Baking is the most creative part of cooking. We start from scratch with simple ingredients and build delicious foods.

It's easy to look and dress well when you know the principles of good grooming. You'll find it's easy to bake well also when you know the baking secrets. The secrets in this booklet are the things most recipes leave out. They'll make your baking easier and your baked foods better tasting.

In your wardrobe you mix and match your skirts, sweaters, and blouses in many different ways. In baking too, we mix and match the same “Old Faithful” ingredients in as many ways to get a variety of foods. The booklet explains what the ingredients do, tested ways of mixing and matching them all to help you understand what happens in baking.

This booklet is about the foods Americans bake most often and like the best. We hope it will help you to learn how enjoyable baking can be when it is done correctly.

Home Economics Department
Procter & Gamble

<table>
<thead>
<tr>
<th>table of contents</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 Keys to Baking Success</td>
</tr>
<tr>
<td>Pie and Pastry Pointers</td>
</tr>
<tr>
<td>Cakes</td>
</tr>
<tr>
<td>Frostings</td>
</tr>
<tr>
<td>Cookies</td>
</tr>
<tr>
<td>Quick Breads</td>
</tr>
<tr>
<td>Baking Language</td>
</tr>
<tr>
<td>Foods for Fitness</td>
</tr>
</tbody>
</table>
I use Quality ingredients

Use only the best. These are the “Old Faithfuls”:

**Common Baking Ingredients**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Contributions</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shortening or Fat</td>
<td>richness, tenderness and flakiness</td>
<td>Crisco, lard, butter, margarine, oils</td>
</tr>
<tr>
<td>Flour</td>
<td>framework or structure</td>
<td>regular flour, cake flour (for fine structure in cakes), self-rising flour (leavening and salt added)</td>
</tr>
<tr>
<td>Sweetening</td>
<td>tenderness, flavor, crispness, brownness</td>
<td>white sugar, brown sugar, confectioners sugar (powdered), honey, syrups</td>
</tr>
<tr>
<td>Liquids</td>
<td>help ingredients to act with each other, moistness, bind ingredients together</td>
<td>milk (whole, evaporated, dried and condensed), water, juices</td>
</tr>
<tr>
<td>Leavening Agents</td>
<td>make framework rise, add lightness, tenderness</td>
<td>baking powder, baking soda, yeast</td>
</tr>
<tr>
<td>Eggs</td>
<td>flavor, golden color, moistness, bind ingredients together, whites help make structure in angel and sponge cakes</td>
<td>salt, vanilla, lemon extract</td>
</tr>
<tr>
<td>Flavoring</td>
<td>enhance flavor, add new flavor</td>
<td></td>
</tr>
</tbody>
</table>
### Right Ways to Measure

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>What to Use</th>
<th>How to Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crisco</td>
<td>Nested cups</td>
<td>Scoop from can to cup with scraper. Press into cup firmly, level off. For cold, solid fats—Let stand at room temperature until soft, then measure.</td>
</tr>
<tr>
<td>Flour</td>
<td>Nested cups</td>
<td>Sift flour (even if it is presifted). Spoon sifted flour into measuring cup without shaking or packing down. Level off top with spatula.</td>
</tr>
<tr>
<td>Liquids</td>
<td>Graduated glass measuring cup</td>
<td>Measure and read at eye level. Scrape cup after pouring out.</td>
</tr>
<tr>
<td>Sugar and Other Solids</td>
<td>Nested cups or measuring spoons</td>
<td>Spoon into cup or spoon, level off with spatula. For brown sugar, pack firmly into cup with spoon, then level.</td>
</tr>
</tbody>
</table>

### Why Sift?
Sift all flour just before measuring. Even 'presifted' flour packs down in storage. With packed flour you get more in the cup so baked goods may be dry and heavy. Sifting unpacks and adds air to flour so you get the same amount every time you measure.
Boys of all ages are daffy about pies. Pies have always been an American favorite. In pioneer days they even ate them for breakfast! Learn to make pastry for pie crust and you'll know how to make these foods, too: turnovers, meat pie, tarts, canapes.

**the right tools**

You'll need:
- measuring tools
- flour sifter
- pastry blender
- or 2 knives—to cut shortening into flour
- rolling pin—a cover for it made out of a clean sock helps keep dough from sticking
- pie plate—glass or dull metal are best because they distribute heat evenly

**3 ways to mix pastry**

1. **Common Method** (Cut and Sprinkle)
   - Cut fat into flour
   - Add water to fat-flour mixture

2. **Paste Method** (Cut and Blend)
   - Cut fat into flour
   - Make paste with little of flour mixture
   - Mix paste with rest of flour mixture

3. **Oil Method** (Mix and Roll)
   - Mix oil and water with flour and salt

**hints for rolling**

Flour surface and rolling pin.
Start with dough shaped into flat circle with smooth edges. Roll from center out using short, light strokes. Lift rolling pin just before you get to edge. Patch dough if it splits by pressing edges together. Reroll dough if you need to. You can mix pastry, wrap in foil and store in the refrigerator overnight and roll next day to save time.
You're the Judge

Use the thermometer scale below to judge pies as the experts do.

<table>
<thead>
<tr>
<th>Appearance</th>
<th>Uniform brown crust with attractively finished edge</th>
<th>15%</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Medium thin and crisp crust</td>
<td>10%</td>
</tr>
<tr>
<td>Eating Quality</td>
<td>Tender, flaky</td>
<td>60%</td>
</tr>
<tr>
<td></td>
<td>Bland flavor</td>
<td>15%</td>
</tr>
</tbody>
</table>

---

Pastry Trouble Shooter

If this happens with a tested recipe

<table>
<thead>
<tr>
<th>Pastry tough, leathery</th>
<th>1 Mismeasured shortening, flour or water</th>
<th>Try this</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Be sure to sift flour before measuring. Measure all ingredients carefully. Use very little flour on board for rolling. Try not to overhandle the dough.</td>
<td></td>
</tr>
<tr>
<td>Shrinking or buckling of pastry</td>
<td>1 Pastry stretched during fitting into pie pan</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2 Pastry shell not adequately pricked on sides and bottom before baking</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Use large enough recipe to fit pie pan without stretching. Don’t stretch dough when fitting to pie plate—ease it in. Prick pastry generously over bottom and sides of pie plate. Peek after shell has baked about 5 minutes and prick any “blisters.”</td>
<td></td>
</tr>
</tbody>
</table>
TESTED RECIPES

DOUBLE CRUST PASTRY
(COMMON METHOD)
(For 9" pie)

2 cups sifted regular flour
1 teaspoon salt

Preheat oven. Sift flour before measuring; spoon lightly into measuring cup and level without shaking or packing down. Combine flour and salt. With a pastry blender or two knives, cut in Crisco until uniform; mixture should be fairly coarse. Sprinkle with water, a tablespoon at a time; toss with a fork. Work dough into a firm ball with your hands. Divide dough into two parts and press into flat circles with smooth edges. On a lightly floured surface, roll bottom crust to a circle about 1-1/2 inches larger than inverted pie plate. Gently ease dough into plate. Trim edge even with plate and add filling. Moisten rim of bottom crust with water. Roll top crust the same way and lift onto filled pie. Trim 1/2 inch beyond edge of plate. Fold top edge under bottom crust and flute with fingers or fork. Prick or slit top crust to allow for escape of steam. Bake according to time and temperature recommended for filling used.

DOUBLE CRUST PASTRY
(PASTE METHOD)
(For 9" pie)

2 cups sifted regular flour
1 teaspoon salt

Preheat oven to 400°. Sift flour before measuring; spoon lightly into measuring cup and level without shaking or packing down. Mix flour and salt in a bowl. Cut in Crisco with pastry blender or two knives until mixture is uniform. Combine 1/3 cup of this mixture and the water; add to the remaining Crisco-flour mixture. Mix with a fork until dough holds together; work into a firm ball with your hands. Divide in half and form two flat circles. On a lightly floured surface roll out bottom crust until 1-inch larger than upside down 8- or 9-inch pie plate. Using short, light strokes, move from center to edge in all directions. Ease dough into pie plate; trim even with edge. Roll out top crust the same way. Add pie filling and cover with top crust; trim 1/2 inch beyond edge. Fold top crust under edge of bottom crust; seal and flute with fingers or fork. Prick or slit top crust. Bake at 400° for 30-40 minutes, until filling is cooked and crust as brown as desired.

SINGLE CRUST PASTRY
(COMMON METHOD)
(For 9" pie)

1-1/3 cups sifted regular flour
1/2 teaspoon salt

Preheat oven to 425°. Sift flour before measuring; spoon lightly into measuring cups and level without shaking or packing down. Combine flour and salt. With a pastry blender or two knives, cut in Crisco until uniform; mixture should be fairly coarse. Sprinkle with water, a tablespoon at a time; toss with a fork. Work dough into a firm ball with your hands. Press dough into a flat circle with smooth edges. On a lightly floured surface, roll dough to a circle about 1-1/2 inches larger than upside down pie plate. Pick dough up and gently ease dough into plate, be careful not to stretch the dough. Trim 1/2 inch beyond edge of plate; fold under to make a double thickness of dough around rim and flute with fingers or fork.

For single crust baked without filling, prick bottom and sides thoroughly with a fork. Bake at 425° for 10-15 minutes or until brown as desired.

For a single crust baked with filling, do not prick dough. Bake according to time and temperature recommended for filling used.

1/2 cup Crisco
3 tablespoons water
ALL-AMERICAN APPLE PIE
(Makes a 9-inch pie)

Crisco pastry for 9-inch double crust

3/4 cup sugar
2 tablespoons flour
1 teaspoon cinnamon
6 medium cooking apples
1 tablespoon butter or margarine

Pare, core, and slice apples; toss with mixture of sugar, flour, and cinnamon. Turn into pastry-lined 9-inch pie plate. Dot with butter. Cover with top crust; seal and flute edge. Cut slits for escape of steam.

Bake at 400° for 30 to 40 minutes, until pie is desired brownness and apples are tender.

LEMON MERINGUE PIE
(Makes a 9-inch pie)

Baked 9-inch Crisco pastry shell

1-1/2 cups sugar
6 tablespoons cornstarch
1 tablespoon flour
1 teaspoon salt
2-1/4 cups boiling water
1 tablespoon butter or margarine
1 teaspoon grated lemon peel
6 tablespoons lemon juice
3 egg whites
6 tablespoons sugar

Combine 1-1/2 cups sugar, cornstarch, flour, and salt in a medium saucepan. Gradually stir in boiling water. Cook and stir over medium heat until mixture comes to a boil and is thick and clear. Stir a little of this hot mixture into the beaten egg yolks. Return to saucepan; cook and stir 2 minutes longer. Remove from heat; add butter, lemon peel, and lemon juice. Pour into cooled baked 9-inch pastry shell. Beat egg whites until frothy; gradually add 6 tablespoons sugar; beat until stiff but not dry. Spread over pie filling; be sure to seal well to crust. Bake at 425° about 5 minutes, until golden brown.

BEST CHERRY PIE
(Makes a 9-inch pie)

Crisco pastry for 9-inch double crust

3/4 cup sugar
3 tablespoons flour
1/8 teaspoon salt
1/4 cup cherry juice
Few drops red food coloring, if desired
3-1/2 cups (two 1 pound cans) drained red sour pitted cherries
1 tablespoon butter or margarine
1/2 teaspoon almond extract, if desired

Blend sugar, flour, and salt in a medium saucepan. Blend in cherry juice and red food coloring. Add cherries; cook and stir over medium heat until mixture has boiled 1 minute. Remove from heat, stir in butter and almond extract. Set aside to cool while you mix and roll the crust. Pour filling into a pastry-lined 9-inch pie plate. Place top crust over filling, trim and seal. Prick to allow for escape of steam. Bake at 400° for about 30 minutes, until desired brownness.
You make:

**A few cakes with OIL**
like chiffon cake
Beating the egg whites and leavening from baking powder or soda makes the framework rise and the cake light.

**Some WITHOUT SHORTENING**
like angel food, sponge cake
Beating the egg whites makes the framework light and airy.

**But you make MOST cakes WITH SHORTENING**
like chocolate, yellow, or white cakes (and many others)
Leavening from baking powder or soda makes the framework rise and the cake light.

Let's learn more about cakes made with shortening since they are most popular:

**Use the Right Equipment**

- measuring tools
- flour sifter
- electric mixer or large bowl, mixing spoon
- scraper

**cake pans**
Use the size pans your recipe calls for—
- If you don't know pan size:
  - measure pan across top, inside the rim
  - mark size on underside with nail polish
- Fill pans only half full

**accurate, temperature-controlled oven**
- Preheat at least 10 minutes before baking
- Keep pans at least one inch apart, one inch from oven walls

**Use Tested Methods and Recipes**

**TWO MOST COMMON WAYS OF MIXING RECIPE CAKES:**

**creaming method**
Cream (beat) Crisco, sugar and egg until light and fluffy.
Mix liquid and dry ingredients alternately (in turns). Add
$\frac{1}{3}$ of dry ingredients, mix, $\frac{1}{3}$ of liquid ingredients, mix,
$\frac{1}{3}$ of dry ingredients, mix, then rest of liquid, mix, finally
rest of dry ingredients, mix.

**quick method**
Mix Crisco, sugar, dry ingredients and part of liquid.
Add egg, rest of liquid, and mix well.
**COCOA DELIGHT**

*(QUICK METHOD)*

Two 8-inch layers:
- 2 cups sifted cake flour
- 1-2/3 cups sugar
- 2/3 cup cocoa
- 1-1/2 teaspoons soda
- 1 teaspoon salt
- 1/2 teaspoon baking powder
- 3/4 cup Crisco
- 1 cup milk
- 3 eggs
- 1/4 cup milk
- 1 teaspoon vanilla

Preheat oven to 350°.

Combine dry ingredients in mixing bowl. Add Crisco and first amount of milk called for in recipe. Beat with mixer at medium speed for 2 minutes, or beat by hand for 300 vigorous strokes. Add eggs, rest of milk and vanilla. Beat 2 minutes or 300 strokes. Spread batter in two well-greased and floured 8- or 9-inch round layer cake pans. Bake at 350° for 30-35 minutes, until center springs back when touched lightly. Cool 10-20 minutes, then remove from pans.

Two 9-inch layers:
- 2-1/2 cups sifted cake flour
- 1-2/3 cups sugar
- 3-1/2 teaspoons double-acting baking powder
- 1 teaspoon salt
- 2/3 cup Crisco
- 3/4 cup milk
- 3 eggs
- 1/2 cup milk
- 1-1/2 teaspoons vanilla

**YELLOW CAKE**

*(QUICK METHOD)*

Two 8-inch layers:
- 2 cups sifted cake flour
- 1-1/3 cups sugar
- 2-1/2 teaspoons double-acting baking powder
- 1 teaspoon salt
- 1/2 cup Crisco
- 2/3 cup milk
- 2 eggs
- 1-1/3 cups milk
- 1 teaspoon vanilla

Two 9-inch layers:
- 2-1/2 cups sifted cake flour
- 1-2/3 cups sugar
- 3-1/2 teaspoons double-acting baking powder
- 1 teaspoon salt
- 2/3 cup Crisco
- 3/4 cup milk
- 3 eggs
- 1-1/2 cups milk
- 1-1/2 teaspoons vanilla

Preheat oven to 350°.

Combine dry ingredients in mixing bowl. Add Crisco and first amount of milk called for in recipe. Beat with mixer at medium speed for 2 minutes, or beat by hand for 300 vigorous strokes. Spread batter in two well-greased and floured 8- or 9-inch round layer cake pans. Bake at 350° for about 30 minutes. Cake is done if center springs back when touched lightly. Cool 10-20 minutes, then remove from pans.

**YELLOW CAKE**

*(CREAMING METHOD)*

Two 8-inch layers:
- 1/2 cup Crisco
- 1-1/4 cups sugar
- 2 eggs
- 2 cups sifted cake flour
- 3 teaspoons double-acting baking powder
- 1 teaspoon salt
- 1 cup milk
- 1 teaspoon vanilla

Two 9-inch layers:
- 2/3 cup Crisco
- 1-1/2 cups sugar
- 3 eggs
- 2-1/2 cups sifted cake flour
- 3-1/2 teaspoons double-acting baking powder
- 1 teaspoon salt
- 1 cup milk
- 1-1/2 teaspoons vanilla

Preheat oven to 350°.

Cream shortening and sugar. Blend in eggs. Add combined dry ingredients alternately with combined milk and vanilla; beat well. Scrape bowl and beaters frequently. Spread batter in two well-greased and floured 8- or 9-inch round layer cake pans. Bake at 350° for about 30 minutes. Cake is done if center springs back when lightly touched. Cool on cake racks 10-20 minutes. Remove from pans and cool top side up on racks. Frost when fully cool.
Experts use these points to judge prize winning cakes. How does your cake rate?

### eating quality

- Tender: 20%
- Light, velvety or feathery texture: 20%
- Moist: 5%
- Flavor, good blend of ingredients: 20%

**Total:** 65%

### appearance

- Volume—baked layers should be about the same height as the pan: 15%
- Crust—uniform color, slightly rounded top: 10%
- Crumb—uniform fine structure, thin cell walls: 10%

**Total:** 35%

---

**Cake Trouble Shooter**

<table>
<thead>
<tr>
<th>If this happens with a tested recipe</th>
<th>it may be caused by this</th>
<th>try this</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cake cracks or humps</td>
<td>1 Baking at too high temperature</td>
<td>Reduce heat. Have oven thermostat checked for accuracy.</td>
</tr>
<tr>
<td>Cake falls</td>
<td>1 Insufficient baking</td>
<td>Test for doneness—cake shrinks away from sides of pan. No imprint left when touched lightly on top. Use ingredients specified in tested recipe.</td>
</tr>
<tr>
<td></td>
<td>2 Using self-rising instead of regular flour without reducing the leavening</td>
<td></td>
</tr>
<tr>
<td>Cake runs over edge of pan</td>
<td>1 Too much batter for pan</td>
<td>Use proper pan size. If smaller pans are used, fill them half full and bake remaining batter as cupcakes.</td>
</tr>
<tr>
<td>Cake breaks</td>
<td>1 Improper pan preparation</td>
<td>Brush pan generously with Crisco, then dust lightly with flour. Let cake cool in pan on rack about 15 minutes, top crust up. Loosen cake from sides of pan. Place rack on cake and invert both. Remove pan and turn cake top side up immediately finish cooling.</td>
</tr>
<tr>
<td></td>
<td>2 Improper cooling</td>
<td></td>
</tr>
<tr>
<td>Cake lopsided</td>
<td>1 Oven not level</td>
<td>Check to see if oven is level by putting a pan of water in oven. Have it adjusted if it is not. Keep pans 1” apart from oven walls.</td>
</tr>
<tr>
<td></td>
<td>2 Oven heat uneven</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3 Cake pans touching</td>
<td></td>
</tr>
<tr>
<td>Cake doesn’t rise</td>
<td>1 Not enough leavening.</td>
<td>Baking powder may lose its leavening action if it becomes damp. Test by placing a spoonful of it in cold water. It should bubble or foam immediately.</td>
</tr>
</tbody>
</table>
Kinds of Frostings

QUICK CREAMY FROSTINGS

Don’t need cooking. Easiest to make with shortening.

CHOCOLATE FROSTING
(Frosts two 8- or 9-inch layers or 13 x 9-inch cake)

- 1/4 cup Crisco melted
- 1/2 cup cocoa
- 1/4 teaspoon salt
- 1/3 cup milk
- 1-1/2 teaspoon vanilla
- 3-1/2 cups confectioners sugar (sift if lumpy)

Combine melted shortening, cocoa and salt; then add the milk and vanilla. Stir in the sugar in three parts, mixing until smooth and creamy. Add more sugar to thicken or milk to thin frosting if needed for good spreading consistency.

VANILLA FROSTING
(Frosts two 8- or 9-inch layers or 13 x 9-inch cake)

- 1/4 cup Crisco
- 1/2 teaspoon salt
- 2 teaspoons vanilla
- 3 cups confectioners sugar (sift if lumpy)
- 1/4 cup milk

Mix shortening, salt, vanilla and about 1 cup sugar. Add milk alternately with rest of sugar; mix until smooth and creamy. Add more sugar to thicken or milk to thin frosting if needed for good spreading consistency.
**TESTED RECIPES**

*Broiled-On-Toppings*  
Put on cake when it comes from oven, slip it under broiler and the cake is frosted!

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**MAGIC BAKED-ON TOPPING**  
(For a 9-inch square cake)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/4 cup light brown sugar</td>
<td>3/4 cup coconut</td>
</tr>
<tr>
<td>1/2 teaspoon salt</td>
<td>1/3 cup Crisco</td>
</tr>
<tr>
<td></td>
<td>2 tablespoons milk or cream</td>
</tr>
</tbody>
</table>

Preheat oven to 375°. Combine ingredients in a small saucepan. Cook and stir until sugar melts. Spread on top of warm baked cake. Bake at 375° for 10-12 minutes, until lightly-browned.

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**Frosting Tips**

1. Brush any loose crumbs from cake. Place one layer of cake on plate, top side down. With spatula spread frosting to edges.

2. Place second layer over this, top side up. Bottoms of cake will be together.

3. Frost sides of cake first, using up and down strokes. Never touch bare cake with spatula. Put on some frosting and push it around with the spatula.

4. Frost top last. Make peaks and swirls as desired.
### Ingredients

Cookies usually contain more fat, more sugar, and less flour than cakes, and bake at higher temperatures.

### Kinds of Cookies... Choose your favorite!

<table>
<thead>
<tr>
<th>KIND</th>
<th>HOW YOU MAKE THEM</th>
<th>EXAMPLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bar (or sheet)</td>
<td>Bake in shallow pan and cut into squares</td>
<td>brownies</td>
</tr>
<tr>
<td>Drop</td>
<td>Drop from spoon onto cooky sheet</td>
<td>chocolate chip cookies</td>
</tr>
<tr>
<td>Rolled</td>
<td>Roll dough thin, cut into shapes, bake on cooky sheets</td>
<td>sugar cookies</td>
</tr>
<tr>
<td>Refrigerator</td>
<td>Roll up dough, chill, then cut thin slices, bake on cooky sheet</td>
<td></td>
</tr>
<tr>
<td>Filled</td>
<td>Place filling between cut-out circles of cooky dough</td>
<td>date cookies</td>
</tr>
</tbody>
</table>

You'll need:

- measuring tools, flour sifter
- large bowl and mixing spoon or electric mixer, scraper, cooky sheet

If you have only one cooky sheet, tear off several pieces of foil the same size as the sheet. Drop cooky dough on foil. Put foil pieces on cooky sheet and bake in turns.
**SUGAR COOKIES**  
(Makes 5 to 6 dozen 2" cookies)

- 1/2 cup Crisco
- 1 cup sugar
- 1 egg
- 1/2 teaspoon lemon extract  
or  
- 1 teaspoon vanilla
- 2 cups sifted regular flour
- 1 teaspoon double-acting baking powder
- 1/2 teaspoon salt
- 3 tablespoons milk

Blend Crisco, sugar, egg, and lemon extract or vanilla. Add combined dry ingredients alternately with milk. Chill for at least one hour. Roll dough 1/8 inch thick* on lightly floured surface. Cut into shapes with floured cookie cutters or cut into squares or diamonds. Place on ungreased cookie sheet. Sprinkle with sugar, colored sugar, or chocolate jimmies. Bake at 400° for 7-10 minutes.  

*Roll dough thinner for crisper cookies. Bake 5-7 minutes. Recipe will make about 9 dozen thin cookies.

**CHOCOLATE CHIP COOKIES**  
(Makes about 3 dozen 2" cookies)

- 1/2 cup Crisco
- 1/2 cup granulated sugar
- 1/4 cup brown sugar
- 1 egg
- 1 teaspoon vanilla
- 1 cup + 2 tablespoons sifted regular flour
- 1/2 cup salt
- 1/2 teaspoon baking powder
- 1/2 cup chopped nuts
- 1 cup (6 ounce package) semi sweet chocolate pieces

Blend Crisco and sugars. Add egg and vanilla and mix well. Add combined dry ingredients and mix thoroughly. Stir in chocolate pieces and nuts. Drop from teaspoon onto ungreased cookie sheets. Bake at 375° for 10-12 minutes.

**NUT BROWNIES**  
(Makes one 8-inch square)

- 2/3 cup Crisco
- 1-1/2 cups sugar
- 2 eggs
- 1 cup sifted regular flour
- 1/2 cup cocoa
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 teaspoon vanilla
- 1/2 cup chopped nuts

Blend Crisco, sugar, and eggs. Combine flour, cocoa, baking powder, and salt and mix in well. Stir in vanilla and nuts. Spread in greased 8-inch square pan. Bake at 355° for 25-30 minutes. Sprinkle cooled brownies with confectioners sugar or spread with cocoa frosting.
Quick Breads

Quick breads are speedy to make and taste best hot, so bake them right before the meal. Get a head start by sifting and measuring ingredients, but add the liquid at the last minute.

These are the three different kinds of quick breads:

1. soft doughs
   like biscuits—handle on breadboard.

   The Right Tools for Biscuits

   measuring tools flour sifter mixing bowl and spoon
   pastry blender rolling pin breadboard or table top
   biscuit cutter

   Good biscuits are flaky—they can be pulled apart in layers. The flakiness comes from cutting the shortening into flour. Kneading develops the layers.

SUPER DUPER BISCUITS
(Makes 1 dozen 2" biscuits)

2 cups sifted regular flour
3 teaspoons double-acting baking powder
1 teaspoon salt
1/3 cup Crisco
3/4 cup milk

Mix sifted flour, baking powder and salt in a bowl. Cut in Crisco with pastry blender, two knives, or fork until mixture looks like coarse meal. Add milk and stir until blended. Transfer dough to a floured board or pastry cloth. Knead lightly about 10 times. Roll dough 1/2" thick. Cut with floured biscuit cutter. Bake on ungreased cookie sheet in a 425° oven for 12-15 minutes or until as brown as desired.

Judge for Yourself

Experts check biscuits on these points:

appearance

- even size ......................... 10%
- smooth, golden top ............. 10%
- top crust tender ................ 5%
- flaky, slightly moist texture ... 30%

eating quality

- creamy, light, tender crumb .... 15%
- fine grain ....................... 10%
- mild flavor, not bitter ......... 20%
2. drop batters
like muffins—too thick to pour, so drop from spoon

The Right Tools for Muffins
measuring tools mixing bowl and spoon
flour sifter muffin tin

The secret with muffins is not overheating them so they will be well shaped and free of holes called tunnels.

MAGNIFICENT MUFFINS
(Makes 12 medium muffins)

2 cups sifted regular flour
1/4 cup sugar
3 teaspoons double-acting baking powder
3 tablespoons melted Crisco
1 teaspoon salt
1 cup milk
1 egg, slightly beaten

Mix flour, sugar, baking powder and salt in a bowl. Combine milk with egg. Stir in melted Crisco. Mix liquid and dry ingredients together lightly until just moistened. Fill greased muffin cups two-thirds full of batter. Bake at 400° for 20-25 minutes or until golden brown.

3. pour batter
like popovers, pancakes, waffles—thin enough to pour

Judge for Yourself
Here are the points the experts judge muffins on:

outside
symmetrical shape ................ 25%
rounded, golden top .............. 25%

inside
light .................................. 5%
even grained (without tunnels) .... 25%
slightly moist, tender crumb ...... 10%
mild flavor .......................... 10%
Alternately

when a recipe tells you to “add dry ingredients and milk alternately,” do this: Add $\frac{1}{3}$ of dry ingredients, then $\frac{1}{3}$ of milk, another $\frac{1}{3}$ of dry ingredients, the rest of the milk, and the rest of the dry ingredients. Mix after each portion is added.

Bake

to cook by dry heat in an oven.

Beat

to mix very well with a mixer, egg beater, or spoon until smooth. The motion used lifts the mixture over and over, making it smooth and putting air into it.

Blend

to mix two or more ingredients thoroughly.

Cream

to beat shortening or a mixture of shortening and sugar until fluffy and creamy.

Cut In

to distribute solid fat in dry ingredients by chopping with knives or pastry blender until finely divided.

Dry Ingredients

ingredients in a recipe which are dry, such as baking powder, soda, salt, flour, and spices.

Mix

to combine ingredients until evenly distributed. Not as vigorous as beating.

Nutrients

substances of which food is made which function in growth, repair, energy supply or maintenance of the body.

Scald

to heat milk to just below the boiling point, the point at which tiny bubbles form around edges of pan and skim forms over the top of the milk.

Stir

to mix foods with a circular motion.

Abbreviations

tsp.

. teaspoon
Tbsp.

. tablespoon
oz.

. ounce
lb.

. pound
pt.

. pint
qt.

. quart

Measures

3 teaspoons . . . . . . . . . . . 1 tablespoon
4 tablespoons . . . . . . . . . $\frac{1}{4}$ cup
8 liquid ounces . . . . . . . 1 cup
2 cups . . . . . . . . . . . . . . . 1 pint
2 pints . . . . . . . . . . . . . . . 1 quart
food for fitness

Baked foods can fit in many places in a well balanced diet. Use this food guide to plan meals and you'll know your body will get the nutrients it needs. Include in each meal at least one food from each of the 4 basic food groups.

a daily food guide

milk group

Some milk for everyone—to drink or used in recipes
Children 3 to 4 cups
Teen-agers 4 or more cups
Adults 2 or more cups
Cheese
Ice Cream

meat group

2 or more servings
Beef, veal, pork, lamb, poultry, fish, eggs
As alternates—
dry beans, dry peas, nuts, peanut butter

vegetable fruit group

4 or more servings, fresh, raw or cooked
Include—
A citrus fruit or other fruit or vegetable important for vitamin C
A dark-green or deep-yellow vegetable for vitamin A—at least every other day
Other vegetables and fruits, including potatoes

bread cereal group

4 or more servings
Whole grain, enriched, or restored breads or cereals
Rice
Macaroni
Plus other foods as needed to complete meals and to provide additional food energy and other food values.