The PHOTO-METHOD FOR CAKE

BY Virginia Roberts

This New Photo-Method tested and perfected in the Occident Home Baking Institute, Minneapolis, Minn.
INTRODUCTION

Cake baking has always been the pride of the bride and of the experienced homemaker. The aroma from the baking cake, the tempting appearance of the finished product, and the savory appeal of the cake when served make it the ever-popular American treat.

Cake making is one of the culinary arts; however, one needs only to observe a few simple rules to achieve success. These rules are explained for you by words and pictures in the Photo-Method for Cake.

Select the type and kind of cake you desire to make; follow the Photo-Method exactly, step-by-step, using OCCIDENT FAMILY FLOUR. Success depends on your adherence to the steps and suggestions in the Photo-Method which were especially developed for use with Occident.

The outstanding flavor, prolonged freshness and real economy of Occident-baked cake make OCCIDENT a flour with exceptional merits for cake baking.

In using this FAMILY FLOUR for your cakes, you are assured of a perfectly milled, high-quality flour ... enriched according to government standards, thus providing added essential nutrients which promote strength and well-being.

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STEP NO. 1

Assemble Utensils and Ingredients:

Layer Tins—Two 9-inch
Mixing Bowl—9-inch
Flour Sifter
Set of Measuring Spoons
Measuring Cups—Two
Wooden Mixing Spoon
Rotary Egg Beater
Spatula

Food Scraper
Tablespoon
Kitchen Knife
Medium Bowl for Egg Whites
Squares of Waxed Paper—Two (12-inch square)
Cooling Racks

RECIPE

OCCIDENT FAMILY FLOUR
Baking powder
Salt
*Shortening
Sugar
Vanilla
Eggs
Milk

2 cups sifted
3 teaspoons
1/2 teaspoon
1/2 cup
1 1/2 cups
1 teaspoon
2
1 cup

*Any solid fat that has a desirable flavor may be used—such as butter, lard or vegetable shortening.
STEP NO. 2
Heat oven to 375° so that it will be correct temperature when cake is ready to be baked.

STEP NO. 3
Prepare the baking pans by coating the bottoms with melted, unsalted shortening.

STEP NO. 4
Sift the flour once before measuring.

STEP NO. 5
Now measure exactly 2 cups of the sifted flour and place it in the flour sifter. When measuring the flour, pile it lightly into the measuring cup... using a scoop or spoon to dip the flour. Fill to the 1 cup mark and level off the top with spatula or straight edge of a knife.

STEP NO. 9
Measure 1 1/2 cups sugar. (If sugar is lumpy, sift before using.) Add about 2 tablespoons of sugar at a time to the creamed shortening—rubbing the sugar and shortening against the bottom and sides of the bowl with the back of the spoon. Continue in this manner until all sugar is added and the mixture is creamed to a soft, fluffy lightness.

Properly creaming the shortening and sugar is important in obtaining a light, fluffy cake.

STEP NO. 10
Add 1 teaspoon vanilla to the creamed mixture. Blend well.

STEP NO. 11
Separate the whites from the yolks of the two eggs. Place the whites in a bowl and add the yolks to the creamed mixture.
USE EXACT MEASUREMENTS
Be sure that all measurements are accurate. This Photo-Method for Cake has been perfected to fit OCCIDENT FAMILY FLOUR. Do not use any more or less flour than indicated in the recipes.

STEP NO. 6
Measure 3 level teaspoons baking powder and ½ teaspoon of salt and add to the flour in the sifter. Sift together three times.

STEP NO. 7
Measure ½ cup shortening by filling measuring cup ½ full of cold water. Then add pieces of shortening, pushing them under the water until water level reaches 1 cup mark. Drain water from cup and place shortening in the large mixing bowl.

STEP NO. 8
Cream the ½ cup of shortening by mashing it against the sides of the bowl with the back of the wooden spoon until it becomes soft and creamy.

STEP NO. 12
Beat the creamed mixture and yolks vigorously. Tip the bowl to one side. Bring spoon into the mixture and through it, turning the mixture over and over in a rapid motion and scraping the sides of the bowl to keep all ingredients blended. Beat until the mixture is smooth, light and fluffy.

IMPORTANT: To secure a fine-textured cake, there should be no beating of the batter beyond Step No. 12.

STEP NO. 13
Add about ¼ of the sifted dry ingredients to the mixture, and gently stir until just combined.

Use a gentle motion when adding the flour and milk. Do not beat. Beating at this time will toughen the cake.
STEP NO. 14
Measure 1 cup of milk. (Place the cup on a level table while you fill it.) Add about ¼ cup to the batter. Stir just enough to blend.

STEP NO. 15
Continue adding the flour and milk alternately in these same proportions until all ingredients are blended. (Begin and end with the addition of flour.)

STEP NO. 16
Beat egg whites with rotary beater until they hold their shape in stiff, glossy peaks. At this stage the greatest amount of air possible has been incorporated.

STEP NO. 20
Bake for 30 minutes in oven preheated to 375°. The oven should not be opened while cake is baking.

The cake is done when it shrinks slightly from the sides of the pan, springs back when pressed lightly with finger, or when using cake tester or toothpick it comes out clean from center of cake.

STEP NO. 21
Remove cake from oven and allow it to stand for two minutes so that it may be removed from the pan more easily.
STEP NO. 17
Pile the beaten egg whites lightly on top of the batter. Fold them in by cutting down through entire batter with the spoon. Then lift up a portion of the batter and turn it gently over the whites. Repeat this folding process until all egg whites are blended.

Do not beat the batter after the egg whites have been added as air will be lost and the cake will not be as light.

STEP NO. 18
Pour half of the batter into the center of one prepared cake pan and the remaining half into the other cake pan. Spread batter evenly in the pans.

STEP NO. 19
Place pans of batter in oven on the rack so that they do not touch each other, or the sides or the back of the oven.

STEP NO. 22
With spatula or knife, loosen the edges, and turn cake out on a cooling rack. Allow it to stand until cool.

STEP NO. 23
Frost as desired when cake is thoroughly cooled.
LADY BALTIMORE

1. Assemble Utensils and Ingredients.
2. Heat oven to 375°.
3. Prepare two 8-inch square pans by greasing with melted, unsalted shortening.
4. Sift flour once before measuring.
5. Measure the flour, salt and baking powder. Sift together three times.
7. Cream the shortening. See Step 8—Page 5.
9. Add flavoring.
10. Add the sifted dry ingredients alternately with the milk. See Steps 13-14-15—Pages 5 and 6.
11. Beat the egg whites until stiff and fold into the batter. See Steps 16-17—Pages 6 and 7.
12. Pour into baking pans. Bake for 30 minutes in oven preheated to 375°.
RECIPE
(This recipe makes 12 Cup Cakes.)

OCCIDENT FAMILY FLOUR 1 cup sifted
Soda ¼ teaspoon
Baking powder ¾ teaspoon
Salt ¼ teaspoon
Shortening ¼ cup
Sugar ¾ cup
Vanilla ½ teaspoon
Chocolate 1 square—melted
Egg 1
Sour milk ½ cup
(Sour milk may be made by adding ½ tablespoon vinegar to ½ cup sweet milk)

CHOCOLATE CUP CAKES

1. Assemble Utensils and Ingredients.
2. Heat oven to 375°.
3. Prepare 12 muffin cups by greasing with melted, unsalted shortening.
4. Sift the flour once before measuring.
5. Measure flour, soda, baking powder and salt. Sift together three times.
7. Cream the shortening. See Step 8—Page 5.
10. Add egg yolk and beat well.
11. Add the sifted dry ingredients alternately with the sour milk. See Steps 13-14-15—Pages 5 and 6.
12. Beat the egg white until stiff and fold into the batter. See Steps 16-17—Pages 6 and 7.
13. Pour into prepared muffin cups. Bake for 30 minutes in oven preheated to 375°.
JIFFY SPICE CAKE
(QUICK-MIX)

STEP NO. 1
Assemble Utensils and Ingredients:

Mixing Bowl—9-inch
Mixing Spoon
Set of Measuring Spoons
Measuring Cups
Cake Pan (Loaf)—8 in. x 11 in.

Flour Sifter
Food Scraper
Spatula
Waxed Paper

RECIPE

OCCIDENT FAMILY FLOUR
Sugar
Salt
Baking powder
Cinnamon
Cloves
Allspice
Soda
Nut meats
Raisins
Eggs
Sour cream
Melted shortening

1 3/4 cups sifted
1 cup
1/2 teaspoon
1 1/2 teaspoons
1 teaspoon
1/4 teaspoon
1/4 teaspoon
1/2 teaspoon
1/4 cup (chopped)
1/4 cup (cut)
2
1 cup
1 tablespoon
STEP NO. 2
Heat oven to 350° so that it will be correct temperature when cake is ready to be baked.

STEP NO. 3
Prepare baking pan by cutting a piece of waxed paper to exactly fit the bottom of the pan. Grease bottom of pan with melted shortening. Place the paper over the greased surface, and rub it well so that some grease adheres to the paper. Turn the paper over in the pan so that the oiled surface is up.

STEP NO. 4
Before measuring flour, sift once onto a sheet of waxed paper.

USE EXACT MEASUREMENTS
Be sure that all measurements are accurate. When measuring the flour, pile it lightly into the measuring cup...using a scoop or spoon to dip the flour.
In measuring small amounts of dry ingredients, fill measuring spoon heaping full, then level off with spatula or straight edge of knife.

STEP NO. 6
Add 1/4 cup crushed nuts and 1/4 cup cut-up raisins to the sifted dry ingredients.

STEP NO. 7
Add 1 tablespoon melted shortening, 1 cup sour cream and the 2 unbeaten eggs to the dry ingredients.

STEP NO. 8
Stir only until all ingredients are thoroughly blended. (Do not beat.)
STEP NO. 9
Scrape batter from sides of bowl and spoon. Pour into prepared baking pan.

STEP NO. 10
Now, if you desire, cover the batter with the "Cake Topping." (Recipe is given on this page.) This baked-on topping adds the "final touch" to the cake and is a delicious substitute for a regular frosting or icing.

STEP NO. 11
Bake for 40 minutes in oven preheated to 350°F. The oven should not be opened while cake is baking.

STEP NO. 12
Remove cake from oven and allow it to cool in the pan. If "Cake Topping" was not used, frost if desired, when cake has cooled.

CAKE TOPPING
Marshmallows  6
Brown sugar  ¼ cup

Cut each marshmallow into 4 slices and place on top of unbaked batter.
Sprinkle with ¼ cup of brown sugar.
**CHOCOLATE**

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<td>1 1/4 cups sifted</td>
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<td>Sugar</td>
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<td>Baking powder</td>
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<td>Cocoa</td>
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<td>Soda</td>
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<td>Egg</td>
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<tr>
<td>Vanilla</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Shortening (soft)</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Boiling water</td>
<td>1/2 cup</td>
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1. Assemble Utensils and Ingredients.
2. Heat oven to 375°.
4. Sift flour once before measuring.
5. Sift sugar, salt, sifted flour, baking powder, soda and cocoa together three times... final sifting being directly into mixing bowl.
6. Add unbeaten egg, vanilla, soft shortening, milk and boiling water.
7. Stir only until all ingredients are thoroughly blended. See Step 8—Page 11.

**PLAIN**

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<td>Sugar</td>
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<tr>
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<td>Salt</td>
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<tr>
<td>Baking powder</td>
<td>1 1/2 teaspoons</td>
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<tr>
<td>Vanilla</td>
<td>1 teaspoon</td>
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1. Assemble Utensils and Ingredients.
2. Heat oven to 375°.
4. Sift flour once before measuring.
5. Sift sugar, salt, sifted flour and baking powder together three times... the final sifting being directly into the mixing bowl.
6. Add unbeaten egg, vanilla, soft shortening and milk.
7. Stir only until all ingredients are thoroughly blended. See Step 8—Page 11.
9. Bake for 30 minutes in oven preheated to 375°. See steps 11-12—Page 12.
STEP NO. 1

Assemble Utensils and Ingredients:

- Mixing Bowl—at least 12 inches in diameter
- Measuring Cups—2
- Set of Measuring Spoons
- Flat Wire Whisk
- Flour Sifter
- Spatula
- Food Scraper
- Small Bowl for Egg Yolks
- Squares of Waxed Paper—3 (12-inch square)
- Tube Pan—9 inch

RECIPE

(This cake is 4 inches high in a 9-in. tube pan.)

- OCCIDENT FAMILY FLOUR ¾ cup sifted
- Powdered sugar 1 ½ cups
- Salt ¼ teaspoon
- Vanilla 1 teaspoon
- Cream of tartar 1 teaspoon
- Egg whites 1 ½ cups (about 12 eggs)
STEP NO. 2
Place the oven rack so that when baking, the cake will be as nearly in the center of the oven as possible. Heat oven to 400° so that it will be correct temperature when cake is ready to be baked.

STEP NO. 3
Before measuring, sift flour once onto a piece of waxed paper. Also sift powdered sugar once, onto another piece of waxed paper.

STEP NO. 4
Measure exactly 3/4 cup of the sifted flour; pile it lightly into the measuring cup . . . using a scoop or spoon to dip it. Measure 1 1/2 cups of the sifted powdered sugar. Place flour and sugar in sifter and sift together six times. Return to sifter.

STEP NO. 5
Separate the egg yolks from the egg whites—putting the whites into a measuring cup and the yolks in a small bowl. Then place the 1 1/2 cups of measured egg whites in the large mixing bowl.

STEP NO. 6
Add 1 teaspoon vanilla and 1/4 teaspoon salt to the egg whites.

STEP NO. 7
With a flat wire whisk, beat the egg whites until frothy. Egg whites have reached the frothy stage when the entire mass is foamy and they have taken on a white appearance.

STEP NO. 8
Sprinkle 1 teaspoon cream of tartar over the surface of the frothy eggs.

STEP NO. 9
Continue beating the egg whites—using long sweeping strokes and lifting the beater high—until they hold up in stiff, glossy peaks. The air bubbles are now very fine and even. It is absolutely necessary that the egg whites be beaten to this stage to secure the maximum volume and to incorporate the greatest amount of air.

Page 15
STEP NO. 10
Sift about 4 tablespoons of the flour and powdered sugar mixture over the fluffy eggs.

STEP NO. 11
Fold the flour and powdered sugar mixture in gently. Cut through the batter with the side of the wire whisk...lifting up a portion of the batter and turning it over. Repeat this motion four or five times.

FOLD...DO NOT BEAT
Use gentle strokes and as few as possible in combining the ingredients. Retaining the air in the egg whites is important to secure a finished cake of the greatest possible volume.

STEP NO. 15
Reset the oven control to 375° and bake for 30 minutes.
Cake is done if surface springs back when pressed lightly with finger.

STEP NO. 16
Remove cake from oven. Invert pan and let cake hang until it is thoroughly cold, or it will collapse from its own weight. Cooling will require about 1 1/2 to 2 hours.

Do not attempt to remove Angel Food from pan until it is entirely cool.

STEP NO. 17
Loosen the cold cake from pan by inserting spatula vertically around edge of pan and center tube. Carefully place cake on serving plate.

The cake may be dusted with powdered sugar or frosted, if desired.
STEP NO. 12
Continue sifting and folding in the balance of the flour and powdered sugar mixture, about 4 tablespoons at a time. Fold only until the dry ingredients and egg whites are evenly blended.

STEP NO. 13
Lift and tilt the bowl over the ungreased tube pan. Allow the batter to drop gently into the pan. Revolve the pan to distribute the batter evenly.

STEP NO. 14
Cut through the batter in the pan to remove any large air bubbles and to secure an uniformly grained cake.
SUNSHINE CAKE

1. Assemble Utensils and Ingredients.

2. Heat oven to 350°.


5. Add salt to egg whites and beat until frothy. See Step 7 — Page 15.

6. Add cream of tartar and beat until egg whites are stiff. See Step 9 — Page 15.

7. Add orange juice and grated rind to egg yolks and beat until very thick.

8. Fold the thick egg yolks into the stiffly beaten egg whites.

9. Fold the sifted flour and powdered sugar mixture into the egg mixture. See Steps 10-11-12 — Pages 16-17.


11. Bake for 50 minutes in oven preheated to 350°.

12. Remove cake from oven and invert pan until cake is entirely cool.
RECIPE

OCCIDENT FAMILY FLOUR
Baking powder
Eggs
Sugar
Salt
Lemon juice
Lemon rind (grated)

1. Assemble Utensils and Ingredients.
2. Heat oven to 350°.
3. Sift flour once before measuring.
4. Measure flour and baking powder. Sift together three times.
5. Separate egg yolks and whites. Beat egg yolks until thick.
6. Measure the sugar and gradually add to egg yolks. Continue beating vigorously.
7. Add salt, lemon juice and rind to egg and sugar mixture.
9. Fold the beaten sugar and egg yolk mixture into the stiff egg whites.
11. Pour into 8 x 13-inch loaf pan (ungreased).
12. Bake for 45 minutes in oven preheated to 350°.
13. Remove cake from oven and allow to cool in pan.
STEP NO. 1

Assemble Utensils and Ingredients:

- Mixing Bowl
- Set of Measuring Spoons
- Flour Sifter
- Measuring Cup
- Rotary Egg Beater
- Spatula
- Kitchen Knife
- Shallow Baking Pan (9 in. x 15 in.)
- Cooling Rack
- Wax Paper
- Clean Towel
- Mixing Spoon or Wire Whisk
- Food Scraper

RECIPE

- OCCIDENT FAMILY FLOUR
- Baking powder
- Eggs
- Salt
- Sugar
- Milk
- Lemon juice
- Jelly
- Powdered sugar

- 1 cup sifted
- 1 teaspoon
- 3
- ¼ teaspoon
- 1 cup
- 4 tablespoons (¼ cup)
- 1 teaspoon
- ½ cup
- 2 tablespoons
STEP NO. 2
Heat oven to 350° so that it will be correct temperature when cake is ready to be baked.

STEP NO. 3
Prepare baking pan by cutting a piece of waxed paper to fit the bottom of the pan. Grease pan with melted shortening. Place the paper over the greased surface, and rub it well so that some grease adheres to the paper. Turn the paper over in the pan so that the oiled surface is up.

STEP NO. 4
Sift flour once before measuring.

STEP NO. 5
Measure 1 cup sifted Flour and 1 teaspoon baking powder. Sift together three times. Return to the sifter.

STEP NO. 6
Place the 3 unbeaten eggs in the mixing bowl.

STEP NO. 7
Add 1/4 teaspoon salt and 1 teaspoon lemon juice to the unbeaten eggs. Beat well with the rotary beater.

STEP NO. 8
Measure 1 cup sugar and add about 1/4 of it to the egg mixture. Beat vigorously with rotary beater.

STEP NO. 9
Continue adding the balance of the sugar gradually—beating well until the mixture is thick.
STEP NO. 10
Measure ¼ cup of milk and add to the thick egg and sugar mixture. Blend.

STEP NO. 11
Gradually sift in the flour and baking powder ... gently folding with spoon or wire whisk until all ingredients are blended.
(Do not over-mix as this will toughen the cake.)

STEP NO. 12
Pour the batter into the prepared pan and spread evenly with the food scraper.

STEP NO. 16
Quickly remove the paper and trim off all the crusty edges of the cake so that it may be rolled without breaking.

STEP NO. 17
Spread ½ cup of softened jelly over the cake.

STEP NO. 18
Roll the cake immediately.
STEP NO. 13
Bake for 15 minutes in oven preheated to 350°.
Cake is done when it shrinks slightly from the sides of the pan, and if surface springs back when pressed lightly with finger.

STEP NO. 14
While cake is baking:
1. Dampen clean cloth with warm water and place on a flat surface.
2. Sprinkle damp cloth with 2 tablespoons of powdered sugar over an area the size of the cake.
3. If jelly is stiff, soften by stirring or warming.

Note: Be prepared to do Steps 15-16-17-18 quickly while cake is hot.

STEP NO. 15
Remove cake from oven. Loosen from sides of pan with spatula and turn out on the sugared cloth.

STEP NO. 19
Place, with over-lapped edge down, on rack to cool.
FROSTINGS

FUDGE

- Brown sugar: 1 cup
- White sugar: 1 cup
- Milk: ½ cup
- Chocolate: 2 squares
- Vanilla: 1 teaspoon
- Butter: 2 tablespoons
- Salt: Few grains
- Cream of tartar: ½ teaspoon
- Corn syrup: 1 tablespoon

1. Boil all ingredients, except vanilla and butter, to the soft ball stage (235°).
2. Let cool without stirring.
3. Add vanilla and butter.
4. Beat until of spreading consistency.

(If frosting becomes too stiff to spread readily, add few drops of cream.)

SEVEN-MINUTE

- Egg whites: 2
- Sugar: 1 ½ cups
- Water: 5 tablespoons
- Cream of tartar: ½ teaspoon
- Salt: Few grains
- Flavouring: 1 teaspoon

1. Place all ingredients, except flavoring, in the top of a double boiler over boiling water.
2. Beat constantly with rotary egg beater until stiff enough to hold up in peaks (7 to 9 minutes).
QUICK CARAMEL

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<tr>
<td>Butter</td>
<td>4 tablespoons</td>
</tr>
<tr>
<td>Top milk or cream</td>
<td>6 tablespoons</td>
</tr>
<tr>
<td>Brown sugar</td>
<td>¾ cup</td>
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<tr>
<td>Vanilla</td>
<td>½ teaspoon</td>
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<tr>
<td>Powdered sugar</td>
<td>1 cup (approximately)</td>
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1. Melt butter in sauce pan.
2. Add brown sugar and melt again.
3. Add cream and bring to a vigorous boil. Boil one minute.
5. Add vanilla. Continue adding powdered sugar until frosting is of spreading consistency.

CITRUS FILLING

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<tr>
<td>Sugar</td>
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<td>OCCIDENT FAMILY FLOUR</td>
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<tr>
<td>Grated orange or lemon rind</td>
<td>1 teaspoon</td>
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<tr>
<td>Orange or lemon juice</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Egg</td>
<td>1</td>
</tr>
<tr>
<td>Salt</td>
<td>¼ teaspoon</td>
</tr>
<tr>
<td>Butter</td>
<td>1 teaspoon</td>
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1. Melt butter in small pan.
2. Add remaining ingredients which have been beaten together well.
3. Cook over low heat until mixture is thickened. Stir constantly.
4. Cool and spread between layers of cake.
Generally speaking, there are two types of cakes: the shortening type and the sponge type. All cakes fall into one or the other of these two groups.

I. Shortening Type.
All cakes that have fat in them belong to this group. The methods of mixing these cakes are given on pages 3 through 12 of this Photo-Method.

II. Sponge Type.
Cakes that have an egg foundation belong to this group. The methods used in mixing these cakes are entirely different from the shortening type. Mixing and baking manipulation determines to a great extent the volume and texture of these cakes, which are dependent on expansion of air and steam for leavening. The methods of mixing these cakes are given on pages 14 through 23.

Shortening Type Cakes:
- BASIC CAKE: Page 3
- Lady Baltimore (White): Page 8
- Chocolate Cup Cakes: Page 9
- JIFFY SPICE CAKE (Quick-Mix): Page 10
- Jiffy Chocolate: Page 13
- Jiffy Plain: Page 13

Sponge Type Cakes:
- ANGEL FOOD: Page 14
- Sunshine: Page 18
- Sponge: Page 19
- JELLY ROLL: Page 20

Frostings:
- Cake Topping: Page 12
- Fudge: Page 24
- Seven-Minute: Page 24
- Quick Caramel: Page 25
- Citrus Filling: Page 25
HERE ARE TWO OTHER PHOTO METHODS YOU SHOULD OWN

... One is for Bread, the other for Rolls and roll variations. Every step is easy to understand and follow, and we guarantee your finished baking results!

If you do not have the Photo-Method for Bread or the Photo-Method for Rolls, send for your copy today. Write Virginia Roberts, Occident Home Baking Institute, Minneapolis, Minn. Specify whether you wish the Photo-Method for Bread, the Photo-Method for Rolls, or both.

PHOTO-METHOD FOR BREAD MAKING

Actual photographs show just what to do from start to finish to make light, tender, delicious bread. Every detail of mixing, kneading, rising, shaping into loaves, and baking is shown by pictures. Even if you've never baked before, you can make excellent bread the very first time when you use the Photo-Method for Bread and Occident Flour.

PHOTO-METHOD FOR ROLLS

It's such fun to make tender, appetizing rolls and other good things by following the Photo-Method. Directions are given for two types of dough... Basic Roll Dough and Refrigerator Roll Dough. From either one you can make tempting Pan Rolls and Cloverleaf Rolls, delicious Butter-scotch Rolls, and a fancy Tea Ring. Step-by-step pictures make it amazingly simple... even for a beginner!