Dear Madam:

Baking is easy with Occident Flour. You are assured of perfect results always.

Watch how much more the bread plate is used in your home—when your baking is done with Occident. Watch—too—how much longer your baking stay fresh.

The following pages contain a variety of basic recipes developed and tested in our own Home Economics Kitchen. I know you will enjoy using them. We shall gladly supply you with any other recipes upon request.

Yours for Better Baking,
Margaret B. Baker
Director
Home Economics Department
Occident Flour is approved by the Bureau of Food Sanitation and Health—a research organization maintained by Good Housekeeping magazine. The Good Housekeeping Seal appears in connection with all advertising of Occident Flour in the Good Housekeeping magazine.

Occident Flour is approved by the "Household Searchlight"—a research bureau maintained by the Household Magazine. This bureau's stamp of approval appears on all Occident Flour advertisements in the Household Magazine.

Occident Flour conforms to all National, State, and Municipal Food Laws.
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Enlivening Jaded Appetites

By Mildred Marie Nokes, Home Economics Staff
Russell-Miller Milling Co.

WHEN—in our Occident Better Baking Schools—I pass around samples of bread I bake on the platform, women who are unaccustomed to the full wheaten flavor and fine texture of home baked bread are surprised to find how good bread can be.

Nothing quite fills the place of home baked bread in any meal. You know just what has gone into it—just how it was prepared.

When you bake your bread with Occident Flour, it stays fresh a surprisingly long time. Extra wheat quality is the reason.

More lasting freshness means real economy. You won’t need to bake as often—and you will have no waste through bread thrown out because it has grown too stale for the table.

Sincerely yours,

Mildred Marie Nokes
Follow This Easy Method

Photographs below show how easy it is to bake your bread. Study these photographs a moment—then turn the page to our tested recipes.

You will find the reward decidedly worth while. Your entire family—particularly the youngsters—will take to bread with a new relish.

1 Utensils. Collect—arrange—save time—save energy.


3 Knead until elastic—and does not stick to the board.

4 Temperature of dough largely determines quality of bread. First rising—dough doubles in bulk.

5 Second rising. Imprint of finger shows dough is light.

6 Stretching dough before forming the loaf.

7 Forming a loaf. No more flour is added. If hard to handle cover and let dough rest.

8 Baking—standard loaves 45-50 minutes. Large loaves 1 hour, hot oven 15 minutes, reduce heat.
STRAIGHT DOUGH METHOD

WHITE BREAD (4 loaves)

<table>
<thead>
<tr>
<th>Occident Flour (sifted)</th>
<th>12 cups</th>
<th>2 1/2 tablespoons sugar</th>
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<tr>
<td>Liquid (water or water and milk)</td>
<td>4 cups</td>
<td>1 1/2 tablespoons salt</td>
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<tr>
<td>Shortening</td>
<td>1 1/4 tablespoons</td>
<td>Yeast cake dissolved in 1 1/2 cups lukewarm water</td>
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Add dissolved yeast, sugar, and salt to lukewarm liquid.
Add one-half the flour and beat thoroughly. Add melted shortening and remainder of the flour gradually.
Mix well and turn out on floured board.
Knead until the dough becomes elastic to the touch and will not stick to the board.
Place in greased bowl, cover, and allow to rise in a temperature of from 83 degrees to 85 degrees F. until it has doubled in bulk, about 2 1/2 hours.
Punch down and turn dough over. Let stand 15 minutes.
Some bread makers prefer to return the dough to the bowl and allow it to rise a second time until it nearly doubles in bulk before placing in the pans—about 45 minutes. This tends to produce a finer texture in the bread, but sacrifices the flavor to a slight degree.
Form into loaves of a size to half fill pans. Place in oiled pans and allow to rise until it has doubled in bulk. This will bring the top of the dough about even with the edges of the pan.
Bake 45 to 50 minutes. Oven temperature 400 degrees F. for 15 minutes, lower to moderate temperature 380 degrees F.

WASHINGTON OR LUNCHEON ROLLS

<table>
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<th>Occident Flour (sifted)</th>
<th>6 cups</th>
<th>1 tablespoon sugar</th>
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<td>Milk (scalded and cooled)</td>
<td>2 cups</td>
<td>1 egg</td>
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<tr>
<td>Melted shortening</td>
<td>4 tablespoons</td>
<td>Compressed yeast cake dissolved in 1/4 cup lukewarm water</td>
</tr>
<tr>
<td>Salt</td>
<td>2 1/2 teaspoons</td>
<td></td>
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Add dissolved yeast and sugar to lukewarm milk. Add half of the flour and beat vigorously. Beat into batter salt, shortening, and beaten egg. Add flour to make soft dough and knead well.
Place in bowl, cover, and let rise in warm place until double in bulk.
Shape into small rolls by forming into balls, then rolling two inches long. Place close together in greased pan. Brush with melted butter.
Let rise. Bake in moderate oven (400° F.) 20 minutes. When half baked brush with melted butter.
BUTTER OR THREE HOUR ROLLS

1 1/2 cups Occident Flour  
2 cakes compressed yeast 
1 tablespoon sugar  
1/4 cup milk scalded and cooled  
1 teaspoon vanilla 
3 egg yolks 
1/2 cup butter

Dissolve yeast and sugar in lukewarm milk. Add vanilla, beaten egg yolks. Cut butter in the flour. Combine mixtures. Form in ball. Place in cheese cloth and put in a pan of cold water. Let stand 3/4 to 1 hour. Remove from cloth. Make into small balls and roll them in 1/2 cup sugar and 1/4 cup rolled nut meats. Twist, place in pan, and let rise for 20 minutes. Bake in a hot oven (400° F.) for 20 minutes.

ICE BOX ROLLS

7 1/2 cups Occident Flour  
2 3/4 cups water 
1 cup sugar  
1/2 teaspoon soda  
1 tablespoon salt  
1 cake compressed yeast 
1 egg  
1/2 teaspoon baking powder  
1/2 cup melted shortening

To lukewarm water add yeast, sugar, well beaten egg, and one-half the flour. Beat sponge thoroughly and let stand in warm place until light. Sift flour, salt, baking powder, and soda together. Add melted shortening and dry ingredients to sponge. Knead well. Brush over with melted fat. Cover and place in ice box or refrigerator for use. Let it remain for 24 hours before using. When wanted to bake, pinch off sufficient dough to make into desired amount of rolls, let rise until light, then bake at 400° F. for 20-25 minutes.

SWEET ROLL DOUGH

6 cups Occident Flour  
2 cakes compressed yeast 
2 cups milk (scalded and cooled)  
3 teaspoons salt  
1/4 cup shortening 
1/4 cup sugar  
2 eggs

Dissolve yeast in lukewarm milk and stir well. Add sugar, beaten eggs, salt, and one-half the flour; mix well and add the melted butter. Beat thoroughly; add balance of flour or enough to make a soft dough. Turn out on floured board; knead into smooth dough. Place in well greased bowl. Cover and let rise to double in bulk. Knead down and let rise 45 minutes. More yeast may be added to hasten process.

CLOVER LEAF ROLLS

Use Sweet Roll Dough. Grease small muffin pans, roll dough into small balls, and place three in each cup, brushing melted butter between and on top. When light bake in oven 400° F. for 20 minutes.

CINNAMON ROLLS

Shape dough (See Sweet Roll Dough recipe above). Let stand 5 minutes. Roll to 1/4 inch in thickness. Spread with melted butter, sprinkle with sugar and cinnamon that has been mixed together in the proportion of 1/2 teaspoon cinnamon to 2 tablespoons of sugar. Currants or raisins may be added. Roll as for jelly-roll and press edges firmly together and cut in pieces 1/2 inch to 3/4 inch thick. Place in a well greased pan. Let rise until very light. Bake in moderate oven (400° F.) 25-30 minutes.
I find that women generally, in my audiences, are very much interested in quick breads. They can be prepared in a jiffy—yet they just "make" the meal. Follow one of the easy recipes shown on the opposite page—and you will have insured results—the kind that draw compliments for the hostess.

Even though quick breads can be made in a short time, you still want them to stay fresh as long as possible. You'll be surprised at the lasting freshness when you use Occident Flour.

One of the reasons for this is the fact that Occident is a cleaner flour. Every kernel of wheat used for the milling of Occident is thoroughly washed and scoured before the milling process starts. The washing process is just about exclusive in the Occident Mills—and means cleaner food for your table.

Sincerely yours,

Margaret L. Larsen
BAKING POWDER BISCUITS

Basic Recipe for Biscuit Dough

| Occident Flour | 2 cups | | 4 teaspoons baking powder |
| Shortening | 4 tablespoons | | 1 teaspoon salt |
| Milk | 1/4 cup | | 3/4 cup |

Sift flour before measuring. Mix and sift dry ingredients thoroughly. Cut in shortening. Add milk. Handle as little as possible. Pat out on a floured board 1/2 inch thick and cut. Bake in a hot oven (about 400°-450° F.) for 15 minutes. When baked remove from pan immediately.

Points to remember:
1. Sift dry ingredients thoroughly.
2. Handle the dough as little as possible.
3. Have a hot oven.

CINNAMON ROLLS

| Biscuit dough | 2 cups | | 1/4 cup sugar |
| Cinnamon | 1 teaspoon | | 4 tablespoons melted butter |
| Raisins | 1/2 cup | | 1/2 cup raisins |

Spread dough 1/4 inch thick on bread board. Mix sugar, cinnamon, and melted butter into a paste. Spread this over biscuit dough. Add raisins. Roll and seal as jelly roll and cut in pieces 3/4 inch wide. Place rolls in a baking pan, just-touching each other. Bake 15-20 minutes in a hot oven (400-425° F.).

ORANGE ROLLS

| Occident Flour | 2 cups | | 1 teaspoon sugar |
| Baking powder | 4 teaspoons | | Grated rind of one orange |
| Shortening | 1 teaspoon | | 1/2 cup |
| Milk | 3/4 cup | | 3/4 cup |

Sift dry ingredients together. Cut in shortening. Add orange rind and milk. Handle as little as possible. Pat on floured board in rectangular sheet 1/2 inch thick—spread with orange filling. Roll as jelly roll and cut in 3/4 inch strips. Place in greased muffin pans and bake about 20 minutes in hot oven 425° F.

ORANGE FILLING

| Occident Flour | 2 tablespoons | | Grated rind of one orange |
| Orange juice | 4 tablespoons | | 1 1/2 tablespoons butter |
| Sugar | 1/2 cup | | 1/2 cup |

Melt butter, add flour, orange juice, and rind. Cook until very thick. Remove from fire. Add sugar and beat well. Cool.

NUT BREAD

| Occident Flour | 4 cups | | 8 teaspoons baking powder |
| Eggs | 2 | | 1 cup chopped nuts |
| Salt | 1 teaspoon | | 2 cups milk |
| Sugar | 1/4 cup | | 1/4 cup |

Sift dry ingredients and add nuts. Beat the eggs, add the milk, and stir the wet mixture into the dry. Put in well greased bread tins. Let stand 30 minutes to rise. Bake 45 minutes in a moderate oven (350-400° F.). Makes two small loaves.
New Charm for Everyday Meals

By Blanche Keller Kendall, Home Economics Staff
Russell-Miller Milling Co.

If you are looking for something in the way of a dessert that will "go over big" with your family, try a cake made with Occident Flour.

Some women have the mistaken notion that Occident is not especially adapted to cake making.

Don't you believe a word of it! The very fact that Occident is milled from the finest premium wheat with high gluten content naturally means that the flavor of your cake is going to be different from that for which a soft winter wheat has been used.

Just sift Occident a few more times—and it will give you a light, fluffy cake that will delight both the eye and the palate—instead of a "flat", flavorless taste, such as is obtained with a soft wheat flour. You will find in the Occident-baked cake a much richer and more substantial quality. Your cake will stay fresh longer too.

Yours sincerely,

Blanche Keller Kendall
MOST women are more interested in butterless cakes than the butter type. So we selected the butterless cake for the detailed photographs below—which show how quickly and easily you can make Occident cakes. Recipes for butter cakes—as well as the butterless type—are given on the following pages.

1. Beat egg yolks until thick. Have all ingredients cold.


3. Sift flour before measuring. Sift flour and baking powder five times.


5. Fold one-half of the beaten egg whites into first mixture.

6. Add sifted dry ingredients slowly. Fold in lightly.

7. Fold in remainder of beaten egg whites. Put in ungreased tube pan.

8. Bake 1 hour at 300-325 degrees F. Remove from pan when cool.
PLAIN BUTTER

\[
\begin{align*}
\frac{3}{4} \text{ cups Occident Flour} & & \frac{1}{2} \text{ teaspoon salt} \\
\frac{1}{2} \text{ cup butter} & & 1 \text{ teaspoon vanilla} \\
\frac{1}{2} \text{ cup sugar} & & 2 \text{ teaspoons baking powder} \\
\frac{1}{2} \text{ cup milk} & & 2 \text{ eggs}
\end{align*}
\]

Cream butter, add sugar gradually, and cream well. Add the 2 egg yolks and beat until creamy. Add baking powder and salt to flour and sift. Add milk and flour alternately to mixture. Add flavoring. Fold in beaten egg whites. Place in well greased layer pans. Bake 20 minutes in moderate oven (350° F.).

PINK AND WHITE BIRTHDAY

**White Part**

\[
\begin{align*}
\frac{3}{4} \text{ cups Occident Flour} & & \frac{3}{4} \text{ cup Occident Flour} \\
\frac{1}{2} \text{ cup butter} & & 3 \text{ tablespoons butter} \\
1 \text{ cup sugar} & & \frac{1}{4} \text{ cup sugar} \\
\frac{1}{2} \text{ cup milk} & & \frac{3}{4} \text{ cup milk} \\
2 \text{ teaspoons baking powder} & & 1\frac{1}{2} \text{ teaspoons baking powder} \\
4 \text{ egg whites} & & 2 \text{ egg whites} \\
1 \text{ teaspoon vanilla} & & & 
\end{align*}
\]

Mix white and pink parts separately. In each case cream the butter, add sugar, and cream together. Add milk alternately with the flour sifted with the baking powder. In the white part fold in the beaten egg whites and add the vanilla.

**Pink Part**—Put 2 tablespoons red cinnamon candies into milk and let stand until the coloring has dissolved. Take out candies and add colored milk. Fold in beaten egg whites. Bake in layers about 20 minutes at 375°-400° F. Put boiled frosting between layers and on top.

CHOCOLATE

\[
\begin{align*}
\frac{3}{4} \text{ cups Occident Flour} & & \frac{1}{2} \text{ cup milk} \\
\frac{1}{2} \text{ cup butter} & & 1 \text{ teaspoon soda} \\
1 \text{ cup sugar} & & 1\frac{1}{2} \text{ teaspoons salt} \\
2 \text{ eggs} & & 1 \text{ teaspoon vanilla} \\
2 \text{ teaspoons baking powder} & & 2 \text{ squares chocolate}
\end{align*}
\]

Cream butter, add sugar gradually, and cream well. Add egg yolks, vanilla, and melted chocolate. Sift dry ingredients and add alternately with milk. Fold in egg whites. Bake at 350° F. in layers for 20 minutes.

WHITE FRUIT

\[
\begin{align*}
3 \text{ cups Occident Flour} & & 1 \text{ cup milk} \\
1 \text{ cup butter} & & 1 \text{ cup seeded raisins} \\
2 \text{ cups sugar} & & \frac{1}{2} \text{ cup citron} \\
4 \text{ eggs} & & \frac{1}{2} \text{ cup Maraschino cherries well} \\
1 \text{ cup chopped nut meats} & & \text{drained} \\
1\frac{1}{2} \text{ cups dates} & & \frac{1}{2} \text{ cup candied pineapple} \\
1 \text{ cup figs} & & 1\frac{1}{2} \text{ teaspoons baking powder}
\end{align*}
\]

Cream butter, add sugar, and cream together well. Add egg yolks and beat mixture thoroughly. Add milk alternately with the flour sifted with the baking powder. (Reserve about one-half cup of the flour to mix with the fruit.) Add fruit and nut meats, then add well beaten whites. Bake in one large loaf or two small loaves. Bake at 300° F. for 30 minutes, then reduce temperature and bake one hour longer.
SPONGE

\[
\frac{3}{4} \text{ cup Occident Flour} \\
6 \text{ eggs} \\
1 \text{ cup sugar} \\
\frac{1}{2} \text{ grated lemon rind}
\]

1 tablespoon lemon juice
\[
\frac{1}{2} \text{ teaspoon baking powder} \\
\frac{1}{2} \text{ teaspoon salt} \\
\frac{1}{2} \text{ teaspoon cream of tartar}
\]

Beat egg yolks until thick. Add sugar gradually. Add lemon juice and rind. Beat egg whites with salt and cream of tartar. Sift flour and baking powder five times. Fold in part of egg whites. Add flour, folding carefully, and the remaining whites. Bake 1 hour in slow oven 300-325°F. Invert pan and let stand until cool.

ANGEL FOOD

\[
\frac{3}{4} \text{ cup Occident Flour} \\
1 \text{ teaspoon flavoring} \\
1 \frac{1}{2} \text{ cups egg whites} \\
\frac{1}{4} \text{ teaspoon cream of tartar} \\
\frac{1}{4} \text{ teaspoon salt} \\
1 \frac{1}{4} \text{ cups granulated sugar}
\]

Add salt to white of eggs. When half beaten add cream of tartar. Continue to beat and when stiff add sugar slowly. Add flavoring. Fold in flour (sifted four to six times). Place in a tube pan. Bake 1 hour at 275°F. for 30 minutes, 325°F. remaining time. Invert and cool.

Chocolate Angel Food

Use the recipe for Angel Food Cake and sift in 6 tablespoons of cocoa with the flour, taking out two tablespoons of flour.

BOILED ICING

\[
1 \text{ cup sugar} \\
\frac{3}{4} \text{ cup water} \\
2 \text{ egg whites} \\
\frac{1}{2} \text{ teaspoon vanilla}
\]

Mix sugar and water and cook over double boiler until syrup threads. Beat egg whites stiff. Pour syrup into egg whites, beating constantly. Add flavoring.

SEVEN MINUTE ICING

\[
1 \text{ unbeaten egg white} \\
\frac{3}{4} \text{ cup granulated sugar} \\
3 \text{ tablespoons cold water} \\
\frac{1}{2} \text{ teaspoon flavoring extract}
\]

Place all the ingredients in the top of a double boiler. Place over boiling water and beat with rotary beater for seven minutes. Add flavoring, beat, and spread on cake.

Chocolate—add to above 1 1/2 squares melted unsweetened chocolate two minutes before taking from fire.

Coffee—use cold boiled coffee in place of water.

BUTTER SUGAR ICING

\[
1 \frac{1}{2} \text{ cups powdered sugar} \\
4 \text{ tablespoons butter} \\
1 \text{ teaspoon vanilla}
\]

Cream the butter, add part of the sugar, then a little of the cream and the vanilla, add rest of sugar and enough of cream to moisten.

RICH COOKIES

\[
4 \frac{1}{2} \text{ cups Occident Flour} \\
1 \text{ cup shortening} \\
1 \frac{1}{2} \text{ cups sugar} \\
2 \text{ eggs}
\]

\[
\frac{1}{2} \text{ teaspoon salt} \\
3 \text{ teaspoons baking powder} \\
\frac{1}{2} \text{ cup water} \\
1 \text{ teaspoon vanilla}
\]

Cream shortening, add sugar, and cream together, then add slightly beaten eggs and flavoring. Sift flour with the baking powder and salt and add alternately with the water. Chill dough. Roll and cut any shape desired. Bake at 400°F. about 10 minutes.

SPICED FRUIT COOKIES

\[
1 \frac{1}{2} \text{ cups Occident Flour} \\
\frac{3}{4} \text{ cup brown sugar} \\
\frac{1}{2} \text{ cup butter} \\
2 \text{ tablespoons water} \\
1 \text{ egg}
\]

\[
\frac{1}{2} \text{ teaspoon soda} \\
\frac{1}{2} \text{ teaspoon baking powder} \\
\frac{1}{2} \text{ teaspoon cinnamon} \\
\frac{1}{2} \text{ cup raisins} \\
\frac{1}{2} \text{ cup walnuts}
\]

Cream sugar and butter. Add beaten egg. Sift dry ingredients and add. Mix well and add raisins, walnuts, and water. Drop on cookie sheet well greased and bake in a moderate oven at 375 to 400°F. about 10 minutes.
Men Like Pie

By Ruth Whitwell McManus, Home Economics Staff
Russell-Miller Milling Co.

There is hardly any dessert more popular with the male members of the family (so the women who attend our Baking Schools tell me) than good, old-fashioned pie. Good pie "caps" the meal!

But be careful about your pie-crust! Light, flaky crust for your pie insures full appreciation for the filling. A heavy crust spoils the pie and the entire meal.

Occident Flour bakes into an especially fine pie crust. The high quality gluten contained in Occident gives the dough strength which helps immensely in making the intricate crust patterns you oftentimes want. This same gluten strength enables you to make a thinner crust because the dough fibre holds together better. And we all know that a fine thin crust just makes the pie.

From the good old "standby"—pie—to the fanciest pastry, Occident gives you better baking results... insured every time!

Sincerely yours,

Ruth Whitwell McManus
The photographs below show how easy and simple it is to make the finest pies. No need to worry about results—Occident gives you insured results. Follow the method shown in the photographs—and use the ingredients given in the recipes on the following pages. You will have pie that "crowns the feast".


2. Use cold shortening. Cut into dry ingredients lightly with pastry blender.

3. Add ice-cold water, mixing lightly to stiff dough.

4. Place half of paste on floured board. Roll to round thin sheet.

5. Line pie pan with paste. Trim edges.

6. Fill with fruit or other filling. Add sugar, flour, cinnamon or nutmeg—as required. Dot with butter.


8. Bake in hot oven for 15 minutes. Reduce heat for 30 minutes.
PLAIN PASTRY (2 crusts)

- 1 1/2 cups Occident Flour (sifted)
- 1/2 cup shortening
- 1/4 teaspoon salt
- Ice water

Mix and sift dry ingredients. (1/2 teaspoon of baking powder may be added.) Cut in shortening. Add slowly enough cold water to hold ingredients together. Place on slightly floured board. Divide paste into equal parts, roll 1/4 inch thick, and shape for crusts. Bake in a hot oven.

APPLE PIE

Line a pie plate with plain paste and heap with thinly sliced apples. Mix together 1/4 cup flour, 2 teaspoons cinnamon, 1/2 teaspoon nutmeg, and sugar, using 2 tablespoons sugar for each apple. Sprinkle over apples. Add 1 tablespoon of water if apples are not juicy. Dot with bits of butter. Moisten the edge of lower crust, perforate upper crust, cover, press edges tightly, and trim. Bake in hot oven (450° F.) for 15 minutes, reduce heat to 350° F. for remainder of the time, 30 minutes.

BLUEBERRY PIE

- 3 tablespoons Occident Flour
- 1 cup sugar
- 1 quart fresh blueberries or 1 can blueberries
- 1 1/3 cups boiling water
- 2 tablespoons lemon juice
- Dots of butter

Prepare berries. Add sifted dry ingredients to the berries. Mix well and turn into a pie pan lined with crust. Sprinkle with a little flour and dot with butter. Sprinkle the lemon juice over this mixture. Cover with top crust. Bake in hot oven about ten minutes at 450° F., then reduce the temperature to 350° and continue to bake. Bake the pie about 50 minutes.

LEMON PIE

- 4 tablespoons Occident Flour
- 1 cup sugar
- 2 eggs (reserve the whites for meringue)
- 1/4 cups boiling water
- Juice and rind of 1 large lemon
- 1 tablespoon butter

Mix sugar and flour, add boiling water slowly, stirring constantly, add slightly beaten egg yolks and cook until it thickens, then add lemon juice, rind, and butter. Cook a few minutes only. Cool. Pour into a baked crust. Beat the whites until stiff and add 4 tablespoons sugar and spread the meringue on the pie. Bake in a moderate oven until the meringue is a light brown.

PEANUT BUTTER PIE

- 4 tablespoons Occident Flour
- 1 1/2 cups scalded milk
- 3 tablespoons peanut butter
- 1/4 teaspoon salt
- 1 cup brown sugar
- 2 egg yolks

Mix sugar, salt, and flour together, then add slightly beaten yolks. Pour over this mixture the scalded milk. Cook until it thickens, stirring constantly, and cook 5 minutes more, stirring occasionally. Add peanut butter and cool. Put in a baked crust. Top with meringue.
MERINGUE

3 egg whites chilled  1/4 teaspoon cream of tartar
1/2 cup granulated sugar  Pinch of salt

Add salt to the egg whites and beat until frothy, then add the cream of tartar and beat until stiff but not dry. Beat until it stands up in peaks. Add slowly the sugar and beat until firm. Spread over the cold filling and bake about 12 to 15 minutes in a moderate oven or at 350° F.

STRAWBERRY PIE

2 tablespoons Occident Flour  1 quart strawberries
1 cup sugar  1 tablespoon butter

Add sugar to washed berries and bring to a boil. Combine melted butter and flour and add to berries. Turn into a paste lined plate. Cover with top crust. Bake in hot oven (400-450° F.) about 15 minutes.

PUMPKIN PIE

1 1/2 cups steamed pumpkin (strained)  1 1/2 cups milk
3/4 teaspoon ginger  1/2 teaspoon salt
1/4 cup brown sugar  2 eggs
1 teaspoon cinnamon  1/2 cup cream

Mix dry ingredients. Add pumpkin to the dry ingredients, then add eggs and beat well, add milk and cream. Fill crust and bake in hot oven (400° F.) for first 15 minutes, reducing heat for remainder of time to 350° F. Bake 50 minutes.

CUSTARD PIE

3 eggs  1/2 teaspoon salt
1/2 cup sugar  2 1/2 cups milk

Beat eggs slightly and add sugar, salt, nutmeg, and milk. Line a pie tin with pastry and be sure to build up a fluted rim. Strain the mixture and pour it into the tin. Bake 10 minutes at 400° F., then reduce temperature to 350° for 40 minutes. Test with knife. When the knife blade comes out clean the custard is cooked.

RICH PUFF PASTE

2 cups Occident Flour  1/2 tablespoon salt
1 cup butter  Cold water

Combine as plain pastry, cutting into the flour 1/2 cup butter. (Use other 1/2 cup butter for dotting pastry.) Roll out a portion of the pastry and dot with butter. Fold pastry over and roll. Repeat until all the butter is rolled into the pastry. Keep very cold. Bake in hot oven (400° to 450° F.). Use puff paste for pastry shells, tarts, and pattie shells.

BANBURY TARTS

1 cup raisins (chopped)  1 cracker (rolled)
1 cup sugar  Juice and rind of
1 egg (slightly beaten)  1 lemon

Mix ingredients in order given. Prepare puff pastry and roll 1/4 inch thick and cut in pieces 3 1/2 inches by 3 inches. Put 2 teaspoons of mixture on each piece. Moisten edges half way around with cold water. Fold over, press edges together with fork. Bake 25 minutes in moderate oven 350° F.
BASIC RECIPE FOR MUFFINS

1 1/2 cups Occident Flour
2 tablespoons sugar
3 teaspoons baking powder
1/2 teaspoon salt
1 cup milk
1 egg
3 tablespoons shortening

Mix and sift dry ingredients together. Add milk and well beaten egg to the dry ingredients. Add melted shortening. Half fill warm, well greased muffin tins. Bake in hot oven (400° F.) about 20 minutes. Makes twelve muffins.

VARIATIONS OF PLAIN MUFFINS—
Use basic recipe given above—with the following:

BACON MUFFINS
Omit shortening in recipe and add 2 tablespoons bacon fat and 2 tablespoons chopped crisp bacon.

FRESH FRUIT MUFFINS
Use only 3/4 cup milk. Add 1 cup blueberries or cut cranberries. Reserve 1/4 cup flour to mix with the berries. Add fruit last.

CRANBERRY MUFFINS

2 cups Occident Flour
1/2 cup butter
1/2 cup sugar
1 egg

1/4 teaspoon salt
1/2 cup milk
4 teaspoons baking powder
1 cup cranberries

Cream butter, add sugar, beaten egg, and salt. Add milk and sifted flour and baking powder alternately. Cut cranberries in half and add last. Drop in hot, well greased pans and bake at 400° F. for 25 minutes.
Muffin Methods

1  Sift flour before measuring. Mix and sift dry ingredients together.

2  Beat egg, mix with milk, add to dry ingredients. Add melted shortening.

3  Half fill well greased pans. Bake at 400 degrees F. about 20 minutes.

WAFFLES

3 1/2 cups Occident Flour 3 teaspoons baking powder 1 teaspoon salt
3 tablespoons shortening 1 cup milk 3 eggs 1 tablespoon sugar

Mix and sift dry ingredients. Add gradually milk and beaten egg yolks. Add melted shortening. Cut and fold in stiffly beaten egg whites. Bake on hot, well greased waffle irons. Do not grease electric or aluminum waffle irons.
Sandwiches

SANDWICH FILLINGS

Chopped celery, eggs, nuts, and olives mixed with a salad dressing make a very good filling for sandwiches.

All kinds of meat properly seasoned make delicious fillings for sandwiches. Meat should be cut across the grain in thin slices. If chopped, add to ham a little mustard and to beef or tongue a little horseradish sauce. To lamb add mint or tomato sauce. To chicken and veal add finely chopped peppers, celery, or celery salt. To fish add lemon juice, onion juice, or chopped parsley.

BRICK SANDWICH

Remove crust from a loaf of sandwich bread. Slice bread lengthwise. Butter slices on both sides except top and bottom slices. Make fillings as follows:

Red Filling: 4 slices ham, finely chopped, 3 slices crisp bacon, cut fine, 1 chopped pimiento.

Yellow Filling: Yolks 3 hard-cooked eggs, seasoned with salt, pepper, and 1/2 teaspoon vinegar.

White Filling: 1/2 package cream cheese, softened with 1/2 grated cucumber.

Green Filling: 4 small sweet pickles and 5 sprigs water cress or parsley finely chopped.

Spread slices of buttered bread with fillings in order given. Soften 3 packages cream cheese with sweet cream and spread on outside of loaf; garnish with pecans, maraschino cherries. Wrap in damp cloth and keep in cold place several hours before slicing.
**ALMOND TORTE**

- 7/4 cup Occident Flour
- 7/4 cup butter
- 7/4 cup sugar
- 3/4 cup milk

4 egg yolks
2 teaspoons baking powder
7/4 teaspoon salt
1 teaspoon vanilla

Cream the butter, add sugar gradually, and cream well. Add well-beaten egg yolks. Add flavoring. Sift dry ingredients and add alternately with the milk. Place in well greased layer pans.

**MERINGUE**

- 4 egg whites
- 1/4 cup almonds

Beat egg whites until stiff, add sugar slowly, beating until firm. Spread over top of batter. Decorate with blanched almonds, placing them on end in the meringue. Bake at 350° F. for 45 minutes. Serve with whipped cream or ice cream between layers.

**SNOWBALLS**

- 2 cups Occident Flour
- 3/4 cup butter
- 1 cup sugar

3/2 cup milk
3 1/2 teaspoons baking powder
4 egg whites

Cream the butter, add the sugar, and cream until frothy. Sift the flour and baking powder together, add flour alternately with the milk. Beat the whites until stiff and fold into the cake mixture. Bake in small muffin tins or in a long pan and cut with cookie cutter. Bake at 350° F. for about 20 minutes. Roll in boiled icing and cover with chopped nuts or cocoanut.
DATE DESSERT

1½ cups Occident Flour  1 egg 1 teaspoon soda 1 cup sugar
1 package dates  1 teaspoon baking powder ½ cup walnut meats
1 cup boiling water 3 tablespoons butter
¼ teaspoon salt

Cut dates in small pieces, add the soda. Pour boiling water over these and allow to stand a few minutes. Cream the butter and sugar together, add egg, and mix thoroughly. Add the date mixture, then the flour sifted with salt and baking powder. Then add nut meats that have been broken. Bake in a shallow pan well greased. Bake at 350° F. for about 45 minutes. Serve cold with whipped cream.

ORANGE PUDDING

½ cup Occident Flour  Pinch of salt
1 large orange  2 cups milk
1 teaspoon vanilla  7 cup sugar
1 teaspoon vanilla
1 egg

Peel and cut the orange into a baking dish. Sprinkle over it two tablespoons sugar. Scald milk. Mix flour, salt, and sugar together, then pour over this the hot milk. Add the slightly beaten egg yolks and cook in a double boiler stirring constantly until it thickens and then cook about five minutes longer. Remove from range, add vanilla, and pour this mixture over the orange. Top with egg whites beaten until stiff. Sprinkle over it a little sugar and brown slightly in a moderate oven at 350° F.

FLOATING ISLAND

1 tablespoon Occident Flour  ½ teaspoon vanilla
2 cups milk  4 eggs
4 tablespoons sugar  ¼ teaspoon salt

Separate eggs. Mix salt, sugar, and flour together and add to slightly beaten yolks. Pour hot milk slowly over the mixture. Cook in double boiler until it coats the spoon. Cool and add flavoring and put in serving dish or glasses. Beat whites until stiff. Add sugar slowly and beat until firm. Dot over top. Small pieces of jelly or rolled nuts may be added to the meringue.

QUICK PUFF PUDDING

2 cups Occident Flour  ½ teaspoon salt
1 cup milk  2 teaspoons baking powder

Mix and sift dry ingredients, add enough of the milk to make a soft batter. Stir the remainder of the milk in as lightly as possible. Grease baking cups and drop 1 tablespoon of batter into each. Cover with blueberries, strawberries, peaches, or any kind of fruit. Sprinkle with sugar and cover with another tablespoon of batter. Steam 20 minutes and serve with cream and sugar or with a sauce made from fruit juice or thin custard sauce.

CHOCOLATE PUDDING

2½ cups Occident Flour  1 cup milk
3 tablespoons shortening  2⅛ squares chocolate
½ cup sugar  ½ teaspoon salt 4½ teaspoons baking powder
1 egg

Cream the shortening and the sugar. Add the well beaten egg. Mix and sift the dry ingredients and add them to the mixture alternately with the milk. Add the melted chocolate and turn into greased molds, cover, and steam for two hours. Serve with whipped cream or pudding sauce. This makes 10 servings.
WHOLE WHEAT MUFFINS

1 1/4 cups Occident 100% Whole Wheat Flour
1/2 cup Occident Flour
1/4 cup sugar
4 teaspoons baking powder

1 cup milk
1 teaspoon salt
1 egg
2 tablespoons melted shortening

Mix and sift dry ingredients. If using sour milk add 1/2 teaspoon soda. Add well beaten egg, milk, and melted shortening to the dry ingredients. Half fill well greased muffin tins. Bake in a hot oven at 400° F. 25 - 30 minutes. All whole wheat flour may be used if desired.

DATE WHOLE WHEAT MUFFINS

To recipe for Whole Wheat Muffins add 1/2 cup finely cut dates to part of flour before adding to mixture.

WHOLE WHEAT PRUNE OR FRUIT BREAD

1 cup Occident 100% Whole Wheat Flour
1 cup Occident Flour
1/2 cup sugar
6 teaspoons baking powder

2 tablespoons shortening
1/2 cup prunes soaked over night and coarsely chopped
1 teaspoon salt
1 1/4 cups milk
1 egg

Sift dry ingredients, add beaten egg to milk, and combine mixtures. Add fruit and melted shortening, mix thoroughly. Pour in buttered bread pan. Bake 50 minutes, 350° F. Chopped dates or figs may be used.
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