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 stays 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.
Success in Bread Making Depends Upon

Good Recipe
Quality of Ingredients
Accurate Measurements
Careful Combining of Materials
Baking—Oven Temperature

Measurements

All measurements given in OCCIDENT Recipes are level. Flour should always be sifted before measuring.

4 cups OCCIDENT Flour = 1 pound
3 teaspoons = 1 tablespoon
16 tablespoons = 1 cup

Essential Factors in Bread Making Are

FLOUR
YEAST
LIQUID

FLOUR—The bread making value of flours depends upon the quantity and quality of the gluten that can be developed in them. A flour is called “strong” if it has a large quantity and a good quality of gluten, and “weak” if the gluten is low in quantity and poor in baking qualities. Strong flour is made from hard spring wheat, and is called bread flour. It is considered best for bread making. Bread flour feels dry and slightly granular in texture when rubbed between the fingers. When a quantity is pressed tightly in the hand, it scarcely shows the imprint of the fingers, and falls like powder from the hand.

YEAST—Yeast is a plant and rapidly multiplies in dough by feeding on the sugar and starch that it contains. There are three kinds of yeast—compressed, dry and liquid. In any case, for bread making, the yeast should be fresh and in good condition.

LIQUID—The liquid used may be water, milk, potato water or a mixture of these. Milk should always be scalded to prevent it from souring and cooled to lukewarm before adding the yeast. Milk makes a richer bread and adds to the food value. All water makes good bread, but one that will dry out very quickly. Addition of potatoes or potato water quickens the action of the yeast and makes a moist bread.

FAT—Fat makes bread more tender.

SUGAR—A small quantity of sugar added to the dough makes it rise more quickly, and gives a better color to the crust.

SALT—Salt is added for flavor.
Bread Difficulties

1. Too porous—Over rising.
2. Cracked top or sides—Uneven heat.
3. Sour bread—Too long a period of fermentation.
5. Too light a bread—Over rising or oven not hot enough to set dough and stop the rising.
7. Heavy bread—Insufficient time for rising.
8. Poor flavor—Poor quality of ingredients. Improper cooling and storing.
9. Crumbly, dry bread—Too much flour or dried out in baking.
10. Crust too thick—Baked too slow and too long.

Standard for Bread

External Appearance—evenly rounded on top—smooth unbroken crust, uniform golden brown color.
Crust—crisp, tender, of even thickness—\( \frac{1}{8} \) to \( \frac{1}{4} \) inch thick.
Crumb—creamy white with a satiny luster, fine even grain, elastic to touch, thoroughly baked, moist, and flavor like that of chewing wheat.
Flavor—bread should have a sweet wholesome flavor much like that obtained from chewing wheat.

Uses for Stale Bread

Bread that has become too dry to be appetizing if served merely as bread may be used in various ways. The larger pieces may be used for toast, croutons, or cheese-sticks. Comparatively soft pieces may be grated and used for soft crumbs, plain or buttered. Hard pieces may be thoroughly dried in a slow oven 250° - 300° F. and then grated or ground for dry crumbs.

BUTTERED CRUMBS

\[ 1 \text{ to } 3 \text{ tablespoons butter} \quad 1 \text{ cup crumbs} \]
Melt the butter but do not brown it. Add the crumbs and mix with a fork until all of the crumbs are covered. Use to top au gratin dishes.

BREAD CASES

Cut bread two inches square. Scoop out center and brown on all sides in melted butter or in deep fat. Fill with creamed meat or fish.

BREAD MUFFINS

\[ \frac{1}{2} \text{ cup OCCIDENT 100% Whole Wheat Flour} \quad 2 \text{ tablespoons melted shortening} \]
\[ \frac{1}{4} \text{ cup milk} \quad 1 \text{ tablespoon slightly beaten egg} \]
\[ \frac{1}{4} \text{ cup stale bread after soaked and strained} \quad \frac{1}{2} \text{ teaspoon baking powder} \]
\[ \frac{1}{4} \text{ teaspoon salt} \]
Soak stale bread in water or milk, when soft put through a sieve, use one-fourth cup of this, add the egg, salt, and fat and beat well, then add the milk and the whole wheat flour with which the baking powder has been mixed. Put in greased muffin tins and bake 30 minutes at 400° F.
WHITE BREAD (4 loaves)

12 cups OCCIDENT Flour (sifted)  
4 cups liquid (water or water and milk)  
1 1/2 tablespoons shortening

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

6 cups OCCIDENT Flour (sifted)  
2 cups milk (scalded and cooled)  
4 tablespoons melted shortening  
2 1/2 teaspoons salt

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.
### WHITE BREAD (One Pound Loaf)

- **About 3 cups OCCIDENT Flour (sifted)**
- **1 cup liquid (half water and half milk)**
- **1 teaspoon shortening**

Use the Straight Dough Method.

### Overnight Sponge Method

#### WHITE BREAD Four Loaves

- **About 12 cups OCCIDENT Flour (sifted)**
- **4 cups liquid (water or water and milk)**
- **1 1/2 tablespoons shortening**
- **2 1/2 tablespoons sugar**

To the sugar and lukewarm liquid add the dissolved yeast, then about one-half of the flour, or enough to make a good sponge. Beat thoroughly, cover and place this sponge in a moderately warm place 70° to 75° F. and allow to stand over night.

In the morning add salt, melted shortening and balance of flour. Turn on floured board for kneading. Knead until dough becomes elastic to the touch and does not stick to the board.

Place in greased bowl, cover with clean towel and let rise to double in bulk, and proceed as in straight dough method.

#### ORANGE BREAD

- **About 4 cups OCCIDENT Flour (sifted)**
- **1/2 cup water**
- **4 cup orange juice**
- **Grated rind 2 oranges**

Add grated orange rind to liquid and mix as for white bread. Knead until dough is smooth and elastic, cover, and place in warm place to rise until double in bulk. Mold in loaf—place in greased pan. Let rise until double in bulk. Bake for 45 minutes at 400° F.

#### Raisin Bread

- **About 6 cups OCCIDENT Flour (sifted)**
- **2 cups scalded milk**
- **2 tablespoons shortening**
- **1 tablespoon molasses**

Follow general directions for making bread, either sponge method or straight dough method—add molasses to the liquid—add raisins to the dough while kneading.

#### Bohemian Kolaches

- **OCCIDENT Flour (about 6 cups)**
- **2 cups milk**
- **3 tablespoons butter**

Dissolve the yeast in the lukewarm water. To 1 cup of hot milk add the butter, sugar, and salt. When well dissolved add 1 cup of cold milk and the dissolved yeast. Add flour to make a soft dough. Turn onto a well floured board and knead with a quick, very gentle, light stroke, kneading in flour until the dough is as stiff as for rolls. Turn into a well greased bowl and grease top of dough thoroughly. Let double in bulk at about 90° F., punch down, and let double in bulk again. Turn out on a well greased board and knead very gently; roll lightly. Cut with a large biscuit cutter. With two fingers make a deep impression in each. Place well apart in a greased baking tin. Brush with melted butter and fill depressions with fruit paste using prune for some and apricot for others. When well risen, until doubled in bulk, bake at 375° F. about 20 minutes. Sprinkle with powdered sugar. To make the fruit filling cook 1 cup of dried apricots until tender, add 1/2 cup of sugar, mash well, and cook until thick like jam. Repeat this process using prunes. The pulp need not be sieved if it is well mashed.
VIENNA ROLLS

About 4 cups OCCIDENT Flour
1 cup milk
1 egg

1 teaspoon sugar
1 teaspoon salt
2 tablespoons butter
1 cake compressed yeast

Sift flour and salt, cut in the butter. Cream yeast and sugar and add to lukewarm milk, add beaten egg and flour mixture. Knead well, cover, and let rise 1 hour. Make into fancy shapes, place on greased baking sheet, let rise 15 minutes. Bake in quick oven 20 to 30 minutes. Brush with melted butter.

RAISED DOUGHNUTS

3 3/4 cups OCCIDENT Flour
1 cup scalded milk
1 teaspoon salt
3/4 cup sugar
2 tablespoons shortening
1 yeast cake dissolved in
1/4 cup lukewarm water
1/2 teaspoon grated nutmeg
1 egg

Add scalded milk to shortening, sugar, and salt. When lukewarm add the yeast. Add 1 1/2 cups flour. Allow sponge to stand in warm place until it is so light that it will fall at the slightest touch. Add the egg, nutmeg, and remainder of flour, and knead. The dough should be softer than bread dough. Cover and set in a warm place to rise. Toss on a lightly floured board and roll until three-fourths of an inch thick. Cut with a doughnut cutter and let rise. When fat begins to smoke, drop in an inch cube of bread and if in 40 seconds it is golden brown, the fat is at the right temperature. When frying put the raised side of the doughnut down in the fat. The heat will cause the top side to rise by the time the doughnut is ready to turn.

BISMARCKS

3 cups OCCIDENT Flour
1 1/2 cups milk
1 cake compressed yeast
1 teaspoon sugar
4 egg yolks
4 tablespoons melted butter
2 tablespoons sugar
1/2 teaspoon salt
2 tablespoons cooking sherry

Break yeast in 1/2 cup warm milk, add one teaspoon of sugar, and set in warm place to rise. Beat egg yolks until creamy, add butter, remaining sugar, and beat well. Add remaining milk, salt, sherry, raised yeast, and flour to make a soft dough. Let rise, turn out on floured board, and pat to 1/2 inch thickness, cut in 2-inch squares, and put in a teaspoon of jelly on each square. Fold over and pinch edges tight and let rise under cloth until light. Drop in hot shortening and fry until brown on either side. Drain and sprinkle with powdered sugar. Filling may be apricot, pineapple, or stewed prunes.

ZWIEBACK

1 1/4 cups OCCIDENT Flour
5 eggs
1 1/2 cups powdered sugar
1/2 cup cold water
1/2 teaspoon baking powder
Juice of 1/2 lemon

Drop the egg yolks into a mixing bowl without beating; add to them the powdered sugar and beat together for 30 minutes. Two persons should take turns at this unless it is done by an electric beater. Then add the cold water and the sifted dry ingredients. While mixing add a little at a time the juice of the one-half lemon. Last fold in the stiffly beaten egg whites. Bake in small, oblong bread pans, well greased and then floured, filling them not more than one-third. When the loaves are a day old cut into half-inch slices and toast very slowly until hard and lightly browned all through. A rack in a slow oven with the door left open is a good place for the toasting. Let cool and store in boxes wrapped in waxed paper.
TEA CAKES

1 teaspoon salt
1/2 cup liquid yeast
1/2 cup butter
2 egg whites

OCIDENT Flour
2 cups milk
1 tablespoon sugar

Scald the milk. When partly cooled add the sugar, salt, yeast, and enough flour to make a batter. Let rise over night, then add the butter, and well beaten egg whites. Add enough flour to knead. Knead well and let rise. Knead again and make into long, narrow rolls. Let rise until light and bake 20 or 30 minutes at 400° F.

DATE ROLLS

OCIDENT Flour
3/4 cup milk
1/2 cup water
2 tablespoons sugar

4 tablespoons shortening
1 teaspoon salt
1 cake compressed yeast dissolved in
3 tablespoons lukewarm water

Combine the milk, water, sugar, shortening, and salt and bring to the boiling point. Set aside to cool. When lukewarm add the dissolved yeast and 1 cup of OCCIDENT Flour and beat well with a rotary beater for 5 minutes. Add enough flour to make a medium stiff dough. Grease the dough with butter, cover, and let rise 3 hours. Roll out on floured board to 1/4 inch thickness and cut with biscuit cutter. Place a date which has been seeded and stuffed with 1/4 marshmallow in center of roll and fold over. Place in greased pan to rise 1 hour. Bake at 350° F. 25 minutes. Brush over with melted butter just before removing from oven.

ENGLISH BUNS

About 3 1/2 cups OCCIDENT Flour
1 cup butter
1 cup thin cream (lukewarm)
2 tablespoons sugar

1 teaspoon nutmeg
1 cake compressed yeast dissolved in
1/4 cup lukewarm water
1 lemon rind, grated
2 oz. chopped citron

Dissolve the butter in the cream and add the dissolved yeast and grated lemon rind. Sift the flour with the nutmeg and the sugar and add to the liquid ingredients. Mix to a soft dough and work in the citron. Let rise to double its bulk, form into 12 round buns, place on baking pan, let rise again until light, and bake 20 minutes or until done in a moderate oven at 375° F. Shortly before removing from oven brush over the tops of the buns with beaten egg, dust with sugar, and sprinkle with a few bits of chopped nuts or with bits of citron.

CALIFORNIA ROLLS

About 5 1/2 cups OCCIDENT Flour
2 cups scalded milk
1 teaspoon salt

4 tablespoons sugar
6 tablespoons shortening
1/2 cake compressed yeast dissolved in
2 tablespoons water

Add the milk to the salt, sugar, and shortening. When cool add the yeast which has been dissolved in the lukewarm water. Add 3 cups of OCCIDENT Flour and beat well. When smooth beat in enough more flour so that the ball of dough will not stick to the finger when touched. Beat well until the dough is very smooth. Let rise and when double in bulk punch down and let rise again. When ready to shape toss dough, with as little handling as possible, on a floured cloth and roll to one-fourth inch thick. With a round cutter, 2 1/2 inches in diameter, stamp out circles. On one-half of each place a section of orange, free from all skin, the curved side out, the thin side in the center, and fold over the orange section the other half, pinching the edges slightly together. Brush the tops of the rolls lightly with melted butter, place on a baking sheet, and bake about 30 minutes at 375° F. Have ready an icing made of the juice and grated rind of one-half of an orange mixed with just enough powdered sugar to spread. The icing should run over and off the top of the roll, leaving only a thin coating.
**BUTTER OR THREE HOUR ROLLS**

- 1 1/2 cups OCCIDENT Flour
- 2 cakes compressed yeast
- 1 tablespoon sugar
- 1/2 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 into 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
- 1 tablespoon salt
- 2 3/4 cups water
- 1 cup sugar
- 1 egg
- 2 teaspoons baking powder
- 2 teaspoons soda
- 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 shortening. 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 teaspoons 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.
Fancy Rolls

Use Sweet Roll or bread dough for the following:

DUTCH APPLE CAKE

Spread dough one-half inch thick in well greased pan. Brush with melted butter. Pare, core and slice baking apples. Cut slits into dough with scissors and insert apple slices. Sprinkle with cinnamon and sugar. Cover and let rise until very light and bake in moderate oven 200° F. 30 minutes.

BRAIDED BREAD

Divide a piece of sweet roll dough into three parts, roll into long strands, and braid. Place in well greased pan. When light bake about 25 minutes in a moderate oven. Top with plain frosting and sprinkle with nuts or glaze and sprinkle with poppy seed. Raisins and cinnamon added to the dough improve the braided bread.

FRENCH TWISTS

Turn the dough on to the moulding board, roll it out into a rectangular sheet less than one-fourth inch thick, cut this into strips seven inches wide, cut the strips into squares and the squares diagonally into halves. This will form pieces the shape of a triangle. Roll from the side opposite the point of triangle so the point comes below, and bring the end of the roll together, shaping like a horseshoe. Place on buttered baking sheet some distance apart. Brush with melted fat. Let stand until light. Bake in a hot oven 400° F. for 15 minutes, glaze with white of egg.

FRENCH PROVINCIAL ROLL OR PEASANT CAKE

Prepare as Swedish Tea Ring (page 14) using brown sugar and dates cut in pieces in place of white sugar and almonds. Place roll in well greased pan. Cut in pieces two-thirds through, alternate pieces at opposite sides. Twist each slightly to resemble a cork screw. Brush top with melted fat and let rise until light. Bake in a moderate oven about 35 minutes. Remove from oven and frost top with plain frosting and sprinkle with chopped dates.

CRESCENT ROLLS

When light cut the dough into small pieces the shape of triangles. Brush with fat. Roll each triangle, beginning at the base. Press dough lightly with palm of hand, bringing ends around to form a crescent. Place on tins some distance apart. When light bake in hot oven at 400° - 425° F. 15 minutes. Brush with egg yolk mixed with milk and return to oven for browning.

BUTTER-SCOTCH ROLLS

Proceed as for cinnamon rolls (page 12), using brown sugar instead of white. Place cut surface of roll in pan in which there is a thin layer of melted butter and a thin layer (about ¼ inch thick) of brown sugar. On top of this, pecans and other nuts may be placed if desired. Let rise until very light. Bake in moderate oven 400° F. 30 minutes. Invert on platter or oiled paper.

COFFEE CAKE

After the first rising of the dough, knead in ½ cup raisins and let rise 30 minutes. Turn dough on board. Roll ½ inch thick. Place in well greased pan. Brush with melted butter. Sprinkle with cinnamon and sugar—proportion ½ teaspoon cinnamon to 2 tablespoons sugar—and let rise until double in bulk. Bake 45 minutes, oven temperature 400° F. for the first 25 minutes.
FINGER ROLLS
Pinch off pieces of dough about size of small egg. Roll each piece between palms of hand until round. Then roll with hand on board until 2¼ inches long. Place 1 inch apart on well greased pan. Brush with melted butter and let rise until double in bulk. Bake about 20 to 25 minutes in moderate oven at 400° F. When done brush top with milk or melted butter.

HOT CROSS BUNS
Use Sweet Roll dough and shape into smooth balls. Place about one inch apart in greased pans and brush tops with melted butter. When half risen in pans cut two gashes at right angles across tops of buns. Let rise until double in size, then bake about 20 minutes at 375° to 400° F. While still warm fill gashes with white frosting.

SWEDISH TEA RING
Roll dough to ½ inch thickness. Spread with melted butter, brown sugar, cinnamon, raisins, and nuts. Roll like a jelly roll. Cut a piece from each end of roll. Place in well greased pan. Form into a ring. Use scissors to cut slices through the roll. These slices should be cut three-fourths of the way through the roll, and around the entire ring, 1 inch apart. Let rise. Brush top with melted butter or slightly beaten egg diluted with one tablespoon of cold water. Bake in moderate oven at 400° F. about 30 minutes.

KNOTS
Cut off small pieces of dough. Shape the pieces like a pencil, and tie in a knot and dip in melted butter. Place in a shallow pan or a baking sheet. When light bake in a hot oven at 425° F.

PARKER HOUSE ROLLS
Turn dough on board. Roll out ¼ inch thick. Lift dough and allow to shrink. Cut with small biscuit cutter. Dip handle of knife in flour and with it make a deep crease through the center of each piece. Brush half of each piece with melted butter, being careful not to let butter come to edge. Fold, and press edges together. Place in greased pan ½ inch apart, cover with clean towel, and allow to rise until light. Bake at 400° F. 20 to 25 minutes.

GERMAN KUCHEN

<table>
<thead>
<tr>
<th>About 2¼ cups OCCIDENT Flour</th>
<th>2 eggs</th>
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</thead>
<tbody>
<tr>
<td>3/8 cup milk</td>
<td>½ cup raisins</td>
</tr>
<tr>
<td>1 cake compressed yeast</td>
<td>¼ cup melted shortening</td>
</tr>
<tr>
<td>1 teaspoon salt</td>
<td>¼ cup brown sugar</td>
</tr>
<tr>
<td>½ cup sugar</td>
<td>½ cup chopped nuts</td>
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</tbody>
</table>

Scald and cool milk. Add yeast, sugar, salt, and one-half of the flour. Beat sponge well. Add beaten eggs, melted shortening, and remainder of flour. Add raisins. Let rise 1½ hours or until double in bulk. Mold and place in greased pie pan. Brush with melted butter. Sprinkle with brown sugar and chopped nuts. Let rise 1 hour or until very light. Bake in moderate oven, 400° F., 45 minutes.

Suggestions

TO GLAZE ROLLS:
1. For very tender crust on rolls brush over with butter about ten minutes before taking from oven.
2. For dark glaze beat up egg yolk, dilute with 1 tablespoon milk or water, and brush over shaped rolls.
3. For light glaze use same method with egg white, unbeaten.
4. Water and sugar mixture may be brushed over top of shaped rolls.
5. Powdered sugar frosting may be added to rolls after they have cooled.
6. Rolls made from sweet roll dough should be allowed to become very light before baking.
7. Poppy seed may be sprinkled over glazed rolls.
WHOLE WHEAT MUFFINS

1½ cups OCCIDENT 100% Whole Wheat Flour
½ cup OCCIDENT Flour
¼ 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 ½ 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 ½ 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
¼ cup sugar
6 teaspoons baking powder
2 tablespoons shortening
½ cup prunes soaked over night and coarsely chopped
1 teaspoon salt
1½ 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.

NUT WHOLE WHEAT GEMS

1 cup OCCIDENT 100% Whole Wheat Flour
¾ cup OCCIDENT Flour
3 tablespoons brown sugar
4 teaspoons baking powder
1 cup milk
4 tablespoons melted shortening
¼ teaspoon salt
½ cup chopped pecan meats
1 egg

Sift dry ingredients, add beaten egg, nuts, milk, and melted shortening, and mix well. Bake in well greased gem pans at 425° F. 20 minutes.

WHOLE WHEAT PUDDING

1 cup OCCIDENT 100% Whole Wheat Flour
¼ cup OCCIDENT Flour
¼ cup chopped suet
¼ cup sugar
½ cup milk
1 teaspoon salt
4 eggs
6 tablespoons chopped fruit
2 teaspoons baking powder

EGG SAUCE

Cream 1/4 cup butter and add slowly 1/2 cup sugar. Beat 4 egg yolks, add the creamed butter and sugar, beat until smooth, and add 3/4 cup fruit syrup or jelly. Set in hot water for a few minutes and stir constantly until right consistency. Use white of eggs for a meringue.

BROWN SUGAR SAUCE

1/4 cup OCCIDENT Flour
1 cup brown sugar
1/4 cup butter
1 cup water

Mix the butter, flour and sugar. Add water. Cook until somewhat thickened. Flavor with vanilla.

WHOLE WHEAT BREAD (Four Loaves)

2 tablespoons shortening
2 tablespoons sugar
1 1/2 tablespoons salt
1 or 2 compressed yeast cakes dissolved in 1/2 cup lukewarm water
10 cups OCCIDENT 100% Whole Wheat
4 cups liquid (milk or half water and half milk)

Scald liquid and when lukewarm add sugar, salt, and yeast. Add one-half the flour and beat thoroughly. Add melted shortening and remainder of the flour gradually. Mix well and turn out on a floured board. (Use white flour on the 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 80 to 82 degrees F. until it has doubled in bulk, about 2 1/2 hours. Punch down and turn dough over. Let stand 15 minutes. 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 one hour. Oven temperature 425° F. for 15 minutes, lower to moderate temperature 380° F. Whole wheat bread requires longer baking than white bread. In making Whole Wheat Bread make the dough a little less stiff than white bread dough.
WHOLE WHEAT BREAD (One Loaf)

1½ cups OCCIDENT 100% Whole Wheat Flour  
1 cup OCCIDENT Flour (about)  
1 cup milk (or ½ cup milk and ½ cup water)

1 tablespoon sugar  
1 yeast cake  
1 tablespoon lard  
1½ teaspoons salt

Scald milk and cool to 80°F or lukewarm. Dissolve yeast in ¼ cup lukewarm liquid, add sugar, and let stand for 10 or 15 minutes. To the liquid add yeast, sugar, salt, and OCCIDENT White Flour. Beat thoroughly. Add fat and white wheat flour and knead on a floured board. (Use white flour on board.) This mixture is very soft and may be a little hard to handle. Place in greased bowl, cover, and let stand until nearly double its size, then punch down. When it has again risen to double its size, form into loaves of a size to half fill the pans. Place in oiled pan and allow to rise until double its bulk. When about double its size bake at 425°F, 15 minutes, 380°F, 45 minutes.

Whole Wheat Bread

THESE recipes are based on the use of OCCIDENT 100% Whole Wheat Flour. Because of its unusual purity and strength OCCIDENT 100% Whole Wheat Flour delivers the maximum of benefit in dietetic work where flour of this type is necessary.

Some users of Whole Wheat Bread prefer the addition of a small amount of white flour to Whole Wheat Flour —thus giving the finished product a finer texture and different flavor. With this in mind, several recipes have been listed for Whole Wheat Bread, based upon varying proportions of white flour mixed with Whole Wheat Flour.
POPOVERS

1 cup OCCIDENT Flour  
1/2 teaspoon salt  
1 cup milk  
2 eggs

METHOD—Add to well beaten eggs one-half the milk, salt, and one-half the flour. Beat until very light, about 10 minutes. Add remainder of milk and flour. Fill warm, well greased muffin pans or cups one-half full and bake in a hot oven (for the first 10 minutes 400° F.) and decrease heat to moderate oven to finish baking. Bake about 35 minutes. Do not open oven door for first 15 minutes. Makes 8 popovers.

Variations of Popovers

TIMBALES

1 1/2 cups OCCIDENT Flour  
1 cup milk  
1/2 teaspoon salt  
1 egg

METHOD—Mix dry ingredients, add milk gradually, and well beaten egg. Thoroughly mix ingredients. To fry timbales put batter into tea cup, heat timbale iron in fat, and when hot enough to cause the batter to adhere drop the iron into the cup of batter to within 1/2 inch of the top, then drop iron into the hot fat and fry until the timbale slips from the iron.

FILLING FOR TIMBALES

Minced chicken, turkey, or veal with white sauce makes good filling. Tomato sauce may be used instead of white sauce.

CREAM PUFFS

1 cup OCCIDENT Flour  
1/2 cup butter  
1 cup boiling water  
4 eggs  
1/4 teaspoon salt

METHOD—Put butter and water in sauce pan. As soon as boiling point is reached, add flour, sifted with salt, all at once and stir vigorously. Remove from fire as soon as mixed, cool, and add unbeaten eggs one at a time. Beat well after adding each egg. Drop by spoonfuls on a buttered sheet 1 1/2 inches apart, shaping with handle of spoon as nearly circular as possible, having mixture piled in center.

BAKE—30 minutes in a hot oven. Cool. With a sharp knife make a cut in each large enough to admit cream filling. This recipe makes 18 small cream puffs. If cream puffs are removed from oven before being thoroughly cooked, they will fall. Use whipped cream or cream filling.

CREAM FILLING

3 tablespoons OCCIDENT Flour  
1 egg  
6 tablespoons sugar  
1 cup scalded milk  
1/4 teaspoon salt  
1/2 teaspoon vanilla

Beat egg slightly. Add dry ingredients and add gradually scalded milk. Cook 15 minutes in a double boiler, stir constantly, until mixture thickens and afterward occasionally. Cool and flavor.
Medium Batter

**GRIDDLE CAKES**

1 1/4 cups OCCIDENT Flour
1/2 teaspoon salt
3 teaspoons baking powder

1 egg
1 cup milk
1 tablespoon shortening

**METHOD**—Mix and sift dry ingredients together. Add milk and well beaten egg. Beat thoroughly and add melted shortening. Drop batter by spoonfuls on hot, greased griddle.

**NOTE:** In any recipe calling for sweet milk and baking powder, sour milk may be substituted if soda is added. Use 1/2 teaspoon soda for each cup sour milk. Subtract 2 teaspoons baking powder for each 1/2 teaspoon soda added.

**Suggestions for Frying Griddle Cakes**

1. Let fat begin to smoke before cooking cakes.
2. Pour mixture from pitcher or tip of spoon.
3. When puffed full of bubbles and cooked on edges turn and cook on other side.
4. If large bubbles form at once on top of cakes, the griddle is too hot.
5. If top of cake stiffens and appears dull and crusty before under side is cooked, the griddle is not hot enough.

**Variations of Griddle Cakes**

**SOUR MILK GRIDDLE CAKES**
Sour milk may be substituted for sweet milk. Add 1/2 teaspoon soda and subtract 2 teaspoons baking powder.

**BLUEBERRY GRIDDLE CAKES**
Add to batter 2 teaspoons sugar and 1/2 cup fresh blueberries. Save out a little of the flour to mix with the berries.

**RICE GRIDDLE CAKES**

1 1/2 cups OCCIDENT Flour
1 cup boiled rice
2 cups milk
1/2 teaspoon salt

1 tablespoon sugar
1 tablespoon shortening
2 teaspoons baking powder
1 egg

Put the cooked rice to soak with 1 cup of milk and in the morning add the salt, sugar, shortening, flour, and baking powder. Beat the egg and add with the other cup of milk. Bake on a hot greased griddle.

**MEAT GRIDDLE CAKES**

1. Use bacon fat as shortening and add 2 tablespoons chopped crisp bacon.
2. Add 1/4 cup finely chopped boiled ham to batter.
3. Add 1/2 cup finely chopped chicken or veal to batter.

**BREAD GRIDDLE CAKES**

1/2 cup OCCIDENT Flour
1 1/2 cups OCCIDENT Bread Crumbs
1 1/2 cups scalded milk

2 eggs
3 1/2 teaspoons baking powder
1/2 teaspoon salt
2 tablespoons melted butter

**METHOD**—Add milk and butter to crumbs and soak until crumbs are soft. Add eggs well beaten, then flour, salt, and baking powder mixed and sifted. Mix well.
BASIC RECIPE FOR MUFFINS

1½ cups OCCIDENT Flour
2 tablespoons sugar
3 teaspoons baking powder

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 ¾ cup milk. Add 1 cup blueberries or cut cranberries. Reserve ¼ cup flour to mix with the berries. Add fruit last.

CRANBERRY MUFFINS

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

1 1/4 cups OCCIDENT Flour
2 3 teaspoons baking powder
3 1 teaspoon salt
4 4 tablespoons shortening
5 1 cup milk
6 3 eggs
7 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.
BAKING POWDER BISCUITS

Basic Recipe for Biscuit Dough

4 teaspoons baking powder
4 tablespoons shortening
1/2 cup milk (about)

2 cups OCCIDENT Flour
1 teaspoon salt

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

1/4 cup sugar
4 tablespoons melted butter
1/2 cup raisins

2 cups biscuit dough
1 teaspoon cinnamon

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 1/4 inch wide. Place rolls in a baking pan, just touching each other. Bake 15-20 minutes in a hot oven (400-425° F.).

CHEESE BISCUITS

Add 1 cup finely grated cheese to the recipe for biscuit dough (page 22). The cheese is mixed through the flour mixture just before the milk is added. Or place a layer of cheese between two thin biscuits and bake at a low temperature.

SHORT CAKE

Use OCCIDENT Baking Powder Biscuit Recipe using twice as much shortening for richer dough. Roll dough 3/4 inch thick. Shape as biscuits or in two layers and spread butter between layers. Bake in hot oven 400° F. for 20 minutes. Split with fork after baking. Spread layers with butter and fill with sweetened fruit. Place thick layer of fruit on top. Use strawberries, peaches, cherries, or any dried, canned, or fresh fruit as desired. Serve with whipped cream.

MEAT ROLL

Use OCCIDENT Baking Powder Biscuit recipe. Use 2 cups of leftover meat chopped or ground. Roll or pat the dough until about 1/2 inch thick. Mix the chopped meat with 1 cup thick white sauce seasoned. Spread this mixture over one-half the biscuit dough, fold other half over, and press edges together. Bake in quick oven about 425° F. Make a white sauce of 2 cups milk, 2 tablespoons OCCIDENT Flour, and 2 tablespoons of butter, season, and add 1/4 cup chopped meat. Serve this sauce over the hot meat roll.

CHICKEN PIE

Stew chicken. Thicken with 2 tablespoons OCCIDENT Flour mixed with 1/2 cup cream. Season well. Put in casserole. Cover top with small baking powder biscuits and bake in a hot oven 450° F. until biscuits are thoroughly baked and slightly browned.

STEAMED DUMPLINGS

1 cup milk
4 teaspoons butter
1/2 teaspoon salt

2 cups OCCIDENT Flour
4 teaspoons baking powder

METHOD—Mix and sift the dry ingredients. Cut in butter with knife. Add milk gradually, cutting into mixture. Toss on floured board, pat or roll to 1/2 inch thickness. Shape with biscuit cutter. Place in buttered steamer—steam 15 minutes.

NOTE—Using a little more milk the dumpling mixture may be dropped by spoonfuls and cooked in a meat stew. Makes 12 dumplings.
ORANGE ROLLS

2 cups OCCIDENT Flour
4 teaspoons baking powder
1 teaspoon salt
1 teaspoon sugar
1/2 cup shortening
1/4 cup milk
Grated rind of one orange

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

2 tablespoons OCCIDENT Flour
4 tablespoons orange juice
Grated rind of one orange
1 1/2 tablespoons butter
1/2 cup sugar

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

NUT BREAD

4 cups OCCIDENT Flour
2 eggs
1 teaspoon salt
8 teaspoons baking powder
1 cup chopped nuts
1/4 cup milk
1/4 cup sugar

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 1 lb. loaves.

GINGER BREAD

2 1/2 cups OCCIDENT Flour
1 cup sugar
1/2 cup butter
2 eggs
1 tablespoon ginger
1 1/2 cup molasses
1 cup boiling water
1 teaspoon soda

METHOD—Mix and sift flour, soda, and ginger. Cream butter and sugar. Add molasses and dry ingredients. Add boiling water and mix well. Add well beaten eggs.

BAKE—in well greased shallow pan 30 minutes in moderate oven 350-400° F.

ORANGE BREAD

3 cups OCCIDENT Flour
1 cup milk
1 egg
1 1/4 cups orange syrup
3 teaspoons baking powder
1/2 teaspoon salt
1 teaspoon salt
1 cup sugar
3/4 cup water

METHOD—Sift the dry ingredients together. Beat the egg and add the milk to it. Add the egg and milk mixture and the orange syrup to the dry ingredients all at once and fold together. To make the orange syrup cook the rinds in the salt and cup of water until tender. Drain off water and throw it away. Chop the rind fine and cook again in the 3/4 cup water and the sugar.

BAKE—in a bread tin at 350° F. for one hour.

SCONES

2 cups OCCIDENT Flour
3/4 cup milk
4 tablespoons shortening
4 teaspoons baking powder
1 teaspoon salt

METHOD—Mix and sift the flour, baking powder, and salt, and cut in the shortening. Add sufficient milk to make a soft dough. Toss on a floured board and roll into a sheet 1/2 inch thick. Shape with a small round cookie cutter.

BAKE—On a griddle, turning so that both sides are cooked to a delicate brown. Split and butter while hot.
For Your "Hurry-Up" Meals

By Margaret Larsen, Home Economics Staff
RUSSELL MILLER MILLING CO.

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 preceding pages—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 A. Larsen
LUNCHEON DISHES

White Sauce

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<thead>
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<th>Thin</th>
<th>Medium</th>
<th>Thick</th>
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<tr>
<td>OCCIDENT Flour</td>
<td>1 tbsp.</td>
<td>2 tbsp.</td>
<td>3 tbsp.</td>
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<tr>
<td>Salt</td>
<td>1/2 tsp.</td>
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<tr>
<td>Butter</td>
<td>1 tbsp.</td>
<td>2 tbsp.</td>
<td>3 tbsp.</td>
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<tr>
<td>Milk</td>
<td>1 cup</td>
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Melt butter, add flour and salt. Add the milk slowly. Stir constantly.

**Uses**

- Soups
- Escalloped dishes, creamed meats or vegetables, and gravies
- Turbats—meat rolls, etc.

**CHICKEN CROQUETTES**

- 1 1/4 cups ground cold cooked fowl
- 1/2 teaspoon salt
- 1 teaspoon lemon juice

**METHOD**—Mix ingredients in order given. Shape, dip in fine bread crumbs, egg, and crumbs again. Fry in deep fat 370° F. Place on absorbent paper to drain.

**HASHED BROWN POTATOES**

Scatter one teaspoon of bread crumbs over a buttered omelet pan before putting the potatoes into it. Use white sauce to moisten the potatoes, but do not make too moist, season with salt and pepper. Fry until brown on the bottom and fold like an omelet.

**CHICKEN A LA KING**

- 2 tablespoons OCCIDENT Flour
- 1/2 cup drained mushrooms
- 2 cups cooked chicken
- 2 tablespoons butter
- 5 tablespoons pimiento cut fine
- 1 cup milk or cream
- Salt and pepper
- 1 egg yolk

**METHOD**—Make a white sauce of shortening, flour, and milk. Season with salt and pepper. Add chicken, pimiento, and the mushrooms which have been sautéed in a little butter. Beat the egg yolk with two tablespoons of milk and add to mixture. Heat thoroughly and serve in patties, cream puff shells, or over baking powder biscuits.

**MACARONI LOAF**

- 2 tablespoons chopped parsley
- 1 teaspoon onion
- 1/2 cups fresh bread crumbs
- 2 tablespoons grated cheese
- 1/2 cup salt
- 3 eggs

**METHOD**—Mix together lightly the chopped parsley, onion, green pepper, macaroni, bread crumbs, salt, and grated cheese. Add milk and melted butter. Fold in lightly beaten eggs, toss together as lightly as possible. Line pan with oiled paper and bake in pan of water 1 hour at 370° F. Serve hot with medium white sauce to which is added 1/2 cup mushrooms.

**POT PIE**

- 2 cups milk
- 2 teaspoons baking powder
- 1 teaspoon salt

**METHOD**—Cut veal, beef, or chicken into small pieces and place over it boiling water enough to cover. Lay two slices of salt pork on the top, cover closely and boil one hour. Make the batter by heating the eggs, add the milk and the sifted dry ingredients stirring until smooth. Drop in separate spoonfuls onto the meat while boiling and cook six minutes.
Baking Suggestions

1. Be sure that the oven temperature is correct before putting cake in oven.
2. Have oven the right temperature for the type of cake to be baked.
3. Do not bake different kinds of cake mixture at the same time.
4. Small and layer cakes call for hotter oven than loaf cake.
5. Keep oven temperature as nearly uniform as possible.
6. To insure even rising, place the cake on lower grate of oven at first.
7. Place cake in center of oven to insure even baking.
8. Large or loaf cake requires moderate oven.
9. Sponge cake requires slow oven.
10. Do not open oven door until cake has had time to form.
11. If oven becomes too hot, lower temperature by placing pan of cold water in the oven on top grate.
12. Never jar a cake while baking.
13. Fruit, Molasses, and Chocolate Cakes burn quickly and must be baked at a slightly lower temperature than plain cake.
14. If browning too fast, put a paper over it.
15. When done, the cake shrinks from side of pan, and when pressed gently with a finger it springs back. Insert toothpick in center of loaf, if it comes out clean, it is done.

Division of Time for Baking Cake

First Quarter—Cake Mixture begins to rise.
Second Quarter—Continues to rise and begins to brown.
Third Quarter—Finishes rising and continues to brown.
Fourth Quarter—Finishes baking and shrinks from pan.
How to Judge Oven Temperatures

1. Oven Thermometers

2. Place one teaspoon of flour or piece of white paper in oven, if it turns:
   - Dark Brown in 5 minutes—hot oven 400° F. - 450° F.
   - Golden Brown in 5 minutes—moderate oven 350° F. - 400° F.
   - Light Yellow in 5 minutes—slow oven 250° F. - 350° F.

Cake Difficulties

CAUSES:

Falling or Heavy product may be due to:
- Too little flour
- Too much sugar or fat
- Too slow a fire
- Uneven temperature of oven

Coarse grained product may be due to:
- Too much leavening
- Too slow an oven
- Careless mixing of ingredients

Cracks on top of cake may be due to:
- Too much flour
- Too hot an oven

Uneven rising may be due to:
- Improper placing of cake in oven
- Uneven heat of oven
- Too much flour

Rough edges may be due to:
- Too much sugar
- Too much fat
- Too little flour

Type of Cake

Shortened—Butter
Unshortened—Sponge

There are two types of cake, shortened (butter) cake and unshortened (sponge) cake. All others are variations of one of these. From the basic recipes as given for these two foundation cakes, many variations of both sponge and butter cakes may easily be made.
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 in which an ordinary flour 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. 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
Suggestions for Making Butter Cakes

1. Have pans ready, and ingredients measured, before beginning to mix the cake.
2. Have oven the right temperature when the cake is ready to bake.
3. Cream butter and sugar well.
4. Long beating of the batter gives fine grain, but tends to toughen the texture.
5. Small amount of beating of batter gives light and delicate texture.
6. Egg whites should be beaten until stiff, not dry.
7. Fill cake tin two-thirds full.
8. When filling the tins make center of cake thinner than the edges.
9. Allow the cake to remain in the tins 5 minutes after removing from oven.
10. Layer cakes should be baked in greased pans.
11. The pans for baking loaf cakes should be greased and lined with oiled paper.

Method of Mixing Shortened (Butter) Cake

I. GENERAL METHOD

Sift flour before measuring.
Mix and sift dry ingredients.
Measure all ingredients.
Cream shortening, add sugar gradually, beat well.
Add well beaten egg yolks.
Add alternately the flour and milk, folding in the flour.
Fold in the beaten egg white, add flavoring.

II. MUFFIN METHOD

Sift flour before measuring.
Melt fat, put all ingredients in a bowl, and mix thoroughly.

NOTE: Use the muffin method for simple plain cakes, the general method is better for richer butter cakes.
PLAIN BUTTER

1 1/2 cups OCCIDENT Flour  1/4 teaspoon salt
1/2 cup butter  1 teaspoon vanilla
1 cup sugar  2 teaspoons baking powder
1/2 cup milk  2 eggs

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

1 1/2 cups OCCIDENT Flour  3/4 cup OCCIDENT Flour
1/2 cup butter  1/2 cup butter
1 cup sugar  1/2 cup sugar
1/2 cup milk  4/3 cup milk
2 teaspoons baking powder  2 teaspoons baking powder
4 egg whites  2 egg whites
1 teaspoon vanilla  1 teaspoon 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

1 1/2 cups OCCIDENT Flour  1 cup milk
1/2 cup butter  1 teaspoon soda
1 cup sugar  1/2 teaspoon salt
2 eggs  1 teaspoon vanilla
2 teaspoons baking powder  2 squares chocolate

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

3 cups OCCIDENT Flour  1 cup milk
1 cup butter  1 cup seeded raisins
2 cups sugar  1/2 cup citron
4 eggs  1/2 cup Maraschino cherries well drained
1 cup chopped nut meats  1/2 cup candied pineapple
1 1/2 cups dates  1/2 teaspoons baking powder
1 cup figs

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.
WHITE CAKE
3 cups OCCIDENT Flour
2 cups sugar
1/2 cup butter
1 cup milk or water
Method—Mix same as Butter Cake.
Bake—1 hour in moderate oven (325° - 350°F.). Large loaf cake or bake in layers.

WHITE NUT CAKE
3 cups OCCIDENT Flour
1 cup cold water
3/4 cup egg whites
2 cups sugar
Method—Cream the butter, add the sugar gradually and cream together. Sift the dry ingredients together and add alternately with the water, add the extract and nut meats. Fold in the beaten whites last. Bake in layers in a moderate oven at 350°F. for about 25 minutes.

GOLD CAKE
11/2 cups OCCIDENT Flour
1/2 cup milk
1 cup sugar
4 egg yolks
Method—Cream butter and add sugar gradually, add well beaten egg yolks. Add alternately the milk and sifted dry ingredients. Add flavoring.
Bake—in well greased loaf pan. Moderate oven (350°F.) 50 minutes.

LADY BALTIMORE CAKE
2 3/4 cups OCCIDENT Flour
1 1/2 cups butter
2 cups sugar
5 egg whites
Method—Mix same as butter cake. Turn into well greased layer tins.
Bake—Moderate oven (350°F.) about 25 minutes.
Use Lady Baltimore Fruit and Nut Filling.

FRUIT AND NUT FILLING
3 cups sugar
1/2 cup chopped pecans
1/2 teaspoon salt
5 egg whites
Method—Put sugar, water, cream of tartar in same pan and let boil until it threads. Pour on beaten egg whites. Add fruit, nuts, and salt to half the mixture. Use fruit mixture for filling and the remainder for frosting cake.

APPLE SAUCE CAKE
2 cups OCCIDENT Flour
1/2 cup shortening
1 cup sugar
1 egg
3/4 cup raisins
1/2 cup walnut meats
Method—Cream the shortening, add sugar, and cream well. Add well beaten egg. Add soda to the apple sauce and add alternately with the flour that has been sifted with the spices, salt, and baking powder. Cut raisins and nuts and dredge with 1 1/2 tablespoon of the flour and add to above mixture. Bake in two greased layer tins and bake about 25 minutes in a moderate oven about 375° - 400°F.

DEVILS FOOD CAKE (Sour Cream)
1 1/2 cups OCCIDENT Flour
1/2 cup shortening
1 cup sugar
2 squares chocolate
1 teaspoon baking powder
Method—Cream shortening and add sugar, then add egg yolks. Melt chocolate in the hot water, add to above mixture, then add vanilla, sour cream, flour sifted with salt, soda, and baking powder. Fold in the beaten egg whites. Bake in a loaf at 350°F. 40 minutes or in layers at 375°F. for 20 minutes. Frost with boiled icing or butter sugar icing.
MAHOGANY CAKE

2 squares chocolate
2 eggs
\(\frac{1}{4}\) teaspoon salt
1 teaspoon vanilla
1 teaspoon soda
1 teaspoon baking powder

Cream butter and one-half of the sugar. Add unbeaten eggs and beat well. Sift flour, measure, and sift with baking powder, salt and remaining sugar. Mix soda with cream and add alternately with flour to the mixture. Add flavoring and chocolate melted in the hot water. Bake in two layers at 375° F. for 25 minutes. Put marshmallow frosting (page 35) between layers and on top.

YELLOW PEACH CAKE

1 1/2 cups sugar
1 teaspoon baking powder
\(\frac{3}{4}\) cup cold water
1 teaspoon almond extract


PEACH MERINGUE FILLING

2 large peaches
\(\frac{3}{4}\) cup powdered sugar

METHOD—Beat the egg whites until they peak and add the sugar gradually. Spread the meringue over the bottom layer, cover with peaches sliced thin, then cover the peaches with meringue, place second layer of cake on this, and cover it in same manner, except to mark the top in squares and place peaches in squares. Cover sides of cake with meringue, put in oven at 350° F. to brown, cool and serve. When canned peaches are used cut and drain before serving.

HOLIDAY POUND CAKE

2 tablespoons currants
4 egg yolks
\(\frac{3}{4}\) cup cream
2 tablespoons citron

METHOD—Cream butter and sugar. Add thickly beaten egg yolks. Add dry ingredients and cream. Divide mixture. Add to one part 2 tablespoons currants, to the other 2 tablespoons finely cut citron. Line bottom of small buttered molds with buttered paper and fill molds half full. Over top of citron cakes lay small pieces of citron. Over top of currant cakes sprinkle a few currants.

BAKE—Moderate oven (350° F.).

CHOCOLATE BALLS

\(\frac{3}{4}\) cups OCCIDENT Flour
\(\frac{1}{2}\) cup sugar
\(\frac{1}{2}\) cup butter
\(\frac{1}{2}\) cup sour cream
\(\frac{1}{2}\) cup boiling water

METHOD—Cream the butter, add the sugar gradually, and cream together. Add the egg yolks and beat well. Add the vanilla and melted chocolate. Sift the dry ingredients together and add alternately with the milk. Fold in the beaten egg whites last. Half fill small, greased muffin tins and bake about 12 minutes at 350° F. Cover with Butter Sugar Icing (page 35) and roll in cocoanut.

SPICE CAKE

\(\frac{3}{4}\) cups OCCIDENT Flour
1 cup sugar
\(\frac{1}{2}\) cup shortening
2 eggs
2 teaspoons cinnamon
1 cup sour milk

METHOD—Cream shortening, add sugar, cream well. Add well-beaten eggs. Add sour milk alternately with flour sifted with spices, soda, and baking powder, raisins dredged in \(\frac{1}{2}\) tablespoon of flour.

BAKE—in layers in a moderate oven (375° F.), about 20 minutes.
CAKE METHODS

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.
Suggestions for Making Sponge Cake

1. Before beginning, have pan ready, ingredients measured, and oven at right temperature.
2. Use strictly fresh eggs.
3. Follow directions carefully in combining ingredients.
4. Cut and fold the ingredients together.
5. Careless mixing gives coarse grained cake.
6. Sponge cakes should be baked in ungreased pans.
7. Bake cake in slow oven, one hour.
8. Do not open oven door until cake is set.
9. Do not jar the oven while cake is baking.
10. When baked, invert pan over rack and let stand until cool.

SPONGE

\[ \begin{align*}
&\frac{3}{4} \text{ cup OCCIDENT Flour} \\
&6 \text{ eggs} \\
&1 \text{ cup sugar} \\
&\frac{1}{2} \text{ grated lemon rind} \\
&1 \text{ tablespoon lemon juice} \\
&\frac{1}{2} \text{ teaspoon baking powder} \\
&\frac{1}{2} \text{ teaspoon salt} \\
&\frac{1}{2} \text{ teaspoon cream of tartar}
\end{align*} \]

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

\[ \begin{align*}
&\frac{1}{2} \text{ cup OCCIDENT Flour} \\
&1\frac{1}{2} \text{ cups egg whites} \\
&\frac{1}{4} \text{ teaspoon salt} \\
&1\frac{1}{4} \text{ cups granulated sugar} \\
&1 \text{ teaspoon flavoring} \\
&1 \text{ teaspoon cream of tartar} \\
&\frac{1}{2} \text{ cups sugar}
\end{align*} \]

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 flour.

UP SIDE DOWN CAKE

\[ \begin{align*}
&\frac{7}{8} \text{ cup OCCIDENT Flour} \\
&1 \text{ cup sugar} \\
&1 \text{ teaspoon baking powder} \\
&\frac{1}{4} \text{ teaspoon salt} \\
&1 \text{ cup brown sugar} \\
&1 \text{ can pineapple drained} \\
&1 \text{ teaspoon vanilla} \\
&2 \text{ eggs separated} \\
&\frac{1}{4} \text{ cup cold water} \\
&\frac{1}{2} \text{ cup nut meats}
\end{align*} \]

Beat yolks until light, then add sugar and water alternately, beating constantly until light and fluffy. Add vanilla, flour sifted with salt and baking powder. Fold in the egg whites. Have ready a well greased pyrex dish or any thick baking dish, into this spread the brown sugar, packing it well and evenly all over the bottom. On this lay the pineapple, then sprinkle with nut meats. Over this pour the cake batter. Bake in a moderate oven or at 350° F. for about 45 minutes. When baked turn immediately upside down onto a cake cooler. Serve with whipped cream slightly sweetened.

JELLY ROLL

\[ \begin{align*}
&\frac{7}{8} \text{ cup OCCIDENT Flour} \\
&1 \text{ cup sugar} \\
&1 \text{ teaspoon baking powder} \\
&3 \text{ tablespoons water} \\
&3 \text{ eggs} \\
&\text{Flavoring}
\end{align*} \]

METHOD—Beat eggs well and add sugar gradually. Add water and flour (sifted four times with baking powder). Add flavoring. Bake in moderate oven (350° F.) for 15 minutes in a flat pan about 18 inches long lined with oiled paper to fit the bottom. When baked place immediately on cloth dusted with powdered sugar. Cut crust from edges, spread with jelly, and roll quickly.
ICINGS

BOILED ICING
1 cup sugar
½ cup water
2 egg whites
½ 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 unbeaten egg white
7/8 cup granulated sugar
½ 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 1½ squares melted unsweetened chocolate two minutes before taking from fire.
Coffee—use cold boiled coffee in place of water.

BUTTER SUGAR ICING
1½ cups powdered sugar
4 tablespoons butter
1 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.

MARSHMALLOW ICING
1½ cups sugar
1 tablespoon cornstarch
½ cup cold water
6 marshmallows
1 egg white
Flavoring
METHOD—Mix sugar, water, and cornstarch. Boil until the mixture threads and add marshmallows. Beat egg white stiff. Add syrup to egg white, beating constantly. Add flavoring.

CHOCOLATE ICING
1 cup sugar
¼ cup milk
2 squares chocolate
1 tablespoon butter
1 egg
Flavoring
METHOD—Beat egg until thick, add sugar, butter, melted chocolate and milk. Cook in double boiler until thick. Flavor.

FLUFFY ICING
1 cup brown sugar
1 cup white sugar
1 tablespoon corn syrup
1 cup water
2 egg whites
½ teaspoon vanilla
METHOD—Mix brown and white sugar, add water and corn syrup, and cook over double boiler until syrup threads. Beat whites of eggs stiff. Gradually add syrup to whites of eggs, beating constantly. Add vanilla.

MOCHA FROSTING
½ cup butter
1 cup powdered sugar
1 tablespoon boiled coffee
½ cup almonds
METHOD—Cream butter, add sugar gradually. Add coffee, a few drops at a time, keeping mixture creamy. Spread on cake and sprinkle with almonds.

MARSHMALLOW FROSTING
½ cup sugar
2 tablespoons cold water
½ teaspoon cream of tartar
1 egg white
1 teaspoon vanilla
6 marshmallows
Put sugar, water, and cream of tartar in top of double boiler. Mix until sugar is dissolved. Add unbeaten egg white, place over boiling water, and beat constantly with egg beater until it peaks. Remove from stove, add vanilla and marshmallows cut in halves. Again place over hot water and fold over and over until marshmallows are slightly softened. Cool and spread.
ORNAMENTAL FROSTING (Uncooked)

**Whites of two eggs**  
Sifted confectioners sugar  
1 tablespoon lemon juice

Put egg whites in a mixing bowl and add about two tablespoons of the sugar and beat for about four minutes, using a wooden spoon. Add a little more sugar and beat again. Repeat until a cup of the sugar is used. Add lemon juice and more sugar alternately. Beat until the frosting is stiff enough to keep in shape when put through a pastry bag and tube. This can be divided and colored as desired. Mix a little of the color paste with a small portion of the frosting and then add as much more as needed.

A cake may be frosted with either a boiled frosting or with a mocha frosting. The above recipe becomes very hard when allowed to stand, therefore the other frostings are best to use for the base.

**Fillings**

### LEMON FILLING

2 1/2 tablespoons OCCIDENT Flour  
1 cup sugar  
1 egg  
1/2 cup lemon juice  
1 teaspoon butter  
Grated rind of 2 lemons

**METHOD**—Mix sugar and flour, add lemon juice and rind, and egg slightly beaten. Melt butter and add to mixture, beating constantly until boiling point is reached. Cool and spread.

### CHOCOLATE FILLING

2 1/2 squares chocolate  
1 cup powdered sugar  
1 egg yolk  
3 tablespoons milk  
1/2 tablespoon vanilla

**METHOD**—Melt chocolate, add sugar and milk. Add yolk of egg. Cook in double boiler until thick, stirring constantly. Flavor.

### APPLE FILLING

2 apples  
1 cup sugar  
1 lemon

Pare two large, sour apples and grate them into a sauce pan. Add the juice and grated rind of the lemon, and the sugar. Cook for five minutes, stirring constantly. Cool before spreading on cake.

### WHIPPED CREAM FILLING

1/2 tablespoon gelatin  
1/2 cup cold water  
2 cups cream  
1/2 cup powdered sugar  
1 teaspoon vanilla  
1/4 cup boiling water

Soak the gelatin in the cold water until softened. Whip the cream in a pan set in ice water and sift the sugar over it. Add the vanilla. Pour the boiling water upon the gelatin and, when it is dissolved and cooled, strain it over the whipped cream. Then beat rapidly with a flat whip, turning the pan with the left hand while beating with the right. Beat until the gelatin is thoroughly blended with the cream. Set in a cool place. When the filling is nearly stiff, spread it on the cake layers.

### ORANGE FILLING

2 1/2 tablespoons OCCIDENT Flour  
1/2 cup sugar  
1/2 orange rind  
1/2 cup orange juice  
1/16 teaspoon salt  
1 teaspoon butter  
1 tablespoon lemon juice  
1 egg slightly beaten

Mix ingredients in order given. Cook ten minutes in a double boiler or until the mixture thickens. Cool before spreading.

### ORANGE CREAM ICING

3 tablespoons OCCIDENT Flour  
1 egg  
3/4 cup sugar  
1/2 teaspoon salt  
1/4 cup orange juice and rind  
1 cup cream (whipped)

Add flour and sugar to orange rind, mix thoroughly and add beaten egg, orange juice, and salt. Cook over hot water until it thickens. Cool. Add whipped cream and spread on cake.
COOKIES

Rolled Cookies

SUGAR COOKIES

2 1/2 cups OCCIDENT Flour  
2 cups sugar  
2 eggs  
1/2 cup butter  
1/2 cup milk or water  
1/2 teaspoons baking powder  
1 1/2 teaspoons salt  
1 teaspoon vanilla

METHOD—Cream butter, add sugar gradually, and cream well. Add well beaten eggs, vanilla, and liquid. Add sifted dry ingredients. Mix soft—using as little flour as possible. Chill—roll thin, sprinkle with granulated sugar, roll lightly, and cut.

BAKE—In hot oven (425° - 450° F.) for 10 minutes.

SOUR CREAM COOKIES

4 cups OCCIDENT Flour  
1 1/4 cups sugar  
1 cup shortening  
1/2 teaspoon salt  
1 teaspoon baking powder  
1 teaspoon soda  
1 teaspoon vanilla  
2 eggs  
1 cup sour cream  
1 teaspoon baking powder

METHOD—Cream butter, add sugar gradually, and cream well. Add well beaten eggs and sour cream. Add sifted dry ingredients. Mix soft—using as little flour as possible. Add vanilla. Chill—roll thin, sprinkle with granulated sugar, roll lightly, and cut.

BAKE—On cookie sheet. Hot oven (400° - 450° F.) for 10 minutes.

AMOUNT—Makes 6 dozen cookies.

SOFT MOLASSES COOKIES

4 cups OCCIDENT Flour  
1 cup shortening  
1 cup brown sugar  
1 cup dark molasses  
1 cup sour milk  
1 teaspoon soda  
2 teaspoons baking powder  
1 teaspoon vanilla  
2 eggs  
1 teaspoon baking powder  
1 teaspoon salt  
1 teaspoon ginger  
1 tablespoon cinnamon  
1 tablespoon vinegar

METHOD—Cream the shortening and blend with it the brown sugar; add the well beaten eggs, molasses and sour milk. Sift together about half of the flour with the soda, salt, baking powder, and spices. Add to the first mixture with the vinegar. Add the rest of the flour, taking care to keep the dough soft. Chill thoroughly, if possible over night in the refrigerator or other cool place, and roll out in the morning.

BAKE—15 minutes at about 375° F.

BOILED GINGER SNAPS

2 cups OCCIDENT Flour  
1 cup brown sugar  
1 cup molasses  
1 teaspoon ginger  
1 teaspoon soda  
1/2 teaspoon salt  
1/2 cup water  
1 cup lard


BAKE—About 10 minutes in a hot oven (400° - 450° F.).

RICH COOKIES

2 cups OCCIDENT Flour  
1 cup sugar  
3/4 cup butter  
2 eggs  
1 tablespoon water  
4 teaspoons baking powder  
1 1/2 teaspoons salt  
1 1/2 teaspoon nutmeg

METHOD—Mix as directed for plain cookies. Drop from spoon on greased baking sheet. Dried fruits and nuts may be added. If rolled cookies are desired omit the water and add about 2 3/4 tablespoons flour or enough to make dough stiff enough to roll thin. Cut and bake in moderate oven at 375° - 400° F. 10 minutes.
Drop Cookies

PLAIN COOKIES

2 cups OCCIDENT Flour
¼ cup shortening
1 cup sugar

METHOD—Cream shortening and sugar, add eggs. Sift dry ingredients and add alternately with milk. Drop by teaspoon on greased pan.

BAKE—In moderate oven 400° F. 10 or 15 minutes.

CHOCOLATE DROP COOKIES

1½ cups OCCIDENT Flour
1 cup light brown sugar
¼ cup butter
2 eggs
2 squares melted chocolate

METHOD—Cream the butter and sugar, add egg, beat well, add melted chocolate and vanilla. Lastly combine the dry ingredients alternately with the milk. Add the nut meats. Drop on a greased cookie sheet.

BAKE—In a quick oven 425° F. 10 to 12 minutes. Makes 2 dozen large or 2 ½ dozen small cookies.

DATE COOKIES

2 cups OCCIDENT Flour
2 teaspoons baking powder
1 cup shortening
2 teaspoons soda
2 cups brown sugar
1 egg
1 tablespoon water
1 cup chopped dates
3/4 teaspoon salt
2 cup chopped nuts

METHOD—Cream shortening, add sugar. Add well beaten eggs, water, flour sifted with soda, salt, baking powder, and spices. Add nuts and dates. Drop by spoonfuls on buttered baking sheets.

BAKE—In moderate oven 375° F. about 15 to 20 minutes. Makes 50 cookies.

CHRISTMAS COOKIES

3 cups OCCIDENT Flour
2 eggs
2 cups sugar
1 cup butter
2 teaspoons cream of tartar
2 teaspoons baking powder
1 teaspoon soda

METHOD—Cream butter and sugar. Add beaten eggs and mix well. Add soda dissolved in 1 teaspoon water and sifted dry ingredients. Drop by teaspoonfuls on cookie sheet. Sprinkle each with a little cinnamon and sugar mixed.

BAKE—About 10 minutes in moderate oven (350°-400° F.). Remove from cookie sheet at once.

ROCKS

¼ cup OCCIDENT Flour
½ cup shortening
1 cup brown sugar
2 eggs
2 cups oatmeal

METHOD—Cream shortening, add sugar, and cream together. Add well beaten eggs, flour sifted with soda, cinnamon, and salt. Add fruit, walnuts, and oatmeal. Drop by spoonfuls on buttered baking sheet.

BAKE—In moderate oven 375°-400° F., about 20 minutes. Makes 3 dozen.

CHOCOLATE NUT BROWNIES

¼ cup OCCIDENT Flour
1 cup sugar
1/2 cup butter
1 teaspoon baking powder
2 eggs
2 squares chocolate
½ teaspoon salt
½ teaspoon vanilla
1 cup nuts floured and chopped

FROSTED NUT COOKIES

1 cup OCCIDENT Flour
\(\frac{1}{4}\) cup sour milk
\(\frac{1}{2}\) cup sugar
\(\frac{1}{2}\) cup walnuts
2 tablespoons melted chocolate
1 teaspoon vanilla
\(\frac{1}{2}\) cup raisins
1 egg
\(\frac{1}{2}\) teaspoon soda
\(\frac{1}{2}\) cup butter

METHOD—Cream butter and sugar, add chocolate, vanilla, and beaten egg. Add alternately the sifted dry ingredients and milk. Add chopped nuts and raisins well floured. Drop on greased baking sheet.

BAKE—20 minutes in moderate oven (350° - 400° F.). Frost with chocolate icing.

CHOCOLATE ICING

METHOD—Roll and sift \(\frac{1}{2}\) cups powdered sugar and \(\frac{1}{2}\) cup cocoa. Mix with \(\frac{1}{4}\) cup hot water, 2 tablespoons melted butter, \(\frac{1}{2}\) teaspoon vanilla.

Ice Box Cookies

CHECKERED COOKIES

Use Chocolate Pinwheel recipe, divide into two parts. To one part add 1 square of melted chocolate. Divide each into two parts. Roll each into a long, round roll. Put a light and a dark together, then alternate a light and dark on top of these. Press into rectangular shape. Chill. Cut in slices and bake at 400° F. 10 minutes.

ROLLED DAINTIES

3 cups OCCIDENT Flour
1 teaspoon baking powder
1 cup shortening
2 eggs
2 cups brown sugar
2 teaspoons cinnamon

METHOD—Cream shortening and add sugar and cream together. Add well beaten eggs, flour sifted with baking powder and cinnamon. Chill. Roll thin and fill with a fig filling, roll as for jelly roll. Put in a refrigerator for at least 1 hour. Slice.

BAKE—At 350° F. for about 12 to 15 minutes. The time will depend on the thickness of the slices.

FIG FILLING

\(\frac{1}{2}\) pound figs finely chopped or ground
\(\frac{3}{4}\) cup sugar
\(\frac{1}{2}\) cup boiling water
1 tablespoon lemon juice

METHOD—Mix ingredients in the order given and cook in a double boiler until thick enough to spread.

ALMOND COOKIES

4 \(\frac{1}{2}\) cups OCCIDENT Flour
3 eggs
1 pound shortening (\(\frac{1}{2}\) butter and \(\frac{1}{2}\) lard)
2 teaspoons soda
1 cup sugar
1 teaspoon cinnamon
1 cup brown sugar
1 teaspoon vanilla
\(\frac{1}{2}\) pound almonds

METHOD—Cream butter and sugar, beating in one egg at a time. Sift dry ingredients, add to mixture. Add nuts and flavoring. Make into two oblong rolls. Put in wax paper. Leave in ice box over night. Slice thin.

BAKE—10 minutes in quick oven 400° F., makes 8 dozen cookies.

CHOCOLATE PINWHEELS

1 \(\frac{1}{2}\) cups OCCIDENT Flour
1 square chocolate
\(\frac{1}{2}\) cup butter
1 egg yolk
\(\frac{3}{4}\) cup sugar
3 tablespoons milk
\(\frac{1}{2}\) teaspoon baking powder
\(\frac{3}{4}\) teaspoon vanilla

METHOD—Cream butter, add sugar, unbeaten egg yolk, vanilla, and mix well. Add milk alternately with flour sifted with baking powder and salt. Divide the mixture. Add melted chocolate to half of mixture. Roll white dough to thin sheet. Place chocolate dough on top of the white, pat out to \(\frac{1}{2}\) inch from edges, and roll like jelly roll about two inches in diameter. Set in ice box several hours to become firm. Cut into thin slices and lay cut side down on cookie sheet.

BAKE—Moderate oven 350° - 400° F. 10 minutes. Remove from pan immediately.
DOUGHNUTS

SOUR MILK DOUGHNUTS
OCCIDENT Flour
1 cup sugar
1 cup sour milk
2 tablespoons butter
1 teaspoon soda

METHOD—Cream butter, add sugar gradually, add eggs, beat well. Mix and sift dry ingredients. Add milk and flour alternately—using enough flour to make a soft dough. Roll. Cut and fry in deep fat and drain on brown paper. Test fat with small piece of bread. It should brown in 1 minute.

SWEET MILK DOUGHNUTS
OCCIDENT Flour
1 cup sugar
1 cup milk
2 tablespoons shortening

METHOD—Use same method in making Sweet Milk Doughnuts as for Sour Milk Doughnuts.

FRITTERS—Basic Recipe
2 teaspoons baking powder
1½ cups OCCIDENT Flour
1 cup milk
2 teaspoons salt
1 egg

METHOD—Sift dry ingredients, add egg well beaten and milk. The batter should be just thick enough to coat the article it is intended to cover. If it is too thin, add more flour, if too thick add more liquid.

APPLE FRITTERS
2 cups OCCIDENT Flour
1 cup milk
2 eggs

METHOD—To the milk add the well beaten egg yolks and the sugar, then the flour mixed and sifted with the baking powder and the salt. Then fold in the stiffly beaten whites. Add sliced sour apples, being careful to get the batter all over them. Drop by spoonfuls into deep fat and fry 2 to 3 minutes. Serve with powdered sugar or hard sauce.

BANANA FRITTERS
6 bananas
2 tablespoons sugar
3 tablespoons orange juice
Fritter batter

METHOD—Peel bananas, cut each in two and split each half. Place the pieces in a bowl with sugar and orange juice and let them stand for 1 hour. Drain the fruit, dip in batter, and fry in deep fat from 2 to 3 minutes. Serve with powdered sugar or hard sauce.

CORN FRITTERS
2 cups OCCIDENT Flour
1 egg
2 cups corn
1 teaspoon salt
1½ teaspoon pepper

METHOD—Chop the corn very fine and add salt, pepper, well beaten egg, melted shortening, milk, flour, and baking powder. Fry 2 to 3 minutes in deep fat 360° - 370° F.
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
Pie Baking—"in a Nut Shell"

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.
Suggestions for Making Plain Pastry

1. Before beginning have pie tin ready, ingredients measured, and oven at right temperature.

2. Chill all ingredients.

3. The lightness depends somewhat upon quick and deft manipulations.

4. Use the least possible amount of moisture.

5. A little baking powder may be added if desired.

6. Paste should be rolled lightly and deftly, working from the center, in all directions to make it round and fit the pan.

7. For a 2 crust pie divide the paste using the larger half for the lower crust.

8. Lay the paste on the pan loosely, making sure that no air spaces are left at the side or bottom of the pan.

9. Perforate the top crust to allow the steam to escape.

10. Single crusts for shells should be baked over an inverted pie pan.

11. Perforate crust with a fork before placing in oven. This prevents air blisters.

12. If filling is very juicy, perforate top crust and insert tube of paper or cut upper crust one-half inch larger in diameter than necessary, and turn the excess under the edge of under crust previously moistened. Press crusts together.
**PLAIN PASTRY (2 crusts)**

1 1/2 cups **Occident Flour** (Sifted) | 3/4 teaspoon salt
1/2 cup shortening | 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 can blueberries | Dots of butter
2 tablespoons lemon juice

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

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** | 1/2 teaspoon salt
1 1/2 cups scalded milk | 1 cup brown sugar
3 tablespoons peanut butter | 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
\( \frac{1}{4} \) teaspoon cream of tartar
\( \frac{1}{2} \) 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 cup sugar

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**

\( \frac{1}{2} \) cups steamed pumpkin (strained)
\( \frac{1}{2} \) teaspoon ginger
\( \frac{3}{4} \) cup brown sugar
1 teaspoon cinnamon

Mix dry ingredients. Add pumpkin to the dry ingredients, then add eggs and beat well, and 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
\( \frac{1}{4} \) teaspoon salt
\( \frac{3}{4} \) cup sugar
Nutmeg to season

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 cup butter
\( \frac{1}{2} \) tablespoon salt
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 cup sugar
1 egg (slightly beaten)
1 cracker (rolled)
Juice and rind of 1 lemon

Mix ingredients in order given. Prepare puff pastry and roll 1/6 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.
INDIVIDUAL TARTS

Individual tarts may be baked in muffin pans and the shells filled just before serving with either strawberries or blackberries that have been slightly crushed with sugar, or they may be left whole and sprinkled with sugar. These tarts may be topped with whipped cream, but it is not necessary.

RHUBARB TARTS

1 egg  2 rolled soda crackers
1 cup sugar  2 teaspoons melted butter
1/2 teaspoon salt  1 cup sliced rhubarb

Beat the egg until light and add the rest of the ingredients. Line individual tins or muffin pans with pastry and fill with the mixture. Cover with strips of pastry laid over the filling lattice fashion; brush over the edge of the lower pastry with cold water before pressing the bands of pastry on it. Place a cherry in the center of each pie and bake about 20 minutes at 450° F. the first 10 minutes and 350° F. the remaining 10 minutes.

LEMON CHIFFON PIE

Beat yolks of 3 eggs very light. To this add juice and grated rind of 1 lemon, 3 tablespoons hot water, 1/4 cup sugar, and 1/8 teaspoon salt. Cook in double boiler until thick. Have whites of eggs stiffly beaten, add 1/2 cup of sugar to them, and fold into cooked mixture. Fill pie shell, place in oven, and brown.

CREAM PIE

1/2 cup OCCIDENT Flour  7/8 cup sugar
2 cups scalded milk  7/8 teaspoon salt
2 eggs  1 teaspoon vanilla
1 tablespoon butter

Mix dry ingredients together. Add slightly beaten eggs. Add scalded milk slowly, stirring vigorously. Add butter. Cook 15 minutes in double boiler until thick. Cool and add vanilla. Turn into baked crust. Cover with meringue and brown in moderate oven (325° F.). This is enough filling for one pie.

CHOCOLATE CREAM PIE

Prepare cream filling, adding 1 1/2 squares of melted chocolate.

COCOANUT CREAM PIE

Prepare cream filling and add 3/4 cup cocoanut.

BANANA CREAM PIE

Prepare cream filling and add three sliced or mashed bananas. The bananas may be sliced and placed on crust, then pour cream filling over them. Cover with meringue and brown.

HOT WATER PIE CRUST

1/2 cups OCCIDENT Flour  1/2 teaspoon salt
1/2 cup fat  1/4 cup boiling water
1/2 teaspoon baking powder

Pour boiling water over fat and beat until creamy. Cool slightly. Add sifted flour, salt and baking powder. Mix to soft dough. Roll and shape as for plain pastry.
DESSERTS

ALMOND TORTE

7/4 cup OCCIDENT Flour
1/4 cup butter
1/2 cup sugar
1/4 cup milk
4 egg yolks
2 teaspoons baking powder
1/2 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
1/2 cup sugar

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.

DATE DESSERT

1 1/4 cups OCCIDENT Flour
1 egg
1 teaspoon soda
1 cup sugar
1 teaspoon baking powder
1/2 cup walnut meats

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

1/2 cup OCCIDENT Flour
Pinch of salt
2 cups milk
1 large orange
1 teaspoon vanilla
2 eggs

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.
SNOWBALLS

1½ cups OCCIDENT Flour
½ cup butter
1 cup sugar
¾ cup milk
3½ teaspoons baking powder
4 egg whites

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

QUICK PUFF PUDDING

2 cups OCCIDENT Flour
1 cup milk
¾ teaspoon salt
4 teaspoons baking powder

Mix and sift dry ingredients, add enough milk to make soft batter. Stir remainder of milk in as lightly as possible. Grease baking cups and drop 1 tablespoon of batter into each. Cover with blueberries, strawberries, peaches, etc. 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
3 tablespoons shortening
¾ cup sugar
1 egg
1 cup milk
2 squares chocolate
¾ teaspoon salt
4½ teaspoons baking powder
1 teaspoon vanilla

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 vanilla and turn into greased molds, cover and steam for two hours. Serve with whipped cream or pudding sauce. This makes 10 servings.
COTTAGE PUDDING

- 1 1/2 cups OCCIDENT Flour
- 3/4 cup sugar
- 3/4 cup butter
- 1 egg

Cream butter and sugar, add beaten egg. Mix and sift dry ingredients and add alternately with the milk. Add vanilla. Pour into well greased muffin tins and bake in a moderate oven about 20 minutes. Makes 10 servings. Serve with lemon, vanilla, or chocolate sauce.

CHOCOLATE SAUCE

- 3 tablespoons OCCIDENT Flour
- 1 1/2 cups sugar
- 4 tablespoons cocoa
- 3/4 cup butter
- 1/2 teaspoon salt

Mix dry ingredients, add water, and cook until it thickens. Flavor and serve hot or cold. Makes 12 servings.

CHOCOLATE ROLL

- 3 eggs
- 1 1/2 cups OCCIDENT Flour
- 1 cup sugar
- 3 tablespoons cocoa
- 1 teaspoon baking powder
- 1/2 teaspoon salt

Beat eggs well and add sugar gradually. Add water and flour (sifted four times with baking powder and cocoa). Add flavoring. Bake for 15 minutes in a moderate oven at 350° F. As soon as taken from oven invert onto a cloth that has been wrung out in hot water. Spread with whipped cream, roll, and place in refrigerator until served. Serve with chocolate sauce.

PLUM PUDDING

- 1 1/4 cups OCCIDENT Flour
- 3 cups bread crumbs
- 3/4 cup sugar
- 1 teaspoon mace
- 1 teaspoon salt
- 1 teaspoon allspice
- 2 teaspoons cinnamon
- 1 cup dark syrup
- 1 cup molasses
- 1 cup suet, chopped
- 1 cup milk

Soak crumbs in cold water 30 minutes. Press water out with back of spoon or drain well. Sift dry ingredients together, add chopped fruits, and stir well. Add suet, syrup, and crumbs, and beat thoroughly. Steam 3 hours. Serve with hard sauce using 1/2 cup butter, 1 cup white or brown sugar, 1/2 teaspoon lemon extract, and 1/2 teaspoon vanilla. This makes three 1-pound puddings.

SUET PUDDING

- 3 cups OCCIDENT Flour
- 1 cup suet cut fine
- 1 teaspoon ginger
- 1/2 teaspoon nutmeg
- 1/2 teaspoon cloves
- 1/2 cup raisins
- 1 cup currants
- 1 cup milk

Mix and sift dry ingredients, add raisins and currants cut fine. Add molasses and milk to the suet and add to the dry ingredients. Pour into well greased molds and steam 3 hours. Makes 16 servings. Serve with Hard Sauce.

HARD SAUCE

- 1/2 cup butter
- 1 cup sugar
- 1 teaspoon vanilla or other flavoring

(Powdered, granulated, brown, or maple sugar may be used.)

Cream the butter until very soft, then stir in the sugar and the flavoring. Set in a cool place until required for use. A grating of lemon rind or nutmeg, or a sprinkle of powdered cinnamon may be used instead of the vanilla. Cream or milk may be added, with more sugar to make more sauce. This sauce may be used with a hot pudding of any kind.
SANDWICHES are especially desirable for afternoon teas, receptions, picnics, and for school lunches. The term sandwich is applied to a great variety of fillings served between slices of bread. They may be classed under three heads: Vegetable or salad sandwiches; Fruit or sweet sandwiches; and Meat or substantial sandwiches.

General Directions for Making Sandwiches

To make good sandwiches, it is necessary to have good bread. Bread for sandwiches should be light, tender, and fine grained.

The bread used for making sandwiches should be from twelve hours to one day old, that it may be cut properly. The slices should be cut as thinly and evenly as possible. Use a very sharp knife for cutting.

The bread may be spread either before or after cutting from the loaf. If sandwiches are cut with fancy cutters, bread should be cut before spreading so that there will be no waste of butter. Keep slices in order of slicing so that they may fit together after filling.

Sandwiches prepared several hours before serving may be kept fresh and moist by wrapping in a napkin wrung as dry as possible out of hot water, and placing in a cool place. Paraffin paper may also be used.

The butter should be creamed with a spoon so that it may be spread evenly.
Substantial Sandwiches

Substantial sandwiches are those that have meat, eggs, cheese, and nuts for the filling. These are best adapted to picnics and lunches. They are also nice to serve at luncheons where there is no meat on the menu. Toasted bread may be used.

CHOPPED MEAT SANDWICHES

Chop meat to be used or put through a meat grinder and moisten with meat stock. Season with salt and pepper. Add salad dressing. Pickles chopped with meat makes a tasty sandwich.

NUT AND CHEESE SANDWICH

Mix one package of Philadelphia cream cheese with 1/2 cup walnut meats chopped fine—use as filling. Bread may be used fresh or toasted.

CLOVER LEAF SANDWICHES

2 green peppers
1/2 lb. English walnuts
1 loaf sandwich bread
1/4 pound butter
1 package Philadelphia cream cheese

Remove the center of the peppers. Chop the walnuts and mix with the cream cheese. Fill the peppers with the paste of nuts and cheese and cut the peppers crosswise in thin slices. Place a slice of stuffed pepper between slices of buttered bread.

VEGETABLE CLUB SANDWICH

3 slices toast
1/4 cup cabbage
2 tablespoons apple
French dressing
1/4 cup lettuce
1/4 cup cucumber
3 slices crisp bacon
1/4 cup tomato
2 tablespoons parsley
Mayonnaise

Butter one slice toast; spread with shredded cabbage, chopped parsley, and apple which have been marinated with French dressing. Put on second slice toast; spread with shredded lettuce, sliced cucumber, and tomato which have been mixed with Mayonnaise. On top place bacon. Cover with third slice toast. Serves two when cut crosswise in triangular shape.

OCCIDENT CLUB SANDWICH

Arrange lettuce leaves on toasted slices of Occident Bread. Cover the first slice with thin slices of cooked bacon and 1 tablespoon of mayonnaise. Place second slice and cover with small slices of cold chicken and 1 tablespoon of chopped parsley. Cover with another slice of toasted Occident Bread. Place thin slices of tomato on top. Top with two tablespoons mayonnaise dressing. Garnish with olives and pickles.

BUTTER SANDWICHES

1/2 cup cooked ham
1/2 cup butter
1/4 yolk of 2 hard cooked eggs
Pepper

Grind the ham and pound smooth with the butter and the yolks of the eggs and season with pepper. Spread between thin slices of bread.

PEANUT BUTTER AND PICKLE SANDWICHES

1/2 cup peanut butter
1/4 cup cream or hot milk
1/2 cup chopped pickle

Cream peanut butter and liquid together and add chopped pickle. Use between thin, buttered slices of bread.
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.
HAM AND TOMATO SANDWICHES

1 cup minced ham
1 teaspoon parsley
Cayenne pepper
Few drops lemon juice

1/2 cup butter
Garlic or onion juice
2 sliced tomatoes
Mayonnaise

To minced ham add parsley, cayenne, lemon juice, and creamed butter. Rub the bowl with garlic or add a little onion juice. Spread rounds of buttered bread with the mixture and between each two rounds place a thin slice of ripe tomato spread with thick mayonnaise.

Salad Sandwiches

Salad sandwiches are those with a salad mixture for filling. For these, green vegetables, such as lettuce, water cress, celery, onion, tomatoes, cucumbers, and radishes are used as a basis and combined with a salad dressing. These sandwiches are very appetizing and are especially nice for spring and summer and will take the place of a salad at a tea or reception. Salad sandwiches should be made a short time before they are served. Have the vegetables fresh and crisp.

For salad sandwiches use a very thick, well-seasoned mayonnaise dressing and have the salad ingredients cut fine. Lettuce should be crisp and each leaf well drained before placing on bread.

MINT CUCUMBER SANDWICHES

Dip thin slices of fresh young cucumbers in well-seasoned French dressing. Sprinkle with finely chopped fresh mint and place between thin slices of white bread. Spread with unsalted butter. Serve very cold.

OLIVE AND NUT SANDWICHES

One bottle stuffed olives (ground) with enough walnut meats to make about half and half. Mix with thick mayonnaise, spread on bread.

FAIRMOUNT SANDWICHES

Spread three oblong pieces of bread with butter on both sides and two slices on one side. Put together with a mixture of green and red peppers, celery, and mayonnaise. Wrap in cheese cloth and press under a weight. Cut into slices.

CHEESE COMBINATION SANDWICHES

1 cup cream cheese or cottage cheese
1/4 cup mayonnaise
1/4 cup chopped olives or nuts or pimientos

Mix the cheese with the mayonnaise, chopped olives, nuts, or pimientos and use between very thin slices of brown or rye bread, lightly buttered.

CHEESE STICKS

1 3/4 cups OCCIDENT Flour
1 cup grated cheese
1 teaspoon baking powder
1 cup butter

Cut butter into the sifted dry ingredients. Add cheese and mix thoroughly. Knead; chill in ice box. Roll thin, cut into strips and bake in hot oven.

ALMOND SANDWICHES

1/2 cup almonds
3/4 cup mayonnaise

Chop the almonds fine and mix them with the celery. Spread between thin, buttered slices of bread. Sandwiches filled with this mixture are an excellent accompaniment to salads or cold meats. When served with meats the celery and almonds may be moistened with a few spoonfuls of mayonnaise.
SALAD SANDWICH FILLINGS

One-half cup cream or cottage cheese, one slice cut or ground green pepper, salad dressing.
One-half cup cheese, four olives, one stalk celery, salad dressing.
One-half cup cheese, one-fourth cup peanuts, salad dressing.
One slice tomato, lettuce, radishes, salad dressing.
One hard cooked egg, two pickles, one slice green pepper, salad dressing.

**Fruit Sandwiches**

Sweet sandwiches are especially favored at teas and receptions. One can have variety by using different combinations. Under this heading are the sandwiches made from thin slices of bread, evenly buttered and a jam, jelly, or fruit filling. Sweet sandwiches are usually cut into circles, crescents, triangles or any desirable shape depending upon where they are to be used. They should be served with either chocolate or coffee.

**FIG OR DATE SANDWICHES**

Remove stems and chop figs or dates fine. Add a small quantity of water and cook in a double boiler until a paste is formed, then add a few drops of lemon juice. Cool the mixture and spread on thin slices of buttered bread. Sprinkle with finely chopped peanuts and cover with pieces of bread.

**DATE SPREAD**

| 2 tablespoons peanut butter | 1 pound dates | 6 tablespoons currant jelly |

Remove seeds and put dates through a meat grinder. Add the peanut butter and jelly and mix well. Spread between buttered slices of bread.

**SOUTHERN SWEET SANDWICHES**

| ½ pound raisins | ¼ pound pineapple conserve | ¼ pound butter |
| 1 pound pecans |

Chop the raisins, dates, and pecans. Mix thoroughly. Spread on buttered bread and garnish with triangular pieces of pineapple.

**SWEET SANDWICH COMBINATIONS**

| 1 box white cream cheese | ¼ cup peanut butter | ¼ cup raisins |
| 6 maraschino cherries | Salad dressing | 6 dates |
| Whipped cream |
| 1 ground banana |

**TOASTED CHEESE SANDWICHES**

Butter both sides of Occident Bread, sliced.
Cover with three tablespoons grated cheese.
Put both slices together and toast sandwich on one side.
**Dinner**

Fruit cocktail

Roast leg of lamb

Mint sauce

Head lettuce with French dressing

Buttered peas  
Lemon chiffon pie (page 46)

Brown potatoes

Parker House rolls (page 14)

Coffee

**Luncheon**

Olives

Macaroni Loaf (page 25)

Carrot and pineapple salad

Washington rolls (Page 8)

Strawberry tarts (page 46)

Mushroom sauce

Mayonaise dressing

Coffee

**Afternoon Refreshments**

I.

Almond torte (page 47)

Candies

Coffee

II.

Fancy sandwiches (page 53)  
Fancy cookies — chocolate pinwheels, rolled dainties, and checkered cookies (page 39)

Tea — Coffee

Coffee

**Evening Refreshments**

Sweet pickles or olives

Fruit salad or chicken salad

Chocolate balls (page 32)

Clover Leaf rolls (page 12)

Coffee
TRY a sack of Occident and make as many bakings as you wish. If you are not satisfied that it is better than any other flour you have ever used, return the unused portion of the sack and get your money back.

The price of Occident Flour is at all times sufficient to permit:

1. The exclusive use of the choicest selected hard wheat.
2. The maintenance of the finest, cleanest and most modern mills in the world.
3. The employment of the most extensive purifying processes ever used, including the thorough washing of every wheat kernel.
4. The employment of the most skillful millers to maintain the many complicated processes at highest efficiency.

We guarantee the quality of Occident Flour to be enough better than other flours so as to be immediately noticeable.

We guarantee that you can make bread from it which, in purity, whiteness, rich flavor, fine even texture and general goodness is better than the bread you can make from any other flour.

In accordance with the terms of this guarantee, every dealer has authority to refund the full purchase price to any dissatisfied Occident customer.

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