.
Hard Ball,	254°F.	Caramel,	350°F.
Small Crack,	290°F.		

A candy thermometer is useful to obtain correct degrees.

FRENCH PASTRY

PUFF-PASTE

Keep the hands or a wooden spoon and a mixing bowl for some minutes in very hot and then in very cold water.

Use the above to work and wash $\frac{1}{2}$ pound (1 cupful) of butter in very cold water until pliable and smooth, pat into a rectangular shape rather less than $\frac{3}{8}$ of an inch thick, take out $\frac{1}{4}$, fold remainder in a cloth and set in a cool place.

Cut $\frac{1}{4}$ of the butter into 2 cupfuls of Igleheart's Swans Down Cake Flour and $\frac{1}{2}$ teaspoonful of salt, add cold water to make a dough and knead until elastic; cover with mixing bowl and let stand 5 minutes.

Pat and roll into a rectangular sheet rather more than twice the width and three times the length of the prepared butter.

Lay the butter lengthwise in the center of one side of the paste, fold the other side of the paste over the butter, and press the edges together. The butter is now enclosed. Fold one end of the paste over and the other end all around.

Turn the paste half way round that it may be rolled in a direction opposite to the first rolling; pat with the pin and roll out, keeping the layers even.

Fold the paste to make three layers, turn half way round, and again roll out. Rolling the paste, folding in three layers and turning half way round is called one turn. The pastry should be given six turns when it is ready for use as desired. The first rolling with butter is the first turn.

PATTY CASES

Puff-paste made of $\frac{1}{2}$ pound each of Igleheart's Swans Down Cake Flour and butter will give 6 patty cases. Roll the pastry into a rectangular sheet wide enough to cut out 2 rounds with a French (fluted) patty cutter, and long enough to cut 6 rounds (12 pieces in all). Dip the cutter, each time before using, in boiling water; set 6 rounds (use spatula) in a pan lined with soft paper; cut the centers from the other six rounds to form rings; brush over the edge of the rounds with cold water, and set the rings in place; chill on ice $\frac{1}{2}$ hour. Set into a hot oven (475°F.), reduce the heat as soon as the paste has risen to its full height; bake about 25 minutes. Protect with paper while baking, if needed. To use, fill with creamed chicken, fish, oysters, sweetbreads, vegetables, etc.

TARTS

Pile the trimmings from the patties one above another, to keep the layers in place, pat with the rolling pin and roll into a sheet about $\frac{1}{4}$ inch thick. Cut in rounds or ovals and rings and put together and bake in the same manner as patty cases. When ready to serve, reheat and fill with fruit jelly.

TWENTY-EIGHT

FRENCH PASTRY



CHOU-PASTE FOR ÉCLAIRS AND CREAM PUFFS

1 cupful boiling water
 $\frac{1}{2}$ cupful butter or substitute

1 cupful Swans Down Cake Flour
3 eggs

Set the water and shortening over the fire in a small saucepan; when boiling sift in the flour, cook and stir constantly until the mixture leaves the sides of the pan a smooth, compact mass. Turn into a mixing bowl, break in an egg and beat until the mixture is smooth; beat in the second egg, then the third egg. The eggs are added unbeaten. Shape (with two teaspoons) on a greased baking sheet in rounds for cream puffs, in strips 1 inch by 5 for éclairs. Bake in an oven, (450-475°F.) hot on the bottom, about 25 minutes. When done, a cake lifted in the hand will feel light. See page 24 for filling. With a sharp knife make a cut in each puff large enough to admit of Cream Filling, which can be forced in with a pastry bag and tube. Éclairs are sometimes covered with chocolate frosting.

STRAWBERRY TART

FOR 6 PERSONS

Cut out a round of puff or flaky paste about 7 inches in diameter; lay a white paper on a baking sheet and slide the pastry upon it; pipe a row of chou-paste on the edge of the round of paste and let bake until done (about 12 minutes). Pipe the rest of the chou-paste on a buttered baking sheet, using a star tube and making rosette shapes. Let bake until they feel light and dry. Stir a little boiling water into $\frac{1}{2}$ cupful of confectioner's sugar. Set the round of pastry on a serving dish, dip the under side of the rosettes in the sugar paste, and press them on the chou-paste on the edge of the round; set these close together and entirely around the pastry. When ready to serve, fill with one or two baskets of strawberries, hulled, washed, cut in halves, and mixed with sugar. Decorate with whipped cream or a little confectioner's sugar. To serve, cut as a pie in triangular pieces. Let the berries stand mixed with the sugar half an hour or longer before using.

TWENTY-NINE

PLAIN PASTRY

PIE CRUST

(For a 9 inch double crust pie. Use $\frac{1}{2}$ recipe for 1 crust pie.)

2 cupfuls Swans Down Cake Flour $\frac{1}{2}$ teaspoonful salt
 $\frac{1}{2}$ cupful cold shortening $\frac{1}{3}$ to $\frac{1}{2}$ cupful ice water

The best results are obtained by having all ingredients and utensils as cold as possible. Measure flour and salt, mix and sift. Cut in shortening with two knives until mixture looks like meal. Add ice water a little at a time, mixing with a knife until the dough cleans the bowl of all flour and paste. (Avoid using too much water.)

PIE FILLINGS

LEMON PIE FILLING

Juice of 1 large lemon $\frac{1}{3}$ cupful Swans Down Cake Flour
 $\frac{1}{4}$ cupfuls granulated sugar and pinch of salt
 3 eggs, yolks and whites separated 1 tablespoonful butter
 Grated rind of lemon 1 cupful hot water

Sift sugar, flour, and salt together into double boiler. Add the cup of hot water; add butter and stir well. Then add lemon juice and grated rind; cook until thickened. Add beaten egg yolks and cook 5 minutes. Cool and pour into baked pie shell. Cover with meringue.

MOCK CHERRY PIE

Make full recipe for crust (above). Line pie plate with $\frac{1}{2}$ crust.

Mix—

2 cupfuls (or more) cranberries cut in halves
 2 cupfuls sugar (dependent upon acidity of cranberries)
 $\frac{1}{4}$ cupful water
 1 teaspoonful vanilla
 $\frac{1}{2}$ teaspoonful almond

Put into pie plate. Sprinkle with Swans Down Cake Flour. Cover with upper crust. Bake in hot oven (450°F.).

Note—This pie has a decided cherry flavor.

JELL PATTIES

Line 6 gem tins with rich plain pie paste or puff paste rolled thin. Put one tablespoonful of following mixture into each patty shell and bake in hot oven 25 minutes.

$\frac{1}{4}$ cupful sugar
 $\frac{1}{4}$ cupful butter

Beat in 1 egg and $\frac{1}{2}$ glass jelly. Serve with whipped cream.

PIE FILLINGS

BUTTERSCOTCH PIE (With Meringue Topping)

4 tablespoonfuls Swans Down Cake Flour
 1 baked pie shell 2 tablespoonfuls butter
 2 eggs, separated 1 teaspoonful vanilla extract
 $1\frac{1}{4}$ cupfuls dark brown sugar 2 egg whites
 $\frac{1}{4}$ teaspoonful salt 2 tablespoonfuls powdered sugar
 $1\frac{1}{2}$ cupfuls milk

Mix sugar, flour, and salt. Add beaten egg yolks and milk. Cook in double boiler, stirring until thickened. Then cook 10 minutes to thoroughly cook the starch. Add vanilla; pour into shell. Add powdered sugar to stiff egg whites. Spread on pie. Return to slow oven to brown meringue.

CHOCOLATE PIE (With Meringue Topping)

2 tablespoonfuls S. D. Cake Flour
 1 baked pie shell 2 eggs, separated
 $1\frac{1}{4}$ cupfuls milk 2 eggs, separated
 $\frac{1}{4}$ teaspoonful salt $\frac{1}{2}$ cupful sugar
 $1\frac{1}{2}$ squares bitter chocolate 1 teaspoonful vanilla

Mix flour, sugar, and salt. Separate eggs. Beat the egg yolks until light and add to above mixture. Scald milk in a double boiler, add chocolate melted, then egg mixture. Cook until thick, remove and add vanilla. Pour into the baked pie shell. Cover with meringue as above.

FILLING FOR CUSTARD PIE

4 eggs $2\frac{1}{2}$ cupfuls milk
 $\frac{1}{2}$ teaspoonful salt 1 teaspoonful vanilla
 $\frac{3}{4}$ cupful sugar Few gratings of nutmeg

Beat the eggs until light; add the salt and sugar and beat again; add the milk and vanilla, and mix thoroughly. To line the plate, roll the paste into a thin sheet, cut into a round that will extend beyond the plate $\frac{3}{4}$ of an inch all around. Set the paste on the plate and roll the edge backward to meet the plate. Flute this double layer of paste with the thumbs and forefingers, pressing down on the edge of the plate. Carefully press the paste on the plate, lifting to exclude air between the paste and plate. Pour in the custard filling. Set the pie into a hot oven (450°F.) to bake the pastry before it becomes soaked, then reduce the heat, to bake the custard. Bake about 30 minutes. Grate the nutmeg over the custard after it is baked.

COCOANUT CREAM PIE

1 baked pie shell 2 eggs
 $\frac{1}{4}$ cupful sugar 2 cupfuls scalded milk
 $\frac{1}{4}$ cupful Swans Down Cake Flour 1 teaspoonful vanilla
 $\frac{1}{4}$ teaspoonful salt $\frac{1}{2}$ teaspoonful lemon extract
 (2 tablespoonfuls powdered sugar) 1 cupful cocoanut shredded

Add cocoanut to milk; mix flour, sugar and salt. Separate eggs and beat yolks to dry ingredients. Pour hot milk on this mixture. Return to double boiler; cook 15 minutes, stirring until thickened. Add flavoring. Pour into pie shell. Cover with meringue made from beaten egg whites and powdered sugar. Place in slow oven to brown.

QUICK BREADS



SWANS DOWN ANGEL SPONGE (RECIPE PAGE 12)

BAKING POWDER BISCUITS and SIMILAR MIXTURES

BAKING POWDER BISCUITS

- 2 cupfuls Swans Down Cake Flour $\frac{1}{2}$ teaspoonful salt
4 level teaspoonfuls baking powder 2 tablespoonfuls shortening
 $\frac{3}{4}$ cupful (about) milk

Sift the flour, baking powder, and salt together twice; work in the shortening with two knives, gradually add the milk and mix with a knife to a soft dough; more liquid may be required. Turn upon a lightly floured board, roll with a knife to coat with flour, then knead slightly, roll into a sheet about three-fourths of an inch thick, cut in rounds, set in a shallow baking pan, and brush over the tops with melted butter. Bake about 15 minutes in a hot oven (450°F.) The butter is to give a rich brown exterior. It may be omitted.

RICH BISCUIT CRUST FOR STRAWBERRY AND OTHER SHORTCAKES

- $2\frac{1}{4}$ cupfuls sifted Swans Down $\frac{1}{2}$ teaspoonful salt
Cake Flour 4 tablespoonfuls shortening
5 teaspoonfuls baking powder $\frac{3}{4}$ cupful milk (or more)

Mix and sift together the flour, baking powder, and salt, and cut in the shortening; use the milk cautiously in mixing the dry ingredients to a soft dough. Spread the dough in two well greased layer-cake pans. Bake in a quick oven (450° to 475°F.) about 15 minutes. Spread the crusts with creamed butter, finish with sugared berries between and above the crusts. Blackberries, raspberries, sliced fresh, or canned peaches and apricots make choice shortcakes.

QUICK BREADS



RUSSIAN ROLL (RECIPE PAGE 12)

WAFFLES

- 2 cupfuls Swans Down Cake Flour 4 tablespoonfuls melted butter
3 teaspoonfuls baking powder $\frac{1}{2}$ teaspoonful salt
1 cupful milk 3 eggs

Sift together the dry ingredients. Add the egg yolks, beaten and mixed with the milk, then the melted butter. Fold in the egg whites, beaten stiff. Have both sides of the waffle iron hot and well greased. Put a tablespoonful of the mixture in each compartment and let down the top. When the mixture is baked on one side, turn the iron to brown the other side. Remove the cooked waffles with a fork. Serve with butter and syrup.

QUEEN TEA MUFFINS

- 4 tablespoonfuls shortening $1\frac{1}{4}$ cupfuls sifted Swans Down Cake
4 tablespoonfuls granulated sugar Flour
1 egg, beaten light 4 teaspoonfuls baking powder
 $\frac{1}{4}$ cupful milk $\frac{1}{2}$ teaspoonful salt

Cream the shortening; gradually beat in the sugar; add the egg, milk, and flour sifted again with the baking powder and salt. Beat thoroughly. Bake about 20 minutes in hot oven (450°F.), in well-greased muffin tins.

IGLEHEART POP-OVERS DE LUXE

- 3 eggs 1 cupful Igleheart's Swans Down
 $\frac{1}{2}$ teaspoonful salt Cake Flour (sifted)
1 cupful milk

Break the eggs into a bowl, sift in the salt and flour, and add the milk. Beat until smooth with a Dover egg beater. Have ready hot muffin tins, lightly greased. Fill as many of the cups as are required to $\frac{3}{4}$ their height. Set into a hot oven near the bottom (475°F.). Bake about 35 minutes. Decrease the heat after the pop-overs are well puffed.

PUDDINGS

HARVARD PUDDING

- | | |
|-------------------------------------|----------------------------------|
| 1/2 cupful butter | 3 1/2 teaspoonfuls baking powder |
| 1/2 cupful sugar | 1/4 teaspoonful salt |
| 2 1/2 cupfuls Swans Down Cake Flour | 1 egg |
| | 1 cupful milk |

Mix and sift dry ingredients and work in butter with tips of fingers; beat egg, add milk, and combine mixtures; turn into buttered mould, cover, and steam two hours; serve with warm Apple Sauce and Hard Sauce.

APPLE SAUCE

Pick over and wash dried apples, soak overnight in cold water to cover; cook until soft; sweeten, and flavor with lemon juice.

STEAMED CHOCOLATE PUDDING

- | | |
|-------------------------|-------------------------------------|
| 3 tablespoonfuls butter | 2 1/4 cupfuls Swans Down Cake Flour |
| 3/4 cupful sugar | 4 1/2 teaspoonfuls baking powder |
| 1 egg | 2 1/2 squares unsweetened chocolate |
| 1 cupful milk | 1/4 teaspoonful salt |

Cream the butter, add sugar gradually, and egg well beaten. Mix and sift flour with baking powder and salt, and add alternately with milk to first mixture, then add chocolate, melted. Turn into buttered mould. Cover, and steam two hours. Serve with hard sauce.

COTTAGE PUDDING

- | | |
|-------------------|-------------------------------------|
| 1/4 cupful butter | 1 cupful milk |
| 3/4 cupful sugar | 2 1/4 cupfuls Swans Down Cake Flour |
| 1 egg | 4 teaspoonfuls baking powder |
| | 1/2 teaspoonful salt |

Cream the butter, add sugar gradually, and egg well beaten; mix and sift flour, baking powder, and salt; add alternately with milk to first mixture; turn into buttered cake pan; bake thirty-five minutes. Serve with Vanilla or Hard Sauce.

HARD SAUCE

- | | |
|----------------------------------|-------------------------------|
| 1/4 cupful butter | 1/4 teaspoonful lemon extract |
| 1 cupful confectioner's sugar or | 3/8 teaspoonful vanilla |
| 3/4 cupful granulated sugar | |

Cream butter, and add sugar gradually, while beating constantly; then add flavoring.

INDEX

	PAGE		PAGE
Baking Hints and Causes of Cake Failures	13	Cookies:	20
Breads (Quick):	22	Almond Slices	21
Baking Powder Biscuits	23	Bran Cookies	21
Gingerbread	31	Butterscotch Cookies	20
Johnny Cake	33	Date Bars	21
Quick Tea Muffins	32	Everyday Sugar Cookies	21
Shortcakes, Rich Biscuit Crust for	33	Hermits	20
Waffles	27	Oatmeal Drop Cakes	20
Cake Decorating	13	Doughnuts	
Cake Making at High Altitudes	10	Fillings:	
Cakes (Butter):	16	Chocolate Cream Filling	24
Almond Cake	11	Cream Filling for Cream Puffs	24
Apple Sauce Cake (Requiring 1 egg only)	23	Currant Jelly and Peanut Filling	24
Banana Nut Cake	10	Fig Filling	24
Buckwheat Jam Cake	10	Lady Baltimore Filling	24
Carrot Cake	10	Orange Filling	24
Chocolate Cake	15	Peach Filling	24
Cocoanut Cake	22	Tutti-Frutti Filling	24
Cream Cake	16	Pie—	
Crook Cake	10	Butterscotch Pie (With Meringue Topping)	31
Dried Fruit Cake	10	Chocolate Pie (With Meringue Topping)	31
Emergency Cake	16	Cocoanut Cream Pie	31
Fourier Cake With Pineapple Frosting	10	Custard Pie	31
Ice Cake	19	Lemon Pie	30
Johnny's Swans Down Cake	10	Mock Cherry Pie	30
Maple Cake	10	How to Make Butter Cakes	9
Milk Cake	15	How to Make Sponge Cakes	3
Nut Cake	18	Icings:	
Old Spice Cake	17	Boiled Icing	25
Orange Cake	17	Caramel Icing	26
Peanut Butter	21	Chocolate Frosting	27
Pine Caramel Cake	18	Chocolate Fudge Frosting	25
Vanilla Fudge Cake	22	Cocoanut Icing	26
Wheat Cake	16	Confectioner's Icing	25
Yeast Cake	19	Creole Frosting	26
Yeast Cake With Fruit and Nuts	7	Emergency Frosting	25
Yeast Food Cake	12	Fluffy Boiled Icing	25
Yeast Sponge Cake	6	Maple Icing	25
Yeast Powder Sponge Cake	6	Marshmallow Icing	25
Yeast Angel Food	5	Mocha Frosting	26
Yeast-Marshmallow Cream Roll	5	Ornamental Icing	27
Yeast Sponge Cake	6	Pineapple Frosting	26
Yeast Sponge Cake (Using 2 eggs)	6	Sea Foam Icing	26
Yeast Sunshine Cake	3	Sour Cream Frosting	25
Yeast Fingers	12	Oven Temperatures and Time	
Yeast Sponge Cake	4	Table for Baking	13
Yeast Sponge Cake	4	Pastry:	
Yeast Sponge Cake	4	Chou-Paste for Eclairs and Cream Puffs	29
Yeast Sponge Cake	4	French Pastry	28 and 29
Yeast Sponge Cake	4	Jell Patties	30
Yeast Sponge Cake	4	Patty Cases	30
Yeast Sponge Cake	4	Pie Crust	28
Yeast Sponge Cake	4	Puff-Paste	30
Yeast Sponge Cake	4	Strawberry Tart	29
Yeast Sponge Cake	4	Tarts	28
Yeast Sponge Cake	4	Puddings:	
Yeast Sponge Cake	4	Cottage Pudding	34
Yeast Sponge Cake	4	Harvard Pudding	34
Yeast Sponge Cake	4	Steamed Chocolate Pudding	34
Yeast Sponge Cake	4	Sauces:	
Yeast Sponge Cake	4	Apple Sauce	34
Yeast Sponge Cake	4	Hard Sauce	34
Yeast Sponge Cake	4	Table for Cooking Icings and Candles	27