The basis of these recipes is OCCIDENT Special Patent Flour. OCCIDENT, because of its unusual purity and strength, absorbs more liquid than any other flour. Scant cups of Occident equal full cups of other flour. Always measure Occident Flour after sifting. All measurements given in Occident Recipes are level.

CAKES

Ingredients
For Cake-Making Select Only the Best Materials
Use
OCCIDENT FLOUR

Cake-Making
Success in Cake-Making Depends Upon
A Good Recipe
Good Ingredients
Accurate Measurements
Careful Mixing
Careful Baking—Correct oven temperatures

Measurements
All measurements given in OCCIDENT RECIPES are level
Flour should always be sifted before measuring
4 cups OCCIDENT Flour = 1 pound
3 teaspoons = 1 tablespoon  2 cups = 1 pint
16 tablespoons = 1 cup  4 cups = 1 quart

Abbreviations
1 c. = 1 cup
tsp. = teaspoon  tbsp. = tablespoon

Equivalents
3/4-3/8 cup OCCIDENT Flour = 1 cup pastry
5 eggs = 1 cup  Use 2 tablespoons baking powder to 1 cup flour
8 egg whites = 4 eggs
5 eggs = 1 cup
tablespoons baking powder to 1 cup flour
1 cup chocolate to secure reddish brown color.

Score Card For Cake

General Appearance - - - - - - - - - - - - 10
Crust (color, depth, texture) - - - - - - - - 15
Texture (grain, lightness, moisture, tenderness 35
Flavor - - - - - - - - - - - - - - - - - - - 40

Total - - - - - - - - - - - - - - - - - - - 100

General Appearance—Flat or slightly rounded over top.
Crust—Slightly crisp, evenly browned, not too thick.
Textures—Fine even grain, crumb moist and springs to touch.
Flavor—Well blended.

Baking

Oven Temperatures

<table>
<thead>
<tr>
<th>SLOW</th>
<th>MODERATE</th>
<th>HOT</th>
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<tbody>
<tr>
<td>250°F.- 325°F.- 350°F.</td>
<td>350°F.- 375°F.- 400°F.</td>
<td>400°F.- 375°F.- 400°F.</td>
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</tbody>
</table>

Sponge Cake 1 hour
Angel Cake 1 hour
Layer Cake 25 min.
Cup Cakes 30 min.
Soft Cookies 10 min.
Fruit Cake (small) 1½ hours
Gingerbread 35 min.
Loaf Cake 45 min.
Pound Cake 1½ hours
Drop Cookies 15 min.
Sugar Cookies 10 min.
Filled Cookies 12 min.
Division of Time For Baking Cake
First Quarter—Cake Mixture begins to rise.
Second Quarter—Continues to rise and begins to brown.
Third Quarter—Finishes rising and continues to brown.
Fourth Quarter—Finishes baking and shrinks from pan.

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

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

Cake Difficulties

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

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

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

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

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

Type of Cake

Shortened—Butter
Unshortened—Sponge

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

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

Method of Mixing

Shortened (Butter) Cake

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

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

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

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

METHOD—Cream butter, add sugar gradually, and cream well. Add the 2 egg yolks and beat until creamy. Add baking powder and salt to flour and sift. Add milk and flour alternately to mixture. Add flavoring. Fold in beaten egg whites. Place in well greased layer pans.

BAKE—20 minutes in moderate oven (350° F.).

VARIATIONS OF PLAIN BUTTER CAKE

White Cake—Use 4 egg whites.
Yellow Cake—Use 4 egg yolks and 2 tablespoons less flour.
Chocolate Cake—Use 2 squares chocolate, 3 tablespoons less of flour.
Spice Cake—Use 1/2 teaspoon cinnamon, 1/2 teaspoon cloves, nutmeg, and allspice combined.
Fruit Cake—Use 1/4 cup raisins, 1/4 cup currants, 1/4 cup citron.
Nut Cake—Use 1/4 cup nut meats.

WHITE CAKE

3 cups OCCIDENT Flour
2 cups sugar
1/2 cup butter
1 cup milk or water
1 teaspoon vanilla
1 tablespoon corn starch
5 egg whites
3 teaspoons baking powder

METHOD—Mix same as Butter Cake.

BAKE—1 hour in moderate oven (325° - 350° F.). Large loaf cake or bake in layers.

WHITE NUT CAKE

3 cups OCCIDENT Flour
1 cup cold water
3/4 cup egg whites
2 cups sugar
1/4 cup butter
1 teaspoon lemon extract
3 teaspoons baking powder
3/4 cup nuts

METHOD—Cream the butter, add the sugar gradually and cream together. Sift the dry ingredients together and add alternately with the water, add the extract and nut meats. Fold in the beaten whites last. Bake in layers in a moderate oven at 350° F. for about 25 minutes.

GOLD CAKE

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

METHOD—Cream butter and add sugar gradually, add well beaten egg yolks. Add alternately the milk and sifted dry ingredients. Add flavoring.

BAKE—in well greased loaf pan. Moderate oven (350° F.) 50 minutes.

LADY BALTIMORE CAKE

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

METHOD—Mix same as butter cake. Turn into well greased layer tins.

BAKE—Moderate oven (350° F.) about 25 minutes.

Use Lady Baltimore Fruit and Nut Filling.
FRUIT AND NUT FILLING

3 cups sugar  1/8 teaspoon cream of tartar
1/2 cup chopped pecans  1 cup water
1/8 teaspoon salt  3 figs
3 egg whites  1/2 cup seeded raisins

METHOD—Put sugar, water, cream of tartar in same pan and let boil until it threads. Pour on beaten egg whites. Add fruit, nuts, and salt to half the mixture. Use fruit mixture for filling and the remainder for frosting cake.

PINK AND WHITE BIRTHDAY CAKE

White Part

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

Pink Part

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

METHOD—Mix white and pink parts separately. In each case cream the butter, add sugar, and cream together. Add milk alternately with the flour sifted with the baking powder. Add vanilla and fold in beaten egg whites.

Pink Part—Use vegetable coloring to make pink, 3/4 to 1 teaspoon, and add to the batter after the flour has been mixed thoroughly. Fold in beaten egg whites.

BAKE—In 3 layers about 20 minutes at 375° - 400° F. Use boiled frosting between layers and on top and sides, coloring part of it pink to decorate.

DELICATE CAKE

3 1/4 cups OCCIDENT Flour  1/2 cup milk
1 cup sugar  1/2 teaspoon cream of tartar
1/2 cup butter  1/2 teaspoon soda
4 egg whites  1 teaspoon vanilla

METHOD—Cream the butter and sugar together. Sift the dry ingredients together and add alternately with the milk. Add the vanilla and fold in the stiffly beaten egg whites last.

BAKE—In a moderate oven, 375° F. about 20 minutes, in layers.

YELLOW PEACH CAKE

2 1/4 cups OCCIDENT Flour  1 1/2 cup sugar
8 egg yolks  1 teaspoon baking powder
3/4 cup cold water  1 teaspoon almond extract


PEACH MERINGUE FILLING

4 egg whites  2 large peaches
3/4 cup powdered sugar

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

1 1/4 cups OCCIDENT Flour
1 cup sugar
3/4 cup butter
1/2 teaspoon lemon flavoring
1/4 teaspoon salt

METHOD—Cream butter, add sugar gradually and cream together, add flavoring, milk alternately with flour sifted with salt and baking powder. Fold in the whites beaten until stiff and add flavoring. Bake in two layers about 20 minutes at 375° F. Frost with seven-minute icing and sprinkle with freshly grated cocoanut.

SOUR CREAM NUT CAKE

1 1/4 cups OCCIDENT Flour
1 cup sugar
2 eggs
3/8 cup sour cream
1/4 teaspoon salt
1/2 cup walnut meats
1/2 teaspoon baking powder
1/2 teaspoon soda
1 teaspoon lemon extract

METHOD—Beat sugar, egg yolks, and cream together until light. Sift flour, soda, salt, and baking powder together and add alternately with sour cream. Then add flavoring and nut meats. Fold in stiffly beaten whites. Bake in a loaf pan at 350° F. about 40 minutes.

ORANGE CAKE

2 1/4 cups OCCIDENT Flour
1 1/2 cup shortening
1 1/2 cups sugar
2 eggs
Grated rind of orange
1/3 cup milk
1/4 teaspoon salt
1 teaspoon lemon extract

METHOD—Cream the shortening. Add the sugar gradually, creaming until light and fluffy. Beat the eggs and add them to the creamed mixture, add the orange juice and rind, mix and sift the remaining dry ingredients, and add part of the flour. Mix well and add the milk alternating with the remainder of the flour. Pour into a square or oblong pan, and bake in a moderate oven (350° - 375° F.), 45 to 60 minutes. When cold cover with orange cream icing.

HOLIDAY POUND CAKE

3/4 cup OCCIDENT Flour
1/2 cup butter
1/2 cup sugar
1 1/2 teaspoons baking powder
2 tablespoons currants
4 egg yolks
2 tablespoons cream
1/4 teaspoon mace
2 tablespoons citron

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

BAKE—Moderate oven (350° F.) one hour.

DEVILS FOOD CAKE

2 1/4 cups OCCIDENT Flour
1 1/2 cups sugar
1 1/2 cups milk
3 squares chocolate
1 1/2 teaspoons vanilla
1 1/4 teaspoons soda
3 egg yolks
1 teaspoon baking powder
1/4 teaspoon salt
3/8 cup butter

METHOD—Boil milk and chocolate together until it thickens. Cream butter and sugar together. Add vanilla and yolks and mix thoroughly. Then add chocolate mixture that has cooled, adding alternately with the flour sifted with baking powder, salt, and soda. Bake in three layers at 375° F., about 20 minutes, or in a square loaf pan at 350° F., about 40 minutes. Cover with a thick layer of boiled frosting. Melt two squares bitter chocolate and spread a thin coating over the frosting.
DEVILS FOOD CAKE (Sour Cream)

1 1/2 cups OCCIDENT Flour
1/2 cup shortening
1 cup sugar
2 squares chocolate
1 teaspoon baking powder

METHOD—Cream shortening and add sugar, then add egg yolks. Melt chocolate in the hot water, add to above mixture, then add vanilla, sour cream, flour sifted with salt, soda, and baking powder. Fold in the beaten egg whites. Bake in a loaf at 350° F. 40 minutes or in layers at 375° F. for 20 minutes. Frost with boiled icing or butter sugar icing.

CHOCOLATE CAKE

1 1/2 cups OCCIDENT Flour
1/2 cup butter
1 cup sugar
2 eggs
2 teaspoons baking powder

METHOD—Cream butter, add sugar gradually, add egg yolks, melted chocolate, beat well, add vanilla. Sift dry ingredients and add alternately with milk. Fold in stiffly beaten egg whites.

BAKE—At 350° F. in layers for twenty minutes.

CHOCOLATE BALLS

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

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

POTATO CAKE

1 1/2 cups OCCIDENT Flour
1 cup milk
2 squares chocolate
2/3 cup mashed potatoes
2 eggs
1/3 cup butter
1/2 cup raisins
1/2 cup walnut meats

METHOD—Boil milk and chocolate together until it thickens, add mashed potatoes and the dates (cut in pieces). Let stand until cool. Cream shortening, add sugar, and cream together, add eggs well beaten, vanilla, flour sifted with soda and baking powder. Add nut meats to which has been added one tablespoon of the flour. Bake in layers at 375° F. or in a shallow loaf pan at 350° F. Bake layers about 25 minutes and loaf about 45 minutes.

SPICE CAKE

1 1/2 cups OCCIDENT Flour
1 cup sugar
1/2 cup shortening
2 eggs
2 teaspoons cinnamon
1 cup sour milk

METHOD—Cream shortening, add sugar, cream well. Add well beaten eggs. Add sour milk alternately with flour sifted with spices, soda, and baking powder, raisins dredged in 1/3 tablespoon of flour.

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

- 2 cups OCCIDENT Flour
- 1 1/2 cups shortening
- 1 cup sugar
- 1 egg
- 1/2 cup raisins
- 1/2 cup walnut meats

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

PORK AND FRUIT CAKE

Over 1 pound fresh solid fat pork (which has been ground) pour 2 cups of boiling coffee. Let cool and add:

- 5 cups OCCIDENT Flour
- 2 cups dark molasses
- 1 cup brown sugar
- 1 pound seedless raisins
- 1 pound currants
- 1 pound English Walnut meats

This makes 2 large or 3 small cakes, which will keep several months. Bake in moderate oven (350° F.) about 1 hour.

BROWN SUGAR CAKE

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

METHOD—Cream the butter and sugar. Add the well beaten egg yolks. Sift the dry ingredients together, including the spices, and add alternately with the milk. Fold in the floured dates using some of the 1 1/2 cups called for. Fold in beaten egg whites last. Bake in a moderate oven at 350° F. one hour.

ENGLISH FRUIT CAKE

- 3 cups OCCIDENT Flour
- 1 1/2 cups butter
- 2 cups sugar
- 1 teaspoon nutmeg
- 1 teaspoon cinnamon
- 1/2 pound citron

METHOD—Cream butter, add sugar gradually and egg yolks well beaten. Mix and sift dry ingredients. Add alternately with cider. Add fruit and fold in stiffly beaten whites. Put in two loaf pans.

BAKE—About 2 hours in moderate oven (350° - 375° F.).

AMOUNT—Makes four pounds and will keep moist for some time under favorable conditions. (Light cream may be used in place of cider.)

WHITE FRUIT CAKE

- 3 cups OCCIDENT Flour
- 1 cup butter
- 2 cups sugar
- 4 eggs
- 1 cup chopped nut meats
- 1 1/2 cups dates
- 1 cup figs

METHOD—Cream butter, add sugar, and cream together thoroughly. Add egg yolks and beat mixture thoroughly. Add milk alternately with the flour sifted.
with the baking powder. (Reserve about one-half cup of the flour to mix with the fruit.) Add fruit and nut meats, then add well beaten whites. Bake in one large loaf or two small loaves. Bake at 300° F. for 30 minutes then reduce temperature and bake one hour longer.

**CHRISTMAS FRUIT CAKE**

1 ½ cups OCCIDENT Flour
1 cup butter
1 cup granulated sugar
1 cup brown sugar
3 eggs
¼ teaspoon cloves
¼ teaspoon allspice
¼ teaspoon cinnamon
¼ teaspoon mace
¼ teaspoon salt
Grated rind of ¼ lemon

**METHOD**—Wash and dry the raisins and dates. Pit and cut the dates in half. Blanch almonds, cut almonds and pecans in half. Cream butter and sugar thoroughly, add eggs stirring in one at a time. Add spices, grape juice, and the flour mixed with the baking powder and salt (reserve about three tablespoons of the flour to mix with the fruit and nuts). Add fruit and nut meats. Fill baking pan about ¾ full of the mixture on which arrange cherries and blanched almonds in flower fashion or in rows. Bake in a slow oven or at 230° F. If made in two loaves bake about two or two and one-half hours.

**SODA FRUIT CAKE**

3 ½ cups OCCIDENT Flour
1 cup butter
2 cups sugar
1 teaspoon cinnamon
1 teaspoon cloves
2 teaspoons cream of tartar

**METHOD**—Mix as plain cake.

**BAKE**—45 to 50 minutes in moderate oven (350° F.).

### Suggestions For Making Sponge Cake

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

**SPONGE CAKE**

⅔ cup OCCIDENT Flour
6 eggs
1 cup sugar
½ grated lemon rind

**METHOD**—Beat egg yolks until thick. Add sugar gradually. Add lemon juice and rind. Beat well. Beat egg whites with salt and cream of tartar. Sift flour five times with baking powder. Fold in part of egg whites. Add flour, folding carefully, and the remaining whites.

**BAKE**—1 hour in slow oven (300° - 325° F.). Invert pan and let stand until cool.
SUNSHINE CAKE

1/2 cup OCCIDENT Flour
7 egg whites
5 egg yolks

METHOD—Add salt to egg whites, beat about half and add cream of tartar and beat very light. Add sugar gradually, add well beaten egg yolks. Add flour and flavoring. Bake in tube pan.

BAKE—40 to 50 minutes in moderate oven (350° F.).

ANGEL FOOD CAKE

7/8 cup OCCIDENT Flour
1 1/4 cups egg whites
1/4 teaspoon salt
1 1/2 cups granulated sugar

METHOD—Add salt to white of eggs. When half beaten add cream of tartar. Continue to beat and when stiff add sugar slowly. Add flavoring. Fold in flour (sifted four to six times). Place in a tube pan.

BAKE—1 hour at 275° F. for 30 minutes, 325° F. remaining time. Invert and cool.

CHOCOLATE ANGEL FOOD CAKE

Use Angel Food Cake Recipe. Take out 2 tablespoons flour and sift 6 tablespoons cocoa with remaining flour.

ECONOMY SPONGE CAKE

1 cup OCCIDENT Flour
4 eggs separated
1/2 cup water

METHOD—Beat egg yolks very light, add water and sugar alternately, and beat constantly. Beat until the mixture is very light and lemon colored. Add flavoring, then add the flour sifted three times. Add salt to whites, beat until frothy, and add cream of tartar, beat until stiff but not dry. Fold whites into the mixture. Bake in an ungreased angel cake pan until done or about an hour at 325° F. Turn pan upside down on cake cooler until cold, then carefully remove cake from pan.

JELLY ROLL

7/8 cups OCCIDENT Flour
1 cup sugar
1 teaspoon baking powder

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

GOLDEN SPONGE CAKE (Yolks Only)

1/2 cup OCCIDENT Flour
1/2 cup yolks
1/2 cup cold water
1/2 grated rind of 1 orange

Beat yolks until light and fluffy. Beat while adding sugar and water, then the orange juice and rind. Sift baking powder, salt and flour together and fold into the mixture. Bake in an ungreased square shallow pan 35 minutes at 350° F. Frost with Orange Fondant Icing.
UP SIDE DOWN CAKE

7/8 cup OCCIDENT Flour
1 cup sugar
1 teaspoon baking powder
1/4 cup salt
1 cup brown sugar
1 cup pineapple
1 teaspoon vanilla
2 eggs separated
1/4 cup cold water
1/4 cup nutmegs

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

ICINGS

BOILED ICING
1 cup sugar
1/3 cup water
2 egg whites
1/2 teaspoon vanilla

METHOD—Mix sugar and water and cook over double boiler until syrup threads. Beat egg whites stiff. Pour syrup into egg whites, beating constantly. Add flavoring.

MARSHMALLOW ICING
1 1/3 cups sugar
1 tablespoon cornstarch
1/2 cup cold water
6 marshmallows
1 egg white
Flavoring

METHOD—Mix sugar, water, and cornstarch. Boil until the mixture threads and add marshmallows. Beat egg white stiff. Add syrup to egg white, beating constantly. Add flavoring.

CHOCOLATE ICING
1 cup sugar
1/4 cup milk
2 squares chocolate
1 tablespoon butter
1 egg
Flavoring

METHOD—Beat egg until thick, add sugar, butter, melted chocolate and milk. Cook in double boiler until thick. Flavor.

FLUFFY ICING
1 cup brown sugar
1 cup white sugar
1 tablespoon corn syrup
1 cup water
2 egg whites
1/2 teaspoon vanilla

METHOD—Mix brown and white sugar, add water and corn syrup, and cook over double boiler until syrup threads. Beat whites of eggs stiff. Gradually add syrup to whites of eggs, beating constantly. Add vanilla.

MOCHA FROSTING
1/3 cup butter
1 cup powdered sugar
1 tablespoon boiled coffee
1/4 cup almonds

METHOD—Cream butter, add sugar gradually. Add coffee, a few drops at a time, keeping mixture creamy. Spread on cake and sprinkle on almonds.

CARMEL FROSTING
1 1/3 cups sugar
2/3 cup maple sugar
1/2 cup cream
1/2 cup butter

METHOD—Mix ingredients and boil 15 minutes. Beat until right consistency to spread.
SEVEN-MINUTE ICING

1 unbeaten egg white
\(\frac{3}{8}\) cup granulated sugar
3 tablespoons cold water
\(\frac{1}{2}\) teaspoon flavoring extract

METHOD—Place all the ingredients in the top of a double boiler. Place over boiling water and beat with beater for seven minutes. Add flavoring, beat, and spread on cake.

CHOCOLATE—Add to above one and one-half ounces melted unsweetened chocolate two minutes before taking from fire.

COFFEE—Use cold boiled coffee in place of water.

COCOANUT ICING

\(\frac{3}{4}\) cup sugar
3 tablespoons water
2 egg whites

METHOD—Put sugar, water, egg whites, and cream of tartar into top of double boiler. The water in the lower part should be kept boiling. Beat mixture with egg beater 8 to 10 minutes. Add flavoring and remove from fire. Add \(\frac{1}{2}\) of the cocoanut to \(\frac{1}{2}\) of the icing and spread between the layers. Spread the remainder of icing on top and sides and sprinkle with the remaining cocoanut.

YELLOW JACKET ICING

2 egg yolks
6 marshmallows

METHOD—Beat egg yolks until thick and lemon colored. Pour on gradually syrup made of sugar, corn syrup, and water, which has been cooked until it will spin a thread. Add marshmallows and beat stiff enough to pile.

PINEAPPLE FROSTING

To a cupful of crushed pineapple add 1 tablespoon of lemon juice and enough sifted confectioner’s sugar to make a frosting that will remain in place on the cake.

BUTTER SUGAR ICING

\(\frac{1}{2}\) cups confectioner’s sugar
4 tablespoons butter
1 teaspoon vanilla

Cream the butter, add part of the sugar, then a little of the cream and the vanilla, add rest of sugar and enough of cream to moisten.

ORANGE CREAM ICING

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

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

CHOCOLATE CREAM ICING (Uncooked)

1 cup granulated sugar
1 cup thick cream
\(\frac{3}{8}\) cup cocoa
\(\frac{1}{2}\) teaspoon vanilla

Mix sugar and cocoa together thoroughly. Add the heavy cream and vanilla. Chill in the refrigerator for one hour. Beat with a dover egg beater until thick. Spread on cake.

CHOCOLATE MARSHMALLOW FROSTING

Add to any boiled frosting, while still warm 24 marshmallows cut in small pieces. Fold over and over until stiff enough to hold its shape. Spread over this frosting a thin layer of unsweetened chocolate, using the back of a teaspoon.
ORNAMENTAL FROSTING (Uncooked)

Whites of two eggs
Sifted confectioners sugar
1 tablespoon lemon juice

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

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

LEMON FILLING

2 1/2 tablespoons OCCIDENT Flour
1 cup sugar
1 egg
1 teaspoon butter
Grated rind of 2 lemons
1/4 cup lemon juice

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

CHOCOLATE FILLING

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

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

APPLE FILLING

2 apples
1 cup sugar
1 lemon

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

WHIPPED CREAM FILLING

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

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

ORANGE FILLING

2 1/2 tablespoons OCCIDENT Flour
1/2 cup sugar
1/2 orange rind
1/4 cup orange juice
1/4 teaspoon salt
1 teaspoon butter
1 tablespoon lemon juice
1 egg slightly beaten

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

FIG FILLING

1/2 pound figs finely chopped or ground
1/3 cup sugar
1/3 cup boiling water
1 tablespoon lemon juice

Mix ingredients in the order given and cook in a double boiler until thick enough to spread. Spread while hot.