THE OCCIDENT PANTRY PALS INVITE YOU TO TRY

Occident Flour Tested Recipes
WE ARE THE OCCIDENT PANTRY PALS

I'M TASTIE...
You'll like the flavor in the flour,
You'll like my methods, too.
These tasty cakes and lovely loaves
Will bring new praise to you!

I'M EAZIE...
You shouldn't work and slave all day,
For baking is an hour of play!
I'm Eazie, and will do my part
To simplify your cooking art.

I'M SPEEDIE...
Progressive women all like me;
I teach them new efficiency!
My recipes are tried and true—
Look through them now, and try a few!
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Eazie has a word for the younger wives

Young lady, I'm surprised at you,
So modern and so bright...
You think it's WORK to make Good Bread?
My tips will set you right!

Bread . . . the great budget-balancer

Isn't it fun to bake—when everything goes just R-I-G-H-T! Baked products, made with Occident Flour, will always be favorites on the table if you'll follow these two tips: First, use the simple tested recipes in this book. Second, give the family variety in breads (we offer 23 ideas in Yeast Breads alone). Because bread is an all-purpose, all-season food, and because Occident Flour makes richer bread, you'll see real economy in its use.
WHITE BREAD

QUANTITY: 4 LOAVES, $4\frac{1}{2}'' \times 8\frac{1}{2}''$
TEMPERATURE: 400° F.
TIME: 45 MINUTES

Occident Flour (sifted) 12 cups
Milk 2 cups
Water 2$\frac{1}{4}$ cups
Compressed yeast* 1 cake
Sugar 2$\frac{1}{2}$ tablespoons
Salt 1$\frac{1}{2}$ tablespoons
Shortening 1$\frac{1}{4}$ tablespoons

*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.

STRAIGHT DOUGH METHOD
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.

I want that nice hot crust!
WHITE BREAD

Use same recipe as given for Straight Dough Method. Follow Sponge Method, using either compressed or dry yeast.

SPONGE METHOD
Dissolve yeast and sugar in 1/4 cup lukewarm water 80 to 82° 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.

Here's enough energy for a two-mile hike.
SWEET ROLL DOUGH

QUANTITY: 4 TO 5 DOZEN
TEMPERATURE: 400° F.
TIME: 10-15 MINUTES

BASIC RECIPE
Occident Flour (sifted) 8 cups
Milk ................. 1 cup
Water ............... 1 1/2 cups
Compressed yeast 2 or 3 cakes
Sugar .............. 1/2 cup
Salt ........... 4 teaspoons
Eggs .............. 2
Shortening ........ 1/4 cup

**LIKE MAGIC!** 13 different rolls all made from one dough

Dissolve yeast and sugar in 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.

**SNAIL ROLLS**
Roll small ball of dough to thin roll about 1/4 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.

**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.
SHAPING INDIVIDUAL ROLLS

Individual rolls may be made more uniform and may be handled easily if pieces of dough are first shaped into small balls, about 1 1/2 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.

FORGET-ME-NOT ROLLS
Shape balls of dough about 1/2 inch in diameter. Place 5 of these balls together in greased muffin pans.

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 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.
FRUIT CLOVER-LEAF ROLLS
Cut a slit in top of each ball of dough. Press a piece of date or raisin into each slit.

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

CRESCE nt ROLLS
Shape in the 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.

CINNAMON ROLLS
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 ¾ inch slices and place cut side down in greased muffin pans.

PECAN BUTTER-SCOTCH ROLLS
Prepare in same manner as Cinnamon Rolls, using brown sugar and ¼ 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.

CLOVERLEAF ROLLS
Shape balls of dough about ¾ of an inch in diameter. Place three of these balls together in greased muffin pans.
QUANTITY: 4 DOZEN
TEMPERATURE: 400° F.
TIME: 15-20 MINUTES

BASIC RECIPE
Occident Flour (sifted) 7 1/2 cups
Soda ........ 1/2 teaspoon
Baking powder 1/2 teaspoon
Water ........ 2 1/2 cups
Compressed yeast . 1 cake
Sugar .......... 1/2 cup
Salt ........... 1 tablespoon
Egg ........... 1
Shortening ....... 1/2 cup

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

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.

Hubby's bringing home a guest—
Ice Box Rolls will serve them best!
PARKERHOUSE ROLLS

Scald milk and cool until lukewarm (80-82° F.). Dissolve yeast and sugar in \(\frac{1}{3}\) cup of the warm milk. Sift flour before and after measuring. Combine dissolved yeast and sugar, salt and remainder of milk. Add \(\frac{1}{2}\) 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\(\frac{1}{2}\) hours. Punch down. Let rise about 45 minutes. Shape into rolls, rolling the dough to \(\frac{1}{4}\) 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 \(\frac{1}{2}\) inch apart on greased baking sheets. Allow to rise until very light, about 45 minutes, and bake in moderate oven.

I'm waiting right here
...till they're done!
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.

Occident Flour (sifted) 3 1/2 cups
Nutmeg .... 1/2 teaspoon
Water ....... 1/4 cup
Milk .......... 1 cup
Compressed yeast 1 1/2 cakes
Sugar ....... 3/4 cup
Salt ........... 1 teaspoon
Egg ............ 1
Shortening .... 1/4 cup
Raisins ....... 1/2 cup

TOPPING
Butter .... 1 1/2 tablespoons
Gran. sugar . 2 tablespoons
Brown sugar .. 1 tablespoon
Cinnamon (if desired) 1/2 tsp.

You'll need no clock to help awake the family when there's COFFEE CAKE!
BOHEMIAN KOLACHES

Quantities: 3 dozen medium
Temperature: 400° F
Time: 15 minutes

Scald milk and cool until lukewarm (80-82° F.). Dissolve yeast and sugar in the 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 1/2 hours. Punch down, let rise 45 minutes. Shape into rolls, rolling the dough to 1/4 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.

FRUIT FILLING

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.

*Meaning "Delicious" in Bohemian.
RAISED DOUGHNUTS

QUANTITY: 2 DOZEN MEDIUM
TEMPERATURE: 350-360° F.

Scald milk and cool until lukewarm (80-82° F.). Dissolve yeast and 1/4 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 1 1/2 hours. Turn onto lightly floured board and roll lightly to about 1/2 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.

Occident Flour (sifted) 3 1/4 cups
Nutmeg . . . . 1/2 teaspoon
Water . . . . 1/4 cup
Milk . . . . 1 cup
Compressed yeast . . 1 cake
Sugar . . . . 3/4 cup
Salt . . . . 1 teaspoon
Egg . . . . 1
Shortening . . 2 tablespoons

Where's the nearest Coffee, Ma'am?
**BUTTERHORN ROLLS**

**QUANTITY:** 3 1/2 DOZEN MEDIUM

**TEMPERATURE:** 400° F.

**TIME:** 15 MINUTES

Occident Flour (sifted) 4 1/4 cups
Water ................ 1/4 cup
Milk .................... 1 cup
Compressed Yeast .... 1 cake
Sugar ................... 1/2 cup
Salt ..................... 2 teaspoons
Butter ................... 1/2 cup
Eggs .................... 3

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 eight 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).
QUICK BREADS
A minute to mix 'em  
And pop in the oven  
My Hot-Breads are beauties  
And how the men love 'em!

Isn't it true? . . . men really stand up and cheer when they see hot, tempting muffins—or tender, flaky baking powder biscuits—or any of the delicious quick breads you can make with Occident Flour. Occident, you know, has the superb, rich flavor of selected wheat. It also retains baking freshness for a surprisingly longer time. Look over the easy-to-follow recipes shown here . . . you'll find a variety of suggestions for quick breads that add the right note to any meal!
BAKING POWDER BISCUITS

**QUANTITY:** 1 1/2 DOZEN MEDIUM
**TEMPERATURE:** 450° F.
**TIME:** 12 TO 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.

**BASIC RECIPE FOR BISCUIT DOUGH**
- Occident Flour (sifted) 2 cups
- Baking powder 4 teaspoons
- Salt 1 teaspoon
- Shortening 1/4 cup
- Milk 3/4 cup

PLAIN MUFFINS

**QUANTITY:** 1 DOZEN LARGE
**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.

** Occident Flour (sifted) **
- 1 1/2 cups
- Baking powder 3 teaspoons
- Sugar 2 tablespoons
- Salt 1/2 teaspoon
- Milk 1 cup
- Egg 1
- Shortening 3 tablespoons

*Here are the accessories!*
**ORANGE FILLED ROLLS**

**QUANTITY:** 1 DOZEN ROLLS  
**TEMPERATURE:** 425° F.  
**TIME:** 20 MINUTES

Occident Flour (sifted) 2 cups  
Baking powder . . . 4 teaspoons  
Salt . . . . . 1 teaspoon  
Sugar . . . . . 1 teaspoon  
Shortening . . . . . 1/2 cup  
Orange rind (grated) 1 teaspoon  
Milk . . . . . 3/4 cup

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 1/2 inch thickness. Spread orange filling evenly over dough to within 3/4 inch of edge. Cut into 3/4 inch strips with knife. Roll each strip loosely. Place cut side down into greased muffin pans and bake in hot oven.

**ORANGE FILLING**

Occident Flour . 2 tablespoons  
Butter . . . 1 1/2 tablespoons  
Orange rind (grated) 1 teaspoon  
Orange juice . . . 1/4 cup  
Sugar . . . . . 1/2 cup

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.

Watch me do loops and fancy spins  
I'm full of Orange Roll vitamins!
NUT BREAD

QUANTITY: 1 LOAF, 4 1/2" x 8 1/2"
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.

DATE NUT BREAD

QUANTITY: 2 LOAVES, 4 1/2" x 8 1/2"
TEMPERATURE: 350° F.
TIME: 40 MINUTES

**WAFFLES**

QUANTITY: 8 8-INCH WAFFLES

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<tr>
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<td>2 cups</td>
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<td>Baking powder</td>
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<td>Eggs</td>
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<td>Salt</td>
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<tr>
<td>Milk</td>
<td>2 cups</td>
</tr>
<tr>
<td>Melted shortening</td>
<td>.5 cup</td>
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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.

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**POPOVERS**

QUANTITY: 1 DOZEN MEDIUM

TEMPERATURE: 450° F. FOR 15 MIN. THEN 350° F. FOR 25 MIN.

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<td>Occident Flour (sifted)</td>
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<tr>
<td>Salt</td>
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<td>Eggs</td>
<td>2</td>
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<tr>
<td>Milk</td>
<td>1 cup</td>
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<tr>
<td>Melted shortening</td>
<td>2 teaspoons</td>
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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 1/3 to 1/2 full and place in hot oven 15 minutes. Then reduce to moderate oven to finish baking.
GRIDDLE CAKES

QUANTITY: 12 MEDIUM CAKES

SWEET MILK GRIDDLE CAKES


- Occident Flour (sifted) 1 1/4 cups
- Baking powder 2 teaspoons
- Salt 1/2 teaspoon
- Egg 1/2 teaspoon
- Milk 1 cup
- Melted shortening 2 tablespoons

SOUR MILK GRIDDLE CAKES

Use recipe for sweet milk griddle cakes, using 1 1/4 cups sour milk or buttermilk in place of 1 cup sweet milk. Use 1/2 teaspoon soda and 1/2 teaspoon baking powder in place of 2 teaspoons baking powder. Use same method.

Of all good words
of tongue or pen
The sweetest are these—
"It's WHEATCAKES again!"
Gingerbread

**Ingredients:**
- Occident Flour (sifted) 2½ cups
- Soda 1 teaspoon
- Ginger 1 tablespoon
- Salt ¼ teaspoon
- Butter ½ cup
- Sugar 1 cup
- Eggs 2
- Molasses ½ cup
- Water (boiling) 1 cup

**Quantity:** 1 loaf, 9½” x 9½”

**Temperature:** 375°F

**Time:** 35 minutes


**Lemon Sauce**

Mix flour and sugar together. Add water slowly, stirring constantly. Cook and stir until smooth and thick. Add butter and lemon rind. Beat egg or egg yolks, add lemon juice. Add egg mixture to hot sauce, cook one minute longer.

**Ingredients:**
- Occident Flour 2 tablespoons
- Sugar ½ cup
- Water 1 cup
- Butter 2 tablespoons
- Grated rind of lemon 1
- 1 egg or 2 egg yolks
- Lemon juice 2 tablespoons
BUTTER CAKE

BASIC RECIPE
Occident Flour (sifted) 2 1/4 cups
Baking powder .... 3 teaspoons
Butter ............ 1/4 cup
Sugar ............ 1 1/2 cups
Salt ............. 1/2 teaspoon
Milk ............. 1 cup
Eggs ............. 3
Vanilla extract .... 1 1/2 teaspoons
(1/2 teaspoon lemon or almond extract may be used with 1 teaspoon vanilla.)

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)

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.

FRUIT CAKE
Use 1/4 cup raisins, 1/4 cup currants, and 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.
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.

APPLE SAUCE CAKE

QUANTITY: 1 LOAF, 9" x 9"
TEMPERATURE: 350° F.
TIME: 40 MINUTES

JELLY ROLL

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<tr>
<th>Ingredient</th>
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<tr>
<td>Occident Flour (sifted)</td>
<td>1/2 cup</td>
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<tr>
<td>Baking powder</td>
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<tr>
<td>Eggs</td>
<td>3</td>
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<tr>
<td>Salt</td>
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<tr>
<td>Sugar</td>
<td>1 cup</td>
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<tr>
<td>Cold water</td>
<td>3 tbsp</td>
</tr>
<tr>
<td>Vanilla extract</td>
<td>1/2 tsp</td>
</tr>
<tr>
<td>Lemon juice</td>
<td>1 tbsp</td>
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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.

DEVILS FOOD

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<thead>
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<tr>
<td>Occident Flour (sifted)</td>
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<tr>
<td>Baking powder</td>
<td>1 1/2 tsp</td>
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<tr>
<td>Soda</td>
<td>1/2 tsp</td>
</tr>
<tr>
<td>Salt</td>
<td>1/2 tsp</td>
</tr>
<tr>
<td>Chocolate (unsweet.)</td>
<td>2 squares</td>
</tr>
<tr>
<td>Sugar</td>
<td>1 cup</td>
</tr>
<tr>
<td>Thick sour cream</td>
<td>1 cup</td>
</tr>
<tr>
<td>Eggs</td>
<td>2</td>
</tr>
<tr>
<td>Vanilla</td>
<td>1 tsp</td>
</tr>
</tbody>
</table>

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.
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.

**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.

*They're all so good
I could not choose
But with these samples
I can't lose!*
ICINGS

BASIC RECIPE
Granulated sugar . . 1 cup
Cream of tartar . 1/2 teaspoon
Salt . . . . . 1/4 teaspoon
Water . . . . 3 tablespoons
Egg whites (unbeaten) . . 2
Vanilla . . . . 1 teaspoon

Egg . . . . . . . 1
Granulated sugar . . 1 cup
Butter . . . 1 tablespoon
Milk . . . . . 1/2 cup
Chocolate (unsweet.) 2 squares
Vanilla . . . . 1/2 teaspoon

Butter . . . . . 1/4 cup
Powdered sugar . . 1 1/2 cups
Cream . . 1 1/2 tablespoons
Vanilla . . . . 1 teaspoon

SEVEN MINUTE ICING
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.

CHOCOLATE ICING

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.

Calling all Kids from Pole to Pole: Come on and scrape the Frosting Bowl!
**SOUR CREAM COOKIES**

**QUANTITY:** 6 DOZEN MEDIUM  
**TEMPERATURE:** 400° F.  
**TIME:** 10 to 12 MINUTES

Occident Flour (sifted) 4 cups  
Soda 1 teaspoon  
Baking powder 1 teaspoon  
Shortening 1 cup  
Sugar 1 3/4 cups  
Salt 1/2 teaspoon  
Thick sour cream 1 cup  
Eggs 2  
Vanilla 1 teaspoon


**SUGAR COOKIES**

**QUANTITY:** 4 DOZEN MEDIUM  
**TEMPERATURE:** 400° F.  
**TIME:** 10 MINUTES

Occident Flour (sifted) 2 1/2 cups  
Baking powder 4 teaspoons  
Butter 1/2 cup  
Sugar 1 cup  
Eggs 2  
Salt 1/2 teaspoon  
Milk 1/2 cup  
Vanilla or lemon extract 1 teaspoon

CHOCOLATE DROP COOKIES

QUANTITY: 2 1/2 DOZEN MEDIUM
TEMPERATURE: 375° F.
TIME: 12 MINUTES


VARIATION OF CHOCOLATE DROP COOKIES
To make Chocolate Fruit Cookies add 1/2 cup raisins or dates to above recipe.

Occident Flour (sifted) 1 1/3 cups
Soda 1/2 teaspoon
Salt 1/4 teaspoon
Butter 1/2 cup
Brown sugar 1 cup
Egg 1
Chocolate (unsweet.) 2 squares
Sour milk 1/2 cup
Vanilla 1 teaspoon
Walnut meats (broken) 1/2 cup

Here's the way to pacify the Indians!
Peanut Butter Cookies

Occident Flour (sifted) 2 1/2 cups
Baking powder 2 teaspoons
Soda 1 teaspoon
Shortening 1 cup
Peanut butter 1 cup
Granulated sugar 1 cup
Brown sugar 1 cup
Eggs 2
Salt 1/2 teaspoon
Vanilla 1 teaspoon


Chocolate Nut Brownies

Occident Flour (sifted) 2/3 cup
Baking powder 1 teaspoon
Salt 1/2 teaspoon
Butter 1/2 cup
Sugar 1 cup
Chocolate (unsweet.) 2 squares
Eggs 2
Vanilla 1/2 teaspoon
Walnut meats (broken) 1 cup

**ALMOND BUTTER BALLS**

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 $1\frac{1}{2}$ inches in diameter. Cut in $\frac{1}{2}$ 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.

**SNICKERDOODLES**

DOUGHNUTS

QUANTITY: 3 DOZEN SMALL
TEMPERATURE: 375° F.

Occident Flour (sifted) 3 cups
Soda ........ 1 teaspoon
Salt ........ 1 teaspoon
Eggs ........ ... 2
Sugar ....... 1 cup
Sour milk or buttermilk 1 cup
Shortening .... 2 tablespoons

SOUR MILK DOUGHNUTS
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.
**PLAIN PASTRY**

**QUANTITY:** 2 9" SINGLE SHELLS  
**TEMPERATURE:** 450° F.  
**TIME:** 10 - 15 MINUTES

Occident Flour (sifted) 1 1/2 cups  
Salt 3/4 teaspoon  
Shortening 1/2 cup  
Cold water 4-6 tablespoons

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 1/8 inch thick. Place loosely in pie pan. Cut off edge 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" SINGLE SHELLS  
**TEMPERATURE:** 450° F.  
**TIME:** 10 - 15 MINUTES

Shortening 1/2 cup  
Boiling water 1/4 cup  
Occident Flour (sifted) 1 1/2 cups  
Salt 1/2 teaspoon  
Baking powder 1/2 teaspoon

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.
QUANTITY: 1 9-INCH PIE
TEMPERATURE: 450° F. FOR 15 MIN., THEN 350° F. FOR 30 MIN.

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 1/2 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.

Plain pastry or hot water pie crust . . . . . 1 recipe
Tart apples (pared and sliced) . . . . . 4 cups
Occident Flour . 2 tablespoons
Sugar . . . . . 1/2 to 3/4 cup
Cinnamon . . . 2 teaspoons
Nutmeg . . . . 1/2 teaspoon
Butter . . . . 2 tablespoons
(If apples are not tart, add 1 tablespoon lemon juice)

You take Utopia... I'll settle for this!
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 1/2 teaspoon vanilla instead of lemon juice.)
PUMPKIN PIE

QUANTITY: 1 9-INCH PIE
TEMPERATURE: 475° F. FOR 10 MIN., THEN 350° F. FOR 40-50 MIN.

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.

QUANTITY: 1 9-INCH PIE
TEMPERATURE: 450° F.
TIME: 25 MINUTES

BLUEBERRY PIE

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.

Unbaked pastry shell . . 1
Pumpkin (steamed and strained, or canned) . . . 1 1/4 cups
Salt . . . . . 1/4 teaspoon
Sugar . . . . . 3/4 cup
Nutmeg . . . . 1/2 teaspoon
Ginger . . . . 1 1/2 teaspoon
Cinnamon . . 1 teaspoon
Eggs . . . . . . . . . . . . . . . 3
Milk . . . . . 1 3/4 cups
(1/4 teaspoon each of allspice and cloves may be added if desired.)
RICH PUFF PASTE

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.
CHOCOLATE ROLL

Quantities: 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.

Occident Flour (sifted) 3/4 cup
Cocoa ........................................... 4 tablespoons measured after sifting
Baking powder .... 1 teaspoon
Salt .............................................. 1/4 teaspoon
Sugar ........................................... 1 cup
Eggs ............................................. 3
Cold water ................................... 3 tablespoons
Vanilla ......................................... 1/2 teaspoon
DATE NUT DESSERT

QUANTITY: 12 SERVINGS
TEMPERATURE: 350° F.
BAKE IN NINE-INCH 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.

Occident Flour (sifted) 1 1/4 cups
Baking powder . . . . 1 teaspoon
Soda . . . . 1 teaspoon
Salt . . . . 1/4 teaspoon
Butter . . . 2 tablespoons
Sugar . . . . 1 cup
Egg . . . . 1
Vanilla . . . 1 teaspoon
Boiling water . . . 1 cup
Dates, chopped . . . 2 cups
Walnut meats, broken . 1 cup

COTTAGE PUDDING

QUANTITY: SERVES TWELVE
TEMPERATURE: 375° F.
TIME: 20 MINUTES


Occident Flour (sifted) 1 3/4 cups
Baking powder . 3 teaspoons
Salt . . . . 1/2 teaspoon
Butter . . . . 1/4 cup
Sugar . . . . 2/3 cup
Egg . . . . 1
Vanilla . . . 1 teaspoon
Milk . . . . 1 cup
Cream Puffs and Eclairs

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<td>Occident Flour (sifted)</td>
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**CREAM FILLING**

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<tr>
<td>Vanilla</td>
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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 1/2 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.
Remember OCCIDENT makes your baking

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