WOULD YOU LIKE TO MAKE

GOOD CAKE?
LADY BALTIMORE CAKE

CAKE

\[
\begin{align*}
\frac{3}{4} & \text{ cup sugar} \\
\frac{1}{2} & \text{ cup butter} \\
\frac{1}{2} & \text{ cup milk} \\
\frac{1}{2} & \text{ teaspoonful vanilla} \\
& 3 \text{ whites of eggs}\quad \text{beaten stiff}
\end{align*}
\]

Cream butter and sugar, add milk, vanilla and flour. Lastly, add the beaten egg whites. Bake in 3 nine inch Washington pie plates.

FILLING

\[
\begin{align*}
\frac{3}{4} & \text{ cup sugar} \\
\frac{1}{4} & \text{ cup water} \\
& 2 \text{ whites of eggs beaten stiff, add:}
\end{align*}
\]

Boil until it spins a thread, and stir into the boiling syrup:

\[
\begin{align*}
& \frac{1}{4} \text{ cup chopped walnut meats} \\
& \frac{1}{4} \text{ cup chopped dates or raisins}
\end{align*}
\]

Spread between the layers of the cake, and frost all over with a white icing.

SPONGE CREAM PIE

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\begin{align*}
3 & \text{ eggs—beat five minutes} \\
1 & \text{ cup sugar—beat three minutes} \\
\frac{1}{2} & \text{ cup cold water} \\
& 1 \text{ cup Reliable Prepared Flour}
\end{align*}
\]

Bake in Washington pie plates, and place between the layers any of the various vanilla, chocolate, orange or pineapple fillings.

ROXBURY CAKES

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\begin{align*}
\frac{1}{2} & \text{ cup sugar} \\
\frac{1}{2} & \text{ cup milk} \\
2 & \text{ yolks of eggs} \\
& \frac{1}{2} \text{ cup Reliable Prepared Flour} \\
1 & \text{ teaspoonful cinnamon} \\
\frac{1}{2} & \text{ teaspoonful cloves} \\
\frac{1}{2} & \text{ teaspoonful nutmeg} \\
& \frac{1}{2} \text{ cup seeded or chopped raisins}
\end{align*}
\]

Cream all together, add:

\[
\begin{align*}
& 2 \text{ whites of eggs—beaten stiff}
\end{align*}
\]

Bake in small cups or fancy tins. Frost with vanilla icing.

These cakes are sometimes ornamented with the same frosting, tinted with melted chocolate and put on with a confectioner’s tube.
RELIABLE APPLE SAUCE CAKE

1 cup sugar  
\( \frac{1}{2} \) cup chopped raisins
\( \frac{1}{2} \) cup butter  
\( \frac{1}{2} \) teaspoonful each, cinnamon, nutmeg and cloves
1 egg  
1 cup unsweetened apple sauce
\( \frac{1}{2} \) level teaspoonful soda (dissolved \( \frac{1}{4} \) cup pastry flour in the apple sauce)
\( \frac{1}{2} \) cup Reliable Prepared Flour

CABINET CAKE

2 cups sugar  
\( \frac{1}{2} \) level teaspoonful mace
\( \frac{1}{2} \) cup butter  
4 eggs  
1 teaspoonful vanilla  
\( \frac{1}{2} \) cup Reliable Prepared Flour
\( \frac{1}{2} \) cup milk

CURRANT CUP CAKES

\( \frac{3}{4} \) cup sugar  
\( \frac{1}{6} \) cup butter  
4 eggs  
\( \frac{1}{2} \) cup milk  
1 level teaspoonful mace
Baked in small muffins or fancy cake tins in a moderate oven

DELICATE CAKE

2 cups sugar  
1 cup butter  
3 eggs  
1 cup milk
1 teaspoonful vanilla or lemon
\( \frac{3}{4} \) cup pastry flour
\( \frac{1}{2} \) cup Reliable Prepared Flour

ANNIE'S PLAIN CAKE

\( \frac{1}{2} \) cup sugar  
\( \frac{1}{4} \) cup butter  
1 egg  
\( \frac{3}{4} \) cup milk
1 teaspoonful vanilla  
1 cup Reliable Prepared Flour
\( \frac{3}{4} \) cup pastry flour

MARBLE CAKE No. 2

2 cups sugar  
\( \frac{3}{4} \) cup milk
\( \frac{1}{2} \) cup butter  
2 eggs
2 cups Reliable Prepared Flour
1 cup pastry flour

Mix as for plain cake; divide in two parts. Add 3 tablespoonfuls powdered chocolate to one part and 1 teaspoonful vanilla to the other part. Drop by spoonfuls, first the light then the chocolate, until the pan is full enough. Will make two brick loaves.
PEARL CAKE

1 1/2 cup sugar 1/2 teaspoonful almond
3/4 cup butter 1 cup milk
3/4 cup white of eggs 1 1/2 cup Reliable Prepared Flour
1/2 teaspoonful vanilla

Bake in a moderate oven. Ice with soft vanilla icing.

GOLD CAKE

1 cup sugar 1 teaspoonful lemon
1/2 cup butter 1/2 cup milk
1 whole egg 1/4 cup pastry flour
4 egg yolks

YELLOW RAISIN CAKE

2 cups sugar 2 3/4 cups pastry flour
1 cup butter 1 cup Reliable Prepared Flour
5 eggs 2 cups floured Sultana raisins
1 1/2 cup milk 1/2 level teaspoonful mace

BOSTON FRUIT CAKE

2 cups sugar 1 cup milk
3/4 cup butter 2 1/2 cups pastry flour
4 eggs 1 1/2 cup Reliable Prepared Flour
1 teaspoonful cinnamon 2 cups chopped Muscatel raisins
3/4 teaspoonful each of cloves and nutmeg 1/2 cup cut citron
1 tablespoonful molasses

NUT CAKE

1 1/2 cup sugar 1 1/2 cup Reliable Prepared Flour
3/4 cup butter 1 1/2 cup Reliable Prepared Flour
3 eggs 1 cup chopped pecan
1 cup milk or walnut meats
1 tablespoonful vanilla

Frost with vanilla icing.

DOUGHNUTS

1 egg 1/4 level teaspoonful nutmeg
1 cup sugar 1/4 level teaspoonful cinnamon
1 cup milk 2 3/4 cups pastry flour
2 teaspoonfuls melted butter
1 level teaspoonful salt 2 cups Reliable Prepared Flour
THE "RELIABLE" METHOD OF CAKE MAKING

Use the "Cooking School" measuring cup, which is divided into thirds and quarters, in measuring; which is here illustrated. An accurate cup will be sent you from our main office on receipt of six cents in stamps. To measure flour, sift and fill the cup rounding full with a spoon, and level with a case knife. In measuring butter and lard, pack solidly into the cup and level.

The sugar should be measured first and placed in the mixing bowl, then sift and measure the flour and place in a separate dish, to be ready when wanted. The butter should be measured and placed with the sugar in the mixing bowl. The measuring cup can now be used for the milk which can remain in it until it is wanted.

Have the butter soft enough to cream; rub the butter and sugar together with the hand in an earthen bowl until light and creamy. Cream in the eggs, one at a time, without beating. Then add the spice or flavor and milk, then the flour, and, last of all, fruit or nuts, if any are to be used.

When baking a cake divide the time into quarters. At the end of the first quarter it should be somewhat risen with bubbles on the top; the second quarter finds it well risen and beginning to brown, at the end of the third quarter it is "set" and evenly but lightly browned. The end of the last quarter should find the cake ready to take from the oven.

The richer the cake, the slower the heat required in baking. If you bake a rich cake in a hot oven, the outside becomes cased at the beginning, and as the heat reaches the center the expansion of the mixture causes it to force its way through, and thus bursts the cake.

RELIABLE FLOUR CO.'S PREPARATIONS:

Reliable Prepared Flour
Reliable Prepared Graham (Entire Wheat)
Reliable Prepared Corn Cake
BEHIND THE ORANGE PACKAGE

Is the guarantee of the best and highest grade flour milled from wheat selected from the best wheat fields of the country; pure grape cream of tartar and bicarbonate of soda, the purest and most healthful leavening known to science.

RELIABLE PREPARED FLOUR

IS

A BISCUIT FLOUR
A CAKE FLOUR
A GRIDDLE-CAKE FLOUR

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