ROYAL BAKING GUIDE

Including

- Standard Recipes
- Baking Temperatures
- Amount Each Recipe Makes
- Caloric Value of Each Recipe
- 100 Calorie Portion Chart
- Discussion of Ingredients
- High Altitude Changes
- Common Causes of Failure

Published by
Educational Department
Royal Baking Powder Company
NEW YORK, N.Y.
STANDARD RECIPE FOR BAKING POWDER BISCUITS

2 cups flour—790 Cal.
4 teaspoons Royal Baking Powder
\( \frac{1}{2} \) teaspoon salt
2 tablespoons shortening—226 Cal.
\( \frac{1}{4} \) cup milk—128 Cal.

**SIFT** together flour, baking powder and salt. Add shortening and mix in thoroughly with steel fork. Add liquid slowly to make soft dough. Roll or pat out with hands on floured board to about one-half inch in thickness. Cut with biscuit cutter, first dipped in flour. Place on slightly greased pan and bake in hot oven (475° F.) 10 to 12 minutes. If a shorter biscuit is desired, use 3 or 4 tablespoons shortening. For a crisp brown crust, dot each biscuit with small piece of butter just before baking.

Makes 14 medium size or 20 small biscuits.

**CALORIE DISTRIBUTION**—Protein—126 Cal., Carbohydrate—706 Cal., Fat—312 Cal.

**100 CALORIE PORTION** = 2 small biscuits.

Biscuits when properly made are quickly and lightly handled. The dough is never kneaded.

If desirable, Royal Biscuits can be made, placed on pans and put into refrigerator until ready to bake.

The biscuit dough does not properly contain sugar or eggs, but many variations are possible with the addition of either or both.

**FLOUR**—A good grade bread flour (spring wheat) is best for biscuits. Pastry flour (winter wheat) may be used in same proportions.

**SHORTENING**—Half butter and half lard or solid vegetable fat or all of either is generally best. Cooking oil can be used for biscuits and is mixed in as solid fat.

**LIQUID**—For the best and most nourishing biscuits, use all milk. Part milk and part water or, in an emergency, all water can be the liquid. Where sour milk is available use it in above proportions and sift \( \frac{1}{4} \) teaspoon soda with the dry ingredients.

**HIGH ALTITUDE**—No changes in biscuit dough or variations of it are necessary when baking in places of high altitude.

**COMMON CAUSES OF FAILURE**—Poor quality of ingredients or too much handling or too slow an oven.

*Use level measures for all materials*

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BUTTERSCOTCH ROLLS

1996 Calories

2 cups flour—790 Cal.
4 teaspoons Royal Baking Powder
3/4 teaspoon salt
4 tablespoons shortening—452 Cal.
3/4 cup milk—114 Cal.
3 tablespoons butter—327 Cal.
1/4 cup brown sugar—313 Cal.

Sift dry ingredients; add shortening, mixing it in with a fork. Add milk to make a fairly soft dough. Knead slightly and roll out 1/4 inch thick.

Spread well with creamed butter and sprinkle with brown sugar. Roll up as for jelly roll and cut in about 1 inch pieces. Stand these on end in a well-buttered pan, small muffin tins or in muffin rings and bake in a moderate oven (375° F.) for 30 minutes. Centers of rolls curl up and will be glazed on edges.

Makes 12 rolls or 22 if baked in small rings.

CALORIE DISTRIBUTION — Protein — 123 Cal., Carbohydrate — 1015 Cal., Fat — 858 Cal.

100 CALORIE PORTION = 1 small roll.

Variations — One egg added to liquid and mixed with dough adds to richness and nourishment of rolls.

Chopped pecan nuts, raisins, dates or prunes sprinkled over dough before rolling make delicious variations.

Roll the dough very thin (1/8 inch) and spread with chopped dates or figs, flavored with orange juice and proceed as above.

KNEADED BISCUIT DOUGH

Parker House and other plain rolls as given in the Royal Cook Book, are simply a different manipulation of the biscuit dough. When biscuit dough is kneaded the texture of the baked product is finer and more nearly resembles a yeast product. In making Royal Baking Powder rolls, knead the dough with finger tips and let stand in warm place a few minutes to more evenly distribute the gas, formed by the baking powder. Rolls can be baked in muffin tins, roll pans or as biscuits.

Raisins, figs, dates and prunes are valuable in the diet more for their mineral salts chief of which are calcium, iron and phosphorus than for their protein, fat or carbohydrate. 1 cup each fruit weighs between 5 and 6 ounces and adds approximately 600 calories to the recipe.

Nuts are valuable chiefly for their protein and fat content. 1 cup of chopped nuts gives approximately 500 calories, pecans being an exception giving over twice that number.
STANDARD BUTTER CAKE

2522 Calories

Cream butter thoroughly; add sugar a little at a time, beating well; add yolks of eggs and vanilla; beat thoroughly; add milk alternately with dry ingredients, which have been sifted together; mix well but do not beat. Mix in beaten egg whites. Bake in greased loaf tin in moderate oven (350° F.) about 45 minutes or bake in greased layer tins in moderate oven (375°) about 20 minutes or bake in greased cup cake tins in moderate oven (380°) about 20 minutes.

Makes one loaf 8" x 4" x 3" or 3 layers (8") or 16 cup cakes.

CALORIE DISTRIBUTION — Protein — 187 Cal., Carbohydrate — 1558 Cal., Fat — 777 Cal.

100 CALORIE PORTION = $\frac{3}{4}$ serving.

SHORTENING — Butter is preferable for cakes, especially plain cakes. Any of the vegetable substitutes, solid fats or oils can be used.

EGGS — If more eggs are added, reduce baking powder $\frac{1}{2}$ to 1 teaspoon for each egg. If 1 egg is used, increase baking powder to 4 teaspoons.

FLOUR — Use pastry or bread flour. Pastry flour makes a fluffier and more delicate cake and can be used in same proportions. Always sift flour before measuring and again with baking powder.

VARIATIONS — With addition of nuts, fruits, spices or chocolate to foundation recipe or the use of different icings and fillings, innumerable varieties of loaf, layer and cup cakes can be made.

COMMON CAUSES OF FAILURE — Too hot an oven, wrong proportion of ingredients and not following directions.

HIGH ALTITUDE — Change baking powder to 2 teaspoons and in very high altitude (7000 ft.) also reduce sugar to $\frac{3}{4}$ cup. In very rich cakes reduce amount of baking powder and shortening, or else use same amount of these ingredients and add slightly more flour or eggs. In most recipes 1 level teaspoon baking powder will leaven 1 level cup flour and $\frac{3}{4}$ cup sugar will give better results where one cup is called for. At high altitude external pressure is less than at sea level, so the pressure inside the cake must be less unless sufficient binding material, such as flour and eggs, are used to keep the gas in after it is formed. Bake at slightly higher temperature.

Use level measures for all materials
FROSTY FRUIT
5020 Calories

Make standard butter cake. Bake in 3 greased and slightly floured layer tins and put layers together—after they have cooled—with the following.

FRUIT FILLING AND ICING

Oil sugar, water and baking powder without stirring until syrup spins a thread (238°F); beat egg whites until dry; cool syrup and add gradually, beating constantly until right consistency to spread; add flavoring and cool. Add fruit to ½ icing and spread thickly between layers. Cover top and sides of cake with remaining plain icing. Decorate top with nuts if desired. Choice of fruits is a matter of taste and any can be omitted.

Makes 3 layers baked in 8" pans = 16 servings.

CALORIE DISTRIBUTION — Protein — 227 Cal., Carbohydrate — 4007 Cal., Fat — 786 Cal.

100 CALORIE PORTION = ½ serving.

BOILED ICING — The standard recipe is 1 cup sugar, ½ cup water, ¼ teaspoon cream of tartar and 1 egg white. The success of boiled icing depends upon boiling syrup to just the right degree. A thermometer is best, but without one a sufficiently accurate result is obtained by dropping syrup from tip of spoon—when it “threads” it is ready to pour over egg white. Remove syrup from fire when testing.

THERMOMETER — Use a candy or syrup thermometer. When taking temperature hold upright in center of syrup. Do not let tip touch kettle.

VARIATIONS — Brown or maple sugar can be used in place of granulated and for liquid, half water and half corn syrup or half water and half orange juice or all coffee can be used.

CHOCOLATE ICING — Add 1 ½ squares (1 ½ oz.) melted and cooled unsweetened chocolate or 4 ½ tablespoons cocoa just before spreading on cooled cake.

ROYAL BAKING POWDER — Contains cream of tartar which is used to keep the sugar from granulating.

COMMON CAUSES OF FAILURE — Not cooling syrup before adding to egg white and spreading over a hot cake.

HIGH ALTITUDE — No change necessary in icing recipe—the syrup will simply take longer to reach 238°.
STANDARD RECIPE FOR PASTRY

1033 Calories

1 cup pastry flour—395 Cal.
1/2 teaspoon salt
1/2 cup shortening—638 Cal.
2-3 tablespoons cold water

SIFT flour and salt into bowl; add half shortening and rub
in lightly with finger tips or mix in with a steel fork; add
water slowly and just enough to roll out. Roll out very
thin on slightly floured board; dot paste with small pieces of
remaining shortening; fold upper and lower edges of paste to center; fold sides into center; fold
sides to center again; chill. Roll out very thin and use for lower crust of pie or for tarts.
Bake in hot oven (500° F.) for about five minutes. If baked with filling, continue at lower
temperature until pie is baked.

Makes 1 large (9") crust for pie.

CALORIE DISTRIBUTION—Protein— 50 Cal., Carbohydrate—335 Cal., Fat—648 Cal.

When baking powder is used, sift 1/2 teaspoon Royal Baking Powder in with flour and salt. Pastry will be more tender and is better for the novice to undertake.

FLOUR—Use pastry flour or if bread flour take 2 tablespoons less and add 1 tablespoon cornstarch.

SHORTENING—Lard or half butter and half lard is perhaps best. Any vegetable shortening can also be used. For richer pastry use 1/2 cup or more shortening to 1 cup flour.

FOOD VALUE—Pastry when properly made and baked is digestible but is not desirable for children.

COMMON CAUSES OF FAILURE—Too much water, too slow an oven and too much handling. Pastry should be very lightly and quickly handled. Use only enough water to roll out. When possible, chill paste before using for pie.

HIGH ALTITUDE—No changes are necessary.

BERRY PIES

Make either a 2 crust pie or 1 crust with lattice top. 3 cups berries, 3/4 cup sugar, 1/2 teaspoon salt, 1 tablespoon butter are sufficient for 1 pie. For 2 crusts take 2 cups pastry flour, 1/2 teaspoon salt, 1/2 cup shortening. Line plate with paste, bringing extra paste back over rim of plate. Do not stretch as it shrinks with baking. Sprinkle with flour or brush with unbeaten egg white to keep juice from soaking in crust. Fill heaping with berries; sprinkle with sugar; dot with butter and lastly sprinkle with flour. Lay over top crust pressing edges of paste together. Trim. Prick top and bake in hot oven (500° F.) 5 minutes; reduce heat and bake about 35 minutes. Sprinkle with powdered sugar and serve hot or cold.

Blackberries—1 cup = Protein—18 Cal., Carbohydrate—150 Cal., Fat—32 Cal., =200 Cal.

Blueberries—1 cup = Protein—3 Cal., Carbohydrate—90 Cal., Fat—7 Cal. = 100 Cal.
LEMON MERINGUE PIE

2475 Calories

Use standard recipe for 1 crust.

FILLING

PUT water on to boil; mix cornstarch, flour and sugar with ½ cup cold water until smooth; mix in egg yolks, slightly beaten; add slowly to boiling water. Cook 5 minutes, stirring constantly; remove from fire; add lemon juice, rind and salt. Pour into baked crust.

MERINGUE

Beat egg whites; add sugar slowly and Royal Baking Powder, beating between each addition; spread thickly on top of pie; bake in moderate oven (325° F.) about 10 minutes or until light brown.

Makes 1 pie (9”).

CALORIE DISTRIBUTION — Protein—128 Cal., Carbohydrate—1559 Cal., Fat—788 Cal.

100 CALORIE PORTION = ¼ serving (6 servings per pie).

CUSTARD PIE

2213 Calories

For recipe see Royal Cook Book, page 27. Bake in moderate oven (325° F.).

Makes 1 pie (9”).

CALORIE DISTRIBUTION — Protein—193 Cal., Carbohydrate—1061 Cal., Fat—959 Cal.

100 CALORIE PORTION = ½ serving (6 servings per pie).

PUMPKIN PIE

3033 Calories

Use standard recipe for 1 crust.

FILLING

Strain pumpkin and mix with milk, sugar, beaten eggs, salt, spices, and beat 2 minutes. Pour into pie tin which has been lined with pastry. Place in hot oven (475° F.) for 15 minutes, then reduce the heat and bake 45 minutes in moderate oven (400°). Long, slow cooking brings out the flavor of the pumpkin.

Makes 1 large pie (9”).

CALORIE DISTRIBUTION — Protein—160 Cal., Carbohydrate—1373 Cal., Fat—1500 Cal.

100 CALORIE PORTION = ½ serving (6 servings per pie).
STANDARD RECIPE FOR QUICK LOAF BREAD

1924 Calories

SIFT flour, Royal Baking Powder, salt and sugar into bowl; add graham flour, milk, melted shortening and beat thoroughly until smooth; put into greased loaf pan; smooth top with melted shortening and bake in moderate oven (375° F.) about 1 hour. If this bread is allowed to cool in pan, it will be much easier to cut into thin slices for sandwiches.

Makes 1 loaf 8" x 4" x 3".

CALORIE DISTRIBUTION—Protein—256 Cal., Carbohydrate—1326 Cal., Fat—342 Cal.

100 CALORIE PORTION = 1 2/3 slices (1/4 inch thick).

It is unnecessary to allow bread to stand before baking. If not baked immediately, keep in cool place until ready to bake.

VARIATIONS—There are many variations of the standard recipe. All white flour can be used and in this case the addition of 1 egg improves it. Part rye and part white flour or all rye or graham flour can also be substituted.

HIGH ALTITUDE—No changes are necessary.

PEANUT BUTTER BREAD

2360 Calories

Sift flour, Royal Baking Powder, salt and sugar together into bowl; add peanut butter and mix in well. Add milk and beat thoroughly; put into one large or two small greased ob-long loaf pans; smooth tops before baking and bake in moderate oven (350° F.) about one hour.

A cup gives 361 Protein Cal., 398 Carbohydrate Cal. and 1311 Fat Cal.

QUICK BREADS—excellent for sandwiches, are best baked in small pans and cooled in the pans as they will then slice more easily. An empty 12 oz. Royal Baking Powder tin makes a good size in which to bake these quick breads. They can then be cut in small round slices without any waste. To give a smooth top to the loaves, brush with butter or milk before baking and again just before removing from oven.

Use level measures for all materials.
NUT AND FRUIT BREAD
3241 Calories

SIFT flour, baking powder, salt and soda together into bowl; add graham flour and sugar. Mix in dates and nuts. Add milk to molasses and mix in thoroughly with dry ingredients. Grease two 12-oz. Royal Baking Powder tins and two very small oblong loaf pans; fill ⅔ full; smooth tops; bake in slow oven (300° F.) for 20 minutes or until risen; increase heat to 375° for 40 minutes or until well baked. 1 cup seeded, chopped raisins or stoned, chopped prunes can be used in place of dates.

Makes 4 small loaves, using two 12-oz. tins and two small pans (4½" x 3½" x 2½").

CALORIE DISTRIBUTION—Protein—310 Cal., Carbohydrate—2329 Cal., Fat—602 Cal.

100 CALORIE PORTION = 2¼ slices (⅛ inch thick).

COCOA BREAD
1878 Calories

Sift together flour, cocoa, salt, cinnamon and Royal Baking Powder. Mix honey and milk together; add to dry ingredients to make soft dough. Place in greased pan; smooth tops and brush with melted butter. Bake in moderate oven (350° F.) for 35 minutes. When almost baked, brush top again with milk.

Makes 1 loaf 8" x 4" x 3".

CALORIE DISTRIBUTION—Protein—205 Cal., Carbohydrate—1492 Cal., Fat—181 Cal.

100 CALORIE PORTION = 2 slices (⅛ inch thick).

GEORGIA SALLY LUNN
2392 Calories

Cream butter and sugar well; add eggs, beaten until light, and milk a little at a time alternately with the flour which has been sifted with baking powder and salt. Bake in greased shallow pan, so that Sally Lunn is about an inch and one-half thick when baked or in greased muffin pans in hot oven (425° F.) 20 to 25 minutes. Cut in squares and butter while hot.

Makes 10 servings, or if baked in small tins, 18 muffins.

CALORIE DISTRIBUTION—Protein—188 Cal., Carbohydrate—1138 Cal., Fat—1066 Cal.

100 CALORIE PORTION = ⅛ muffin.

Use level measures for all materials.
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<th>MEASURE</th>
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Above measures are approximate — Calculations from Bulletin No. 28

**ROYAL RECIPE**

- Hermits
- Hot Molasses Cake
- Lady Betty Cake
- Lemon Meringue Pie
- Maple Sugar Biscuits
- Mocha Tart
- Muffins
- Nut Biscuits
- Nut & Fruit Bread
- Nut & Raisin Rolls
- Oatmeal Macaroons
- Orange Biscuits
- Orange Sponge Cake
- Peanut Butter Bread
- Peanut Cookies
- Pecan Muffins
- Phila. Cinnamon Buns
- Potato Biscuits
- Princess Cake
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- Quick Graham Bread
- Rhubarb Pie
- Rice Griddle Cakes
- Rice Muffins
- Royal Caraway Loaf
- Scotch Fingers
- Scotch Scones
- Sponge Cake
- Strawberry Shortcake
- Sweet Milk Chocolate Loaf
- Virginia Biscuits
- Waffles
- Whole Wheat Biscuits

**MEASURE**

- 1¼
- ½
- ⅓
- ⅛
- ⅛
- ⅛
- ⅛
- ⅛
- ⅝
- ⅝
- ⅝
- ⅝
- ⅝
- ⅝
- ⅝
- ⅝
- "Nun’s Cake"
- ½
- ⅓
- ⅓
- ⅓
- ⅔
- ⅔
- ⅔
- ⅔
- ⅔
- ⅔
- ⅔
- ⅔
- ⅔
- ⅔
- ⅔
- "The Chemical Composition of American Food Materials."
DEVIL'S FOOD CAKE

7305 Calories

CREAM butter thoroughly; add sugar, a little at a time. Separate eggs; beat yolks until thick. Add to creamed butter and sugar; mix thoroughly. Add milk and the flour which has been sifted with baking powder and salt, alternately, a little at a time. Add vanilla and melted chocolate. Fold in stiffly beaten egg whites. Put into 3 greased and floured cake tins and bake 25 to 30 minutes in moderate oven (350° F.).

ICING AND FILLING

Heat butter, milk and chocolate in top of double boiler; add sugar slowly, beating continually; add flavoring and beat until creamy. If necessary add more milk and spread thickly between layers and on top and sides of cake.

Makes one 3 layer cake (8’’ tins).

CALORIE DISTRIBUTION—Protein—344 Cal., Carbohydrate—4722 Cal., Fat—2239 Cal.

100 CALORIE PORTION = ¼ serving.

HIGH ALTITUDE—Change butter to ½ cup, sugar to 1¼ cups and baking powder to 2½ teaspoons.

COCOA—1 tablespoon cocoa gives 6 Protein Cal., 11 Carbohydrate Cal., and 18 Fat Cal., a total of 35 Cal. 1 oz. (1 sq.) chocolate gives 15 Protein Cal., 34 Carbohydrate Cal., 124 Fat Cal., a total of 173 Cal.

To substitute cocoa for chocolate, use 3½ level tablespoons cocoa in place of each ounce of unsweetened chocolate. Either sift cocoa with dry ingredients, or mix with just sufficient cold water or milk to make a paste and add directly after egg yolks. In making icing, mix cocoa to a paste and add just before spreading.

Cocoa contains less fat than chocolate, so the amount of shortening used in the cake may be increased ¾ tablespoons for each ounce of chocolate omitted.

Devil's Food may be baked in a loaf in a moderate oven (325° F.) for 45 to 50 minutes. When cool, cover thickly with chocolate or white icing. A very thin layer of melted, unsweetened chocolate may be spread with the back of a spoon over the top of the white icing after it has become firm. It is a very rich cake and should be served at the end of an otherwise light meal.

Use level measures for all materials
LADY BETTY CAKE

6436 Calories

1/2 cup butter—1162 Cal.
1/2 cups sugar—1260 Cal.
4 eggs—280 Cal.
1 1/2 cups flour—658 Cal.
1/4 teaspoon salt
2 teaspoons Royal Baking Powder
1 cup milk—170 Cal.
3 oz. unsweetened chocolate—519 Cal.
1 cup chopped nuts (walnuts) — 600 Cal.

Cream butter thoroughly; add sugar, beating continually. Add yolks of eggs; beat well. Sift together flour, salt and baking powder and add nuts. Add this mixture and the milk alternately a little at a time to egg and sugar; mix thoroughly; add chocolate which has been melted, just before last of flour is added. Fold in beaten egg whites. Pour into well greased and floured tube pan. Bake in moderate oven (325° F.) about 1 1/4 hours. Turn out and cool. Cover top and sides with following

ICING

Use icing recipe for Devil’s Food with these proportions:—3 tablespoons milk instead of 5, 2 oz. chocolate instead of 3 and 2 cups confectioner’s sugar instead of 3 1/2. Add 1/8 teaspoon salt.

Makes 1 large loaf about 3 1/2 inches high (baked in 9” tube pan).

CALORIE DISTRIBUTION—Protein—369 Cal., Carbohydrate—3436 Cal., Fat—2631 Cal.

100 CALORIE PORTION = 1/6 serving.

ROYAL CHOCOLATE CREAM CAKES

2103 Calories

Sift dry ingredients together. Add beaten egg to milk and add to dry ingredients; mix to smooth batter. Melt shortening and chocolate together and add with vanilla. Bake in small greased tins in moderate oven (375° F.) 15 minutes. Cool. Cut each in half crosswise; spread lower halves with layer of sweetened whipped cream; replace tops of cakes and cover with chocolate icing.

Makes 12 cakes.

Note: Food value of this recipe is figured for the cake only and does not include values for icing and whipped cream.

CALORIE DISTRIBUTION — Protein—146 Cal., Carbohydrate—1216 Cal., Fat—741 Cal.

100 CALORIE PORTION—1/2 of one cake.

TO WHIP CREAM—Use heavy cream for whipping and have it thoroughly chilled. A rotary egg beater or cream whipper is best to use. Whip cream until it begins to stiffen (about 3 minutes). If it is to be sweetened add 2 tablespoons powdered sugar and 1/2 teaspoon flavoring, preferably vanilla, for each cup of cream used. Continue to whip only until the cream holds its shape. If beaten too long it will turn to butter. Heavy cream about doubles its bulk when whipped.

Use level measures for all materials
PRINCESS CAKE

6835 Calories

CREAM shortening until very light and fluffy; add sugar slowly, beating until light; add flavoring and a little water, then part of flour sifted with salt and baking powder; add remainder of water and remainder of dry ingredients. Fold in beaten egg whites, mixing well, but do not beat. Bake in 2 greased and floured square layer tins in moderate oven (385° F.) about 40 minutes. Remove from pans; cool and spread the following filling between layers. Cover top and sides of cake with pink icing.

FILLING AND ICING

Cream butter; add sugar slowly; add syrup and milk a little at a time until of right consistency to spread. Reserve ¾ of this plain icing for top and sides of cake. Add nuts to remainder and allow to stand about 20 minutes before spreading on cake and then spread thickly between layers. To the plain icing add just enough pink vegetable coloring to make an attractive shade.

To make Caramel Syrup—Put ½ cup sugar in saucepan and allow to melt, stirring until light golden brown. Add slowly 1 cup boiling water and boil gently until consistency of syrup.

Makes 1 layer cake (8" x 10" x 2½")—24 servings.

CALORIE DISTRIBUTION—Protein—261 Cal., Carbohydrate—4821 Cal., Fat—1753 Cal.

100 CALORIE PORTION = ½ serving.

COMMON CAUSES OF FAILURE—Incomplete mixing of ingredients, lack of care in baking and removal of cakes from tins. Always bake a white cake in a moderate oven and set all cakes as near center of oven as possible.

THE STANDARD WHITE CAKE offers many variations. Baked in a loaf pan and the addition of fruit or nuts or both to the batter results in a most delicious light fruit cake. Almonds blanched and cut into thin strips or candied cherries and angelica cut into small pieces are also very appropriate for a white loaf. Lady Baltimore, Cocomut, and Cocomut Marshmallow are all baked in layers using this white cake as foundation.

BAKING LAYER CAKES—A hotter oven is necessary and it requires less time. Upon removal from oven turn cakes upside down on cake cooler or on clean dry cloth. If pan does not slip off easily, cover with cloth and allow to stand a few minutes.

Use level measures for all materials
STANDARD WHITE CAKE
2644 Calories

\( \frac{1}{2} \) cup shortening—872 Cal.
1 cup granulated sugar—840 Cal.
\( \frac{3}{4} \) cup milk—114 Cal.
1 teaspoon almond or vanilla extract
2 cups pastry or bread flour—790 Cal.
3 teaspoons Royal Baking Powder
\( \frac{1}{2} \) teaspoon salt
Whites of 2 eggs—28 Cal.

CREAM shortening thoroughly until light and creamy; add sugar a little at a time, beating well; add milk and flavoring very slowly, beating continually; stir in flour, salt and baking powder which have been sifted together; fold in the whites of eggs which have been beaten until very light. Pour into greased and floured loaf pan and bake in moderate oven (350° F.) about 40 minutes. Cool and cover top and sides of cake with any icing desired.

Makes 1 large loaf (8" in diameter or 8" x 4½" x 3½")—16 servings.

CALORIE DISTRIBUTION—Protein—153 Cal., Carbohydrate—1542 Cal., Fat—949 Cal.

100 CALORIE PORTION = \( \frac{3}{4} \) serving.

FLOUR—a good pastry flour is best for White cake.

SHORTENING—Any of the white vegetable solid fats or a light colored butter makes the whitest cake.

EGGS—Do not use less than 2 egg whites but more can be used if desired—Whites can be increased to 4 without changing other proportions. Where egg whites are added last, mix thoroughly with batter but do not beat.

HIGH ALTITUDE—In places of very high altitude, egg whites should be increased and baking powder reduced to 2½ teaspoons.

SEVEN MINUTE ICING
749 Calories

Place all ingredients in top of double boiler. Place over boiling water and beat with dover egg beater for seven minutes. Add \( \frac{1}{2} \) teaspoon flavoring and baking powder; beat and spread on cake.

CALORIE DISTRIBUTION—Protein—13 Cal., Carbohydrate—735 Cal., Fat—1 Cal.

For Chocolate Icing add to above 1½ oz. melted unsweetened chocolate 2 minutes before taking from fire.

For Coffee Icing add 3 tablespoons cold coffee in place of water.

Use level measures for all materials
**ORANGE SPONGE CAKE**

2762 Calories

SEPARATE eggs; beat whites and cream of tartar until stiff and add the yolks one at a time, beating well before addition of each yolk. Add the sugar gradually, still beating with egg beater; remove beater. Add the grated rind and orange juice. Fold in flour, Royal Baking Powder and salt sifted together. Bake in a moderate oven (325° F.) in two layer pans for about 18 minutes.

**FILLING**

Put sugar, flour, and salt in top of double boiler and mix together thoroughly; add orange rind and orange juice. Add butter and egg yolk and cook until smooth and thick. Remove from fire and add lemon juice. Spread between layers and ice top and sides of cake with seven minute icing. Grate a little orange rind on icing before it cools.

Makes one 2 layer cake (8" tins).

**CALORIE DISTRIBUTION** — Protein — 166 Cal., Carbohydrate — 2329 Cal., Fat — 267 Cal.

100 CALORIE PORTION = ¼ serving.

**MOCHA TART**

2855 Calories

Separate eggs; beat yolks until very light; add mocha, salt and sugar gradually, beating continually; add flour and baking powder sifted together; Spread on 2 well-buttered layer tins and bake in moderate oven 10 to 15 minutes starting at 300° F. and increasing temperature last half of baking to 375°. Whip ½ pint cream (836 Calories), sweeten with ¾ cup powdered sugar (504 Calories) and flavor with mocha essence. Spread between layers and on top of cake.

Makes one 2 layer cake (9" tins).

**CALORIE DISTRIBUTION** — Protein — 169 Cal., Carbohydrate — 1705 Cal., Fat — 981 Cal.

100 CALORIE PORTION = ¼ serving.

*Use level measures for all materials*
STANDARD SPONGE CAKE
1665 Calories

6 eggs—420 Cal.
1 cup granulated sugar—840 Cal.
Rind of half a lemon
1 to 2 tablespoons lemon juice—10 Cal.
1 cup pastry flour—395 Cal.
1 teaspoon Royal Baking Powder
½ teaspoon salt

SEPARATE eggs. Beat yolks with wire whip until thick; add gradually sifted sugar, then grated lemon rind, lemon juice and one-half beaten whites; mix well; carefully fold in flour which has been sifted with baking powder and salt; add remainder of whites; mix lightly and bake in ungreased sponge cake tin in moderate oven (350° F.) 45 to 60 minutes. Remove from oven and turn upside down on cake cooler. When cake cools it will slip from pan. Do not cut with knife but separate into pieces with two silver forks.

Makes 16 servings.

CALORIE DISTRIBUTION — Protein — 200 Cal., Carbohydrate — 1185 Cal., Fat — 280 Cal.

100 CALORIE PORTION = 1 serving.

BETTY'S FEATHER SPONGE CAKE
3011 Calories

6 egg yolks—336 Cal.
3 egg whites—42 Cal.
2 cups granulated sugar—1680 Cal.
Grated rind and juice of 1 lemon—15 Cal.
1 cup boiling water
2½ cups bread flour—938 Cal.
½ teaspoon salt
4 teaspoons Royal Baking Powder

Beat egg yolks until very thick and light lemon color. Sift granulated sugar and add little at a time, beating continually; add grated lemon rind and juice; add boiling water a little at a time and beat until very light and fluffy. Sift dry ingredients and fold into batter. Fold in egg whites, beaten until stiff. Pour batter in very thin layer into well greased and floured shallow baking pan. Sprinkle with powdered sugar. Bake in moderate oven (385° F.) about 25 minutes.

Makes 1 large sheet sponge cake—24 servings.

CALORIE DISTRIBUTION — Protein — 224 Cal., Carbohydrate — 2492 Cal., Fat — 295 Cal.

100 CALORIE PORTION = ¾ serving.

HIGH ALTITUDE — No changes are necessary.

COMMON CAUSES OF FAILURE — A tough cake results in beating the batter after the egg whites are added or baking at too high a temperature. Sponge Cakes are baked in ungreased pans. If other pan not usually used for Sponge or Angel Cake is used, then grease slightly. If pan is greased cake will slip from pan before thoroughly cooled and is apt to be soggy.

Use level measures for all materials
ROYAL CARAWAY LOAF
4373 Calories

Beat butter until soft and creamy; add sugar and yolks of eggs, beating well. Stir in unbeaten whites of eggs and beat one minute. Sift flour with Royal Baking Powder and salt and add alternately, a little at a time with milk. Mix well but do not beat. Sprinkle in caraway seeds and flavoring; mix well. Pour into well-greased and floured round loaf pan and bake one hour and forty minutes in moderate oven (325° F.).

Makes one round loaf about 7½ in diameter and 3½ high—10 servings.

CALORIE DISTRIBUTION — Protein — 265 Cal., Carbohydrate — 2049 Cal., Fat — 2059 Cal.

100 CALORIE PORTION = ½ serving.

PAstry flour and powdered sugar make a very fine and tender cake. If bread flour is used the cake will be slightly larger.

HIGH ALTITUDE — No changes are necessary.

BROWNIES
2335 Calories

Melt shortening; add sugar and unbeaten egg; mix well; add chocolate, vanilla and milk; add flour which has been sifted with baking powder and salt; add nut meats; mix well. Spread thinly on greased shallow cake pan and bake in slow oven (300° F.) 20 to 30 minutes. Cut into 2-inch squares before removing from pan.

If desired ¼ cup raisins and ¼ cup nuts can be used in place of ¼ cup nuts.

Makes 20 squares (2" x 2").

CALORIE DISTRIBUTION — Protein — 149 Cal., Carbohydrate — 1281 Cal., Fat — 905 Cal.

100 CALORIE PORTION = ¼ square.

Use level measures for all materials
CREAM OF TARTAR

Cream of Tartar for Royal Baking Powder is obtained from the juice of the grape.

At the approach of autumn, when the mellow summer sunshine of Southern France has fully ripened the grapes, the crop is gathered in. This is the most propitious time, for at this season the grape carries its richest content of tartrates.

Still warm and fragrant with the sun that beats on the vineyards, the grapes go into presses where they are gently squeezed to extract the juice without crushing the seeds.

The juice is set aside in great, clean vats to cool and age. From three days to three months it stands—depending upon its initial temperature and condition.

Then the wonderful process of Cream of Tartar crystallization begins. Crystals, very small at first, gradually form—just as they do in sugar syrup—and as is the tendency in the crystallization of all substances they form about whatever finely divided solid substances are suspended in the liquid.

The longer the juice stands and the cooler it becomes, the larger the Cream of Tartar Crystals grow. These crystals are commercially known as argols, and have the beautiful purple color and rich fragrance of the grape.

In America, the Cream of Tartar crystals shed their royal purple. They go through a rigorous process of refinement which includes many washings in boiling water and re-crystallizations. After the last one, they are ground into a very fine white powder. The great care that has been taken throughout, both in obtaining the acid from the grape and in refining the Cream of Tartar crystals results in a product of remarkable purity.

Thus briefly, you have the story of how the wholesome acid of fresh luscious grapes becomes, by an entirely natural process and without the addition of chemicals, the Cream of Tartar used in Royal Baking Powder.

ROYAL BAKING POWDER

This baking powder is composed of the following ingredients and none other:

- Cream of Tartar
- Tartaric acid (the acid of grapes)
- Bicarbonate of soda
- Starch
ROYAL REFERENCES

THE ROYAL COOK BOOK
Complete cook book of over 350 recipes including all departments of cookery.

MAKING BISCUITS
A collection of biscuits, breads and muffins made from a Master recipe.

THE COMICAL CRUISE OF CAPTAIN COOKY
Verses and recipes appropriate for children.

ROYAL MENUS
Suggestions for hot and cold weather.

55 WAYS TO SAVE EGGS
Showing attractive products made with few eggs. Comparisons, new and old recipes.

LUNCHEON AND SANDWICH SUGGESTIONS
For use in school and home.

TEMPERATURE GUIDE
Correct temperatures for baking, for frying and for syrups.

CLASSIFICATION OF BAKING POWDERS
A description of the three types of baking powder.

CREAM OF TARTAR CHART
Showing in colors the composition of cream of tartar baking powder.

JEWISH COOK BOOK
With English translations.

FOREIGN COOK BOOKS
French, German, Spanish, Italian, Japanese, Norwegian, Portuguese, Swedish, Chinese, Cape Dutch.

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