



**learn  
to  
bake...**

*You'll Love it!*



## LEARN TO BAKE— *You'll love it!*

**W**henever a woman says she loves to bake, you can feel mighty sure that she knows just how. She'll mix up a batch of wonderful biscuits or whisk an angel food together with never a worry about success. She knows they are going to turn out right. She has done it before—just that way!

There's the whole big secret to the art of fine baking. It's learning the right way to do each part of the job: the measuring, the mixing, the baking; then, doing it that same right way, every new time.

This book is pledged to make this way of baking easy for anyone to learn. In just a dozen lessons it gives all anyone needs to know to do a perfect job of home baking. Here are all the baking aids you've wanted.

**Lessons**—12 complete basic lessons. Simply follow faithfully through any one of these, and come out triumphant!

**Pictures**, everywhere. How-to-do-it pictures, what-it-looks-like pictures, and oh-how-lovely pictures, too.

**Fundamentals**, of course, like—how to choose ingredients, right pans to use, correct measuring, and oven control.

**Small Recipes**—Units given in the baking lessons—convenient for classroom use or for small-family cooking.

**Regular Recipes**. Over 135 fine, tested recipes for cakes, frostings, biscuits, muffins, breads, cookies, desserts.

**Standards** for your cakes, biscuits, and muffins. You can actually measure your skill, compare your results.

**Tables**. Weights of ingredients to aid teachers or students doing laboratory studies. A baking time-table, too.

**Decorations**. Very, very special professional secrets from our workshop-kitchen that makes food for photographs.

Now, don't you want to bake, to start out new, or freshen up your skill and gain new confidence? This little book is full of ways to help and shows just how. Best of all, you're going to find home baking a new pleasure!





## Success starts with INGREDIENTS

Cocoa. These recipes were built or developed with Baker's. Another kind might give another kind of result.

In fairness to every tested recipe, it is important to use the ingredients called for. Substitutes can never guarantee the same delicious, quality results.

### THE ROLE OF FLOUR

Flour forms the framework of baked foods and there are several kinds of flour, suited to different kinds of baking.

For example, the bread maker chooses a flour that is milled from hard wheat because it contains a large amount of firm, elastic gluten. This is the substance that holds dough together. In bread making, the gluten must stretch and stretch again, yet remain unbroken in order to withstand the slow leavening action of yeast.

On the other hand, the cake maker looks for a soft wheat flour that is delicate and fine and contains a small amount of tender gluten. This gluten yields readily to the quick, even leavening action of baking powder and other cake leavens. It takes this kind of flour to build the tender, delicate structure that is desirable for cakes.

Between these two types of flour are many so-called all-purpose flours made from less specialized wheat for general use. These are suited to the making of quick breads, biscuits, muffins, pastries.

### The first cake flour

Years ago (in 1856) Levi Igleheart and his brothers established a gristmill in Evansville, Indiana—right where fine soft wheat grows. As time went on Levi's sons entered the business, and it was Addison who first saw possibilities for an extra-fine flour . . . one that would make the very best cakes and baked delicacies. The Igleheart millers set about making such a flour from the choicest varieties of soft winter wheat. They blended only the most refined flour streams for this flour and called it Swans Down Cake Flour.

In 1894 the new flour was ready to market. Quite by chance a travelling cake-pan dealer used it in his cake demonstrations. It was a triumphant success right from the start. Women soon found Swans Down true to its name. Their Swans Down cakes were lighter, softer, far more delicate and delicious than those they had been able to make before.

So Swans Down was the original cake flour and today still pioneers. For more than twenty years its makers have sponsored the Wheat Improvement Program which encourages soft wheat growers to produce the best varieties and finest crops of soft wheat for cake flour.

### Why Swans Down excels

For Swans Down, the soft winter wheat is scientifically selected by actual gluten test. Then it is specially milled. From each flour stream, the tiny particles sift through close-meshed silk bolting cloth in uniform, minute granulation. Only streams which are of proper quality *by test* can be used. . . . This flour is many times softer and finer than ordinary flour. In fact, it takes 100 pounds of the selected wheat to make 28 pounds of Swans Down!

As a special protection, constant checking and control keep Swans Down Cake

Flour uniform. That is important to recipe users and hard to achieve with flour. But with Swans Down, test cakes are made from every run of flour to make sure that they conform to exacting standards in volume, texture, color, and crumb.

### Swans Down gives quality

In baking, it is the result that counts! The tender gluten of Swans Down builds delicate structure in baked foods. And delicacy is a first requisite for quality baking. Because this kind of gluten yields easily to the action of quick leavens, it permits even rising of the batter. This means extra lightness and a fine even grain that makes a baked food keep fresh and moist.

Swans Down's fineness of granulation combined with the tender gluten also gives a melting soft crumb in baked foods. Even thrifty one-egg cakes will have this luxury quality when made with Swans Down—cakes like the popular One-Egg Praline Cake on page 62 that you will want to make again and again.

Keep Swans Down Cake Flour in a clean, dry place. Always close the package flap tightly after using to keep the flour clean and avoid chance spilling.

★ Acres of soft winter wheat—of the finest varieties known—are chosen for Swans Down.



If you want good baking, start with good ingredients. That is just simple baking insurance, to be sure. But there's more to know about the flour, the baking powder, the chocolate you use, the shortening, or the eggs. Each ingredient has a special duty in baking. Each contributes its own quality to the finished food.

So, it is important to choose baking ingredients that are of the right kind and the right quality for their use.

In this book that deals with fine home baking, the recipes have been developed with fresh ingredients of high, uniform quality. And certain *kinds* of ingredients were selected . . . ingredients known to give success. Recipes are always worked out with certain definite products and the nature of these products determines both proportions and results.

You'll find many recipes are based upon the use of cake flour—Swans Down Cake Flour. Not just any flour will do.

Since baking powders are not alike, the kind of baking powder is stated, too—Calumet Baking Powder—in exactly right amounts for success.

The chocolate recipes call for Baker's Unsweetened Chocolate, some, for Baker's

## THE ACTION OF LEAVENING



One of the miracles in baking is the work that leavening does! This ingredient transforms a dough or batter into a light, tender product—makes it easy to eat! Today, the magic of leavening is most often performed by baking powder. Only a small amount is used, yet this little ingredient determines to a marked degree the grain and texture, the shape, volume, and lightness of the baked foods it leavens.

The way baking powder works is a fascinating bit of home chemistry. This is due to the fact that baking powder contains two reacting substances. One is acid. One is alkali—baking soda, the source of the leavening gas. Starch (or starch and calcium carbonate) is added to standardize the strength of the baking powder and to keep the mixture dry.

When you add baking powder to batter, it dissolves! The acid reacts with soda, releasing carbon dioxide gas. This gas rises in tiny bubbles all through the batter. In the baking, the bubbles rise and expand further with air and steam. They lift the batter up, up . . . and form a complete network of cells to make it porous and light.

All baking powders are required by law to be made of pure, wholesome ingredients. But they differ in the speed of their reaction and in the quantity of gas lost from the surface of the batter. So some require more than others to do the same leavening job.

This makes it important to use the exact kind and amount of baking powder called for in a recipe.

The difference in baking powders is due to different acid ingredients. *Phosphate bak-*

ing powders contain calcium acid phosphate. *Tartrate* baking powders contain potassium acid tartrate (cream of tartar) and tartaric acid. *Combination* baking powders contain both calcium acid phosphate and sodium aluminum sulphate (SAS).

About 93% of the baking powder used for home baking in this country is of this combination type!

## Calumet, an ideal baking powder

Calumet is a combination baking powder. Because it contains two different acid ingredients, it combines two separate leavening actions and produces real double-action! These two actions are carefully balanced or proportioned to give even, perfect leavening.

Calumet's first action begins in the mixing bowl. This releases about one-third of the leavening gas. The rest is held in reserve, waiting for the oven heat. There, Calumet's second action takes place. Steadily and evenly the remaining gas is released.

This second action of Calumet is a special baking protection. For it is there waiting even after delays or interruptions in the mixing. It cannot be lost or stirred out.

This makes Calumet extra efficient. Only a little is needed. The usual proportion is about 1 1/4 level teaspoons Calumet per cup of sifted flour. Each recipe specifies the amount needed for best results.

## Other quick leavens

Before the convenience of baking powder was known, soda and sour milk or some other acid provided the leavening for biscuits, cakes, and quick breads.

In today's recipes, too, soda may be used with sour milk, sour cream, or molasses. The standard proportion is 1/2 teaspoon soda to 1 cup sour milk or cream, and 3/4

teaspoon soda to 1 cup molasses. This amount counteracts the acidity of the liquids and furnishes some leavening for the mixture. If additional leavening is needed, use baking powder to avoid the use of excess soda. Soda is often used as the only leavening in chocolate cakes. It reacts with the small amount of acid in chocolate and in addition gives rich color to the cake. Use only the amount of soda specified in each recipe.

## CHOCOLATE, THE TOP FLAVOR

America loves chocolate—and consumes more than one-fourth of all the chocolate produced! This rich, luscious flavor has made chocolate cake the nation's favorite. And the manufacture of chocolate is one of the oldest enterprises in the country.

## Baker's Chocolate, a tradition

Nine years before the Boston Tea Party, Dr. James Baker of Dorchester, Massachusetts, befriended a penniless chocolate-

maker by helping him set up his trade in a gristmill on the Neponset River. Here in 1765 the first chocolate in North America was ground.

Several years later, after the chocolate-maker's death, Dr. Baker bought the business. It passed on to his son, then to his grandson, Walter Baker. So, since 1780 this chocolate has been made under the Walter Baker name and known by good cooks all over this country.

A vast amount of knowledge and skill goes into the making of Baker's Chocolate. Choice varieties of cocoa (or *cacao*) beans are selected by experts. The dried beans are cleaned and skillfully roasted to develop the finest flavor and color of each variety. Blending these varieties for the prized Baker flavor is the job of trained specialists. . . . After shelling, hot rolling crushers grind the beans to ruddy-brown liquor, rich with cocoa butter—nothing is added, nothing taken away. When poured in molds and cooled, this becomes Baker's Unsweetened Chocolate, *pure* chocolate, ready to be wrapped and packaged.

★ Every good workman values good tools! On baking day check your ingredients and equipment for efficient aids like these. Each one earned its place of honor by outstanding performance!





## Tips on using chocolate

To add chocolate to batters, it should first be melted. The squares of Baker's Chocolate melt readily over hot water. It is not necessary to cut them in pieces or to grate. Place squares in a small bowl that fits into top of a teakettle, or use a small double boiler. Let melt over hot water. Never melt chocolate over direct heat for chocolate contains fat and starch, but little water, so it scorches easily.

To add chocolate to liquid mixtures, such as chocolate fillings, add squares of Baker's Chocolate to cold liquid and heat gradually, stirring well. When melted, the mixture may be beaten with a rotary egg beater until smooth and blended.

Keep Baker's Chocolate in a reasonably cool place (under 75° F.). However, if the chocolate becomes gray (blooms) in color during storage, its goodness has not been changed in any way.

For finest flavor in chocolate cakes, do not overbake even slightly.

Cocoa is sometimes used for chocolate flavor in baking although it contains less cocoa butter. It is often added to sponge mixtures like angel food in which less of the cocoa butter is desirable.

To substitute cocoa for chocolate in a recipe, use 3 level tablespoons of Baker's Breakfast or DeLuxe Cocoa and 1 extra

★ The best way to melt chocolate is over hot water or steam—bowl-over-teakettle way.



tablespoon butter for each square of chocolate called for in the recipe.

Also popular for chocolate flavor in baked foods are the delicious Baker's Semi-Sweet Chocolate Chips. These are made of smooth rich chocolate with just enough sweetening added to give half-sweet flavor. As a confection, they appeal to those who like chocolate not too sweet. In baking, they are handy to use and retain their form. Try them in Chocolate Chip Peanut Cookies on page 48.

## VARIATION IN SHORTENINGS

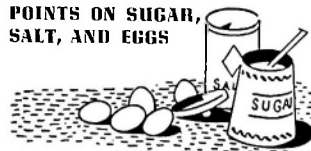
Fats are added to baked foods to make them tender or "short." Shortenings that are of a plastic, easy-to-work consistency give best results in most baking. These include butter, margarine, good quality lard, and the many vegetable shortenings. Some shortenings are hydrogenated, some are whipped or churned, some are emulsified. So different shortenings often give different results.

For general baking, shortenings can be used interchangeably with success. But to get the best quality in cakes for each shortening used, it has been found practical to adjust recipes slightly in amount of liquid. Butter, margarine, and lard give best results with a little less liquid; while vegetable shortenings require a little more. No adjustment is needed in cakes low in shortening, or for egg-white cakes.

The liquid adjustment for different shortenings is given in each recipe when needed. It usually means only 1 or 2 tablespoons more or less liquid and may seem unimportant. Yet, this small change keeps the balance within the recipe that gives best cake quality for the particular shortening used.

Oils can be used in baking, especially when melted shortening is required. But in cake-like mixtures the use of oil calls for a special mixing technic not given here.

## POINTS ON SUGAR, SALT, AND EGGS



Sugar not only gives delicious sweetness to baked foods; it also adds tenderness.

Use granulated sugar unless a different kind is specified. If the sugar is lumpy, sift it before using. Brown sugar needs to be rubbed through a sieve if lumpy. To keep brown sugar moist and soft, leave a piece of bread or apple in the sugar jar so that the sugar may absorb the moisture.

Use salt in all baking. It improves the flavor of cakes, cookies, and frostings, as well as plainer foods and makes chocolate products taste more chocolaty. These recipes were tested with Diamond Crystal Shaker Salt. Its fine flakes dissolve readily in mixing and give pure, true salt flavor.

Eggs help baked foods in several very important ways, adding lightness or volume, strengthening the framework, and helping to bind the batter.

Use fresh eggs or good quality storage eggs. Fresh eggs should be at least four days old to beat most successfully.

Eggs beat up lighter and more quickly when not too cold. They should be at cool room temperature (60° F. to 70° F.) for the best results. When making sponge cake or angel food, remove eggs from the refrigerator several hours before using. They will give a lighter, finer-grained cake.

## LIQUIDS ARE MANY

Liquids aid the work of all the other ingredients in a baked mixture. For liquid dissolves many ingredients and makes it easy to blend others. In the baking, steam formed by the liquid rises in the mixture, furnishing some of the leavening needed.

Various liquids are used in baking—

sweet or sour milk and cream, buttermilk, water, coffee, or fruit juice. Sour milk or cream are best when quickly soured; they are more mild and have better flavor. Evaporated and condensed milk and milk powders may be used according to their package directions.

To sour fresh milk, add 1 tablespoon vinegar to 1 cup sweet milk and let stand in warm place a few minutes.

## FLAVOR SPECIALS

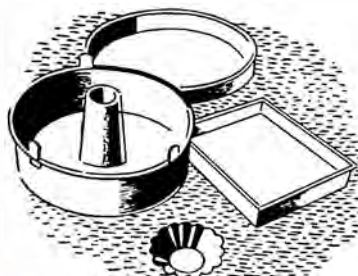
*Cocoanut* adds flavor and decoration to cakes, cookies, pies, and a host of good puddings. You'll find Baker's Shredded Cocoanut used in many recipes. Its snowy white shreds are moist and tender, ready to use right from the container. Baker's Shredded Cocoanut can also be tinted or toasted for special effects. See page 22.

*Among flavorings*, vanilla is always popular. Yet lemon, orange, and almond are great favorites, too. Delicate and delicious blends may be produced by combining different flavors. Lemon and vanilla, or rose and almond give subtle flavoring.

*Spices* must be fresh and of good quality. Measure them carefully and do not be too lavish with them, for too much spice disguises the delicate flavor of baking. Spices should be sifted with the flour to mix them well with the other ingredients.

★ Two cake racks do a quick turn with each layer to set it right-side-up for the cooling.





## How to choose and use RIGHT PANS

When it comes to picking the right pan for your cake—or your coffee cake—trust to the recipe. Chances are that other sizes and shapes have already been tried (or tested), and only the best ones chosen.

### RIGHT SIZE IS IMPORTANT

Not all batters can be baked in all ways. For example, an excellent layer cake recipe may give mediocre results when baked as cupcakes. Then, a thick, deep batter and a thin, shallow one present two different baking problems. And baking temperature and time are based upon the type of batter and the amount and depth in the pan. So it's always a safeguard to use the size and kind of pan called for in the recipe.

In this book the pan sizes given represent top outside measurements of the pans used (given to the nearest inch). These pans are of regulation sizes and generally available.

### *A good selection of baking pans*

In choosing baking pans, select those sizes and kinds that will be most useful. The pans suggested for recipes in this book are adaptable to all kinds of general baking.

As a further guide, you'll notice that cake recipes for two 9-inch layers may also

suggest the 13x9x2-inch pan; two 8-inch layers may also use the 9- or 10-inch square size. The pans most often used include:

- 8-inch round layer pans (1¼ inches deep)
- 9-inch round layer pans (1½ inches deep)
- 8x8x2-inch square pan
- 9x9x2-inch square pan
- 10x10x2-inch square pan
- 13x9x2-inch oblong pan
- 16x10x2-inch oblong pan
- 9-inch tube pan (3½ inches deep)
- 10-inch tube pan (4 inches deep)
- 9-inch pie pan
- 4-inch tart pans
- 15x10-inch sheet pan
- 10x5x3-inch loaf pan
- Large and medium muffin pans

Angel-food or tube pans are ideal for making all kinds of sponge cakes. A center tube that extends above the pan gives an advantage for, when pan is inverted, it stands on this tube; the air then circulates freely while the cake cools. This insures a crisp crust. Tube pans can be improvised from any deep pan by placing a small tin can or roll of heavy paper in the center.

If you have no pan of the size given in the recipe, select a pan of the same depth and of approximately the same area (length x width). In any case, fill cake pans only half-full of batter for best results. Cake should rise to the top of the pan in order to brown well and give finest cake quality.

### A FEW PAN POINTERS

Pans are made of various materials which affect their baking use to some extent. In general, a heavy-weight material absorbs and retains heat. Thus, a heavy iron griddle "holds" its heat evenly. A heavy oven-glass pie pan helps to brown the undercrust of your pie.

For baking cakes, metal pans of lighter materials are generally used. These heat quickly, yet reflect the heat so that cakes brown delicately. Dull, used pans or dark pans absorb more heat than shiny pans so give a deeper brown. With oven-glass cake pans, a 25°F. to 50°F. lower oven temperature or a shorter baking time are recommended.

If your metal pans are new, they will give better baking results if greased lightly and tempered an hour or two in a moderate oven before they are first used. Always let pans cool before washing to prevent warping of the metal.

### PREPARING THE PANS

Before you start mixing a cake or quick bread, have the pans all ready for baking.

Each recipe specifies whether pans should be greased, lined and greased, or ungreased.

For greasing, use oil or very soft shortening. Butter may be preferred for flavor. Dip a pastry brush or a little crumpled paper in the shortening, or use a butter wrapper. Rub over inside of pan to cover bottom and corners well with a thin film of grease. It is not necessary to grease sides of cake pans. A pastry brush should be washed and dried after each using to keep it in good condition.

To flour the pan, sprinkle a very little flour into greased pan, then shake pan to coat it evenly with flour. Empty out any excess flour.

To line pans for large cakes, first cut a piece of paper to fit the bottom of the pan. Use either heavy waxed paper or clean brown paper. Fit this into the pan, then grease the paper well. This gives fool-proof protection against sticking on the bottom and is well worth the time it takes.

For cupcake and small fancy cake pans, grease pans well on bottoms, little or none on sides. If greased much on the sides, the batter forms "turned-in" rims that spoil the appearance of the little cakes.

★ Wonderful pans for wonderful baking. Yet they're just standard sizes and kinds, every one!











★ There's a handy leveler in this Calumet can to help make every teaspoon measure just right—not too much, not too little!



★ It is flour, sifted once, then piled lightly in cup. Now, draw the spatula straight across the top. It's 1 cup of Swans Down!

rect measure of your set of graduated cups; fill and level off as just directed.

Notice, in the picture above, that the light, sifted flour is piled in cup before leveling off to make sure the cup is full.

### To measure baking powder

Use special care in measuring baking powder. Even a little too much or too little can give disappointing results. Be sure to use the baking powder called for in the recipe and the exact amount specified.

Use a dry standard measuring spoon. Dip the spoon into the baking powder and fill it full. Then level off spoon lightly with edge of spatula or straight knife, or with the convenient leveler, cut from the paper seal of the Calumet can.

For fractions, use the small sizes of your set of measuring spoons.

### To measure chocolate

It is easy to measure Baker's Chocolate by squares or half-squares. The 8-ounce carton contains eight individually wrapped 1-ounce squares. Each square is grooved deeply into  $\frac{1}{2}$ -ounce sections which will break apart evenly and easily.

### To measure shortening

There are several ways to measure solid shortening. Small amounts are more easily measured by tablespoons; fractions of cups may be measured in graduated measuring cups. Use one of these convenient ways:

(1) Press shortening into a measuring cup (or tablespoon), packing it tightly. Then level off at top or fraction mark.

(2) An easy way to measure butter is by weight. Allow  $\frac{1}{2}$  pound for 1 cup. With print butter,  $\frac{1}{4}$  pound equals  $\frac{1}{2}$  cup.

(3) Or measure shortening by water displacement. For example, to measure  $\frac{1}{2}$  cup shortening, fill cup half-full of cold water; add shortening until water rises to the top of cup; then drain off all water. This leaves  $\frac{1}{2}$  cup shortening in the cup.

Measure melted shortening like a liquid.

### To measure sugar and eggs

With granulated or white sugar, fill a standard measuring cup or spoon with the sugar, and level off with edge of spatula or straight knife.

Brown sugar needs to be packed into the cup so firmly that it holds the shape of the cup when turned out. This gives a consistent measurement.

Average-sized eggs (medium to large) are used in these recipes. If using small eggs, allow about  $3\frac{1}{2}$  tablespoons slightly mixed whole egg for each egg in recipe.

### To measure liquids

Use special care in measuring liquids for undermeasuring is a common fault.

For accuracy, set measuring cup on a level surface. Otherwise the surface of the liquid may slant and deceive you. Fill until liquid flows into the correct groove-mark of cup; do not undermeasure.

Thick liquids and syrups, such as molasses, corn syrup, or honey, should be poured into the spoon or cup from the container or from another spoon. If the cup has already been used to measure shortening or water, the syrup will empty out readily. Do not dip a measuring spoon into sticky liquids for too much will cling to underside of spoon, causing overmeasurement or waste.



★ Use chocolate squares or  $\frac{1}{2}$ -squares.



★ Measure shortening by cup, spoon, bar.



★ Measure sugar level; pack brown sugar.

★ Set the cup level to measure liquid.





## MEASURES of baking ingredients by weights

Even careful measures vary slightly. So ingredients are often measured by standardized weights for greater accuracy in making food studies.

In controlled recipe testing and development work of the General Foods Consumer Service Kitchen the following weights of ingredients are used. These have been established over a period of time. They represent standards of weight for the usual baking ingredients.

VOLUME	★	SWANS DOWN CAKE FLOUR	★	ALL-PURPOSE FLOUR	★	GRANULATED SUGAR	★	BROWN SUGAR
1 tbsp.		6.2 gm.		7.0 gm.		12.5 gm.		12.5 gm.
2 "		12.5 "		14.0 "		25.0 "		25.0 "
¼ cup		25.0 "		28.0 "		50.0 "		50.0 "
½ "		33.3 "		37.3 "		66.7 "		66.7 "
¾ "		50.0 "		56.0 "		100.0 "		100.0 "
1 "		66.7 "		74.7 "		133.3 "		133.3 "
1 ½ "		75.0 "		84.0 "		150.0 "		150.0 "
2 "		100.0 "		112.0 "		200.0 "		200.0 "

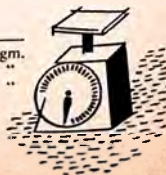
VOLUME	★	CALUMET BAKING POWDER	★	SALT	★	SODA	★	CREAM OF TARTAR
¼ tsp.		0.9 gm.		1.2 gm.		1.1 gm.		0.8 gm.
½ "		1.2 "		1.5 "		1.4 "		1.0 "
¾ "		1.8 "		2.3 "		2.2 "		1.5 "
1 "		2.4 "		3.0 "		2.9 "		2.0 "
1 ½ "		2.7 "		3.5 "		3.3 "		2.4 "
2 "		3.6 "		4.6 "		4.4 "		3.1 "
3 "		7.2 "						
4 "		10.8 "						

VOLUME	★	BUTTER	★	VEGETABLE SHORTENING	★	MILK OR BUTTERMILK	★	WATER
1 tbsp.		14.0 gm.		11.6 gm.		15.3 gm.		14.7 gm.
2 "		28.0 "		23.1 "		30.6 "		29.5 "
3 "		42.0 "		34.7 "		45.9 "		44.3 "
¼ cup		56.0 "		46.3 "		61.2 "		59.1 "
½ "		74.7 "		61.7 "		81.6 "		78.8 "
¾ "		112.0 "		92.5 "		122.5 "		118.3 "
1 "		149.3 "		123.3 "		163.3 "		157.6 "
1 ½ "		168.0 "		138.8 "		183.8 "		177.4 "
2 "		224.0 "		185.0 "		245.0 "		236.6 "

VOLUME	★	BAKER'S UNSWEET- ENED CHOCOLATE	★	EGGS— WHOLE	★	EGG WHITES	★	EGG YOLKS
1		sq. 28.3 gm.		48.0 gm.		30.0 gm.		18.0 gm.
2		" 56.6 "		96.0 "		60.0 "		36.0 "
3		" 84.9 "		144.0 "		90.0 "		54.0 "
4		" 113.2 "		192.0 "		120.0 "		72.0 "
5				240.0 "		150.0 "		90.0 "
6				288.0 "		180.0 "		108.0 "
7				336.0 "		210.0 "		126.0 "
8				384.0 "		240.0 "		144.0 "

VOLUME	★	MOLASSES	★	CORN SYRUP	★	LOG CABIN SYRUP	★	ORANGE JUICE
1 cup		338.0 gm.		320.0 gm.		310.0 gm.		248.0 gm.

VOLUME	★	BAKER'S BREAKFAST OR DELUXE COCOA	★	CREAM
1 tbsp.		6.25 gm.		40% fat 1 cup 230.0 gm.
1 cup		100.0 "		29% " 1 " 235.0 "
				18% " 1 " 240.0 "



## Baking lore and OVEN SECRETS

Once you learn to manage your oven, you can count on baking triumphs every time. For a perfect batter or dough gives perfect results only when it is baked correctly.

### HOW TO USE YOUR OVEN

See that oven racks are placed right before heating the oven. This usually means placing the rack in the center of the oven where heat is most even so the baked product will rise evenly and brown satisfactorily. If two racks are needed, place one slightly below the center, one slightly above.

But, suppose the heat is uneven and a center oven position gives poor shape or browning. You can then find the best position for baking by placing oven racks at different levels, and pans in different sections. A few such baking trials will give the answer.

Start heating the oven far enough in advance to have a steady, even heat of the right temperature by the time your baking is ready. The kind of stove and fuel will determine the time needed.

Place the filled baking pans near center of the oven (or where heat is most even). Do not place one pan directly over another. Do not crowd the oven full nor place pans too near the oven walls or too close together. The heat must circulate freely on all sides of each baking pan to give even baking. This may call for special planning, if the oven is small.



### WAYS TO CONTROL THE OVEN

Every recipe here gives the best temperature and baking time to use for that particular mixture and pan. So it is important to adjust the oven to maintain the exact temperature.

Many stoves have oven heat controls. These regulate the flow of heat and keep the oven at a steady temperature as long as the heat is on. Controlled ovens should be inspected and checked periodically to be sure they register accurately.

Or you can use an oven thermometer. A reliable portable oven thermometer tells



★ A portable oven thermometer shows just how hot the oven is every minute of baking. 15

the temperature of the oven so that you can adjust the heat as needed. Use the thermometer while heating the oven to temperature and during the baking. Place it close to the baked product but where you can read it immediately upon opening the oven door.

Oven temperatures are known as *very slow—slow—moderate—hot—and very hot*. Generally, these terms cover the following temperature ranges:

Very slow oven . . . . . 250°F. to 275°F.  
Slow oven . . . . . 300°F. to 325°F.  
Moderate oven . . . . . 350°F. to 375°F.  
Hot oven . . . . . 400°F. to 450°F.  
Very hot oven . . . . . 475°F. and up

In baking a cake, it is possible to judge oven heat, and adjust it as necessary, by checking the baking at each quarter of the baking period.

1st quarter—The cake mixture begins to rise in the pan.

2nd quarter—Rising continues; the surface of cake begins to brown.

3rd quarter—Cake finishes rising and continues browning.

4th quarter—Cake finishes baking and shrinks away slightly from sides of pan.

### WHEN BAKING IS DONE

When the oven temperature (as well as the pan size) is exactly that specified in the recipe, your baking should be done in the time given. But as a safeguard, test baked

★ When tester comes out clean, cake's done!



foods carefully before removing from the oven. These practical tests will help you:

1. Product should have risen to its full height and have a delicately browned crust.

2. A wire cake tester or toothpick inserted near the center should come out clean and dry—without doughiness.

3. Mixtures (except for sponge cakes) should have shrunk away slightly from the sides of the pan.

4. The top surface when pressed lightly with finger should spring back and leave no imprint.

Exceptions: For very rich cakes or chocolate cakes, use only test 1 or 3 because these cakes sometimes stick to a tester and may dent slightly when pressed, yet be sufficiently baked.

As soon as your baking is done, remove it from the oven and set pan on a cake rack.

Butter-type cakes should cool in the pan 5 to 15 minutes, depending upon size, richness, or tenderness. Then loosen cake from sides of pan with spatula and turn out on cake rack. Remove the paper from bottom and turn cake right-side up to finish cooling. Fruit cakes should be left in the pan until cold as they are heavy, yet tender when hot. Never cut cake when hot.

To cool sponge cakes, invert cake and let it hang in the pan for 1 hour, or until cold. When cold, turn cake right-side up. Loosen carefully from sides of pan with spatula, then around tube with a slender knife. Tilt pan and draw out cake gently.

Cookies should be removed from the baking sheet at once, using a spatula; then cool on cake rack. Do not pile.

Biscuits and other hot breads should be served at once.

### STORE CAREFULLY

Keep baked foods fresh and attractive by careful storing. A clean cake safe or bread box is excellent for most products. Fruit cakes and sandwich bread loaves should be

wrapped well in waxed paper, then in a damp towel, so the crusts will keep soft. Crisp cookies will keep crisp in an airtight cookie tin or jar with tight-fitting cover, while soft cookies store better in a crock or pottery cookie jar.

After serving a cake, keep the unserved portion fresh by covering the cut surface with a strip of waxed paper. Use a few toothpicks to punch through the paper and into the cake, holding the paper securely against cake surface to prevent drying.

## TIME-TABLE *for Baking*

### BAKED FOOD ★ TEMPERATURE ★ TIME

#### Cakes

Angel food cake . . . . .	375° F.	30 to 35 minutes
Cupcakes . . . . .	375° F.	15 to 25 minutes
Fruit cake . . . . .	250° F. to 300° F.	2½ to 4½ hours
Gingerbread . . . . .	350° F.	35 to 45 minutes
Jelly roll sponge sheet . . . . .	400° F.	12 to 15 minutes
★ Layer cake . . . . .	375° F.	20 to 30 minutes
★ Loaf cake . . . . .	350° F. to 375° F.	about 1 hour
★ Oblong cake . . . . .	350° F. to 375° F.	35 to 50 minutes
Sponge cake . . . . .	375° F.	30 to 40 minutes
Sponge layers . . . . .	375° F.	15 to 20 minutes

#### Cookies ★ Most cookies . . . . . 375° F. to 425° F. . . . . 5 to 15 minutes

#### Pastry

Pie or tart shells . . . . .	450° F.	10 to 12 minutes
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#### Pies

Berry and fruit . . . . .	425° F.	40 minutes to 1 hour
Custard . . . . .	400° F. to 425° F.	30 minutes to 1 hour
(Uncooked mixture baked in uncooked pastry)		
Meringues . . . . .	350° F.	15 minutes
(On cooked filling)		

#### Quick Breads

Baking powder biscuits . . . . .	425° F. to 450° F.	10 to 15 minutes
Corn bread . . . . .	400° F. to 425° F.	30 to 40 minutes
Fruit or nut bread . . . . .	350° F.	about 1 hour
Muffins . . . . .	400° F. to 425° F.	20 to 25 minutes

★ Except chocolate recipes which usually bake about 25° F. lower.





## Artful ways to frost and DECORATE

strip of heavy brown paper to give desired height. Paper should be smoothed against greased sides of pan, then greased well.

### JUDGING THE FROSTING

There are just three basic types of frostings, yet the recipes and variations are legion. So there are always several choices you can make—a frosting to complement or flatter the flavor or color of your cake; a rich frosting for a “lean” cake; a fluffy frosting for a light, moist cake, and so on. For good looks, the frosting must be soft and manageable, yet not the least “runny.”

Uncooked butter frostings are quick to make and easy to spread, and they keep well. For these, sifted confectioners’ sugar is creamed into butter or margarine. Then cream, fruit juice, or other liquid is added to give spreading consistency. Always use confectioners’ sugar (xxxx) for these, as coarser sugar will make them grainy.

Creamy cooked frostings such as fudge and caramel frostings, are made like fondant and require the same careful attention to cooking temperature. Use a candy thermometer for exact results. These cooked frostings are creamy and delicious and keep well. They harden quickly, however, and need quick technic in spreading. As an aid, the bowl of cooked frosting may be placed over hot water while spreading to keep frosting soft and workable.

Delicious baking is always welcome, no matter how simple and unadorned. But anyone who takes pride in baking wants to add those final distinctive touches to baked foods that will make them as lovely to look at as they are delicious to eat. Here are rules and tips from experts who have made the beautiful foods you see pictured in photographs of this book and in all General Foods advertisements.

“Start with food as perfect as you can make it,” they say. “Plan the decoration and allow time to do it well.”

### CAKES—PRACTICALLY PERFECT

Always smooth batter in cake pans so that it fills corners well and is of even depth.

For uniform layers, use straight-sided pans and weigh batter, spooning it into each pan until layers weigh equal amounts. Fill layer pans barely half-full of batter for best results.

For uniform cupcakes, use an ice cream scoop or measure batter by spoonfuls to fill all cups equally. Fill shallow cups one-third full, deep cups barely half-full to avoid “mushroomed” top edges.

If your cake pan is shallow, you can build up the sides by lining with a collar or



★ You'll make beautiful swirls. Start frosting from top edge to sides, then fill in the top.

Fluffy frostings, like the seven-minute, boiled frosting, and uncooked meringue types are made by beating egg white with sugar or syrup. These frostings are very luscious and lavish looking, but they are best if spread the day the cake is to be served. Use a deep double boiler and an efficient rotary egg beater (or portable electric beater) for the seven-minute frostings. Beat and cook until the frosting will hold up in peaks. This may take more or less than 7 minutes. Overcooking gives these frostings sugary texture. Undercooking leaves them too soft to spread.

To tint frostings, add a few drops of vegetable coloring at a time and work or mix into frosting until evenly tinted. Usually light, delicate shades are more attractive than bright colors.

### The happy knack of frosting

1. Have cake thoroughly cool. Brush or rub off all loose crumbs and trim off rag-

ged edges with scissors. Use a flexible spatula for the frosting job.

2. To protect cake plate while frosting, cut a large square of heavy waxed paper into four triangles. Arrange these on the plate to cover the outer area. (Let triangles extend beyond edge of plate, leaving a center square of the plate uncovered, if necessary. More paper triangles may be needed for a very large cake.) Place cake in position on these papers, ready to frost.

3. For layer cake, spread the frosting smoothly on one layer, then adjust second layer so that edges are even and cake uniform in height. If top layer slides, insert a wire cake tester or slender knitting needle through both layers to anchor. This can be removed before frosting the top, or left until frosting is set, then removed, and the mark covered with decoration.

If layers are split and put together with a filling, arrange cut-side of one layer against crust-side of next layer to prevent slipping and give uniform appearance.

# 6 wonderful birthday cakes



4. To frost outside of cake, spread frosting from top edge down over the sides. Pile remaining frosting on top and spread lightly to the edges. Swirl frosting attractively with spatula as you frost.

Work quickly, make each stroke count, so that frosting will appear natural and fresh, not fussily smoothed.

5. Let frosting set slightly; then draw out the waxed paper triangles carefully from under edge of cake. (Pull two opposite papers at the same time, so that cake will remain centered on plate.)

6. For very special cakes, it pays to frost smoothly first with a thin layer of frosting to hold down any crumbs and give an even base coat. When set or firm, the final frosting may be spread on easily.

7. For cupcakes, hold each cake, turning as you spread frosting on the top. To frost the sides as well, hold cake, top and bottom, while frosting sides, then place on cake rack or hold on a fork while frosting the top (or the bottom).

## *Pretty, like a picture*

A well-frosted cake makes a lovely centerpiece or special addition to any party table. Choose a cake plate that will "frame" your cake. The plate or tray should be as flat as possible, and only 3 or 4 inches larger than the cake (about 2 inches all around). If too large or deep, the plate will dwarf the cake and, if too small, the cake looks clumsy. Table arrangements or decorations and flowers can be used to enhance the cake.



★ Fill cake pans only half-full of batter.

Cake decorations call for tasteful appropriateness. A small cake will gleam with dainty candles, delicate trimmings, perfect details. A big cake sets off a bolder decoration, larger candles, and heavier borders. Notice the attention given to such points in the pictures throughout this book.

## **DRESS-UP TOUCHES**

A cake needs little besides a beautiful frosting. But often simple garnishes add special interest or color. Here are ideas.

**Candles.** Colored or silver candies may be used for forming letters, festoons, or simple borders. Use a toothpick to draw or space out the design lightly on frosted cake. Then place candies carefully on design, using tweezers, if necessary, to place each candy in position. Or use colored candies with citron for flower designs.

**Candles.** Choose candles and holders of attractive color and size for the cake. A single large candle or candle-flower may be used in the center, or a few larger (10-

★ Here's to many happy birthdays! The daisy cake for Mother has orange-tint frosting and pecan strips for flowers. For double glamour, there's a tier cake, silhouetted in chocolate. Sister likes angel food frosted pink; the little folks take cupcakes and a candle apiece. It's

straight chocolate for Bobby with a ring circus of iced animal crackers—then a spicy favorite for Dad. You can make them all easily with letters or messages on top, once you have read this chapter. So plan happy birthdays for all your house—and have many.



year) candles near the center instead of many give a change for older birthdays.

**Chocolate.** Melt 1 square Baker's Unsweetened Chocolate with 1 teaspoon butter and use to dribble over fluffy frosting from a teaspoon. Or, with a small paint brush, paint this chocolate onto a light frosting in a name, greeting, or design.

**Coconut.** Baker's Shredded Coconut, plain, tinted, or toasted, may be sprinkled over fluffy frostings or pressed against sides of cakes while frosting is still soft.

**To tint coconut,** sprinkle some Baker's Shredded Coconut on white paper. Dilute a tiny bit of vegetable coloring in a small amount of water, sprinkle it over coconut, and rub evenly through coconut. Or put coconut in a glass jar, filling no more than half-full. Sprinkle with a few drops of diluted coloring. Cover jar and shake until all coconut is tinted.

**To toast coconut,** spread some Baker's Shredded Coconut in thin layer in pan or baking sheet. Place in moderate oven (350° F.). Toast until golden brown, stirring or shaking frequently to toast evenly.

**For orange coconut,** toss together  $\frac{3}{4}$  cup Baker's Shredded Coconut and  $1\frac{1}{2}$  teaspoons grated orange rind until tinted.

★ A day to celebrate in red, red letters on snowy-frosted cake squares by the tray-full.



**Confectioners' sugar.** Sprinkle the sugar through a small sieve onto brown crust of unfrosted cake. For special designs, place paper doily, or cut-out patterns or letters on the crust. Then sprinkle on confectioners' sugar. Carefully remove pattern.

**Flowers.** Nothing looks more inviting than a simply frosted cake garnished with dainty fresh flowers. Try rosebuds, or tiny nosegays tied with ribbon. Small flowers and feathery greens may be inserted in a small glass in center of a tube cake with matching flowers around the cake.

One thing to remember is that few cakes are tall enough to look well if completely circled. The decoration around a cake should be low or flat, and so grouped that the base of the cake can be seen at intervals.

**Fruits.** Raisins, candied cherries, angelica, citron, etc., may be arranged on cakes in designs. Try cluster raisins with toasted almonds, cherry bits with citron strips.

**Jelly.** Use melted jelly for designs, i.e., a red jelly heart, a green jelly shamrock. Mark the design on frosted cake, using a toothpick and waxed paper pattern, if necessary. Then melt jelly over hot water and spread with teaspoon to fill in design.

**Nuts.** Pecan or walnut halves may be centered on cake squares or cupcakes. Chopped pecans, walnuts, or pistachios are attractive pressed against sides of frosted cakes or around top edge in a border, or scattered freely on the top.

### FESTIVE CAKE DECORATIONS

Cakes for birthdays, weddings, anniversaries, and holiday occasions often call for special decorating. This may consist of simple garnishes, as described above, arranged in an appropriate design, or it may include more elaborate borders, festoons, and rosettes made with a cake decorator. These are fun to do, if you follow a few simple rules given on the next page.

First, frost cake as directed, but spread frosting smoothly over top and sides. Any frosting may be used, but butter frostings are usually preferred. These may be tinted delicately as desired.

Lightly trace the design or motif on frosting, using a toothpick. Keep the design simple and let it follow the shape of the cake. Avoid fussiness and over-decoration in working out a design pattern.

For the decorating, use a light, soft frosting such as the Butterfly Frosting on page 76. It should be stiff enough to hold its shape and may be tinted as desired. Pastel tints are used on white or chocolate frostings; bright colors may be used for deeper color accents.

You can make your own pastry bag or use a metal decorator for special borders and writing. For the bags, cut 10x8-inch rectangle of sturdy waxed paper or thin parchment paper diagonally into two triangles. Roll each into a cone shape and fold down top points of cone to hold. Washable bags may be shaped from muslin or light canvas, then stitched. For



★ A cake will look handsome every time if you spread the batter way into the corners.

★ Our famous date got on this cake just where the sugar didn't. (See opposite page.)

writing, snip off the very tip of the paper cone to give a small opening.

Metal tips of different sizes and patterns may be inserted at the bottom of the canvas bag or paper cone.

For best results, fill decorator or bag only half-full of frosting at a time. Use one hand to guide tip and the other to force out frosting gently. You may wish to practice first on an inverted pan or a paper.

### CUT YOUR CAKE AND EAT IT, TOO

Use a long sharp knife rinsed in hot water for cutting frosted cake most successfully. This cannot always be done at the table, but a sharp knife is needed. Cut with a gentle sawing motion. Do not press down. Layer cake may be cut in wedges or quartered and then sliced.

To serve sponge cake and angel food, cut lightly with a very sharp or serrated knife, or gently "tear" off each piece, using two forks or a cake breaker.

To serve a cake with important center decoration, cut to the decoration only. Special preparations may be made before frosting such a cake, by cutting a center circle through the cake large enough to hold the decoration. Frost as usual. Then when served, slices may be removed easily without disturbing the center.



Here is the newest, quickest way to make perfect cakes. It's "Mix-Easy" because it puts a cake together in just two short beating steps, saving time, work, and dishes. This new method calls for specially balanced Mix-Easy recipes, like the delicious Happy Day Cake in this lesson. Make it in layers to frost and serve the favorite American way.

## LESSON

# MIX-EASY

*the new Cake Method*

## Happy Day Cake

(LARGE RECIPE—2 EGGS)

**Preparations.** Have the shortening at room temperature. Line bottoms of pans with paper; grease. Use two round 9-inch layer pans, 1½ inches deep, or a 13x9x2-inch pan. Start oven for moderate heat (375°F.). Sift flour once before measuring. (Use standard level measurements.)

### Measure into sifter:

- 2¼ cups sifted Swans Down Cake Flour
- 3 teaspoons Calumet Baking Powder
- 1 teaspoon salt
- 1½ cups sugar

### Measure into mixing bowl:

- ½ cup shortening

### Measure into cup:

- Milk (see below for amount)
- 1 teaspoon vanilla

### Have ready:

- 2 eggs, unbeaten

\* With butter, margarine, or lard, use ¾ cup milk (1 cup minus 2 tablespoons); with vegetable or any other shortening, use 1 cup milk.

## Now the Mix-Easy Part

**Step 1.** Stir shortening just to soften. Sift in dry ingredients. Add about ¾ cup of the milk and mix until all flour is dampened. Then beat 2 minutes or 300 strokes.

**Step 2.** Add eggs and remaining milk; beat 1 minute longer, or 150 strokes.

(Mix by hand or at a low speed of electric mixer. Take time out to rest as necessary and scrape bowl and spoon often.)

**Baking.** Turn batter into the pans. Bake in moderate oven (375°F.) about 25 minutes for layers, 35 minutes for oblong cake.

## Delicious Variations

### LEMON CAKE

Flavor the Happy Day Cake with 2 teaspoons grated lemon rind, adding it to the shortening. Bake in two 9-inch layers. Spread with Orange Mist Frosting (page 76), adding chopped dates for filling.

### LUSCIOUS SPICE CAKE

Add spices—1 teaspoon cinnamon, ½ teaspoon cloves, ¼ teaspoon allspice—to



★ Finest of cakes, soft, moist, and delicious, can be made this modern new Mix-Easy way!

flour mixture in Happy Day Cake. Add 1 tablespoon molasses to the shortening. Bake in two 9-inch layer pans as directed. Spread with Cocoa Mocha Frosting (page 77) or with Lemon Cream Icing (double the recipe, page 78).

### MOCHA LAYER CAKE

Use two layers of Happy Day Cake. Spread with Cocoa Mocha Frosting (page 77) and sprinkle chopped nuts in a border around top edge.

### CHOCOLATE LAYER CAKE

Use two layers of Happy Day Cake. Spread with Rich Chocolate Frosting or with Easy Fudge Frosting (page 77).

### PICNIC CAKE

Carry this cake to picnic or church supper, right in the pan! Bake Happy Day Cake in a 13x9x2-inch pan. While cake is still hot, spread with Praline Topping (page 75) and bake 5 minutes longer, as directed. Cool and cut cake in pan.



★ Off with the paper, it has done its work!

## Qualities of Mix-Easy Cakes

### Fine appearance

- Cake shows generous volume
- Looks even on all sides
- Is barely rounded on top
- Has shiny golden crust

### Soft, springy inside crumb

- Shows fine even cells or grain
- Seems soft and moist to touch
- Is very tender, breaks apart easily

### Delicious to eat

- With special rich, moist crumb
- A sweet, delicate flavor
- And a freshness that lasts



## Happy Day Cake

(SMALL RECIPE—1 EGG)

**Preparations.** Follow the large recipe. For pans, use one round 9-inch layer, 1½ inches deep, or an 8x8x2-inch square pan.

### Measure into sifter:

1 cup plus 2 tablespoons sifted Swans Down Cake Flour

1½ teaspoons Calumet Baking Powder

½ teaspoon salt

¾ cup sugar

### Measure into mixing bowl:

4 tablespoons shortening

### Measure into cup:

• Milk (see below for amount)

½ teaspoon vanilla

### Have ready:

1 egg, unbeaten

\* With butter, margarine, or lard, use ½ cup milk minus 1 tablespoon; with vegetable or any other shortening, use ½ cup milk.

**Step 1.** Stir shortening just to soften. Sift in dry ingredients. Add the milk; mix until all flour is dampened. Then *beat* 2 minutes or 300 strokes.

**Step 2.** Add egg and *beat* 1 minute longer, or 150 strokes.

**Baking.** Turn batter into pan. Bake in moderate oven (375°F.) about 25 minutes for 9-inch layer, 30 minutes in square pan. For loaf or cupcakes, adjust above recipe, decreasing baking powder to 1¼ teaspoons, sugar to ¾ cup, and using 1 tablespoon less milk.

Bake in 8x4x3-inch loaf pan (lined on bottom, then greased) at 350°F. 50 minutes. Or fill greased muffin pans only ½ full; bake at 375°F. 20 minutes. Makes 9.

**One question:** Can Mix-Easy cakes be mixed by the conventional cake-mixing method?

**Answer:** Not with equal success. Adjustments in several ingredients are often necessary. It's best to follow each recipe for ingredients are balanced.



★ Start with shortening that's soft, workable.



★ Sift in all the dry ingredients together.



★ Add the right amount of liquid, then beat.

★ After the eggs, beat just 1 minute longer.



## KEY STEPS

**1. Have shortening at room temperature.** This is important right at the very start. The shortening should stand out long enough to be soft and plastic. With a few stirs, spread it out in the bowl to see if it is soft . . . no creaming is needed.

**2. Sift in all dry ingredients at once.** Flour, baking powder, salt, and sugar go sifting over the shortening. Use carefully measured, exact amounts.

**3. Add liquid—**just the amount specified in step 1 of the recipe. Mix carefully to avoid splashing until all flour is dampened. Then start the vigorous, thorough 2-minute beating. Let each stroke scoop through the batter and sweep around the bowl. Stop to rest as necessary and to scrape down the batter often, but count only the actual beating time.

**4. Add the unbeaten eggs** and any remaining liquid, then beat again—for 1 minute. Sometimes it is easier to count beating strokes than the time. These strokes should average about 150 a minute. Notice the batter is soft and light with air, ready for the pans—and for the oven.

**5. After baking let cake cool** in the pan 5 to 10 minutes—depending upon its thickness. Then loosen it carefully around the sides of pan with a spatula and turn out on a cake rack. The paper can be removed at once, and then the cake should be turned right-side-up to finish cooling.

## Points on the Mix-Easy Method

### Special need for Swans Down

Cake flour is especially needed for quick-method cakes. Flour is in the batter all through the beating of these cakes, and beating develops toughness in the strong gluten of ordinary flour. Swans Down is made from selected soft wheat with very tender, yielding gluten. It allows the leavening to rise easily and evenly, and gives a light, even-grained, fluffy cake.

### The softness of the shortening

Shortening should be of soft texture, easy to beat, so that it blends quickly with other ingredients and gives a smooth batter. If too hard, the shortening divides into tiny lumps in the batter which cause coarse, open grain in the cake. But if shortening is too soft or oily, the cake may have a greasy crumb and fall apart easily.

### Right amount of liquid

To get the best quality cake, the amount of liquid should be adjusted to the particular shortening used. For shortenings differ. Use the exact amount specified for the shortening you use.

Mix-Easy batters should not be too liquid at any stage. So add the right amount of liquid at the right time. This has been carefully worked out in every Mix-Easy recipe—no general rule can be followed.

### Timing of the beating

The 2-minute, 1-minute beating periods allow for a longer, more thorough beating when the batter is thick and beating does its most efficient work. Then the final short beating of the thinner batter comes when long beating might beat out leavening.

For generations, skilled cakemakers have followed a standard technic for mixing butter-type cakes. With this method, the shortening and sugar are first creamed together well, then eggs are beaten in, one at a time, and flour and liquid added alternately. Here's the conventional method in a Devil's Food to bake in layers, cupcakes, or large pan.

## LESSON

# 2

## CAKE

### *mixed the Conventional Way*

#### Devil's Food Cake

(LARGE RECIPE—2 EGGS)

- 2 cups sifted Swans Down Cake Flour
- 1 teaspoon soda
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{2}$  cup shortening
- $1\frac{1}{2}$  cups granulated sugar or
- $1\frac{1}{2}$  cups brown sugar (firmly packed)
- 2 eggs, unbeaten
- 3 squares Baker's Unsweetened Chocolate, melted
- \* Milk (see below for amount)
- 1 teaspoon vanilla

\* With butter, margarine, or lard, use 1 cup milk. With vegetable or any other shortening, use 1 cup plus 2 tablespoons milk.

Sift flour once, measure, add soda and salt, and sift together three times.

Cream shortening, add sugar gradually, and cream together until light and fluffy.

Add eggs, one at a time, beating well after each. Add chocolate and blend.

Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Add vanilla.

Turn into two round 9-inch layer pans,

$1\frac{1}{2}$  inches deep, which have been lined on bottoms with paper, then greased. Bake in moderate oven ( $350^{\circ}\text{F.}$ ) 30 minutes, or until done. Cool.

This cake may also be baked in 13x9x2-inch pan in moderate oven ( $350^{\circ}\text{F.}$ ) 40 minutes, or until done.

Or bake in greased muffin pans in moderate oven ( $375^{\circ}\text{F.}$ ) 20 minutes, or until done. Fill pans only  $\frac{1}{2}$  full. Makes 20 large or 36 small cupcakes.

#### Delicious Variations

##### FUDGE CAKE

Use 2 squares Baker's Unsweetened Chocolate instead of 3 squares in Devil's Food Cake. Bake in 13x9x2-inch pan. Spread with Easy Fudge Frosting or Rich Chocolate Frosting (page 77).

##### COCOA DEVIL'S FOOD

Use  $\frac{1}{2}$  cup Baker's Breakfast Cocoa instead of the chocolate in Devil's Food Cake and increase shortening to  $\frac{3}{4}$  cup.



★ Try Devil's Food, then try Boiled Frosting. You will end with a luscious finish like this.

Sift cocoa with flour mixture. Spread cake with Cocoa Mocha Frosting (page 77).

##### SEA FOAM DEVIL'S FOOD

Make Devil's Food Cake with brown sugar and use 1 egg and 2 egg yolks instead of 2 whole eggs. Spread with Sea Foam Frosting (page 75).

For a party, top frosting with chocolate coating, prepared as directed on page 22. Dribble chocolate in ribbons across top of cake, or coat the top completely.

##### DEVIL'S FOOD SURPRISE CAKES

Bake Devil's Food Cake in large muffin pans. When cool, remove cone-shaped piece from center of each. Fill hollows with Cocoa Whipped Cream (page 76). Replace cone-shaped tops lightly.

##### BUTTERMILK DEVIL'S FOOD

Use buttermilk or sour milk instead of sweet milk in Devil's Food Cake and increase soda to  $1\frac{1}{4}$  teaspoons. Spread with White Fudge Frosting (page 77) or Boiled Frosting (page 76).



★ So fine, so rich, so velvety—so perfect!

#### Qualities of Conventional Cakes

##### Perfect to look at

- Cake seems high and light
- Has an even contour
- Slightly rounded on top
- With tender, "puffy" crust

##### Fine, lacy inside crumb

- Has feathery, fine, even grain
- Soft, springy, delicate to touch
- Feels velvety smooth

##### Delicious to eat

- With melt-in-your-mouth crumb
- A rich, satisfying flavor
- Keeps daintily moist and rich



## Devil's Food Cake

(SMALL RECIPE—1 EGG)

- 1 cup sifted Swans Down Cake Flour
- $\frac{1}{2}$  teaspoon soda
- $\frac{1}{2}$  teaspoon salt
- 4 tablespoons shortening
- $\frac{2}{3}$  cup granulated sugar or
- $\frac{3}{4}$  cup brown sugar (firmly packed)
- 1 egg, unbeaten
- $1\frac{1}{2}$  squares Baker's Unsweetened Chocolate, melted
- \* Milk (see below for amount)
- $\frac{1}{2}$  teaspoon vanilla

\* With butter, margarine, or lard, use  $\frac{1}{2}$  cup milk. With vegetable or any other shortening, use  $\frac{1}{2}$  cup plus 1 tablespoon milk.

Sift flour once, measure, add soda and salt, and sift together three times.

Cream shortening, add sugar gradually, and cream together until light and fluffy.

Add egg and beat well. Add chocolate and mix to blend.

Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Add vanilla.

Turn into 8x8x2-inch square pan or a round 9-inch layer pan,  $1\frac{1}{2}$  inches deep. Pan should be lined on bottom with paper, then greased. Bake in moderate oven ( $350^{\circ}\text{F.}$ ) 30 minutes, or until done. Cool.

This cake may also be baked in greased muffin pans in moderate oven ( $375^{\circ}\text{F.}$ ) 20 minutes, or until done. Fill pans only  $\frac{1}{2}$  full. Makes 10 large or 18 small cupcakes.

**One question:** Can conventional-method cakes be mixed by the Mix-Easy method?

**Answer:** Some can, some cannot. Adjustments may be necessary. So it's best to follow each recipe. (Compare this Devil's Food Cake with the Mix-Easy Devil's Food on page 59.)



\* Give the flour, soda, and salt three siftings.



\* Shortening is waxy smooth, ready for sugar.



\* For this cake, beat in the eggs, one by one.

\* Add rich melted chocolate—get every bit!



## KEY STEPS

**1. Sift the flour**—once before measuring. Then, after measuring, sift it three times more with the soda and salt. Two squares of waxed paper are handy for this. You can sift flour easily onto one paper, then resift onto another.

**2. To cream shortening and sugar**, first work or mash the shortening against sides of bowl, using a wooden mixing spoon or paddle. When the shortening is soft, plastic, and waxy, sprinkle with a small amount of sugar and cream it well into the shortening. Continue adding sugar in this way. . . . It takes about 6 additions of sugar and 50 creaming strokes after each. . . . Then scrape bowl and spoon well and cream a final 75 strokes. Notice how fluffy it looks!

**3. The eggs go in, one at a time** with a thorough 75-stroke beating after each. This beats air into the eggs.

**4. Add melted chocolate** and blend thoroughly (75 strokes). This is the simplest, best way to add chocolate to batters. Notice the rubber scraper; it will remove every trace of chocolate from the bowl!

**5. Add flour and liquid, alternately.** First, add about  $\frac{1}{4}$  of the sifted flour and beat in well (50 strokes). Then add about  $\frac{1}{3}$  of the milk; beat again (50 more strokes). Continue in this way until all milk and flour have been added. Scrape the bowl frequently. The vanilla can go in last with a final beating (75 strokes) for good measure!

## Points on Conventional Cakes

### Importance of sifting flour

Remember, flour packs on standing. It should always be sifted once before measuring. Then cup measures will be accurate. After measuring, the Swans Down is sifted three times more with the leavening and salt to distribute them evenly. This triple sifting separates the tiny flour particles and makes the cake light and even.

### Thorough creaming pays

For the shortening, use one that creams readily. The creaming step should not be hurried or skimmed, for thorough creaming gives fine texture to cake. Either granulated or brown sugar may be used here. The white-sugar cake will have a reddish-brown color while brown sugar gives richer flavor and moistness.

### The liquid adjustment

Shortenings differ. They give differing results in cakes. Swans Down recipes are worked out so that all you have to do is make a slight adjustment in the liquid to insure best results with each shortening.

In general, butter, margarine, and lard require a little less liquid, vegetable shortenings, a little more. Actually, other factors are involved (the relation of shortening, sugar, and liquid) but the simple adjustment of 1 or 2 tablespoons of liquid keeps the right balance within the recipe.

### Additions of flour and liquid

After beating in the eggs (and adding the chocolate) the cake batter looks light and smooth—almost fluffy with air. To keep this consistency, add the flour and liquid alternately, in small amounts, beating each in well. Begin and end with flour.

The making of light, tender, golden baking powder biscuits is a basic skill in the realm of home arts. For you'll find that a deft hand with biscuits brings success to many another delicious dish—shortcakes, cobbles, coffee cakes, meat pies, and even pastry. Here are fine technic points on mixing the dough, and kneading, shaping, and baking the biscuits.

## LESSON

# 3

# BISCUITS

*sure to be Perfect*

## Baking Powder Biscuits

(LARGE RECIPE)

2 cups sifted flour\*  
2½ teaspoons Calumet Baking Powder  
¾ teaspoon salt  
5 tablespoons shortening  
¾ cup milk (about)

\*If Swans Down Cake Flour is used, decrease baking powder to 2 teaspoons; use only ½ cup milk.

Sift flour once, measure, add baking powder and salt, and sift into bowl.

Cut in shortening until mixture looks like coarse meal, using a pastry blender or two knives. Add milk and stir until soft dough is formed (about 20 strokes).

Turn onto lightly floured board and knead 30 seconds to shape (20 kneading turns).

For high fluffy biscuits, pat or roll dough lightly ½ inch thick and cut with floured 2-inch cutter. For thinner, crusty biscuits, pat or roll dough ¼ inch thick and cut with floured 2¼-inch cutter.

Bake on ungreased baking sheet in hot oven (450°F.) 12 to 15 minutes. Makes 14 baking powder biscuits.

Serve at once with butter. For variety, serve with jam or jelly, honey, Log Cabin Syrup, or shaved maple sugar.

*Note:* Buttermilk or sour milk may be substituted for sweet milk in this recipe. Use slightly more because buttermilk is thicker than sweet milk; and sift ¼ teaspoon soda with the flour mixture.

## Delicious Variations

### SHORT-CUT BISCUITS

Cut rolled biscuit dough in squares or triangles with a knife. (This avoids re-rolling the dough.)

### FRUIT SHORTCAKES

Add 2 tablespoons sugar to flour mixture for Baking Powder Biscuits. Roll dough ¼ inch thick and cut with 3-inch cutter. Place half of circles on baking sheet; brush with melted butter. Top with remaining circles and butter again. Bake as directed. Split hot shortcakes apart and spread soft butter and cut sweetened fruit between halves and on top. Serve with whipped cream.



\* Handsome to look at, still better to eat—are fresh, hot biscuits, quick from the oven.

### TEA BISCUITS

Mix biscuit dough, using Swans Down Cake Flour according to directions. Roll out and cut with 1¾-inch cutter. Bake. Serve hot with butter and jam, marmalade, or honey. Swans Down biscuits are extra feathery and tender.



\* Flaky, light, fine—all ready for the butter.

### PINWHEELS

Roll biscuit dough into a 12x10-inch rectangle. Spread with ½ cup raspberry jam. Roll as for jelly roll. Cut in 1-inch slices and bake on greased baking sheet in hot oven (450°F.) 15 to 20 minutes.

### DROP BISCUITS

Mix biscuit dough, increasing milk to 1 cup. Drop from teaspoon onto baking sheet or greased mullin pans. Bake.

### CHEESE BISCUITS

Add 1 cup grated American cheese to flour mixture for Baking Powder Biscuits. Roll dough and cut as desired. Sprinkle biscuits with paprika before baking.

## Qualities of Perfect Biscuits

### Look well-shaped—nicely baked

Biscuits appear doubled in volume  
Sides fairly straight, tops level  
Crust is a delicate golden brown  
It breaks off in tender flakes

### Creamy, flaky inside crumb

Creamy white and fine celled  
Pulls apart in flaky layers  
Is soft and light—not soggy

### Delicious to eat

Fresh and hot and tender  
Tastes thoroughly baked  
Satisfying and wholesome



## Baking Powder Biscuits

(SMALL RECIPE)

- 1 cup sifted flour\*
- 1¼ teaspoons Calumet Baking Powder
- ½ teaspoon salt
- 2½ tablespoons shortening
- 6 tablespoons milk (about)

\* If Swans Down Cake Flour is used, decrease baking powder to 1 teaspoon and use only ¼ cup milk.

Sift flour once, measure, add baking powder and salt, and sift into bowl.

Cut in shortening until mixture looks like coarse meal, using a pastry blender or two knives. Add milk and stir with fork until soft dough is formed (about 15 strokes).

Turn out on lightly floured board and knead 20 seconds to shape (15 kneading turns).

For high fluffy biscuits, pat or roll dough lightly ½ inch thick and cut with floured 2-inch cutter. For thinner, crusty biscuits, pat or roll dough ¼ inch thick and cut with floured 2¼-inch cutter.

Bake on ungreased baking sheet in hot oven (450°F.) 12 to 15 minutes. Makes 7 biscuits.

*Note:* Buttermilk or sour milk may be substituted for sweet milk in this recipe. Use slightly more because buttermilk is thicker than sweet milk; and sift ¼ teaspoon soda with the flour mixture.

### Savory Biscuits

Add 2 tablespoons grated carrots and 1½ teaspoons minced parsley to flour mixture for biscuits above. Use as a topping for a stew, or for shortcakes with creamed meats.

**One question:** Can biscuits be mixed and stored for baking at the last minute?

**Answer:** The best short cut is to keep the Calumet Ever-Ready Recipe (page 65) blend on hand. Then you can mix a batch of biscuits when needed.



★ Light strokes cut shortening into flour.



★ The dough follows spoon around the bowl.



★ A little deft kneading makes biscuits flaky.

★ Roll lightly, flour slightly—are the rules.



## KEY STEPS

**1. Cut shortening lightly into the flour mixture.** It's easy to do with a wire pastry blender, but two knives can be used. Hold a knife in each hand and cut "crisscross." Shortening should be cut—not mashed—until divided into tiny pieces and mixture looks granular like coarse meal.

**2. Add half the liquid,** pouring it into a little well in the flour, and start mixing at once. Try to avoid splashing. Then add remaining liquid gradually, just until the dough is stiff enough to follow around the bowl.

**3. Knead lightly—and not too long.** This develops the fine texture and elasticity that make biscuits flaky and high. Have the board and the fingers dusted lightly with flour. To knead, lift the dough with finger tips and fold it over lightly; then press down quickly with the heel of the hand. That's a kneading turn.

**4. Pat or roll ½ inch thick.** Avoid pressing heavily. Use light strokes to keep the dough springy. Then cut with a cutter dipped in flour. All edges and scraps of dough are pressed together

★ Pretty biscuits these will be—baked apart.



and rerolled to cut out more biscuits.

**5. Cut biscuits straight down—do not twist the cutter if you want level tops.** Place well apart on the baking sheet for handsome individual biscuits, or with sides touching for a sheet of biscuits.

## Points on Making Biscuits

### Everything counts

The very simplicity of baking powder biscuits makes them reflect small differences in proportions and technic. So measure carefully and cultivate a quick, light touch if you would be a good biscuit-maker.

### Right amount of liquid

Best biscuits are made from dough that is soft, light, and springy, but not sticky. So it is important to use the right amount of liquid. This may be more or less than is specified, depending upon the flour used. By practicing a few times with one brand of flour, it is possible to learn the exact amount needed. Note that an exact amount is specified for Swans Down.

### Good shape for biscuits

In laboratory studies when biscuits of uniform thickness and size are required, the dough is often rolled out in a wooden hoop, ½ inch deep. This is not important for home biscuits. But the dough should be rolled evenly and biscuits cut with a straight—not a twisting—motion.

### Quick baking

It takes a hot oven to raise and bake biscuits quickly. Serve fresh and hot. You may prefer to bake a few at a time on an oven-glass plate to bring right to the table.

A new method for muffins rivals the old for it gives fine, fluffy, perfect muffins even with an inexperienced hand. This new method cuts in the shortening as for biscuits, the old way adds *melted* fat. Either one is improved by the special mixing technic given here which pushes and chops ingredients together to prevent over stirring.

## LESSON



# MUFFINS

*with a new style of Mixing*

## Best-ever Muffins

(LARGE RECIPE)

2 cups sifted flour\*  
2½ teaspoons Calumet Baking Powder  
2 tablespoons sugar  
¾ teaspoon salt  
½ cup shortening  
1 egg, well beaten  
¾ cup milk

\* If Swans Down Cake Flour is used, decrease milk to ½ cup.

### New Method

Sift flour once, measure, add baking powder, sugar, and salt and sift into bowl.

Cut in shortening. Combine egg and milk and add all at once to flour mixture.

To mix, draw spoon from side of bowl toward center (15 times), turning bowl gradually. Chop spoon through batter (10 times). Then stir *only* until all flour is dampened (only about 5 strokes).

Turn into greased muffin pans, filling each about ¾ full. Bake in hot oven (400°F.) 25 minutes, or until done. Makes 10 large muffins.

### Regular Method

Sift flour once, measure, add baking powder, sugar, and salt and sift into bowl.

Combine egg and milk and add to flour mixture. Add *melted* shortening.

To mix, draw spoon from side of bowl toward center (15 times), turning bowl gradually. Chop spoon through batter (10 times). Then stir *only* until all flour is dampened (only about 5 strokes).

Turn into greased muffin pans, filling each about ¾ full. Bake in hot oven (400°F.) 25 minutes, or until done. Makes 10 large muffins.

## Delicious Variations

### CORN MUFFINS

Use only 1 cup sifted flour in Best-ever Muffins, but increase baking powder to 3 teaspoons and add ¾ cup yellow corn meal to sifted flour mixture.

### BRAN MUFFINS

Use only 1 cup sifted flour in Best-ever Muffins. Increase baking powder to 3 tea-



★ Each perfect muffin seems so light to lift. Tuck them snugly to keep hot at the table.

spoons and add 1¼ cups Post's 40% Bran Flakes to batter before baking.

### SPICY-CRUST MUFFINS

Mix together 2 tablespoons sugar and ¼ teaspoon cinnamon. Sprinkle this spice mixture over batter in pans before baking.

### DATE OR PRUNE MUFFINS

Add ¾ cup finely cut dates or prunes to egg-milk mixture for muffins.

### DELUXE MUFFINS

Use ½ cup shortening instead of ½ cup in Best-ever Muffins.

### BLUEBERRY MUFFINS

Make Best-ever Muffins with ½ cup shortening instead of ½ cup. Fold 1 cup blueberries into batter before baking.

### CRANBERRY MUFFINS

Make Best-ever Muffins with ½ cup shortening instead of ½ cup. Chop 1 cup cranberries; sprinkle with 2 tablespoons sugar and fold into batter before baking.



★ Just the Best-ever, both outside and in!

## Qualities of Perfect Muffins

### High, rounded, handsome

Each one seems light to lift  
Crust tender and golden brown  
A little shiny and puffed

### Fluffy inside crumb

Tender, loose, with even cells  
Free from big holes or tunnels  
Neither damp nor dry

### Delicious to eat

Tender to bite or to break  
Soft and a little moist  
Delicate, good baked flavor  
Not breadly, not too sweet





★ Get everything ready for non-stop mixing.



★ Fat is chopped in, then the liquid is added.



★ Just a few push-chop-stirs do the mixing.

★ Fill greased pans about  $\frac{3}{4}$  full of batter.



## KEY STEPS

1. Muffins call for a minimum of mixing. So, before you start have all ingredients ready, the muffin pans greased, and the oven heated. Measure the dry ingredients—sifted flour, baking powder, sugar, and salt—and sift together once, right into mixing bowl.

2. For new-method muffins, cut the shortening into the flour (as for biscuits) until pieces are the size of tiny peas. To beat the egg, use a bowl that fits the egg beater. Beat until egg is thick and foamy, then pour in the milk, mix, and add these to the flour mixture.

3. Here, a special technic "pushes and chops" the ingredients together to avoid overstirring. Use the spoon to push flour lightly from the edge of the bowl toward the center, turning the bowl slowly. Go once around the bowl then chop straight through the mixture several times with spoon to combine ingredients further—without stirring. Finally, stir just enough to dampen all flour. The mixture will still look lumpy.

4. Lift batter lightly by spoonfuls into well-greased pans, filling each only  $\frac{3}{4}$  full. (Any empty muffin cups may be partially filled with water to avoid burning pan.) Place filled pan at once in hot oven and do not overbake.

5. Serve muffins piping hot. They should not be made too far in advance of serving time, for they are best oven-fresh. If left over, muffins may be split and toasted, or reheated in a covered double boiler.

## Best-ever Muffins

(SMALL RECIPE)

- 1 cup sifted flour
- $\frac{1}{4}$  teaspoons Columet Baking Powder
- 1 tablespoon sugar
- $\frac{1}{2}$  teaspoon salt
- 3 tablespoons shortening
- 3 tablespoons well-beaten egg
- 6 tablespoons milk

### New Method

Sift flour once, measure, add baking powder, sugar, and salt and sift into bowl.

Cut in shortening. Combine egg and milk and add all at once to flour mixture.

To mix, draw spoon from side of bowl toward center (10 times), turning bowl gradually. Chop spoon through batter (7 times). Then stir *only* until all flour is dampened (only about 3 strokes).

Turn into greased muffin pans, filling each about  $\frac{3}{4}$  full. Bake in hot oven (400°F.) 25 minutes, or until done. Makes 5 large muffins.

### Regular Method

Sift flour once, measure, add baking powder, sugar, and salt and sift into bowl.

Combine egg and milk and add to flour

mixture. Then add the *melted* shortening. Mix and bake the same way as directed for new method.

## Points on Making Muffins

### A good recipe important

There's a world of difference in muffins and good recipes are hard to find! The one chosen here represents a tender, fine-quality, all-around muffin. It's the kind of recipe worth knowing by heart.

### Why cut in shortening

The new method for muffins cuts the shortening into the flour. This distributes the fat through the flour so that the gluten (in the flour) has less chance to develop or toughen when liquid is added.

### Overmixing—a common fault

From start to finish, muffin batter calls for the least possible mixing. Stirring develops the gluten in flour. It becomes elastic and makes tough muffins, with long tunnels inside and peaks or knobs on top.

★ Guesswork never makes Best-ever Muffins. But the right recipe and mixing will give beauties.



Faster than hands and even more reliable is today's electric mixer that brings new ease to cake making. Here are cake twins—one uses egg whites; one, the yolks. These demonstrate the mixer technic for both conventional and Mix-Easy cakes. You can mix them by hand, too. For the mixer directions parallel the hand mixing methods.

## LESSON

# 5

## MIXER CAKES

*show two Best Techniques*

### Silver Moon Cake

(5 EGG WHITES)

2½ cups sifted Swans Down Cake Flour  
3 teaspoons Calumet Baking Powder  
1 teaspoon salt  
5 egg whites  
½ cup sugar  
¾ cup shortening  
1 teaspoon vanilla or grated lemon rind  
1¼ cups sugar  
1 cup milk

Sift flour once, measure, add baking powder and salt, and sift together three times.

In small mixer bowl, beat egg whites at high speed until foamy. Add ½ cup sugar gradually, beating only until meringue will hold up in soft peaks.

In large mixer bowl, beat shortening and flavoring at medium speed until smooth and plastic. Turn to high speed and add 1¼ cups sugar gradually during 1 minute's beating. Scrape down bowl and beater well; then beat 1 minute longer.

Add flour mixture, alternately with milk in small amounts, beating at low speed after each. Add first about ¼ of flour, beat

20 seconds; then add ¼ of milk; beat 20 seconds more. Continue rapidly in this way until all flour and milk are used. Scrape down bowl and beater.

Add meringue and beat 1 minute more. Turn into two round 9-inch layer pans, 1½ inches deep, which have been lined on bottoms with paper, then greased. Bake in moderate oven (375°F.) about 30 minutes.

### Delicious Variations

#### SPECIAL PARTY CAKE

Use recipe for Silver Moon Cake. Melt 2 squares Baker's Unsweetened Chocolate; cool and fold gently into cool Seven Minute Frosting (page 75). Then spread on cake. Top with ribbons of melted chocolate, prepared as directed on page 22.

#### SPRINGTIME CAKE

Bake Silver Moon Cake in 16x10x2-inch pan in moderate oven (375°F.) about 30 minutes. Spread with Strawberry Fluff Frosting (double recipe, page 76).



★ Silver Moon Cake shines with party frosting and chocolate ribbons on top.

### Mix-Easy Gold Cake

(5 EGG YOLKS)

**Preparations.** Have the shortening at room temperature. Line bottom of 10x5x3-inch loaf pan with paper; then grease. Start oven for moderate heat (350°F.). Sift flour once before measuring.

#### Measure into sifter:

2 cups sifted Swans Down Cake Flour  
2 teaspoons Calumet Baking Powder  
¾ teaspoon salt  
1 cup sugar

#### Measure into mixer bowl:

½ cup shortening

#### Measure into cup:

\* Milk (see below for amount)  
1 teaspoon vanilla

#### Have ready:

5 egg yolks, unbeaten

\* With butter, margarine, or lard, use ¾ cup milk. With vegetable or any other shortening, use ¼ cup.

(Set mixer at a low speed. Count only actual beating time. Scrape bowl frequently during the mixing and scrape beater between beating periods.)

**Step 1.** Mix shortening just to soften. Sift in dry ingredients. Add egg yolks and ½ of the milk and mix until all flour is dampened. Then *beat 2 minutes*.

**Step 2.** Add remaining milk and *beat 1 minute* longer.

**Baking.** Turn batter into pan. Bake in moderate oven (350°F.) about 1 hour.

#### OLD-FASHIONED LOAF CAKE

Add ¼ teaspoon nutmeg to Mix-Easy Gold Cake. Sift it with the flour mixture.

## KEY POINTS

1. Remember, the mixer is fast and efficient. So have everything ready: pans lined and greased, oven preheated, ingredients at your fingertips.

2. Keep batter scraped down in bowl during mixing so all batter is reached. A long-handled rubber scraper or spatula is handy for this. And scrape beater, too, between mixing or beating periods.

3. Overbeating is the common fault.





★ For something pretty, something new, fill angel food loaf with berries and cream.

## Angel Food Loaf

(SMALL RECIPE)

½ cup sifted Swans Down Cake Flour  
¾ cup sifted sugar  
⅔ cup (5 or 6) egg whites—  
at room temperature  
½ teaspoon salt  
½ teaspoon cream of tartar  
½ teaspoon vanilla  
¼ teaspoon almond extract

Sift flour once, measure, add ¼ cup of the sugar, and sift together four times.

Beat egg whites and salt with flat wire whisk or rotary egg beater until foamy. Sprinkle in cream of tartar and continue beating until egg whites are stiff enough to hold up in soft peaks, but are still moist and glossy.

Sprinkle remaining sugar on egg whites, 2 tablespoons at a time, and beat after each addition to blend (25 strokes). Beat in flavoring (10 strokes).

Sift about half of flour over mixture and fold in lightly (15 fold-over strokes), turning bowl gradually. Add last of flour and fold in well (25 strokes).

Turn into ungreased 10x5x3-inch loaf pan. Bake in moderate oven (375°F.) 25 minutes, or until done. Remove from oven, invert pan on rack, and let stand 1 hour, or until cake is cool.

## Delicious Variations

### RASPBERRY CREAM ANGEL LOAF

Make Angel Food Loaf as directed. Cut wedge from top of loaf, 3 inches wide x 1½ inches deep; slice. Fill loaf with mixture of 1 cup whipped cream and ½ cup sweetened raspberries. Insert wedge slices on top.

### COCOA ANGEL FOOD CAKE

Use Swans Down Angel Food (large recipe). Reduce flour to ¾ cup sifted Swans Down Cake Flour and add 6 tablespoons Baker's Breakfast Cocoa. Bake in moderate oven (350°F.) 40 to 45 minutes.

### ANGEL FOOD DREAM CAKE

Cut Swans Down Angel Food (large) to make three layers. Whip 1½ cups heavy

## LESSON

6

This heavenly cake is leavened just with air. Air is sifted into the flour; it is beaten into an egg white meringue. Then these mixtures are folded together gently, just so. Here are all the secrets in an angel food loaf or a large angel food cake, with a note on using the electric mixer, too.

# ANGEL FOOD

*a Wonderful Way*

cream with 1 cup dark brown sugar and ¼ teaspoon vanilla. Spread this amber whipped cream between layers and over cake. Chill in refrigerator 2 hours before serving. Cut in wedges. Makes 14 to 16 servings.

### FROSTED ANGEL FOOD

Spread angel food with Butterfly Frosting (page 76) or Chocolate Glaze (page 77).

## Swans Down Angel Food

(LARGE RECIPE)

1 cup sifted Swans Down Cake Flour  
1½ cups sifted sugar  
1¼ cups (10 to 12) egg whites—  
at room temperature  
¼ teaspoon salt  
1¼ teaspoons cream of tartar  
1 teaspoon vanilla  
¼ teaspoon almond extract

Sift flour once, measure, add ½ cup sugar, and sift together four times.

Beat egg whites and salt with flat wire whisk or rotary egg beater until foamy.

Sprinkle in cream of tartar and continue beating until egg whites are stiff enough to hold up in soft peaks but are still moist and glossy.

Sprinkle rest of sugar over egg whites, 4 tablespoons at a time, and beat after each addition to blend (25 strokes). Beat in flavoring (10 strokes).

Sift about ¼ of flour over mixture and fold in lightly (15 fold-over strokes), turning the bowl gradually. Fold in flour by fourths in this way, folding well after last addition (10 extra strokes).

Turn into ungreased round 10-inch tube pan. Bake in moderate oven (375°F.) 30 to 35 minutes. Remove from oven, invert pan, and let stand 1 hour, or until cool.

To use electric mixer, beat egg whites and salt in large mixer bowl at medium to high speed until foamy. Add cream of tartar; beat until stiff enough to hold up in definite peaks, but not dry. Continue beating at high speed, adding sugar rapidly, 1 tablespoon at a time. Beat only until sugar is just blended. Add flavoring. Remove bowl from mixer. Fold in flour mixture by hand, as above.



★ Four siftings of the flour for angel food.



★ Beat egg whites just to soft, moist peaks.



44 ★ Be sure it's cold, then coax cake from pan.

## KEY STEPS

1. Fine flour—Swans Down—and fine granulated sugar are of first importance to angel food. Part of the sugar is sifted with the flour to help separate the tiny flour particles. Four siftings make the flour feathery-light with air.

2. Eggs at room temperature beat up easily and give finest grain and delicacy. Use large bowl for egg whites and beat with a flat wire whisk or rotary egg beater. Add salt and beat until foamy. Then sprinkle in cream of tartar and beat until the fluffy whites pile up in moist, glossy peaks when the beater is raised.

3. Add the remaining sugar, a fourth at a time, beating 25 strokes after each. The flavoring takes 10 strokes more.

4. The flour is folded in from now on, not beaten. Use the same wire whisk or a spoon for this. Each addition of flour is folded in lightly with rhythmic strokes that cut down through the mixture, lift some of it up, and roll it over in one motion. Allow 15 complete folding strokes for blending in each addition of flour; then 10 additional strokes at the last. Notice the beautiful light batter.

5. Never grease the pan for angel food. The batter must cling to the sides in order to reach its full height. A moderate oven (375°F.) bakes angel food so quickly that it is wonderfully light, tender, and moist. After baking, invert pan on a rack so the cake hangs in the pan while cooling.

This quickly mixed, quickly baked jelly roll is made from a baking powder sponge cake, baked in a sheet. There's a special knack that insures a neat, tight roll. It calls for rolling up the baked cake first to "train" it. Then it can be unwound, spread with jelly—or filling—and rerolled most successfully.

## LESSON

7

# SPONGE CAKE

## *in an Easy Jelly Roll*

### Old-fashioned Jelly Roll

(LARGE RECIPE—4 EGGS)

¾ cup sifted Swans Down Cake Flour  
¾ teaspoon Calumet Baking Powder  
¼ teaspoon salt  
4 eggs (at room temperature)  
¾ cup sugar  
1 teaspoon vanilla  
1 cup tart red jelly

Sift flour once and measure.

Combine baking powder, salt, and eggs in bowl. Beat with rotary egg beater, adding sugar gradually until mixture becomes thick and light-colored.

Gradually fold in flour, then the vanilla.

Turn into 15x10-inch pan which has been lined with paper, then greased. Bake in hot oven (400°F.) 13 minutes.

Turn cake out on cloth or towel, dusted with powdered sugar. Quickly remove paper and cut off crisp edges of cake. Roll cake, rolling cloth up in cake. Let cool about 10 minutes. Unroll, spread cake with jelly, and roll again. Wrap in cloth; place on cake rack to finish cooling.

Other fillings may be used for this roll: For a cream jam roll, fold ¾ cup fruit jam into ½ cup cream, whipped.

For a fresh berry roll, use 1 cup cream, whipped and sweetened, then sprinkle with 2½ cups thinly sliced strawberries. (Cake should be cold before spreading.)

For a custard cream roll, use a custard filling, lemon filling, or orange filling instead of jelly.

### Delicious Variations

#### JELLY ROLL À LA MODE

Cut Old-fashioned Jelly Roll in slices about 1 inch thick. Top each with scoop of vanilla or pistachio ice cream.

#### STRAWBERRY CREAM SHORTCAKE

Bake sponge sheet for Old-fashioned Jelly Roll and cool on rack without rolling. Cut sheet in half. Spread one half with sweetened whipped cream, then crushed sweetened strawberries; top with second half and additional whipped cream and berries.





★ Whirly, curly jelly roll may look hard but it's one of the quickest and easiest.

## Minikin Jelly Rolls

(SMALL RECIPE—2 EGGS)

- ½ cup sifted Swans Down Cake Flour
- ½ teaspoon Calumet Baking Powder
- Dash of salt
- 2 eggs (at room temperature)
- ½ cup sugar
- ½ teaspoon vanilla
- ¾ to 1 cup tart red jelly

Sift flour once and measure.

Combine baking powder, salt, and eggs in bowl. Beat with rotary egg beater, adding sugar gradually until mixture becomes thick and light-colored.

Gradually fold in flour, then the vanilla. Turn into 15x10-inch pan which has been lined with paper, then greased. Bake in hot oven (400°F.) 10 minutes.

Turn cake out on cloth or towel, dusted with powdered sugar. Quickly remove paper and cut off crisp edges of cake. Cut lengthwise, then crosswise twice, to make 6 pieces of equal size. Spread each with jelly, and roll into individual jelly rolls. Cool on cake rack.

Rolls may be decorated, if desired. Use sweetened whipped cream and force it through pastry tube to make borders at ends of each roll and rosettes on top.

## Delicious Variations

### JELLY ROLL TEA SLICES

Cut Minikin Jelly Rolls in ½-inch slices. Makes 4½ dozen slices to serve with tea or fruit punch.

### BRAMBLE CAKES

Bake sponge sheet for Minikin Jelly Rolls and cool on rack without rolling. Cut sheet in half. Put together as layers, spreading blackberry jam or jelly between. Cut in 18 pieces. Spread Seven Minute Frosting (½ recipe, page 75) over tops and sides of each cake and sprinkle well with Baker's Shredded Coconut. (Serve with forks!)

Or use Chocolate Cream Filling (page 78, without nuts) instead of jelly and frosting, and chopped nuts instead of coconut.

## KEY STEPS

**1. Prepare pan carefully for jelly roll.** The paper lining is fitted into the bottom of the pan, then greased all over for real protection! You don't want any sticking at the finals for this cake.

**2. Be sure the eggs are at room temperature;** then beat them with the baking powder and salt until the first froth changes to a foam all through. The sugar is then added, a little at a time, beating until the spongy mixture piles up thick in the bowl. Flour and vanilla are folded in gently.

**3. Pour the fluffy batter into the pan** and spread evenly way to the corners, using a spatula or rubber scraper. Bake in a hot oven *just* until done. The short baking time makes jelly roll an excellent hurry-up dessert.

**4. To be ready for rolling,** smooth out a clean towel and sprinkle it with powdered sugar. A small pointed knife can be used to cut around edge of the baked cake and to lift corners. Invert the pan on the towel—near one end—and coax out the cake with a spatula. Remove the paper and cut off crisp edges all around the cake.

**5. Turn up the end of the cake** about 1 inch, lifting it with the towel, and start rolling. Let towel roll up in the cake; and continue until it wraps around the roll snugly. Cool for 10 minutes. Then unroll, spread cake with jelly, and roll up again. This time, use the towel for outside wrapping only.



★ Beat in the sugar, just a little at a time.



★ Spread the spongy batter way to corners.



★ Lift the towel to keep the cake rolling.



Who can resist cookies? They're such fun to make. Yet good cookies don't just happen. They must be rich and sweet; the dough must be manageable. Drop cookies are the easiest. They are mixed like conventional cake, then dropped from a teaspoon and baked quickly.

## LESSON

# DROP COOKIES

*simplest to make of All*

## Salted Peanut Cookies

	HOME RECIPE ( 50 cookies )	PARTY RECIPE ( 200 cookies )
All-purpose flour or Swans Down Cake Flour, sifted.....	1½ cups.....	6 cups (1½ lbs.)
Calumet Baking Powder.....	½ teaspoon.....	2 teaspoons
Soda.....	¾ teaspoon.....	3 teaspoons
Salt.....	½ teaspoon.....	2 teaspoons
Shortening.....	½ cup.....	2 cups
Brown sugar (firmly packed).....	1¼ cups.....	5 cups
Eggs, unbeaten.....	1.....	4
Milk.....	¼ cup.....	1 cup
Post's Grape-Nuts Flakes, Post's Raisin Bran, or Post's 40% Bran Flakes.....	1½ cups.....	6 cups
Salted peanuts, chopped.....	¾ cup.....	3 cups (¾ lb.)

Sift flour once, measure, add baking powder, soda, and salt and sift again.

Cream shortening; add sugar gradually and cream together until light and fluffy. Add egg and beat well.

Add flour, alternately with milk, mixing well after each addition. Add Flakes and peanuts and blend.

Drop from teaspoon onto greased baking sheet; flatten slightly with fork.

Bake in moderate oven (375°F.) 8 minutes, or until done.

## RAISIN COOKIES

Substitute raisins for peanuts in cookies. Increase salt to ¾ teaspoon in home recipe, 1 tablespoon in party recipe.

## CHOCOLATE CHIP PEANUT COOKIES

Omit cereal flakes in cookies. Add Baker's Semi-Sweet Chocolate Chips and vanilla with the peanuts. Use 1 package chips, 1 teaspoon vanilla for home recipe; or 4 packages chips, 4 teaspoons vanilla for party recipe. Bake 10 to 12 minutes.



★ Crisp cookies keep crisp in a jar or tin box with tight cover.

## KEY STEPS

1. These cookies are mixed like conventional-method cake. The shortening is creamed, the sugar added, a little at a time, then the egg beaten in well. (If using butter, decrease salt in recipe slightly.) Notice, flour and liquid are mixed in, not beaten.

2. For each cookie, scoop up a well-rounded teaspoon of dough, then, with scraper, slip the dough onto a greased baking sheet. Place cookies well apart as they spread while baking. When sheet is filled, dip a fork in flour and press each cookie to flatten it slightly.

3. Cookies bake quickly and, because they are rich, they can scorch easily. So watch the baking and turn the cookie sheet, or raise or lower in the oven if the baking seems uneven. When cookies are lightly browned, remove from oven. Use a spatula to lift cookies at once onto the cake rack to cool. Do not pile them.

4. If baking dozens of cookies use two or more baking sheets. While one sheet bakes, the next may be filled. To re-use cookie sheet, remove crumbs with spatula, grease, and refill. Store crisp cookies like these tightly covered.



★ Brown sugar is creamed with shortening.



★ Drop well apart so each one can spread.



★ Cool on rack — do not pile warm cookies. 49



Today's housewife keeps icebox cookie dough on hand, ready to slice and bake on occasion. Only fresh-baked cookies can taste so good! They're made of rich dough, shaped, and kept in the refrigerator. The popular chocolate recipe here tells all about these favorites.

## LESSON

# COOKIES

*handy to bake as Needed*

### Chocolate Icebox Cookies

	LARGE RECIPE (150 cookies)	SMALL RECIPE (75 cookies)
Swans Down Cake Flour, sifted.....	4 cups.....	2 cups
Calumet Baking Powder.....	3½ teaspoons.....	1¾ teaspoons
Salt.....	1½ teaspoons.....	¾ teaspoon
Soft butter or other shortening.....	1 cup.....	½ cup
Sugar.....	1½ cups.....	¾ cup
Eggs, unbeaten.....	2.....	1
Baker's Unsweetened Chocolate, melted	4 squares.....	2 squares
Vanilla.....	1 teaspoon.....	½ teaspoon
Walnut meats, broken.....	1½ cups.....	¾ cup

Sift flour once, measure, add baking powder and salt, and sift again.

Combine shortening, sugar, eggs, chocolate, and vanilla, beating with spoon until blended; add nuts. Add flour gradually, mixing well after each addition.

Divide dough in halves; shape in rolls, 2 inches in diameter, rolling each in waxed paper. Or pack dough into cookie molds. Chill or store in refrigerator until firm.

Before slicing, let rolls stand at room temperature ½ hour or until soft enough to dent when pressed with finger. Cut in ¼-inch slices, using sharp knife.

Bake on ungreased baking sheet in moderate oven (350°F.) about 10 minutes.

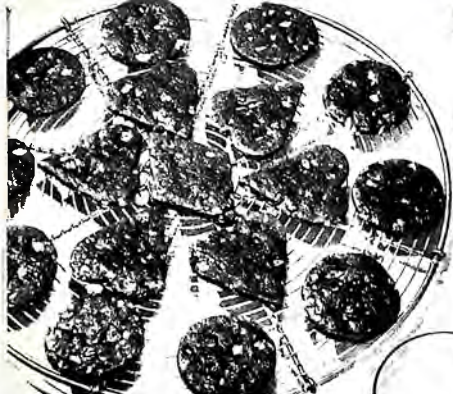
For cookie sandwiches, spread Raisin Nut Filling (page 78) between pairs of cookies that match.

#### FRUIT NUT ICEBOX COOKIES

Substitute finely cut raisins or dates for part (about ⅓) of nuts in these cookies. Cut fruit with scissors.

#### CHOCOLATE COCONUT COOKIES

Substitute Baker's Shredded Coconut for nut meats in these cookies.



★ Have fresh-baked chocolate cookies like these any time.

## KEY STEPS

1. Notice, all ingredients except the flour mixture are blended first. Then the flour is added, a fourth at a time, using a sturdy wooden spoon or paddle for the mixing. This dough is stiffer than dough for drop cookies. Press dough together lightly and divide for rolls or pack into cookie molds for chilling.

2. For rolls, place dough on heavy waxed paper, press to lengthen into a long mound, about 2 inches thick. Then wrap paper around dough and roll lightly with palms until round and smooth. With molds, pack dough in firmly.

3. Remove rolls or molds from refrigerator ½ hour before slicing, so that dough will soften very slightly. (If too cold or hard, dough shatters in slicing. If oversoft, cookies are unshapely.) Use a long, sharp, thin-bladed knife and cut dough in thin slices. Cut with a sawing motion, pressing down lightly.

4. Bake fairly close together on baking sheet. The pan needs no greasing for rich cookies like these. Cookie sheets should be smaller than the oven to allow for even circulation of heat and proper browning.



★ Melted chocolate blends with all the rest.



★ Make rolls or pack dough into molds.



★ To slice, saw knife back and forth lightly. 51

When a bread is made with baking powder and soda—quick leavens—it's a quick bread and easy to make. You'll choose this one, Delicious Nut Bread, time and again to give delightful variety to lunchbox or party sandwiches, or to add special pleasure to meals.

## LESSON

# 10

## NUT BREAD

*for tempting Sandwich Treats*

### Delicious Nut Bread

	LARGE RECIPE ( 10x5x3-inch loaf )	SMALL RECIPE ( 8x4x3-inch loaf )
Flour, sifted*	3 cups	1½ cups
Calumet Baking Powder	3 teaspoons	1½ teaspoons
Soda	¼ teaspoon	⅛ teaspoon
Salt	1½ teaspoons	¾ teaspoon
Granulated sugar	½ to ¾ cup	⅓ cup
Brown sugar (firmly packed)	¼ cup	2 tablespoons
Egg, well beaten	1	3 tablespoons
Milk	1¼ cups	¾ cup
Shortening, melted	4 tablespoons	2 tablespoons
Nuts, finely chopped	1 cup	½ cup

\* If Swans Down Cake Flour is used, decrease milk to 1 cup for large recipe, ½ cup for small recipe. (Store 2 days for best slicing.)

Sift flour once, measure, add baking powder, soda, salt, and granulated sugar; sift again. Add brown sugar.

Combine egg and milk. Add to flour mixture, add shortening, then mix just enough to blend. Fold in nuts.

Turn into greased loaf pan. Let stand 20 minutes. (Large recipe may also be baked in two 8x4x3-inch pans.)

Bake in moderate oven (350°F.) 1 hour and 5 minutes for large loaf, or about 50 minutes for small loaves. Cool. Wrap in

waxed paper, then in a damp towel, and store overnight before slicing.

#### EXPERT SANDWICH HINTS

Use long sharp knife for slicing nut bread. If making many sandwiches, arrange slices on counter in matching pairs. Spread all sandwiches with filling, then put all together. Cut as desired. Keep fresh in pan lined with waxed paper. Cover tightly, first with waxed paper, then with a damp towel, until serving time.



★ Finely cut nuts make bread extra flavorful and easy to slice.

### KEY STEPS

1. Mixing starts with dry ingredients—sifted flour, baking powder, soda, salt, and the white sugar. Sift these all together into the mixing bowl. Then add the brown sugar.

2. For beating the egg, choose a small round-bottomed bowl so the beater can work efficiently. Beat egg to a foamy, fluffy, lightness. Pour in the milk and mix. Empty this liquid right over the flour, add the melted shortening, then stir with a sturdy wooden spoon or paddle just until blended. The mixture will not be smooth. Nuts are added last.

3. Now, into the pan. The dough should be spread out evenly, even hollowed a little in the center, so loaf will be only slightly rounded. Let stand 20 minutes.

4. A long slow baking at 350°F. lets the bread rise and bake evenly. Avoid overbaking, for too long baking or too hot an oven hardens the crust and dries the bread needlessly. Turn out the baked loaf (or loaves) onto a rack to cool. Bread should be thoroughly cold before storing. Wrap closely in waxed paper, then in damp towel. Store—so bread will slice easily.



★ Sifting does a big share of the mixing.



★ Turn dough into pan to stand 20 minutes.



★ Cool hot loaves; store before slicing.



Not every cake bakes well as cupcakes, nor does every cupcake batter star when baked in a layer or loaf. It's the recipe that counts for it needs a "cupcake balance." Here's one, custom built. It calls for egg yolks. That leaves the egg whites for frosting frills.

## LESSON

# CUPCAKES

*made with Egg Yolks*

### Mix-Easy Cupcakes

	LARGE RECIPE (18 to 36 cakes)	SMALL RECIPE (9 to 18 cakes)
<b>Measure into sifter:</b>		
Swans Down Cake Flour, sifted...	2 cups.....	1 cup
Calumet Baking Powder.....	2½ teaspoons....	1¼ teaspoons
Salt.....	¾ teaspoon.....	½ teaspoon
Sugar.....	1 cup.....	½ cup
<b>Measure into mixing bowl:</b>		
Shortening.....	½ cup.....	4 tablespoons
<b>Measure into cup:</b>		
Milk.....	¾ or ⅞ cup*....	6 or 7 tablespoons*
Vanilla.....	1 teaspoon.....	½ teaspoon
<b>Have ready:</b>		
Egg yolks, unbeaten.....	3.....	2

\* With butter, margarine, or lard, use the smaller amount of milk. With vegetable or any other shortening, use the larger amount of milk.

#### Now the Mix-Easy Part

**Step 1.** Stir shortening just to soften. Sift in dry ingredients. Add ½ of the milk and the egg yolks and mix until all flour is dampened. Then *beat 2 minutes* or 300 strokes.

**Step 2.** Add remaining milk; *beat 1 minute* longer, or 150 strokes.

(Mix by hand or at a low speed of electric mixer. Take time out to rest as neces-

sary and scrape bowl and spoon often.)

**Baking.** Turn batter into muffin pans, greased well on bottoms. Fill cups only ½ full. Bake in moderate oven (375°F.) about 20 minutes. Frost as desired.

#### SILHOUETTE CUPCAKES

Cover cakes with Seven Minute Frosting (page 75). Pour chocolate mixture (page 22) on each, letting it trickle over sides.



★ You'll find many festive ways to frost and trim your cupcakes.

### KEY STEPS

**1.** Here's another Mix-Easy cake batter, simple to mix by hand or electric mixer. (See pages 24 and 40 for other Mix-Easy lessons.) Notice that the egg yolks are added with the first beating step so they get the full beating.

**2.** A spoon and rubber scraper are handy tools to use for filling the pans. Be cautious. Fill each cup barely ½ full. If too much batter is placed in the pans, the cakes rise over the tops and bake with mushroom edges that have to be trimmed.

**3.** To remove delicate cupcakes neatly from the pans, first loosen each cake while still hot by running a small spatula or knife around the edge. Then let the cakes cool in the pans. When cold, lift out with a spatula.

**4.** Frosting may be spread just on tops of cakes or on tops and sides to make them attractive and delicious. Before frosting, brush off all loose crumbs. Spread on the frosting smoothly with a spatula or swirl it prettily. Decorations may include nuts, candies, coconut. For cupcakes *de luxe* tint frostings to carry out a color scheme.



★ Beat round the bowl with sweeping strokes.



★ Or let the mixer beat; keep batter down.



★ Fill each cup barely half-full—for looks. 55

There are old ways and new ways for pastry. The expert way calls for cutting shortening into the flour—some fine, some coarse. It makes pastry that is both tender and flaky. The amount of water and the handling are important, too. Here's a Chocolate Pie that puts pie-making skill in your hands.

## LESSON

# 12

## PASTRY

### and pie-making Secrets

#### Chocolate Pie

- 2 squares Baker's Unsweetened Chocolate
- 2½ cups milk
- ¾ cup sugar
- 6 tablespoons flour
- ½ teaspoon salt
- 3 egg yolks, slightly beaten
- 2 tablespoons butter
- 1 teaspoon vanilla
- 1 baked 9-inch Pie Shell
- 3 egg whites
- 6 tablespoons sugar

Add chocolate to milk; heat in double boiler. When chocolate is melted, beat with rotary egg beater to blend.

Combine sugar, flour, and salt. Add gradually to chocolate mixture and cook and stir until thickened. Then cook 10 minutes, stirring frequently.

Pour a small amount over egg yolks, stirring vigorously. Return to double boiler and cook and stir 2 minutes longer. Add butter and vanilla.

Cover and cool. Turn cold chocolate filling into pie shell.

Beat egg whites until foamy throughout.

Add sugar, 2 tablespoons at a time, beating after each addition until sugar is blended. Then continue beating until mixture will stand in peaks. Pile lightly on filling.

Bake in a moderate oven (350°F.) 15 minutes, or until the meringue is a delicate golden brown.

#### Delicious Variations

##### CHOCOLATE COCONUT PIE

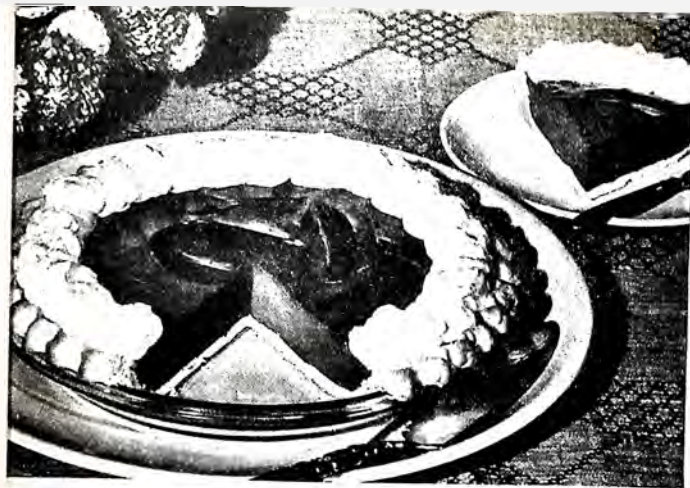
Sprinkle ½ cup Baker's Shredded Coconut over the meringue on Chocolate Pie before browning in oven.

##### CHOCOLATE CREAM PIE

Use sweetened whipped cream instead of meringue to top Chocolate Pie. Whip ½ cup cream and place by spoonfuls in border around pie, leaving center open. Sprinkle with chopped nuts, if desired.

##### CHOCOLATE TARTS

Roll Pie Shell pastry ⅛ inch thick as directed. Cut with floured 5-inch round cut-



★ Chocolate Cream Pie has fluffs of whipped cream circled around the edge.

ter, or cut around cardboard pattern with knife. Fit pastry circles carefully over upturned tart or muffin pans. Trim edges. Prick with fork. Place on baking sheet and bake in hot oven (450°F.) 10 to 12 minutes. Fill with Chocolate Pie filling, top with meringue, and brown. Or top with whipped cream. Makes 5 or 6.

#### Pie Shell

##### (PLAIN PASTRY)

- 1 cup plus 2 tablespoons sifted flour
- ½ teaspoon salt
- 6 tablespoons lard or vegetable shortening
- 2½ tablespoons cold water (about)

Sift flour once, measure, add salt, and sift together into bowl.

Cut in 4 tablespoons shortening very thoroughly, using light strokes of blender or two knives. (Mixture should first become fluffy and fine like meal, then start to clump together.)

Add remaining 2 tablespoons shortening

in several pieces and chop in lightly just until divided into pieces that are the size of large peas.

Sprinkle in water, a small amount at a time, mixing lightly with blender or fork. When all particles are moistened, press pastry into a cake, cover with damp cloth, and let stand 15 to 30 minutes.

Roll out on lightly floured board to ⅛-inch thickness. Fit loosely in 9-inch pie pan. Trim pastry 1 inch larger than pan and fold edge to form a standing rim. Flute with fingers. Prick pastry with fork, pricking all over and very thoroughly around the bottom curve of pan.

Bake in hot oven (450°F.) 10 to 12 minutes, or until slightly browned.

##### PASTRY MIX

Mix pastry without the water. Use 4½ cups sifted flour, 2 teaspoons salt, and 1½ cups shortening. Store in bowl or jar until needed. For a 9-inch pie shell, use 1½ cups mix and about 2½ tablespoons water. For two-crust pie, use 3 cups mix and about 5 tablespoons water.





★ If edge cracks, just pinch pastry together.



★ Fold pastry to lift it onto pan; then unfold.



58 ★ To flute the rim prettily, use fingers—so!

## KEY STEPS

1. A pastry blender is a fine aid for making pie crust. First, two-thirds of the shortening is blended into the flour with short, light, brushing strokes. Tilt the blender so that the end wire does the work. Notice how the mixture becomes fine as meal, then grows coarser until the particles tend to lump together; mixture feels heavy in hand.

2. The last third of shortening is chopped in quickly, holding the blender upright. Stop just as soon as pieces are size of peas if you want flaky crust.

3. Ice-cold water is best for pastry. Sprinkle it over the flour mixture, tossing with blender or a fork so that all particles are moistened. (Use barely enough water—too much makes tough pastry.) Then press the loose mixture into a cake and let stand 15 to 30 minutes so the moisture becomes absorbed.

4. Pastry cloths over the board and pin facilitate rolling. Flour each lightly and roll dough with light strokes. Roll in all directions, pinching cracked edges together. If pastry sticks, loose, with a spatula and dust flour on board.

5. To lift the pastry, fold one half lightly over other half. Place loosely in pie pan, open out, and pat down to fit pan well. Trim with scissors or a knife so that the pastry extends at out 1 inch beyond edge of pan. This is folded back under to form a standing rim; then flute with fingers for an attractive finish. Prick pastry before baking.

## Recipes to Supplement Lessons

### MIX-EASY CAKES

#### Swans Down White Cake

(3 EGG WHITES)

**Preparations.** Have the shortening at room temperature. Line bottoms of pans with paper; grease. Use two round 8-inch layer pans, 1¼ inches deep. Start oven for moderate heat (375°F.). Sift flour once.

**Measure into sifter:**

2 cups sifted Swans Down Cake Flour  
2½ teaspoons Calumet Baking Powder

¾ teaspoon salt  
1 cup sugar

**Measure into mixing bowl:**

½ cup shortening

**Measure into cup:**

¾ cup milk  
1 teaspoon vanilla

**Have ready:**

3 egg whites, beaten to meringue\* with ¼ cup sugar

\* For meringue, beat 3 egg whites with rotary egg beater (or at high speed of electric mixer) until foamy; add ¼ cup sugar gradually, beating only until meringue will hold up in soft peaks.

#### Now the Mix-Easy Part

Stir shortening just to soften. Sift in dry ingredients. Add milk and mix until all flour is dampened. Then beat 2 minutes.

Add meringue mixture and beat 1 minute longer.

(Mix by hand or at a low speed of electric mixer. Count only actual beating time. Or count beating strokes. Allow about 150 full strokes per minute. Scrape bowl often.)

**Baking.** Turn batter into pans. Bake in moderate oven (375°F.) 25 minutes, or until done. Spread Boiled Frosting (page 76) between layers and over cake.

Or bake this cake in a 10x10x2-inch square pan about 30 minutes. Top with Orange Mist Frosting (½ recipe, page 76).

#### Mix-Easy Devil's Food

(2 EGGS)

**Preparations.** Have the shortening at room temperature. Line bottoms of pans with paper; grease. Use two round 9-inch layer pans, 1½ inches deep. Start oven for moderate heat (350°F.). Sift flour once before measuring.

**Measure into sifter:**

2 cups sifted Swans Down Cake Flour  
1 teaspoon soda  
¾ teaspoon salt  
1½ cups granulated sugar or  
1½ cups brown sugar (packed)

**Measure into mixing bowl:**

½ cup shortening

**Measure into cup:**

\* Milk (see below for amount)  
1 teaspoon vanilla

**Have ready:**

2 eggs, unbeaten  
3 squares Baker's Unsweetened Chocolate, melted

\* With butter, margarine, or lard, use ½ cup milk. With vegetable or any other shortening, use 1 cup milk.

#### Now the Mix-Easy Part

Stir shortening just to soften. Sift in dry ingredients. Add ¾ cup of the milk and mix until all flour is dampened. Then beat 2 minutes.

Add eggs, melted chocolate, and remaining milk and beat 1 minute longer.

(Mix by hand or at a low speed of electric mixer. Count only actual beating time. Or count beating strokes. Allow about 150 full strokes per minute. Scrape bowl and spoon often.)

**Baking.** Turn batter into pans. Bake in moderate oven (350°F.) 30 minutes, or until done. Spread Cocoa Mocha Frosting (page 77) between layers and on top of cake.

## Brownstone Front Cake

(3 EGGS)

**Preparations.** Have the shortening at room temperature. Line bottom of 13x9x2-inch pan with paper; grease. Start oven for moderate heat (350°F.). Sift flour once before measuring. Simmer raisins in small amount of water until plump and tender; drain and chop or grind with nuts.

**Measure into sifter:**

2½ cups sifted Swans Down Cake Flour

1 teaspoon soda

1 teaspoon salt

1 teaspoon cinnamon

½ teaspoon nutmeg

½ teaspoon allspice

**Measure into mixing bowl:**

¾ cup shortening

**Measure into cup:**

\* Sour milk or buttermilk (see below for amount)

**Have ready:**

1½ cups brown sugar (firmly packed)

3 eggs, unbeaten

1 cup finely chopped nuts

1 cup raisins, cooked, drained, and finely chopped

\* With butter, margarine, or lard, use ¾ cup sour milk. With vegetable or any other shortening, use 1 cup sour milk.

### Now the Mix-Easy Part

Stir shortening just to soften. Sift in dry ingredients. Add brown sugar. (Sieve to remove lumps, if necessary.) Add milk and mix until all flour is dampened. Then beat 2 minutes. Add eggs and beat 1 minute longer. Add nuts and raisins; blend.

(Mix by hand or at a low speed of electric mixer. Count only actual beating time. Or count beating strokes. Allow about 150 full strokes per minute. Scrape bowl often.) **Baking.** Turn batter into pan. Bake in moderate oven (350°F.) 50 minutes.

## Holly Wreath Nut Cake

(3 eggs and 1 egg yolk)

**Preparations.** Have the shortening at room temperature. Grease and lightly flour a round 9-inch tube pan. Start oven for moderate heat (375°F.). Sift flour once.

**Measure into sifter:**

2¼ cups sifted Swans Down Cake Flour

2 teaspoons Calumet Baking Powder

1½ teaspoons salt

1¼ cups sugar

**Measure into mixing bowl:**

1 cup shortening

**Measure into cup:**

\* Milk (see below for amount)

1 teaspoon orange extract

1 teaspoon almond extract

**Have ready:**

3 eggs and 1 egg yolk, unbeaten

¾ to 1 cup finely chopped nuts

\* With butter, margarine, or lard, use ½ cup milk. With vegetable or other shortening, use ¾ cup milk.

### Now the Mix-Easy Part

Stir shortening just to soften. Sift in dry ingredients. Add milk and mix until all flour is dampened. Then beat 2 minutes.

Add eggs and beat 1 minute longer. Add nuts and blend.

(Mix by hand or at a low speed of electric mixer. Count only actual beating time. Or count beating strokes. Allow about 150 full strokes per minute. Scrape bowl and spoon often.)

**Baking.** Turn batter into pan. Bake in moderate oven (375°F.) 1 hour, or until done. Spread with Seven Minute Frosting (½ recipe, page 75). Decorate with wreath of cut citron and maraschino cherries.

This cake may also be baked in two 8x4x3-inch loaf pans in moderate oven (375°F.) 1 hour, or until done.



★ Pretty for a valentine, an engagement, or a shower, with tinted coconut sides and candies.

## CONVENTIONAL CAKES

### Caramel Cake

(3 EGGS)

3 cups sifted Swans Down Cake Flour

3½ teaspoons Calumet Baking Powder

1 teaspoon salt

¼ cup shortening

1¼ cups sugar

3 eggs, unbeaten

3 tablespoons caramelized sugar syrup

\* Milk (see below for amount)

1 teaspoon vanilla

\* With butter, margarine, or lard, use 1 cup milk. With vegetable or any other shortening, use 1¼ cups 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, one at a time, beating well after each. Then add 3 tablespoons caramelized sugar syrup and blend.

Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Add vanilla.

Turn into 16x10x2-inch pan which has been lined on bottom with paper, then greased. Bake in moderate oven (375°F.) 40 minutes, or until done. Or bake in two round 9-inch layer pans, 1½ inches deep, in moderate oven (375°F.) 25 minutes, or until done. Spread with Caramel Frosting (page 75), made with remaining caramelized sugar syrup. Decorate top with broken pecans, if desired.

### Caramelized Sugar Syrup

¾ cup brown sugar (firmly packed)

½ cup hot water

Heat brown sugar in heavy skillet over low flame. (Brown sugar gives best flavor, but ½ cup granulated sugar may be used.) Stir constantly until sugar melts. Then raise heat to brown syrup quickly. When syrup is dark brown, remove at once from fire, add very slowly ½ cup hot water, and stir until dissolved. Cool. Use syrup as flavoring for above Caramel Cake and Caramel Frosting (page 75).





★ These double-feature cookies roll two doughs together in Chocolate Pinwheels (page 69).

## Orange Cake

( 3 EGGS )

- 2½ cups sifted Swans Down Cake Flour
- 2½ teaspoons Calumet Baking Powder
- ¾ teaspoon salt
- 1½ teaspoons grated lemon rind
- 1 tablespoon grated orange rind
- ¾ cup shortening
- 1½ cups sugar
- 3 eggs, unbeaten
- 2 tablespoons lemon juice
- \* Milk (see below for amount)

\* With butter, margarine, or lard, use ¾ cup milk. With vegetable or any other shortening, use ¾ cup milk.

Sift flour once, measure, add baking powder and salt, and sift together three times.

Add lemon and orange rinds to shortening and cream well; add sugar gradually and cream together until light and fluffy.

Add eggs, one at a time, beating thoroughly after each.

Add flour, alternately with lemon juice, then milk, a small amount at a time, beating after each addition until smooth.

Turn into two round 9-inch layer pans, 1½ inches deep, which have been lined on

bottoms with paper, then greased. Bake in moderate oven (375°F.) 20 minutes, or until done. Spread Orange Mist Frosting (page 76) or Coconut Seven Minute Frosting (page 75) between layers and on top and sides of cake.

This cake may also be baked in two 8x8x2-inch square pans in moderate oven (375°F.) 20 minutes, or until done. Put together with Lemon Cream Icing (page 78) between layers and Strawberry Fluff Frosting (page 76) on top. Cut in squares; garnish with whole strawberries.

## One-Egg Praline Cake

- 2 cups sifted Swans Down Cake Flour
- 2 teaspoons Calumet Baking Powder
- ¾ teaspoon salt
- ½ cup butter or other shortening
- 1 cup sugar
- 1 egg, unbeaten
- ¾ cup milk
- 1 teaspoon vanilla
- Praline Topping (page 75)

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 egg and beat well.

Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Add vanilla.

Turn into a well-greased 9x9x2-inch square pan. Bake in moderate oven (375°F.) 25 minutes, or until done.

Spread hot cake carefully with Praline Topping (page 75), using a small amount at a time. Return to oven and bake 5 minutes longer.

## One-Egg Cottage Pudding

Bake One-Egg Praline Cake (page 62), omitting topping. Cut in squares. Serve with Chocolate Sauce (page 78).

## Wellesley Fudge Cake

( 3 EGGS )

4 squares Baker's Unsweetened

- Chocolate
- ½ cup hot water
- ½ cup sugar

- 2 cups sifted Swans Down Cake Flour
- 1 teaspoon soda
- 1 teaspoon salt
- ½ cup shortening
- 1¼ cups sugar
- 3 eggs

- \* Milk (see below for amount)
- 1 teaspoon vanilla

\* With butter, margarine, or lard, use ¾ cup milk. With vegetable or any other shortening, use ¾ cup milk.

Place chocolate and hot water in top of double boiler. Cook and stir over boiling water until chocolate is melted and mixture thickens. Add ½ cup sugar and cook and stir 2 minutes. Cool to lukewarm.

Sift flour once, measure, add soda and salt, and sift together three times.

Cream shortening, add 1¼ cups sugar gradually, and cream together until light and fluffy. Add eggs, one at a time, beating well after each.

Add half of flour and beat until smooth. Add milk and remaining flour, alternately,

in small amounts, beating after each addition until smooth. Then add vanilla and chocolate mixture and blend.

Turn into 13x9x2-inch pan or two round 9-inch layer pans, 1½ inches deep. Pans should be lined on bottoms with paper, then greased. Bake in moderate oven (350°F.) about 40 minutes for oblong cake, and about 30 minutes for layers. Spread with Rich Chocolate Frosting (page 77) or Sea Foam Frosting (page 75). Decorate top with chopped toasted almonds or pecans.

## Chocolate Nut Loaf

( 5 EGGS )

- 2½ cups sifted Swans Down Cake Flour
- 1 teaspoon soda
- 1 teaspoon salt
- 1 cup shortening
- 2 cups sugar
- 5 eggs, unbeaten
- 3 squares Baker's Unsweetened Chocolate, melted
- \* Sour milk or buttermilk (see below for amount)
- 2 teaspoons vanilla
- 1 cup finely cut nuts

\* With butter, margarine, or lard, use 1 cup sour milk. With vegetable or any other shortening, use 1½ cups sour milk.

Sift flour once, measure, add soda and salt, and sift together three times.

Cream shortening, add sugar gradually, and cream together until light and fluffy. Add eggs, one at a time, beating well after each. Add chocolate and blend.

Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Add vanilla and nuts; stir to blend.

Turn into 16x10x2-inch pan which has been lined on bottom with paper, then greased. Bake in moderate oven (350°F.) 45 minutes, or until done. Spread Rich Chocolate Frosting (page 77) on top of cake, or serve plain.

This cake may be made without nuts and baked in two 9x9x2-inch square pans in moderate oven (350°F.) 35 minutes.

# ANGEL FOOD AND SPONGE

## Golden Sponge Loaf

(10 EGG YOLKS)

1½ cups sifted Swans Down Cake Flour  
1 teaspoon Calumet Baking Powder  
½ teaspoon salt  
10 egg yolks (at room temperature)  
½ cup hot water  
1 teaspoon lemon extract  
1 cup sugar

Sift flour once, measure, add baking powder and salt, and sift together three times.

Beat egg yolks with rotary egg beater until thickened slightly; add hot water gradually, beating until mixture is very thick and light (about 10 minutes).

Add flavoring to egg yolks. Then add sugar gradually, beating constantly.

Fold in flour, a fourth at a time, folding just until blended.

Turn into ungreased round 10-inch tube pan and bake in moderate oven (375°F.) 40 minutes, or until done. Remove from oven, invert pan, and let stand 1 hour, or until cake is cool.

## Eggnog Sponge Cake

(2 EGGS)

1 cup sifted Swans Down Cake Flour  
1 teaspoon Calumet Baking Powder  
¼ teaspoon salt  
¼ teaspoon mace  
2 eggs, unbeaten  
¾ cup sugar  
2 tablespoons shortening  
½ cup hot milk  
½ teaspoon grated lemon rind

Sift flour once, measure, add baking powder, salt, and mace. Sift together three times.

Beat eggs with rotary egg beater until they are foamy throughout.

Add sugar gradually, beating constantly until very thick and light. Add shortening to hot milk and heat until melted; then add to egg mixture, mixing quickly.

Add all flour and lemon rind and beat with rotary egg beater only until smooth.

Turn into round 9-inch layer pan, 1½ inches deep, which has been lined on bottom with paper, but not greased. Bake in moderate oven (375°F.) 15 minutes, or until done. Cool in pan.

Split cake in half. Spread whipped cream or Eggnog Filling between halves. Sift powdered sugar over top of cake.

## Eggnog Filling

Place contents of 1 package Jell-O Vanilla Pudding in saucepan. Add 1½ cups milk gradually, stirring constantly. Cook and stir over medium heat until mixture comes to a boil and is thickened. Cool, stirring occasionally. Then flavor with ¼ to ½ cup sherry wine or 1 tablespoon sherry flavoring. Chill before spreading.

## Daffodil Cake

(8 to 10 egg whites, 4 egg yolks)

1 cup sifted Swans Down Cake Flour  
1¼ cups sifted sugar  
1 cup egg whites (at room temperature)  
¼ teaspoon salt  
1 teaspoon cream of tartar  
½ teaspoon vanilla  
1 teaspoon grated orange rind  
2 tablespoons orange juice  
4 egg yolks

Sift flour once, measure, add ½ cup sugar, and sift together four times.

Beat egg whites and salt with rotary egg beater or 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. Add remaining ¾ cup sugar, 2 tablespoons at a time, beating with beater or whisk after each addition until sugar is just blended.

Sift a small amount of flour over mixture and fold in lightly; repeat until all is used.

Divide batter in two parts. To one, fold in vanilla.

Add orange rind and juice and 2 additional tablespoons sugar to egg yolks and beat with rotary egg beater until very thick and light. Fold into other half of batter.

Put mixtures by tablespoons into ungreased round 10-inch tube pan, alternating yellow and white. (Pan should be only ½ full.) Bake in moderate oven (375°F.) 30 minutes, or until done. Remove from oven, invert pan, and let stand 1 hour, or until cake is cool.

## Swans Down Sponge Cake (5 EGGS)

1 cup sifted Swans Down Cake Flour  
5 egg yolks (at room temperature)  
1 cup sifted sugar  
1½ teaspoons grated lemon rind  
1½ tablespoons lemon juice  
2 tablespoons water  
5 egg whites (at room temperature)  
¼ teaspoon salt  
¼ teaspoon cream of tartar

Sift flour once, measure, and sift four times.

Beat egg yolks in small bowl, adding ½ cup sugar gradually, beating constantly with rotary egg beater. Combine lemon rind, lemon juice, and water and add to egg mixture gradually, beating constantly until very thick and light. Add flour all at once and fold in until just blended.

Beat egg whites and salt with flat wire whisk or rotary egg beater until foamy. Then add cream of tartar and beat until stiff enough to hold up in peaks, but not dry. Add remaining ½ cup sugar, about 2 tablespoons at a time, beating well with whisk or beater. Fold in egg yolk mixture.

Turn into ungreased round 9-inch tube pan. Bake in moderate oven (375°F.) 30 minutes, or until done. Remove from oven and invert pan 1 hour, or until cold.

To serve, cut in wedges and top with Cocoa Whipped Cream (page 76). Or spread with Strawberry Fluff Frosting (page 76).

# BISCUITS AND MUFFINS

## Calumet Ever-Ready Recipe (For biscuits and muffins)

6 cups sifted flour  
2 tablespoons Calumet Baking Powder  
1 tablespoon salt  
1 cup (½ pound) shortening

Sift flour once. Measure 3 cups at a time into sifter, adding 1 tablespoon (3 teaspoons) baking powder and ½ teaspoon salt for each 3-cup amount. Sift into large bowl. Repeat until full amount of dry ingredients has been sifted.

Cut in shortening with pastry blender or two knives until finely divided and mixture resembles coarse meal. Makes about 7 cups.

Place in glass jars or crockery bowl and cover lightly with cloth or plate to allow circulation of air. Store in refrigerator or other very cool, dry place. Keeps well for 3 or 4 weeks.

## For Other Amounts

Allow for each cup sifted flour, 1 teaspoon Calumet Baking Powder, ½ teaspoon salt, and 2½ tablespoons shortening.

## To Make 10 to 12 Biscuits

Measure 2 cups biscuit blend into bowl. Add about ½ cup milk and stir until a soft dough is formed. (Use more or less milk, depending upon particular flour used.) Knead, roll, and bake as for Baking Powder Biscuits (page 32).

## For Delicous Pancakes or Waffles

Measure 2 cups biscuit blend into bowl. Combine 2 well-beaten eggs and 1¼ cups milk; add gradually to biscuit blend, mixing only enough to dampen flour. Bake on hot griddle or in a waffle iron. Makes 16 four-inch pancakes or 4 seven-inch waffles.



## Short-Cut Muffins

- 2 cups Calumet Ever-Ready Recipe  
(page 65)  
2 tablespoons sugar  
1 egg, well beaten  
¾ cup milk

Measure biscuit blend into bowl. Add sugar, egg, and milk. Then mix only until dry ingredients are dampened.

Fill greased muffin pans ¾ full. Bake in hot oven (425°F.) 20 minutes, or until done. Makes 8 large or 12 medium muffins.

### Rich Muffins

Add 2 tablespoons melted shortening after adding milk.

### Marmalade Muffins

Omit sugar and mix 3 tablespoons orange marmalade with milk. Before baking, top each muffin with ½ teaspoon marmalade.

## Orange Clover-Leaf Rolls

- 3 cups sifted Swans Down Cake Flour\*  
3½ teaspoons Calumet Baking Powder  
1 teaspoon salt  
½ cup shortening  
½ teaspoon grated orange rind  
¾ cup milk  
¼ cup orange juice  
2 teaspoons cinnamon  
½ cup sugar

\*To use all-purpose flour, increase milk to 1 cup.

Sift flour once, measure, add baking powder and salt, and sift into bowl.

Cut in shortening. Add orange rind and milk and stir until soft dough is formed.

Turn out on lightly floured board and knead 30 seconds to shape.

Divide dough into four equal parts; form each part into nine small balls. Dip balls in orange juice and then roll in a mixture of cinnamon and sugar. Arrange three balls in each section of greased large muffin pan.

Bake in hot oven (400°F.) 25 minutes, or until done. Remove at once from pan. Makes 12 large rolls.

## Butterscotch Nut Rolls

- 2 cups sifted Swans Down Cake Flour\*  
2 teaspoons Calumet Baking Powder  
¾ teaspoon salt  
4 tablespoons shortening  
¾ cup milk  
2 tablespoons butter  
½ cup brown sugar (firmly packed)  
1 tablespoon butter  
1 tablespoon water  
2 tablespoons brown sugar  
½ cup broken nut meats

\*To use all-purpose flour, increase baking powder to 2½ teaspoons and milk to about ¾ cup.

Sift flour once, measure, add baking powder and salt, and sift into bowl.

Cut in shortening. Add milk and stir until soft dough is formed.

Turn out on lightly floured board and knead 30 seconds to shape. Roll into 12x10-inch rectangle, ¼ inch thick. Cream together butter and sugar and spread on dough; then roll as for jelly roll and cut in 1-inch slices.

Melt butter in 8x8x2-inch square pan; add water and sugar. Cook over low flame until mixture bubbles, stirring constantly. Remove from fire and sprinkle nuts over mixture.

Place rolls in pan, cut-side down. Bake in hot oven (400°F.) 40 minutes, or until done. Turn out at once from pan. Makes 10 to 12 rolls.

## Quick Sally Lunn

- 2 cups sifted Swans Down Cake Flour  
3 teaspoons Calumet Baking Powder  
½ teaspoon salt  
4 tablespoons shortening  
½ cup sugar  
2 eggs, unbeaten  
¾ cup milk  
½ cup brown sugar (firmly packed)  
1 teaspoon cinnamon  
1 tablespoon melted butter

Sift flour once, measure, add baking powder and salt, and sift into bowl.

Cream shortening, add sugar, and cream together thoroughly. Add eggs, one at a time, beating well after each.

Add flour, alternately with milk, beating well after each addition. Turn into greased 9x9x2-inch square pan.

Mix together brown sugar, cinnamon, and butter; sprinkle over top of batter. Bake in hot oven (400°F.) 25 minutes, or until done. Serve warm.

## Corn Meal Shortcakes

- 2 cups sifted flour  
2½ teaspoons Calumet Baking Powder  
1 teaspoon salt  
1 tablespoon sugar  
½ cup yellow corn meal  
½ cup shortening  
¾ cup milk (about)  
Creamed chipped beef, meat,  
fish, or eggs

Sift flour once, measure, add baking powder, salt, and sugar, and sift into bowl. Add corn meal.

Cut in shortening. Add milk and stir until soft dough is formed.

Turn out on lightly floured board and knead 30 seconds to shape. Roll ½ inch thick and cut with floured 3-inch cutter.

Bake on ungreased baking sheet in hot oven (425°F.) 15 minutes, or until done. Split hot shortcakes and place creamed meat, fish, or eggs between halves and on top. Makes 8 shortcakes.

### Patty Shells

Roll Corn Meal Shortcake dough ¾ inch thick. Cut with floured 3½-inch cutter, then cut out centers with floured 2-inch cutter to leave large rings. Bake in hot oven (425°F.) 15 minutes, or until done. Makes 5 or 6.

Fill centers of Patty Shells with one of the following creamed mixtures: chipped beef, diced ham or leftover meat, flaked salmon or tuna fish, or sliced hard-cooked eggs. Garnish with sprigs of parsley. Complete meal with individual salads of chilled cooked vegetables served on crisp greens.

# COOKIES

## Pineapple Drop Cookies

- 2 cups sifted flour\*  
1½ teaspoons Calumet Baking Powder  
¼ teaspoon soda  
1 teaspoon salt  
¾ cup shortening  
1½ cups brown sugar (firmly packed)  
2 eggs, unbeaten  
¾ cup canned crushed pineapple,  
well drained  
1 teaspoon vanilla

\*If Swans Down Cake Flour is used, increase flour to 2¼ cups.

Sift flour once, measure, add baking powder, soda, and salt, and sift again.

Cream shortening, add sugar gradually, and cream together until light and fluffy. Add eggs, one at a time, beating well after each. Then add pineapple and vanilla.

Add flour, a small amount at a time, beating after each addition until smooth.

Drop from teaspoon on ungreased baking sheet. Bake in hot oven (400°F.) 10 minutes, or until done. Makes about 4 dozen pineapple drop cookies.

## Chocolate Meringue Cookies

- 2 cups sifted confectioners' sugar  
1 tablespoon flour  
¼ teaspoon salt  
3 egg whites  
2 or 3 squares Baker's Unsweetened  
Chocolate, melted and cooled  
¾ cup Baker's Shredded Coconut  
1 teaspoon vanilla

Sift together sugar, flour, and salt.

Beat egg whites until stiff. Add sugar mixture, 2 tablespoons at a time, beating after each addition until blended. Fold in chocolate, coconut, and vanilla.

Drop from teaspoon on lightly greased baking sheet. Bake in moderate oven

(375°F.) about 10 minutes. (For best results, start cookies on lower shelf of oven and move to upper shelf after 5 minutes to complete baking.) Remove from baking sheet immediately, using knife or spatula. Cool. Store in air-tight container. Makes about 2½ dozen 2½-inch cookies.

## Soft Molasses Hermits

1½ cups sifted flour  
1½ teaspoons Calumet Baking Powder  
¼ teaspoon soda  
¼ teaspoon salt  
½ teaspoon cinnamon  
¼ teaspoon cloves  
¼ cup shortening  
¼ cup sugar  
1 egg, well beaten  
½ cup molasses  
¼ cup sour milk or buttermilk  
½ cup raisins

Sift flour once, measure, add baking powder, soda, salt, and spices, and sift again.

Cream shortening, add sugar gradually, and cream together until light and fluffy. Add egg and beat well; then add molasses.

Add flour, alternately with milk, stirring only to blend. Add raisins.

Drop from teaspoon on lightly greased baking sheet, placing about 2 inches apart. Bake in hot oven (400°F.) 10 minutes, or until done. Makes 3½ dozen cookies.

## Party Butter Cookies

2 cups sifted Swans Down Cake Flour  
¾ cup butter  
½ cup sugar  
1 egg yolk, unbeaten  
½ teaspoon vanilla

Sift flour once and measure.

Cream butter, add sugar gradually, and cream together until light and fluffy. Add egg yolk and beat well.

Add flour, a small amount at a time, mixing thoroughly after each addition. Add vanilla and blend.

Divide dough in two parts; shape in rolls,

1½ inches in diameter, rolling each in waxed paper. Chill overnight, or until firm enough to slice. Cut in ¼-inch slices.

Or chill dough in bowl and press through cookie press. Bake on ungreased baking sheet in hot oven (400°F.) 4 to 5 minutes, or until done. Makes about 6 dozen small butter cookies.

These cookies are also very good if sprinkled with chopped walnut meats before baking.

## Almond Sticks

Mix dough for Party Butter Cookies and chill. Pinch off pieces of dough and roll into sticks, 1½ inches long and ¼ inch in diameter. Then roll sticks in finely sliced blanched almonds.

Bake on ungreased baking sheet in hot oven (400°F.) 3 to 4 minutes. Sprinkle with confectioners' sugar. Makes about 5 dozen almond sticks.

## Favorite Icebox Cookies

2 cups sifted flour  
1½ teaspoons Calumet Baking Powder  
½ teaspoon salt  
½ cup shortening  
1 cup sugar  
1 egg, unbeaten  
1 cup Baker's Shredded Coconut  
1 tablespoon milk  
1 teaspoon vanilla

Sift flour once, measure, add baking powder and salt, and sift again.

Cream shortening, add sugar gradually, and cream together thoroughly. Add egg, coconut, milk, and vanilla and beat well.

Add flour gradually, mixing well after each addition.

Divide dough into two parts; shape each in roll, 1½ inches in diameter, and roll in waxed paper. Or pack dough into waxed butter or cookie cartons. Chill overnight, or until firm enough to slice.

Cut in ¼-inch slices and bake on ungreased baking sheet in hot oven (425°F.) 5 minutes, or until done. Makes about 8 dozen cookies.

## Chocolate Marble Cookies

2 cups sifted Swans Down Cake Flour  
or all-purpose flour  
1 teaspoon Calumet Baking Powder  
½ teaspoon salt  
½ cup shortening  
¾ cup sugar  
1 egg, unbeaten  
1 tablespoon milk  
1 square Baker's Unsweetened  
Chocolate, melted

Sift flour once, measure, add baking powder and salt, and sift again.

Cream shortening, add sugar gradually, and cream together until light and fluffy. Add egg and milk and beat well.

Add flour, a small amount at a time, mixing well after each addition.

Divide dough in two parts. To one part, add chocolate and blend.

Shape chocolate and plain doughs into separate rolls, 1½ inches in diameter. Place rolls together and twist, to give marbled effect. Roll in waxed paper and chill overnight, or until firm enough to slice.

Cut in ¼-inch slices. Bake on ungreased baking sheet in moderate oven (375°F.) 10 minutes, or until done. Makes about 5 dozen marble cookies.

## Chocolate Pinwheels

Mix dough for Chocolate Marble Cookies. If necessary, chill chocolate and plain doughs until firm enough for rolling. Then roll each on floured waxed paper into rectangular sheet, ¼ inch thick.

Turn plain sheet over chocolate sheet; remove waxed paper. Roll as for jelly roll. Chill until firm.

Cut in ¼-inch slices. Bake on ungreased baking sheet in moderate oven (375°F.) 10 minutes, or until done. Makes about 5 dozen pinwheels.

This dough may be used to make plain chocolate and vanilla cookies. Shape chocolate and plain doughs into separate rolls. Chill, slice, and bake as directed in above recipe.

# QUICK BREADS

## Grape-Nuts Bread

1½ cups milk, scalded  
¾ cup Grape-Nuts  
2 cups sifted flour  
2¾ teaspoons Calumet Baking Powder  
2 teaspoons salt  
¾ cup sugar  
1 egg, well beaten  
3 tablespoons melted shortening

Pour milk over Grape-Nuts and let cool.

Sift flour once, measure, add baking powder, salt, and sugar, and sift again.

Add egg and shortening to Grape-Nuts mixture and mix well. Then add flour mixture, stirring only enough to dampen flour.

Turn into greased 10x5x3-inch loaf pan and let stand 20 minutes before baking. Bake in moderate oven (350°F.) 1 hour, or until done. Cool. Wrap in waxed paper, then in damp towel, and store overnight.

## Griddlecakes

2 cups sifted flour  
3 teaspoons Calumet Baking Powder  
¾ teaspoon salt  
1 tablespoon sugar, if desired  
1 egg, well beaten  
1¾ cups milk  
1 tablespoon melted shortening

Sift flour once, measure, add baking powder, salt, and sugar, and sift into bowl.

Combine egg, milk, and shortening. Add gradually to flour, mixing with wire whisk or spoon only enough to dampen flour. Batter will be lumpy, but do not overmix.

Pour batter from tip of spoon onto hot griddle. Cakes should not touch. Bake until puffed and bubbled on top, turning when bubbles start to break. (Turn cakes only once.) When browned, serve at once with butter and Log Cabin Syrup. Makes about 16 four-inch griddlecakes.



## Gingerbread

- 1½ cups sifted Swans Down Cake Flour\*
- ¾ teaspoon Calumet Baking Powder
- ¼ teaspoon soda
- ½ teaspoon salt
- ½ teaspoon cinnamon
- ¼ teaspoon cloves
- ½ teaspoon ginger
- ½ cup molasses
- ½ cup water
- 4 tablespoons shortening
- 4 tablespoons sugar
- 1 egg, unbeaten

\*To use all-purpose flour, decrease flour to 1½ cups.

Sift flour once, measure, add baking powder, soda, salt, and spices, and sift again. Combine molasses and water.

Cream shortening, add sugar gradually, and cream together thoroughly. Add egg and beat well.

Add dry ingredients, alternately with liquid, a small amount at a time, beating after each addition until smooth.

Bake in greased 8x8x2-inch square pan in moderate oven (350°F.) 35 minutes, or until done. Cut in squares. Serve warm or cold with butter or cottage cheese.

## Fruit-filled Coffee Cake

- 3 cups sifted flour
- 4 teaspoons Calumet Baking Powder
- 1 teaspoon salt
- ½ cup sugar
- ½ cup shortening
- 1 egg, slightly beaten
- ¾ cup milk
- Fruit Filling

Sift flour once, measure, add baking powder, salt, and sugar, and sift again. Cut in the shortening.

Combine egg and milk. Add to flour mixture and stir until soft dough is formed.

Turn out on lightly floured board and knead 30 seconds to shape. Place dough on inverted baking sheet and pat or roll into 15x10-inch rectangle.

Place fruit filling down center of dough in 2-inch strip. Cut dough in 1-inch strips from filling to outside edge. Lace strips over filling by lifting one strip from each side and crossing in center.

Bake in moderate oven (375°F.) 45 minutes, or until done. Remove from oven. While hot, brush lightly with thin icing made by mixing 4 tablespoons confectioners' sugar with 1½ teaspoons hot water. Serve warm.

### Fruit Filling

- ½ cup chopped, cooked prunes
- ⅔ cup chopped apples
- ⅓ cup brown sugar (firmly packed)
- ⅓ cup water
- 2 teaspoons vinegar
- ⅓ teaspoon salt
- ⅓ teaspoon cinnamon

Combine all ingredients and boil gently 5 minutes, stirring often. Cool before using.

## Dixie Waffles

- 2 cups sifted flour\*
- 2½ teaspoons Calumet Baking Powder
- ¾ teaspoon salt
- 2 eggs, well beaten
- 1½ cups milk
- 5 tablespoons melted shortening

\*If Swans Down Cake Flour is used, decrease baking powder to 2 teaspoons and milk to 1 cup.

Sift flour once, measure, add baking powder and salt, and sift into bowl.

Combine eggs and milk. Add to flour mixture, add shortening, then mix only until smooth.

Bake in hot waffle iron 3 to 5 minutes, or until steam ceases to rise from iron. Serve hot with butter and Log Cabin Syrup. Makes about 5 seven-inch waffles.

**Nut Waffles.** Add 1 cup chopped nut meats to waffle batter before baking.

**Blueberry Waffles.** Add 1 cup blueberries to waffle batter just before baking.

**Buttermilk Waffles.** Use buttermilk or sour milk for waffles. Sift ¼ teaspoon soda with flour mixture.



★ Proud little beautiful Caterer's Cakes, neatly fixed on a tray, are easy to do—and to eat!

## SMALL CAKES

### Caterer's Cakes

Mix batter for Silver Moon Cake (page 40). Turn into 16x10x2-inch pan which has been lined on bottom with paper, then greased. (Or use two 9x9x2-inch square pans.) Bake in moderate oven (375°F.) about 25 minutes. Cool. Turn cake out on large cake rack or board. Remove paper and rub off crumbs. With long sharp knife trim edges and cut cake into four sections, about 7x4-inches.

Frost, bottom side up, using white or a tinted Butterfly Frosting (page 76) on each section to give an attractive assortment. Then dip knife in hot water and cut quarter-sections into various shapes as suggested. Decorate with bits of candied fruit, nuts, or tiny colored candies.

For an assortment, group cakes of different shapes on a tray. Add a few round or fancy cupcakes frosted and decorated. (Use Mix-Easy Cupcakes, page 54.)

### To Make Rectangles

Cut a quarter-section of cake into 3 lengthwise strips, about an inch wide. Then cut each strip into 3 pieces, about 2¼ inches long. Makes 9 rectangles.

### To Make Triangles

Cut a quarter-section of cake into 6 pieces, about 2¼ inches square. Then cut each in half diagonally. Makes 12 triangles.

### To Make Squares

Cut a quarter-section of cake into 15 pieces, about 1½ inches square.

### To Make Diamonds

Mark off a quarter-section of cake by inserting a toothpick at center of each long side, then two toothpicks on each short side to mark thirds. Cut cake diagonally from first toothpick on short side to center toothpick on nearest long side. Continue cutting cake in parallel diagonal strips, cutting from next toothpick to cake corner, and so on. Similarly, cut strips in opposite direction, forming diamonds. Makes 7 diamonds with small triangles at edges, which may also be used.



★ Have different breads, try out new ideas with handy Calumet Ever-Ready Recipe (page 65).

## Brownies

- $\frac{2}{3}$  cup sifted flour \*
- $\frac{1}{2}$  teaspoon Calumet Baking Powder
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{3}$  cup shortening
- 2 squares Baker's Unsweetened Chocolate
- 1 cup sugar
- 2 eggs, well beaten
- $\frac{1}{2}$  cup chopped walnuts
- 1 teaspoon vanilla

\* If Swans Down Cake Flour is used, increase flour to  $\frac{3}{4}$  cup.

Sift flour once, measure, add baking powder and salt, and sift again. Melt shortening and chocolate over boiling water.

Add sugar gradually to eggs, beating thoroughly. Add melted shortening-chocolate mixture and stir to blend.

Add flour and mix well; then add nuts and vanilla.

Bake in greased 8x8x2-inch square pan in moderate oven (350°F.) 35 minutes, or until done. While still warm, cut in squares. Remove from pan and cool on cake rack. Makes 2 dozen brownies. These chocolate brownies are also delicious frosted.

## Chocolate Tea Puffs

- 1 cup sifted flour
- $\frac{1}{2}$  cup shortening
- 1 cup boiling water
- 4 eggs, unbeaten

Sift flour once and measure.

Melt shortening in water in saucepan. Stir flour into steadily boiling water. Cook and stir constantly until mixture leaves sides of pan in smooth, compact mass. Remove from heat.

Add eggs, one at a time, beating very thoroughly after each. Then beat steadily until mixture looks satiny and breaks off when spoon is raised.

Drop from teaspoon on ungreased baking sheet. Bake in hot oven (450°F.) 15 minutes, then decrease heat to moderate (350°F.) and bake 10 minutes longer.

With a sharp knife make slit in one side of puffs and fill with Cocoa Whipped Cream (page 76) or custard filling. Or fill with Chocolate Walnut Cream Filling (page 78). Cover tops with Chocolate Glaze (page 77). Makes about 4 dozen.

These puffs may be filled with chicken salad and served with tea sandwiches.

## Double-Deck Brownies

Mix Brownies (page 72), omitting chocolate, nuts, and vanilla. Turn  $\frac{1}{4}$  of batter into small bowl.

Add  $\frac{1}{2}$  squares melted Baker's Unsweetened Chocolate to remaining  $\frac{3}{4}$  of batter and spread evenly in greased 8x8x2-inch square pan.

To the light batter, add  $\frac{1}{3}$  cup Baker's Shredded Coconut and  $\frac{1}{2}$  teaspoon almond extract. Drop by teaspoonfuls over batter in pan, then spread carefully to form a thin, even layer.

Bake in moderate oven (350°F.) 35 minutes, or until done. Cut in squares. Remove from pan and cool on cake rack. Makes 2 dozen.

## Date Sticks

- $\frac{1}{4}$  cups sifted Swans Down Cake Flour
- $\frac{1}{4}$  teaspoons Calumet Baking Powder
- $\frac{1}{2}$  teaspoon salt
- 1 cup sugar
- 2 eggs, well beaten
- 1 tablespoon melted butter or other shortening
- 1 tablespoon hot water
- 2 cups finely cut dates
- $\frac{1}{2}$  cup broken nut meats

Sift flour once, measure, add baking powder and salt, and sift again.

Add sugar gradually to eggs, beating thoroughly. Add butter and water; then add dates and nuts, mixing thoroughly.

Add flour gradually, mixing well. Turn mixture into two greased 8x8x2-inch square pans, spreading batter thin. Bake in slow oven (325°F.) 30 to 35 minutes. Cool. Cut in strips,  $2\frac{3}{4}$ x1 inches. Remove from pans. Makes 4 dozen sticks.

## Orange Date Sticks

Mix batter for Date Sticks (above) adding 2 teaspoons grated orange rind to mixture before pouring into pans. Bake as directed. Spread with a thin Lemon Cream Icing (page 78) before cutting.

# PASTRY

## Grand Apple Pie

Pastry (double recipe Pie Shell, page 57)

- $\frac{3}{4}$  cup sugar
- $\frac{1}{8}$  teaspoon salt
- $\frac{3}{4}$  teaspoon cinnamon
- $\frac{1}{4}$  teaspoon nutmeg
- 4 to 6 tart apples, thinly sliced (5 cups)
- 1 tablespoon butter

Line a 9-inch pie pan with half of pastry, rolled  $\frac{1}{8}$  inch thick. Trim even with edge of pan. (Do not prick pastry.)

Mix sugar, salt, and spices; sprinkle half of mixture on pie shell. Add apples and remaining sugar mixture. Dot with butter. (If apples lack tartness add 2 tablespoons lemon juice and a bit of grated rind.)

For top crust, roll other half of pastry  $\frac{1}{8}$  inch thick, fold in half and cut several slits near fold for escape of steam during baking. Moisten edge of the bottom crust with water.

Adjust folded crust on filled pie, opening out folded half and drawing crust carefully across top. Trim off surplus pastry with knife; flute rim to press crusts together.

Bake in hot oven (425°F.) 50 minutes, or until filling and crust are done.

## Fruit Cobbler

Use above apple mixture. Prepare single recipe for pastry, roll into 8-inch square, and cut slits in center to permit the escape of steam.

Place apples in 8x8x2-inch square pan. Add 2 tablespoons water, sprinkle with mixture of sugar, salt, and spices, and dot with butter.

Fit pastry over pan, pressing the dough against edge of pan to seal. Brush top with milk. Bake in hot oven (425°F.) 45 minutes, or until filling is done.

To make a rhubarb cobbler, use rhubarb mixture given for Delicious Rhubarb Pie (page 74) for fruit in this recipe.



## Raisin Turnovers

- 1¾ cups seedless raisins
- ¾ cups water
- ½ cup brown sugar (firmly packed)
- 1 tablespoon cornstarch or Minute Tapioca
- ½ teaspoon cinnamon
- ¼ teaspoon salt
- 1 tablespoon vinegar
- 1 tablespoon butter
- Pastry (double recipe Pie Shell, page 57)

Combine raisins and water in saucepan. Bring to a boil and boil gently 5 minutes. Mix together brown sugar, cornstarch, cinnamon, and salt. Add to raisins and continue cooking 2 to 3 minutes. Remove from heat. Add vinegar and butter. Cool.

Roll pastry ⅛ inch thick and cut into 6-inch circles or 5-inch squares. Moisten edges with cold water.

Place about 4 tablespoons filling on one side of each pastry circle or square, fold pastry over, and press edges together with floured fork. Brush lightly with cream, if desired. With sharp knife, make slits in top of each turnover to permit escape of steam.

Bake in hot oven (425°F.) about 20 minutes. Serve with Eggnog Sauce (page 78). Makes 10 turnovers.

## Chocolate Crested Custard Pie

- Pastry (Pie Shell, page 57)
- 4 eggs, slightly beaten
- ⅓ to ½ cup sugar
- ¼ teaspoon salt
- 3 cups milk
- 1 teaspoon vanilla
- 2 tablespoons sugar
- 1 square Baker's Unsweetened Chocolate, melted
- 2 tablespoons hot water

Line a deep 9-inch pie pan with pastry, rolled ⅛ inch thick, allowing pastry to extend 1 inch beyond edge. Fold edge back to form standing rim; flute with fingers.

Combine eggs, sugar, salt, milk, and va-

nilla. Pour into pie shell. Bake in hot oven (425°F.) 30 minutes, or until knife inserted comes out clean. Remove from oven.

Mix together sugar and chocolate. Add hot water gradually and stir until blended; pour over top of pie. Place in slow oven (300°F.); bake 7 to 10 minutes longer.

## Delicious Rhubarb Pie

- 3 tablespoons Minute Tapioca or flour
- 1½ cups sugar
- ¼ teaspoon salt
- 1 tablespoon melted butter
- 4 cups rhubarb (cut in ½-inch pieces)
- 1 teaspoon grated orange rind

Combine Minute Tapioca, sugar, salt, butter, rhubarb, and orange rind; let stand about 15 minutes. Use as filling for two-crust pie as in Grand Apple Pie (page 73).

## PUDDINGS

### Brownie Pudding

- ½ cup sifted Swans Down Cake Flour or all-purpose flour
- 1 teaspoon Calumet Baking Powder
- ½ teaspoon salt
- ⅓ cup granulated sugar
- 1 tablespoon Baker's Breakfast or DeLuxe Cocoa
- ¼ cup milk
- 1 tablespoon melted shortening
- ½ teaspoon vanilla
- ¼ cup chopped nuts, if desired
- ½ cup brown sugar (firmly packed)
- 2 tablespoons Baker's Breakfast or DeLuxe Cocoa
- ¾ cup boiling water

Sift flour once, measure, add baking powder, salt, granulated sugar, and 1 tablespoon cocoa, and sift again.

Add milk, shortening, and vanilla; mix only until smooth. Then add nuts. Turn into greased 1-quart baking dish.

Mix together brown sugar and 2 tablespoons cocoa; sprinkle over batter. Then pour boiling water over top of batter. (This forms a chocolate sauce in the bottom of pan as pudding bakes.)

Bake in moderate oven (350°F.) 30 to 40 minutes. Makes 6 to 8 servings.

### Cherry Pudding

- 1 cup sifted flour
- 1 teaspoon Calumet Baking Powder
- ¼ teaspoon salt
- ⅓ cup sugar
- ½ cup milk
- 1 tablespoon melted shortening
- 1 box Birds Eye Red Sour Pitted Cherries, thawed and drained (or 1¼ cups drained fresh or canned red cherries)
- 1½ cups cherry juice and hot water
- ⅓ to ½ cup sugar
- 1 tablespoon butter

Sift flour once, measure, add baking powder, salt, and ⅓ cup sugar, and sift into mixing bowl.

Add milk and melted shortening; stir only until smooth. Spread evenly in greased 10x6x2-inch baking dish or an 8x8x2-inch square pan. Arrange cherries over top.

Combine cherry juice and water, sugar, and butter and bring to a boil. Pour mixture over cherries.

Bake at once in moderate oven (375°F.) 40 minutes, or until done. Serve warm. Makes 6 servings.

### Praline Topping

- ½ cup brown sugar (firmly packed)
- 2 tablespoons Swans Down Cake Flour
- ¼ cup melted butter
- 2 tablespoons water
- ½ cup finely chopped pecans

Mix together all ingredients. Spread carefully, a small amount at a time, over hot cake in pan. Place in moderate oven (375°F.) and bake 5 minutes. Cool and cut cake in pan. Makes topping for 9x9-inch or 13x9-inch cake.

## FROSTINGS

### Seven Minute Frosting

- 2 egg whites, unbeaten
- 1½ cups sugar
- Dash of salt
- 5 tablespoons water
- 1½ teaspoons light corn syrup
- 1 teaspoon vanilla

Combine egg whites, sugar, salt, water, and corn syrup in top of double boiler, mixing thoroughly.

Place over rapidly boiling water, beat constantly with rotary egg beater (or at high speed of electric mixer), and cook 7 minutes, or until the frosting will stand up in peaks.

Remove from boiling water; add vanilla and beat until thick enough to spread. Makes enough frosting to cover tops and sides of two 9-inch layers, or top and sides of 13x9x2-inch cake, or about 14 large or 2 dozen small cupcakes.

For half recipe, use half of ingredients and reduce cooking time to about 4 minutes. Makes enough for top and sides of 9-inch tube cake, or top of 10x10-inch cake.

### Coconut Seven Minute Frosting

Use recipe for Seven Minute Frosting (above). Spread on cake and sprinkle with Baker's Shredded Coconut while frosting is still soft.

### Caramel Frosting

Use recipe for Seven Minute Frosting (above). Add 1½ to 2 tablespoons Caramelized Sugar Syrup (page 61) before cooking. Makes enough frosting to cover top of 16x10-inch cake.

### Sea Foam Frosting

Use recipe for Seven Minute Frosting (above), omitting corn syrup. Substitute firmly packed brown sugar for granulated sugar. After spreading, the soft frosting may be sprinkled with chopped walnuts.

### Orange Mist Frosting

Use recipe for Seven Minute Frosting (page 75). Omit corn syrup. Substitute 4½ tablespoons orange juice and ½ tablespoon lemon juice for the water and 1 teaspoon grated orange rind for the vanilla.

### Boiled Frosting

- 1½ cups sugar
- Dash of salt
- ½ teaspoon light corn syrup
- ¾ cup boiling water
- 2 egg whites
- 1 teaspoon vanilla

Combine sugar, salt, corn syrup, and water. Bring quickly to a boil, stirring only until sugar is dissolved. Boil rapidly, without stirring, until small amount of syrup forms a soft ball in cold water, or spins a long thread when dropped from the tip of the spoon (240°F.).

Beat egg whites with flat wire whisk or rotary egg beater until stiff enough to hold up in moist peaks. Pour syrup in fine stream over egg whites, beating constantly. Add vanilla.

Continue beating 10 to 15 minutes, or until frosting is cool and of right consistency to spread. (If too stiff for rotary egg beater, use a wooden spoon.)

Makes enough frosting to cover tops and sides of two 8-inch layers, two 9-inch layers, or top and sides of 13x9x2-inch cake, or tops of 20 large cupcakes.

### Cocoa Whipped Cream

- 2 tablespoons Baker's Breakfast or DeLuxe Cocoa
- 2 tablespoons sugar
- ½ teaspoon salt
- 1 cup heavy cream

Mix together cocoa, sugar, and salt. Add cream gradually, stirring to keep mixture smooth. Chill 1 hour, then whip with rotary egg beater until stiff. Makes 2 cups, enough to cover tops of two 9-inch layers or a 15x10-inch roll.

### Strawberry Fluff Frosting

- 1 egg white, unbeaten
- ½ cup sugar
- Dash of salt
- ¾ cup sliced strawberries

Combine egg white, sugar, salt, and ½ cup strawberries in top of double boiler and beat with rotary egg beater to mix.

Place over rapidly boiling water, beat constantly with rotary beater, and cook 4 minutes, or until mixture stands in peaks.

Remove from boiling water, beat to cool, and fold in remaining strawberries. Makes enough to top an 8x8-inch cake, or enough to spread between two 9-inch layers. To cover 13x9x2-inch cake, double recipe and beat 7 minutes instead of 4.

### Butterfly Frosting

- 2 tablespoons butter or white margarine
- 2½ cups sifted confectioners' sugar
- 1 egg white, unbeaten
- 1 tablespoon cream (about)
- ¾ teaspoon vanilla
- ½ teaspoon salt
- Coloring

Cream butter; add part of the sugar gradually, blending after each addition. Add remaining sugar, alternately with egg white, then with cream, until of right consistency to spread. Beat after each addition until smooth. Add vanilla and salt. Tint delicately with coloring.

For assorted frostings, divide untinted frosting into four small bowls. Use one plain or flavor with ½ square melted Baker's Unsweetened Chocolate. Tint the remaining frostings to give delicate, yet decided shades of yellow, green, and pink.

While using assorted frostings, keep bowls covered to avoid crustings. If necessary, one or two drops cream or milk may be added to keep frostings of right consistency to spread.

Note: Use for decorating, if desired. See page 23.

### Rich Chocolate Frosting

- 4 tablespoons butter
- 2½ cups sifted confectioners' sugar
- 1 egg, unbeaten
- 1 tablespoon milk (about)
- Dash of salt
- 2½ squares Baker's Unsweetened Chocolate, melted
- 1 teaspoon vanilla

Cream butter, add 1 cup of the sugar gradually, and cream well. Add egg and blend.

Add remaining sugar, alternately with milk, beating well. Add salt, chocolate, and vanilla and beat until smooth. Makes enough frosting to cover tops and sides of two 9-inch layers, or top and sides of 13x9x2-inch cake.

### Cocoa Mocha Frosting

- 2 cups sifted confectioners' sugar
- ½ teaspoon salt
- 3 tablespoons Baker's Breakfast or DeLuxe Cocoa
- 3 tablespoons butter
- 3 tablespoons warm coffee
- ½ teaspoon vanilla

Sift sugar, salt, and cocoa together.

Cream butter until soft; add part of sugar mixture gradually, beating thoroughly. Add remaining sugar mixture, alternately with warm coffee, beating well after each addition. Add vanilla. Makes enough frosting to cover tops of two 9-inch layers.

### Chocolate Glaze

- 2 tablespoons butter
- 2 squares Baker's Unsweetened Chocolate
- 3 tablespoons hot milk
- 1 cup confectioners' sugar
- Dash of salt

Heat butter and chocolate in top of double boiler until melted.

Combine milk, sugar, and salt; add chocolate mixture gradually, stirring to blend.

While warm pour from a teaspoon as a glaze, or cool and spread with spatula as an icing. Makes ¾ cup, enough to cover tops of 4 dozen Chocolate Tea Puffs (page 72), or top of 10-inch tube cake.

### Easy Fudge Frosting

- 3 squares Baker's Unsweetened Chocolate
- 2 tablespoons butter
- 2¾ cups sifted confectioners' sugar
- 7 tablespoons light cream or top milk
- Dash of salt
- 1 teaspoon vanilla

Melt chocolate and butter over boiling water; blend. Add ½ cups confectioners' sugar, cream, and salt, all at once, and beat until smooth.

Place over low flame and cook and stir only until mixture bubbles up well around edges. Remove from heat.

Add vanilla and remaining sugar in thirds, beating after each addition until smooth. If necessary, place over bowl of cold water until thick enough to spread. Makes enough frosting to cover the top of 13x9-inch cake or 36 small cupcakes.

### White Fudge Frosting

- 3 cups sugar
- ½ teaspoon salt
- 1 cup milk
- 2 tablespoons butter
- ½ teaspoon vanilla
- ½ teaspoon almond extract

Combine sugar, salt, and milk in saucepan. Bring quickly to a boil, stirring only until sugar is dissolved. Boil, without stirring, until a small amount of mixture forms a very soft ball in cold water (or boil to 234°F.). Remove from heat.

Add butter and flavoring. Cool to lukewarm (110°F.). Then beat until of right consistency to spread. If necessary, place over hot water to keep soft while spreading. Makes enough frosting to cover tops and sides of two 9-inch layers, or top of 13x9-inch cake, or about 20 cupcakes.



## Lemon Cream Icing

- 2 cups sifted confectioners' sugar
- 2 teaspoons lemon juice
- 1¾ teaspoons grated lemon rind
- 3 tablespoons cream (about)

Combine ingredients and mix well. If necessary, add more cream to make of right consistency to spread. Makes enough icing to cover top of 8x8-inch cake.

## Chocolate Walnut Cream Filling

- 4 to 6 tablespoons sugar
- 2 tablespoons flour
- Dash of salt
- ¾ cup milk
- 1 square Baker's Unsweetened Chocolate
- 1 tablespoon butter
- 1 teaspoon vanilla
- ½ cup cream, whipped
- ½ cup chopped walnuts

Combine sugar, flour, and salt in top of double boiler; add milk gradually, stirring until well blended. Add chocolate and cook over boiling water until thickened, stirring constantly.

Continue cooking 5 minutes, stirring occasionally. Add butter and vanilla. Chill thoroughly. Fold in whipped cream and nuts. Makes 2 cups filling.

## Raisin Nut Filling

- ½ cup brown sugar (firmly packed)
- 1 tablespoon butter
- 3 tablespoons water
- ½ cup broken walnut meats, toasted
- ½ cup cut seeded raisins
- 1 to 2 tablespoons cream or rich milk

Heat sugar, butter, and water in skillet, and cook until mixture forms a soft ball in cold water (or boil to 236°F.).

Remove from heat; add nuts and raisins. Add cream until of right consistency to spread. Makes enough filling to spread between two 8-inch layers.

## Chocolate Sauce

- 2 squares Baker's Unsweetened Chocolate
- 2 cups milk
- ¾ cup sugar
- 2½ tablespoons flour
- ½ teaspoon salt
- 2 tablespoons butter
- 1 teaspoon vanilla

Heat chocolate and milk in double boiler. When chocolate is melted, beat with rotary egg beater until blended.

Combine sugar, flour, and salt; add gradually to chocolate mixture. Cook until thickened, stirring constantly. Cook 5 minutes longer, stirring occasionally. Add butter and vanilla. Serve on cottage pudding or other dessert. Makes 2½ cups sauce.

## Chocolate Mint Sauce

To Chocolate Sauce (above), add 1 teaspoon of peppermint extract in addition to the vanilla. Serve hot or cold.

## Eggnog Sauce

- 2 tablespoons sugar
- 1 tablespoon flour
- Dash of salt
- 1 egg yolk
- ¼ cups milk
- ½ teaspoon nutmeg
- 1 tablespoon rum, or
- ¼ teaspoon rum extract
- 1 egg white
- 1 tablespoon sugar

Combine 2 tablespoons sugar, flour, and salt in top of double boiler. Add egg yolk and beat well. Then add milk slowly, stirring constantly. Cook over rapidly boiling water 5 minutes, stirring occasionally. Remove from heat. Cool. Add the nutmeg and rum.

Beat egg white until foamy. Add 1 tablespoon sugar gradually, beating constantly until mixture will stand in soft peaks. Fold in custard mixture. Makes about 2 cups eggnog sauce.

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