Occident Flour is approved by Good Housekeeping Bureau — a research organization conducted by "Good Housekeeping" Magazine.

The "Farmer's Wife" Seal of approval has been awarded Occident Flour on the basis of actual baking tests in farm homes.

Occident is approved by The Household Searchlight, a testing service of "Household" Magazine.

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

RUSSELL-MILLER MILLING CO.

General Offices, Minneapolis, Minn.
Eastern Headquarters, Buffalo, N. Y.
This statement by one of the foremost cereal-testing laboratories in America, shows conclusively why you get greater value in Occident Flour.

13 to 28 OUNCES
MORE BREAD
(PER 49 LB. SACK)

14½% MORE PROTEIN

FRESH 100% LONGER

Twelve mills maintain uniform excellence of quality
Hike two miles, skate three miles ... play tennis twenty minutes. Wash windows or polish furniture for an hour! You can do any of these with the energy provided by only two slices of white bread! But please don’t harbor the idea you’ll increase your girth line if you eat all the bread you want without resorting to strenuous exercise.

On the contrary, bread actually helps to burn up body fat. “Fat burns in the flame of carbohydrates” scientists tell us ... and bread’s principally carbohydrate.

Vitamins? Yes ... A and B, plus calcium, protein, mineral elements — iron.

So bread’s one of our very best foods. No wonder the average American family eats 708 pounds of bread yearly!

Glance at the easy-to-follow method for making bread—shown on the opposite page. Looks easy, doesn’t it? And it is easy ... with Occident Flour.
Follow this Easy Method

1. Collect and arrange utensils. Saves time and energy.


3. Knead dough until elastic and does not stick to board.

4. Thermometer in dough. First rising doubles bulk (2 1/2 hours).

5. When finger imprint remains (2nd rising) dough's ready.

6. Stretching dough before forming the loaf.

7. Forming a loaf. No more flour is added.

8. Baking—standard loaves 45-50 minutes. Large loaves 1 hour.
Yeast Breads

1 WHITE BREAD
(Straight Dough Method)

1 1/2 cups Occident Flour (sifted)
2 cups milk
2 1/4 cups water
1 cake compressed yeast*
2 1/2 tablespoons sugar
1 1/2 tablespoons salt
1 1/4 tablespoons shortening

Quantity: 4 loaves, 4 1/8 x 8 1/2
Temperature: 400°F
Time: 45 minutes

Dissolve yeast and sugar in 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 satiny smooth and elastic. Place in bowl, cover and allow to rise in warm place, (80-85°F) until double in bulk, about 2 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.

*If dry yeast is used, prepare dough at night, letting it rise until morning, otherwise following recipe as given. One cake of dry yeast per quart of liquid is sufficient, as a rule.

2 WHITE BREAD
(Sponge Method)

Use ingredients given above, but follow method outlined at right using either compressed or dry yeast.

Dissolve yeast and sugar in 1/4 cup lukewarm water (80-85°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, (70-75°F) over night or at (80-85°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 satiny smooth and elastic. Place in bowl, cover and allow to rise in a warm place, (80-85°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.
SWEET ROLL DOUGH
(BASIC RECIPE)

Dissolve yeast and sugar in ¼ 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 satiny smooth and elastic. Place in bowl, cover and allow to rise in warm place (80-85° F.) until double in bulk, about 1½ 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 minutes

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.

CLOVERLEAF ROLLS
(Made with Sweet Roll Dough)
Shape balls of dough about ¾ of an inch in diameter. Place three of these balls together in greased muffin pans.

FORGET-ME-NOT ROLLS
(Made with Sweet Roll Dough)
Shape balls of dough about ½ inch in diameter. Place 5 of these balls together in greased muffin pans.

CINNAMON ROLLS
(Made with Sweet Roll Dough)
Roll dough into a rectangular sheet 8x12” and about ¼” thick. Spread with 2 tablespoons melted butter and ¼ cup brown or granulated sugar mixed with 1 teaspoon cinnamon. Shape like jelly roll. Cut in ¼ inch slices and place cut side down in greased muffin pans.
7  PECAN BUTTERSCOTCH ROLLS
(Made with Sweet Roll Dough)

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 table-
spoon brown sugar and 5 or 6 pecan meats in bottom of each greased 
muffin pan. Place rolls on top of this.

8  SWEDISH OR DATE NUT TEA RING
(Made with Sweet Roll Dough)

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.

9  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>Quantity: 4 dozen</th>
<th>Temperature: 400° F.</th>
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<td>Time: 15-20 minutes</td>
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Dissolve yeast in \( \frac{1}{2} \) cup lukewarm water (80-
82° F.). Sift flour, soda and baking powder to-
gether. Mix together 2 cups lukewarm water, 
the dissolved yeast, sugar, salt and egg beaten 
slightly. Add one-half the flour and beat thor-
oughly. Add melted shortening. Add remainder 
of flour gradually and beat thoroughly after 
each addition. Turn onto floured board and 
knead until satiny 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\( \frac{1}{2} \) to 4 hours and bake in moderate oven.

**To Shape Rolls:**

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

3 1/4 cups Occident Flour (sifted)  
1 1/3 cups milk  
1 cake compressed yeast  
3 tablespoons sugar  
1 teaspoon salt  
3 tablespoons shortening

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 1/3 cup of the warm milk. Sift flour before and after measuring. Combine dissolved yeast and sugar, salt and remainder of milk. Add 1/4 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 satiny 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)

3 1/2 cups Occident Flour (sifted)  
1/2 teaspoon nutmeg  
1/4 cup water  
1 cup milk  
1 1/2 cakes compressed yeast  
3/4 cup sugar  
1 teaspoon salt  
1 egg  
1/4 cup shortening  
1/2 cup raisins  

Topping  
1 1/2 tablespoons butter  
2 tablespoons granulated sugar  
1 tablespoon brown sugar  
1/2 teaspoon cinnamon, if desired

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 satiny smooth and elastic. Place in bowl, cover and let rise until double in size, about 1 1/2 hours. Roll 1/2 inch thick to fit greased cake 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.
**ORANGE BREAD**

- 4 cups Occident Flour (sifted)
- ½ cup water
- 1 cake compressed yeast
- 4 tablespoons sugar
- 1 cup orange juice
- 1 tablespoon grated orange rind
- 1½ teaspoons salt
- 1 egg
- 2 tablespoons shortening

**Quantity:** 2 loaves, 4½” x 8½”

**Temperature:** 400° F.

**Time:** 35 minutes

Dissolve yeast and sugar in ¼ 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 satiny smooth and elastic. Place in bowl, cover and allow to rise in warm place, (80-85° F.) until double in bulk, about 1½ 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.

**BOHEMIAN KOLACHES**

- 6 cups Occident Flour (sifted)
- 2 cups milk
- ½ cup water
- 1 cake compressed yeast
- 2 tablespoons sugar
- 2 teaspoons salt
- 1 egg
- 3 tablespoons shortening

**Fruit Filling**

- 1 cup dried prunes
- 1 cup water
- ½ cup sugar
- ¼ cup walnut meats, broken
- ¼ teaspoon cinnamon

(Dried peaches, apricots, dates or raisins may be used in place of prunes.)

**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 ¼ 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 satiny smooth and elastic. Place in bowl, cover and allow to rise in a warm place, (80-85° F.) until double in bulk, about 2½ hours. Punch down, let rise 45 minutes. Shape into rolls, rolling the dough to ½ 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.

Cook prunes and water together slowly until prunes are tender. Remove pits from prunes and mash. Add sugar and let cool. Add cinnamon and walnut meats.
WE LIVE in a “hop-skip-jump” age. The wary housewife, attention focused on variety in her meals, keeps a weather-eye on the question “How long will it take to make it?”

For “life-on-the-fly”, quick breads are time-savers. Whisk them together, pop into the oven. The next act calls for applause from your family.

Flour’s very important in quick breads because so much of quick bread’s flavor depends on flour. And you get more lasting freshness, too, with Occident — avoid that “dried out” taste often characteristic of quick breads.

Remember — laboratory tests prove: “100% longer freshness with Occident”—especially important in quick breads.

Brighten up meals with these easy-to-follow recipes!
PLAIN MUFFINS

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

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

2 cups Occident Flour (sifted)
4 teaspoons baking powder
3/4 teaspoon salt
1/2 cup shortening
1/4 cup sugar
1 egg
3/4 cup milk
1 cup cranberries

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

2 cups Occident Flour (sifted)
3 teaspoons baking powder
1/4 cup sugar
1/2 teaspoon salt
1 cup milk
2 eggs
1/4 cup shortening
1 cup blueberries (fresh or unsweetened canned berries, well drained)

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


BAKING POWDER BISCUITS

2 cups Occident Flour (sifted)
3/4 teaspoon baking powder
1 teaspoon salt
1/4 cup shortening
1/4 cup milk

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.
18 ORANGE FILLED ROLLS

2 cups Occident Flour (sifted)
4 teaspoons baking powder
1 teaspoon salt
1 teaspoon sugar
½ cup shortening
1 teaspoon grated orange rind
¾ cup milk

Quantity: 1 dozen rolls
Temperature: 425° F.
Time: 20 minutes

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 ¾ inch of edge. Cut into ¾ 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 flour 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.

19 GINGERBREAD

2½ cups Occident Flour (sifted)
1 teaspoon soda
1 tablespoon ginger
¼ teaspoon salt
½ cup butter
1 cup sugar
2 eggs
½ cup molasses
1 cup boiling water

Quantity: 1 loaf, 9½ x 9½
Temperature: 375° F.
Time: 35 minutes


20 NUT BREAD

2 cups Occident Flour (sifted)
3 teaspoons baking powder
¾ teaspoon salt
½ cup sugar
1 cup walnut meats, cut fine
1 egg
1 cup milk

Quantity: 1 loaf, 4½ x 8½
Temperature: 375° F.
Time: 45 minutes

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.
Today, Marie Antoinette's "Let them have cake!" is echoed constantly in thousands of American homes. Because dietitians tell us well-made cakes are not only delicious but nutritious. For children — grown-ups, too!

There's no better way to satisfy your youngsters craving for sweets than with good, wholesome cake made from nourishing eggs, milk, sugar and chocolate.

And, incidentally, a poll of menfolk by one of America's largest magazines proves chocolate cake their favorite!

Here are recipes for chocolate cakes — and others — made the Occident way. Easy, quick, certain-sure! No need to "keep your fingers crossed" while you're making Occident cakes—we've taken the guesswork out of the process . . . with Occident Flour and pre-testing.

See method photos on facing page. Then turn to page 14 for your family's particular favorite.
1 Beat egg yolks until thick. Keep all ingredients cold.

2 Add sifted sugar, then grated lemon rind and lemon juice.

3 Sift flour and baking powder together six 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 egg whites. Put in ungreased tube pan.

8 Bake 1 hour at 300-325 degrees. Remove from pan when cool.
21

**BUTTER CAKE**

(BASIC RECIPE)

**2 1/4 cups Occident Flour**
(sifted)

3 teaspoons baking powder

1/2 cup butter

1 1/2 cups sugar

1/2 teaspoon salt

1 cup milk

3 eggs

1 1/2 teaspoons vanilla extract

(1/2 teaspoon lemon or almond extract may be used with 1 teaspoon vanilla)

Quantity: 1 loaf 9" square, 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.

22

**DEVILS FOOD**

1 1/2 cups Occident Flour
(sifted)

1 1/2 teaspoons baking powder

1/2 teaspoon soda

1/2 teaspoon salt

2 squares unsweetened chocolate

1 cup sugar

1 cup thick sour cream

2 eggs

1 teaspoon vanilla

Quantity: 1 9-inch loaf or 2 8 1/2-inch layers

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

Time: loaf: 40 minutes; layers: 25 minutes

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.

23

**QUICK CAKE WITH BROILED ICING**

1 1/2 cups Occident Flour
(sifted)

2 1/2 teaspoons baking powder

1/4 teaspoon salt

1/2 cup butter

1 cup sugar

1 egg

1 teaspoon vanilla

1/2 cup milk

3 tablespoons melted butter

5 tablespoons brown sugar

2 tablespoons cream

1/2 cup shredded cocoanut

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.
24 SPONGE CAKE

Quantity: 1 large 9" cake
Temperature: 325°F.
Time: 1 hour

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.

3/4 cup Occident Flour (sifted)
1/2 teaspoon baking powder
6 eggs
1/4 teaspoon salt
1/2 teaspoon cream of tartar
1 cup sugar
1 tablespoon lemon juice
1/2 teaspoon grated lemon rind

25 ANGEL FOOD CAKE

Quantity: 1 large 9-inch cake
Temperature: 275°F. for 30 minutes, then 325°F. for 30 minutes

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 pan in slow oven. Invert pan and allow to stand until cool.

3/4 cup Occident Flour (sifted)
12 egg whites or 1 1/2 cups
1 1/2 cups granulated sugar
1/4 teaspoon salt
1 teaspoon cream of tartar
1 teaspoon vanilla or almond extract

26 BUTTER SUGAR ICING

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.

3/4 cup butter
1 1/2 cups powdered sugar
1 1/2 tablespoons cream
1 teaspoon vanilla

27 CHOCOLATE ICING


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

28 SEVEN MINUTE ICING (BASIC RECIPE)

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.

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

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


**GINGER SNAPS**

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

31 CHOCOLATE DROP COOKIES

Quantity: 2 ½ dozen medium
Temperature: 375° F.
Time: 12 minutes


32 SUGAR COOKIES

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


33 FRUIT FILLED COOKIES

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


Fruit Filling

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

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

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


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
\(\frac{1}{2}\) teaspoon salt
2 eggs
1 teaspoon lemon extract

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

Sift flour, soda, cream of tartar and ginger together. Cream shortening. Add sugar, salt, lemon extract and unbeaten eggs. Beat well. Add sifted dry ingredients, mixing lightly. Chill 15 minutes. Shape into long rolls 1 inch in diameter. Cut into \(\frac{1}{2}\) inch pieces. Place cut side down on cookie sheet. Flatten with hand. Mark square or diamond shaped design on top, using fork or pastry blender dipped in flour. Bake in moderate oven. Remove from cookie sheet at once.

DATE SPONGE SQUARES

1\(\frac{1}{4}\) cups Occident Flour (sifted)
1 teaspoon baking powder
1 teaspoon soda
\(\frac{1}{2}\) 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\(\frac{1}{2}\) dozen
(bake in 9' x 12' pan)
Temperature: 350°F.
Time: 20 minutes


Mix water, powdered sugar and extract together until smooth. Spread at once on warm date squares.
STATISTICS show that of all desserts eaten in American restaurants, two out of every three are pie. And what’s more... half of this is apple pie!

So here’s a safe and sure “bet” for any dinner. For that matter, many dinners... because pie can be varied with many kinds of filling.

Occident Flour makes fine pie crust—and other pastry desserts. Reason: Occident’s gluten is strong—stretches easily, molds into just the shape of crust you want, bakes up into a crispy, crunchy texture.

“Boy—some pie!”—you’ll hear.

There’s a “movie” of the method on page 20—and a selection of tested recipes on following pages.
Pie Baking in 8 Easy Steps


2. Use cold shortening. Cut into dry ingredients lightly.

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

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

5. Line pie pan with paste. Trim edges.

6. Fill with fruit. Add sugar, flour and cinnamon.

7. Moisten crust edges and press together tightly.

8. Bake in hot oven for 15 minutes. Reduce heat for 30 minutes.
**Pastries**

### 37 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 can. Cut off edge $\frac{3}{4}$ 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.

### 38 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.

### 39 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.)
**APPLE PIE**

1 recipe plain pastry or hot water pie crust
4 cups tart apples (pared and sliced)
2 tablespoons Occident Flour
½ to ¾ cup sugar
2 teaspoons cinnamon
½ teaspoon nutmeg
2 tablespoons butter
(If apples are not tart, add 1 tablespoon lemon juice.)

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. Trim upper crust ½ inch wider than lower. 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.

**BLUEBERRY PIE**

1 recipe plain pastry or hot water pie crust
1 quart fresh blueberries or 3 cups canned blueberries, drained
2 tablespoons Occident Flour
¾ cup sugar
1 tablespoon lemon juice
1 tablespoon butter

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.

**LEMON CHIFFON PIE**

1 baked pastry shell
3 eggs
¼ cup lemon juice
3 tablespoons hot water
1 teaspoon grated lemon rind
½ teaspoon salt
1 cup sugar

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.
Desserts

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ALMOND TORTE

Quantity: 2 8\(\frac{1}{2}\) -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.
**CHOCOLATE ROLL**

- **1 1/4 cups Occident Flour (sifted)**
- 4 tablespoons cocoa, measured after sifting
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1 cup sugar
- 3 eggs
- 3 tablespoons cold water
- 1/2 teaspoon vanilla

**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.

**DATE NUT DESSERT**

- 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

**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.

**COTTAGE PUDDING**

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

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

SOME BAKING TROUBLES AND THEIR CAUSES

Uniformly excellent results can be expected if the recipes in this book are carefully followed and used with Occident Flour. The recipes have been thoroughly tested—many times—and under home conditions. The following information has been prepared with the thought that it may prove of some assistance in tracing the causes of and correcting baking troubles which may develop.

### BREAD

<table>
<thead>
<tr>
<th>TROUBLE</th>
<th>CAUSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Too porous</td>
<td>Over rising</td>
</tr>
<tr>
<td>Cracked top or sides</td>
<td>Uneven heat. Too little sugar.</td>
</tr>
<tr>
<td>Sour</td>
<td>Too long a period of fermentation</td>
</tr>
<tr>
<td>Heavy</td>
<td>Insufficient time for rising.</td>
</tr>
<tr>
<td>Crumbly, dry</td>
<td>Too much flour. Over rising. Dried out in baking.</td>
</tr>
<tr>
<td>Thick crust</td>
<td>Too much salt or milk. Not enough fermentation. Baked too slow and too long.</td>
</tr>
<tr>
<td>Soggy</td>
<td>Too much liquid in proportion to flour. Insufficient rising. Not well baked.</td>
</tr>
</tbody>
</table>

### CAKE

<table>
<thead>
<tr>
<th>TROUBLE</th>
<th>CAUSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Falling or heavy product</td>
<td>Too little flour. Too much baking powder, sugar or fat. Too few eggs. Too low oven temperature.</td>
</tr>
<tr>
<td>Cracked top</td>
<td>Too much flour. Oven too hot. Over-mixing.</td>
</tr>
<tr>
<td>Rough edges</td>
<td>Too much sugar or fat. Too little flour.</td>
</tr>
<tr>
<td>Tough</td>
<td>Over-mixing. Baked too long.</td>
</tr>
</tbody>
</table>

THE OCCIDENT GUARANTEE

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. 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., Minneapolis, Minn. Eastern Headquarters: Buffalo, N. Y.

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