

# THE SWANS DOWN GIRL



NOT  
A SELF  
RISING  
FLOUR

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BY IGLEHEART BROS.

Anyone can make good cake if the advice given in this little book is followed and Igleheart's Swans Down Prepared Cake Flour is used.

**JUST AS GOOD IN JULY AS IN DECEMBER**

Awarded Grand Prize at Louisiana Purchase Exposition  
St. Louis 1904.



### IGLEHEART'S SWANS DOWN PREPARED CAKE FLOUR

Is manufactured from the purest and best Winter Wheat by a process discovered by us especially for making fine Cakes. This process produces an exceedingly fine flour, light and fluffy as a feather, without gluten. It is used and endorsed by the best teachers of cooking schools, confectioners and bakers everywhere. In fact, one of the greatest secrets of making fine cakes is to use this carefully prepared cake flour.

#### IT MAKES PERFECT ANGEL FOOD CAKE

(one of the most difficult cakes to make) and is unequalled for making all kinds of fine cakes, pudding, pastry, etc.

### "CAKE SECRETS."

Our friends and patrons will find our Booklet, "Cake Secrets," of real value, every recipe having been thoroughly tested.

One dollar at any book store will not supply you with the valuable ready information contained in this book "Cake Secrets" on fine Cake Baking.

Read it and keep for ready reference. Prized by every lady that takes pride in baking a fine cake.

All persons interested in cake making will find Igleheart's Swans Down Prepared Cake Flour the most perfect and superior product of its kind ever offered in the United States. Don't get this confused with Self-Rising Flour.

### IT IS NOT A SELF-RISING FLOUR.

#### REMARKS.

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

Purchasers residing in high altitudes should adjust measurements to suit their local surroundings. Recipes apply to lower altitudes, east of Rocky Mountains.

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

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

It is not generally known that mills use largely a mixture of Spring and Winter Wheat. Flour made from this mixture will answer for bread, but is not adapted for fine cakes.

Every home should keep a package of Igleheart's Swans Down Prepared Cake Flour, made of winter wheat, unequalled for finest cakes, pudding, pastry, etc.

# CAKE SECRETS

BY MISS A. W. CRAMER,  
Teacher of Cooking.  
CAZENOVIA, N. Y.

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

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

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

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

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

The best material must be used. Flour containing much gluten will not make a cake with delicate texture. This is more noticeable in an angel or yellow sponge cake, than in butter cakes. The best flour for all cake making is Igleheart's Swans Down Prepared Cake Flour. It brings forth perfect success every time.

Before beginning to make a cake you must have perfect control of the fire, so that you can regulate the temperature as desired, without adding fuel during the baking. Bring all the material to the work table; be accurate in measuring; when

measuring by the spoonful, round over the top as much as it bowls underneath, unless otherwise stated in recipe; sift flour and dip it with spoon or scoop into cup. Mash lumps out of baking powder before measuring; grease pans with unsalted melted fat; then dredge with flour, invert, and shake the pan to remove superfluous flour, leaving only a thin coating. This gives a smooth surface, and also prevents the cake from sticking. In filling pans have the mixture come well to the corners and sides of the pans, leaving a slight depression in the center, then when baked, the cake will be perfectly flat on top. Cake pans should be filled nearly two-thirds full if the cake is expected to rise to the top of the pan.

The baking of the cake is more critical than the mixing. In baking cake divide the time into quarters. During the first quarter the mixture should become heated and begin to rise; second quarter, continue rising and begin to brown; third quarter, continue browning; fourth quarter, finish baking and shrink from the pan. Do not move the cake in the oven while in a soft condition as that will break the air bubbles before all their cells are cooked, thereby causing the cake to fall. When done the cake will spring back quickly if pressed gently with the finger on the center of the cake.

A simple, yet very good test for temperature of oven is to place in the oven a piece of soft yellow wrapping paper. For moderate oven the paper should burn golden brown in five minutes; this temperature for loaf butter cakes; then slightly increase the heat after the cake is well risen. For layer cakes, brown the paper golden brown in four minutes. For angel or sponge cakes brown the paper golden brown in seven minutes.

If cake is put in too cool an oven it will rise too much and be of very coarse texture. Too much baking powder will also produce a coarse texture. If cake is put in too hot an oven it browns and crusts over the top before it has sufficiently risen, and in its attempts to rise, breaks through the crust, thus making an unsightly loaf. Cake will also bulge and crack on top if too much flour has been used. Small and layer cakes require a hotter oven than loaf cakes. All sponge cakes require a cool oven.

If the oven is too hot open the check drafts, or butter well a thick white paper and lay carefully over the top. If, after the cake is put in, it seems to bake too fast, put a brown paper loosely over the top of the pan, care being taken that it does not touch the cake, and do not open the oven door for five minutes at least; the cake should then be quickly examined and the door carefully shut, or the rush of cold air will cause it to fall. Setting a small dish of hot water in the oven will also prevent the cake from scorching.

To remove cake from pan: Do not hurry it; loosen around the edges with a knife and rest pan on its four sides successively; then invert on wire cake cooler or on a board, covered with a piece of old linen or cheese cloth. Let the cake cool before icing it.

The general principles involved in cake making may be included under two divisions: 1st, sponge cakes; 2nd, butter cakes. Sponge cakes are made rich with eggs; the lightness depends upon the amount of air beaten into the eggs; cold air when heated will expand seventy times its original volume.

Never use a tin dish or metal spoon when mixing cakes, as the tin will rub off and discolor the cake; also, tin is unwholesome.

In mixing sponge cakes cut and fold in the flour last, as gently as possible. If the mixture is stirred or beaten after adding the flour, many of the air bubbles will be broken and much of the enclosed air will escape.

In making butter cakes, creaming the butter encloses air, and makes a more delicate texture than melted butter. Use fine granulated sugar, as coarse sugar makes a coarse, tough texture. A cake can be made fine grained only by long, vigorous beating; cut and fold in the beaten whites of eggs last, and do not beat the mixture after adding the whites, as the mixture is so much heavier than the whites that in the beating many of the air bubbles will be broken, the air will escape and the cake be less light.

Butter should be placed where it will be moderately soft, but not melted in the least, or the cake will be sodden and heavy. Sugar should be rolled and sifted; spices ground or pounded. Always stir the butter and sugar to a cream, then add the beaten yolks, then the milk, the flavoring, then the flour and lastly cut and fold in the beaten whites.

Never stir a cake after the final beating or after the whites of the eggs have been added. When yolks of eggs are used, beat them until very light, then add them to the creamed butter and sugar.

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

Always sift baking powder with flour.

The measuring cup should hold one-half pint.

The following recipes have been carefully tested:

#### ANGEL FOOD CAKE.

Whites of eight large or nine small eggs; (there is such a difference in the size of eggs that it is well to break them in a cup; there should be just one cupful of the whites;) a pinch of salt added to the eggs to hurry beating. One and one-fourth cups granulated sugar; one cup of Igleheart's Swans Down Cake Flour. Sift flour once, then measure and sift three times; beat whites of eggs about half, add one-half teaspoonful cream of tartar, then beat whites until they will stand of their own weight; add the sugar, then flour, not by stirring but folding over and over until thoroughly mixed in; flavor with one-half teaspoonful vanilla or almond extract. Bake in an ungreased pan, patent pan preferred. As much care should be taken in baking an Angel Food Cake as in mixing. Place the cake in an oven that is just warm enough to know there is a fire inside; let the oven stay just warm through until the batter has raised to the top of the cake mould, then increase the heat gradually until the cake is well browned over; if by pressing the top of the cake with the finger it will spring back without leaving the imprint of the finger the cake is done through. Great care should be taken that the oven is not too hot to begin with as the cake will rise too fast and settle or fall in the baking. Should bake

#### CAKE SECRETS

**Granulated sugar is best for cakes.**

from thirty-five to forty minutes. When done, invert the pan; let stand until cold before removing from pan.

### ANGEL FOOD DESSERT.

Bake an Angel Food Cake; pull the cake apart with a fork in irregular pieces about two inches square; take each piece on a fork and dip in hot chocolate icing and let cool on a platter and serve with dessert.

B. 1.

### SPONGE CAKE NO. 1

1 scant pint sugar  
7 eggs beaten separately  
 $\frac{1}{2}$  cup boiling water  
1 heaping pint Igleheart's Swans Down Cake Flour  
1 teaspoonful baking powder  
Flavor with grated rind and juice of half a lemon.

Sift the sugar and beat with the yolks of the eggs until very light then add the boiling water with the lemon. Sift the flour with the baking powder four times then fold in lightly the flour alternately with the whites of the eggs which have been beaten very stiff. Do not beat or stir after the flour and whites have been added. Bake in an ungreased patent pan about forty-five minutes; when taken from the oven, invert the pan and let cool before removing.

This is an excellent Sponge Cake, but much depends on the baking; Sponge Cakes require a much cooler oven than butter cakes.

—Mrs. L. T.

### SPONGE CAKE NO. 2.

3 eggs  
1 scant cup sugar  
1 tablespoonful hot water  
2 teaspoonfuls vinegar  
 $\frac{1}{2}$  teaspoonful salt  
 $\frac{1}{2}$  teaspoonful extract of lemon  
1 cup Igleheart's Swans Down Cake Flour  
 $\frac{1}{2}$  teaspoonful baking powder

### CAKE SECRETS

Always have all materials on your work table before beginning your cake.

Beat the yolks until thick and light; add sugar gradually and continue beating; then add water and vinegar; add the salt to the whites and beat until very stiff; sift the flour with baking powder three times; add the flavoring and fold in the flour and the beaten whites alternately as gently as possible. Bake about thirty-five minutes in a moderately hot oven.

### SUNSHINE CAKE.

Whites of 7 small eggs  
Yolks of 5 small eggs  
1 cup granulated sugar, sifted  
 $\frac{1}{2}$  teaspoonful orange extract  
1 cup Swans Down Cake Flour  
 $\frac{1}{2}$  teaspoonful cream of tartar  
—scant  
A pinch of salt

Sift the flour five times, measure and set aside. Separate the eggs, putting the yolks in small bowl and the whites in mixing bowl; beat yolks very light; beat whites to foam then add cream of tartar and whip until dry and stiff. Add sugar to the whites and carefully fold in, then yolks and fold in, then flavoring and lastly the flour folded in very lightly; bake in deep pans about thirty minutes. Ungreased patent pan preferred. When done, invert the pan and do not remove until cool.

### MOONSHINE CAKE.

1 cup butter  
2 cups sugar  
1 cup milk  
 $\frac{1}{2}$  teaspoonful orange extract  
4 cups Igleheart's Swans Down Cake Flour  
2 heaping teaspoonfuls baking powder  
Whites of 8 eggs

Cream butter and sugar very light; sift the flour with baking powder three times; put it back into the sifter for the final sifting into the cake; add alternately with the milk; add flavoring; cut and fold in the whites very gently; bake in square, shallow pans in a quick oven about twenty minutes; use any desired icing; before icing is quite hard, mark with a knife in squares; half of an English Walnut placed on each square before icing hardens is very nice.

### CAKE SECRETS

Do not move cake in the oven while in a soft condition.

### DELICATE CAKE No. 1.

1/2 cup butter	2 cups Swans Down Cake Flour
1 cup sugar	2 teaspoonfuls baking powder
1/2 cup cold water	Whites of 4 eggs
1 teaspoon vanilla	Pinch of salt

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

### DELICATE CAKE NO. 2.

1/2 cup butter	3 cups Igleheart's Swans Down
2 scant cups sugar	Cake Flour
1/2 cup milk	2 heaping teaspoonfuls baking
1/2 teaspoonful almond	powder
flavoring	Whites of 5 eggs

Mix in order given; bake in shallow square pans about twenty minutes. When cool, cover with boiled icing.

Mrs. R. K.

### NEW COCOANUT CAKE.

1 1/2 cups of sugar	1 cup and 2 tablespoons of milk
1/2 cup of butter	Whites of 3 eggs
3 cups Swans Down Cake Flour	1/2 teaspoon vanilla.
3 teaspoons of baking powder	

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

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

### CAKE SECRETS

Cake pans should be filled nearly 3/4 full if the cake is expected to rise to the top of the pan.

### SWANS DOWN CAKE.

6 oz. butter	2 teaspoonfuls baking powder
14 oz. sugar (sifted)	Whites of 14 eggs
14 oz. Igleheart's Swans	1/2 teaspoonful almond or vanilla
Down Cake Flour	

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

### LILLIAN'S ONE EGG CAKE.

1/4 cup butter	1 egg well beaten
3/4 cup sugar	1 1/2 cups Igleheart's Swans
1/2 cup milk	Down Cake Flour
1/4 teaspoonful vanilla	1 1/2 teaspoonfuls baking powder

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

### MABEL'S TWO-EGG CAKE.

1/2 cup butter	1 1/2 cups Igleheart's Swans
3/4 cup sugar	Down Cake Flour
1/2 cup milk	1 teaspoonful baking powder
1/2 teaspoonful vanilla	Whites of two eggs

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

### CAKE SECRETS

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



### FEATHER CAKE.

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

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

### ORANGE CAKE

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

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

### ORANGE FILLING.

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

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

### CAKE SECRETS

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

### LADY BALTIMORE CAKE.

$\frac{3}{4}$  cup butter  
2 cups sugar  
1 cup milk  
 $\frac{1}{2}$  teaspoonful vanilla  
 $3\frac{1}{2}$  cups Igleheart's Swans  
Down Cake Flour  
2 teaspoonfuls baking powder  
Whites of 6 eggs

Cream the butter; add gradually the sugar (sifted), beating until very creamy. Sift the baking powder with the flour three times and add alternately with the milk; add the vanilla, then cut and fold in the whites of the eggs which have been beaten very stiff and dry; bake in three square shallow pans.

### FILLING FOR LADY BALTIMORE CAKE.

Put three cups of sugar and one cup of water into a sauce-pan; heat gradually to the boiling point and boil without stirring until syrup will thread from the spoon, pour syrup gradually on the beaten whites of three eggs and beat until of the right consistency to spread; flavor, then add one cup of chopped, seeded raisins, one cup of chopped nuts, and five chopped figs; put between layers and on top and cover the top with plain icing.

This is the cake which has been made so popular by Owen Wistar's interesting story.



### CAKE SECRETS

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

### BLACKBERRY CAKE.

- |                           |                               |
|---------------------------|-------------------------------|
| ½ cup butter              | 2 cups Igleheart's Swans Down |
| 1 cup sugar               | Cake Flour                    |
| 4 teaspoonfuls cold water | 1 cup blackberry jam          |
| 1 teaspoonful soda        | 1 teaspoonful cinnamon        |
| 2 eggs                    | ½ teaspoonful cloves          |
|                           | ¼ teaspoonful mace            |

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

### LIZZIE'S HERMITS.

- |                             |                               |
|-----------------------------|-------------------------------|
| 1 cup butter                | 1 cup nuts                    |
| 3 cups brown sugar          | 1 teaspoonful grated nutmeg   |
| 4 tablespoonfuls sweet milk | 1 teaspoonful cinnamon        |
| 4 eggs                      | A little grated orange peel   |
| 2 teaspoonfuls soda         | 6 cups Igleheart's Swans Down |
| 2 cups raisins              | Cake Flour                    |
| 2 cups currants             |                               |

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

### CAKE SECRETS

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

### MABEL'S DEVIL FOOD CAKE.

- |                      |                                      |
|----------------------|--------------------------------------|
| ½ cup of butter      | 3 eggs                               |
| 1 ½ cups brown sugar | 2 cups Swans Down Cake Flour         |
| ½ cup milk           | 2 heaping teaspoonfuls baking powder |

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

Take 5 tablespoonfuls brown sugar.

2 squares of Baker's 1 or chocolate.

½ cup of milk.

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

### ICING FOR DEVIL'S FOOD.

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

### VARIETY CAKE.

- |  |                              |
|--|------------------------------|
| ½ cup butter                             | 2 teaspoonfuls baking powder |
| 1 ½ cups sugar                           | 1 teaspoonful cinnamon       |
| ½ cup milk                               | ½ teaspoonful cloves         |
| Yolks of 4 eggs                          | ½ cup chopped seeded raisins |
| Whites of 3 eggs                         | ½ teaspoonful nutmeg         |
| 2 cups Igleheart's Swans Down Cake Flour |                              |

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

Mrs. A. B.

### CAKE SECRETS

Do not attempt to make cake unless you can have entire control of the fire and see that it is sufficient to last through the entire baking.



## SPICE CAKE.

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

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

Mrs. L. T.

## NEW GINGER BREAD

$\frac{1}{4}$ cup lard	$\frac{1}{2}$ cup sweet milk
$\frac{1}{2}$ cup sugar	2 cups Swans Down Cake Flour
1 egg	1 teaspoon ginger
$\frac{1}{2}$ cup molasses	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{2}$ teaspoon soda	Salt

First sift flour then measure two cups, add the soda, ginger, cinnamon and salt to flour and sift twice. Cream the lard, add the sugar gradually then the well beaten egg. Beat this mixture thoroughly. Mix the molasses and milk and add this alternately with the flour. Bake in thin sheet in a moderate oven. When cold cut in fancy shapes and frost with milk frosting.

## CAKE SECRETS

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

## LOAF NUT CAKE

$\frac{1}{2}$ cup butter	2 cups Igleheart's Swans Down
1 cup granulated sugar	Cake Flour
2 eggs well beaten together	2 teaspoonfuls baking powder
	1 cup pecan nuts, chopped

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

## NUT PATTIES.

One egg beaten with one cup of sugar until very light; into this stir one cup of finely chopped English Walnuts; add five tablespoonfuls Igleheart's Swans Down Cake Flour.

Drop on buttered tins with teaspoon; make the patties about the size of macaroons and bake in a medium hot oven about ten minutes.

Fine for children's parties.

K. B. K.

## BOILED ICING.

1 cup granulated sugar	$\frac{1}{2}$ cup water
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Boil together gently without stirring until it threads quickly when lifted with spoon or knife; turn this hot mixture slowly into the white of one egg which has been beaten to a stiff froth, beat while turning on the hot liquid; continue to beat until stiff enough to spread; add one-fourth teaspoonful any preferred extract. If the sugar has cooked too much it will grain; then it may be made smooth by beating in a little boiling water; a teaspoonful at a time.

## MAPLE SUGAR ICING.

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

## CAKE SECRETS

Fruit should be floured to keep it from sticking together or settling.

### ORANGE ICING.

A little grated orange rind       $\frac{1}{2}$  teaspoonful lemon juice  
1 tablespoonful orange juice      Yolk of one egg

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

### CHOCOLATE ICING.

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

### CARAMEL ICING.

$2\frac{1}{2}$  cups light brown sugar      1 tablespoonful butter  
1 cup cream

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

A trial of this Perfect Cake Flour will make you its friend and you will never again use the coarse, soggy, glutinous flour which ruins so many fine cakes.

### CAKE SECRETS

Spices should be mixed with the flour or with the sugar.

## PASTRY

### PUFF PASTE.

1 lb. Igleheart's Swans Down      1 lb. butter  
Cake Flour      A little ice water

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

### CAKE SECRETS

Do not move cake in the oven while in a soft condition.

## SOUTHERN BISCUIT.

1 qt. Igleheart's Swans Down	1 tablespoonful lard
Cake Flour (sifted)	3 teaspoonfuls baking powder
1 saltspoonful salt	Milk—about a pint

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

## CREAM BISCUIT.

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

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We are also makers of the famous SWANS DOWN PURE WHEAT GRAHAM FLOUR, (the finest quality). If your grocer does not have it in stock, write Igleheart Bros., Evansville, Ind., how to obtain it.

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## CAKE SECRETS

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

## DIXIE BISCUIT

To those who have known the flavor of old time Southern hospitality, it is all recalled by the taste of Dixie Biscuit. The recipe for these delicious biscuit was learned from an old family cook by a guest who had enjoyed her viands. Failing to elicit a regular rule from old Aunt Becky, who insisted she just "kep' the rule in her haid," Miss Alice followed the old negress into the "cook room" to see her make up the "brade" for supper. Pencil and tablet in hand she stood by the table while Aunt Becky sifted the flour; "now tell me all the things you put in the biscuit, Aunt Becky," she began:

"Oh Law, I doan' know, honey, jes' all the things anybody puts in biscuit."

"Flour? How much?" suggested Miss Alice.

"It takes right smart foh dis fambly," began Aunt Becky "I ginally takes the yaller bowl half full."

"And milk?" Miss Alice went on.

"Jes' a few draps, honey, you doan' want to git it battery."

"Lard, how much?"

"Jes' accordin' to how rich you likes it, I jes' digs some up on the pint of the spoon."

"Salt" persisted Miss Alice, "how much salt?"

"Jes' a nip, honey, and one aig'll do, kase hens ain't layin' well now."

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## CAKE SECRETS

Sponge cake requires a cool oven.

By this time the old cook had the biscuit ready for the hot oven, but not before the quick eyes of Miss Alice had reduced to definite measurements from the apparently haphazard quantities of the

## DIXIE BISCUIT

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

We are also makers of the famous **SWANS DOWN PURE WHEAT GRAHAM FLOUR**, (the finest quality). If your grocer does not have it in stock, write Igleheart Bros., Evansville, Ind., how to obtain it.

### CAKE SECRETS

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

## A HIGH COMPLIMENT.

From One of the Highest Authorities on this Subject.

As You Well Know, Mrs. Sarah Tyson Rorer Edits a Page in the "Ladies' Home Journal," in which Every Woman is Interested.

Please note what she says.

MRS. S. T. RORER,  
Principal Philadelphia Cooking School,  
1715 Chestnut Street.

Philadelphia, March 10, 1900.

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

Very truly yours,

SARAH TYSON RORER.

## ENDORSEMENTS

Space will permit of only two or three. The following are samples of what they say all over the country.

One of the Largest Fancy Retail Stores in Chicago.

OFFICE OF C. JEVNE & Co., Retail Fancy Grocers, }  
CHICAGO, ILL., Nov. 11, 1899. }

IGLEHEART BROS., Evansville, Ind.

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

Yours respectfully,

C. JEVNE & Co.

One of the Largest and Best Wholesale Grocers in the Northwest.

OFFICE OF ANTHONY KELLY & Co., Wholesale Grocers, }  
MINNEAPOLIS, MINN., Nov. 13, 1899. }

MESSRS. IGLEHEART BROS., Evansville, Ind.

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

Yours truly,

ANTHONY KELLY & Co.

From one of the Best Known Importing and Jobbing Grocers.

ROCKWOOD BROS. Co., Importing and Jobbing Grocers, }  
CHICAGO, ILL., Nov. 11, 1899. }

IGLEHEART BROS., Evansville, Ind.

Gentlemen:—We have been handling Swans Down Prepared Cake Flour for the past three or four years supplying some of our very best trade, and we take great pleasure in recommending it as being the finest article of the kind on the market. Customers, after first trial, always call for it again.

Yours truly,

ROCKWOOD BROS. Co.

Note an Increase and Steady Business on this Brand.

CHARLES HEWITT, Wholesale Grocer, }  
DES MOINES, IOWA, Nov. 11, 1899. }

IGLEHEART BROS., Evansville, Ind.

Gentlemen:—We have been handling your preparation, Swans Down Prepared Cake Flour, for the past year. We took up with this article very reluctantly, as we did not feel we would have a very large business on flour of this character. We have introduced Swans Down Prepared Cake Flour in several of the best retail stores in this city, and in an interview with parties who are handling it find that it is giving the highest satisfaction of any article of this kind which has been placed on the market. The writer has also used this flour at home and can testify to its merits. It is the best article of pastry flour which my family has ever used. We note an increased and steady business on this brand and will continue to handle it.

Yours very truly,  
CHARLES HEWITT.

Secured Many Premiums.

THE JOSEPH R. PEEBLES' SONS Co., Grocers, }  
CINCINNATI, Nov. 21, 1899. }

MESSRS. IGLEHEART BROS., Evansville, Ind.

Gentlemen:—We wish to state that the Swans Down Prepared Cake Flour gives excellent satisfaction. One of our customers took over \$25.00 worth of premiums on cakes made

from Swans Down Flour, within a few days this Fall, at the different county fairs about Cincinnati.

Very truly yours,  
THE JOSEPH R. PEEBLES' SONS CO.,  
Per EDWIN C. PEEBLES.

Superior to Any Pastry Flour.

BLOOMING GROVE, TEXAS, Dec. 1, 1899.

IGLEHEART BROS., Evansville, Ind.

Gentlemen:—Replying to your letter of recent date, will say that your Swans Down Prepared Cake Flour is superior to any pastry flour that I have ever used, as it insures perfect success with all fine cakes and pastry. It is giving the highest satisfaction to all my customers and I find the demand steadily increasing.

Very truly,  
MRS. M. G. YOUNG.

From a Woman Eminent in Her Profession and of National Reputation.

Mrs. Emma P. Ewing, Formerly Superintendent of the Chautauqua School of Cooking, Now Professor of Domestic Economy in the Iowa State Agricultural College, and of Household Science in Purdue University, Ind.

CHAUTAUQUA, N. Y., July 7, 1896.

IGLEHEART BROS., Evansville, Ind.

Gentlemen:—Since I became acquainted with your Igleheart's Swans Down Prepared Cake Flour last winter in Evansville, I have tested it very thoroughly and consider it the nicest cake flour in the market.

Yours truly,  
EMMA P. EWING.

We are also makers of the famous SWANS DOWN PURE WHEAT GRAHAM FLOUR, (the finest quality). If your grocer does not have it in stock, write Igleheart Bros., Evansville, Ind., how to obtain it.

## WEIGHTS AND MEASURES

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

## PROPORTIONS.

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



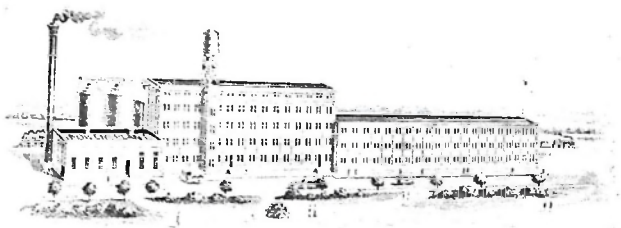


Original ten-barrel mill,



Inside the Offices at the Home of Igleheart Brothers Swans Down Prepared Cake Flour





THE NEW HOME OF SWANS DOWN FLOUR PRODUCTS  
FIFTY-SIXTH YEAR

1856

1912

## Swans Down Pure Wheat Graham Flour

Contains the entire Wheat Grain, including the outer covering, excepting the coarsest fibre.

### "FINEST QUALITY"

Distinctive and different from ordinary commercial Graham Flour.

Try it and you will find it a source of pleasure and satisfaction to every member of your household, as well as steps to good health.

MAKES DELICIOUS GRAHAM BREAKFAST  
CAKES—A RELISH THE YEAR AROUND.

### Graham Flour Recipes

ALWAYS USE IGLEHEART'S SWANS DOWN PURE WHEAT  
GRAHAM FLOUR

#### Recipe for Muffins.

1 quart Igleheart's Swans Down Graham Flour; 3 eggs, 2  
tablespoonfuls of sugar, lump of butter size of an egg, melted;  
2 teaspoonfuls baking powder; enough milk to make a thick  
batter. Place in buttered tins and bake in a very quick oven.

## SWANS DOWN PURE WHEAT GRAHAM FLOUR.

### Recipe for Graham Bread with Raisins and Nuts.

This excellent recipe is submitted to you after being thoroughly proven and tested; we invite a trial and we predict as a result that your entire household will be pleased. A loaf of Graham Bread made from Igleheart's Swans Down Pure Wheat Graham Flour consists of the whole of the wheat, is wholesome, delightful and nutritious as well as having a delicious flavor.

### Igleheart's Swans Down Pure Wheat Graham Bread with Raisins and Nuts.

2 cups scalded milk,  $1\frac{1}{2}$  cups white flour, 1 cake compressed yeast dissolved in  $\frac{1}{4}$  cup water, 3 tablespoonfuls brown sugar, 1 teaspoonful salt, 1 tablespoon butter, enough Graham flour to make a thick drop batter,  $\frac{3}{4}$  cup seeded raisins,  $\frac{1}{8}$  cup peanuts cut fine, 1 egg beaten slightly. Scald milk, add butter, sugar, salt, and the white flour and when cool enough add the egg and the Graham and yeast, beat thoroughly to aircate and at the last turn the raisins that are well floured with level tablespoonful of white flour, add nuts, butter over top to keep from crust- ing, put to rise, when it has doubled its bulk put it in buttered pans filling them half full, when it doubles its bulk second time bake in rather a slow oven as the Graham will brown quicker than the white flour.

You Like Delicious Muffins      Everybody Likes Them  
THE FLOUR WITH THE FLAVOR



NOTICE CLEAN,  
SANITARY  
PACKAGE

When you think of GRAHAM FLOUR think of IGLE-  
HEART'S SWANS DOWN PURE WHEAT GRAHAM FLOUR.

Recipes on each package for Muffins, Graham Bread,  
Graham Biscuit, Graham Pancakes, Graham Griddle Cakes.

Recommended by All Physicians.  
The more Igleheart's Swans Down Pure Wheat Graham Flour  
used the less drug bills paid.



A photographic reproduction of a Muffin made of IGLE-HEART'S SWANS DOWN PURE WHEAT GRAHAM FLOUR. The most healthful bread made.

168 of these delicious Muffins made from one express box of 3 packages or about a three weeks supply for breakfast for a family of four; or for Luncheon there is nothing more wholesome or inviting.

**JUST A LITTLE OVER  $\frac{1}{2}$  CENT EACH  
JUST WHAT YOU ARE LOOKING FOR.**

**EXPRESS SHIPMENT**—3 packages—Prepaid to your nearest Express Office. Until your Grocer can supply you, we will for introduction. Express prepaid three packages of Swans Down Prepared Cake Flour or Swans Down Pure Wheat Graham Flour, or an assorted Box of three packages. See prices below. When writing please state name of your Grocer.

**EXPRESS BOX**—3 Packages—**PREPAID** to Your Nearest Express Office.

East of Mississippi River.....	\$1.00
West and North-west Mississippi River.....	1.35
West of Denver.....	1.75

Remit with order by P. O. or Express Money Order.