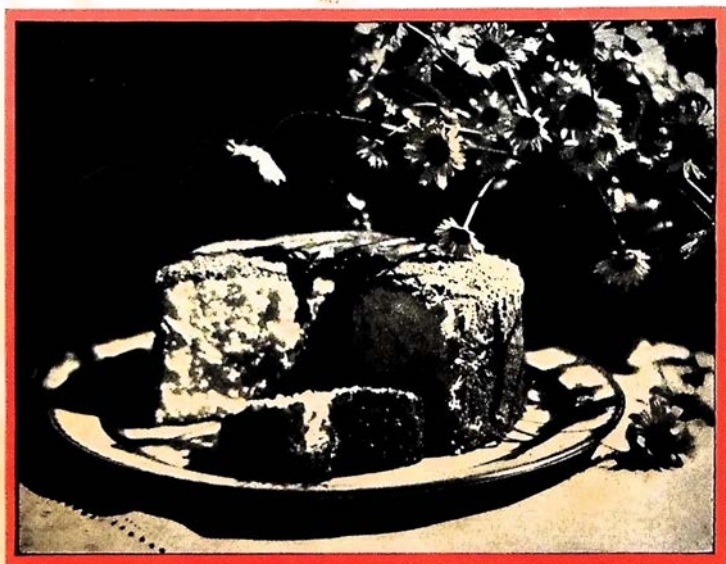


# *The* SWANS DOWN *way* *to perfect cakes*



## SWANS DOWN ANGEL FOOD CAKE

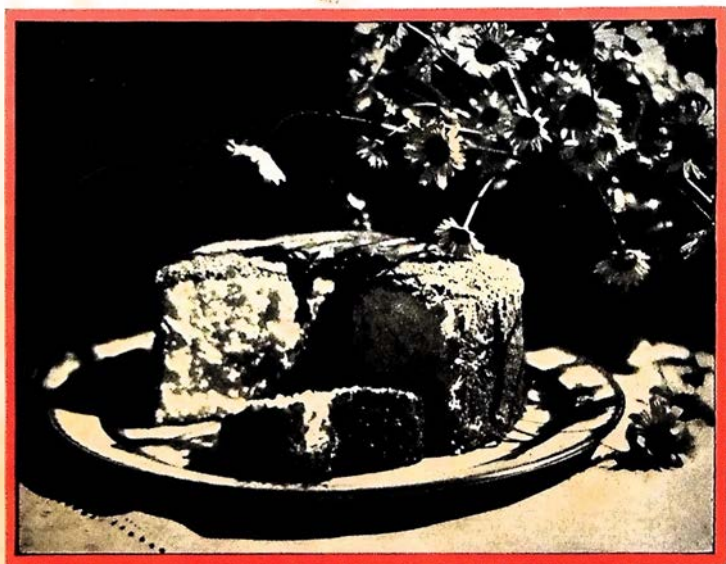
1 cup sifted Swans Down Cake Flour	1 $\frac{1}{4}$ cups sifted gran- ulated sugar
1 cup egg whites (8 to 10 eggs)	$\frac{3}{4}$ teaspoon vanilla
$\frac{1}{4}$ teaspoon salt	$\frac{1}{4}$ teaspoon almond extract
1 teaspoon cream of tartar	

Sift flour once, measure, and sift four more times. Beat egg whites and salt on large platter with flat wire whisk. When foamy, add cream of tartar. Continue beating until eggs are stiff enough to hold up in peaks, but not dry. Fold in

sugar carefully, two tablespoons at a time, until all is used. Fold in flavoring. Then sift small amount of flour over mixture and fold in carefully; continue until all is used.

Pour batter into ungreased angel food pan and bake in slow oven at least one hour. Begin at 275°F., and after 30 minutes increase heat slightly (325°F.) and bake 30 minutes longer. Remove from oven and invert ~~pan~~ for one hour, or until cold.

# The SWANS DOWN way to perfect cakes



## SWANS DOWN ANGEL FOOD CAKE

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# The Story of SWANS DOWN CAKE FLOUR

fff

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 sale of this new product, called Swans Down Cake Flour.

Leslie, Addison, and John each have one son to whom they 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 structure. Every care and precaution is taken to put out a superior product under the most sanitary conditions.

## The Perfect Cake: What is it?

THE completely successful cake, whether sponge or butter cake, is a culinary triumph. Cakes may vary in shape,—they may be round, oblong, square, or of some unusual and elaborate form. But a perfect cake is always attractive in appearance and of uniform thickness. The crust is delicate brown, thin, tender, and daintily crisp, with no cracks. Perfect cake is light, tender, and agreeably moist. It has an even, fine-grained texture and a delicate flavor. Master the five basic steps in cake making, learn how to remedy the occasional difficulty, and every cake will be a perfect cake.



Orange Cream Cake (recipe page 6)

*All recipes tested and  
approved in the  
Swans Down Kitchen by*

*Frances Lee Barton*

**IGLEHEART BROTHERS, Inc.**

Established 1856

Evansville  
Indiana

## Cake secrets

### DO YOU WISH TO MASTER CAKE MAKING?

THERE are just five fundamental steps in cake making. To make perfect cakes one must follow each step accurately. Mastery of these steps insures successful results with any cake recipe.

1. *Use good ingredients.* Fine cakes cannot be made from second-rate materials. Use only those ingredients which are strictly fresh and of the best quality. In selecting that highly important ingredient, flour, you may be sure that *Swans Down Cake Flour* is your wisest choice. Hundreds of home economists use, and recommend, Swans Down, because of the unmistakable perfection it gives to cakes. Turn to pages 4 and 5 and read why Swans Down is preferred for all cake making.

Proper leavening is essential to successful cakes. For perfection in leavening, the Swans Down Kitchen relies upon *Calumet Baking Powder, the Double-Acting Baking Powder*. All Swans Down recipes are developed with Calumet Baking Powder.

As a rule, the general proportion is 1 level teaspoon of Calumet Baking Powder to 1 cup sifted flour. If another type of baking powder is used, you should increase the amount as recommended by the manufacturers, since all baking powders cannot be used in equal amounts with the same results.

2. *Measure accurately.* The greatest skill in mixing cannot correct mistakes in amounts of ingredients. No one can guess at measurements and expect uniform success. All Swans Down Cake Flour recipes are made with level measurements. Always sift flour once before measuring, as it tends to pack. Swans Down Cake Flour, because of its unusual fineness, will pack even more readily than ordinary flour. In measuring flour, lift it lightly with a spoon into the cup and level it off with a spatula or the straight edge of a cake knife. It is convenient when sifting flour to use two squares of paper.

3. *Mix carefully.* Use either the beating or folding motion as these are the two best methods of incorporating air into a mixture. The beating motion is made by lifting the mixture over and over by means of a spoon or whisk. Thus the under part of the batter is continually lifted to the surface. Folding is a down-up-and-over motion. It is made by cutting down through the mixture and curving up and over to enclose more air without the loss of that already beaten into the eggs.

4. *Baking is an exceedingly important step in cake making*, as the best of batters may be ruined in the baking. An oven thermometer makes it possible to regulate and adjust the heat of the oven to the correct temperature and so is a safeguard against baking failures.

For successful baking results the oven temperature must also be uniform, not constantly rising and falling. One cause of fluctuating oven heat is the continual opening and shutting of the oven door. Eliminate this difficulty by dividing the baking period into the following quarters:

- 1st quarter—Cake mixture begins to rise.
- 2nd quarter—Rising continues; cake begins to brown.
- 3rd quarter—Finishes rising and continues browning.
- 4th quarter—Finishes baking; shrinks from sides of pan.

## Cake secrets

### HOW TO TELL WHEN CAKE IS DONE

1. Cake should have finished rising and have a delicate brown crust.
2. Cake should have ceased the "singing" sound.
3. Cake should have shrunk slightly from the sides of the pan
4. Surface of cake, when pressed lightly with finger, should spring back. Imprint of finger indicates insufficiently baked interior.
5. Wire cake tester when inserted in center of cake should come out clean and dry. Any dough clinging to the tester indicates insufficient baking.

Apply these tests to cake before it is removed from the oven—even though cake may already have baked the length of time stated in the recipe.

Standard cake mixtures may be baked in round layer cake pans, loaf pans, square pans, tube pans, or muffin pans.

At the end of each baking quarter the oven door may be opened to determine whether the cake is baking properly. If the oven is found to be too hot or too cold, adjust the heat to the correct temperature. Or, if the cake is baking unevenly, change the position of the pan to insure uniform baking. Cakes may be carefully moved at any time after the first ten minutes of baking.

5. *Handle carefully after baking.* Butter cakes, after removal from the oven, should be inverted in the pan on a cake rack, for about 5 minutes. If necessary, loosen cake from sides of pan with spatula. Turn cake out of pan onto a cake rack. Remove paper from bottom of cake. Turn cake again on rack and finish the cooling right side up. Cake racks permit a circulation of air around the cake while cooling. This prevents steaming or sweating which is one cause of soggy crusts.

Sponge cakes, after removal from the oven, should be inverted and allowed to hang in the pan for one hour, or until cold. The cell walls of sponge cakes are so delicate that they shrink slightly if the cake is removed while still warm. In cooling, however, the cell walls stiffen and become sufficiently strengthened to hold the cake in its original shape. The volume will be less if the cake is removed before cold.

### CLASSES OF CAKES

All cakes belong to one of two general classes—*butter* or *sponge*. All the cake recipes in "New Cake Secrets" or any other cook book are simply variations of one of these two basic classes. Butter cakes are those cakes which contain shortening in any amount; sponge cakes are the ones which have no shortening of any kind. True sponge cakes contain no baking powder, but are leavened solely by the air beaten into the eggs. Mock sponge cakes are sponge cakes made with so few eggs that baking powder is required to furnish the additional necessary leavening.



## Cake secrets

### WHY SWANS DOWN CAKE FLOUR MAKES LIGHTER — FINER CAKES THAN ORDINARY FLOUR

*First—because of the delicate gluten in Swans Down* All flours, as you no doubt know, contain gluten. Swans Down Cake Flour, however, differs from flours which are milled primarily for yeast breads, both in

the *kind* and *amount* of gluten it contains. This is because of a fundamental difference in the wheat from which it is made.

The hard wheat from which ordinary flours are milled, contains a large amount of tough, elastic gluten. This is excellent for yeast's slow leavening, but entirely too resistant to the quick leavens used in cake making, such as baking powder, egg whites, etc. And remember this—the *quality* of this tough gluten cannot be changed by adding cornstarch to the flour, as is sometimes recommended.

Swans Down Cake Flour, on the other hand, is made from *soft winter wheat*. This wheat, unlike hard wheat, contains only a small amount of very delicate, pliable gluten. Excellent for cake making, because it is quickly responsive to cake leavens. It is this delicate gluten which permits the perfect rising of Swans Down cakes, and makes the extra tenderness and feathery texture.

#### *Second—because of the careful selection of wheat for Swans Down*

Swans Down Cake Flour is made from the most carefully selected soft winter wheat. Only the choicest part of the wheat kernel is used. It takes 100 pounds of soft winter wheat to make 26 pounds of Swans Down!

#### *Finally—because Swans Down is specially milled*

Not only is Swans Down made from soft winter wheat—specially selected—but this famous flour is also *specially milled*. After the choicest parts of the wheat kernels have been selected for Swans Down, they are ground and re-ground, sifted and re-sifted—over and over again, through fine silken sieves—until the flour is 27 times as fine as ordinary flour! Microscopic tests prove this superlative fineness of Swans Down!

Swans Down Cake Flour may be clearly distinguished from ordinary flour by several simple tests. The differences are:

#### Swans Down Cake Flour

1. Snowy-white in color.
2. Velvety-smooth to the touch when rubbed between fingers.
3. Keeps imprint of fingers when a handful is picked up.
4. Superlatively fine, due to special milling.
5. Contains small amount of tender, delicate gluten.

#### Ordinary Flour

1. Cream-colored.
2. Gritty or slightly grainy to the touch when rubbed between fingers.
3. Falls loosely apart when a handful is picked up.
4. Less finely milled than Swans Down Cake Flour.
5. Contains larger amount of tough, elastic gluten.

## Cake secrets

### THE WONDERFUL ECONOMY OF SWANS DOWN CAKE FLOUR

ON page 7, you will find a recipe for a simple one-egg cake. Read it carefully, and you'll see that it is just about as economical a recipe as you could hope to find. Now—if you were to make that cake with

ordinary flour, here is what would happen. . . .

Your cake would be good, of course, if you followed the directions exactly—but *it would be a very plain cake*. You would know, as soon as you cut into it and tasted it, that you had made an *economy* cake. It would have that "one-egg" taste.

But make that same cake with Swans Down Cake Flour! Follow the directions just as they are given—using Swans Down instead of ordinary flour—and you will get a truly delicious cake! Cake without any economy taste. Cake that is tender and fine and velvety. *In order to equal it with ordinary flour, you would have to forget economy and use more eggs—more shortening.*

Of course, Swans Down brings extra perfection to expensive cakes, too. Your angel foods will be more feathery-fine when you make them with Swans Down. Your rich butter cakes will be more velvety in texture—more delicious in taste. In fact, Swans Down will give added perfection to *every* kind of cake you make!



Plantation Marble Cake (recipe page 10)

## Cake secrets

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Plantation Marble Cake (recipe page 10)

# Butter cakes

## BUTTER CAKES

THE Swans Down Standard White Cake, a tender, fluffy, white cake, is butter cake at its best—and simple to make. Follow each step carefully, and remember that all butter cakes may be made by the same method.

### HINTS ON MIXING BUTTER CAKE

"CREAMING" the shortening means mashing and beating it with a spoon until it has the texture of very thick cream. Then add the sugar, and continue creaming the mixture until it is light and fluffy.

Add a small amount of sifted flour and baking powder to the creamed mixture, before the milk, so as to prevent separation. If this separation occurs, the cake will be coarser-grained than otherwise.

Beat mixture after each addition of flour and milk to insure a fine-grained cake.

Fresh eggs make the most delicate cakes. However, eggs should be at least three days old in order to beat successfully.

Do not beat the egg whites until ready to use them, or the air that has been beaten into them will be lost. Eggs may be beaten most successfully if they are cold. Beat the whites until they are stiff enough to hold up in peaks, but not dry. If egg whites are beaten until dry, the cake will not be as light, fluffy, and moist as it should be. Fold beaten egg whites into the cake mixture.

When egg yolks are used in a butter cake, beat them until thick and lemon-colored, add them to the thoroughly creamed shortening and sugar, and beat the mixture well.

If adding the whole egg to a batter, beat the egg until very light, add to the creamed shortening and sugar, and beat the mixture thoroughly. Eggs may also be added unbeaten, beating well after each addition.

### SWANS DOWN STANDARD WHITE CAKE

(3 egg whites)

- |                                     |                    |
|-------------------------------------|--------------------|
| 3 cups sifted Swans Down Cake Flour | 1 cup sifted sugar |
| 2 teaspoons baking powder*          | 3/4 cup milk       |
| 3/4 cup butter or other shortening  | 1 teaspoon vanilla |
| 3 egg whites, stiffly beaten        |                    |

Sift flour once, measure, add baking powder, and sift together three times. Cream shortening thoroughly, add sugar gradually, and cream together until light and fluffy. Add flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add vanilla. Fold in egg whites. Bake in two greased 9-inch layer pans in moderate oven (375° F.) 25 to 30 minutes; or in greased pan, 8 x 8 x 2 inches, in moderate oven (350° F.) 1 hour. Double recipe to make three 10-inch layers.

### ORANGE CREAM CAKE

(3 egg whites)

Use recipe for Swans Down Standard White Cake above. Put layers together with Orange Filling (page 31), and cover top and sides of cake with Seven Minute Frosting (page 28). Decorate with orange sections.

\*For further information, see page 2.

# Butter cakes

## CHOCOLATE LAYER CAKE

(3 egg whites)

Use recipe for Swans Down Standard White Cake (page 6). Spread Chocolate Seven Minute Frosting (page 30) between layers and on top and sides. Decorate with nuts.

### LADY BALTIMORE CAKE

(6 egg whites)

- |   |                              |
|---|------------------------------|
| 2 1/2 cups sifted Swans Down Cake Flour | 1 1/2 cups sifted sugar      |
| 2 1/2 teaspoons baking powder*          | 3/4 cup milk                 |
| 1/2 teaspoon cream of tartar            | 1 teaspoon vanilla           |
| 3/4 cup butter or other shortening      | 6 egg whites, stiffly beaten |

Sift flour once, measure, add baking powder and cream of tartar, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add vanilla; fold in egg whites. Bake in two greased 9-inch layer pans in moderate oven (375° F.) 30 minutes. Spread Lady Baltimore Filling (page 30) between layers and Lady Baltimore Frosting (page 30) on top and sides of cake.

### SWANS DOWN ONE-EGG CAKE

(1 egg)

- |  |                      |
|--|----------------------|
| 2 cups sifted Swans Down Cake Flour      | 1 cup sugar          |
| 2 teaspoons baking powder*               | 1 egg, unbeaten      |
| 1/2 teaspoon salt                        | 3/4 cup milk         |
| 4 tablespoons butter or other shortening | 3/4 teaspoon vanilla |

Sift flour once, measure, add baking powder and salt, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg and beat well. Add flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add flavoring. Bake in two greased 9-inch layer pans in moderate oven (375° F.) 25 minutes. Put layers together and cover top and sides of cake with Chocolate Seven Minute Frosting (page 30).

### CARAMEL LAYER CAKE

(3 eggs)

- |   |                     |
|---|---------------------|
| 2 1/2 cups sifted Swans Down Cake Flour | 1 cup sugar         |
| 1 1/2 teaspoons baking powder*          | 3 eggs, well beaten |
| 1/2 cup butter or other shortening      | 3/4 cup milk        |
| 1 teaspoon vanilla                      |                     |

Sift flour once, measure, add baking powder, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs, then flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add vanilla. Bake in two greased 8-inch layer pans in moderate oven (375° F.) 25 minutes. Spread Caramel Frosting (page 30) between layers and on top and sides of cake.

### VERMONT PECAN LAYER CAKE

Use recipe for Favorite Two-egg Cake (page 8). Spread Vermont Frosting (page 31) between layers and on top and sides. Decorate with pecans.



## Butter cakes

### PINEAPPLE UPSIDE DOWN CAKE (1 egg)

- |   |                     |
|---|---------------------|
| 1 1/2 cups sifted Swans Down Cake Flour | 1/2 cup milk        |
| 1 1/2 teaspoons baking powder*          | 1 teaspoon vanilla  |
| 1/2 teaspoon salt                       | 1 tablespoon butter |
| 4 tablespoons shortening                | 1 cup brown sugar   |
| 1/2 cup sugar                           | 4 slices pineapple  |
| 1 egg, well beaten                      | 1 cup pecan meats   |

Sift flour once, measure, add baking powder and salt, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg, then flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add vanilla. Melt 1 tablespoon butter in 8-inch iron skillet. Add brown sugar. Stir until melted. On this arrange pineapple and nuts. Pour batter over contents of skillet. Bake in moderate oven (325° F.) 40 minutes. Loosen cake from sides and bottom. Serve upside down.

### FAVORITE TWO-EGG CAKE

- |   |                             |
|---|-----------------------------|
| 2 1/2 cups sifted Swans Down Cake Flour | 1 cup sugar                 |
| 2 1/2 teaspoons baking powder*          | 2 eggs, well beaten         |
| 1/2 teaspoon salt                       | 1/2 cup milk                |
| 1/2 cup butter or other shortening      | 1/2 teaspoon orange extract |

Sift flour once, measure, add baking powder and salt, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs and mix well. Add flour alternately with milk, a small amount at a time. Beat after each addition until smooth. Add flavoring. Bake in two greased 9-inch layer pans in moderate oven (375° F.) 25 minutes. Spread Orange Filling (page 31) between layers; cover with White Mountain Cream (page 28); decorate with orange rind and pistachios.



Chocolate Layer Cake (recipe page 7)

\*For further information, see page 2.

## Butter cakes

### CREAM CAKE (2 eggs)

- |                                     |                        |
|-------------------------------------|------------------------|
| 2 cups sifted Swans Down Cake Flour | 1 cup sugar            |
| 2 teaspoons baking powder*          | 2 eggs, well beaten    |
| 1/2 teaspoon salt                   | 1 1/4 cups heavy cream |
|                                     | 1 teaspoon vanilla     |

Sift flour once, measure, add baking powder and salt, and sift together three times. Add sugar gradually to eggs, and beat well. Add flour, alternately with cream, a small amount at a time. Beat after each addition until smooth. Add vanilla. Bake in greased pan, 8 x 8 x 2 inches, in moderate oven (350° F.) 50 minutes.

### BUSY DAY CAKE (4 eggs)

- |                                     |                              |
|-------------------------------------|------------------------------|
| 3 cups sifted Swans Down Cake Flour | 4 eggs, unbent               |
| 4 teaspoons baking powder*          | Milk as needed               |
| 1/2 teaspoon salt                   | 10 tablespoons melted butter |
| 2 cups sugar                        | or other shortening          |

Sift flour once, measure, add baking powder, salt, and sugar, and sift together three times. Break eggs into cup and fill cup with milk. Add another cup of milk, then melted butter. Put all ingredients into mixing bowl and beat vigorously 3 minutes. Bake in 3 greased 9-inch layer pans in moderate oven (375° F.) 25 minutes. Spread Hungarian Chocolate Frosting (page 29) between layers and on top and sides of cake.



Lightning Layer Cake (recipe page 12)



# Butter cakes

## PLANTATION MARBLE CAKE

(2 eggs)

- 2 cups sifted Swans Down Cake Flour
- 2 eggs, well beaten
- 2 teaspoons baking powder\*
- 1/2 cup milk
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 cup butter or other shortening
- 1/2 teaspoon each cloves and nutmeg
- 1 cup sugar
- 2 tablespoons molasses

Sift flour once, measure, add baking powder and salt, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs, then flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Divide batter into two parts. To one part, add spices and molasses. Place light and dark mixtures alternately, a tablespoon at a time, in greased pan, 8 x 8 x 2 inches. Bake in moderate oven (350° F.) 50 minutes, or until done. Cool. Cover with Butter Frosting (page 25) and decorate with nuts and raisins.

## ORANGE CAKE

(3 eggs)

- 2 1/2 cups sifted Swans Down Cake Flour
- 3/4 cup butter
- 2 teaspoons baking powder\*
- 1 1/2 cups sugar
- 1/2 teaspoon salt
- 3 eggs, unbeaten
- Grated rind of 1 lemon
- 2 tablespoons lemon juice
- Grated rind of 1 orange
- 1/2 tablespoons orange juice
- 2 tablespoons boiling water

Sift flour once, measure, add baking powder and salt, and sift together three times. Add lemon and orange rind to butter, and cream thoroughly; add sugar gradually, and cream together until light and fluffy. Add eggs, one at a time, mixing after each addition until blended. Add flour, alternately with lemon and orange juice, beating only until smooth after each addition. Add boiling water, mix quickly, and turn at once into two greased 9-inch layer pans. Bake immediately in moderate oven (375° F.) 20 minutes. Put layers together and cover top and sides of cake with Orange Butter Frosting (page 26).

## ECONOMICAL GOLD CAKE

(3 egg yolks)

- 2 cups sifted Swans Down Cake Flour
- 3 egg yolks, beaten until thick and lemon-colored
- 2 teaspoons baking powder\*
- 1/2 cup milk
- 1/4 cup butter or other shortening
- 1/4 teaspoon vanilla, or
- 1 cup sugar
- 1/2 teaspoon orange extract

Sift flour once, measure, add baking powder, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg yolks; then flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add flavoring. Beat well. Pour into two greased 9-inch layer pans and bake in moderate oven (375° F.) 25 to 30 minutes. Double recipe to make three 10-inch layers. Spread Seven Minute Frosting (page 28) between layers and on top and sides of cake. Sprinkle broken nut meats over cake before frosting becomes firm.

\*For further information, see page 2.

# Butter cakes

## LORD BALTIMORE CAKE

(8 egg yolks)

- 2 1/2 cups sifted Swans Down Cake Flour
- 8 egg yolks, beaten until thick and lemon-colored
- 2 1/2 teaspoons baking powder\*
- 3/4 cup milk
- 1/4 cup butter
- 1/2 cups sugar
- 1/2 teaspoon lemon extract

Sift flour once, measure, add baking powder, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg yolks and beat well. Add flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add lemon extract. Bake in three greased 9-inch layer pans in moderate oven (350° F.) 25 minutes. Put layers together and cover cake with Lord Baltimore Filling (page 31). Or put layers together with Lord Baltimore Filling and cover top and sides of cake with Boiled Frosting (page 27).

## COCONUT LAYER CAKE

(3 eggs)

- 2 cups sifted Swans Down Cake Flour
- 1/2 cup milk
- 2 teaspoons baking powder\*
- 1 teaspoon vanilla
- 1/2 teaspoon salt
- 3 egg whites, stiffly beaten
- 3/4 cup butter or other shortening
- 1 can Baker's Coconut, Southern Style
- 1 cup sugar
- 3 egg yolks, well beaten

Sift flour once, measure, add baking powder and salt, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg yolks; then flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add vanilla and fold in egg whites. Bake in two greased 9-inch layer pans in moderate oven (375° F.) 25 to 30 minutes. Double recipe to make three 10-inch layers. Spread Seven Minute Frosting (page 28) between layers and on top and sides of cake. Sprinkle each layer and outside of cake with coconut while frosting is still soft.

## MARSHMALLOW CHOCOLATE LOAF CAKE

(8 egg yolks)

- 3 squares Baker's Unsweetened Chocolate, cut in pieces
- 3/4 cup butter or other shortening
- 3/4 cup milk
- 1 1/4 cups sugar
- 2 cups sifted Swans Down Cake Flour
- 8 egg yolks, beaten until thick and lemon-colored
- 2 teaspoons baking powder\*
- 1/4 teaspoon vanilla
- 3/4 teaspoon salt
- Marshmallows

Add chocolate to milk and heat in double boiler until chocolate is melted. Blend and cool. Sift flour once, measure, add baking powder and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg vanilla; then add flour, alternately with chocolate mixture amount at a time. Beat after each addition until smooth. Greased pan, 8 x 8 x 2 inches, in slow oven (325° F.) 25 minutes, then increase heat slightly (350° F.) and bake 45 minutes longer. Turn from pan, and while still warm, cover bottom with marshmallows that have been rinsed with cold water and cut in halves crosswise. When cake is almost cold, cover with Hungarian Chocolate Frosting (page 29).

## Butter cakes

### LIGHTNING LAYER CAKE

(2 EGGS)

- |   |                           |
|---|---------------------------|
| 3 1/2 cups sifted Swans Down Cake Flour | Soft shortening as needed |
| 2 teaspoons baking powder*              | 1 cup milk                |
| 1 teaspoon salt                         | 2 cups sugar              |
| 2 eggs, unbeaten                        | 1 teaspoon vanilla        |

Sift flour once, measure, add baking powder and salt, and sift together three times. Break eggs in cup and add enough shortening to fill cup. Put all ingredients into mixing bowl and beat vigorously 2 minutes. Bake in three greased 9-inch layer pans in moderate oven (375° F.) 25 minutes. Spread Seven Minute Frosting (page 28) between layers and on top of cake, sprinkle quickly with Baker's Coconut, Southern Style.

### COFFEE SPICE CAKE

(2 EGGS)

- |   |                                       |
|---|---------------------------------------|
| 2 1/2 cups sifted Swans Down Cake Flour | 1 teaspoon salt                       |
| 1 teaspoon soda                         | 1 cup butter or other shortening      |
| 1 teaspoon ginger                       | 1 1/2 cups brown sugar, firmly packed |
| 1/2 teaspoon cloves                     | 2 eggs, well beaten                   |
| 1/2 teaspoon allspice                   |                                       |
| 1/2 teaspoon cinnamon                   | 3/4 cup cold strong coffee            |

Sift flour once, measure, add soda, spices, and salt, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs and beat well. Add flour, alternately with coffee, a small amount at a time. Beat after each addition until smooth. Bake in two deep, greased 9-inch layer pans in moderate oven (375° F.) 30 minutes. Cool. Spread Mocha Frosting (page 26) between layers and on top.



Devil's Food Cake (recipe page 15)

\*For further information, see page 2.

## Butter cakes

### WASHINGTON PIE

(Hot milk cake)

- |                                     |   |
|-------------------------------------|---|
| 2 cups sifted Swans Down Cake Flour | 1 tablespoon butter or other shortening, melted |
| 2 teaspoons baking powder*          | 3/4 cup hot milk                                |
| 1/2 teaspoon salt                   | 1 teaspoon vanilla                              |
| 1 cup sugar                         |   |
| 2 eggs, well beaten                 |   |

Sift flour once, measure, add baking powder and salt, and sift together three times. Beat sugar gradually into eggs. Add butter, then flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add flavoring. Bake in two greased 9-inch layer pans in moderate oven (350° F.) 25 minutes. Put raspberry jelly or jam between layers and sprinkle top with powdered sugar.

### FRUIT JUICE CAKE

(2 EGGS)

- |                                     |                          |
|-------------------------------------|--------------------------|
| 2 cups sifted Swans Down Cake Flour | 1 cup sugar              |
| 2 teaspoons baking powder*          | 2 egg yolks, well beaten |
| 3/4 cup butter or other shortening  | 1/2 cup fruit juice      |
| 2 egg whites, stiffly beaten        |                          |

Sift flour once, measure, add baking powder, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg yolks, then flour, alternately with fruit juice, a small amount at a time. Beat after each addition until smooth. Fold in egg whites. Bake in two greased 9-inch layer pans in moderate oven (375° F.) 25 minutes. Spread Orange Filling (page 31) between layers and sprinkle top with powdered sugar.



Caramel Layer Cake (recipe page 7)

## Butter cakes

### SEA FOAM RAISIN SPICE CAKE

(1 egg or 2 egg yolks)

- |                                     |  |
|-------------------------------------|--|
| 2 cups sifted Swans Down Cake Flour | 4 tablespoons butter or other shortening |
| 3 teaspoons baking powder*          | ¼ cup brown sugar, firmly packed         |
| ½ teaspoon salt                     | 1 egg or 2 egg yolks, well beaten        |
| 1 teaspoon cinnamon                 | ¾ cup milk                               |
| ¼ teaspoon cloves                   |  |
| ¼ teaspoon nutmeg                   |  |
| ¼ teaspoon mace                     |  |
| ¼ teaspoon allspice                 |  |

Sift flour once, measure, add baking powder, salt, and spices, and sift together three times. Cream butter, add sugar gradually, and cream together thoroughly. Add egg or egg yolks and beat well. Add flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Bake in greased pan, 8 x 8 x 2 inches, in moderate oven (350° F.) 50 minutes. Cool. Spread top with Raisin Nut Filling (page 32) and cover top and sides with Sea Foam Seven Minute Frosting (page 30).

### APPLE SAUCE CAKE

(1 egg)

- |                                      |  |
|--------------------------------------|--|
| 1½ cups sifted Swans Down Cake Flour | 1 egg, well beaten                             |
| 1 teaspoon soda                      | 1 cup raisins, finely cut and floured          |
| ½ teaspoon salt                      | 1 cup currants or nuts, finely cut and floured |
| 1 teaspoon cinnamon                  | 1 cup hot thick apple sauce, strained          |
| ¼ teaspoon cloves                    |  |
| ½ cup butter or other shortening     |  |
| 1 cup sugar                          |  |

Sift flour once, measure, add soda, salt, cinnamon, and cloves, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg, raisins, and currants. Add flour, alternately with apple sauce, a small amount at a time. Beat after each addition until smooth. Pour into greased loaf pan, 7 x 5 x 3 inches, and bake in moderate oven (350° F.) 1 hour. May be served unfrosted, or, spread with Creole Butter Frosting (page 26).

### SWANS DOWN NUT CAKE

(3 egg yolks and 2 egg whites)

- |                                     |   |
|-------------------------------------|---|
| 2 cups sifted Swans Down Cake Flour | 3 egg yolks, beaten until thick and lemon-colored |
| 2 teaspoons baking powder*          | ¾ cup nut meats, coarsely cut                     |
| ½ teaspoon salt                     | ¾ cup milk  |
| ½ cup butter or other shortening    | 1 teaspoon vanilla                                |
| 1 cup sugar                         | 2 egg whites, stiffly beaten                      |

Sift flour once, measure, add baking powder and salt, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg yolks and nuts, and beat well. Add flour to creamed mixture, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add vanilla. Fold in egg whites. Bake in two greased 9-inch layer pans in moderate oven (375° F.) 25 minutes. Spread Boiled Frosting (page 27) between layers and on top and sides of cake. Decorate with halves of nut meats. Hickory nuts, English walnuts, or black walnuts are especially good in this cake.

\*For further information, see page 2.

## Butter cakes

### CHOCOLATE FUDGE CAKE

(2 eggs)

- |                                     |   |
|-------------------------------------|---|
| 2 cups sifted Swans Down Cake Flour | 3 squares Baker's Unsweetened Chocolate, melted |
| 2 teaspoons baking powder*          | 1½ cups sweet milk                              |
| ½ teaspoon soda                     | 1 teaspoon vanilla                              |
| ½ teaspoon salt                     |   |
| ½ cup butter or other shortening    |   |
| 1 cup sugar                         |   |
| 2 egg yolks, well beaten            |   |
| 2 egg whites, stiffly beaten        |   |

Sift flour once, measure, add baking powder, soda, and salt, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg yolks and chocolate, then flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add vanilla. Fold in egg whites. Bake in two greased 9-inch layer pans in moderate oven (350° F.) 30 minutes. Spread Fudge Frosting (page 30) between layers and on top and sides of cake. Double recipe to make three 10-inch layers.

### POUND CAKE

(8 eggs)

- |                                      |   |
|--------------------------------------|---|
| 3½ cups sifted Swans Down Cake Flour | 3½ cups powdered sugar, or 2½ cups granulated sugar |
| 1 teaspoon baking powder*            | 8 eggs, unbeaten                                    |
| ½ teaspoon salt                      | ½ teaspoon vanilla                                  |
| 1½ cups butter                       | ½ teaspoon lemon extract                            |

Sift flour once, measure, add baking powder and salt, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs, one at a time, beating for several minutes after each addition. Add flour, a small amount at a time, beating well after each addition. Add flavoring and beat vigorously for several minutes. Bake in two paper-lined loaf pans, 9 x 5 x 3 inches, in slow oven (300° F.) 40 minutes, then increase heat slightly (325° F.) and bake about 40 minutes longer.

### DEVIL'S FOOD CAKE

(2 eggs)

- |                                     |   |
|-------------------------------------|---|
| 2 cups sifted Swans Down Cake Flour | 6 squares Baker's Unsweetened Chocolate, melted |
| 1 teaspoon soda                     | 1½ cups sweet milk                              |
| ½ cup butter or other shortening    | 1 teaspoon vanilla                              |
| 1½ cups brown sugar, firmly packed  |   |
| 2 eggs, unbeaten                    |   |

Sift flour once, measure, add soda, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs, one at a time, and beat well. Add chocolate and beat well. Add flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add vanilla. Bake in two greased 10-inch layer pans or three 9-inch layer pans in moderate oven (325° F.) 30 minutes. Spread Divinity Frosting (page 27) between layers and on top and sides of cake.



# Butter cakes

## RED DEVIL'S FOOD

(3 eggs)

- |  |   |
|--|---|
| 1 1/2 cups sifted Swans Down Cake Flour  | 1/2 cup boiling water                           |
| 1 teaspoon baking powder*                | 2 squares Baker's Unsweetened Chocolate, melted |
| 1/2 teaspoon salt                        | 1 teaspoon soda                                 |
| 4 tablespoons butter or other shortening | 1/2 teaspoon vanilla                            |
| 1 cup sugar                              |   |
| 3 eggs, well beaten                      |   |
| 1/2 cup thick sour milk                  |   |

Sift flour once, measure, add baking powder and salt, and sift together three times. Cream shortening, add sugar gradually, and cream together until light and fluffy. Add eggs. Beat mixture vigorously. Add flour and sour milk alternately, a small amount at a time. Pour the boiling water into the melted chocolate, mix quickly. Add soda to chocolate and stir until thick. Cool slightly before adding to cake batter. Mix thoroughly. Add vanilla. Bake in two greased 9-inch layer pans in moderate oven (350° F.) 25 minutes. To make three 10-inch layers, double recipe. Put Marshmallow Frosting (page 29) between layers and on top and sides of cake.

## BLITZ TORTE

(4 eggs)

- |   |                           |
|---|---------------------------|
| 1 1/2 cups sifted Swans Down Cake Flour | 3 tablespoons milk        |
| 1 1/2 teaspoons baking powder*          | 4 egg whites              |
| 1/2 cup butter or other shortening      | 1 cup sugar               |
| 1/2 cup sugar                           | 1/2 cup almonds, shredded |
| 4 egg yolks, unbeaten                   |                           |

Sift flour once, measure, add baking powder, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg yolks, one at a time, beating very thoroughly after each addition. Add flour, alternately with milk, beating thoroughly after each addition. Spread in two greased 9-inch layer pans. Beat egg whites until stiff, then beat in 1 cup sugar gradually. Beat well. Spread in equal amounts on top of each layer. Sprinkle tops with almonds. Bake in slow oven (325° F.) 25 minutes, then increase heat to moderate (350° F.) and bake 30 minutes longer.

## ENGLISH DUNDEE CAKE

(4 eggs)

- |   |  |
|---|--|
| 1 1/2 cups sifted Swans Down Cake Flour   | 1/2 cup preserved lemon peel, finely cut |
| 1/2 cup almonds, blanched and shredded    | 2 tablespoons orange juice               |
| 1/2 cup butter or other shortening        | 1 teaspoon orange extract                |
| 1/2 cup sugar                             |  |
| 4 eggs, unbeaten                          |  |
| 1 cup seedless raisins                    | 12 almonds, blanched and split in half   |
| 1 1/2 cups seeded raisins, finely cut     | 12 candied cherries, halved              |
| 1/2 cup preserved orange peel, finely cut | 12 pecan meats                           |

Sift flour once, measure, and sift three more times. Add almonds. Cream butter thoroughly, add sugar gradually, and cream until light and fluffy. Add eggs separately, beating well after each addition. Add flour mixture. Combine fruits and peel with orange juice and orange extract and add to batter, mixing well. Pour into three greased and paper-lined pans, 4 1/2 x 2 1/4 x 2 inches. Arrange split almonds on top of one, cherries on another, and pecan meats on a third. Bake in slow oven (275° F.) 50 minutes to 1 hour.

\*For further information, see page 2.

# Butter cakes

## SWANS DOWN GINGERBREAD

(1 egg)

- |                                     |                                    |
|-------------------------------------|------------------------------------|
| 2 cups sifted Swans Down Cake Flour | 1/2 cup butter or other shortening |
| 1 teaspoon baking powder*           | 1/2 cup sugar                      |
| 1/2 teaspoon soda                   | 1 egg, well beaten                 |
| 2 teaspoons ginger                  | 1/2 cup molasses                   |
| 1 teaspoon cinnamon                 | 1/2 cup sour milk                  |
| 1/2 teaspoon salt                   |                                    |

Sift flour once, measure, add baking powder, soda, ginger, cinnamon, and salt, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg and molasses, then flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Bake in greased pan, 8 x 8 x 2 inches, in moderate oven (325° F.) 20 minutes, then increase slightly to 350° F. and bake 30 minutes longer.

## WHITE FRUIT CAKE

(10 egg whites)

- |  |                                      |
|--|--------------------------------------|
| 4 cups sifted Swans Down Cake Flour  | 1 pound blanched almonds, finely cut |
| 1 teaspoon baking powder*  | 1 cup butter or other shortening     |
| 1/2 teaspoon soda  | 1 1/2 cups sugar                     |
| 1/2 teaspoon salt  | 1 tablespoon lemon juice             |
| 1 pound sultana raisins  |                                      |
| 1/2 pound citron, finely cut   |                                      |
| 1/2 pound each crystallized orange peel, lemon peel, pineapple, and red cherries, finely cut |                                      |
| 10 egg whites, stiffly beaten  |                                      |

Sift flour once, measure, add baking powder, soda, and salt, and sift together three times. Sift 1 cup of flour mixture over fruits and nuts; mix thoroughly. Cream shortening thoroughly, add sugar gradually, and cream together until light and fluffy. Add remaining flour mixture to creamed mixture, a small amount at a time. Beat after each addition until smooth. Add lemon juice, fruits, and nuts. Fold in egg whites. Pour into paper-lined tube pan or small bread pans, 2 x 2 1/4 x 4 1/2 inches. Bake in slow oven (250° F.) 2 1/2 hours, then increase to 300° F. for 15 minutes. Makes 6 pounds fruit cake.

## CHRISTMAS FRUIT CAKE

(Dark fruit cake)

- |                                     |                               |
|-------------------------------------|-------------------------------|
| 5 cups sifted Swans Down Cake Flour | 1 tablespoon molasses         |
| 1 teaspoon baking powder*           | 1 cup sour milk               |
| 1/2 teaspoon soda                   | 1 cup grape juice             |
| 2 teaspoons cinnamon                | 6 cups raisins                |
| 2 teaspoons cloves                  | 1 1/2 cups currants           |
| 2 teaspoons nutmeg                  | 1 1/2 cups figs, chopped      |
| 2 cups butter or other shortening   | 1 1/2 cups citron, finely cut |
| 3 cups sugar                        | 3 cups apple, chopped         |
| 8 egg yolks, well beaten            | 4 cups nut meats, chopped     |
| 8 egg whites, stiffly beaten        |                               |

Sift flour once, measure, add baking powder, soda, and spices, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg yolks, mixing well; then molasses and milk. Combine 1/2 of flour with this mixture, add grape juice and beat well; then add remaining flour, mixed with fruits and nuts. Fold in egg whites. Bake in two well-greased loaf pans, 8 x 4 x 3 inches, lined with wrapping paper, in slow oven (300° F.) 4 hours.



## Sponge cakes

### SPONGE CAKES

EVERY woman can know the joy of making a perfect sponge cake—a fluffy, golden, moist, and fine-grained cake. And all sponge cakes, both angel food (white sponge) and sponge cakes (made with whole eggs or egg yolks only) can be made with ease. Simply follow the directions in the recipe for mixing Swans Down Sponge Cake. This method

is not only time-saving, but unusually successful with any sponge cake recipe.

### HINTS ON MIXING SPONGE CAKE

AIR is the only leavening in sponge cake, so the same cautions apply here as for angel food cake.

Eggs must be beaten separately in mixing sponge cakes because more air can be enclosed in the whites alone than when they are in combination with the yolks. Egg yolks, because they contain fat, cannot be beaten as stiff as egg whites. Eggs should be at least three days old to beat successfully.

It is essential that egg yolks be beaten until thick and lemon-colored. This indicates that the most air possible has been beaten into the yolks. Underbeaten egg yolks may cause a tough, leathery streak on the bottom of cakes.

Beat the egg whites until they are stiff enough to hold up in peaks, but not dry. Overbeaten whites make cake dry.

Fold in the flour, rather than the egg whites, last.

### SWANS DOWN SPONGE CAKE

(5 eggs)

1 cup sifted Swans Down Cake Flour    5 egg yolks, beaten until thick  
1/4 teaspoon salt    and lemon-colored  
Grated rind and juice 1/2 lemon    5 egg whites, stiffly beaten  
1 cup sifted sugar

SIFT flour once, measure, add salt, and sift together four times. Add lemon rind and juice to egg yolks and beat until very light. Beat egg whites with flat wire whisk until stiff enough to hold up in peaks, but not dry. Fold in sugar, a small amount at a time; then egg yolks. Fold in flour, a small amount at a time. Pour into ungreased tube pan and bake in slow oven (325° F.) 1 hour, or until done. Remove from oven and invert pan 1 hour, or until cold.

### HUNGARIAN CHOCOLATE CAKE

Use recipe for Butter Sponge Cake (page 19), baking in six thin 9-inch layers in moderate oven (375° F.) 15 minutes. Spread Hungarian Chocolate Frosting (page 29) between layers and on top of cake.

## Sponge cakes

### IMPERIAL SUNSHINE CAKE

(Syrup method)

3/4 cup sifted Swans Down Cake Flour    5 egg whites, stiffly  
1/2 teaspoon cream of tartar    beaten  
1/4 teaspoon salt    5 egg yolks, beaten  
1 1/2 cups sugar    until thick and  
1/2 cup water    lemon-colored  
1 teaspoon flavoring

SIFT flour once, measure, add cream of tartar and salt, and sift together four times. Boil sugar and water until a small amount of syrup forms a soft ball in cold water or spins a long thread (238° F.). Pour syrup in fine stream over egg whites, beating constantly. Continue beating as mixture cools. Fold in egg yolks and flavoring; then flour, a small amount at a time. Pour into ungreased tube pan. Bake in slow oven (350° F.) 40 minutes, then decrease heat to 325° F. and bake 30 minutes longer. Remove from oven and invert pan 1 hour, or until cold.

### OLD-FASHIONED JELLY ROLL

(4 eggs)

3/4 cup sifted Swans Down Cake Flour    4 eggs  
1/2 teaspoon baking powder\*    3/4 cup sifted sugar  
1/4 teaspoon salt    1 teaspoon vanilla  
1 cup jelly (any flavor)

SIFT flour once and measure. Combine baking powder, salt, and eggs in bowl. Place over smaller bowl of hot water and beat with rotary egg beater, adding sugar gradually until mixture becomes thick and light-colored. Remove bowl from hot water. Fold in flour and vanilla. Turn into pan, 15 x 10 inches, lined with greased paper, and bake in hot oven (400° F.) 13 minutes. Turn from pan at once onto cloth covered with confectioners' sugar. Remove paper. Quickly cut off crisp edges of cake, spread with jelly, and roll. Wrap in cloth and cool on rack.

### BUTTER SPONGE CAKE

(8 eggs)

5 cups sifted Swans Down Cake Flour    8 eggs  
1/4 teaspoon salt    1/4 cup melted butter  
1 cup sugar    1 tablespoon lemon juice  
Rind of 1 lemon

SIFT flour once, measure, add salt, and sift again. Combine sugar and eggs in bowl. Place over smaller bowl of hot water (water must not touch bottom of mixing bowl). Beat slowly with rotary egg beater 15 minutes. Remove bowl from hot water and continue beating until mixture is cool (10 minutes). Fold in flour gently. Then fold in hot butter and lemon juice and rind. Turn into three ungreased 9-inch layer pans and bake in moderate oven (350° F.) 25 minutes. Invert pans on rack until cold.

## Sponge cakes

### HOT MILK SPONGE CAKE

(3 EGGS)

- |                                    |                         |
|------------------------------------|-------------------------|
| 1 cup sifted Swans Down Cake Flour | 2 teaspoons lemon juice |
| 1 teaspoon baking powder*          | 6 tablespoons hot milk  |
| 3 eggs                             |                         |
| 1 cup sugar                        |                         |

Sift flour once, measure, add baking powder, and sift together three times. Beat eggs until very thick and light and nearly white. Add sugar gradually, beating constantly. Add lemon juice. Fold in flour, alternately with hot milk, mixing quickly until batter is smooth. Bake at once in ungreased tube pan in moderate oven (350° F.) 45 minutes. Remove from oven and invert pan for 1 hour, or until cold.

### LADY FINGERS

- |                                      |                              |
|--------------------------------------|------------------------------|
| 1/4 cup sifted Swans Down Cake Flour | Dash of salt                 |
| 1 whole egg                          | 3/4 cup powdered sugar       |
| 2 egg yolks                          | 3 egg whites, stiffly beaten |
| 1/4 teaspoon vanilla                 |                              |

Sift flour once, measure, and sift again three times. Combine whole egg, egg yolks, and salt, and beat until thick and lemon-colored. Fold sugar gradually into egg whites and continue beating until mixture stiffens again. Fold in egg yolk mixture and vanilla, then flour. Shape in oblongs, 4 1/4 x 3/4 inches, on ungreased paper in baking pan. Bake in moderate oven (375° F.) 12 minutes. Makes 30 lady fingers.



Imperial Sunshine Cake (recipe page 19)

\*For further information, see page 2.

## Sponge cakes

### CREOLE SPONGE CAKE

(3 EGGS)

- |                                       |                     |
|---------------------------------------|---------------------|
| 3/4 cup sifted Swans Down Cake Flour  | 5 egg yolks, beaten |
| 1/4 teaspoon salt                     | until thick and     |
| 4 tablespoons Baker's Breakfast Cocoa | lemon-colored       |
| 1 tablespoon lemon juice              | 1 cup sifted sugar  |
| 5 egg whites, stiffly beaten          |                     |

Sift flour once, measure, add salt and cocoa, and sift together four times. Add lemon juice to egg yolks and beat until very light. Fold sugar gradually into egg whites, then fold in egg yolks, and, finally, flour. Bake in ungreased tube pan in slow oven (300° F.) 50 to 60 minutes. Remove from oven and invert pan for 1 hour, or until cold.

### ORANGE SPONGE CAKE

- |   |                          |
|---|--------------------------|
| 1 1/4 cups sifted Swans Down Cake Flour | 2 eggs and 1 egg yolk    |
| 1 teaspoon baking powder*               | 1/4 cup orange juice     |
| 1/4 teaspoon salt                       | 1 tablespoon grated rind |
| 1 cup sugar                             | 1/4 cup water            |

Sift flour once, measure, add baking powder and salt, and sift together three times. Add 1/4 cup sugar to eggs, and beat until thick and lemon-colored, adding remaining sugar gradually. Add orange juice and rind and water; then add flour, and beat with rotary egg beater until smooth. Bake in greased, floured pan, 8 x 8 x 2 inches, in moderate oven (350° F.) 30 minutes. Remove from oven and invert pan until cold.



English Dundee Cake (recipe page 16)

# Angel food cakes

## ANGEL FOOD CAKES

WHITE, delicate, foamy-light angel food, the kind that fairly melts in the mouth, is the supreme creation of the cake maker. Perfect angel food is so easily made, too! Not a difficult process at all. It is only necessary to follow, closely, each step in the directions for making Swans Down Angel Food Cake.

### SWANS DOWN ANGEL FOOD CAKE

(8 to 10 egg whites)

- |                                    |                                    |
|------------------------------------|------------------------------------|
| 1 cup sifted Swans Down Cake Flour | 1 1/2 teaspoon cream of tartar     |
| 1 cup egg whites (8 to 10 eggs)    | 1 1/2 cups sifted granulated sugar |
| 1/4 teaspoon salt                  | 3/4 teaspoon vanilla               |
|                                    | 3/4 teaspoon almond extract        |

Sift flour once, measure, and sift four more times. Beat egg whites and salt on a large platter with flat wire whisk. When foamy, add cream of tartar and continue beating until eggs are stiff enough to hold up in peaks, but not dry. Fold in sugar carefully, two tablespoons at a time, until all is used. Fold in flavoring. Then sift small quantity of flour over mixture, fold in carefully; continue until all is used. Pour batter into ungreased angel food pan and bake at least one hour in slow oven. Begin at 275° F. and after 30 minutes increase heat slightly (325° F.) and bake 30 minutes longer. Remove from oven and invert pan for 1 hour, or until cold.

### CHOCOLATE ANGEL FOOD CAKE

(10 to 12 egg whites)

- |                                       |                                    |
|---------------------------------------|------------------------------------|
| 3/4 cup sifted Swans Down Cake Flour  | 3/4 teaspoon salt                  |
| 4 tablespoons Baker's Breakfast Cocoa | 1 teaspoon cream of tartar         |
| 1 1/4 cups egg whites (10 to 12 eggs) | 1 1/2 cups sifted granulated sugar |
|                                       | 1 teaspoon vanilla                 |

Sift flour once, measure, add cocoa, and sift four more times. Beat egg whites and salt on large platter with flat wire whisk. When foamy, add cream of tartar and continue beating until eggs are stiff enough to hold up in peaks, but not dry. Fold in sugar carefully, 2 tablespoons at a time, until all is used. Fold in vanilla. Then sift small amount of flour over mixture and fold in carefully; continue until all is used. Pour batter into ungreased angel food pan and bake in slow oven at least 1 hour. Begin at 275° F., increasing heat slightly (325° F.) after 30 minutes. Remove from oven and invert pan for 1 hour, or until cold.

### TUTTI-FRUTTI ANGEL FOOD CAKE

(Angel food with fruit and nuts)

- |   |   |
|---|---|
| 1 recipe Swans Down Angel Food Cake (above) | 3/4 cup nut meats, chopped              |
| 3/4 cup candied cherries, quartered         | 3/4 cup Baker's Coconut, Southern Style |

Pour 3/4 of cake batter into ungreased angel food pan. Sprinkle fruit and nuts over it, then add rest of batter, spreading evenly with a knife. Run knife through to bottom of pan to mix fruit evenly throughout. Bake in slow oven (275° F.) 1 hour, increasing heat slightly (325° F.) after 30 minutes. Remove from oven and invert pan for 1 hour, or until cold.

# Angel food cakes

## HINTS ON MIXING ANGEL FOOD

Air is the one and only leavening in angel food cake. This fact determines every step in the mixing.

Sift flour several times in order to incorporate air. Fresh eggs make the best cakes, but should be at least three days old to beat successfully. It is impossible to beat as much air into cold storage eggs, or those preserved in brine or water glass, as into

fresh eggs.

Be careful to beat the egg whites until they are just stiff enough to hold up in peaks. Underbeaten egg whites have not had as much air beaten into them as is possible and will make a cake that is undersized, heavy, and of coarse texture. On the other hand, overbeaten egg whites will make a cake that is dry. More air can be enclosed in egg whites by beating them with a flat wire whisk.

Use only the folding motion in mixing. Be careful to mix all ingredients sufficiently. Undermixing will give a coarse-textured cake, while too much mixing will result in a heavy, undersized cake, with a tough texture.

### DAFFODIL CAKE

(Marble sponge cake)

- |   |   |
|---|---|
| 3/4 cup sifted Swans Down Cake Flour, for white part  | 1 cup and 2 tablespoons sifted sugar              |
| 3/4 cup sifted Swans Down Cake Flour, for yellow part | 3/4 teaspoon vanilla for white part               |
| 1 1/4 cups egg whites (9 to 11 eggs)                  | 4 egg yolks, beaten until thick and lemon-colored |
| 1/2 teaspoon salt                                     | 3/4 teaspoon orange extract, for yellow part      |
| 1 teaspoon cream of tartar                            |   |

Sift flour once, measure, and sift four more times. Beat egg whites and salt on large platter with flat wire whisk. When foamy, add cream of tartar and continue beating until eggs are stiff enough to hold up in peaks, but not dry. Fold in sugar gradually, 2 tablespoons at a time; continue until all is used. Divide mixture into 2 parts. Into one part, fold 3/4 cup flour and vanilla. Into other part, fold egg yolks, 3/4 cup flour, and 1/4 teaspoon orange extract. Put by teaspoons into ungreased angel food pan, alternating white and yellow mixtures. Bake in slow oven (325° F.) 60 to 70 minutes. Invert pan for 1 hour, or until cold.

### LOG CABIN ANGEL FOOD

(8 to 10 egg whites)

- |                                    |                                 |
|------------------------------------|---------------------------------|
| 1 cup sifted Swans Down Cake Flour | 1 cup egg whites (8 to 10 eggs) |
| 3/4 cup powdered sugar             | 3/4 teaspoon salt               |
| 1 cup Log Cabin Syrup              | 1 teaspoon cream of tartar      |

Sift flour once, measure, add sugar, and sift four more times. Boil syrup until a small amount forms a soft ball in cold water (232° F.). Beat egg whites and salt on a large platter with flat wire whisk. When foamy, add cream of tartar. Continue beating until eggs are stiff enough to hold up in peaks, but not dry. Cool syrup to 180° F. and pour gradually over egg whites, beating constantly. Sift small amount of flour over mixture and fold in carefully; continue until all is used. Pour batter into ungreased angel food pan and bake in slow oven at least 1 hour. Begin at 275° F., and after 30 minutes increase heat slightly (325° F.) and bake 30 minutes longer. Remove from oven and invert pan for 1 hour, or until cold.



# Frostings

## FROSTINGS AND FILLINGS

**L**AYER cakes—loaf cakes—dainty tea cakes—some with fluffy boiled frosting, others with creamy butter frosting, and still others with rich fruit fillings. An infinite variety of cakes is possible, all from the same recipe, simply by varying the frosting or filling.

Cakes that are to be frosted with boiled frosting should be cool and should have a crust that is free from loose crumbs. The frosting should be cool so that it does not run or soak into the cake. Keep the edges of the cake even. If the layers are not even, place them so that the cake, when frosted, will be uniform in thickness. The wire cake tester may be inserted into the layers to hold them in position while frosting them.

Frost the top of cake first, putting the frosting on in the center, and working it out lightly to the edges with a knife or the back of a silver spoon. Next, frost the sides, keeping knife free from crumbs. Use quick, light, deft strokes.



Swans Down Angel Food Cake (recipe page 22)

# Frostings

## FROSTING FRILLS FOR SPECIAL-OCCASION CAKES

**F**ESTIVE cakes for the holidays, beautiful birthday cakes, stately wedding cakes—cakes to grace any occasion—may be easily made at home. Simply frost the cake and add the decoration. Any cake with a plain frosting may serve as a background for endless possibilities. Let simplicity be the keynote in

all cake decoration.

All kinds of artistic designs, such as flowers, names, dates, and borders, may be traced upon a frosted cake with the aid of a pastry bag. This process of forcing frosting through a pastry bag is called piping. When frosting is to be used for piping it is important that it be light and soft and yet stiff enough to hold its shape. The Ornamental Frosting on page 27 is well suited to use in a pastry bag. Other uncoked frostings made with egg whites, also butter frosting, or even a soft boiled frosting, may be used for piping.

The pastry bag may be made of a three-cornered piece of heavy paper folded into cornucopia shape and pinned in place, or, better still, of a piece of heavy muslin or light-weight canvas stitched in the desired shape. This can be washed after using and so kept clean. With the bag are used metal tubes or tips, with openings of various sizes and patterns that shape the frosting into leaves, flowers, stars, frills, and ribbons. Tiny rose tubes and ribbon tubes are most popular. These tubes may be purchased at kitchen-furnishing stores.

To use the bag, fill it not more than half full, and hold it firmly with the left hand near the tip. Hold the bag at the top with the left hand, gently forcing the frosting out. Use the right hand to guide the tip in forming the desired decoration. For some effects the bag is held in an upright position, while for others it is held parallel to the surface of the cake.

Colored frostings are sometimes effective and may be made to fit into any color scheme. Vegetable coloring, in liquid or paste form, may be added in small amounts until just the right color is obtained. Be careful not to add too much coloring. Delicate tints are more attractive than intense colors. If liquid coloring is used, add it a drop at a time; if color paste, place a little on the tip of a knife, add it to the frosting, and beat until evenly blended.

## BUTTER FROSTING

- |                                    |                             |
|------------------------------------|-----------------------------|
| 4 tablespoons butter               | 1 teaspoon vanilla          |
| 3 cups sifted confectioners' sugar | 3 tablespoons milk or cream |

**CREAM** butter until very soft. Add sugar gradually, blending thoroughly. Add vanilla. Thin with milk, a drop at a time, until of right consistency to spread. Makes enough frosting to cover top and sides of 8 x 8-inch cake.

## CHOCOLATE BUTTER FROSTING

- |                             |                                   |
|-----------------------------|-----------------------------------|
| 4 tablespoons butter        | 1 1/2 squares Baker's Unsweetened |
| 3 cups confectioners' sugar | Chocolate, melted                 |
| 1/2 teaspoon vanilla        | 4 teaspoons milk                  |

**CREAM** butter, add 1 cup sugar, and cream together thoroughly. Add vanilla and chocolate. Add remaining sugar gradually, beating well after each addition. Thin with milk until of right consistency to spread. Makes enough frosting to cover top and sides of 8 x 8 x 2-inch cake.



# Frostings

## MOCHA FROSTING

- 3 tablespoons butter
- 2 cups confectioners' sugar
- Dash of salt
- 2 tablespoons strong coffee (about)

CREAM butter, add sugar and salt gradually, and cream together until light and fluffy. Add coffee slowly until of consistency to spread. Makes enough frosting to cover top of one 8 x 8-inch cake, or tops of two 9-inch layers.

## LEMON BUTTER FROSTING

- 3 tablespoons butter
- 1 1/2 cups confectioners' sugar (about)
- 2 teaspoons lemon juice
- Dash of salt
- Grated rind 1/4 lemon or orange

CREAM butter until soft. Add sugar, alternately with lemon juice. Add salt. Beat until smooth and light and add grated rind. Makes enough frosting for 18 Lemon Queens (page 35).

## CREOLE BUTTER FROSTING

- 1 tablespoon Baker's Breakfast Cocoa
- 3 1/2 cups confectioners' sugar
- 3 1/2 tablespoons strong coffee
- 1/4 teaspoon salt
- 3 1/2 tablespoons butter
- 1 teaspoon vanilla

Mix cocoa with hot coffee. Cream butter, add sugar, salt, coffee, and vanilla. Beat until smooth. Makes enough frosting for 8 x 8-inch cake.

## CREAMY COCONUT FROSTING

- 3 tablespoons butter
- 2 1/2 cups confectioners' sugar (about)
- 2 tablespoons lemon juice
- Dash of salt
- Grated rind 1/4 lemon or orange
- 1 can Baker's Coconut, Southern Style

CREAM butter until soft. Add sugar, alternately with lemon juice. Add salt. Beat until smooth and light, and add grated rind. Spread on cake and sprinkle thickly with coconut. Makes enough frosting to cover tops of two 9-inch layers.

## ORANGE BUTTER FROSTING

- Grated rind of 1 orange
- Grated rind of 1/2 lemon
- 1/2 cup orange juice
- 2 tablespoons lemon juice
- 1 egg yolk
- 1/4 teaspoon salt
- 3 tablespoons butter
- 3 cups confectioners' sugar

ADD orange and lemon rind to orange juice and allow to stand 10 minutes. Strain. Combine lemon juice, egg yolk, salt, butter, and confectioners' sugar. Add orange juice until of right consistency to spread. Beat until smooth. Spread between layers and on top and sides of cake. Makes enough frosting to cover tops and sides of two 9-inch layers.

## CONFECTIONERS' FROSTING

- 2 tablespoons hot water
- 1 egg white, stiffly beaten
- 2 1/2 cups sifted confectioners' sugar (about)
- 1 teaspoon vanilla

ADD water to egg white; then add sugar until of right consistency to spread. Add vanilla. Beat thoroughly. Makes enough frosting for a dozen Napoleons (page 43).

# Frostings

## ORNAMENTAL FROSTING

- 2 egg whites
- 1 1/4 cups sifted confectioners' sugar (about)
- 1/2 tablespoon lemon juice
- 1/2 teaspoon vanilla

BEAT egg whites with 2 tablespoons sugar, 3 or 4 minutes, then continue to add same quantity of sugar, beating same length of time, until half of sugar has been used. Add lemon juice gradually as mixture thickens. Continue adding sugar, a tablespoon 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. Add vanilla. Makes 1 1/4 cups frosting.

## PINEAPPLE FROSTING

- 3 tablespoons pineapple juice
- 2 teaspoons lemon juice
- 2 tablespoons butter, melted
- 2 cups confectioners' sugar (about)

COMBINE fruit juices and butter. Add sugar until smooth and of right consistency to spread. Beat well. Makes enough frosting to cover tops of two 9-inch layers.

## CHOCOLATE CONFECTIONERS' FROSTING

- 2 teaspoons hot water
- 1 egg white, stiffly beaten
- 2 cups sifted confectioners' sugar (about)
- 4 squares Baker's Unsweetened Chocolate, melted
- 1 teaspoon vanilla

ADD water to egg white; then add about 1/2 of sugar. Mix in chocolate, vanilla, and sugar until of right consistency to spread. Beat thoroughly. Makes enough frosting for 2 dozen éclairs (page 42).

## BOILED FROSTING

- 1/2 cup sugar
- 1/2 tablespoon light corn syrup
- 1/2 cup boiling water
- 1 egg white, stiffly beaten
- 1/2 teaspoon vanilla

COMBINE sugar, corn syrup, and water. Place over low flame and stir constantly until sugar is dissolved and mixture boils. Continue cooking until a small amount of syrup forms a soft ball in cold water, or spins a long thread when dropped from tip of spoon (240° F.). Pour syrup in fine stream over egg white, beating constantly. Add vanilla. Continue beating until stiff enough to spread on cake. Makes enough frosting to cover one 8 x 8-inch cake.

## DIVINITY FROSTING

- 3 cups sugar
- 2 tablespoons light corn syrup
- 1 1/2 cups boiling water
- 4 egg whites, stiffly beaten
- 1 teaspoon vanilla

COMBINE sugar, corn syrup, and water. Place over low flame and stir constantly until sugar is dissolved and mixture boils. Continue cooking until a small amount of syrup forms a soft ball in cold water, or spins a long thread when dropped from tip of spoon (240° F.). Pour syrup in fine stream over egg whites, beating constantly. Add vanilla. Continue beating until stiff enough to spread on cake. Makes enough frosting to cover tops and sides of two 10-inch layers or three 9-inch layers.

# Frostings

## WHITE MOUNTAIN CREAM

- 1 1/2 cups sugar
- 1 tablespoon light corn syrup
- 3/5 cup boiling water
- 3 egg whites, stiffly beaten
- 1/4 teaspoon orange extract

COMBINE sugar, corn syrup, and water. Place over low flame and stir constantly until sugar is dissolved and mixture boils. Continue cooking until a small amount of syrup forms a soft ball in cold water, or spins a long thread when dropped from tip of spoon (240° F). Pour syrup in fine stream over egg whites, beating constantly. Add flavoring. Continue beating until frosting loses its gloss and is stiff enough to spread on cake. Makes enough frosting to cover tops and sides of two 9-inch layers.

## SEVEN MINUTE FROSTING

- 3 egg whites, unbeaten
- 1 1/2 cups sugar
- 5 tablespoons cold water
- 1 1/2 teaspoons light corn syrup
- 1 teaspoon vanilla

Put egg whites, sugar, water, and corn syrup in upper part of double boiler. Beat with rotary egg beater until thoroughly mixed. Place over rapidly boiling water, beat constantly with rotary egg beater, and cook 7 minutes, or until frosting will stand in peaks. Remove from fire, add vanilla, and beat until thick enough to spread. Makes enough frosting to cover tops and sides of two 9-inch layers.



Sea Foam Raisin Spice Cake (recipe page 14)

# Frostings

## COCONUT SEVEN MINUTE FROSTING

Fold 1/2 can Baker's Coconut, Southern Style, into Seven Minute Frosting (page 28). Spread on cake. Sprinkle remaining 1/2 can coconut over cake while frosting is still soft. Makes enough frosting to cover tops and sides of two 9-inch layers.

## MARSHMALLOW FROSTING

ADD 1 cup marshmallows, quartered, to Seven Minute Frosting (page 28), before spreading between layers and on cake. Makes enough frosting to cover tops and sides of two 9-inch layers.

## HUNGARIAN CHOCOLATE FROSTING

- 4 squares Baker's Unsweetened Chocolate, cut in pieces
- 2 tablespoons hot water
- 2 eggs, well beaten
- 1 cup confectioners' sugar
- 1/2 cup butter, washed in cold water to remove salt

Melt chocolate in double boiler, add hot water, and blend. Add eggs and sugar. Remove from fire, but allow mixture to stand over hot water, stirring constantly until it is slightly thickened (3 minutes). Cool quickly to lukewarm. Add butter, 2 tablespoons at a time, stirring and blending after each addition. Makes enough frosting to cover tops and sides of three 9-inch layers.

This frosting may be kept in refrigerator until needed. It can then be spread on cake layers that are very nearly cold. This will soften the frosting so that it will spread easily.



Favorite Two-Egg Cake (recipe page 8)

# Frostings

## CHOCOLATE SEVEN MINUTE FROSTING

- 2 egg whites, unbeaten
- 1 1/2 cups sugar
- 1 1/2 teaspoons light corn syrup
- 3 tablespoons water
- 3 squares Baker's Unsweetened Chocolate, melted
- 1 teaspoon vanilla

Pur egg whites, sugar, corn syrup, and water in upper part of double boiler. Beat with rotary egg beater until thoroughly mixed. Place over rapidly boiling water, beat constantly with rotary egg beater, or until frosting will stand in peaks. Remove from fire; fold in chocolate and vanilla. (Do not beat mixture.) Cool. Makes enough frosting to cover tops and sides of two 9-inch layers.

## SEA FOAM SEVEN MINUTE FROSTING

- 2 egg whites, unbeaten
- 1 1/2 cups brown sugar, firmly packed
- 3 tablespoons water
- 1 teaspoon vanilla

Pur egg whites, sugar, and water in upper part of double boiler. Beat with rotary egg beater until thoroughly mixed. Place over rapidly boiling water, beat constantly with rotary egg beater, and cook 7 minutes, or until frosting will stand in peaks. Remove from fire and add vanilla. Beat until thick enough to spread. Makes enough frosting to cover tops and sides of two 9-inch layers.

## CARAMEL FROSTING

- 1 1/2 cups brown sugar, firmly packed
- 1/2 cup granulated sugar
- 1 cup milk
- 1 tablespoon butter

Boil brown sugar, granulated sugar, and milk until syrup forms a soft ball in cold water (232° F.). Add butter, and remove from fire. Cool to lukewarm (110° F.); beat until thick and creamy and of right consistency to spread. Makes enough frosting to cover tops and sides of two 9-inch layers.

## FUDGE FROSTING

- 3 squares Baker's Unsweetened Chocolate, cut in pieces
- 1/2 cup milk
- 1 cup sugar
- Dash of salt
- 3 tablespoons light corn syrup
- 1 teaspoon butter
- 1 teaspoon vanilla

Add chocolate to milk and place over low flame. Cook until mixture is smooth and blended, stirring constantly. Add sugar, salt, and corn syrup, and stir until sugar is dissolved and mixture boils. Continue cooking, without stirring, until a small amount of mixture forms a very soft ball in cold water (232° F.). Remove from fire. Add butter and vanilla. Cool to lukewarm (110° F.). Beat until of right consistency to spread. Makes enough frosting to cover tops and sides of two 9-inch layers.

## LADY BALTIMORE FROSTING AND FILLING

- 1 1/2 cups sugar
- 1 tablespoon light corn syrup
- 1/2 cup boiling water
- 3 egg whites, stiffly beaten
- 1 teaspoon vanilla
- 1/2 pound figs, chopped
- 1/2 pound raisins, chopped
- 1/2 cup pecans, chopped

COMBINE sugar, corn syrup, and water. Place over low flame and stir until mixture boils. Continue cooking until a small amount of syrup forms a soft ball in cold water, or spins a long thread when dropped from tip of spoon (240° F.). Pour syrup in fine stream over egg whites, beating constantly. Add vanilla. Continue beating until stiff enough to spread. Add fruits and nuts to 1/2 of frosting. Spread between layers. Spread remaining frosting on top and sides of cake. Makes enough frosting and filling to cover tops and sides of two 9-inch layers.

# Frostings

## VERMONT FROSTING

- 1 cup Log Cabin Syrup (about)
- 4 1/2 tablespoons butter
- Dash of salt
- 3 cups confectioners' sugar

Cook syrup slowly 3 minutes. Cool. Cream butter until light, add salt, and sugar, alternately with syrup, in small amounts. Add enough syrup to make of right consistency to spread. Makes enough frosting to cover tops and sides of two 9-inch layers.

## PASTE JELLY FROSTING

- 1/2 cup jelly (any tart flavor)
- 1 egg white, unbeaten
- Dash of salt

PLACE jelly in bowl and set over hot water. Add egg white and salt and beat with rotary egg beater until jelly is free from lumps. Remove from fire and continue beating until mixture is stiff enough to stand in peaks. Spread on cakes, garnish with bits of clear jelly, and serve at once. Makes enough frosting for 8 x 8-inch cake or about a dozen cup cakes.

## SOUR CREAM FROSTING

- 2 cups sugar
- 1 cup sour cream
- 1 teaspoon vanilla
- 1/2 cup walnut meats, chopped

COMBINE sugar and sour cream and boil until a small amount of mixture forms a soft ball in cold water (232° F.). Remove from fire and let stand until lukewarm (110° F.). Beat until creamy. Add vanilla and nut meats and spread quickly. Makes enough frosting to cover tops of two 9-inch layers.

## LORD BALTIMORE FILLING

- 1 1/2 cups sugar
- 1 tablespoon light corn syrup
- 1/2 cup water
- 2 egg whites, stiffly beaten
- 1/2 teaspoon orange juice
- 2 teaspoons lemon juice
- 12 candied cherries, cut in quarters
- 1/2 cup macaroon crumbs
- 1/2 cup blanched almonds, chopped
- 1/2 cup pecan meats, chopped

COMBINE sugar, corn syrup, and water, and cook until syrup forms a soft ball in cold water, or spins a long thread when dropped from tip of spoon (240° F.). Pour syrup in fine stream over egg whites, beating constantly. Add orange and lemon juice to fruit, macaroon crumbs, and nuts, and combine the two mixtures. Cool and spread between layers of cake. Makes enough filling to cover tops of three 9-inch layers.

## ORANGE FILLING

- 5 tablespoons Swans Down Cake Flour
- 1 cup sugar
- Grated rind 1 orange
- 1/2 cup orange juice
- 3 tablespoons lemon juice
- 1/2 cup water
- 1 egg, or 4 egg yolks, slightly beaten
- 2 teaspoons butter

COMBINE ingredients in order given. Cook in double boiler 10 minutes, stirring constantly. Cool. Makes enough filling for two 9-inch layers.

## CHOCOLATE CREAM FILLING

- 4 tablespoons Swans Down Cake Flour
- 1/2 cup sugar
- 1/2 teaspoon salt
- 3 squares Baker's Unsweetened Chocolate, cut in small pieces
- 3 cups milk, scalded
- 1 egg, or 4 egg yolks, slightly beaten
- 1 teaspoon vanilla

COMBINE flour, sugar, salt, and chocolate. Add milk gradually, stirring constantly. Return to double boiler and cook until thickened, stirring constantly. Pour small amount of mixture over egg yolks, stirring vigorously. Return to double boiler and cook 2 to 3 minutes longer. Remove from fire. Add vanilla. Makes enough filling for three 9-inch layers.



# Frostings

## RAISIN NUT FILLING

$\frac{3}{4}$  cup brown sugar, firmly packed  
 $\frac{1}{2}$  tablespoons butter  
 $\frac{1}{2}$  cup water  
 Heat sugar, butter, and water in skillet, and cook until mixture forms a soft ball in cold water (236° F.). Remove from fire, add nuts and raisins. Add cream until of consistency to spread. Makes filling for 8 x 8-inch cake or two 9-inch layers.

## FIG FILLING

$\frac{1}{2}$  cups figs, chopped  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  cup boiling water  
 $\frac{1}{2}$  tablespoon lemon juice  
 $\frac{1}{2}$  tablespoon butter

COOK figs, sugar, and water in double boiler until thick (6 to 8 minutes). Remove from stove, add lemon juice and butter. When cool, spread between layers of cake. Makes enough filling for two 9-inch layers.

## CUSTARD CREAM FILLING

$\frac{1}{2}$  cup sifted Swans Down Cake Flour  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  eggs or 4 egg yolks, slightly beaten  
 $\frac{1}{2}$  cups milk, scalded  
 $\frac{1}{2}$  teaspoon vanilla

COMBINE flour, sugar, and salt, and add eggs. Add a small amount of milk, stirring vigorously. Return to double boiler and cook 15 minutes, or until thickened, stirring constantly. Cool and add flavoring. Makes enough filling for three 9-inch layers.

## TOASTED WALNUT FILLING

$\frac{1}{2}$  cup brown sugar, firmly packed  
 $\frac{1}{2}$  cup butter  
 $\frac{1}{2}$  teaspoon water  
 $\frac{1}{2}$  egg yolks, slightly beaten  
 $\frac{1}{2}$  cup walnut meats, toasted and slightly broken

COMBINE sugar, butter, and water in double boiler, and heat until sugar is dissolved. Add egg yolks. Cook until slightly thickened, stirring constantly. Add nuts. Cool. Makes enough filling for two 9-inch layers.



Old-fashioned Sugar Cookies (recipe page 34)

\*For further information, see page 2.

# Small cakes and cookies

## COOKIES—QUICK BREADS—PASTRIES

*Make them all better than ever before, with Swans Down!*

SWANS Down Cake Flour will not only help you to achieve perfection in cake making, but it will make all your fine baking better than it could ever be, if you used ordinary flour. Swans Down will give *extra crispness* to your cookies—*extra lightness and tenderness* to your biscuits, muffins, shortcakes, griddle cakes, and waffles—*wonderful lightness and flaky tenderness* to your pastries! Follow these recipes and prove it!

## SMALL CAKES AND COOKIES

### CUP CAKES

$\frac{1}{2}$  cups sifted Swans Down Cake Flour  
 $\frac{1}{2}$  cups baking powder\*  
 $\frac{1}{2}$  cup butter or other shortening  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  eggs, well beaten  
 $\frac{1}{2}$  cup milk  
 $\frac{1}{2}$  teaspoon lemon or vanilla extract

SIFT flour once, measure, add baking powder, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs, then flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add flavoring. Pour into greased muffin pans, filling them about  $\frac{3}{4}$  full. Bake in moderate oven (350° F.) 20 to 25 minutes. Frost with Seven Minute Frosting (page 28) and decorate with bits of preserved ginger, candied orange peel, or other preserved fruit. Or, frost with Pastel Jelly Frosting (page 31) and garnish with bits of jelly. Makes 2 dozen.



Cup Cakes (recipe above)



## Small cakes and cookies

### OATMEAL NUT COOKIES

- |                                      |                                  |
|--------------------------------------|----------------------------------|
| 1½ cups sifted Swans Down Cake Flour | ¾ cup brown sugar, firmly packed |
| 1½ teaspoons baking powder*          | ½ egg, well beaten               |
| ½ teaspoon salt                      | ½ cup nut meats, chopped         |
| 2 teaspoons cinnamon                 | ¾ cup raisins                    |
| 1 teaspoon cloves                    | 1½ cups oatmeal                  |
| 1 teaspoon ginger                    |                                  |
| ½ cup butter or other shortening     |                                  |
| ¾ cup milk                           |                                  |

Sift flour once, measure, add baking powder, salt, and spices, and sift together three times. Cream sugar gradually, and cream together until light and fluffy. Add egg, nuts, and raisins; then oatmeal and flour, alternately with milk. Mix well. Drop by teaspoons on greased baking sheet and bake in moderate oven (350° F.) 18 to 20 minutes. Makes 4 dozen cookies.

### OLD-FASHIONED SUGAR COOKIES

- |                                     |                  |
|-------------------------------------|------------------|
| 3 cups sifted Swans Down Cake Flour | 2¼ cups sugar    |
| 3 teaspoons baking powder*          | 4 eggs, unbeaten |
| ½ teaspoon salt                     | ¾ cup milk       |
| 1 cup butter or other shortening    |                  |

Sift flour once, measure, add baking powder and salt, and sift together three times. Cream shortening thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs, one at a time, beating well after each addition. Add flour, alternately with milk, a small amount at a time, mixing after each addition until smooth. Roll ¼ inch thick, cut with large cutter, and sprinkle with sugar; or, press nut into each cookie. Bake in hot oven (300° F.) 5 minutes. Makes 4 dozen cookies.

### SAND TARTS

- |                                     |                               |
|-------------------------------------|-------------------------------|
| 2 cups sifted Swans Down Cake Flour | 1 egg white, slightly beaten  |
| 1½ teaspoons baking powder*         | 1 tablespoon sugar            |
| ½ cup butter or other shortening    | ½ teaspoon cinnamon           |
| 1 cup sugar                         | 1 cup blanched almonds, split |
| 1 egg, well beaten                  |                               |

Sift flour once, measure, add baking powder, and sift again. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg and flour. Chill. Roll ¼ inch thick on slightly floured board. Cut with floured cookie cutter. Brush with egg white and sprinkle with mixture of sugar and cinnamon. Arrange 3 halves of split almonds on each cookie. Bake in moderate oven (375° F.) 10 minutes. Makes 8 dozen cookies.

### ALMOND SLICES

- |                                      |   |
|--------------------------------------|---|
| 1½ cups sifted Swans Down Cake Flour | 1½ cups hot melted shortening (part butter desirable) |
| 1 teaspoon soda                      | 1 cup almonds, blanched, toasted, and chopped         |
| 3 eggs, slightly beaten              |   |
| ¾ cup brown sugar, firmly packed     |   |
| 1 cup granulated sugar               |   |

Sift flour once, measure, add soda, and sift again. Combine remaining ingredients in order given, then add flour, mixing well. Pack tightly in paper-lined pan. Chill overnight. Remove loaf from pan, cut in half and slice crosswise in thin slices. Place on greased baking sheet and bake in hot oven (425° F.) 5 minutes. Makes 6 dozen slices. For variety, 2 teaspoons cinnamon may be sifted with flour.

\*For further information, see page 1.

## Small cakes and cookies

### BROWNIES

- |   |                             |
|---|-----------------------------|
| ¾ cup sifted Swans Down Cake Flour              | 1 cup sugar                 |
| ½ teaspoon baking powder*                       | 3 eggs, well beaten         |
| ½ cup butter or other shortening                | 1 teaspoon vanilla          |
| 2 squares Baker's Unsweetened Chocolate, melted | ½ cup walnut meats, chopped |

Sift flour once, measure, add baking powder, and sift again. Add butter to chocolate and blend. Combine sugar and eggs, add chocolate mixture, beating thoroughly, then flour, vanilla, and nuts. Pour into greased pan, 8 x 8 x 2 inches, and bake in moderate oven (350° F.) 35 minutes. Cut in squares before removing from pan. Makes 25 brownies.

### LEMON QUEENS

- |                                      |   |
|--------------------------------------|---|
| 1½ cups sifted Swans Down Cake Flour | 4 egg yolks, beaten until thick and lemon-colored |
| ¾ teaspoon salt                      | ¾ tablespoon lemon juice                          |
| ¾ teaspoon soda                      | Grated rind 1 lemon                               |
| ½ cup butter                         | 4 egg whites, stiffly beaten                      |
| 1 cup sugar                          |   |

Sift flour once, measure, add salt and soda, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg yolks, lemon juice, and lemon rind. Add flour, a small amount at a time. Beat after each addition until smooth. Fold in egg whites. Bake in small greased cup-cake pans in moderate oven (350° F.) 25 minutes, or until done. When cold, cover tops with thin coating of Lemon Butter Frosting (page 26). Makes 18 queens.

### BUTTERSCOTCH COOKIES

- |                                      |                                    |
|--------------------------------------|------------------------------------|
| 3½ cups sifted Swans Down Cake Flour | 1½ cups brown sugar, firmly packed |
| ¾ tablespoon soda                    | 3 eggs, well beaten                |
| ¾ tablespoon cream of tartar         | ¾ tablespoon vanilla               |
| ¾ cup butter or other shortening     |                                    |

Sift flour once, measure, add soda and cream of tartar, and sift again. Cream butter, add sugar gradually, and cream together thoroughly. Add eggs and beat well. Add vanilla and flour, mixing well. Shape into round or square loaf, wrap in waxed paper, and chill overnight. Remove paper; cut in thin slices. Bake in hot oven (425° F.) 8 minutes. Cookies may be sprinkled with chopped nuts before baking. Makes 8 dozen.

### CHOCOLATE DROP COOKIES

- |                                     |   |
|-------------------------------------|---|
| 2 cups sifted Swans Down Cake Flour | 1 egg, well beaten                              |
| ¾ teaspoon soda                     | 3 squares Baker's Unsweetened Chocolate, melted |
| Dash of salt                        | ¾ cup milk                                      |
| ¾ cup butter or other shortening    | 1 teaspoon vanilla                              |
| ¾ cup brown sugar, firmly packed    | ¾ cup walnut meats, broken                      |

Sift flour once, measure, add soda and salt, and sift again. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg and beat well. Add chocolate and blend. Add flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add vanilla and nuts. Drop from teaspoon on greased baking sheet and bake in moderate oven (350° F.) about 7 minutes. Makes 50 cookies.

## Small cakes and cookies

### HERMITS

- |                                     |                                    |
|-------------------------------------|------------------------------------|
| 3 cups sifted Swans Down Cake Flour | 1/2 cup butter or other shortening |
| 1 teaspoon soda                     | 1/2 cup brown sugar, firmly packed |
| 1/2 teaspoon nutmeg                 | 2 tablespoons sour milk            |
| 1/2 teaspoon cinnamon               | 2 eggs, well beaten                |
| 1/2 cup nut meats, coarsely chopped |                                    |
| 1 cup raisins                       |                                    |
| 1 cup currants                      |                                    |
| Grated orange peel                  |                                    |

Sift flour once, measure, add soda, nutmeg, and cinnamon, and sift together three times. Sift 1/2 of flour mixture over nuts and fruits, mixing well. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add milk and eggs, beating well. Add other half of flour, a small amount at a time. Beat after each addition until smooth. Then add nuts and fruits. Drop from teaspoon on greased baking sheet and bake in moderate oven (375° F.) 10 to 15 minutes. Makes 5 dozen hermits.

### MORAVIAN CHRISTMAS COOKIES

- |  |   |
|--|---|
| 1/2 cup butter or other shortening, melted | 1/2 teaspoon nutmeg                     |
| 1 cup molasses, heated                     | 1/2 teaspoon allspice                   |
| 3/4 cup brown sugar, firmly packed         | Dash of salt                            |
| 1/4 teaspoon ginger                        | 3/4 teaspoon soda                       |
| 1/4 teaspoon cloves                        | 3 1/2 cups sifted Swans Down Cake Flour |
| 1/4 teaspoon cinnamon                      |   |

COMBINE butter and molasses; add sugar, spices, salt, and soda. Add flour. Let stand in cold place a week or two. Place small amount of dough on slightly floured board and roll paper-thin. Cut with fancy cookie cutters. Place on greased baking sheet and bake in moderate oven (375° F.) 6 minutes. Will keep indefinitely in closed tins. Makes 200.



Pineapple Upside Down Cake (recipe page 8)

\*For further information, see page 3.

## Small cakes and cookies

### NUT FLORENTINES

- |                                     |  |
|-------------------------------------|--|
| 2 cups sifted Swans Down Cake Flour | 1/2 cup nut meats, chopped               |
| 1 teaspoon baking powder*           | 1/2 cup light brown sugar, firmly packed |
| 1/2 teaspoon salt                   | 1/2 teaspoon vanilla                     |
| 1/2 cup butter or other shortening  | 1 egg white, stiffly beaten              |
| 1 cup sugar                         |  |
| 2 eggs, well beaten                 |  |
| 1/2 teaspoon vanilla                |  |

Sift flour once, measure, add baking powder and salt, and sift together three times. Cream butter, add sugar gradually, and cream together until light and fluffy. Add eggs and vanilla, and beat well. Add flour gradually, beating until smooth. Spread 1/4 inch thick in three greased pans, 8 x 8 x 2 inches. Sprinkle with nuts. Beat brown sugar and vanilla into beaten egg white, and continue beating until mixture thickens again. Spread thinly on surface of dough. Bake in moderate oven (325° F.) 30 minutes, or until done. When entirely cool, cut into strips, 1 1/2 x 3 inches. Remove from pan. Makes about 3 dozen Florentines.

### PEANUT COOKIES

- |                                     |                                  |
|-------------------------------------|----------------------------------|
| 3 cups sifted Swans Down Cake Flour | 1 cup butter or other shortening |
| 1/2 teaspoon soda                   | 2 cups sugar                     |
| 1 cup peanuts, chopped              | 3 eggs, well beaten              |

Sift flour once, measure, add soda, and sift together three times. Add peanuts. Cream butter, add sugar gradually, and cream thoroughly. Add eggs and flour. Beat well. Drop by teaspoons on greased baking sheet and bake in hot oven (400° F.) 9 minutes. Makes 7 dozen cookies.



Baking Powder Biscuits (recipe page 38)

# Quick breads

## QUICK BREADS BAKING POWDER BISCUITS

- 2 cups sifted Swans Down Cake Flour
- 2 teaspoons baking powder\*
- 1/2 teaspoon salt
- 4 tablespoons butter or other shortening
- 1/2 cup milk (about)

Sift flour once, measure, add baking powder and salt, and sift again. Cut in shortening. Add milk gradually until soft dough is formed. Roll 1/2 inch thick on slightly floured board. Cut with floured biscuit cutter. Bake in hot oven (450° F.) 12 to 15 minutes. Makes 12 biscuits.

## CHEESE BISCUITS

- 1 cup sifted Swans Down Cake Flour
- 1 teaspoon baking powder\*
- 1/2 teaspoon salt
- 1 tablespoon butter or other shortening
- 1/2 cup grated cheese
- 1/2 cup milk and water (equal parts)

Sift flour once, measure, add baking powder and salt, and sift again. Cut in shortening and cheese. Add liquid gradually until soft dough is formed. Roll 1/2 inch thick on slightly floured board. Cut with floured biscuit cutter. Bake in hot oven (450° F.) 15 minutes. Makes 12 biscuits.

## SULTANA SCONES

- 2 1/2 cups sifted Swans Down Cake Flour
- 1/2 teaspoon soda
- 2 tablespoons sugar
- 1 teaspoon cream of tartar
- 4 tablespoons butter
- 1/2 cup sultana raisins
- 1/2 cup milk (about)

Sift flour once, measure, add soda, sugar, and cream of tartar, and sift again. Cut in butter. Add raisins, then add milk gradually, mixing to a soft dough. Turn on slightly floured board, knead lightly, and roll 1/2 inch thick. Cut into 2 1/2-inch triangles. Bake in hot oven (425° F.) 25 minutes. When nearly done, brush tops with mixture of equal parts of sugar and milk. Makes 18 scones.

## BREAKFAST MUFFINS

- 2 cups sifted Swans Down Cake Flour
- 2 teaspoons baking powder\*
- 1/2 teaspoon salt
- 1 egg, well beaten
- 1/2 cup milk
- 4 tablespoons butter or other shortening, melted

Sift flour once, measure, add baking powder and salt, and sift again. Combine egg and milk and add to flour, beating until smooth. Add shortening. Bake in greased muffin pans in hot oven (400° F.) 25 minutes. Makes 10 muffins.

## QUEEN TEA MUFFINS

- 1 3/4 cups sifted Swans Down Cake Flour
- 2 teaspoons baking powder\*
- 1/2 teaspoon salt
- 4 tablespoons butter or other shortening
- 4 tablespoons sugar
- 1 egg, well beaten
- 1/2 cup milk

Sift flour once, measure, add baking powder and salt, and sift again. Cream butter, add sugar, and cream together thoroughly. Add egg, then flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Bake in greased muffin pans in hot oven (450° F.) 20 minutes. Makes 18 small muffins.

\*For further information, see page 2.

# Quick breads

## DATE MUFFINS

- 2 cups sifted Swans Down Cake Flour
- 2 teaspoons baking powder\*
- 1/2 teaspoon salt
- 4 tablespoons sugar
- 1/2 cup milk
- 1 egg, well beaten
- 4 tablespoons butter or other shortening, melted
- 1 cup dates, seeded and sliced

Sift flour once, measure, add baking powder, salt, and sugar, and sift again. Combine milk and egg and add to flour, beating until smooth. Add shortening and dates. Bake in greased muffin pans in moderate oven (375° F.) 30 minutes. Makes 18 small muffins.

## GRIDDLE CAKES

- 1 cup sifted Swans Down Cake Flour
- 1/2 teaspoon soda
- 1/2 teaspoon salt
- 1 egg, well beaten
- 1 cup thick sour milk or buttermilk
- 1 teaspoon melted butter or other shortening

Sift flour once, measure, add soda and salt, and sift again. Combine egg and milk and add to flour gradually, stirring constantly. Beat until smooth. Add shortening. Bake on hot, well-greased griddle. Serve hot with butter and Log Cabin Syrup. Makes 12 griddle cakes.

## WAFFLES

- 2 cups sifted Swans Down Cake Flour
- 2 teaspoons baking powder\*
- 1/2 teaspoon salt
- 3 egg whites, stiffly beaten
- 1 egg yolks, well beaten
- 1 cup milk
- 4 tablespoons melted butter

Sift flour once, measure, add baking powder and salt, and sift again. Combine egg yolks, milk, and butter. Add to flour, beating until smooth. Fold in egg whites. Bake in hot waffle iron. Serve hot with butter and Log Cabin Syrup. Makes 4 four-section waffles.

## STRAWBERRY SHORTCAKE

- 2 1/2 cups sifted Swans Down Cake Flour
- 1 1/2 teaspoons baking powder\*
- 1/2 teaspoon salt
- 4 tablespoons butter or other shortening
- 1/2 cup milk (about)
- 2 quarts strawberries, washed and hulled

Sift flour once, measure, add baking powder and salt, and sift again. Cut in shortening. Add milk gradually to make soft dough. Spread dough in a well-greased 8-inch layer cake pans. Bake in hot oven (450° F.) 15 minutes. Cut strawberries in small pieces and sweeten slightly. Reserve a few whole berries for garnish. Spread one layer of shortcake with soft butter and strawberries and place other layer on top. Spread with remaining berries and garnish with whipped cream and whole berries. Serves 8.

Any other fresh berries, dried or canned fruits may be used in place of strawberries. May be served with plain cream instead of whipped cream.



# Pastry

## PASTRY PIE CRUST (Plain pastry)

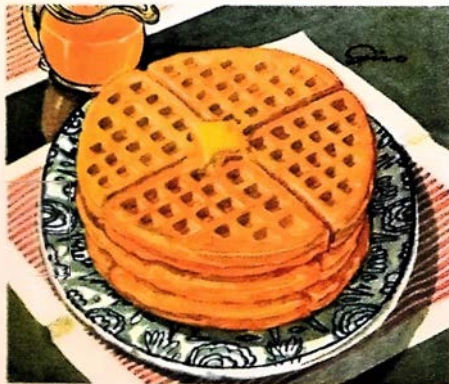
- 2 cups sifted Swans Down Cake Flour
- 1/2 cup cold shortening
- 1/2 cup cold water (about)
- 1/2 teaspoon salt

Sift flour once, measure, add salt, and sift again. Cut in shortening until mixture looks like meal. Add water, a little at a time, mixing with knife or spatula until dough cleans bowl of all flour and pastry. Use as little water as possible. Roll dough 1/8 inch thick on slightly floured board. Fit loosely on pie plate. Turn edge and prick with fork. Bake in hot oven (450° F.) 15 minutes. Makes one 9-inch two-crust pie. Use 1/2 recipe for one pie shell only.

## LEMON MERINGUE PIE

- 1/2 cup sifted Swans Down Cake Flour
- 1/2 cup sugar
- 1 cup boiling water
- 1/2 cup milk
- 3 egg yolks, beaten with 1 egg white
- 1/2 tablespoon butter
- 2 lemons (1/4 cup juice)
- Grated rind 1 lemon
- 1 baked 9-inch pie shell
- 4 tablespoons sugar
- 1/2 teaspoon salt
- 2 egg whites, stiffly beaten

COMBINE flour and sugar in top of double boiler. Add water, stirring constantly; then add milk. Cook until thickened, stirring constantly. Pour small amount of mixture over egg yolks, stirring vigorously. Return to double boiler, and continue cooking until mixture drops in thick sheets from spoon. Add butter, lemon juice, and rind. Cool and pour into pie shell. Fold sugar and salt into egg whites. Pile lightly on filling. Bake in slow oven (300° F.) 12 minutes, or until delicate brown.



Waffles (recipe page 39)

# Pastry

## APPLE PIE

- 1 recipe Pie Crust
- 4 to 6 apples, thinly sliced
- 1/2 cup sugar
- 1 teaspoon cinnamon
- 1 tablespoon butter

LINE a 9-inch pie plate with pastry rolled to 1/8 inch thickness. Moisten edges with water. Fill pie shell with apples. Sprinkle with sugar and cinnamon and dot with butter. Adjust top crust which has incisions in center to permit escape of steam. Brush with milk or beaten egg white. Bake in hot oven (450° F.) 45 minutes.

## COCONUT CREAM PIE

- 1/2 cup sifted Swans Down Cake Flour
- 1/2 cup sugar
- 1/4 teaspoon salt
- 2 cups milk, scalded
- 2 egg yolks, well beaten
- 1 cup Baker's Coconut, Southern Style
- 1 teaspoon vanilla
- 1 baked 9-inch pie shell
- 4 tablespoons sugar
- 3 egg whites, stiffly beaten
- 1/2 teaspoon vanilla

COMBINE flour, sugar, and salt; add milk. Cook in double boiler until thickened, stirring constantly. Pour small amount of mixture over egg yolks, stirring vigorously. Return to double boiler and cook 10 minutes longer. Add coconut and vanilla. Cool and pour into pie shell. Fold sugar into egg whites; add vanilla. Pile lightly on coconut filling. Bake in slow oven (300° F.) 12 minutes, or until delicate brown.



Coconut Cream Pie (recipe above)



# Pastry

## BUTTERSCOTCH MERINGUE PIE

- |  |                              |
|--|------------------------------|
| 7 tablespoons Swans Down Cake Flour    | 1 baked 9-inch pie shell     |
| 1 cup light brown sugar, firmly packed |                              |
| 1/2 teaspoon salt                      |                              |
| 1 1/2 cups milk, scalded               | 4 tablespoons sugar          |
| 2 eggs yolks, well beaten              | 1/2 teaspoon salt            |
| 3 tablespoons butter                   | 2 egg whites, stiffly beaten |
| 1 teaspoon vanilla                     |                              |

COMBINE flour, brown sugar, and salt. Add milk gradually and cook in double boiler until thickened, stirring constantly. Pour small amount of mixture over egg yolks, stirring vigorously. Return to double boiler, add butter, and cook 2 minutes longer, stirring constantly. Add vanilla. Cool. Pour into pie shell. Fold sugar and salt into egg whites and pile lightly on filling. Bake in slow oven (300° F.) 12 minutes, or until delicate brown.

## CHOCOLATE CREAM PIE

- |  |                              |
|--|------------------------------|
| 3 squares Baker's Unsweetened Chocolate, cut in pieces | 4 egg yolks, slightly beaten |
| 1 1/2 cups milk  | 3 tablespoons butter         |
| 4 tablespoons Swans Down Cake Flour                    | 2 teaspoons vanilla          |
| 1 cup sugar  | 1 baked 9-inch pie shell     |
| 1/2 teaspoon salt                                      | 8 tablespoons sugar          |
|  | 4 egg whites, stiffly beaten |

ADD chocolate to milk, and heat in double boiler. When chocolate is melted, beat with rotary egg beater until blended. Combine flour, sugar, and salt. Add to egg yolks. Pour small amount of chocolate mixture over egg mixture, stirring vigorously. Return to double boiler and cook until thickened, stirring constantly. Add butter and vanilla. Cool. Pour into pie shell and cover with meringue by folding sugar into egg whites. Bake in slow oven (300° F.) 12 minutes, or until delicate brown.

## CREAM PUFFS

(Pâté à choux)

- |                                    |                     |
|------------------------------------|---------------------|
| 1 cup sifted Swans Down Cake Flour | 1 cup boiling water |
| 1/2 cup butter or other shortening | 3 eggs, unbeaten    |

SIFT flour once and measure. Melt shortening in water. Stir flour into steadily boiling water. Cook and stir constantly until mixture leaves sides of pan in smooth, compact mass. Turn into mixing bowl, and thoroughly beat in one egg at a time. Drop mixture on greased baking sheet, using 2 teaspoons for each puff, or, shape in rounds by forcing mixture through pastry bag on greased baking sheet. Bake in hot oven (450° F.) 20 minutes; then reduce heat to moderate (350° F.) for 25 minutes longer. With sharp knife make slit in one side and insert Custard Cream Filling (page 32). Makes 2 dozen cream puffs.

## CHOCOLATE ÉCLAIRS

1 recipe Cream Puffs (Pâté à choux)

FORCE mixture through pastry bag, or shape with spatula into éclairs, 4 1/2 x 1 inches, on greased baking sheet. Bake in hot oven (450° F.) 20 minutes; then reduce heat to moderate (350° F.) and bake 10 minutes longer. With sharp knife make slit in one side and insert Custard Cream Filling (page 32). Frost with Chocolate Confectioners' Frosting (page 27). Makes 1 dozen éclairs.

# Pastry

## PUFF PASTE

- |                                     |                    |
|-------------------------------------|--------------------|
| 3 cups sifted Swans Down Cake Flour | 1 cup butter       |
| 1/2 teaspoon salt                   | 1/2 cup cold water |

SIFT flour once, measure, add salt, and sift again. Place butter in bowl of cold water and work it with fingers until butter is creamy and waxy. Take butter in hands and pat it briskly until no water flies.

RESERVE 1/4 cup butter and pat remaining butter into circular piece 1/4 inch thick and put it in cold place. Cut the 1/4 cup butter into flour. Add just enough cold water to make a soft dough that can be handled. Turn dough out on molding board and knead lightly until mixture is elastic and free from lumps. Cover and let stand in cold place 5 minutes to ripen.

PAT and roll paste into rectangular shape 1/4 inch thick, keeping corners square. Place butter on center of lower half of paste. Fold upper half of paste over butter, and press edges firmly together to enclose as much air as possible. The butter is now enclosed.

FOLD right side of paste over enclosed butter and left side under enclosed butter. Press all edges together. Turn paste half-way around, cover, and let stand 5 minutes. Pat, roll into rectangular shape 1/4 inch thick, lifting paste with spatula occasionally to prevent sticking. Never roll back and forth. Fold from ends toward center, forming three even layers. Cover again and let stand 5 minutes. Repeat folding process six times. After sixth rolling, paste is ready for use.

BETWEEN rollings keep paste in cold place—as warm paste is impossible to roll. In summer it is a good plan to fold paste in clean cloth, put in dripping pan, and place between two other dripping pans of crushed ice. Do not let paste come in direct contact with ice.

## PATTY SHELLS

1 recipe Puff Paste (page 43)

ROLL puff paste 1/4 inch thick. Cut enough circles with biscuit cutter to allow one for each shell. Cut three times as many circles, using doughnut cutter of same size. Place three circles without centers evenly on each complete circle, pressing lightly to make them stick together. Bake in hot oven (450° F.) 30 minutes, covering with paper during last part of baking to prevent burning. Makes 20 patty shells.

## NAPOLEONS

- |  |  |
|--|--|
| 1 recipe Puff Paste (page 43)            | 1 recipe Confectioners' Frosting (page 26) |
| 1 recipe Custard Cream Filling (page 32) | 1 cup nut meats, chopped                   |

ROLL puff paste 1/4 inch thick, cut in strips, 4 x 2 inches; prick with fork and bake in hot oven (450° F.) 12 to 15 minutes. Split strips in half, parallel with pastry layers. Put together with Custard Cream Filling. Cover top with Confectioners' Frosting and sprinkle with chopped nuts. Makes 2 dozen Napoleons.

## Cake difficulties

### REASONS AND REMEDIES FOR CAKE DIFFICULTIES

IN spite of all necessary cautions that may have been taken in making a cake, something occasionally prevents complete success. Even the best of cooks may be puzzled by some kind of cake trouble once in a while. However, cake failures can generally be avoided, if one knows what causes them. Reasons and remedies for various cake difficulties follow.

#### BUTTER CAKE DIFFICULTIES

1. *Why does butter cake fall?*
  - a. Too much shortening: use tested recipe; measure accurately.
  - b. Not enough baking powder or soda to leaven the mixture: use tested recipe; measure accurately.
  - c. Too much sugar.
  - d. Removed from oven before sufficiently baked.
2. *Why is butter cake tough?*
  - a. Not enough shortening: use tested recipe; measure accurately.
  - b. Too much sugar.
  - c. Oven too hot—high temperature toughens eggs.
  - d. Overbeaten batter.
3. *Why is butter cake coarse?*
  - a. Too much baking powder or soda: use tested recipe; measure accurately.
  - b. Insufficient creaming of shortening and sugar: cream shortening and sugar until light and fluffy.
  - c. Use of liquid shortening: use solid shortening.
  - d. Oven too hot.
  - e. Use of bread flour: use Swans Down Cake Flour.
4. *Why is butter cake heavy?*
  - a. Batter not beaten enough: beat well after each addition of flour and milk.
  - b. Too much shortening: use tested recipe; measure accurately.
  - c. Too much sugar.
  - d. Too much liquid: use tested recipe; measure accurately.
  - e. Oven too hot or too slow.
5. *Why is butter cake undersized?*
  - a. Not enough baking powder or soda to leaven cake: use tested recipe; measure accurately.
  - b. Oven too slow.
  - c. Baked in too large a pan: use pan that fits yield of recipe.
6. *Why does butter cake have a heavy streak at the bottom?*
  - a. Batter allowed to stand in warm place before baking: place pans in refrigerator if all cannot be baked at same time.
  - b. Damp flour: sift flour five or six times in front of open door of heated oven.

## Cake difficulties

### SPONGE CAKE DIFFICULTIES

1. *Why does sponge cake or angel cake fall from the pan before it is cool?*
  - a. Damp flour: sift flour five or six times in front of open door of heated oven.
  - b. Greased pan: bake sponge cake in ungreased pan.
  - c. Insufficient baking—cell walls collapse and cake shrinks from sides of pan: allow longer baking period.
2. *Why does sponge cake fall?*
  - a. Too much sugar: use tested recipe; measure accurately.
  - b. Removal from oven before sufficiently baked: allow longer baking period.
3. *Why is sponge cake tough?*
  - a. Overmixed batter: fold mixture only until ingredients are blended.
  - b. Too much sugar.
  - c. Oven too hot; high temperature toughens eggs.
4. *Why is sponge cake coarse?*
  - a. Insufficiently beaten egg whites: beat egg whites until stiff enough to hold up in peaks, but not dry.
  - b. Insufficiently mixed ingredients—air not evenly distributed: fold ingredients until blended.
  - c. Oven too hot during baking, making large air cells.
  - d. Use of bread flour: use Swans Down Cake Flour.
5. *Why is sponge cake heavy?*
  - a. Insufficiently beaten egg whites: beat egg whites until stiff enough to hold up in peaks, but not dry.
  - b. Overmixed batter: fold mixture only until ingredients are blended.
  - c. Oven too hot.
  - d. Omission of cream of tartar, lemon juice, or other acid, or not enough of either: measure carefully and accurately.
6. *Why is sponge cake undersized?*
  - a. Insufficiently beaten egg whites—not enough air enclosed to give sufficient expansion: beat egg whites until stiff enough to hold up in peaks, but not dry.
  - b. Overmixed batter—causes loss of air: fold mixture only until ingredients are blended.
  - c. Too much sugar.
  - d. Baked in too large a pan: use pan that fits yield of recipe.
  - e. Oven too hot—cake bakes before there is proper expansion of air.
  - f. Cake removed from pan before cold.
7. *Why does sponge cake have a leathery streak at the bottom?*
  - a. Insufficiently beaten egg yolks: beat yolks until thick and lemon-colored.
  - b. Too many egg yolks: use tested recipe.
  - c. Damp flour: sift flour five or six times in front of open door of heated oven.

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# Cake secrets

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Two fine bargains that every cake maker will welcome.

## 1. The complete Swans Down Cake Set

A perfect set of tools that makes perfect baking easier. Sturdy, accurate, modern utensils that over a million women have sent for and now use, enthusiastically. Whether you have had lots of baking experience or are just a beginner, you will find the Swans Down Cake Set a big help in the making of fine cakes.

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### SET CONSISTS OF:

Set of aluminum measuring spoons; Wooden slotted mixing spoon; Wire cake tester; Aluminum measuring cup; Steel spatula; Heavy square cake pan (tin); Patent heavy angel food pan (tin); Sample package of Swans Down Cake Flour; copy of recipe booklet, "New Cake Secrets."

## 2. A reliable oven thermometer

Many a sad thing can happen to a perfectly mixed cake—if the oven temperature is not just right. That is why a good oven thermometer is essential to baking success. By using a thermometer, you need not guess or worry. You can know that the oven is right. We will gladly supply you, postage prepaid, with a fine, standard thermometer that can be used in any type of oven. Send only \$1.00 (\$1.25 at Denver and west, \$1.50 in Canada, \$1.00 elsewhere, including U. S. possessions).

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- One patent, heavy tin angel food pan
- One square, heavy tin cake pan
- Aluminum measuring cup
- Set of aluminum measuring spoons
- Wooden slotted mixing spoon
- Steel spatula
- Wire cake tester
- A copy of "New Cake Secrets"

### Check in square

- ☐ Please send me one complete Swans Down Cake Set, carrying charges prepaid, for which I enclose \$1.00 (\$1.25 Denver and west; \$1.50 in Canada, including postage and duty; \$1.00 elsewhere, including U. S. possessions.) The Cake Set is not sent C.O.D. (We reserve the right to refuse any or all orders should conditions under which these utensils are supplied to us change.)
- ☐ Please send me one Oven Thermometer at the special price of \$1.00 (\$1.25 Denver and west; \$1.50 in Canada, including postage and duty.)

NAME.....

STREET.....

CITY.....

STATE.....

Send all orders direct to Educational Department  
IGLEHEART BROTHERS, Inc., Evansville, Ind., U.S.A.

# Measures

## TEMPERATURES AND TIME-TABLE FOR CAKE BAKING

SLOW OVEN 250° F. to 350° F.	MODERATE OVEN 350° F. to 400° F.	HOT OVEN 400° F. to 450° F.
Angel food cake	Cup cakes	Jelly roll
Fruit cake	Layer, loaf, or sheet cake, 1 to 2½ inches thick	Layer cake (thin)
Loaf cake (thick)		
Pound cake		
Sponge cake		
Angel food cake—		60 minutes or more
Cup cakes—		20 to 25 minutes
Fruit cake—		1½ to 4 hours
Layer cake (thin)—		30 to 30 minutes
Layer, loaf, or sheet cake, 1 to 2½ inches thick—		30 to 45 minutes
Loaf cake (thick)—		30 to 60 minutes
Pound cake—		1½ to 4 hours
Sponge cake—		60 minutes or more

## Temperatures and Time-Table for Pastries and Quick Breads

Pie shells—	450° F. 15 minutes
Tart shells—	450° F. 10 to 15 minutes
Apple and rhubarb pie—	450° F. 10 minutes, and then 350° F. 35 minutes
Berry pie (canned and fresh)—	450° F. 10 minutes, and then 350° F. 25 to 35 minutes
Custard and pumpkin pie—	450° F. 10 minutes, and then 300° F. 30 minutes or more
Dried fruit pie—	425° F. 10 minutes, and then 350° F. 30 minutes
Meringue for pie having cooked filling, 300° F. 12 to 15 minutes	
Baking powder biscuits—	450° F. 12 to 15 minutes
Muffins (plain)—	400° F. to 450° F. 25 to 30 minutes

## WEIGHTS AND MEASURES

1 square of chocolate	1 ounce
1 medium-sized egg	2 ounces
8-10 medium-sized eggs (with shells)	1 pound
8-10 egg whites	1 cup
14 egg yolks	1 cup
3 teaspoons	1 tablespoon
4 tablespoons	½ cup
16 tablespoons	1 cup or ½ pint
2 cups	1 pint
4 cups	2 pints or 1 quart
4 cups cake flour	1 pound
2½ cups granulated sugar	1 pound
2½ cups brown sugar	1 pound
3½ cups confectioners' sugar	1 pound
2 cups butter	1 pound

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

