

# Cake Secrets





### Story of Swans Down Cake Flour

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

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

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

### The Perfect Cake—What Is It?

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



ENGLISH DUNDEE CAKE (RECIPE PAGE 14)

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

by *Frances Lee Barton*

IGLEHEART BROTHERS, INC

Established 1856

EVANSVILLE,

INDI



## Do You Wish to Master Cake Making?

**T**HERE are just *five* steps which are fundamental to success in cake making. To make perfect cakes one must follow each step accurately and closely. Read them over carefully first—it will take only a few minutes—then make any kind of cake. Mastery of these steps insures successful results with any cake recipe.

1. **Use good ingredients.** Fine cakes cannot be made from second-rate materials. Use those ingredients only which are strictly fresh and of the best quality.

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

3. **Mix carefully.** Use either the beating or folding motion as these are the two best methods of incorporating air into a mixture. The *beating* motion is made by lifting the mixture over and over by means of a spoon or whisk. Thus the under part of the batter is continually lifted to the surface. *Folding* is a down-up-and-over motion. It is made by cutting down through the mixture and curving up and over to enclose more air without the loss of that already beaten into the eggs. Never stir a cake batter, as this circular motion breaks the air cells, and so the air that has been carefully beaten in is lost.

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

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

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

## How to tell when cake is done.

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

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

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

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

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

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

## Classes of Cakes

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



## Butter cakes



CHOCOLATE LAYER CAKE  
(RECIPE BELOW)

### Butter Cakes

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

#### Swans Down Standard White Cake (3 egg whites)

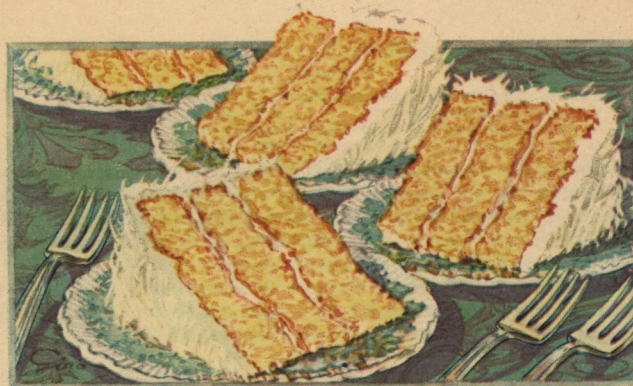
2 cups sifted Swans Down Cake Flour	1 cup sifted sugar
3 teaspoons baking powder	$\frac{3}{4}$ cup milk
$\frac{1}{2}$ cup butter or other shortening	1 teaspoon vanilla
3 egg whites, stiffly beaten	

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

#### Chocolate Layer Cake

Use recipe for Swans Down Standard White Cake. Bake in two greased 9-inch layer pans 25 to 30 minutes in a moderate oven (375° F.). Put Soft Chocolate Frosting between layers and on top and sides of cake. Press halves of English walnuts into the frosting on top of cake.

## Butter cakes



COCONUT LAYER CAKE (RECIPE PAGE 6)

### Hints on Mixing Butter Cake

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

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

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

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

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

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

If adding the whole egg to a batter, beat the egg until very light, add to the creamed shortening and sugar, and beat the mixture thoroughly.



# Butter cakes

## Maple Nut Cake

(1 egg)

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

Sift flour once, measure, add baking powder, and sift three times. Cream shortening, add sugar, and cream together thoroughly. Add egg and beat until light and fluffy. Add flour to creamed mixture, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add vanilla. Bake in layers in moderate oven (375° F.) 25 minutes. Makes two 9-inch layers or 18 small cup cakes. Put layers together and cover top and sides of cake with Maple Walnut Frosting. This batter should be baked in thin layers, not more than 1 inch thick.

Chocolate Seven Minute Frosting may be substituted for Maple Walnut Frosting.

## Banana Nut Cake

(2 eggs)

2 cups sifted Swans Down Cake Flour	2 egg yolks, well beaten
3 teaspoons baking powder	$\frac{3}{4}$ cup milk
$\frac{1}{2}$ cup butter or other shortening	1 teaspoon vanilla
1 cup sugar	2 egg whites, stiffly beaten

Sift flour once, measure, add baking powder, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg yolks; then flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add vanilla; fold in egg whites. Bake in two greased 9-inch layer pans in moderate oven (375° F.) 25 to 30 minutes. Double recipe for three 10-inch layers. When cool, cover bottom layer with sliced bananas. Pour over this Brown Sugar Boiled Frosting. Place second layer on top. Pour on remainder of frosting to which has been added  $\frac{1}{2}$  cup chopped walnut meats.

## Coconut Layer Cake

(3 eggs)

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

Sift flour once, measure, add baking powder and salt, and sift three times. Cream butter thoroughly, add sugar gradually, creaming well after each addition. Add egg yolks; then flour and milk alternately, a small amount at a time. Mix thoroughly after each addition. Add vanilla and fold in egg whites. Bake in two greased 9-inch layer pans for 25 to 30 minutes in moderate oven (375° F.). Double recipe for three 10-inch layers.

Spread Seven Minute Frosting between layers and on top and sides of cake. Sprinkle each layer and outside of cake with coconut while frosting is still soft.

# Butter cakes

## Economical Gold Cake

(3 egg yolks)

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

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

## Pineapple Feather Cake

(4 eggs)

2 $\frac{1}{2}$ cups sifted Swans Down Cake Flour	4 egg yolks, well beaten
2 $\frac{1}{2}$ teaspoons baking powder	$\frac{1}{2}$ cup water
$\frac{3}{4}$ cup butter or other shortening	1 teaspoon vanilla
1 $\frac{1}{4}$ cups sugar	$\frac{1}{2}$ teaspoon lemon extract
	4 egg whites, stiffly beaten

Sift flour once, measure, add baking powder, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg yolks; then flour and water alternately, a small amount at a time. Beat after each addition until smooth. Add flavoring. Fold in egg whites. Bake in two greased 9-inch layer pans in moderate oven (375° F.) 25 minutes. Put layers together with Pineapple Filling and cover top and sides with Pineapple Frosting.

## Pineapple Upside Down Cake

(1 egg)

1 $\frac{1}{4}$ cups sifted Swans Down Cake Flour	$\frac{1}{2}$ cup milk
$\frac{1}{4}$ teaspoon salt	1 teaspoon vanilla
2 teaspoons baking powder	1 tablespoon butter
4 tablespoons butter or other shortening	1 cup brown sugar
$\frac{1}{2}$ cup sugar	4 slices pineapple, cut fine (1 $\frac{1}{2}$ cups)
1 egg, well beaten	1 cup pecan meats, slightly broken

Sift flour once, measure, add salt and baking powder, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg, then flour alternately with milk, a small amount at a time. Beat after each addition until smooth. Add vanilla.

Melt 1 tablespoon butter in 8-inch iron skillet, or in cake pan, 8 x 8 x 2 inches. Add brown sugar. Stir until melted. On this place pineapple, and sprinkle nuts over top. Pour batter over contents of pan. Bake in moderate oven (325° F.) 40 minutes. Loosen cake from sides and bottom of pan with spatula. Serve upside down on dish, with pineapple on top. Garnish with whipped cream, if desired.



## Butter cakes

### Apple Sauce Cake

(1 egg)

- |   |  |
|---|--|
| 1 $\frac{3}{4}$ cups sifted Swans Down Cake Flour | $\frac{1}{2}$ cup butter or other shortening |
| 1 teaspoon soda                                   | 1 cup sugar                                  |
| $\frac{1}{4}$ teaspoon salt                       | 1 egg, well beaten                           |
| 1 teaspoon cinnamon                               | 1 cup raisins, cut fine, floured             |
| $\frac{1}{2}$ teaspoon cloves                     | 1 cup currants or nuts, cut fine, floured    |
| 1 cup hot, thick apple sauce, strained            |  |

Sift flour once, measure, add soda, salt, cinnamon, and cloves, and sift together three times. Cream shortening thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg, raisins, currants or nuts to creamed mixture. Then add flour mixture alternately with apple sauce, a small amount at a time. Beat after each addition until smooth. Bake in greased loaf or tube pan in moderate oven (350° F.) one hour. May be served unfrosted, or if frosting is desired, use Creole Frosting.

### Swans Down Spice Cake

(2 eggs)

- |   |  |
|---|--|
| 2 $\frac{1}{2}$ cups sifted Swans Down Cake Flour | $\frac{1}{4}$ teaspoon cloves                |
| $\frac{1}{2}$ teaspoon soda                       | 2 teaspoons cinnamon                         |
| 1 teaspoon baking powder                          | $\frac{1}{2}$ cup butter or other shortening |
| $\frac{1}{4}$ teaspoon allspice                   | 2 cups sifted brown sugar                    |
| $\frac{1}{4}$ teaspoon mace                       | 2 eggs, well beaten                          |
| $\frac{1}{4}$ teaspoon nutmeg                     |  |
| 1 cup sour milk                                   |  |

Sift flour once, add soda, baking powder, and spices and sift three times. Cream butter, add sugar gradually, creaming until light and fluffy. Add eggs, mixing well, then flour and spices alternately with milk. Beat after each addition until smooth. Bake in greased pan, 8 x 8 x 2 inches, in moderate oven (350° F.) 50 minutes.

### Golden Spice Cake

(1 egg)

- |                                     |  |
|-------------------------------------|--|
| 2 cups sifted Swans Down Cake Flour | $\frac{1}{2}$ teaspoon allspice          |
| 4 teaspoons baking powder           | 4 tablespoons butter or other shortening |
| $\frac{1}{4}$ teaspoon salt         |  |
| 1 teaspoon cinnamon                 | 1 $\frac{1}{4}$ cups sifted brown sugar  |
| $\frac{1}{4}$ teaspoon cloves       | 1 egg, well beaten                       |
| $\frac{1}{4}$ teaspoon nutmeg       | $\frac{3}{4}$ cup milk                   |
| $\frac{1}{4}$ teaspoon mace         |  |

Sift flour once, measure, add baking powder, salt, and spices, and sift three times. Cream butter; add sugar gradually, and cream thoroughly. Add egg, then flour mixture and milk alternately, a small amount at a time. Beat after each addition until smooth. Pour batter in greased pan, 8 x 8 x 2 inches. Bake in moderate oven (350° F.) 50 minutes. Cover top and sides with Seven Minute Frosting.

## Butter cakes

### Emergency Cake

(Quick-mixed)

- |   |   |
|---|---|
| 1 $\frac{3}{4}$ cups sifted Swans Down Cake Flour | 2 egg whites  |
| 1 cup sugar                                       | Soft shortening as needed (about $\frac{3}{8}$ cup) |
| $\frac{1}{4}$ teaspoon salt                       | $\frac{1}{2}$ cup milk                              |
| 2 teaspoons baking powder                         | $\frac{1}{2}$ teaspoon vanilla                      |

Sift flour once, measure, add sugar, salt, and baking powder, and sift three times. To egg whites in cup, add enough shortening to half fill the cup; add enough milk to completely fill it. Turn into dry ingredients, add flavoring, and beat vigorously 7 minutes. Bake in greased pan, 8 x 8 x 2 inches, in moderate oven (350° F.) for 45 minutes. This recipe also makes 18 small cup cakes.

### Fruit Juice Cake

(2 eggs)

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

Sift flour once, measure, add baking powder, and sift three times. Cream butter, add sugar gradually, creaming thoroughly. Add egg yolks, then flour and fruit juice alternately, in small amounts. Beat after each addition until smooth. Fold in egg whites. Bake in two greased 9-inch layer pans in moderate oven (375° F.) 25 minutes. Put layers together with any fruit filling that combines well with the fruit juice used in the cake and cover with an Orange or Pineapple Frosting.

### Chocolate Fudge Cake

(2 eggs)

- |  |   |
|--|---|
| 2 cups sifted Swans Down Cake Flour          | 2 egg yolks, well beaten                        |
| 3 teaspoons baking powder                    | 3 squares Baker's Unsweetened Chocolate, melted |
| $\frac{1}{2}$ teaspoon soda                  | $1\frac{1}{4}$ cups milk                        |
| $\frac{1}{4}$ teaspoon salt                  | 1 teaspoon vanilla                              |
| $\frac{1}{2}$ cup butter or other shortening | 2 egg whites, stiffly beaten                    |
| 1 cup sugar                                  |   |

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

CHOCOLATE FUDGE CAKE  
(RECIPE ABOVE)





Piping hot, tasty rolls, a good soup and simple dessert, should content the average family for an occasional meal, especially when it is a sweet roll, such as this:

### PECAN CARAMEL ROLLS

- 1 cup hot potato water
- 1 cup cold milk
- $\frac{1}{2}$  cup sugar
- 4 tablespoons butter
- 2 well beaten eggs
- $1\frac{1}{2}$  yeast cakes dissolved in
- $\frac{1}{4}$  cup tepid water
- 2 scant teaspoons salt
- 7 cups bread flour

\* \* \*

Extra butter, cinnamon, sugar and a cup of chopped pecans.

Add butter and sugar to the water drained from potatoes boiled for mashing. Stir until dissolved, add the cup of milk, then the eggs and dissolved yeast. Whip before adding flour; gradually work in flour until the dough is firm enough to knead (knead 3 minutes). Put the lump of dough in a buttered bowl, let it rise, cut it down once and let rise again. After the dough has risen the second time, knead lightly, roll into a thin oblong, spread with butter, sugar and a dusting of cinnamon. Sprinkle dough liberally with nuts, roll up, cut in slices and place in baking pan, over brown sugar, butter and any nuts that may be left. Bake in a hot

oven (15 to 20 minutes).

\* \* \*

You'll surely need the Calory List if you insist on going A. W. O. L. on the Pecan Rolls. You may have a copy by sending a stamped, self-addressed envelope and one of your best recipes.

\* \* \*

### TODAY'S RECIPES

Best Ever Caramel Frosting For Any Layer Cake

- 3 cups brown sugar
- 1 cup water
- A rounded tablespoon butter
- 1 teaspoon vanilla
- 2 tablespoon or more of cream

—Contributed.

Boil sugar and water to the "soft ball" stage, or better still, until the syrup will spin a thread when dripped from tip of spoon. Take off the fire, add butter and vanilla; let stand without stirring until cold. Now, start beating, and as the syrup thickens into a soft mass add the cream (whipping grade) by the scant teaspoonful until the frosting is of right consistency to spread and stay put.

This frosting stays creamy and does not crack.

\* \* \*

### GREEN RICE RING

- 3 cups boiled rice
- 2 tablespoons, each, chopped green pepper and parsley
- 1 tablespoon grated onion
- $\frac{1}{2}$  cup olive oil or melted butter
- $\frac{3}{4}$  cup milk
- 2 eggs, well beaten,

Add salt, if butter is not used.

Combine the hot rice with grated and chopped vegetables (3). Stir in the oil or melted butter, then the eggs beaten and strained into the milk. Have a ring mold buttered, spoon in the rice, stand mold in pan of hot water and bake in a 325-degree oven until firm (45 minutes). Unmold and serve with any creamed meat, fish or green vegetable you care for. Hard boiled diced eggs in a rich cheese sauce, pepped up with a big spoonful of mayonnaise, is a pretty running mate for the rice ring.

\* \* \*

Friday: Lincoln and Lee Pudding, our grand old pudding stand-by. Cranberry Salad and relish.

ANN MEREDITH.

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Broken Out"**

IM NATURALLY PIMPLY

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## Butter cakes

### Picnic Caramel Cake (3 eggs)

- |  |                          |
|--|--------------------------|
| 2 cups sifted Swans Down Cake Flour          | 1 cup sugar              |
| 3 teaspoons baking powder                    | 3 egg yolks, well beaten |
| $\frac{1}{2}$ teaspoon salt                  | $\frac{1}{2}$ cup milk   |
| $\frac{3}{4}$ cup butter or other shortening | 1 teaspoon vanilla       |
| 3 egg whites, stiffly beaten                 |                          |

Sift flour once, measure, add baking powder and salt, and sift three times. Cream butter thoroughly, add sugar gradually, creaming well after each addition. Add egg yolks; then flour and milk alternately, a small amount at a time. Mix thoroughly after each addition. Add vanilla and fold in egg whites. Bake in two greased 9-inch layer pans for 25 to 30 minutes in moderate oven (375° F.). Double recipe for three 10-inch layers. Put layers together and cover top and sides of cake with Caramel Frosting.

### Marble Cake

Divide batter for Picnic Caramel Cake into two parts. To one part, add 1½ squares Baker's Unsweetened Chocolate, melted,  $\frac{1}{4}$  teaspoon soda, and  $\frac{1}{4}$  cup milk. Place light and dark mixtures alternately, a tablespoon at a time, in a greased loaf or tube pan. Bake in moderate oven (350° F.) 55 or 60 minutes. Put layers together and cover top and sides of cake with Sour Cream Frosting.

### Washington Pie (Hot Milk Cake)

- |                                      |                            |
|--------------------------------------|----------------------------|
| 1½ cups sifted Swans Down Cake Flour | 2 eggs, well beaten        |
| 2 teaspoons baking powder            | 1 teaspoon butter or       |
| $\frac{1}{4}$ teaspoon salt          | other shortening, melted   |
| $\frac{3}{4}$ cup sugar              | $\frac{1}{2}$ cup hot milk |
| 1 teaspoon vanilla                   |                            |

Sift flour once, measure, add baking powder, and salt, and sift three times. Add sugar gradually to eggs, beating until light and fluffy. Add butter, then flour and milk alternately in small amounts, beating thoroughly after each addition. Add flavoring. Pour into two greased 9-inch layer pans and bake in moderate oven (350° F.) 25 minutes. Put raspberry jelly or jam between layers and sprinkle top with powdered sugar.

### One-egg Cake

- |  |                                |
|--|--------------------------------|
| 1½ cups sifted Swans Down Cake Flour     | $\frac{3}{4}$ cup sugar        |
| 2 teaspoons baking powder                | 1 egg, well beaten             |
| 4 tablespoons butter or other shortening | $\frac{1}{2}$ cup milk         |
|  | $\frac{1}{2}$ teaspoon vanilla |

Sift flour once, measure, add baking powder, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg and mix well. Add flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add vanilla. Pour into greased pan, 8 x 8 x 2 inches. Bake in moderate oven (350° F.) 30 minutes.

## Butter cakes



ORANGE CREAM  
CAKE

### Orange Cream Cake (2 eggs)

- |  |                              |
|--|------------------------------|
| 2 cups sifted Swans Down Cake Flour          | 2 egg yolks, well beaten     |
| 3 teaspoons baking powder                    | $\frac{3}{4}$ cup milk       |
| $\frac{1}{2}$ cup butter or other shortening | 1 teaspoon vanilla           |
| 1 cup sugar                                  | 2 egg whites, stiffly beaten |

Sift flour once, measure, add baking powder, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg yolks; then flour alternately with milk, a small amount at a time. Beat after each addition until smooth. Add vanilla; fold in egg whites. Bake in two greased 9-inch layer pans in moderate oven (375° F.) 30 minutes. Spread Orange Filling between layers and cover with Boiled Frosting. Decorate with candied orange peel or fresh orange sections. Double recipe to make three 10-inch layers.

### Jelly Layer Cake (2 eggs)

Use same recipe as for Orange Cream Cake. Put layers together with tart jelly—currant or crabapple. Spread top of cake with jelly, and sprinkle with Baker's Coconut, Southern Style.



## Butter cakes



### Red Devil's Food

(2 eggs)

- |  |                               |
|--|-------------------------------|
| 1½ cups sifted Swans Down Cake Flour     | ½ cup thick sour milk         |
| 1½ teaspoons baking powder               | ½ cup boiling water           |
| ½ teaspoon salt                          | 2 squares Baker's Unsweetened |
| 4 tablespoons butter or other shortening | Chocolate, melted             |
| 1 cup sugar                              | 1 teaspoon soda               |
| 2 eggs, well beaten                      | 1 teaspoon vanilla            |

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

## Butter cakes

### Prize Devil's Food

(2 eggs)

- |                                     |                                 |
|-------------------------------------|---------------------------------|
| 2 cups sifted Swans Down Cake Flour | 2 eggs, well beaten             |
| 1 teaspoon baking powder            | 1 cup sour milk                 |
| 1 teaspoon soda                     | 4 squares Baker's Unsweetened   |
| ¼ teaspoon salt                     | Chocolate, melted (or ½ cup     |
| ½ cup butter or other shortening    | Baker's Breakfast Cocoa, sifted |
| 2 cups sifted light brown sugar     | with flour)                     |
|                                     | 1 teaspoon vanilla              |

Sift flour once, measure, add baking powder, soda, and salt, and sift three times. Cream shortening, add 1 cup sugar gradually, creaming thoroughly. Add second cup of sugar to eggs, mixing well. Combine egg mixture and creamed shortening. Add sifted flour alternately with milk to creamed mixture, beating well after each addition. Add chocolate and vanilla. Bake in three 9-inch layers in moderate oven (325° F.) 30 minutes. Spread Seven Minute Frosting between layers and on top and sides of cake.

### Devil's Food Cake

(2 eggs)

- |                                     |                               |
|-------------------------------------|-------------------------------|
| 2 cups sifted Swans Down Cake Flour | 2 eggs, unbeaten              |
| 1 teaspoon soda                     | 6 squares Baker's Unsweetened |
| ½ cup butter or other shortening    | Chocolate, melted             |
| 2 cups sifted brown sugar           | 1¼ cups sweet milk            |
|                                     | 1 teaspoon vanilla            |

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

### Nun's Cake

(Pound Cake Type)

- |                                     |                        |
|-------------------------------------|------------------------|
| 3 cups sifted Swans Down Cake Flour | 1½ cups sugar          |
| 2½ teaspoons baking powder          | 5 egg yolks, unbeaten  |
| ¼ teaspoon salt                     | 2 egg whites, unbeaten |
| 1 cup butter                        | ¾ cup milk             |
|                                     | 1 teaspoon vanilla     |

Sift flour once, measure, add baking powder and salt, and sift three times. Cream shortening, add sugar gradually, creaming thoroughly. Add egg yolks and egg whites. Beat 1 minute. Combine flour and milk alternately with creamed mixture. Beat well. Add flavoring. Pour into greased cake pan. Bake 1 hour and 20 minutes in moderate oven (350° F.). Fills tube pan 8½ inches in diameter and 3½ inches high.

This cake is similar to pound cake, having the close, fine-grained texture characteristic of that type of cake.



## Butter cakes

### English Dundee Cake

(4 eggs)

- |  |                                      |
|--|--------------------------------------|
| 2¾ cups sifted Swans Down Cake Flour         | ¼ cup preserved lemon peel, cut fine |
| ½ cup almonds, blanched and grated           | 2 tablespoons orange juice           |
| ½ cup butter or other shortening             | 1 teaspoon orange extract            |
| ¾ cup sugar                                  | 12 blanched almonds, split in half   |
| 4 eggs, unbeaten                             | 12 candied cherries, halved          |
| 1 cup seedless raisins                       | 12 pecan meats                       |
| 1 ⅓ cups seeded raisins, cut in small pieces |                                      |
| ¼ cup preserved orange peel, cut fine        |                                      |

Sift flour once, measure, and sift three times. Add almonds. Cream shortening, add sugar gradually, and cream until light and fluffy. Add one egg, beat thoroughly, then remaining eggs, one at a time, beating well after each addition. Add the flour mixture, then fruit mixed with juice and flavoring extract, combining thoroughly. Pour into three small bread tins, 2 x 2¾ x 4½ inches, greased and lined with paper. Arrange split almonds on top of one, halved cherries on another, pecan meats on a third. Bake in a slow oven (275° F.) 50 to 60 minutes.

### Swans Down Gingerbread

(1 egg)

- |                                     |                                  |
|-------------------------------------|----------------------------------|
| 2 cups sifted Swans Down Cake Flour | ⅓ cup butter or other shortening |
| 1 teaspoon baking powder            | ½ cup sugar                      |
| ½ teaspoon soda                     | 1 egg, well beaten               |
| 2 teaspoons ginger                  | ¾ cup molasses                   |
| 1 teaspoon cinnamon                 | ¾ cup sour milk                  |
| ½ teaspoon salt                     |                                  |

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

### Swans Down Nut Cake

(3 egg yolks)  
(2 egg whites)

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

Sift flour once, measure, add baking powder and salt, and sift together three times. Sift 4 tablespoons flour over nuts and mix well. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg yolks and beat well. Add flour to creamed mixture, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add vanilla and nuts. Fold in egg whites. Bake in two greased 9-inch layer pans in moderate oven (375° F.) 25 minutes. Spread Boiled Frosting between layers and on top and sides of cake. Decorate with halves of nut meats. Hickory nuts, English walnuts, or black walnuts are especially good in this cake.

## Butter cakes



### Lady Baltimore Cake

(6 egg whites)

- |                                      |                              |
|--------------------------------------|------------------------------|
| 2½ cups sifted Swans Down Cake Flour | 1½ cups sifted sugar         |
| 3 teaspoons baking powder            | ½ cup milk                   |
| ¼ teaspoon cream of tartar           | 1 teaspoon vanilla           |
| ½ cup butter or other shortening     | 6 egg whites, stiffly beaten |

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

### Lord Baltimore Cake

(8 egg yolks)

- |                                      |   |
|--------------------------------------|---|
| 2½ cups sifted Swans Down Cake Flour | 8 egg yolks, beaten until thick and lemon colored |
| 4 teaspoons baking powder            | ¾ cup milk  |
| ¾ cup butter                         | ½ teaspoon lemon extract                          |
| 1¼ cups sugar                        |   |

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



## Butter cakes



### Strawberry Meringue Cake

(Raspberries, blackberries, or huckleberries can be used in place of strawberries if desired)

- |                                     |                              |
|-------------------------------------|------------------------------|
| 2 cups sifted Swans Down Cake Flour | $\frac{3}{4}$ cup milk       |
| 4 teaspoons baking powder           | 1 teaspoon vanilla           |
| $\frac{1}{2}$ cup butter            | $\frac{1}{2}$ cup sugar      |
| 1 cup sugar                         | 4 egg whites, stiffly beaten |
| 4 egg yolks, well beaten            | 1 quart fresh strawberries   |
|                                     | $\frac{1}{2}$ cup sugar      |

Sift flour once, measure, add baking powder, and sift together three times. Cream butter, add 1 cup sugar gradually, and cream together until light and fluffy. Add egg yolks, then sifted flour; alternately with milk, a small amount at a time. Beat after each addition until smooth. Add vanilla. Bake in two greased 9-inch layer pans in moderate oven (375° F.) 25 minutes. Remove from pans and cool.

Fold  $\frac{1}{2}$  cup sugar slowly into egg whites. Place two layers on baking sheet. Pile meringue lightly on them and return to moderate oven (350° F.) to brown (15 minutes).

Wash and hull berries. Reserve a few choice ones for garnishing. Crush remainder of berries with  $\frac{1}{2}$  cup sugar. Spread between layers. Garnish top with whole berries. Serve at once. Serves 8.

## Butter cakes

### White Fruit Cake (10 egg whites)

- |  |                                    |
|--|------------------------------------|
| 4 cups sifted Swans Down Cake Flour                            | 1 pound blanched almonds, cut fine |
| 1 teaspoon baking powder                                       | 1 cup butter or other shortening   |
| $\frac{1}{2}$ teaspoon soda                                    | $1\frac{1}{2}$ cups sugar          |
| $\frac{1}{2}$ teaspoon salt                                    | 1 tablespoon lemon juice           |
| 1 pound each lemon peel, pineapple, and red cherries, cut fine | 10 egg whites, beaten stiff        |

Sift flour once, measure, add baking powder, soda, and salt, and sift together three times. Sift 1 cup of this flour mixture over fruits and nuts; mix thoroughly. Cream shortening until light and fluffy, add sugar gradually, and cream together thoroughly. Add remaining flour mixture to creamed mixture, a small amount at a time. Beat after each addition until smooth. Add lemon juice, fruits, and nuts. Fold in egg whites. Pour in tube pan or small bread pans prepared with a paper lining in the bottom. Bake in slow oven (250° F.) 2½ hours, then increase to 300° F. for 15 minutes. Makes about 4 pounds.

### Christmas Fruit Cake (Dark Fruit Cake)

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

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

### Holiday Cake (5 egg whites)

- |  |  |
|--|--|
| $1\frac{3}{4}$ cups sifted Swans Down Cake Flour | $\frac{1}{2}$ cup butter or other shortening     |
| 1 teaspoon baking powder                         | 1 cup sugar                                      |
| $\frac{1}{4}$ teaspoon salt                      | $\frac{3}{4}$ cup Baker's Coconut, Premium Shred |
| $\frac{1}{2}$ cup almonds, chopped               | $\frac{1}{2}$ teaspoon vanilla                   |
| $\frac{1}{2}$ cup citron, cut fine               | $\frac{1}{2}$ teaspoon almond extract            |
| $\frac{1}{2}$ cup Sultana raisins                | 5 egg whites, stiffly beaten                     |

Sift flour once, measure, add baking powder and salt, and sift together three times. Sift 4 tablespoons flour over almonds and fruits and mix thoroughly. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add remaining flour to creamed mixture, a small amount at a time, beating after each addition until smooth. Add coconut, floured nuts and fruits, and flavorings. Fold in egg whites. Bake in greased, paper-lined loaf pan, 3 x 4 x 8 inches, in slow oven (250° F.) 1 hour and 30 minutes. Makes 1¾ pounds fruit cake. For larger cake, double recipe and bake in greased, paper-lined tube pan 2 hours.



# Sponge cakes



SWANS DOWN  
SPONGE CAKE

## Sponge Cakes

Every woman can know the joy of making a perfect sponge cake—a fluffy, golden, moist, and fine-grained cake. And all sponge cakes, both angel food (white sponge) and sponge cakes (made with whole eggs or egg yolks only) can be made with ease. Simply follow the directions in the recipe for mixing Swans Down Sponge Cake. This method is not only time-saving, but unusually successful with any sponge cake recipe.

### Swans Down Sponge Cake (5 eggs)

1 cup sifted Swans Down Cake Flour	½ lemon, grated rind and juice
¼ teaspoon salt	5 egg whites
5 egg yolks	1 cup sifted sugar

Sift flour once, measure, add salt, and sift four more times. Beat egg yolks until thick and lemon-colored, add lemon juice and rind, and beat very light. Beat egg whites with flat wire whisk until stiff enough to hold up in peaks, but not dry. Fold in sugar, a small amount at a time, then egg yolks, and, finally, flour mixture. Bake in ungreased tube pan in slow oven (325° F.) at least 1 hour. Remove from oven and invert pan for one hour, or until cold.

# Sponge cakes

## Hints on Mixing Sponge Cake

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

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

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

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

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

### Lemon Sponge Cake (Hot Water Sponge)

1½ cups sifted Swans Down Cake Flour	6 egg yolks, beaten until thick
2 teaspoons baking powder	and lemon-colored
½ teaspoon salt	½ cup boiling water
1 cup sifted sugar	1 teaspoon lemon extract

Sift flour once, measure, add baking powder and salt, and sift three times. Add sugar gradually to egg yolks, mixing thoroughly. Add water, then flour, and flavoring, beating well. Bake in ungreased tube pan in slow oven (350° F.) 45 minutes. Remove from oven and invert pan for one hour, or until cold.

### Imperial Sunshine Cake (Syrup Method)

¾ cup sifted Swans Down Cake Flour	¼ cup water
½ teaspoon cream of tartar	5 egg whites, stiffly beaten
¼ teaspoon salt	5 egg yolks, beaten until thick and
1¼ cups sifted sugar	lemon-colored
	1 teaspoon flavoring

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

### Economy Sponge Cake (2 eggs)

1½ cups sifted Swans Down Cake Flour	2 egg yolks, beaten until thick
½ teaspoon salt	and lemon-colored
2 teaspoons baking powder	5 tablespoons cold water
1 cup sifted sugar	1 tablespoon lemon juice
	2 egg whites, stiffly beaten

Sift flour once, measure, add salt and baking powder, and sift four times. Add sugar gradually to egg yolks and beat thoroughly. Add water and lemon juice, then flour, in small amounts. Mix thoroughly. Fold in egg whites. Bake in 8 x 8 x 2-inch pan in moderate oven (350° F.) for 45 minutes.



# Sponge cakes

## Creole Sponge Cake (5 eggs)

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

Sift flour once, measure, add salt and cocoa, and sift four more times. Add lemon juice to egg yolks. Gradually fold sugar into egg whites then fold in yolks, then the flour mixture. Bake in ungreased tube pan in slow oven (300° F.) 50 to 60 minutes. Remove from oven and invert pan one hour, or until cold.

## Daffodil Cake (Angel and Sponge Marble)

$\frac{1}{2}$ cup sifted Swans Down Cake Flour, for white part	1 cup and 2 tablespoons sifted sugar
$\frac{3}{8}$ cup sifted Swans Down Cake Flour, for yellow part	$\frac{1}{4}$ teaspoon vanilla, for white part
$1\frac{1}{4}$ cups egg whites (9 to 11 eggs)	$\frac{1}{2}$ teaspoon orange extract, for yellow part
$\frac{1}{2}$ teaspoon salt	4 egg yolks, beaten until thick and lemon-colored
1 teaspoon cream of tartar	

Sift flour once, measure, and sift four more times. Beat egg whites on large platter until foamy. Add salt and cream of tartar, and continue beating until they hold up in peaks. Fold in sugar gradually and divide mixture into two parts. To one part fold in  $\frac{1}{2}$  cup flour and vanilla. To the other, fold in egg yolks,  $\frac{3}{8}$  cup flour, and  $\frac{1}{2}$  teaspoon orange extract. Put by teaspoons into ungreased angel food pan, alternating yellow and white mixtures. Bake in slow oven (325° F.) 60 to 70 minutes. Invert pan until cake is cold, then remove.

## Lady Fingers (Sponge Cake Mixture)

$\frac{1}{8}$ cup sifted Swans Down Cake Flour	3 egg whites, stiffly beaten
$\frac{1}{8}$ teaspoon salt	2 egg yolks, beaten until thick and lemon-colored
$\frac{1}{8}$ cup powdered sugar	$\frac{1}{4}$ teaspoon vanilla

Sift flour once, measure, add salt, and sift together three times. Fold sugar into egg whites, a small amount at a time; then add egg yolks, and, finally, flour and vanilla. Bake in ungreased lady finger pans in moderate oven (350° F.) about 8 minutes. Makes 18 lady fingers.

## Currant Jelly Roll (4 eggs)

$\frac{3}{4}$ cup sifted Swans Down Cake Flour	4 egg whites, stiffly beaten
1 teaspoon baking powder	4 egg yolks, beaten until thick and lemon-colored
$\frac{1}{4}$ teaspoon salt	1 teaspoon vanilla
$\frac{3}{4}$ cup sifted sugar	

Currant jelly

Sift flour once, measure, add baking powder and salt, and sift together three times. Fold sugar into egg whites, a small amount at a time. Add egg yolks and vanilla. Fold in flour gradually. Pour into pan  $8\frac{1}{2}$  x  $13\frac{1}{2}$  inches, lined with buttered paper, and bake in hot oven (400° F.) 13 minutes. Turn from pan at once onto cloth covered with powdered sugar. Remove paper. Quickly cut off crisp edges of cake. Spread with jelly and roll. Wrap in cloth until cool.

# Flour

## What Women Want to Know About Swans Down Cake Flour

### Special Milling of Swans Down Cake Flour

Cake flour and bread flour are the two main classes of flours. Swans Down Cake Flour is milled from the soft wheat raised in southern Indiana, Illinois, Ohio, and Missouri. Only the very choicest of this wheat is used in making Swans Down Cake Flour. It takes one hundred pounds of this selected wheat to make twenty-six pounds of Swans Down Cake Flour. The wheat is then ground and sifted, re-ground and re-sifted, and is finally passed through the finest silk bolting cloth, from which it emerges twenty-seven times as fine as good bread flour. This actual degree of fineness has been determined by microscopic test. Only the heart of the soft wheat kernel is used in making Swans Down Cake Flour. Not an atom of cornstarch or any other ingredient has been added.

### Delicate Gluten of Swans Down Cake Flour

The soft wheat, from which Swans Down Cake Flour is made, differs from hard wheat (used in making bread flour) in both the amount and kind of gluten it contains. Soft wheat contains only a small amount of delicate gluten, and in just the right amount to bind the ingredients and still make a tender, fluffy cake.

Hard wheat, on the other hand, from which bread flour is made, contains a larger quantity of strong, elastic gluten. In bread making, this tough gluten is tempered and softened by the action of the yeast for several hours while the bread is rising. *The quality of this tough gluten cannot be changed by adding cornstarch to bread flour.* Therefore, it is impossible to "make" cake flour out of bread flour, as is sometimes recommended.

### Important Differences between Swans Down Cake Flour and Bread Flour

Swans Down Cake Flour may be clearly distinguished from bread flour by several simple tests. *Swans Down Cake Flour* has the following marked characteristics:

1. Is snowy-white in color.
2. Is velvety-smooth to the touch when rubbed between the thumb and forefinger.
3. Keeps imprint of fingers when a handful is picked up.
4. Is very fine, due to extremely careful milling.
5. Has tender, delicate gluten.

On the other hand, *bread flour* has these characteristics:

1. Is cream-colored.
2. Is gritty or slightly grainy to the touch when rubbed between the thumb and forefinger.
3. Falls loosely apart when a handful is picked up.
4. Is less finely milled than Swans Down Cake Flour.
5. Has strong, very elastic gluten.



# Angel food cakes

## Angel Food Cakes

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

### Swans Down Angel Food Cake

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

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

### Chocolate Angel Food Cake

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

Sift flour once, measure, add cocoa, and sift four times. Beat egg whites and salt on large platter with flat wire whisk. When foamy, add cream of tartar. Continue beating until eggs are stiff enough to hold up in peaks, but not dry. Fold in sugar carefully, 2 tablespoons at a time. Fold in vanilla. Fold in flour, 2 tablespoons at a time. Pour batter into ungreased angel food pan and bake in slow oven (275° F.). After 30 minutes increase heat slightly to 325° F. Bake at least one hour. Remove from oven and invert pan for one hour, or until cold.

### Tutti Frutti Angel Food Cake

(Angel Food with Fruit and Nuts)  
 1 recipe Swans Down Angel Food cake  $\frac{1}{4}$  cup nut meats, chopped  
 $\frac{1}{4}$  cup candied cherries, quartered  $\frac{1}{4}$  cup Baker's Coconut,  
 Southern Style

Pour  $\frac{1}{2}$  of cake batter into ungreased angel food pan. Sprinkle fruit and nuts over it, then add rest of batter, spreading evenly with knife. Run knife through to bottom of pan to mix fruit evenly throughout. Bake in slow oven (275° F.) one hour, increasing heat slightly (325° F.) after 30 minutes. Remove from oven and invert pan for one hour, or until cold.

# Angel food cakes



SWANS DOWN ANGEL FOOD CAKE (RECIPE PAGE 22)

## Hints on Mixing Angel Food Cake

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

Sift flour several times in order to put as much air as possible into it.

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

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

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



# Angel food cakes

## Angel Food Cake (Syrup Method)

1 cup sifted Swans Down Cake Flour    1 cup egg whites (8 to 10 eggs)  
1½ cups granulated sugar    ¼ teaspoon salt  
¾ cup water    1 teaspoon cream of tartar  
1 teaspoon flavoring

Sift flour once, measure, and sift four more times. Boil sugar and water until a small amount of syrup forms a soft ball in cold water, or spins a long thread (242° F.). Beat egg whites and salt on large platter with flat wire whisk until foamy. Add cream of tartar, continue beating until eggs are stiff enough to hold up in peaks, but not dry. Cool syrup to 180°-200° F. (from 10 to 15 minutes), and pour gradually onto egg whites, beating continually. Fold in flour carefully, then flavoring. Pour into ungreased angel food pan and bake in a slow oven at least one hour. Begin at 275° F. and after 50 minutes, increase the heat slightly (325° F.). Remove from oven and invert pan for one hour, or until cold.

## Marble Angel Food Cake (10-12 egg whites)

¾ cup sifted Swans Down Cake Flour    ¼ teaspoon salt  
2 tablespoons Baker's Breakfast Cocoa    1 teaspoon cream of tartar  
1¼ cups egg whites (10 to 12 eggs)    1¼ cups granulated sugar, sifted  
1 teaspoon vanilla

Sift flour once, measure. To 6 tablespoons of flour add cocoa for dark part, and sift together four times. Sift remaining ½ cup flour four times. Beat egg whites and salt on large platter with wire whisk until foamy. Add cream of tartar and continue beating until eggs are stiff enough to hold up in peaks, but not dry. Fold in sugar carefully, 2 tablespoons at a time. Divide the egg mixture in half. To one part, fold in flour and ½ teaspoon vanilla. To other part, fold in flour and cocoa, then ½ teaspoon vanilla. Put by tablespoons into ungreased angel food pan, alternating white and dark batters. Bake in a slow oven (275° F.) for 45 minutes, then increase heat slightly to 325° F. for 30 minutes more. Remove from oven and invert pan for one hour, or until cold.

## Russian Roll

2 tablespoons gelatin    1 teaspoon vanilla  
¼ cup cold water    1 cup heavy cream, whipped  
2 cups milk, scalded    1 Swans Down Angel Food Cake, baked in  
¼ teaspoon salt    ungreased loaf pan, 6 x 10 x 3½ in.  
½ cup sugar    Pecans, cut lengthwise in thin slices  
3 egg yolks, beaten until    Maraschino cherries, sliced  
thick and lemon-colored

Dissolve gelatin in water. Add milk, salt, and sugar. Pour mixture on egg yolks, stirring constantly. Cook in double boiler 10 minutes. Remove from fire and cool. When mixture is slightly thickened, add vanilla, and fold in cream. Allow to stiffen. Split angel food cake in half lengthwise. Spread filling between layers and on top and sides of cake. Cover with pecans and maraschino cherries.

# Frostings

## Frostings and Fillings

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

Uncooked frostings, because they are so easily and quickly made, are widely used. These frostings have a better flavor if made with a hot liquid, as this removes the objectionable raw taste. The liquids used may be milk, cream, fruit juices, or water. Butter Frosting, made with a large amount of butter and little or no liquid, remains moist for several days. Uncooked frostings, except butter, should be put on the cake while it is still warm.

## Secrets of a Smooth, Fluffy Boiled Frosting

Boil the sugar syrup to the soft ball stage (238° F.). The candy thermometer is the most accurate means of testing sugar syrup. A practical cold water test may be made by dropping a little of the boiling syrup into ice-cold water and if it forms a very soft ball that loses its shape when removed from the water it is at the soft ball stage. Both undercooking and overcooking the syrup give equally poor results. If syrup is undercooked, the frosting will not thicken. It may then be placed over hot water and beaten until thick enough to spread. When syrup is overcooked, the frosting will thicken very quickly and become too hard to spread on cake. If this happens, beat in a little hot water—just enough to make it of the right consistency to spread.

Prevent crystals from forming in the syrup, as they make frosting sugary or grainy. Crystallization may be avoided by adding 1 tablespoon white corn syrup for every cup of sugar. Also wipe down sides of saucepan with wet cheesecloth wrapped around the tines of a fork. When corn syrup is used omit cream of tartar.

Beat the egg whites until they are stiff enough to hold up in peaks, but not dry. Overbeaten egg whites give frosting a curdled appearance. Beat the egg whites just before ready to pour the syrup onto them. Pour syrup onto the egg whites in a very fine stream, beating constantly. Beat frosting vigorously to make it smooth, light, and fluffy.

## Hints for Frosting Cakes

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

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





ORANGE TEA CAKES (RECIPE PAGE 33)

## Frosting Frills for Special-Occasion Cakes

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

All kinds of artistic designs, such as flowers, names, dates, and borders, may be traced upon a frosted cake with the aid of a pastry bag. This process of forcing frosting through a pastry bag is called piping. When frosting is to be used for piping it is important that it be light and soft and yet stiff enough to hold its shape. The Ornamental Frosting on page 28 is well suited to use in a pastry bag. Other uncooked frostings made with egg whites, also butter frosting, or even a soft boiled frosting, may be used for piping.

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

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

Colored frostings are sometimes effective and may be made to fit into any color scheme. Vegetable coloring, in liquid or paste form, may be added in small amounts until just the right color is obtained. Be careful not to add too much coloring. Delicate tints are more attractive than intense colors. If liquid coloring is used, add it a drop at a time; if color paste, place a little on the tip of a knife, add it to the frosting, and beat until evenly blended. Various flavoring extracts go well with certain colored frostings, such as rose flavor with pink, almond with green, and lemon with yellow frosting.

Other attractive decorations on frosted cakes may be in the form of coconut, nuts (whole or chopped), candied fruits cut in attractive pieces, crystallized rose or violet leaves, angelica, tiny colored candies, silver dragées, or chocolate shot. These should be placed on the cake before the frosting becomes firm. Blanched almonds are effective on dark frostings, while pecans or walnuts are attractive on light frostings.

## Uncooked Frostings

### Confectioners' Frosting

2 teaspoons hot water      2½ cups sifted confectioners' sugar (about)  
1 egg white, stiffly beaten      1 teaspoon vanilla

Add water to egg white; then sugar until of right consistency to spread. Add vanilla. Beat thoroughly.

### Chocolate Confectioners' Frosting

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

Add water to egg white; then about half of sugar. Mix in chocolate, vanilla, and sugar until of right consistency to spread. Beat thoroughly.

### Orange Frosting

Grated rind 1 orange      2 teaspoons lemon juice, hot  
1 tablespoon orange juice, hot      1 egg yolk, slightly beaten  
1¾ cups sifted confectioners' sugar (about)

Add rind to fruit juices and let stand 15 minutes. Strain, and add gradually to egg yolk. Stir in confectioners' sugar until of right consistency to spread.

### Chocolate Frosting

2 squares Baker's Unsweetened Chocolate, melted      3 tablespoons hot water  
1 teaspoon butter      1¼ cups sifted confectioners' sugar (about)  
½ teaspoon vanilla

Mix chocolate, butter, and hot water. Cool, and add sugar to make of right consistency to spread. Add vanilla and beat thoroughly.



# Frostings

## Creole Frosting

2 cups sifted confectioners' sugar      4 tablespoons boiling water  
4 tablespoons Baker's Breakfast Cocoa      1 teaspoon vanilla  
2 teaspoons Instant Postum      1 teaspoon hot water

Mix sugar and cocoa; add Postum dissolved in boiling water, and vanilla, and stir until smooth. Add hot water up to 1 teaspoon until of consistency to spread.

## Butter Frosting

4 tablespoons butter      1 teaspoon vanilla  
2 cups sifted confectioners' sugar      1 or 2 teaspoons milk or cream, hot

Cream butter until very soft. Add sugar gradually, blending thoroughly. Thin with vanilla and milk, a drop at a time, until of consistency to spread.

## Chocolate Butter Frosting

4 tablespoons butter      1½ squares Baker's Unsweetened  
2 cups sifted confectioners' sugar      Chocolate, melted  
½ teaspoon vanilla      4 teaspoons milk or cream, hot

Cream butter until very soft. Add sugar gradually, blending thoroughly. Add vanilla and chocolate. Thin with milk, a drop at a time, until of consistency to spread.

## Pineapple Frosting

3 tablespoons hot pineapple juice      2 tablespoons butter, melted  
2 teaspoons lemon juice      2 cups sifted confectioners' sugar

To the fruit juices, add butter. Place sugar in bowl, add liquid, beat well until smooth and of right consistency to spread.

## Transparent Glaze

(For Fruit Cake, Lebkuchen, and other small cookies)  
2 cups confectioners' sugar      3 tablespoons boiling water  
1 teaspoon vanilla

Combine sugar and water. Add vanilla. Beat thoroughly. Spread on fruit cake or drop from teaspoon on lebkuchen or other small cookies.

## Ornamental Frosting

2 egg whites      ½ teaspoon cream of tartar, or  
1¾ cups sifted confectioners' sugar      ½ teaspoon lemon juice  
(about)      ½ teaspoon vanilla

Beat egg whites with 2 tablespoons sugar 3 or 4 minutes; then continue to add same quantity of sugar, beating same length of time, until half the sugar has been used. Add the cream of tartar with the second quantity of sugar, or add lemon juice gradually as mixture thickens. Now continue adding sugar, a tablespoon at a time, beating several minutes between each addition, until a knife cut down into the frosting makes a clean cut that will not close again. Add vanilla. The success attending the use of this frosting depends much upon *thorough beating* between additions of sugar.

# Frostings

## Cooked Frostings

### Boiled Frosting

¾ cup sugar      ¼ cup boiling water  
¼ teaspoon cream of tartar      1 egg white, stiffly beaten

Dissolve sugar and cream of tartar in boiling water. Place over fire and boil until a small amount of syrup forms a soft ball in cold water, or spins a thread (238° F.). Pour syrup slowly over egg white, beating constantly. Continue beating until stiff enough to spread on cake.

### Brown Sugar Boiled Frosting

Follow recipe for Boiled Frosting, substituting 1 cup brown sugar for the amount of white sugar called for in the recipe.

### Fudge Frosting

2 cups sugar      ¾ cup milk  
2 squares Baker's Unsweetened Chocolate      2 tablespoons butter  
2 tablespoons corn syrup      1 teaspoon vanilla

Cook sugar, chocolate (cut in small pieces), corn syrup, and milk, stirring until sugar is dissolved. Then stir occasionally to prevent burning. Cook until syrup forms a very soft ball when tested in cold water (232° F.). Remove from fire. Add butter and cool to lukewarm (110° F.). Add vanilla and beat until frosting is creamy and of right consistency to spread.

### Seven Minute Frosting

2 egg whites, unbeaten      5 tablespoons cold water  
1½ cups sugar      ¼ teaspoon cream of tartar  
1 teaspoon vanilla

Put egg whites, sugar, water, and cream of tartar in upper part of double boiler. Beat with rotary egg beater until thoroughly mixed. Place over rapidly boiling water, beat constantly with rotary beater, and cook for 7 minutes, or until frosting will stand in peaks. Remove from fire, add vanilla, and beat until thick enough to spread.

### Maple Walnut Frosting

2 egg whites, unbeaten      5 tablespoons water  
2¼ cups brown sugar      1 teaspoon vanilla  
1 cup walnut meats, chopped

Put egg whites, sugar, and water in top of double boiler. Beat with rotary egg beater until thoroughly mixed. Place over rapidly boiling water, beat constantly with rotary beater, and cook for 7 minutes, or until frosting will stand in peaks. Remove from fire and add vanilla. Beat until thick enough to spread. Sprinkle nuts over frosting before it becomes firm.

### Twice-Cooked Frosting

1½ cups sugar      ¾ cup water  
1 teaspoon light corn syrup      2 egg whites, stiffly beaten  
1 teaspoon vanilla

Cook sugar, syrup, and water until mixture spins a thread (240° F.). Pour hot syrup slowly over egg whites, beating constantly. Place bowl of frosting in pan of hot (not boiling) water and beat with wire whisk until there is a slight scraping noise along sides of pan, and the frosting holds its shape. Add flavoring, beat thoroughly, and spread on cake.

This frosting is sweeter and heavier than plain Boiled Frosting and stays moist longer.



# Frostings

## Coconut Frosting

Add  $\frac{1}{2}$  cup Baker's Coconut, Southern Style, to Seven Minute Frosting. Sprinkle  $\frac{1}{2}$  cup coconut over cake before frosting becomes firm.

## Nut Frosting

Add  $\frac{1}{2}$  cup chopped walnut meats or other nuts to Seven Minute Frosting before spreading. Sprinkle  $\frac{1}{2}$  cup nuts over cake before the frosting becomes firm.

## Marshmallow Frosting

Add 1 cup marshmallows, quartered, to Seven Minute Frosting before spreading between layers and on cake.

## Caramel Frosting

3 cups brown sugar  
1 cup water

1 tablespoon butter  
1 teaspoon vanilla

Cream

Boil sugar and water until syrup forms a soft ball in cold water (238° F.). Add butter and vanilla, and remove from fire. When cold beat until thick and creamy. Thin with cream until of right consistency to spread.

## Sour Cream Frosting

1 cup sugar  
1 cup sour cream

1 teaspoon vanilla  
 $\frac{1}{2}$  cup walnut meats, chopped

Mix sugar and sour cream together and boil to soft ball stage (238° F.). Remove from stove and let stand until lukewarm (about 110° F.). Beat until creamy. Add vanilla and nut meats and spread quickly.

## Chocolate Seven Minute Frosting

2 egg whites, unbeaten  
 $1\frac{1}{2}$  cups sugar  
 $\frac{1}{4}$  teaspoon cream of tartar

5 tablespoons water  
3 squares Baker's Unsweetened Chocolate, melted  
1 teaspoon vanilla

Put egg whites, sugar, cream of tartar, and water in upper part of double boiler. Beat with rotary egg beater until thoroughly mixed. Place over rapidly boiling water, beat constantly with rotary beater, and cook 7 minutes, or until frosting will stand in peaks. Remove from fire, fold in chocolate and vanilla. (Do not beat mixture.) Cool and spread on cake.

## Lady Baltimore Frosting and Filling

2 cups sugar  
 $\frac{3}{4}$  cup water

2 egg whites, stiffly beaten  
1 teaspoon vanilla

## Filling

$\frac{1}{4}$  pound figs, chopped  
 $\frac{1}{2}$  pound pecans or English walnuts, chopped

$\frac{1}{2}$  pound raisins, chopped

Cook sugar and water until syrup forms a soft ball in water (238° F.). Pour syrup slowly on egg whites, beating until cool and stiff enough to spread. Add flavoring. Stir fruit and nuts into  $\frac{1}{2}$  of frosting. Spread between layers. Cover whole cake with remaining frosting.

# Frostings

## Lord Baltimore Filling

$1\frac{1}{2}$  cups sugar  
 $\frac{1}{4}$  teaspoon cream of tartar  
 $\frac{1}{2}$  cup water  
2 egg whites, stiffly beaten  
 $\frac{1}{4}$  teaspoon orange juice

2 teaspoons lemon juice  
12 candied cherries, cut in quarters  
 $\frac{1}{2}$  cup macaroon crumbs  
 $\frac{1}{2}$  cup blanched almonds, chopped  
 $\frac{1}{4}$  cup pecans, chopped

Dissolve sugar and cream of tartar in water and boil until syrup forms a soft ball in cold water (238° F.). Pour syrup over egg whites, beating constantly. Add orange and lemon juice to fruit, macaroon crumbs, and nuts, and combine the two mixtures. Cool and spread between layers of cake.

## Soft Chocolate Frosting

4 squares Baker's Unsweetened Chocolate  
1 cup sugar  
 $1\frac{1}{2}$  cups milk

5 tablespoons Swans Down Cake Flour  
2 tablespoons cold water  
2 tablespoons butter

1 teaspoon vanilla

Cut chocolate in small pieces, add sugar and milk and bring to boiling point, stirring constantly. Mix flour with water, add slowly to the first mixture, stirring until thickened. Remove from fire; add butter and vanilla. Cool and spread.

## Orange Filling

5 tablespoons Swans Down Cake Flour  
1 cup sugar  
Grated rind 1 orange  
 $\frac{1}{2}$  cup orange juice

3 tablespoons lemon juice  
4 tablespoons water  
1 egg, slightly beaten  
2 teaspoons butter

Mix ingredients in order given. Cook in double boiler 10 minutes, stirring constantly. Cool before spreading. Makes filling for two layers.

## Pineapple Filling

1 tablespoon Swans Down Cake Flour  
Few grains salt

1 cup sugar  
1 cup pineapple, grated

1 cup boiling water

Combine flour, salt, sugar, and pineapple. Add boiling water and cook 15 minutes. Cool and spread between layers of cake.

## Fig Filling

2 cups figs, chopped  
 $\frac{3}{4}$  cup sugar

$\frac{3}{4}$  cup boiling water  
1 tablespoon lemon juice

1 tablespoon butter

Cook figs, sugar, and water in double boiler until thick, 6 to 8 minutes. Remove from stove, add lemon juice and butter. When cool spread between layers of cake.

## Custard Cream Filling

$\frac{1}{2}$  cup sifted Swans Down Cake Flour  
 $\frac{1}{8}$  cup sugar  
 $\frac{1}{2}$  teaspoon salt  
2 eggs or 4 yolks, slightly beaten

2 cups milk, scalded  
1 teaspoon vanilla, or  
 $\frac{1}{2}$  teaspoon lemon extract

Mix dry ingredients, add eggs and milk. Stir until smooth. Cook in double boiler 15 minutes or until thickened, stirring constantly. Add flavoring when cool.



## Small cakes and cookies

### Swans Down—the Preferred Flour for Cookies, Quick Breads, and Pastries

Swans Down Cake Flour gives superior results in many mixtures besides cakes. Pastry, cookies, shortcake, biscuits, muffins, griddle cakes, and waffles—all will be more tender and delicious when made with Swans Down Cake Flour instead of bread flour.

#### Brownies

- |   |                                    |
|---|------------------------------------|
| $\frac{3}{4}$ 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 walnuts, chopped |

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

#### Oatmeal Nut Cookies

- |  |  |
|--|--|
| $1\frac{1}{2}$ cups sifted Swans Down Cake Flour | $\frac{1}{2}$ cup butter or other shortening |
| 2 teaspoons baking powder                        | 1 cup sifted brown sugar                     |
| $\frac{1}{2}$ teaspoon salt                      | 1 egg, well beaten                           |
| 2 teaspoons cinnamon                             | $\frac{1}{2}$ cup nuts, chopped              |
| 1 teaspoon cloves                                | $\frac{1}{4}$ cup raisins                    |
| $\frac{1}{2}$ teaspoon ginger                    | $1\frac{1}{4}$ cups oatmeal                  |
|  | $\frac{1}{2}$ cup milk                       |

Sift flour once, measure, add baking powder, salt, and spices, and sift three times. Cream shortening, add sugar gradually, and cream together until light and fluffy. Add egg, nuts, and raisins, then oatmeal and flour, alternately with milk. Mix well. Drop by teaspoons onto greased baking sheet and bake in moderate oven (350° F.) 18 to 20 minutes. Makes 48 cookies.

#### Hermits

- |  |  |
|--|--|
| 3 cups sifted Swans Down Cake Flour      | 1 cup currants                               |
| 1 teaspoon soda                          | Grated orange peel                           |
| $\frac{1}{2}$ teaspoon nutmeg            | $\frac{1}{2}$ cup butter or other shortening |
| $\frac{1}{2}$ teaspoon cinnamon          | $1\frac{1}{2}$ cups sifted brown sugar       |
| $\frac{1}{2}$ cup nuts, coarsely chopped | 2 tablespoons sour milk                      |
| 1 cup raisins                            | 2 eggs, well beaten                          |

Sift flour once, measure, add soda, nutmeg, and cinnamon, and sift together three times. Sift half this mixture over nuts and fruits; mix well. Cream shortening thoroughly, add sugar gradually, and cream together until light and fluffy. Then add milk and eggs. Beat well. Add sifted dry ingredients, and fruits and nuts, a small amount at a time. Beat after each addition until smooth. Drop from teaspoon on greased tins and bake in moderate oven (375° F.) 10 to 15 minutes. Makes 5 dozen hermits.

## Small cakes and cookies



#### Lebkuchen

- |  |   |
|--|---|
| 8 cups sifted Swans Down Cake Flour                        | 2 cups sifted brown sugar                                 |
| $\frac{1}{2}$ teaspoon soda                                | $\frac{1}{4}$ cup water                                   |
| $1\frac{1}{2}$ teaspoons cinnamon                          | 2 eggs, slightly beaten                                   |
| $\frac{1}{4}$ teaspoon cloves                              | $1\frac{1}{2}$ cups candied orange peel, shredded (6 oz.) |
| $\frac{1}{4}$ teaspoon nutmeg                              | $1\frac{1}{2}$ cups candied citron, shredded (6 oz.)      |
| $1\frac{1}{8}$ cups strained honey (1 lb.)                 |   |
| 2 cups almonds, blanched and shredded ( $\frac{3}{4}$ lb.) |   |

Sift flour once, measure, add soda and spices, and sift together three times. Boil honey, sugar, and water 5 minutes. Cool. Add flour mixture, eggs, fruits, and nuts. Work into loaf and place in refrigerator. Let ripen 2 or 3 days. Roll on slightly floured board to  $\frac{1}{4}$ -inch thickness. Cut in strips, 1 x 3 inches. Bake on greased baking sheet in moderate oven (350° F.) 15 minutes. When cool, cover with Transparent Glaze. Lebkuchen should ripen in cake box at least one day before they are served. Makes 10 dozen lebkuchen.

#### Orange Tea Cakes (Cup Cakes)

- |  |                                 |
|--|---------------------------------|
| 2 cups sifted Swans Down Cake Flour      | 1 egg, unbeaten                 |
| 4 teaspoons baking powder                | 1 tablespoon grated orange rind |
| 2 tablespoons butter or other shortening | $\frac{1}{4}$ cup milk          |
| 1 cup sugar                              | $\frac{1}{2}$ cup orange juice  |

Sift flour once, measure, add baking powder, and sift together three times. Cream butter, add sugar, and cream together thoroughly. Add egg and beat until light and fluffy. Add orange rind. Add flour, alternately with milk and orange juice, a small amount at a time. Beat after each addition until smooth. Pour into muffin pans, filling them  $\frac{3}{4}$  full. Bake in moderate oven (350° F.) 25 minutes. Makes 12 large or 18 small cup cakes.



## Small cakes and cookies



WHITE FRUIT CAKE (RECIPE PAGE 17)

### Date Nut Bars

- |                                    |                                  |
|------------------------------------|----------------------------------|
| 1 cup sifted Swans Down Cake Flour | 1½ cups English walnuts, chopped |
| 1 teaspoon baking powder           | 5 egg yolks, well beaten         |
| 1 pound dates, chopped             | 1 cup sugar                      |
|                                    | 5 egg whites, stiffly beaten     |

Sift flour once, measure, add baking powder, and sift three times. Add dates and nuts to flour, mixing well. Mix egg yolks and sugar. Combine with floured fruit. Fold in egg whites. Pour to ¾-inch thickness in two 8 x 8 inch greased pans. Bake 50 minutes in moderate oven (325° F.). When cool, cut in strips 1 x 4 inches. Makes 32 bars.

### Chocolate Fruit Patties

- |   |  |
|---|--|
| 1 cup sifted Swans Down Cake Flour              | ½ cup seeded raisins, chopped                    |
| ½ teaspoon baking powder                        | ¼ cup candied cherries, chopped                  |
| ½ teaspoon salt                                 | ¼ cup candied pineapple, chopped                 |
| ¾ cup sugar                                     | 4 tablespoons butter or other shortening, melted |
| 2 eggs, well beaten                             |  |
| 2 squares Baker's Unsweetened Chocolate, melted |  |
| ½ cup nuts, chopped                             |  |

Sift flour once, measure, add baking powder and salt, and sift three times. Add sugar to eggs and beat until light. Mix in chocolate, nuts, and prepared fruit, and finally, shortening. Stir in flour, mixing thoroughly. Drop by teaspoons onto greased tin. Bake 8 minutes in moderate oven (350° F.). Makes 3½ dozen.

## Small cakes and cookies

### Vanilla Wafers

- |                                     |                      |
|-------------------------------------|----------------------|
| 3 cups sifted Swans Down Cake Flour | 2 cups sugar         |
| 2 teaspoons baking powder           | 3 eggs, well beaten  |
| ½ teaspoon salt                     | 1 tablespoon vanilla |
| 1 cup butter or other shortening    | ½ cup milk           |

Sift flour once, measure; add baking powder and salt, and sift three times. Cream shortening, add sugar gradually, and cream together until light and fluffy. Add eggs and vanilla, then flour and milk alternately in small amounts. Beat after each addition until smooth. Drop by teaspoons onto greased baking sheet. Bake in hot oven (450° F.) 3 to 5 minutes. Makes 9 dozen.

### Peanut Cookies

- |                                     |                                  |
|-------------------------------------|----------------------------------|
| 3 cups sifted Swans Down Cake Flour | 1 cup butter or other shortening |
| ¼ teaspoon soda                     | 2 cups sugar                     |
| 1 cup peanuts, chopped              | 3 eggs, well beaten              |

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

### Sugar Cookies

- |                                      |                     |
|--------------------------------------|---------------------|
| 2½ cups sifted Swans Down Cake Flour | 1 cup sugar         |
| 2 teaspoons baking powder            | 2 eggs, well beaten |
| ½ teaspoon grated nutmeg             | Grated rind 1 lemon |
| ½ cup butter or other shortening     | 1 tablespoon cream  |

Sift flour, baking powder, and nutmeg together twice. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs, lemon rind, cream, and beat well. Add flour mixture gradually. Beat after each addition until smooth. Roll into thin sheet, cut with cookie cutter, and dredge with granulated sugar. Place on greased baking sheet and bake in hot oven (425° F.) about 7 minutes. Makes 2½ dozen 3-inch cookies.

### Scotch Shortbread

- |                                      |              |
|--------------------------------------|--------------|
| 2¼ cups sifted Swans Down Cake Flour | ¾ cup butter |
| ½ cup powdered sugar                 |              |

Sift flour once, measure, and sift three times. Cream butter, add sugar, creaming thoroughly. Work in flour, using finger tips. Press into greased pan, 8 x 8 x 2 inches, prick with fork, and bake in moderate oven (350° F.) 45 minutes. Cool slightly and cut in squares before removing from pan.

### Old-Fashioned Ginger Snaps

- |                                      |                                  |
|--------------------------------------|----------------------------------|
| 1¼ cups sifted Swans Down Cake Flour | ½ cup molasses                   |
| 1 teaspoon salt                      | ½ cup butter or other shortening |
| 1 teaspoon ginger                    | ¾ cup sifted brown sugar         |

Sift flour once, measure, add salt and ginger, and sift three times. Heat molasses, shortening, and sugar to boiling point. Add flour mixture and beat thoroughly. Chill and drop from spoon onto greased baking sheet. Bake in moderate oven (350° F.) seven minutes. Makes 4 dozen cookies.



## Small cakes and cookies

### Crisp Molasses Cookies

3½ cups sifted Swans Down Cake Flour    4 tablespoons butter or other shortening  
1½ teaspoons soda    4 tablespoons sugar  
½ teaspoon salt    ½ cup molasses  
½ teaspoon ginger    ½ cup water

Sift flour once, measure, add soda, salt, and ginger, and sift together three times. Cream shortening, add sugar gradually, and mix thoroughly. Add molasses, then flour alternately with water, a small amount at a time. Beat well after each addition. Toss on floured board, roll ¼ inch thick, cut with floured cutter. Bake in moderate oven (350° F.) 8 minutes. Makes 5 dozen 2½-inch cookies.

### Bran Sand Tarts

2 cups sifted Swans Down Cake Flour    1 cup sugar  
2 teaspoons baking powder    2 eggs, well beaten  
½ teaspoon salt    1 tablespoon milk  
½ cup butter or other shortening    2 cups Post's Bran Flakes  
1 teaspoon vanilla

Sift flour, measure, add baking powder and salt, and sift again. Cream shortening, add sugar gradually; then eggs, milk, bran, and flour. Mix thoroughly. Add vanilla. Use ½ cup bran and ½ cup flour mixed, in rolling out. Roll a small piece at a time to ¼-inch thickness. Cut with cookie cutter. Bake in hot oven (400° F.) 5 minutes. Makes 4 dozen 2½-inch cookies.

### Almond Slices

5½ cups sifted Swans Down Cake Flour    1 cup granulated sugar  
1 teaspoon soda    1½ cups hot melted shortening,  
3 eggs, slightly beaten    part butter desirable  
1 cup sifted brown sugar    1 cup almonds, blanched, toasted,  
chopped

Sift flour once, measure, add soda, and sift three times. Mix other ingredients in order given; add flour last. Pack tightly into 8 x 8 inch pan lined with waxed paper, and chill over night. Remove loaf from pan, cut in half, and slice crosswise in thin slices (¼ inch thick or less). Bake in hot oven (425° F.) for 5 minutes. Makes 6 dozen slices 4 x 1½ x 1¼ inches. For variety, add 2 teaspoons cinnamon sifted with flour.

### Butterscotch Cookies

3½ cups sifted Swans Down Cake Flour    ½ cup butter or other shortening  
½ teaspoon soda    2 cups sifted brown sugar  
½ tablespoon cream of tartar    2 eggs, well beaten  
½ tablespoon vanilla

Sift together flour, soda, and cream of tartar. Cream shortening. Add sugar and cream thoroughly. Add eggs and beat well. Add vanilla and flour mixture; mix well. Shape in round or square loaf, wrap in waxed paper, and let stand in cool place over night. Cut in thin slices. Bake in hot oven (425° F.) 8 minutes. If desired, sprinkle with chopped nuts before baking. Makes 8 dozen cookies.

## Quick breads

### Baking Powder Biscuits

2 cups sifted Swans Down Cake Flour    2 tablespoons butter or  
4 teaspoons baking powder    other shortening  
½ teaspoon salt    ¾ cup milk (about)

Sift flour, baking powder, and salt together twice. Cut in shortening. Add milk gradually and mix to soft dough. Turn on floured board, knead slightly, roll ¾ inch thick; cut in rounds. Set in shallow baking pan and brush tops with melted butter. Bake in hot oven (450° F.) 15 minutes. Makes 18 small biscuits.

### Cheese Biscuits

1 cup sifted Swans Down Cake Flour    1 tablespoon butter or  
2½ teaspoons baking powder    other shortening  
½ teaspoon salt    ½ cup grated cheese  
¾ cup milk and water, equal parts

Sift flour, baking powder, and salt together twice. Cut in shortening and cheese. Add liquid slowly and mix with knife to consistency of soft dough. Roll ⅓ inch thick on floured board. Cut with small biscuit cutter. Bake in hot oven (450° F.) 15 minutes. Makes 12 biscuits.

### Orange Biscuits

2 cups sifted Swans Down Cake Flour    1 tablespoon grated orange  
4 teaspoons baking powder    rind  
½ teaspoon salt    ¾ cup milk  
2 tablespoons sugar    12 cubes cut sugar  
4 tablespoons butter or other shortening    ¼ cup orange juice

Sift flour once, measure, add baking powder, salt, sugar, and sift again. Cut in shortening and orange rind. Add milk slowly and mix with knife to consistency of soft dough. Roll ½ inch thick on floured board. Cut with small biscuit cutter. On top of each biscuit place ½ lump sugar dipped in orange juice. Bake in hot oven (400° F.) 15 minutes. Makes 24 1½-inch biscuits.

### Pin Wheel Biscuits

2 cups sifted Swans Down Cake Flour    ¾ cup milk  
4 teaspoons baking powder    4 tablespoons butter, creamed  
¾ teaspoon salt    ½ cup brown sugar  
4 tablespoons butter or other shortening    ½ cup pecan meats, chopped

Sift flour once, measure, add baking powder and salt, and sift together three times. Cut in shortening, add milk gradually, and mix with knife to soft dough. Turn on slightly floured board, and roll ¼ inch thick. Spread with creamed butter, sprinkle with brown sugar and nuts. Roll as for jelly roll and cut in 1-inch pieces. Stand these on end in greased muffin tins. Bake in moderate oven (375° F.) for 30 minutes. Makes 12 biscuits.



## Quick breads



ECONOMICAL  
GOLD CAKE  
(RECIPE PAGE 7)

### Queen Tea Muffins

1  $\frac{3}{4}$  cups sifted Swans Down  
Cake Flour  
4 teaspoons baking powder  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{3}{4}$  cup milk

4 tablespoons butter or  
other shortening  
4 tablespoons sugar  
1 egg, well beaten

Sift flour once, measure, add baking powder and salt, and sift three times. Cream shortening, add sugar, and cream thoroughly. Add egg, then flour and milk alternately. Beat after each addition until smooth. Bake in greased muffin tins in hot oven (450° F.) 20 minutes. Makes 18 small muffins.

### Breakfast Muffins

2 cups sifted Swans Down Cake Flour  
4 teaspoons baking powder  
 $\frac{1}{2}$  teaspoon salt

1 egg, well beaten  
 $\frac{3}{4}$  cup milk  
4 tablespoons butter or other  
shortening, melted

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

### Date Muffins

2 cups sifted Swans Down Cake Flour  
4 teaspoons baking powder  
 $\frac{1}{2}$  teaspoon salt  
4 tablespoons sugar

$\frac{3}{4}$  cup milk  
1 egg, well beaten  
4 tablespoons butter or other  
shortening, melted  
1 cup dates, sliced

Sift flour once, measure, add baking powder, salt, and sugar, and sift again. Combine milk and egg and add to dry ingredients, beating well until smooth. Stir in shortening and dates. Pour into greased muffin tins and bake in moderate oven (375° F.) for 30 minutes. Makes 18 small muffins.

## Quick breads

### Waffles

2 cups sifted Swans Down Cake Flour  
3 teaspoons baking powder  
 $\frac{1}{2}$  teaspoon salt  
3 egg yolks, well beaten  
1 cup milk  
4 tablespoons melted butter

Sift flour, baking powder, and salt together twice. Add egg yolks mixed with milk; then butter. Fold in egg whites. Have both sides of waffle iron hot. Grease well. Put tablespoon of batter in each section and let top down. When batter is baked on one side turn iron to brown other side. Remove cooked waffles with fork. Serve with butter and Log Cabin Syrup. Makes six 4-section waffles.

### Griddle Cakes

1 cup sifted Swans Down Cake Flour  
 $\frac{1}{2}$  teaspoon soda  
 $\frac{1}{2}$  teaspoon salt  
1 egg, well beaten  
1 cup thick sour milk or buttermilk  
1 teaspoon melted butter or other  
shortening

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

### Strawberry Shortcake

2  $\frac{1}{2}$  cups sifted Swans Down Cake Flour  
 $\frac{5}{8}$  teaspoons baking powder  
 $\frac{1}{2}$  teaspoon salt  
4 tablespoons butter or  
other shortening  
 $\frac{3}{4}$  cup milk (about)  
2 quarts strawberries

Sift flour, baking powder, and salt together twice. Cut in shortening. Add milk slowly to make soft dough. Spread dough in two well greased layer cake pans. Bake in hot oven (450° F.) 15 minutes. Wash and stem strawberries, cut them in small pieces, and sweeten slightly. Reserve a few whole berries for garnishing. Spread one layer of shortcake with soft butter and strawberries and place other layer on top. Spread with remaining berries and garnish with whipped cream and whole berries. Serves 8.

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

### Five o'Clock Tea Rusks

2  $\frac{1}{4}$  cups sifted Swans Down Cake Flour  
4 teaspoons baking powder  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{3}{4}$  teaspoon cinnamon  
 $\frac{1}{4}$  teaspoon nutmeg  
2 tablespoons brown sugar  
2 tablespoons butter or  
other shortening  
1 egg, well beaten  
 $\frac{1}{2}$  to  $\frac{3}{4}$  cup milk or water

Sift flour, baking powder, salt, spices, and sugar together twice. Cut in shortening. Add egg mixed with  $\frac{1}{2}$  cup liquid. Add more liquid as needed for soft dough. Turn on floured board. Cut in 1-inch pieces. Shape into balls. Place together in well greased, shallow pan. Brush with milk, sprinkle tops with brown sugar. Bake in moderate oven (375° F.) 15 to 20 minutes. Makes 2 dozen small rusks.





LEMON MERINGUE PIE

## Pie Crust (Plain Paste)

2 cups sifted Swans Down Cake Flour     $\frac{1}{2}$  cup cold shortening  
 $\frac{1}{2}$  teaspoon salt     $\frac{1}{2}$  to  $\frac{1}{2}$  cup cold water

Shortening and water should be as cold as possible to obtain best results. Sift flour and salt together. Cut in shortening until mixture looks like meal. Add water, a little at a time, mixing with a knife or spatula until the dough cleans bowl of all flour and paste. Use as little water as possible. Roll dough  $\frac{1}{8}$  inch thick on slightly floured board. Fit loosely on pie plate. Turn edge and prick with fork. Bake in hot oven (450° F.) 15 minutes. Makes one 9-inch two-crust pie. Use  $\frac{1}{2}$  recipe for one pie shell only.

## Lemon Meringue Pie

$\frac{1}{2}$  cup sifted Swans Down Cake Flour     $\frac{1}{2}$  tablespoon butter  
 $\frac{1}{4}$  cups sugar    2 lemons ( $\frac{1}{4}$  cup juice)  
1 cup boiling water    Grated rind 1 lemon  
 $\frac{1}{2}$  cup milk    1 baked 9-inch pie shell  
3 egg yolks, and    4 tablespoons sugar  
1 egg white, beaten together     $\frac{1}{4}$  teaspoon salt  
2 egg whites, stiffly beaten

Mix flour and sugar in top of double boiler. Add boiling water, stirring constantly, then milk. Cook mixture over hot water until thick and smooth, stirring continually. Add eggs gradually. Add butter, lemon juice, and rind. Continue cooking until mixture drops in thick sheets from spoon. Cool mixture, and pour into pie shell. Beat sugar and salt into egg whites, and cover pie. Bake in slow oven (300° F.) 12 minutes, or until delicate brown.

## Butterscotch Meringue Pie

5 tablespoons sifted Swans Down Cake Flour    1 teaspoon vanilla  
1 cup light brown sugar    1 baked 9-inch pie shell  
3 tablespoons butter    4 tablespoons sugar  
 $\frac{1}{2}$  cups milk     $\frac{1}{4}$  teaspoon salt  
2 egg yolks, well beaten    2 egg whites, stiffly beaten

Mix flour and brown sugar in top of double boiler. Blend butter with this mixture. Add milk, cook over hot water until thick and smooth, stirring frequently. Add egg yolks gradually. Remove from fire and cool. Add vanilla. Pour into pie shell. Beat sugar and salt into egg whites and cover pie. Bake in slow oven (300° F.) 12 minutes, or until delicate brown.

## Chocolate Meringue Pie

$1\frac{1}{2}$  squares Baker's Unsweetened Chocolate,    2 egg yolks, slightly beaten  
shredded    1 tablespoon butter  
 $\frac{1}{4}$  cups cold milk    1 teaspoon vanilla  
2 tablespoons flour    1 baked 9-inch pie shell  
 $\frac{1}{2}$  cup sugar    4 tablespoons sugar  
 $\frac{1}{4}$  teaspoon salt     $\frac{1}{4}$  teaspoon salt  
2 egg whites, stiffly beaten

Add chocolate to milk and heat in double boiler. When chocolate is melted, beat with rotary egg beater until mixture is smooth and blended. Combine flour, sugar, and salt. Add to egg yolks. Pour small amount of chocolate mixture over eggs, stirring vigorously. Return to double boiler and cook until thickened, stirring constantly. Add butter and vanilla. Cool. Pour into pie shell. Fold sugar and salt into egg whites and cover pie. Bake in slow oven (300° F.) 15 minutes, or until delicate brown.

## Coconut Cream Pie

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

Mix flour, sugar, and salt; add milk. Cook in double boiler until thickened, stirring constantly. Pour onto egg yolks. Return to double boiler and cook 10 minutes. Add flavoring and coconut. Pour into pie shell. Beat sugar into egg whites; add flavoring. Pile on coconut filling. Place in slow oven (300° F.) for 10 to 12 minutes, or until browned.

## Apple Pie

1 recipe Plain Paste     $\frac{3}{4}$  cup sugar  
4 to 6 apples, sliced thin    1 teaspoon cinnamon  
1 tablespoon butter

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



## French Pastry

### Puff Paste

2 cups sifted Swans Down Cake Flour  
½ teaspoon salt

¼ cup cold water  
1 cup butter

The secrets of puff paste are to have all ingredients and utensils very cold and to work quickly.

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

Place butter in bowl of cold water, and work it with fingers until butter is creamy and waxy. Take butter in hands, and pat it briskly until no water flies.

Reserve ¼ cup butter. Pat remaining butter into a circular piece ½ inch thick and put in cold place. Cut the ¼ cup butter into flour and salt until mixture is about as fine as corn meal. Add just enough cold water to make a soft dough that can be handled. Turn dough on molding board and knead lightly until mixture is free from lumps, and elastic. Cover and let stand in cold place 5 minutes to ripen.

Pat and roll paste into rectangular shape ¼ inch thick; keep corners square. Place butter on center of lower half of paste. Fold upper half of paste over butter and press edges firmly together to enclose as much air as possible. The butter is now enclosed.

Fold right side of paste *over* enclosed butter and left side *under* enclosed butter. Press all edges together. Turn paste halfway round, cover, and let stand 5 minutes.

Pat, roll into rectangular shape ¼ inch thick, lifting paste with spatula occasionally to prevent sticking. Never roll back and forth. Fold from ends toward center, forming three even layers. Cover again and let stand 5 minutes.

Repeat folding process six times. After sixth rolling paste is ready for use.

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

### Patty Shells

1 recipe Puff Paste

Roll puff paste ¼ inch thick. Cut enough circles with biscuit cutter to allow one for each shell. Cut three times as many circles, using doughnut cutter of same size. Place three circles without centers evenly on each complete circle, pressing lightly to make them stick together. Bake in hot oven (450° F.) 30 minutes, covering with paper during last part of baking to prevent burning. Makes 20 patty cases.

### Cream Puffs (Pâte à Choux)

1 cup sifted Swans Down Cake Flour  
½ cup butter or other shortening

1 cup boiling water  
3 eggs, unbeaten

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

If cream puffs are removed from oven before thoroughly baked, they will fall.

### Chocolate Éclairs

1 recipe Cream Puffs (Pâte à Choux)

Shape mixture 1 x 4½ inches, by forcing through a pastry bag. Bake in hot oven (450° F.) for 20 minutes, then reduce to moderate heat (350° F.) for 25 minutes. With sharp knife make slit in one side and insert Custard Cream Filling. Frost with Chocolate Confectioners' Frosting. Makes 2 dozen éclairs.

### Napoleons

1 recipe Puff Paste  
1 recipe Custard Cream Filling

1 recipe Confectioners' Frosting  
1 cup nut meats, chopped

Roll puff paste ¼ inch thick, cut in strips 4 x 2 inches; prick with fork and bake in hot oven (450° F.) 12 to 15 minutes. Split strips in half, parallel with pastry layers. Put together with Custard Cream Filling. Cover top with Confectioners' Frosting and sprinkle with chopped nuts. Makes 2 dozen Napoleons.

### Nut Pastry Sticks

Puff Paste  
1 teaspoon cold water  
1 egg white

Pecan meats (chopped)  
or Baker's Coconut,  
Southern Style

Roll puff paste ¼ inch thick and cut in strips 5 x 1 inches. Arrange on baking sheet and bake in hot oven (450° F.) 12 to 15 minutes. Cool slightly. Brush with egg white diluted with cold water. Sprinkle with nuts or coconut and bake two minutes.

Nut Pastry Sticks may be made from bits of puff paste left from patty shells.



# Cake difficulties

## Reasons and Remedies for Cake Difficulties

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

### Butter Cake Difficulties

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

# Cake difficulties

## Sponge Cake Difficulties

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



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# Swans Down cake set



## The Swans Down Cake Set Simplifies Cake Making

The Swans Down Cake Set meets many of the needs of the housewife for good tools for cake making. Every cake maker wants the Swans Down Cake Set, regardless of how little or how much baking experience she has had, for every utensil spells the last word in convenience and accuracy. Over half a million women have ordered the Cake Set, and have found it indispensable in the making of fine cakes.

The unusually low price of the Swans Down Cake Set is possible only because of the tremendous quantities in which it is bought. Literally car-loads of cake sets are required in filling the increasing demand for them.

## Thermometers Relieve Baking Worries

An oven thermometer is one of the most reliable safeguards against cake failures, because the most perfectly mixed cake may be ruined in the baking. The housewife who uses an oven thermometer relieves herself at once of baking worries. With an oven thermometer she does not have to depend upon luck in baking a cake—nor does she have to guess at results. She *knows* when the oven is right.

### The Swans Down Cake Set includes the following:

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

### Check in square

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

NAME \_\_\_\_\_

STREET \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_

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

# Measures

## Swans Down—An Economical Assurance of Fine Cakes

Cake is not really cake unless it is light, tender, moist, of even-grained texture, and delicate flavor. With Swans Down Cake Flour, the user is assured this ideal type of cake. Because of its soft fineness, Swans Down makes delicate, fluffy cakes that bread flour can never make. This is a direct saving of the good butter, eggs, and other ingredients that have gone into the cake batter. And it costs only about 3c more per cake to use Swans Down Cake Flour than good bread flour. Truly, a small price to pay for the assurance of a perfect cake!

## Temperatures and Time-Table for Cake Baking

Slow Oven 250° F. to 350° F.	Moderate Oven 350° F. to 400° F.	Hot Oven 400° F. to 450° F.
Sponge cake Angel food cake Thick loaf cake Fruit cake Pound cake	Cup cakes Layer, loaf or sheet cake 1 to 2½ inches thick	Thin layer cake Jelly roll
	Cup cakes . . . . .	20-25 minutes
	Thin layer cake . . . . .	20-30 minutes
	Layer, loaf, or sheet cake, 1 to 2½ inches thick . . . . .	30-45 minutes
	Sponge cake . . . . .	60 minutes or more
	Angel food cake . . . . .	60 minutes or more
	Loaf cake . . . . .	50-60 minutes
	Pound and fruit cakes . . . . .	1½ to 4 hours

For the use of those who have no oven thermometer there are several practical tests. Set a pan sprinkled with flour in the oven and if it becomes a delicate brown in five minutes the oven is slow (250° F. to 350° F.). If the flour turns a medium golden brown in five minutes, the oven is moderate (350° F. to 400° F.). If the flour turns a deep, dark brown in five minutes, the oven is hot (400° F. to 450° F.).

## Weights and Measures

1 square of chocolate, grated . . . . .	6 tablespoons
1 medium-sized egg . . . . .	2 ounces
8-10 medium-sized eggs (with shells) . . . . .	1 pound
8-10 egg whites . . . . .	1 cup
14 egg yolks . . . . .	1 cup
3 teaspoons . . . . .	1 tablespoon
4 tablespoons . . . . .	¼ cup
16 tablespoons . . . . .	1 cup or ½ pint
2 cups . . . . .	1 pint
4 cups . . . . .	2 pints or 1 quart
4 cups cake flour . . . . .	1 pound
2¼ cups granulated sugar . . . . .	1 pound
2½ cups brown sugar . . . . .	1 pound
3½ cups confectioners' sugar . . . . .	1 pound
2 cups butter . . . . .	1 pound

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



