Dear Madam:

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

Watch the popularity of your bread plate grow when you bake with Occident. Watch, too, how much longer your baking holds overfresh flavor.

The following pages contain a variety of recipes developed and tested in our own Home Economics Kitchen. We know you will enjoy using them.

Please use Occident Flour with these recipes. You will have uniformly perfect results every time, if ingredients are measured accurately, if you follow the method given—and you use Occident Flour.

Yours for better baking

Russell-Miller Milling Co.
Occident Flour is approved by the Bureau of Food Sanitation and Health—a research organization maintained by Good Housekeeping Magazine.

Occident Flour is approved by the "Household Searchlight"—a research bureau maintained by the Household Magazine.

Occident Flour conforms to all National, State and Municipal Food Laws.
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Make Your Bread Plate Do Double Duty

You can stretch your food dollar by making the bread plate more popular in your home. There are two ways to do it. First, by placing on your bread plate the kind of bread your family wants to eat, and secondly, by changing the variety of your bread frequently.

Your bread will gain in popularity when you bake with Occident Flour. You will find that your family eats two slices of Occident bread where but one slice was eaten before. That means your family eats less of more expensive foods. Your food dollar goes farther.

On the opposite page the principal steps in the bread baking process are shown. It looks easy—and it is easy, when you use Occident Flour. You are sure from start to finish that each baking will be uniformly successful.
**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 (2¾ hours).

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 until easy to handle.

8. **Baking**—standard loaves 45-50 minutes. Large loaves 1 hour, hot oven 15 minutes, reduce heat.
Success in Baking Depends Upon:

a. Accurate tested recipe.
b. Quality of ingredients.
c. Accurate measurements.
d. Careful combination of ingredients.
e. Even, accurate oven temperature and correct baking time.
f. Proper care of baked products after baking.

Occident Recipes in this Book Have Been:

a. Tested accurately.
b. Based on high quality ingredients, including Occident Flour.
c. Measured by using:
   1. A standard measuring cup holding one-fourth quart and divided by ridges on one side into thirds and on the other side into fourths.
   2. A standard tablespoon that holds one-sixteenth of a cup.
   3. A standard teaspoon that holds one-third of a tablespoon.
   4. A standard one-half teaspoon.
   5. A standard one-fourth teaspoon.
   6. A standard quart measure divided by ridges into fourths. Each fourth holds one cup.
   7. A tested scale.

Measure All Ingredients Accurately

1. To Measure Dry Ingredients:
   Fill the cup, spoon or other measure overflowing. Pass a spatula or the straight edge of a knife over the top, leveling the material.

   Occident Flour must be sifted once before baking any product. Occident Flour packs down in the sack or flour bin, and must be sifted once before measuring to insure an accurate basic quantity.
From one-fourth to one-third more Occident Flour than will be required is present in the measuring unit unless the flour is sifted before measuring.

First sift Occident Flour—then measure—then sift again with other dry ingredients according to instructions in recipe.

2. To Measure Shortening:

A quick, easy and accurate way of measuring shortening is by the use of cold water (called the “displacement method”). For example, to measure \( \frac{1}{2} \) cup of solid shortening, fill a standard measuring cup one-half full of cold water. Drop pieces of solid shortening into the water, pressing them under the water until the water level reaches the one-cup mark. Drain off the water, and the shortening will drop out of the cup easily. In measuring \( \frac{1}{6} \) cup of shortening, fill the cup \( \frac{2}{3} \) full of water and proceed in same manner.

A tablespoon or teaspoon of solid shortening is measured in the same manner as dry ingredients.

Liquid shortening is measured the same as other liquids.

3. To Measure Liquids:

Fill the measure to the level desired.

4. To Combine Ingredients:

1. Mix lightly, enclosing as much air into each mixture as possible. A lighter product will result.

2. Be sure dry ingredients are thoroughly mixed when several are sifted together.

3. No baked product is improved by too much handling or packing down of ingredients and doughs.

4. When using an Electric Mixer to combine ingredients, follow directions given for the use of that mixer.

5. Baking at an even accurate temperature for the correct length of time completes the making of a nutritious, easily-digested baked product. Note time and temperature given in each recipe.

6. Care of Products after Baking:

Products that are not served hot should be taken from the pans, placed on cooling rack, and when thoroughly cooled, stored in clean, well-aired containers.
YEAST BREADS

WHITE BREAD
(Straight Dough Method)

Quantity: 4 loaves, Temperature: 400°F.
$4\frac{1}{2}'' \times 8\frac{1}{2}''$. Time: 45 minutes.

Dissolve yeast and sugar in $\frac{1}{4}$ cup lukewarm water (80-82°F.). Sift flour before and after measuring. Scald milk, add water and salt and cool until lukewarm. To this add dissolved yeast and sugar. Add one-half the flour and beat thoroughly. Add melted shortening. Add remainder of flour gradually and beat thoroughly after each addition. Turn onto lightly floured board and knead until smooth and elastic. Place in bowl, cover and allow to rise in warm place, 80-85°F. until double in bulk, about $2\frac{1}{2}$ hours. Punch down. Let stand 30 minutes. Shape into loaves that will half fill the pans. Place in greased bread pans and allow to rise until dough fills pans well, about 1 hour. Bake in moderate oven. Remove from pans and allow to cool before storing.

WHITE BREAD
(Straight Dough Method)

Quantity: 1 loaf, Temperature: 400°F.
$4\frac{1}{2}'' \times 8\frac{1}{2}''$. Time: 45 minutes.

Dissolve yeast and sugar in $\frac{1}{4}$ cup lukewarm water (80-82°F.). Sift flour before and after measuring. Scald milk, add water and salt and cool until lukewarm. To this add dissolved yeast and sugar. Add one-half the flour and beat thoroughly. Add melted shortening. Add remainder of flour gradually and beat thoroughly after each addition. Turn onto lightly floured board and knead until smooth and elastic. Place in bowl, cover and allow to rise in warm place, 80-85°F. until double in bulk, about $2\frac{1}{2}$ hours. Punch down. Let stand 30 minutes. Shape into loaves that will half fill the pans. Place in greased bread pans and allow to rise until dough fills pans well, about 1 hour. Bake in moderate oven. Remove from pans and allow to cool before storing.
WHITE BREAD
(Sponge Method)

Dissolve yeast and sugar in $\frac{1}{4}$ cup lukewarm water 80 to 85°F. Sift flour before and after measuring. Scald milk, add water and cool until lukewarm. To this add dissolved yeast and sugar. Add one-half the flour. Beat this sponge thoroughly. Cover and allow to rise in moderately warm place, 70 to 75°F. overnight or at 80 to 85°F. until light, about 2 1/2 hours. When sponge is light, add salt and melted shortening. Add remainder of flour gradually, beating thoroughly after each addition. Turn onto lightly floured board and knead until smooth and elastic. Place in bowl, cover and allow to rise in a warm place, 80 to 85°F. until double in bulk, about 2 hours. Punch down and let stand 30 minutes. Shape into loaves that will half fill the pans. Place in greased bread pans and allow to rise until dough fills pans well, about one hour. Bake in a moderate oven. Remove from pans and allow to cool before storing.

ORANGE BREAD

Quantity: 2 loaves, 4½" x 8½".
Temperature: 400°F.
Time: 35 minutes.

Dissolve yeast and sugar in $\frac{1}{4}$ cup lukewarm water (80-82°F.). Sift flour before and after measuring. Heat orange juice, add grated orange rind and salt and cool until lukewarm. To this add dissolved yeast and sugar, and slightly beaten egg. Add one-half the flour and beat thoroughly. Add melted shortening. Add remainder of flour gradually and beat thoroughly after each addition. Turn onto lightly floured board and knead until smooth and elastic. Place in bowl, cover and allow to rise in warm place, 80 to 85°F. until double in bulk, about 1 1/2 hours. Punch down. Let stand 15 minutes. Shape into loaves that will half fill the pans. Place in greased bread pans and allow to rise until dough fills pans well, about 1 hour. Bake in a moderate oven. Remove from pans and allow to cool before storing.

SWEET ROLL DOUGH
(Basic Recipe)

Dissolve yeast and sugar in $\frac{1}{4}$ cup lukewarm water (80-82°F.). Sift flour before and after measuring. Scald milk. Add remainder of water and salt and cool until lukewarm. To this add dissolved yeast and sugar and slightly beaten eggs. Add one-half the flour and beat thoroughly. Add melted shortening. Add remainder of flour gradually and beat thoroughly after each addition. Turn onto lightly floured board and knead until smooth and elastic. Place in bowl, cover and allow to rise in warm place (80-85°F.) until double in bulk, about 1 3/4 hours. Punch down. Let stand 30 minutes. Dough may be made into any of the following rolls.
Individual Rolls

Made from Sweet Roll Dough (Basic Recipe)

Quantity: 4 to 5 dozen.
Temperature: 400°F. Time: 10 to 15 mins.

Individual rolls may be made more uniform and may be handled easily if pieces of dough are first shaped into small balls, about 1½ inches in diameter, and allowed to rest on the board from 3 to 5 minutes before shaping. Form into desired shape. Place far apart on greased baking sheet or in individual muffin pans. Let rise, in warm place (80-85°F.) until very light, 45 minutes to 1 hour. Bake in moderate oven. Remove from pans, place on cooling rack and allow to cool well before storing. These individual rolls may be served plain or as sweet breakfast or luncheon rolls by spreading tops of rolls with powdered sugar icing and sprinkling ground nut meats or chopped fruit on top.

FINGER ROLLS

Roll small ball of dough, pressing the dough more in the center than on the ends to keep the ends rounded.

FRENCH ROLLS

Roll small ball of dough, pressing the dough more on the ends to make the ends pointed.

CRESCEENT ROLLS

Shape in same manner as French Rolls, but place on baking sheet, turning the two ends in to form a crescent or horseshoe shape.

KNOT ROLLS

Roll small ball of dough to thin roll about ¼ inch in diameter and 8 inches long and tie this into a loose knot.

SNAIL ROLLS

Roll small ball of dough to thin roll about ¼ inch in diameter and 8 inches long. Place one end of dough on baking sheet and swing the other end around to form snail shape.

FRUIT SNAILS

Fruit Snails are made by putting one teaspoon of jelly or jam in the center of each roll a few minutes before baking.
TWISTED OR CRAZY ROLLS

Roll small ball of dough to thin roll about \( \frac{1}{4} \) inch in diameter and 8 inches long. Twist ends in opposite directions, rolling one end toward you and one end away. Bring the two ends together and allow them to twist several times. Place on the baking sheet in crescent form.

TWISTED COFFEE RINGS

Shape dough same as for the twisted or crazy rolls. Place on the baking sheet, bringing the two ends together to form a circle, or individual ring.

CLOVERLEAF ROLLS

Shape balls of dough about \( \frac{3}{4} \) of an inch in diameter. Place three of these balls together in greased muffin pans.

FRUIT CLOVERLEAF ROLLS

Cut a slit in top of each ball of dough. Press a piece of date or raisin into each slit.

TWIN MUFFINS

Shape balls of dough about 1 inch in diameter. Place two of these balls together in greased muffin pans.

FORGET-ME-NOT ROLLS

Shape balls of dough about \( \frac{1}{2} \) inch in diameter. Place 5 of these balls together in greased muffin pans.

CINNAMON ROLLS

Roll dough into a rectangular sheet 8x12" and about \( \frac{1}{4} " \) thick. Spread with 2 tablespoons melted butter and \( \frac{1}{4} \) cup brown or granulated sugar mixed with 1 teaspoon cinnamon. Shape like jelly roll. Cut in \( \frac{3}{4} \) inch slices and place cut side down in greased muffin pans.

PECAN BUTTERSCOTCH ROLLS

Prepare in same manner as Cinnamon Rolls, using brown sugar and \( \frac{1}{4} \) cup pecan meats in the filling. Put 1 teaspoon melted butter, 1 tablespoon brown sugar and 5 or 6 pecan meats in bottom of each greased muffin pan. Place rolls on top of this.

SWEDISH or DATE NUT TEA RING

Prepare sweet roll dough in same manner as for Cinnamon Rolls, using \( \frac{1}{4} \) cup dates, chopped, and \( \frac{1}{4} \) cup nut meats, broken, in the filling. Shape into long roll. Cut one slice from each end of roll. Place long roll in greased pan, forming into a ring by joining the two cut ends together. Using the scissors, cut \( \frac{1}{2} \) inch slices almost through the roll and around the entire ring. These slices may be turned toward the edge of the pan to make a more fan-shaped tea ring. Let rise in a warm place (80-85°F.) until very light—45 minutes to 1 hour and bake in a moderate oven 400°F. about 30 minutes. Remove from pan and cool before storing. Top of tea ring may be spread with powdered sugar icing and sprinkled with nut meats before serving.
CARAMEL ROLLS

(Bake in 9" square pan or pan 8 1/2x4 1/2"). Caramel Rolls may be shaped same as the Knot Rolls. Dip each roll first in melted butter, then in brown sugar, coating the roll completely. Place these rolls close together in well greased pan. Let rise in warm place (80-85°F.) until very light—about 45 minutes to 1 hour—and bake in a moderate oven (400°F.) about 25 minutes. Remove from pan at once.

PARKERHOUSE ROLLS

Quantity: 2 1/2 dozen large. Temperature: 400°F. Time: 15 minutes.

Scald milk and cool until lukewarm (80-82°F.). Dissolve yeast and sugar in 1/4 cup of the warm milk. Sift flour before and after measuring. Combine dissolved yeast and sugar, salt and remainder of milk. Add 1/2 the flour and beat thoroughly. Add melted shortening. Add remainder of flour gradually and beat thoroughly after each addition. Turn onto lightly floured board and knead until smooth and elastic. Place in bowl, cover and allow to rise in warm place, 80-85°F. until double in bulk, about 1 1/2 hours. Punch down. Let rise about 45 minutes. Shape into rolls, rolling the dough to 1/4 inch thickness. Cut with biscuit cutter. Crease through center. Spread thin layer of soft butter on one-half of roll. Fold one-half well over the other half. Place about 1/2 inch apart on greased baking sheets. Allow to rise until very light, about 45 minutes, and bake in moderate oven.

GERMAN KUCHEN

(Coffee Cake)

Quantity: 2 cakes, 9" square. Temperature: 400°F. Time: 30 minutes.

Dissolve yeast and 2 tablespoons sugar in 1/4 cup lukewarm water (80-82°F.). Sift flour before and after measuring. Scald milk and cool until lukewarm. To this add dissolved yeast and sugar. Add one-half the flour and beat thoroughly. Cover, and allow sponge to rise in a warm place (80-85°F.) until full of bubbles, about 45 minutes. Add remainder of sugar, salt, slightly beaten egg, nutmeg, raisins, and melted shortening. Add remainder of flour gradually and beat thoroughly after each addition. Let stand 10 minutes. Turn onto lightly floured board and knead until smooth and elastic. Place in bowl, cover and let rise until double in size, about 1 1/2 hours. Shape into loaves to fit greased pan. Let rise until light—about 45 minutes. Spread with soft butter. Sprinkle with sugar and cinnamon, if used. Bake in moderate oven. Remove from pans and allow to cool before storing.
BOHEMIAN KOLACHES

Quantity: 3 dozen medium.
Temperature: 400°F.
Time: 15 minutes.

Scald milk and cool until lukewarm (80-82°F.). Dissolve yeast and sugar in the \( \frac{1}{4} \) cup lukewarm water. Sift flour before and after measuring. Combine dissolved yeast and sugar, salt, milk and slightly beaten egg. Add one-half the flour and beat thoroughly. Add melted shortening. Add remainder of flour gradually and beat thoroughly after each addition. Turn onto lightly floured board and knead until smooth and elastic. Place in bowl, cover and allow to rise in a warm place, 80-85°F. until double in bulk, about 2\( \frac{1}{2} \) hours. Punch down, let rise 45 minutes. Shape into rolls, rolling the dough to \( \frac{3}{4} \) inch thickness. Cut into 3 inch squares. Put 2 teaspoons fruit filling in center of each. Bring the four corners of the dough together, covering the filling. Seal well. Place 2 inches apart on well greased baking sheet. Allow to rise until very light, about 1 hour, and bake in a moderate oven. Before serving, dust with powdered sugar.

ENGLISH ALMOND MUFFINS

Quantity: 4 dozen large.
Temperature: 400°F.
Time: 15 minutes.

Scald milk and cool until lukewarm (80-82°F.). Dissolve yeast and sugar in the lukewarm milk. Sift flour before and after measuring. Combine dissolved yeast and sugar, salt, milk and slightly beaten eggs. Add one-half the flour and beat thoroughly. Add melted shortening. Add remainder of flour gradually and beat thoroughly after each addition. This dough will be too soft to knead. Cover and let stand in a warm place (80-85°F.) until double in bulk, 1\( \frac{1}{2} \) hours. Mix 3 tablespoons of sugar with 1 cup of the almonds which have been split in half. Cut this lightly into the dough. Let stand 15 minutes. Fill greased muffin pans half full of dough. Press several halves of almonds into the top of each. Let rise, until dough fills pans, about 45 minutes, and bake in moderate oven. These are best served warm or reheated.
HOT CROSS BUNS

**Quantity:** 4 dozen
**Temperature:** 400°F.
**Time:** 15 minutes.

Scald milk and cool until lukewarm (80-82°F.). Dissolve yeast and 2 tablespoons sugar in ¼ cup of the warm milk. Sift flour before and after measuring. Combine dissolved yeast and sugar and remainder of milk. Add one-half of flour and beat thoroughly. Cover and allow sponge to rise in a warm place (80-85°F.) until full of bubbles, about 1½ hours. Add remainder of sugar, salt, slightly beaten eggs, raisins, orange rind and melted shortening. Sift spices with remainder of flour and add gradually. Beat thoroughly after each addition. Add raisins. Turn onto lightly floured board and knead until smooth and elastic. Place in bowl, cover and allow to rise in a warm place (80-85°F.) until double in bulk, about 1 hour. Shape into buns, forming the dough into small balls, placing them 2 inches apart on greased baking sheet. Press down with the palm of hand and cut a cross on top, using scissors or knife. Allow to rise until very light, about 50 minutes, and bake in a moderate oven. These may be coated with powdered sugar icing while warm or just before serving. One-fourth cup citron and candied cherries may be added with the raisins if desired.

RAISED DOUGHNUTS

**Quantity:** 2 dozen
**Temperature:** 350-360°F.

Scald milk and cool until lukewarm (80-82°F.). Dissolve yeast and ¼ cup sugar in lukewarm water. Sift flour before and after measuring. Add dissolved yeast and sugar to milk. Mix well. Add about one-half the flour or enough to make a good sponge and beat thoroughly. Cover and allow to rise in a warm place (80-85°F.) until very light, about 45 minutes. Add remainder of sugar, nutmeg, salt, and slightly beaten egg to sponge. Add melted shortening. Add remainder of flour gradually and beat thoroughly after each addition. Turn onto lightly floured board and knead until smooth and elastic. Place in bowl and allow to rise in warm place (80-85°F.) until double in bulk, about 1½ hours. Turn onto lightly floured board and roll lightly to about ½ inch thickness. Cut with floured doughnut cutter. Cover and let rise until light, about 45 minutes. Drop into hot fat, placing top surface down into fat first. Turn as soon as doughnut rises to top of fat. Fry until well browned on both sides. Put on absorbent paper to drain. Doughnuts may be dusted with powdered or granulated sugar or coated with powdered sugar icing before serving.
ICE BOX or REFRIGERATOR ROLLS

(May be kept in refrigerator 4-7 days. Small amount of dough may be used at one time and remainder kept for later use).

Basic Recipe

<table>
<thead>
<tr>
<th>Ingredient</th>
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<tr>
<td>7 1/2 cups Occident Flour (sifted)</td>
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<td>1/2 teaspoon soda</td>
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<td>1/2 teaspoon baking powder</td>
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<tr>
<td>2 1/2 cups water</td>
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<tr>
<td>1 cake compressed yeast</td>
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<tr>
<td>1/2 cup sugar</td>
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<tr>
<td>1 tablespoon salt</td>
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<td>1 egg</td>
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<td>1/2 cup shortening</td>
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Quantity: 4 dozen. Temperature: 400°F.
Time: 15-20 minutes.

Dissolve yeast in 1/2 cup lukewarm water (80-82°F.). Sift flour, soda and baking powder together. Mix together 2 cups lukewarm water, the dissolved yeast, sugar, salt and egg beaten slightly. Add one-half the flour and beat thoroughly. Add melted shortening. Add remainder of flour gradually and beat thoroughly after each addition. Turn onto floured board and knead until smooth and elastic. Place in bowl, cover and allow to stand in ice box or refrigerator until ready for use. A small amount of dough may be taken from the bowl and shaped into any type of individual rolls. Let rolls rise in greased muffin pans at 80-82°F., 3 1/2 to 4 hours and bake in moderate oven.

To Shape Rolls:

(See Cloverleaf Rolls, Twin Muffins and Forget-Me-Not Rolls given under variations of Individual Rolls made from Sweet Roll Dough—basic recipe).

BUTTERHORN ROLLS

<table>
<thead>
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<th>Ingredient</th>
<th>Quantity: 3 1/2 dozen</th>
<th>Temperature: 400°F.</th>
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<tr>
<td>4 1/4 cups Occident Flour (sifted)</td>
<td>medium</td>
<td>Time: 15 minutes</td>
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<tr>
<td>1/4 cup water</td>
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<tr>
<td>1 cup milk</td>
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<tr>
<td>1 cake compressed yeast</td>
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<td></td>
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<tr>
<td>1/2 cup sugar</td>
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<td></td>
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<tr>
<td>2 teaspoons salt</td>
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<td></td>
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<tr>
<td>1/2 cup butter</td>
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<td></td>
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<tr>
<td>3 eggs</td>
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Scald milk and allow to cool until lukewarm (80-82°F.). Dissolve yeast in 1/4 cup lukewarm water. Sift flour before and after measuring. Mix together milk, dissolved yeast, sugar, salt, and slightly beaten eggs. Add 1/2 of the flour and beat thoroughly. Add melted butter. Add remainder of flour gradually and beat thoroughly after each addition. Place in bowl, cover and allow to stand in ice box or refrigerator at least 4 hours before using. Shape into rolls by rolling a small amount of the dough into a circular form 12" in diameter and about 1/4 inch thick. Cut like a pie into 8 pieces. Brush rolls with a thin layer of melted butter. Shape the rolls by rolling up each piece beginning at the base of the triangle and seal the small end firmly. Place in a crescent form about 2 inches apart on a greased baking sheet. Let rise in a warm place (80-85°F.) until very light, about 3 hours. Bake in moderate oven. For fruit or cinnamon butterhorn rolls, a filling of 3 tablespoons butter, 1/2 cup sugar and 1 teaspoon cinnamon may be prepared. A small amount is spread on each triangular piece of dough before shaping the roll. Or use fruit filling (See Bohemian Kolaches).
For Your “Hurry-Up” Meals

The quick bread recipes given on the following pages provide variety for your meals. These baked products can be prepared in a jiffy—and they just “make” the meal.

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

The principal reason for this is the fact that Occident Flour contains an ample quantity of high quality gluten. Gluten is the substance in flour that seals in oven-fresh flavor and retains moisture. The higher the gluten quality (and the more gluten a flour contains) the longer such moisture and flavor will be retained.

This means you need not bake as often with Occident Flour, thus saving on fuel costs and time of preparation.
QUICK BREADS

PLAIN MUFFINS

Quantity: 1 dozen
Temperature: 400°F.
Time: 25 minutes.

Sift flour, baking powder, sugar and salt together. Beat egg, add milk, and mix lightly into dry ingredients. Add melted shortening. Fill greased muffin pans half full and bake in moderate oven.

CRANBERRY MUFFINS

Quantity: 1 1/2 dozen
Temperature: 400°F.
Time: 25 minutes.

Sift flour, baking powder and salt together. Cream shortening, add sugar gradually, add unbeaten egg and beat well. Add dry ingredients and milk alternately. Fold in cranberries cut in half. Fill greased muffin pans half full and bake in moderate oven.

BLUEBERRY MUFFINS

Quantity: 1 1/2 dozen
Temperature: 375°F.
Time: 30 minutes.


BAKING POWDER BISCUITS

(Basic Recipe for Biscuit Dough)

Quantity: 1 1/2 dozen
Temperature: 450°F.
Time: 12-15 minutes.

Sift flour, baking powder and salt together. Cut shortening into dry ingredients, using pastry blender or two knives. Add milk, mixing lightly. Turn onto lightly floured board. Pat or roll to 1/2 inch thickness. Cut with floured biscuit cutter. Place on baking sheet and bake in hot oven.
ORANGE FILLED ROLLS

Sift flour, baking powder, salt and sugar together. Cut shortening into dry ingredients, using pastry blender or two knives. Add orange rind and milk, mixing lightly. Turn onto lightly floured board. Pat or roll to ½ inch thickness. Spread orange filling evenly over dough to within ¼ inch of edge. Cut into ¼ inch strips with knife. Roll each strip loosely. Place cut side down into greased muffin pans and bake in hot oven.

Orange Filling

Melt butter, add sugar and mix well. Add orange juice and rind and cook until mixture leaves sides of pan, stirring constantly. Remove from heat, add sugar, and mix until sugar is dissolved. Cool before spreading on dough.

NUT BREAD

Sift flour, baking powder, salt and sugar together. Add nut meats. Beat egg, mix with milk and add to dry ingredients, mixing lightly. Pour into bread pan lined with waxed paper. Let stand 20 minutes. Bake in moderate oven.

GINGERBREAD


BANANA BREAD

Sift flour, baking powder, soda and salt together. Cream shortening, add sugar and beaten egg. Mix well. Mash bananas and rub through sieve. Add milk. Add nuts to sifted dry ingredients and fold into creamed mixture gradually, alternating with milk and bananas. Pour into pan lined with waxed paper, and bake in moderate oven.
DATE NUT BREAD
Quantity: 2 loaves, 4½"x8½"
Temperature: 350°F.
Time: 40 minutes.


POPOVERS
Quantity: 1 dozen medium.
Temperature: 450°F. for 15 minutes, then 350°F. for 25 minutes.

Heat well greased muffin pans in hot oven. Sift flour and salt together into mixing bowl. Add milk, eggs and melted shortening and beat well until batter is light and smooth. Use rotary egg beater. Fill hot muffin pans ⅔ to ¾ full and place in hot oven 15 minutes. Then reduce to moderate oven to finish baking.

WAFFLES
Quantity: 8 8-inch waffles.

Sift flour and baking powder together. Beat egg yolks. Add salt. Add sifted dry ingredients alternately with milk. Add melted shortening. Fold in egg whites, beaten stiff but not too dry. Bake on hot waffle iron, allowing about three minutes for each waffle.

GRIDDLE CAKES
(Sweet Milk)
Quantity: 12 medium cakes.


GRIDDLE CAKES
(Sour Milk)
Use recipe for sweet milk griddle cakes, using 1½ cups sour milk or buttermilk in place of 1 cup sweet milk. Use ½ teaspoon soda and ½ teaspoon baking powder in place of 2 teaspoons baking powder. Use same method.
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.

Only the most carefully selected wheat is used in milling Occident. This kind of wheat naturally means finer flavor . . . of paramount importance in cake baking.

If you have the mistaken idea that the extra gluten strength of Occident Flour might interfere with a light, fluffy texture for your cakes, you have a pleasant surprise coming when you bake your first cake from Occident. 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 a rich and substantial quality in the Occident baked cake . . . along with a lasting freshness that eliminates necessity for frequent baking.
Cake—Quickly and Easily Made

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.
CAKES AND ICINGS

BUTTER CAKE
(Basic Recipe)

Quantity: 1 loaf 9" sq., or 2 9-inch layers.

Temperature: loaf: 350°F.; layers: 375°F.

Time: loaf: 40 minutes; layers: 25 minutes.

Sift flour and baking powder together three times. Cream butter, add sugar gradually, and cream well. Add beaten egg yolks, salt and vanilla. Beat well. Fold flour and baking powder into mixture alternately with milk. Fold in egg whites, beaten stiff but not too dry. Pour into layer or loaf pans, lined with waxed paper and bake in moderate oven.

Variations of Butter Cake
(Use Basic Recipe and Same Method)

WHITE CAKE
Use 6 egg whites in place of 3 eggs.

GOLD CAKE
Use 6 egg yolks in place of 3 eggs, and 2 tablespoons less of flour.

CHOCOLATE CAKE
Use 2 squares unsweetened chocolate and 3 tablespoons less of flour. Add melted chocolate to creamed butter and sugar mixture.

SPICE CAKE
Use \(\frac{1}{2}\) teaspoon nutmeg, 1 teaspoon cinnamon, \(\frac{1}{4}\) teaspoon allspice and \(\frac{1}{4}\) teaspoon cloves. Sift spices together with flour and baking powder.

FRUIT CAKE
Use \(\frac{1}{4}\) cup raisins, \(\frac{1}{4}\) cup currants, and \(\frac{1}{4}\) cup chopped citron. Mix fruit with part of flour before adding to cake batter.
NUT CAKE

Use 1/2 cup of broken nut meats, mix with part of flour before adding to cake batter.

PINK and WHITE BIRTHDAY CAKE

Make white cake variation, using 6 egg whites. Take out 1/6 of batter. To this add enough red cake coloring to make batter a delicate pink color. Bake in 3 layers in a moderate oven—2 white layers and 1 pink layer. Alternate pink and white layers, using boiled or Seven Minute icing between layers and for top and sides of cake. Part of the icing may be colored pink and used for decoration.

APPLE SAUCE CAKE

2 cups Occident Flour (sifted).
3 teaspoons baking powder.
3/4 teaspoon soda.
1 teaspoon cinnamon.
1/2 teaspoon nutmeg.
3/4 teaspoon cloves.
1/2 cup shortening.
1 cup sugar.
1/4 teaspoon salt.
i egg.
1 1/2 cups unsweetened apple sauce.
1/2 cup walnut meals, broken.
1/2 cup raisins.

1 1/4 cups Occident Flour (sifted).
2 teaspoons baking powder.
1/2 cup shortening.
1 cup sugar.
1/4 teaspoon salt.
2 eggs.
1/2 cup orange juice.
1 tablespoon grated orange rind.
1/4 cup citron (chopped).
1/4 cup candied cherries (chopped).
1/2 cup walnut meals, broken.

Quantity: 1 loaf, 9" x 9".
Temperature: 350°F.
Time: 40 minutes.


ORANGE TEA CAKES

2 cups powdered sugar.
2 tablespoons melted butter.
3 tablespoons orange juice.
1 tablespoon grated orange rind.

Quantity: 1 1/2 dozen small.
Temperature: 375°F.
Time: 15 minutes.

Sift flour and baking powder together. Reserve 1/4 cup flour and mix with nut meats and fruit. Cream shortening, add sugar gradually and cream well. Add unbeaten egg yolks, salt and grated orange rind. Beat well. Mix nut meats, citron and cherries into part of flour. Add sifted dry ingredients alternately with orange juice. Add prepared fruit and nut meats, Fold in beaten egg whites. Fill very small greased muffin pans half full and bake in moderate oven. When cold, cover with orange icing.

Orange Icing

Mix ingredients in order given. Beat all together thoroughly until very light and smooth. Spread on tea cakes.
CHOCOLATE BALLS

Quantity: 4 dozen small.
Temperature: 375°F.
Time: 12 minutes.

Sift flour and baking powder together. Cream shortening, add sugar gradually and cream well. Add salt, unbeaten egg yolks and vanilla and beat thoroughly. Add melted chocolate. Fold dry ingredients in alternately with milk. Fold in egg whites, beaten stiff but not too dry. Fill very small greased muffin pans half full and bake in a moderate oven. When cold, cover with butter sugar icing and roll in shredded cocoanut.

LADY BALTIMORE CAKE

Quantity: 2 9½-inch layers.
Temperature: 350°F.
Time: 30 minutes.

Sift flour, baking powder and salt together four times. Cream butter, add sugar and cream well. Add vanilla. Fold dry ingredients into mixture alternately with milk. Fold in egg whites, beaten stiff but not too dry. Pour into greased layer cake pans—or line bottom of pans with waxed paper. Bake in moderate oven. When cool, spread fruit and nut filling between layers—and cover top and sides with white icing.

Lady Baltimore Fruit and Nut Filling

Mix sugar, water and cream of tartar and boil until it threads—or to a temperature of 240°F. Pour hot syrup slowly onto beaten egg whites and continue beating until icing will pile up. Divide icing. Fold nuts, figs, raisins and salt into one-half and spread between layers of Lady Baltimore Cake. Add vanilla to remainder of icing and spread on top and sides of cake.

QUICK CAKE with BROILED ICING

Quantity: 1 loaf, 9”x9”.
Temperature: 350°F.
Time: 30 minutes.


Broiled Icing

Mix butter, brown sugar and cream together well. Add shredded cocoanut and spread over top of cake while cake is still warm. Place low in oven 275°F. and broil until bubbles appear on surface, about 15 minutes.
JELLY ROLL

Quantity: 12 servings. Temperature: 350°F. Pan 9"x13"x3 1/2". Time: 15 minutes.

Sift flour and baking powder 6 times. Put remaining ingredients into mixing bowl and beat with rotary egg beater until light and foamy, and until sugar is thoroughly dissolved. Fold sifted flour and baking powder in gradually. Pour into shallow pan lined with waxed paper and bake in moderate oven.

When baked, trim edges with sharp knife. Loosen from pan with a spatula and turn onto cloth lightly sprinkled with powdered sugar. Roll slowly and carefully, holding cloth close to cake. Put on cake rack to cool. When ready to serve, unroll cake, fill with jelly or other filling and roll again.

Variations of Filling for Jelly Roll

Fillings for Jelly Roll may be easily varied when rolled into the cold cake. These cakes made from Occident Flour allow for thorough cooling before filling because of the exceptionally moist condition of the cake.

The following are some suggestions for tasty fillings rolled into the cake just before serving.

Jelly or Jam; Lemon Cream Filling; Chocolate Fudge Filling; Sweetened strawberries, crushed; Whipped Cream Filling; Ice Cream Filling, served with hot fudge sauce; Marshmallow Filling; Fruit Filling made with raisins, dates, figs or prunes.

SPICE CAKE


Sift flour, baking powder, soda and spices together. Cream shortening. Add sugar gradually and cream well. Add salt and unbeaten eggs. Beat thoroughly. Mix raisins with sifted dry ingredients and add alternately with milk. Pour into loaf or layer cake pans, lined with waxed paper and bake in moderate oven.

DEVILS FOOD


Sift flour, baking powder, soda and salt together. Melt chocolate. Put sugar, cream, eggs and vanilla into mixing bowl. Beat with rotary egg beater until sugar is dissolved. Add melted chocolate. Add sifted dry ingredients, folding in slowly. Pour into loaf or layer pans lined with waxed paper and bake in a moderate oven.
BANANA NUT CAKE


FRUIT CAKE

Quantity: 3 loaves, 4½ x 8½”.  Weight: 4 pounds.  Temperature: 250°F.  Time: 2½ hours.
Sift flour, salt, baking powder, soda and spices together. Mix chopped fruit and halves of nut meats with ¼ cup of sifted dry ingredients. Cream butter, add sugar and cream well. Add unbeaten eggs and beat very thoroughly. Add sifted dry ingredients alternately with liquid. Fold in prepared fruit and nuts, mixing lightly. Pour into loaf pans, lined with waxed paper and bake in a slow oven. A shallow pan of water may be put on lower shelf of oven and then removed after 1½ hours of baking. If carefully stored, this fruit cake will keep moist and tasty for several months.

GOLDEN GLOW CAKE

Quantity: 1 large 9” cake.  Temperature: 300°F. for 20 minutes, then 325°F. for 30 minutes.
Sift flour and baking powder together six times. Beat egg yolks with wire whip until light and thick. Add salt. Add sugar gradually. Add flavoring and hot water. Add sifted dry ingredients, sifting them gradually into the mixture and fold in carefully. Pour into ungreased tube pan and bake slowly. Invert pan and allow to cool.
SPONGE CAKE

Sift flour and baking powder together six times. Beat egg yolks until very light and add the sugar gradually. Add lemon rind and juice. Beat egg whites until foamy, add salt and cream of tartar and beat until stiff but not too dry. Fold part of beaten egg whites into first mixture. Fold sifted flour and baking powder in gradually. Fold remaining egg whites in carefully. Pour into ungreased tube pan. Bake in slow oven. Invert pan. Let stand until cool.

DAFFODIL CAKE

Sift flour and sugar together 6 times. Beat egg whites until foamy, add salt and cream of tartar and beat until stiff but not too dry. Add almond extract. Fold in sifted flour and sugar carefully.

ANGEL FOOD CAKE

Sift flour eight times. Use egg whip and large bowl or platter. Beat egg whites until foamy, add salt and cream of tartar and beat until stiff but not too dry. Add sugar slowly, folding in carefully with egg whip. Add flavoring. Fold in sifted flour gradually and carefully. Bake in ungreased tube cake pan. Put white mixture on top of gold. Place in cold oven and increase temperature to 350°F. to finish baking.

CHOCOLATE ANGEL FOOD CAKE

Use above recipe for angel food cake. In place of 7/8 cup Occident Flour, use 10 tablespoons Occident Flour and 5 tablespoons cocoa measured after sifting. Use vanilla. Sift cocoa together with flour and proceed as for angel food cake.
SEVEN MINUTE ICING
(Basic Recipe)

1 cup granulated sugar.
1/2 teaspoon cream of tartar.
1/4 teaspoon salt.
3 tablespoons water.
2 egg whites, unbeaten.
1 teaspoon vanilla.

Mix all ingredients together in top part of double boiler. Have boiling water in lower part. Beat with rotary egg beater continuously for 7 minutes. Remove from heat. Spread on cake.

Variations of Seven Minute Icing

Mocha Icing
Use 3 tablespoons coffee in place of water.

Pineapple Icing
Use pineapple juice in place of water. Add 2 tablespoons chopped pineapple before spreading.

Strawberry or Raspberry Icing
Use 3 tablespoons fresh crushed berries in place of water.

Maraschino Cherry Icing
Use 3 tablespoons maraschino cherry juice in place of water. Add 2 tablespoons chopped cherries before spreading.

Caramel Icing
Use 1 cup brown sugar in place of granulated sugar.

FOUR MINUTE ICING

Use electric beater at high speed for four minutes. Any of the above icing recipes may be prepared in this way. Double boiler need not be left on stove over heat but set on base of mixer or on table.

MARSHMALLOW ICING

1 1/3 cups granulated sugar.
1 tablespoon cornstarch.
1/2 cup water.
6 marshmallows.
1 egg white.
1/2 teaspoon vanilla.

Mix sugar and cornstarch together. Add water and cook until syrup spins a thread (to 240°F.). Add marshmallows, cut in half. Beat egg white until stiff. Add syrup gradually, beating constantly. Add vanilla.
MOCHA ICING

1/4 cup butter.
1 1/4 cups powdered sugar.
1 tablespoon strong coffee.
1/4 cup almonds, chopped.

Cream butter, add sugar gradually and cream well. Add coffee. Beat until very light. Add chopped almonds.

CHOCOLATE ICING

1 egg.
1 cup granulated sugar.
1 tablespoon butter.
1/2 cup milk.
2 squares unsweetened chocolate.
1/2 teaspoon vanilla.


BOILED ICING

1 cup sugar.
1/3 cup water.
2 egg whites.
1/2 teaspoon vanilla.

Mix sugar and water and cook together until it threads, to 240°F. Beat egg whites until stiff. Pour syrup into egg whites gradually, beating constantly. Add vanilla.

FLUFFY ICING

1 cup granulated sugar.
1 cup brown sugar.
1 cup water.
1 tablespoon corn syrup.
2 egg whites.
1/2 teaspoon vanilla.

Mix sugar, water and corn syrup and cook until syrup threads—or to 240°F. Beat egg whites until stiff. Add syrup gradually to egg whites, beating constantly. Add vanilla.

BUTTER SUGAR ICING

1/4 cup butter.
1 1/2 cups powdered sugar.
1 1/2 tablespoons cream.
1 teaspoon vanilla.

Cream butter. Add sugar and cream and mix well. Add vanilla. This may be kept in refrigerator and used as desired for cakes or steamed puddings. Use plain or mix with whipped cream.

LEMON FILLING

2 tablespoons Occident Flour.
1/2 cup sugar.
3/4 cup water.
1 egg.
1/4 cup lemon juice.
1 teaspoon grated lemon rind.
1 teaspoon butter.

Heat water in top of double boiler. Mix sugar and flour together and add to water gradually, stirring constantly. Let cook until thick. Add slightly beaten egg. When thick, add lemon juice and rind. Remove from heat and add butter.

CREAM FILLING

1 recipe powdered sugar icing such as Mocha or Butter Sugar Icing.
1 cup cream, whipped.

Fold whipped cream into icing just before spreading on cake or serving on puddings. Crushed fresh fruit (strawberries or raspberries) or fruit juice (lemon or orange) may be used in place of other liquid in icing.
SOUR CREAM COOKIES

Quantity: 6 dozen  Temperature: 400°F. medium.  Time: 10 to 12 minutes.


GINGER SNAPS

Quantity: 5 dozen  Temperature: 375°F. medium.  Time: 10 to 15 minutes.

SUGAR COOKIES

2 1/2 cups Occident Flour (sifted).
4 teaspoons baking powder.
1/2 cup butter.
1 cup sugar.
2 eggs.
1/2 teaspoon salt.
1/2 cup milk.
1 teaspoon vanilla or lemon extract.

Quantity: 4 dozen
Temperature: 400°F.
medium.
Time: 10 minutes.


CHOCOLATE DROP COOKIES

1 1/2 cups Occident Flour (sifted).
1/2 teaspoon soda.
1/4 teaspoon salt.
1/2 cup butter.
1 cup brown sugar.
1 egg.
2 squares unsweetened chocolate.
1/2 cup sour milk.
1 teaspoon vanilla.
1/2 cup walnut meats, broken.

Quantity: 2 1/2 dozen
Temperature: 375°F.
medium.
Time: 12 minutes.


Variation of Chocolate Drop Cookies
To make Chocolate Fruit Cookies add 1/2 cup raisins or dates to above recipe.

CHOCOLATE ICING

1 1/2 cups powdered sugar.
1/2 cup cocoa.
2 tablespoons melted butter.
1/4 cup hot water.
1/2 teaspoon vanilla.

Sift sugar and cocoa together. Add to melted butter. Add hot water gradually. Add vanilla. Beat all until very smooth. Spread on cookies at once.

CRISPY CARAMEL COOKIES

3 cups Occident Flour (sifted).
1 teaspoon soda.
1 teaspoon cream of tartar.
1 teaspoon ginger.
1 cup shortening.
2 cups brown sugar.
1/2 teaspoon salt.
2 eggs.
1 teaspoon lemon extract.

Quantity: 6 dozen
Temperature: 375°F.
medium.
Time: 12 minutes.

SNICKERDOODLES

3 cups Occident Flour (sifted).
1 teaspoon soda.
2 teaspoons cream of tartar.
1 cup butter.
2 cups sugar.
2 eggs.

Topping
1/4 cup sugar.
2 teaspoons cinnamon.

Quantity: 4 dozen small.
Temperature: 400°F.
Time: 10 minutes.


PEANUT BUTTER COOKIES

2 1/2 cups Occident Flour (sifted).
2 teaspoons baking powder.
1 teaspoon soda.
1 cup shortening.
1 cup peanut butter.
1 cup granulated sugar.
1 cup brown sugar.
2 eggs.
1/2 teaspoon salt.
1 teaspoon vanilla.

Quantity: 5 dozen medium.
Temperature: 375°F.
Time: 12 minutes.


CHOCOLATE PINWHEELS

1 1/2 cups Occident Flour (sifted).
1/2 teaspoon baking powder.
1/2 cup butter.
1/2 cup sugar.
1/4 teaspoon salt.
1 square unsweetened chocolate.
1 egg yolk.
1 teaspoon vanilla.
3 tablespoons milk.

Quantity: 4 dozen small.
Temperature: 400°F.
Time: 12 minutes.

Sift flour and baking powder together. Cream butter, add sugar, salt, vanilla and unbeaten egg yolk. Fold dry ingredients lightly into mixture alternately with milk. Divide into two parts. Mix melted chocolate into one part of dough. Chill both ten minutes. Roll or pat white dough to thin rectangular sheet (using little or no flour on board). Pat chocolate dough on top of white dough to within 1/2 inch of edge. Shape like jelly roll. Roll in waxed paper. Keep in refrigerator until firm. Cut into thin slices. Place cut side down on cookie sheet. Bake in moderate oven. Remove from cookie sheet at once.

Variation of Chocolate Pinwheel Recipe

CHECKERBOARD COOKIES

DATE NUT ROCKS

3 cups Occident Flour (sifted).
2 teaspoons baking powder.
1 teaspoon soda.
1/2 teaspoon salt.
1 cup shortening.
1 1/2 cups brown sugar.
3 eggs.
1/2 cup walnut meats, broken.
3/4 cup dates, chopped.

Quantity: 4 dozen
Temperature: 375°F.
Time: 15 minutes.


FRUIT FILLED COOKIES

3 cups Occident Flour (sifted).
1 teaspoon baking powder.
1/2 teaspoon soda.
2 teaspoons cinnamon.
1 cup shortening.
2 cups brown sugar.
1/4 teaspoon salt.
2 eggs.

Quantity: 8 dozen
Temperature: 375°F.
Time: 12 minutes.


Fruit Filling

1/3 cup sugar.
1/3 cup hot water.
1 tablespoon lemon juice.
1/2 cup figs, dates or raisins (chopped).

Mix in order given. Cook until thick. Chill before spreading on dough.

DATE SPONGE SQUARES

1 1/4 cups Occident Flour (sifted).
1 teaspoon baking powder.
1 teaspoon soda.
1/4 teaspoon salt.
2 tablespoons butter.
1 cup sugar.
1 egg.
1 teaspoon vanilla.
1 cup boiling water.
2 cups dates, chopped.
1 cup walnut meats, broken.

Icing

3 tablespoons boiling water.
2 cups powdered sugar.
1 teaspoon lemon extract.

Quantity: 1 1/2 dozen
Temperature: 350°F.
(bake in 9"x12" pan). Time: 20 minutes.


Mix water, powdered sugar and extract together until smooth. Spread at once on warm date squares.
ALMOND BUTTER BALLS

Quantity: 4 dozen small.  
Temperature: 400°F.  
Time: 12 minutes.

Sift flour, baking powder and salt together. Cream butter, add sugar and unbeaten egg and cream well. Add vanilla and almond extract. Add sifted dry ingredients and mix lightly. Shape dough in long rolls about 1 1/2 inches in diameter. Cut in 1/4 inch pieces. Shape each piece into a small ball, dip in granulated sugar and place on greased cookie sheet. Place one-half almond in center of each cookie and bake in a moderate oven. Remove from cookie sheet at once. Green or red sugar may be used for decorating top.

CHOCOLATE NUT BROWNIES

Quantity: 1 1/2 dozen or 1 9-inch sq. pan.  
Temperature: 350°F.  
Time: 30 minutes.


SOUR MILK DOUGHNUTS

Quantity: 3 dozen small.  
Temperature: 375°F.

Sift flour, soda and salt together. Beat eggs. Add sugar and beat well. Add dry ingredients alternately with milk. Add melted shortening. Chill dough. If this is done, less flour will be used and doughnuts may be handled more easily. Roll out small amount of dough at a time to 1/4 inch thickness. Cut with floured doughnut cutter. Heat fat to 375°F. Keep at even temperature. Fry a few doughnuts at a time. Place top side down into hot fat. Turn as soon as they rise to top. Fry about 2 minutes on each side, or until golden brown. Drain and place on absorbent paper until cool. Serve plain or dust with powdered sugar.

SWEET MILK DOUGHNUTS

Use sour milk doughnut recipe but substitute one cup sweet milk and 3 teaspoons baking powder for sour milk and soda.
There is hardly any dessert more popular with the male members of the family 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—an aid in making those intricate crust patterns you oftentimes want. The same gluten strength enables you to make a thinner crust because the dough holds together better.

You can avoid thick and soggy undercrusts with Occident Flour. Strength in the dough permits rolling out to a delicate, appetizingly thin undercrust.

From the good old “standby” pie, to the fanciest pastry, Occident gives you better baking results . . . insured every time.
THE photographs below show how easy and simple it is to make the finest pies. No need to worry about results—Occident gives you insured results. Follow the method shown in the photographs—and use the ingredients given in the recipes on the following pages. You will have pie that "crowns the feast."


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

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

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

5. Line pie pan with paste. Trim edges.

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


8. Bake in hot oven for 15 minutes. Reduce heat for 30 minutes.
PLAIN PASTRY

**Quantity:** 2 9-inch single shells.  
**Temperature:** 450°F.  
**Time:** 10-15 minutes.

Sift flour and salt together. Cut in cold shortening with knives or pastry blender. Leave mixture coarse. Add cold water slowly. Mix lightly until dough sticks together. Chill. Roll out paste for one crust on lightly floured board. Roll with light quick strokes from center toward outer edge, keeping the shape round. Roll to \( \frac{1}{8} \) inch thick. Place loosely in pie pan. Cut off edge \( \frac{3}{8} \) inch from rim of pan, turn under and flute edge with fingers or fork. If single shell is to be made, prick bottom and sides thoroughly with fork. Single shell may be baked on bottom of pie pan.

HOT WATER PIE CRUST

**Quantity:** 2 9-inch single shells.  
**Temperature:** 450°F.  
**Time:** 10-15 minutes.

Sift flour, salt and baking powder together. Pour boiling water over shortening and beat with fork until creamy. Let stand to cool slightly. Add sifted dry ingredients. Mix lightly with fork until mixture clings together. Roll and shape, using same method as that given for plain pastry.

In making either single or double crust pies, use plain pastry or hot water pie crust recipe.

FRESH STRAWBERRY PIE

**Quantity:** 1 9-inch pie.

Wash and stem berries. Boil 1 cup berries and 1 cup of water 3 minutes. Press through sieve. Return to top of double boiler. Mix together flour, cornstarch, sugar, salt and the \( \frac{1}{4} \) cup water. When smooth, add to hot mixture and cook until thick, stirring constantly. Add melted butter. Pour hot mixture over remaining two cups of berries. When cool, pour into crisp baked pastry shell. Cover generously with whipped cream.

(If berries are large, they may be cut in half. A few perfect berries may be reserved to use on top of the whipped cream for decoration.)
CUSTARD PIE

Quantity: 1 9-inch pie.
Temperature: 425°F. for 10 minutes, then 350°F. for 40 minutes.

Beat eggs slightly. Add sugar, salt, nutmeg, vanilla and milk. Mix thoroughly. Fill unbaked pie shell and bake in hot oven for 10 minutes. Then reduce to moderate oven and bake until, when tested with knife blade, the blade comes out clean.

CREAM PIE

Quantity: 1 9-inch pie.

Scald milk. Mix dry ingredients together, add scalded milk, stirring constantly. Cook in double boiler until smooth and thick, about 15 minutes. Beat egg yolks slightly and add small amount of hot mixture to them. Add this quickly to remainder of hot mixture and cook about 3 minutes longer. Add butter and vanilla. When partly cool, put into baked pastry shell. Cover with meringue and bake in moderate oven or serve with whipped cream.

Variations of Cream Pie

CHOCOLATE CREAM PIE

Prepare cream filling as for cream pie, adding two squares of unsweetened chocolate to hot milk. Cover with meringue or serve with whipped cream.

BANANA CREAM PIE

Prepare cream filling and add two bananas, sliced, before putting into pie shell. Or slice bananas into pie shell, cover with cream filling and serve with whipped cream.

COCOANUT CREAM PIE

Prepare cream filling and add 1/2 cup shredded cocoanut before putting in pie crust. Sprinkle another 1/4 cup cocoanut on top or cover with meringue and sprinkle lightly with cocoanut before browning.

BUTTERSCOTCH CREAM PIE

Substitute one cup of brown sugar and 4 tablespoons butter for the 3/4 cup of white sugar and one tablespoon of butter in cream filling. Cook brown sugar and butter together until thick and bubbling. Add to scalded milk and proceed as directed.

PECAN BUTTERSCOTCH PIE

Follow instructions given for Butterscotch Cream Pie, adding 1/2 cup pecan meats to the filling.

PEANUT BUTTER PIE

Prepare butterscotch cream filling as given, adding 3 tablespoons of peanut butter.
APPLE PIE

Quantity: 1 9-inch pie.
Temperature: 450°F. for 15 minutes, then 350°F. for 30 minutes.

Line a 9 inch pie pan with the pie paste and fill with sliced apples. Mix together flour, sugar and spices, and sprinkle over apples. Add lemon juice if used or if apples are not juicy, 1 tablespoon of water may be added. Place bits of butter on top. Cover with top crust which has been perforated with knife. Moisten edge of under crust with water. Turn under, press edges together, making a fluted edge with the fingers, or press with fork. Bake in a hot oven for 15 minutes, then reduce to moderate oven and bake for 30 minutes longer.

RHUBARB MERINGUE PIE

Quantity: 1 9-inch pie.

Wash rhubarb and cut in small pieces. Put in saucepan, cover and steam slowly until tender. No water is used except that which clings to the rhubarb. Mix together flour, salt, sugar, orange rind and juice. Add slightly beaten egg yolks. Combine mixtures and cook until thick, stirring frequently. Let cool. Put in baked pastry shell. Top with meringue (use recipe given with lemon meringue pie) and bake in moderate oven until brown.

LEMON MERINGUE PIE

Quantity: 1 9-inch pie.


Meringue

Temperature: 350°F. Time: 15 minutes.

Beat egg whites until foamy. Add salt and cream of tartar and beat until stiff but not dry. Add sugar gradually, beating it in carefully. Add lemon juice. Spread over pie filling and bake in moderate oven.

(This meringue used on other pies may be flavored with ½ teaspoon vanilla instead of lemon juice.)
LEMON CHIFFON PIE

**Quantity:** 1 9-inch pie.  
**Temperature:** 375°F.  
**Time:** 15 minutes.

Beat the 3 egg yolks until very light. Add lemon juice and rind, salt, hot water and ½ cup sugar. Cook all together in double boiler until thick stirring constantly. Beat egg whites until stiff but not too dry. Add the remaining ½ cup sugar gradually. Fold egg whites into hot mixture lightly. Pour into baked pastry shell. Brown lightly in a moderate oven.

PUMPKIN PIE

**Quantity:** 1 9-inch pie.  
**Temperature:** 475°F. for 10 minutes, then 350°F. for 40-50 minutes.

Mix salt, sugar and spices together and add to pumpkin. Add slightly beaten eggs and milk. Stir until well mixed. Fill unbaked pie shell and bake in hot oven for 10 minutes. Then reduce to moderate oven and bake until, when tested with knife blade, the blade comes out clean. Serve plain or with whipped cream.

ANGEL FOOD PIE

**Quantity:** 1 9-inch pie.

Heat sugar, pineapple and juice and one cup of the water in top of double boiler. Mix flour, cornstarch and salt with one-half cup cold water and add to hot mixture. Cook until thick, stirring occasionally. Beat egg whites until stiff and fold lightly into hot mixture. Allow to cool. Put into baked pastry shell. Cover with generous layer of sweetened whipped cream.

BLUEBERRY PIE

**Quantity:** 1 9-inch pie.  
**Temperature:** 450°F.  
**Time:** 25 minutes.

Line a 9 inch pie pan with the pie paste. Mix together flour and sugar, add to prepared berries and add lemon juice. Turn into unbaked shell. Place small pieces of butter on top and cover with top crust, or cut pie paste in strips and cover berries with latticed top made of these strips. Bake in hot oven.

Cranberry, peach, cherry and rhubarb pies or tarts may be made in this same manner.
RICH PUFF PASTE

Quantity: 2 9-inch single shells or 1 dozen tarts or individual pastry shells.

Temperature: 450°F. Time: 15 minutes.

Sift flour and salt together. Cut in 1/2 cup of butter with knives or pastry blender. Leave mixture coarse. Add cold water slowly. Mix lightly until dough sticks together. Chill about 10 minutes. Roll out paste, dot with small bits of cold butter. Fold pastry over several times. Chill again for 10 minutes. Repeat until all butter is rolled into pastry in same manner. Chill after each rolling. When ready to use, roll paste on lightly floured board, using light, quick strokes. Roll from center toward outer edge. For tarts or individual shells, cut with floured cookie or biscuit cutter and bake in hot oven.

INDIVIDUAL TARTS

Line shallow muffin pans with circles of puff paste, making a fluted edge. Prick well with fork before baking.

FRESH BERRY TARTS

Individual tart shells filled with sweetened fresh berries (strawberries, blueberries or raspberries) and topped with whipped cream.

CREAM TARTS

Fill baked tart shells with any of the cream fillings given under Cream Pie and Variations of Cream Pie Filling.

Suggestions for Making Pastry

1. Chill all ingredients.
2. Use the least possible amount of liquid.
3. Paste should be rolled lightly and deftly, working from the center, in all directions, to make it round and fit the pan.
4. Lay the paste on the pan loosely, making sure that no air spaces are left at the side or bottom of the pan.
5. Perforate top crust with a fork to allow the steam to escape.
6. If filling is very juicy, cut upper crust one-half inch larger in diameter than necessary, and turn the excess under the edge of under crust previously moistened. Press edges together tightly.
Desserts

ALMOND TORTE

Quantity: 2 8½-inch layers.  
Temperature: 350°F.  
Time: 35 minutes.

Sift flour, baking powder and salt together four times. Cream butter, add sugar gradually and cream well. Add unbeaten egg yolks and beat thoroughly. Add vanilla. Add sifted dry ingredients alternately with milk. Pour into two loose bottom layer cake pans and cover each with meringue, using following recipe.

Meringue for Torte

Beat egg whites until stiff but not too dry. Add sugar gradually, beating constantly. Pile one-half of meringue in center of each layer. Spread to within one inch of side of pan. Place halves of almonds on edge into meringue. Bake in moderate oven. When cool, serve with whipped cream, fresh berries or ice cream between layers.

3/4 cup Occident Flour (sifted).  
2 teaspoons baking powder. 
1/4 teaspoon salt.  
1/2 cup butter.  
4 egg yolks.  
1 teaspoon vanilla.  
1/4 cup milk.

4 egg whites.  
1 cup sugar.  
1/2 cup blanched almonds, halved.
FRESH STRAWBERRY CREAM LOAF

Quantity: 1 loaf, 5"x9".
Temperature: 350°F.
Time: 25 minutes.

Sift flour and baking powder together 4 times. Put remainder of ingredients into mixing bowl and beat with a rotary egg beater until mixture is light and sugar thoroughly dissolved. Fold sifted dry ingredients in slowly with egg beater. Pour into loaf pan lined with waxed paper and bake in a moderate oven. When the cake is cool, cut a triangular section out of the top. Fill the cavity about two-thirds full of cream filling and press three-fourths cup of fresh strawberries which have been cut in half, into the cream. Place the cut-out section of the cake, peak up, on top. Ice the top and sides of cake with strawberry icing.

Cream Filling

Use recipe given for Cream Filling under Cream Puffs and Eclairs.

Strawberry Icing

Mix together corn syrup and sugar. Mash strawberries or rub through sieve. Add enough of the strawberries to the sugar and syrup mixture to make icing of creamy consistency.

UPSIDE DOWN CAKE

Quantity: 1 round 9" pan or heavy frying pan.
Temperature: 350°F.
Time: 30 minutes.

Use same sponge cake recipe given for Fresh Strawberry Cream Loaf, omitting vanilla and adding 1 tablespoon lemon juice instead of 1 tablespoon of the water. Melt butter in heavy pan and cover with brown sugar. Place one slice of pineapple in center and arrange half slices around edge of pan. Put halves of cherries in center of pineapple and fill space in between fruit with halves of pecan meats. Bake in moderate oven. Turn out of pan while hot. Serve with whipped cream.

COTTAGE PUDDING

Quantity: serves twelve.
Temperature: 375°F.
Time: 20 minutes.

CHOCOLATE ROLL

Quantity: 12 servings. Temperature: 350°F.  
Pan 9"x13"x3/4". Time: 20 minutes.

Sift flour, baking powder and cocoa six times. Put remaining ingredients into mixing bowl and beat with rotary egg beater until light and foamy and until sugar is thoroughly dissolved. Fold sifted dry ingredients in gradually. Pour into shallow pan, lined with waxed paper and bake in moderate oven. When baked, trim edges with sharp knife, loosen from pan with spatula and turn onto cloth sprinkled lightly with powdered sugar. Roll slowly, holding cloth close to cake. Place on cake rack to cool. Before serving, unroll cake and fill with whipped cream, ice cream, chocolate fudge or marshmallow filling. Serve with or without chocolate sauce.

Variation of Chocolate Roll

CHOCOLATE CREAM TORTE

Use recipe and method given for chocolate roll. Before cake is turned onto cloth, cut crosswise into four sections. When cool, spread whipped cream or ice cream between layers and on top and sides of loaf. Sprinkle top and sides of torte generously with 1 cup lightly browned coconut. (To brown coconut, spread on baking sheet and brown lightly at 350°F. for 10 minutes. Stir to avoid burning.) Cut in slices and serve with or without chocolate sauce.

Chocolate Sauce for Chocolate Roll or Torte

Melt butter and chocolate in top of double boiler. Add sugar and hot water. Cook 15 minutes. Add vanilla. Serve hot or cold.

DATE NUT DESSERT

Quantity: 12 servings. Temperature: 350°F.  
Bake in 9" loaf pan. Time: 45 minutes.

Sift flour, soda, baking powder and salt together. Cream butter, add sugar, egg and vanilla and mix well. Pour boiling water on dates. Mix nut meats with sifted dry ingredients and add alternately with water and dates. Pour into loaf pan, lined with waxed paper and bake in moderate oven. Serve with whipped cream.
STEAMED FRUIT PUDDING

Quantity: 10 servings.

Sift flour, salt, soda and spices together. Add sugar, suet, nut meats, raisins and apples, and mix well. Add milk gradually and mix lightly with fork or pastry blender. Pour into greased pan or molds and steam 2 hours. Serve hot with Lemon Sauce.

Lemon Sauce

Mix sugar, salt and cornstarch together thoroughly, and add to boiling water, stirring constantly. Cook until clear. Add butter and lemon juice. Serve while warm on Fruit Pudding.

CREAM PUFFS and ECLAIRS

Quantity: 1 dozen large puffs or 1½ dozen medium eclairs.

Temperature: 450°F. for 10 minutes, then 400°F. for 25 minutes.

Sift flour and salt together. Melt butter in boiling water. Add flour and salt and stir well. Cook until it forms a ball which does not separate. Remove from heat. Add eggs one at a time, beating well after each addition. When smooth, drop by teaspoonfuls 2 inches apart on greased baking sheet. Bake puffs in hot oven. Then reduce to moderate oven to finish baking.

For Eclairs

Press mixture through pastry tube, making eclairs ½ inch to 1 inch in diameter, and 3 to 4 inches long. Bake same as puffs.

To fill—press whipped cream or cream filling into side of puffs or eclairs with pastry tube or cut along the edge and fill. Serve with whipped cream, ice cream or fresh fruit.

Cream Filling

Scald milk. Mix together flour, salt and sugar and add slowly to hot milk, stirring well. Cook until smooth and thick, about 15 minutes. Beat egg yolks slightly. Add small amount of hot mixture to beaten eggs, then add this quickly to remainder of hot mixture. Cook three minutes. Add butter and vanilla. Allow to cool before filling cream puffs or eclairs.
Variety With Whole Wheat

The following 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 OCCIDENT 100% Whole Wheat Flour.

OCCIDENT 100% Whole Wheat Flour is milled from the most carefully selected wheat. All OCCIDENT mills employ extensive cleaning processes, including the thorough washing and scouring of each wheat kernel before it is milled.
WHOLE WHEAT RECIPES

WHOLE WHEAT BREAD

Quantity: 4 loaves.  
Temperature: 400°F.  
Time: 1 hour.

Dissolve yeast and sugar in ¼ cup lukewarm water. Sift flour. Scald milk, add water and salt, and cool until lukewarm (80-82°F.). To this add dissolved yeast and sugar. Add one-half of the flour and beat thoroughly. Add melted shortening. Add remainder of flour gradually and beat thoroughly after each addition. Turn onto lightly floured board and knead until smooth and elastic. Place in bowl, cover and allow to rise in warm place, 80 to 85°F. until double in bulk—about 2 hours. Punch down, let rise about 30 minutes. Shape into loaves that will half fill pans. Place in greased bread pans and allow to rise until dough fills pans well, about 1 hour. Bake in moderate oven. Remove from pans and allow to cool before storing.

WHOLE WHEAT PRUNE BREAD

Quantity: 1 loaf, 5"x9".  
Temperature: 375°F.  
Time: 1 hour.

Sift flour, sugar, salt and baking powder together. Beat egg, add milk and sifted dry ingredients gradually. Fold in chopped prunes and melted butter. Put into loaf pan lined with waxed paper and bake in a moderate oven. Dates or figs may be used in place of prunes if desired.

WHOLE WHEAT MUFFINS

(Plain)

Quantity: 1 dozen medium.  
Temperature: 400°F.  
Time: 25 minutes.

Sift white and whole wheat flour, baking powder, salt and sugar together. Beat egg and add to milk. Combine mixtures. Add melted shortening. Fill greased muffin pans half full and bake in moderate oven.
FRUIT WHOLE WHEAT MUFFINS

For Date, Raisin or Prune Whole Wheat Muffins add ½ cup of chopped dates, raisins or cooked prunes to the Whole Wheat Muffin recipe.

WHOLE WHEAT PECAN MUFFINS

Quantity: 1 dozen  
Temperature: 400°F.  
Time: 20 minutes.

Sift white and whole wheat flour, baking powder and salt together. Add brown sugar, and nut meats. Beat egg, mix with milk and add to dry ingredients. Mix lightly. Add melted shortening. Fill greased muffin pans half full and bake in moderate oven.

WHOLE WHEAT PUDDING

Quantity: 12 servings.  
Temperature: 350°F.  
Time: 45 minutes.

Sift flour, sugar, salt and baking powder together. Add chopped suet, fruit and nuts. Beat eggs, mix with milk and combine mixtures. Pour into greased pan or molds and steam 2 hours—or put into loaf pan lined with waxed paper and bake in moderate oven. Place shallow pan containing water on lower shelf of the oven. Remove pan of water after 30 minutes and continue baking 15 minutes. Serve hot with Fruit Sauce or Butterscotch Sauce.

Fruit Sauce

Melt butter in top of double boiler. Add sugar and fruit juice or jelly. Heat thoroughly. Add small amount of hot mixture to slightly beaten egg yolks. Mix this quickly with remainder of hot mixture, stirring constantly. Cook until slightly thickened, about 10 minutes.

Butterscotch Sauce

Mix flour and sugar together thoroughly. Melt butter in top of double boiler. Add flour and sugar and boiling water. Let come to a boil and boil 5 minutes. Remove from heat. Add vanilla.
WHOLE WHEAT BREAD

**Quantity:** 1 loaf.  **Temperature:** 400°F.  **Time:** 45 minutes.

Dissolve yeast and sugar in ¼ cup of the lukewarm water. Scald milk, cool to 82°F. Add remainder of water, salt, and the dissolved yeast and sugar. Add Occident White Flour and beat thoroughly. Add shortening, then Whole Wheat Flour gradually, beating thoroughly after each addition. Turn onto lightly floured board (use white flour on board) and knead until smooth and elastic. Place in bowl, cover and allow to rise in warm place 80 to 85°F. until double in bulk—about one hour. Punch down, let rise again about 30 minutes. Shape into loaf. Place in greased pan. Allow to rise until dough fills the pan, about 45 minutes. Bake in moderate oven. Remove from pan and allow to cool before storing.

WHOLE WHEAT FRUIT BUTTERSCOTCH ROLLS

**Quantity:** 1 dozen medium.  **Temperature:** 425°F.  **Time:** 25 minutes.

Sift flour, baking powder and salt together. Cut shortening into dry ingredients, using pastry blender or two knives. Add milk, mixing lightly. Turn onto lightly floured board. Pat or roll to ¼ inch thickness. Spread with butterscotch filling. Put layer of walnut meats and chopped fruit on top. Cut into ¼ inch strips. Roll each strip loosely. Place close together in square pan, the bottom of which is covered with two tablespoons melted butter and four tablespoons brown sugar. Bake in moderate oven. Remove from pan while hot. Serve as sweet fruit roll or as dessert with whipped cream or pudding sauce.

WHOLE WHEAT POPOVERS

**Quantity:** 1 dozen medium.  **Temperature:** 450°F. for 15 minutes, then 350°F. for 25 minutes.

Heat well greased muffin pans in hot oven. Sift flour and salt together into mixing bowl. Add milk, eggs and melted shortening and beat well until batter is light and smooth. Fill hot muffin pans one-third to one-half full and place in hot oven for 15 minutes. Then reduce heat to moderate oven to finish baking.
Occident Wheat Cereal

—a companion product to Occident Flour—is offered to you on the same money-back guarantee that accompanies Occident Flour. If you do not agree, after trial, that Occident Wheat Cereal is a better value than any other cereal you have ever purchased, the price will be refunded without question.

This product is particularly adapted to the diet of children. It is a quick-energy food that rebuilds worn tissue and supplies strength for the day’s play.

You, too, will like Occident Wheat Cereal. It has a distinctive flavor all its own and is a food that you will find helpful in stretching the budget for your table. The low cost of Occident Wheat Cereal enables you to serve a food of highest energy value while saving on the cost of more expensive varieties.

Occident Wheat Cereal is sold by dealers who handle Occident Flour.
A Brief Story of Occident

In 1901 two small mills, built some years before, were operating in Valley City and Jamestown, N. D. They were in the heart of the hard wheat district of the northwest, the section conceded by all experts to produce some of the finest wheat grown anywhere in the world. The head miller—Arthur Miller, by name—was a student, and one of the founders of the Russell-Miller Milling Co. He studied wheat and flour—original methods of separation and purification. The result was a much better quality of flour, a flour that was the most sought after in all North Dakota.

Growth of Capacity

From this small beginning, with a daily capacity of 225 barrels, the Russell-Miller Milling Co. now owns thirteen flour mills with a combined capacity of over 16,000 barrels of flour and 600 tons of feed—enough flour and feed to make up a train load of over one hundred cars every day.

In order to provide an ample reserve storage of wheat to keep the quality of Occident Flour constantly uniform, the Russell-Miller Milling Co. has one hundred and forty elevators situated at advantageous points throughout selected wheat sections of North Dakota and Eastern Montana.

Storage of 17,000,000 Bushels

In addition, there are three huge terminal elevators which have facilities for storing 12,000,000 bushels. Combining this immense terminal elevator capacity with the 4,000,000 bushel capacity of the country elevators and the elevators attached to country mills (capacity, 1,000,000 bushels), the company has equipment for storage of 17,000,000 bushels.

The Occident mills operate on one standard of uniformity. Every bushel of wheat is put through special equipment that not only washes each kernel—but actually scours it as well. Daily tests in well equipped laboratories thoroughly safeguard the quality of Occident Flour. The maximum amount of modern machinery is used. No "short cuts" are employed. Quality of product is the basis of every operation and the thought foremost in the mind of every employee in all Occident Mills.
TRY a sack of Occident and make as many bakings as you wish. If you are not better satisfied with your baking results, 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 most carefully selected wheat.
2. The maintenance of clean and modern mills.
3. The employment of extensive purifying processes, including the thorough washing of each 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 sufficiently superior so as to be immediately noticeable.

We guarantee that you can make bread from it which cannot be excelled in purity, whiteness, rich flavor, fine even texture and general goodness.

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

RUSSELL-MILLER MILLING CO.

General Offices, Minneapolis, Minn.
Eastern Headquarters, Buffalo, N. Y.

Thirteen mills maintain uniform excellence of quality.