



LEMON MERINGUE PIE

Make them better than ever before

... **PIES**
WAFFLES
MUFFINS
BISCUITS
COOKIES ...

with **S**WANS **D**OWN



NEW SECRETS FROM THE SWANS DOWN KITCHENS

By Frances Lee Barton

FIRST OF ALL, a few familiar secrets. . . . Some thirty-five years ago, a bright red and yellow package with the name "Swans Down Cake Flour" printed upon it, began to make friends for itself. It found popularity easily, for it held the secret of *successful* cakes. The good news travelled from kitchen to kitchen—first to thousands, and then to millions of women—"You can make wonderful cakes with Swans Down!" And so Swans Down became the most popular cake flour in the world.

You've probably used Swans Down for cakes yourself, and know what a relief it is to open the oven door on a perfect masterpiece—a cake so fresh and fragrant, so fine in texture and delicious in taste, that you're proud to call it your own!

Yet perfect cake-making is only *part* of the Swans Down story. There's more, much more. The red and yellow package has brand-new news for you—and you'll find it just as welcome as the news about cakes. . . .

SECRETS THAT ARE NEW . . . *surprising* . . . and *reassuring*. . . .

If you would like to make a pie—say, for instance, a lemon pie—and know as you cut into it, that you'd find an absolutely *perfect* crust beneath the light meringue and luscious filling—keep right on reading! *Swans Down* is the way to perfect pie

—crust. On page 11, you'll find the recipe. Follow it exactly, and you'll make a lighter, flakier, more tender pie crust than you ever made before! That's one little Swans Down secret. Here's another—

If you'd like to give a Sunday evening waffle-party, and want to feel sure your waffles will be the envy of all your feminine guests—try the recipes on page 10. Follow it exactly and you can count on having the very best waffles you ever tasted. Piping-hot from the iron they'll come—golden-brown, crisp, *delicious*. So tender, they'll fairly melt in your mouth. That's another thing Swans Down does. You may want to keep this secret all to yourself—but I know you'll be asked to pass it along!

SECRETS . . . *still they come*. . . .

Swans Down has the same sort of good news for muffins and biscuits. These should be quickly mixed, you know, for best results. The extra fineness of Swans Down means that moisture can be absorbed more quickly—and so, you are helped to do your work in the shortest length of time. When it comes to tasting your muffins and biscuits—*then* Swans Down will show you what it can do in the way of fluffier, finer texture and extra deliciousness! Look for the recipes, farther along.

Last but not least of our Swans Down secrets—those crisp little cookies that everyone wants for afternoon tea. Swans Down will make them crisper and better than any cookies you ever made—they'll be the most delicious and the fastest-disappearing cookies that ever came to a tea-table! In fact, what I'm telling you, little by little, is that *Swans Down is the perfect flour for all fine baking!*

Now, perhaps you're wondering why it is that Swans Down can bring such perfection to pies—waffles—muffins—biscuits and cookies. Perhaps you're thinking, by this time, that there's something magic in Swans Down.

NOW FOR THE SECRETS *that tell you why*. . . .

There's nothing magic in Swans Down Cake Flour. But it is made from specially selected *soft* winter wheat, and that makes a world of difference in your fine baking! You see, the hard wheat used for ordinary flour contains a tough, rubbery gluten which resists the quick rising action of baking powder, eggs, and other "quick" leavens. The soft winter wheat used for Swans Down contains, on the other hand, a very delicate,

tender gluten, and only a small amount of that. This gluten is perfectly suited for use with quick leavens, and gives the finest results. Just compare a Swans Down muffin with one made from ordinary flour, and you'll see and taste the difference in tenderness which results from this difference in gluten.

Specially selected soft winter wheat means this. . . .

Only the *choicest* kernels of selected soft winter wheat are used for Swans Down. It takes *100 pounds of wheat* to make *26 pounds of Swans Down*. This is another reason you can get such splendid results with it!

SWANS DOWN is specially milled, also. . . .

By a special process of milling, Swans Down is sifted and sifted over and over again—*through finest silk*—until it is *27 times as fine as ordinary flour!*

So you see, there is no magic in Swans Down—but the careful selection of wheat and the superfine milling mean that you'll get almost magic results! Extra lightness—extra fineness—perfect texture—delicious flavor. These are surely reasons enough for using Swans Down in all your fine baking—but here's another reason that you'll agree is very important, too. . . .

SWANS DOWN is a true economy. . . .

One package of Swans Down will prove its economy to you. You can use recipes that call for fewer eggs and less shortening when you use Swans Down—and still achieve the most delicious results. And when you consider that Swans Down *assures* success if you follow your recipes carefully—*assures no wasted ingredients*—then you'll be convinced of its real economy. Try Swans Down. Follow the recipes in this book—and you'll find that they lead to the very best baking you've ever known!

All recipes tested and approved in the Swans Down Kitchens by FRANCES LEE BARTON.

IGLEHEART BROTHERS, INC.

ESTABLISHED 1856

EVANSVILLE

INDIANA



CHEESE BISCUITS

- | | |
|---------------------------------------|---|
| 1 cup sifted Swans Down Cake
Flour | 1 tablespoon butter or other shortening |
| $\frac{2}{4}$ teaspoons baking powder | $\frac{3}{4}$ cup grated cheese |
| $\frac{1}{4}$ teaspoon salt | $\frac{1}{4}$ cup milk and water, equal parts |

Sift flour once, measure, add baking powder and salt, and sift again. Cut in shortening and cheese. Add liquid gradually until soft dough is formed. Roll $\frac{1}{8}$ inch thick on slightly floured board. Cut with floured biscuit cutter. Bake in hot oven (450° F.) 15 minutes. Makes 12 biscuits.

ORANGE BISCUITS

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|--|--|
| 2 cups sifted Swans Down Cake
Flour | 4 tablespoons butter or other shortening |
| 4 teaspoons baking powder | 1 tablespoon grated orange rind |
| $\frac{1}{4}$ teaspoon salt | $\frac{3}{4}$ cup milk (about) |
| 2 tablespoons sugar | 12 cubes cut sugar |
| | $\frac{1}{2}$ cup orange juice |

Sift flour once, measure, add baking powder, salt, and sugar, and sift again. Cut in shortening and orange rind. Add milk gradually until soft dough is formed. Roll $\frac{1}{8}$ inch thick on slightly floured board. Cut with floured biscuit cutter. On top of each biscuit place $\frac{1}{4}$ cube sugar dipped in orange juice. Bake in hot oven (400° F.) 15 minutes. Makes twenty-four $1\frac{1}{4}$ -inch biscuits.



BREAKFAST MUFFINS

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|--|---|
| 1 cups sifted Swans Down Cake
Flour | 1 egg, well beaten |
| $\frac{1}{4}$ cup milk | $\frac{1}{4}$ cup milk |
| $\frac{1}{2}$ teaspoon baking powder | $\frac{1}{4}$ tablespoons butter or other short-
ening, melted |
| $\frac{1}{2}$ teaspoon salt | |

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

QUEEN TEA MUFFINS

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|---|---|
| $1\frac{1}{4}$ cups sifted Swans Down Cake
Flour | $\frac{1}{4}$ tablespoons butter or other short-
ening |
| $\frac{1}{4}$ teaspoon baking powder | $\frac{1}{4}$ tablespoons sugar |
| $\frac{1}{2}$ teaspoon salt | 1 egg, well beaten |
| | $\frac{1}{4}$ cup milk |

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



WAFFLES (RECIPES PAGE 10)

GRAPE-NUTS ORANGE MUFFINS

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|---|--------------------------------|
| 1 cups sifted Swans Down Cake
Flour | $\frac{1}{2}$ cup sugar |
| 1 teaspoons baking powder | 2 eggs, well beaten |
| 1 tablespoons butter or other short-
ening | $\frac{1}{4}$ cup orange juice |
| | Grated rind 1 orange |
| | 1 cup Grape-Nuts |

Sift flour once, measure, add baking powder, and sift again. Cream shortening thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs, then flour, alternately with orange juice and rind, a small amount at a time. Beat after each addition until smooth. Fold in Grape-Nuts. Bake in greased muffin pans in hot oven (425° F.) 25 minutes. Makes 12 muffins.

DATE MUFFINS

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|--|---|
| 1 cups sifted Swans Down Cake
Flour | $\frac{1}{4}$ cup milk |
| $\frac{1}{4}$ teaspoons baking powder | 1 egg, well beaten |
| $\frac{1}{2}$ teaspoon salt | $\frac{1}{4}$ tablespoons butter or other short-
ening, melted |
| $\frac{1}{4}$ tablespoons sugar | 1 cup dates, seeded and sliced |

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



WAFFLES . . .

WAFFLES

- | | |
|--|------------------------------|
| 1 cups sifted Swans Down Cake
Flour | 3 egg yolks, well beaten |
| 3 teaspoons baking powder | 1 cup milk |
| ½ teaspoon salt | 4 tablespoons melted butter |
| | 3 egg whites, stiffly beaten |

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

PECAN WAFFLES

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|--|------------------------------|
| 1 ¼ cups sifted Swans Down Cake
Flour | 1 ½ cups milk |
| 3 teaspoons baking powder | 2 egg yolks, well beaten |
| ½ teaspoon salt | 2 tablespoons melted butter |
| 1 tablespoon sugar | 2 egg whites, stiffly beaten |
| | ¾ cup pecan meats, chopped |

Sift flour once, measure, add baking powder, salt, and sugar, and sift together twice. Combine milk, egg yolks, and butter; add to flour. Fold in egg whites. Just before baking, add pecans. Bake on hot greased waffle iron. Serve hot with butter and Log Cabin Syrup. Makes six 4-section waffles.

POST'S BRAN MUFFINS

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|------------------------------------|------------------------------|
| 1 cup sifted Swans Down Cake Flour | 2 tablespoons sugar |
| 4 teaspoons baking powder | ¾ cup milk |
| ¾ teaspoon salt | 3 tablespoons butter, melted |
| 1 egg, well beaten | 1 cup Post's Bran Flakes |

Sift flour once, measure, add baking powder and salt, and sift again. Combine egg and sugar. Add flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add butter and Post's Bran Flakes. Pour into greased muffin pans, filling them ¾ full. Bake in hot oven (450° F.) 15 minutes. Makes 12 medium-sized muffins.

GRIDDLE CAKES

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|------------------------------------|--|
| 1 cup sifted Swans Down Cake Flour | 1 cup thick sour milk or buttermilk |
| ½ teaspoon soda | 1 teaspoon melted butter or other shortening |
| ¾ teaspoon salt | |
| 1 egg, well beaten | |

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



PIE CRUST

(PLAIN PASTRY)

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| 1 cups sifted Swans Down Cake
Flour | ¾ cup cold shortening |
| ½ teaspoon salt | ½ to ⅔ cup cold water |

Sift flour once, measure, add salt, and sift again. Cut in shortening until mixture looks like meal. Add water, a little at a time, mixing with knife or spatula until dough cleans bowl of all flour and pastry. Use as little water as possible. Roll dough ¼ inch thick on slightly floured board. Fit loosely on pie plate. Turn edge and prick with fork. Bake in hot oven (450° F.) 15 minutes. Makes one 9-inch two-crust pie. Use ½ recipe for one pie shell only.

LEMON MERINGUE PIE

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|---|------------------------------|
| ½ cup sifted Swans Down Cake
Flour | ¾ tablespoon butter |
| 1 ¼ cups sugar | 2 lemons (¾ cup juice) |
| 1 cup boiling water | Grated rind 1 lemon |
| ¾ cup milk | 1 baked 9-inch pie shell |
| 3 egg yolks, beaten with 1 egg
white | 4 tablespoons sugar |
| | ¾ teaspoon salt |
| | 2 egg whites, stiffly beaten |

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

APPLE PIE

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|------------------------------|---------------------|
| 1 recipe Pie Crust | 1 teaspoon cinnamon |
| 4 to 6 apples, thinly sliced | 1 tablespoon butter |
| ½ cup sugar | |

Line pie plate with plain pastry and fill with apples. Sprinkle with sugar and cinnamon and dot with butter. Cover with upper crust which has a few slits in center to allow for escape of steam. Brush with milk or beaten egg white. Bake in hot oven (450° F.) 45 minutes. Makes one 9-inch pie.



COOKIES

BUTTERSCOTCH COOKIES

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|--|------------------------------------|
| 1 3/4 cups sifted Swans Down Cake
Flour | 1/2 cup butter or other shortening |
| 3/4 tablespoon soda | 2 cups sifted brown sugar |
| 3/4 tablespoon cream of tartar | 2 eggs, well beaten |
| | 3/4 tablespoon vanilla |

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

CHOCOLATE ICE BOX COOKIES

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|--|---|
| 1 3/4 cups sifted Swans Down Cake
Flour | 1 1/2 cups butter or other shortening,
melted |
| 1 teaspoon soda | 8 squares Baker's Unsweetened
Chocolate, melted, or 4 cups
Baker's Coconut, chopped |
| 1 egg, slightly beaten | |
| 1 cup sifted brown sugar | |
| 1 cup granulated sugar | |

Sift flour once, measure, add soda, and sift again. Combine other ingredients in order given and add flour last. Pack tightly in pan, 8 x 8 inches, lined with waxed paper. Chill overnight. Remove loaf from pan, cut in half, and slice crosswise in thin slices. Bake in hot oven (400° F.) 5 minutes. Makes 6 dozen cookies.

OATMEAL COOKIES

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|--|------------------------------------|
| 1 3/4 cups sifted Swans Down Cake
Flour | 3/4 cup butter or other shortening |
| 1 1/2 teaspoons baking powder | 1 cup sifted brown sugar |
| 3/4 teaspoon salt | 1 egg, well beaten |
| 2 teaspoons cinnamon | 1 1/2 cups oatmeal |
| 1 teaspoon cloves | 3/4 cup milk |

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

CRISP MOLASSES COOKIES

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|--|------------------------------------|
| 1 3/4 cups sifted Swans Down Cake
Flour | 2 teaspoons ginger |
| 1 teaspoon baking powder | 1 cup molasses |
| 1 teaspoon salt | 3/4 cup butter or other shortening |
| | 2 teaspoons soda |

Sift flour once, measure, add baking powder, salt, and ginger, and sift again. Heat molasses, remove from fire, add shortening and soda. Add flour gradually. Chill. Roll very thin on slightly floured board. Cut with floured cookie cutter. Bake in moderate oven (350° F.) 10 minutes. Makes 3 1/2 dozen cookies.

CHOCOLATE DROP COOKIES

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|---------------------------------------|---|
| 1 cup sifted Swans Down Cake
Flour | 1 egg, well beaten |
| 1/2 teaspoon soda | 1 square Baker's Unsweetened
Chocolate, melted |
| Dash of salt | 3/4 cup milk |
| 1/2 cup butter or other shortening | 1 teaspoon vanilla |
| 1 cup sifted brown sugar | 3/4 cup walnut meats, broken |

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

COCONUT DROP COOKIES

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|---|--|
| 3/4 cup sifted Swans Down Cake
Flour | 4 tablespoons sugar |
| 1 1/2 teaspoons baking powder | 1 egg, well beaten |
| 3/4 teaspoon salt | 1 tablespoon milk |
| 2 tablespoons butter or other short-
ening | 1 cup Baker's Coconut, Southern
Style |

Sift flour once, measure, add baking powder and salt, and sift again. Cream butter, add sugar gradually, and cream together until light and fluffy. Add egg, mixing well. Add flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add coconut. Drop from teaspoon on greased baking sheet. Bake in hot oven (400° F.) 4 to 5 minutes. Makes 2 dozen cookies.

GOLD COOKIES

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|--|------------------------------------|
| 2 cups sifted Swans Down Cake
Flour | 3/4 cup butter or other shortening |
| 1 teaspoon baking powder | 1 cup sugar |
| | 4 egg yolks, unbeaten |

Sift flour once, measure, add baking powder, and sift again. Cream butter, add sugar gradually, and cream together until light and fluffy. Add egg yolks, one at a time, beating thoroughly after each addition. Add flour. Chill. Roll into balls 3/4 inch in diameter. Roll some balls in mixture of chopped nuts and cinnamon, and remaining ones in tiny colored candies. Bake in moderate oven (350° F.) 15 minutes, using lower grate during first half of baking period and upper grate during last half. Makes 3 1/2 to 4 dozen cookies.

SUGAR COOKIES

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|--|---------------------|
| 1 1/2 cups sifted Swans Down Cake
Flour | 1 cup sugar |
| 2 teaspoons baking powder | 2 eggs, well beaten |
| 3/4 teaspoon nutmeg | Grated rind 1 lemon |
| 1/2 cup butter or other shortening | 1 tablespoon cream |

Sift flour once, measure, add baking powder and nutmeg, and sift together twice. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs, lemon rind, and cream, and beat well. Add flour, a small amount at a time. Beat after each addition until smooth. Roll into thin sheet on slightly floured board. Cut with floured cookie cutter and dredge with sugar. Bake in hot oven (425° F.) about 7 minutes. Makes 2 1/2 dozen cookies.

BROWNIES

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|--|---|
| $\frac{3}{4}$ cup sifted Swans Down Cake Flour | 1 cup sugar |
| $\frac{1}{2}$ teaspoon baking powder | 2 eggs, well beaten |
| $\frac{1}{2}$ cup butter or other shortening | 1 teaspoon vanilla |
| 2 squares Baker's Unsweetened
Chocolate, melted | $\frac{1}{2}$ cup walnut meats, chopped |

SIFT flour once, measure, add baking powder, and sift again. Add butter to chocolate and blend. Combine sugar and eggs; add chocolate mixture, beating thoroughly, then flour, vanilla, and nuts. Pour into two greased pans, 8 x 8 x 2 inches, and bake in moderate oven (350° F.) 35 minutes. Cut in squares before removing from pan. Makes 50 brownies.

CHERRY SAUCE

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|--------------------|---------------------|
| 1 cup sugar | 1 cup water |
| 1 tablespoon flour | 1 tablespoon butter |
| 1 cup cherry juice | |

COMBINE sugar and flour, add fruit juice and water, and cook 1 minute. Add butter.

