Story of Swans Down Cake Flour

In 1853, Levi Igleheart, at the age of thirty-three, finding farming to be discouraging, moved to the then little town of Evansville, Indiana, on the Ohio River and Erie Canal, and started a sawmill. He later took on the grinding of wheat grist. With this new enterprise, he was so successful that in 1856 his brothers, Asa and William (the latter leaving the farm and moving to town), established the firm of Igleheart Brothers, Millers. The business was run by Levi and William, while Asa followed the legal profession, later withdrawing from the firm. In 1892, the firm was incorporated, and William died soon after, leaving Levi and his three sons, Leslie, Addison, and John, to run the business. In 1896, Addison Igleheart found a means of making flour which was of superior quality for cake making, and, after experimenting and perfecting it, he began the manufacture and sale of this new product, called Swans Down Cake Flour.

Leslie, Addison, and John each have one son to whom they are gradually turning over the cares and joys of Swans Down Cake Flour.

The business has grown from year to year and the capacity has been increased from a small mill on the Canal in 1853 to a fine, modern plant of latest type structure. Every care and precaution is taken to put out a superior product under the most sanitary conditions.

The Perfect Cake—What Is It?

The completely successful cake, whether sponge or butter cake, is a culinary triumph. Cakes may vary in shape,—they may be round, oblong, square, or of some unusual and elaborate form. But a perfect cake is always attractive in appearance and of uniform thickness. The crust is delicate brown, thin, tender, and daintily crisp, with no cracks. Perfect cake is light, tender, and agreeably moist. It has an even, fine-grained texture and a delicate flavor. Master the five basic steps in cake making, learn how to remedy the occasional difficulty, and every cake will be a perfect cake.
Dear Friend:

We are glad to send you our little book, "Cake Secrets," which you requested. While it has cost you only 10¢, we know you will find it worth many times that small sum. Into it have gone hundreds of thousands of dollars in time, effort, and experience.

Swans Down Cake Flour was put on the market thirty years ago, only after many years of experimenting. Since then, further research, practical tests, and laboratory experiments have proved conclusively that Swans Down is as perfect as flour can be.

All recipes in "Cake Secrets" have been carefully selected, and tested in our own kitchen. To realize just how economical they are, compare them with some of your own "bread flour" cake recipes. Without doubt, you will be surprised to find that a simple, inexpensive Swans Down Cake is not only more attractive to look at, but far more delicious in taste and finer in texture than the same cake made with bread flour.

It will pay you to study "Cake Secrets"; it is much more than a recipe
Besides telling you what to put into your cake, it also tells you what to do and what to avoid doing in mixing and baking. Countless women write us, "You can't have a failure with Swans Down Cake Flour."

Swans Down Cake Flour is not an expensive luxury to be saved for special occasions. It costs only a trifle more than bread flour — only $3\frac{1}{2}$ more per cake — and makes the simplest one-egg cake so delicious and feathery light that you can serve it for "company" cake! But the great economy of Swans Down is this: your cake-materials are never wasted in failure. Swans Down insures success to all your cakes!

Very cordially yours,

IGLEHEART BROTHERS, INC.

P. S. If you have any question in connection with your baking you would like to ask, just write us. We shall consider it a pleasure to give you any information we can. Don't overlook the offer of the Swans Down Cake Set on page 36 of "Cake Secrets."

Frances Lee Barton
DIRECTOR DOMESTIC SCIENCE DEPT.
CAKE SECRETS

(RECIPE PAGE 10)

All recipes tested and approved in the Swans Down Kitchen by FRANCES LEE BARTON

IGLEHEART BROTHERS, Inc.
Established 1856
EVANSVILLE, INDIANA

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Do You Wish to Master Cake Making?

Here are just five steps which are fundamental to success in cake making. To make perfect cakes one must follow each step accurately and closely. Read them over carefully first—it will take only a few minutes—then make any kind of cake. Mastery of these steps insures successful results with any cake recipe.

1. Use good ingredients. Fine cakes cannot be made from second-rate materials. Use those ingredients only which are strictly fresh and of the best quality.

2. Measure accurately. The greatest skill in mixing cannot correct mistakes in amounts of ingredients. No one can guess at measurements and expect uniform success. All Swans Down Cake Flour recipes are made with level measurements. Always sift flour once before measuring, as it tends to pack. Swans Down Cake Flour, because of its unusual fineness, will pack even more readily than ordinary flour. In measuring flour, lift it lightly with a spoon into the cup and level it off with a spatula or the straight edge of a case knife. It is convenient when sifting flour to use two squares of paper.

3. Mix carefully. Use either the beating or folding motion as these are the two best methods of incorporating air into a mixture. The beating motion is made by lifting the mixture over and over by means of a spoon or whisk. Thus the under part of the batter is continually lifted to the surface. Folding is a down-up-and-over motion. It is made by cutting down through the mixture and curving up and over to enclose more air without the loss of that already beaten into the eggs. Never stir a cake batter, as this circular motion breaks the air cells, and so the air that has been carefully beaten in is lost.

4. Baking is an exceedingly important step in cake making, as the best of batters may be ruined in the baking. Perfect cake batters require equally perfect baking. An oven thermometer makes it possible to regulate and adjust the heat of the oven to the correct temperature. Thus an oven thermometer is a real safeguard against baking failures. For successful baking results the oven temperature must also be uniform, not constantly rising and falling. One cause of fluctuating oven heat is the continual opening and shutting of the oven door. Eliminate this difficulty by dividing the baking period into the following quarters:

1st quarter—Cake mixture begins to rise.
2nd quarter—Rising continues; cake begins to brown.
3rd quarter—Finishes rising and continues browning.
4th quarter—Finishes baking; shrinks from sides of pan.
How to tell when cake is done.

1. Cake should have risen to its full height and have a delicate brown crust.
2. Cake should have stopped "singing."
3. Cake should have shrunk slightly from the sides of the pan.
4. Surface of cake, when pressed lightly with finger, should spring back. Imprint of finger indicates insufficiently baked interior.
5. Wire cake tester when inserted in center of cake should come out clean and dry. Any dough clinging to the tester indicates insufficient baking.

Apply these tests to cake before it is removed from the oven—even though cake may already have baked the length of time stated in the recipe.

Standard cake mixtures may be baked in round layer cake pans, loaf pans, square pans, tub pans, or muffin pans.

At the end of each baking quarter the oven door may be opened to determine whether the cake is baking properly. If the oven is found to be too hot or too cold, adjust the heat to the correct temperature. Or, if the cake is baking unevenly, change the position of the pan to insure uniform baking. Cakes may be carefully moved at any time after the first ten minutes of baking.

5. Handle carefully after baking. Butter cakes, after removal from the oven, should be inverted in the pan on a cake rack, for about 5 minutes. If necessary, loosen cake from sides of pan with spatula. Turn cake out of pan onto a cake rack. Remove paper from bottom of cake. Turn cake again on rack and finish the cooling right side up. Cake racks permit a circulation of air around the cake while cooling. This prevents steaming or sweating which is one cause of soggy crusts.

Sponge cakes, after removal from the oven, should be inverted and allowed to hang in the pan for one hour, or until cold. The cell walls of sponge cakes are so delicate that they shrink slightly if the cake is removed while still warm. In cooling, however, the cell walls stiffen and become sufficiently strengthened to hold the cake in its original shape. The volume of a sponge cake will be less if the cake is removed before cold.

Classes of Cakes

All cakes belong to one of two general classes—butter or sponge. All the cake recipes in "Cake Secrets" or any other cook book are simply variations of one of these two basic classes. Butter cakes are those cakes which contain shortening in any amount; sponge cakes are the ones which have no shortening of any kind. True sponge cakes contain no baking powder, but are leavened solely by the air beaten into the eggs. "Mock" sponge cakes are sponge cakes made with so few eggs that baking powder is required to furnish the additional necessary leavening.
Butter Cakes

Butter cakes to please every taste—old-fashioned marble cake, traditional Lady Baltimore cake, delicate bride’s cake, luscious chocolate fudge cake, coconut layer cake—these are but a few of the countless cakes that may be made by one basic method (butter cake). The Swans Down Standard White Cake, a tender, fluffy, white cake, is butter cake at its best—and really simple to make. Follow each step carefully, and remember that all butter cakes may be made by the same method.

**Swans Down Standard White Cake**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
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<tbody>
<tr>
<td>2 cups sifted Swans Down Cake Flour</td>
<td>1 cup sifted sugar</td>
</tr>
<tr>
<td>3 teaspoons baking powder</td>
<td>¾ cup milk</td>
</tr>
<tr>
<td>½ cup butter or other shortening</td>
<td>1 teaspoon vanilla</td>
</tr>
<tr>
<td>3 egg whites, stiffly beaten</td>
<td></td>
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</table>

Sift flour once, measure, add baking powder and sift together three times. Cream shortening thoroughly, then add sugar gradually, and cream together until light and fluffy. Add flour to creamed mixture, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add vanilla. Fold in egg whites. Bake in two greased 9-inch layer pans, in moderate oven (375°F.) 25 to 30 minutes; or in greased square pan, 8 x 8 x 2 inches, in moderate oven (350°F.), one hour. Double recipe to make three 10-inch layers.

**Chocolate Layer Cake**

*(Swans Down Standard White Cake)*

*(3 egg whites)*

Hints on Mixing Butter Cake

“Creaming” the shortening means mashing and beating it with a spoon until it has the texture of very thick cream. Then add the sugar, and continue creaming the mixture until it is light and fluffy.

Add a small amount of sifted flour and baking powder to the creamed mixture, before the milk, so as to prevent separation. If this separation occurs, the cake will be coarser grained than otherwise.

Beat mixture after each addition of flour and milk to insure a fine-grained cake.

Fresh eggs make the most delicate cakes. However, eggs should be at least three days old in order to beat successfully.

Do not beat the egg whites until ready to use them, or the air that has been beaten into them will be lost. Eggs may be beaten most successfully if they are cold. Beat the whites until they are stiff enough to hold up in peaks, but not dry. If egg whites are beaten until dry, the cake will not be as light, fluffy, and moist as it should be. Fold beaten egg whites into the cake mixture.

When egg yolks are used in a butter cake, beat them until thick and lemon-colored, add them to the thoroughly creamed shortening and sugar, and beat the mixture well.

If adding the whole egg to a batter, beat the egg until very light, add to the creamed shortening and sugar, and beat the mixture thoroughly.
Maple Nut Cake
(1 egg)
2 cups sifted Swans Down Cake Flour
4 teaspoons baking powder
2 tablespoons butter or other shortening
1 egg, unbeaten
1 cup sugar
1 teaspoon vanilla

Sift flour once, measure, add baking powder and sift three times. Cream shortening, add sugar, and cream together thoroughly. Add egg and beat until light and fluffy. Add flour to creamed mixture, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add vanilla. Bake in layers in moderate oven (375°F.) 25 minutes. Makes two 9-inch layers or 18 small cup cakes. Put layers together and cover top and sides of cake with Maple Walnut Frosting.

Chocolate Seven Minute Frosting may be substituted for Maple Walnut Frosting.

Banana Nut Cake
(2 eggs)
2 cups sifted Swans Down Cake Flour
3 egg yolks, beaten light
3 teaspoons baking powder
⅓ cup milk
½ cup butter or other shortening
1 egg whites, stiffly beaten
1 cup sugar
1 teaspoon vanilla

Sift flour once, measure, add baking powder and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg yolks; then flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add vanilla; fold in egg whites. Bake in two greased 9-inch layer pans in moderate oven (375°F.) 25 to 30 minutes. Double recipe for three 10-inch layers. When cool, cover bottom layer with sliced bananas. Pour over this Brown Sugar Boiled Frosting. Place second layer on top. Pour on remainder of frosting to which has been added ½ cup chopped walnut meats.

Coconut Layer Cake
(3 eggs)
2 cups sifted Swans Down Cake Flour
3 egg yolks, beaten light
3 teaspoons baking powder
½ cup milk
⅔ cup butter salt
1 teaspoon vanilla
⅓ cup butter or other shortening
3 egg whites, stiffly beaten
1 cup sugar
1 can Baker's Coconut, Southern Style

Sift flour once, measure, add baking powder and salt and sift three times. Cream butter thoroughly, add sugar gradually, creaming well after each addition. Add egg yolks; then flour and milk alternately, a small amount at a time. Mix thoroughly after each addition. Add vanilla and fold in egg whites. Bake in two greased 9-inch layer pans for 25 to 30 minutes in moderate oven (375°F.). Double recipe for three 10-inch layers.

Spread Seven Minute Frosting between layers and on top and sides of cake. Sprinkle each layer and outside of cake with coconut while frosting is still soft.
Economical Gold Cake
(3 egg yolks)

2 cups sifted Swans Down Cake Flour  1 cup sugar
3 teaspoons baking powder  3 egg yolks, beaten light
½ cup butter or other shortening  ¾ cup milk
1 teaspoon vanilla or ½ teaspoon orange extract

Sift flour once, measure, add baking powder and sift three times. Cream butter, add sugar gradually, creaming thoroughly. Add egg yolks, beaten until lemon-colored, then flour and milk alternately, a small amount at a time. Beat after each addition until smooth. Add flavoring. Bake in greased pan, 8 x 8 x 2 inches, 50 to 60 minutes in moderate oven (350° F.).

Pineapple Feather Cake
(4 eggs)

2½ cups sifted Swans Down Cake Flour  4 egg yolks, beaten light
2½ teaspoons baking powder  ½ cup water
¾ cup butter or other shortening  1 teaspoon vanilla
1¼ cups sugar  ½ teaspoon lemon extract

4 egg whites, stiffly beaten

Sift flour once, measure, add baking powder, and sift three times. Cream shortening thoroughly, add sugar gradually, cream together until light and fluffy. Add egg yolks, then flour and water alternately, a small amount at a time. Beat after each addition until smooth. Add flavoring. Fold in egg whites. Bake in two greased 9-inch layer pans in moderate oven (375° F.) for 25 minutes. Put layers together with Pineapple Filling, cover top and sides with Pineapple Frosting.

Pineapple Upside Down Cake
(1 egg)

1¼ cups sifted Swans Down Cake Flour  ½ cup milk
¼ teaspoon salt  1 teaspoon vanilla
2 teaspoons baking powder  1 tablespoon butter
¾ cup butter or other shortening  1 cup brown sugar
½ cup sugar  4 slices pineapple, cut fine
1 egg, beaten light  (1½ cups)
1 cup pecan meats, slightly broken

Sift flour once, measure, add salt and baking powder and sift three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg, then flour alternately with milk, a small amount at a time. Beat after each addition until smooth. Add vanilla.

Melt 1 tablespoon butter in 8-inch iron skillet, or in cake pan, 8 x 8 x 2 inches. Add brown sugar. Stir until melted. On this place pineapple, and sprinkle nuts over top. Pour batter over contents of pan. Bake in moderate oven (325° F.) 40 minutes. Loosen cake from sides and bottom of pan with spatula. Serve upside down on dish, with pineapple on top. Garnish with whipped cream, if desired.
ORANGE CREAM CAKE

Orange Cream Cake
(2 eggs)

2 cups sifted Swans Down Cake Flour  2 egg yolks, beaten light
3 teaspoons baking powder  \( \frac{3}{4} \) cup milk
\( \frac{1}{2} \) cup butter or other shortening 1 teaspoon vanilla
1 cup sugar  2 egg whites, stiffly beaten

Sift flour once, measure, add baking powder and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg yolks; then flour alternately with milk, a small amount at a time. Beat after each addition until smooth. Add vanilla; fold in egg whites. Bake in two greased 9-inch layer pans in moderate oven (375°F.) 30 minutes. Spread Orange Filling between layers and cover with Boiled Frosting. Decorate with candied orange peel or fresh orange sections. Double recipe to make three 10-inch layers.

Emergency Cake
(Quick-mixed)

1  \( \frac{3}{4} \) cups sifted Swans Down Cake Flour  2 egg whites
1 cup sugar  Soft shortening as needed
\( \frac{1}{2} \) teaspoon salt  (about \( \frac{3}{4} \) cup)
2 teaspoons baking powder \( \frac{1}{2} \) cup milk
\( \frac{1}{2} \) teaspoon vanilla

Sift flour once, measure, add sugar, salt, and baking powder and sift three times. To egg whites in cup, add enough shortening to half fill the cup; add enough milk to completely fill it. Turn into dry ingredients, add flavoring, and beat vigorously 7 minutes. Bake in greased pan, 8 x 8 x 2 inches, in moderate oven (350°F.) for 45 minutes. This recipe also makes 18 small cup cakes.
Apple Sauce Cake  
(1 egg)

1 3/4 cups sifted Swans Down Cake Flour  
1 teaspoon soda  
3/4 teaspoon salt  
1 teaspoon cinnamon  
3/4 teaspoon cloves  
1/2 cup butter or other shortening  
1 cup sugar  
1 egg, beaten light  
1 cup raisins, cut fine, floured  
1 cup currants or nuts, cut fine, floured  
1 cup hot, thick apple sauce, strained

Sift flour once, measure, add soda, salt, cinnamon, and cloves and sift together three times. Cream shortening thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg, raisins, currants or nuts to creamed mixture. Then add flour mixture alternately with apple sauce, a small amount at a time. Beat after each addition until smooth. Bake in greased loaf or tube pan in moderate oven (350°F.) one hour. May be served unfrosted, or if frosting is desired, use Creole Frosting.

Fruit Juice Cake  
(2 eggs)

2 cups sifted Swans Down Cake Flour  
2 teaspoons baking powder  
3/4 cup butter or other shortening  
2 egg whites, stiffly beaten  
3/4 cup sugar  
2 egg yolks, beaten light  
1/2 cup fruit juice

Sift flour once, measure, add baking powder and sift three times. Cream butter, add sugar gradually, creaming thoroughly. Add egg yolks, then flour and fruit juice alternately, in small amounts. Beat after each addition until smooth. Fold in egg whites. Bake in two greased 9-inch layer pans in moderate oven (375°F.) 25 minutes. Put layers together with any fruit filling that combines well with the fruit juice used in the cake and cover with an Orange or Pineapple Frosting.

Chocolate Fudge Cake  
(2 eggs)

2 cups sifted Swans Down Cake Flour  
3 teaspoons baking powder  
3 squares Baker's Unsweetened Chocolate, melted  
1/4 cups milk  
1 cup sugar  
2 egg yolks, beaten light  
1 teaspoon vanilla  
2 egg whites, stiffly beaten

Sift flour once, measure, add baking powder, soda, and salt and sift three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg yolks and chocolate, then flour and milk alternately, a small amount at a time. Beat after each addition until smooth. Add vanilla. Fold in egg whites. Bake in two greased 9-inch layer pans in moderate oven (350°F.) for 30 minutes. Put layers together with Fudge Frosting. Double recipe to make three 10-inch layers.

Jelly Layer Cake  
(2 eggs)

Use same recipe as for Orange Cream Cake. Put layers together with tart jelly—currant, or crabapple. Spread top of cake with jelly, and sprinkle with Baker's Coconut, Southern Style.
Golden Spice Cake

(i egg)

2 cups sifted Swans Down Cake Flour
4 teaspoons baking powder
¼ teaspoon salt
1 teaspoon cinnamon
¼ teaspoon cloves
¼ teaspoon nutmeg
¼ teaspoon mace
½ teaspoon allspice
4 tablespoons butter or other shortening
1½ cups brown sugar
1 egg, beaten light
¾ cup milk
1 cup raisins, puffed in oven, then floured

Sift flour once, measure, add baking powder, salt, and spices and sift three times. Cream butter; add sugar gradually, and cream thoroughly. Add egg, then flour and milk alternately, a small amount at a time. Beat after each addition until smooth. Pour batter in greased pan, 8 x 8 x 2 inches, reserving a small amount. Sprinkle raisins over batter and cover with remaining batter. Bake in moderate oven (350° F.) 50 minutes. Cover top and sides with Seven Minute Frosting.

Price Devil's Food

(2 eggs)

2 cups sifted Swans Down Cake Flour
1 teaspoon baking powder
1 teaspoon soda
¼ teaspoon salt
½ cup butter or other shortening
2 cups light brown sugar
2 eggs, beaten light
1 cup sour milk
4 squares Baker’s Unsweetened Chocolate, melted (or ½ cup Baker’s Breakfast Cocoa, sifted with flour)
1 teaspoon vanilla

Sift flour once, measure, add baking powder, soda, and salt and sift three times. Cream shortening, add 1 cup sugar gradually, creaming thoroughly. Add second cup of sugar to eggs, mixing well. Combine egg mixture and creamed shortening. Add sifted flour alternately with milk to creamed mixture, beating well after each addition. Add chocolate and vanilla. Bake in three 9-inch layers in moderate oven (325°F.) 30 minutes. Spread Seven Minute Frosting between layers and on top and sides of cake.

Red Devil's Food

(2 eggs)

1½ cups sifted Swans Down Cake Flour
1 ½ teaspoons baking powder
¾ teaspoon salt
¼ cup butter or other shortening
1 cup sugar
2 eggs, beaten light
½ cup thick sour milk
½ cup boiling water
2 squares Baker’s Unsweetened Chocolate, melted
1 teaspoon soda
1 teaspoon vanilla

Sift flour once, measure, add baking powder and salt and sift three times. Cream shortening, add sugar gradually and cream together until light and fluffy. Add eggs. Beat mixture vigorously. Add flour and sour milk alternately, a small amount at a time. Pour the boiling water into the melted chocolate; mix quickly. Add soda to chocolate and stir until thick. Cool slightly before adding to cake batter. Mix thoroughly. Add vanilla. Bake in two greased 9-inch layer pans in moderate oven (350°F.) 25 minutes. To make three 10-inch layers, double recipe. Put Marshmallow Frosting between layers and on top and sides of cake.
PICNIC CARAMEL CAKE

Picnic Caramel Cake  
(3 eggs)

2 cups sifted Swans Down Cake Flour  
3 teaspoons baking powder  
½ teaspoon salt  
¾ cup butter or other shortening  
3 egg whites, stiffly beaten

1 cup sugar  
3 egg yolks, beaten light  
½ cup milk  
1 teaspoon vanilla

Sift flour once, measure, add baking powder and salt, and sift three times. Cream butter thoroughly, add sugar gradually, creaming well after each addition. Add egg yolks; then flour and milk alternately, a small amount at a time. Mix thoroughly after each addition. Add vanilla and fold in egg whites. Bake in two greased 9-inch layer pans for 25 to 30 minutes in moderate oven (375°F.). Double recipe for three 10-inch layers. Put layers together and cover top and sides of cake with Caramel Frosting.

Washington Pie  
(Hot Milk Cake)

1½ cups sifted Swans Down Cake Flour  
2 teaspoons baking powder  
¼ teaspoon salt  
¾ cup sugar  
1 teaspoon vanilla  
2 eggs, beaten light  
1 teaspoon butter or other shortening, melted  
½ cup hot milk

Sift flour once, measure, add baking powder and salt and sift three times. Add sugar gradually to eggs, beating until light and fluffy. Add butter, then flour and milk alternately in small amounts, beating thoroughly after each addition. Add flavoring. Pour into two greased 9-inch layer pans and bake in moderate oven (350°F.) 25 minutes. Put raspberry jelly or jam between layers and sprinkle top with powdered sugar.
BUTTER CAKES

Nun’s Cake
(Pound Cake Type)

3 cups sifted Swans Down Cake Flour  1 1/2 cups sugar
2 1/4 teaspoons baking powder  5 egg yolks
3/4 teaspoon salt  2 egg whites
1 cup butter  3/4 cup milk
1 teaspoon vanilla

Sift flour once, measure, add baking powder and salt and sift three
times. Cream shortening, add sugar gradually, creaming thoroughly. Add
egg yolks and unbeaten egg whites. Beat 1 minute. Combine flour and
milk alternately with creamed mixture. Beat well. Add flavoring.
Pour into greased cake pan. Bake 1 hour and 20 minutes in moderate
oven (350° F.). Fills tube pan 8 1/2 inches in diameter and 3 1/2 inches high.

This cake is similar to pound cake, having the close, fine-grained tex-
ture characteristic of that type of cake.

Christmas Fruit Cake
(Dark Fruit Cake)

5 cups sifted Swans Down Cake Flour  1 tablespoon molasses
2 teaspoons baking powder  1 cup sour milk
1 teaspoon soda  1 cup grape juice
2 teaspoons cinnamon  1 1/2 cups raisins
2 teaspoons cloves  1 1/2 cups figs, chopped
2 teaspoons nutmeg  1/2 cup sour milk
2 cups butter or other shortening  1/2 cup citron, cut fine
2 cups sugar  3 cups apple, chopped
8 egg yolks, beaten light  4 cups nut meats, chopped
8 egg whites, stiffly beaten

Sift flour once, measure, add baking powder, soda, and spices and sift
three times. Cream butter thoroughly, add sugar gradually, creaming
until light and fluffy. Add egg yolks, mixing well, then molasses and milk.
Combine half the flour with this mixture, add grape juice, beating well,
then remaining flour mixed with fruit and nuts. Fold in egg whites. Bake
in two loaf pans, 3 x 4 x 8 inches, lined with wrapping paper, well
greased, in slow oven (300° F.) for 4 hours.

English Dundee Cake
(4 eggs)

2 3/4 cups sifted Swans Down Cake Flour  1/4 cup preserved orange peel,
1/4 cup almonds, blanched and grated  cut fine
3/4 cup butter or other shortening  1/4 cup preserved lemon peel,
1/2 cup sugar  cut fine
4 eggs  2 tablespoons orange juice
1 cup seedless raisins  1 teaspoon orange extract
1 1/4 cups seeded raisins, cut in small
pieces  12 candied cherries, halved
4 12 blanched almonds, split in half

Sift flour once, measure, and sift three times. Add almonds. Cream
shortening, add sugar gradually, and cream until light and fluffy. Add
one egg, beat thoroughly, then remaining eggs, one at a time, beating
well after each addition. Add the flour mixture, then fruit mixed with
juice and flavoring extract, combining thoroughly. Pour into three small
bread tins, 2 x 2 3/4 x 4 1/2 inches, greased and lined with paper. Arrange
split almonds on top of one, halved cherries on another, pecan meats on
a third. Bake in a slow oven (275° F.) 50 to 60 minutes.
Lady Baltimore Cake
(6 egg whites)

2 1/2 cups sifted Swans Down Cake Flour  1 1/2 cups sifted sugar
3 teaspoons baking powder  1/2 cup milk
1/2 teaspoon cream of tartar  1 teaspoon vanilla
1/2 cup butter or other shortening  6 egg whites, stiffly beaten

Sift flour once, measure, add baking powder and cream of tartar and sift three times. Cream butter thoroughly, add sugar gradually, creaming together until light and fluffy. Add flour mixture alternately with milk, a small amount at a time. Beat after each addition until smooth. Add vanilla; fold in egg whites. Bake in two greased 9-inch layer pans in moderate oven (375°F.) for 30 minutes. Put layers together with Lady Baltimore Filling and cover top and sides of cake with Lady Baltimore Frosting.

Lord Baltimore Cake
(8 egg yolks)

2 1/4 cups sifted Swans Down Cake Flour  1 1/4 cups sugar
4 teaspoons baking powder  8 egg yolks, beaten light
1/2 cup butter  3/4 cup milk
1/2 teaspoon lemon extract


Swans Down Gingerbread
(1 egg)

2 cups sifted Swans Down Cake Flour  1/2 cup butter or other shortening
1 teaspoon baking powder  1/2 cup sugar
1/2 teaspoon soda  1 egg, beaten light
2 teaspoons ginger  3/4 cup molasses
1 teaspoon cinnamon  3/4 cup sour milk
1/2 teaspoon salt

Sift flour once, add baking powder, soda, ginger, cinnamon, and salt and sift together three times. Cream shortening until light and fluffy, add sugar gradually, and cream together thoroughly. Add egg and molasses. Add flour mixture to creamed mixture alternately with milk, a small amount at a time. Beat after each addition until smooth. Bake in greased pan, 8 x 8 x 2 inches, in moderate oven (325°F.) for 20 minutes, then increase slightly to 350°F. for 30 minutes.
Sponge Cakes

Every woman can know the joy of making a perfect sponge cake—a fluffy, golden, moist, and fine-grained cake. And all sponge cakes, both angel food (white sponge) and sponge cakes (made with whole eggs or egg yolks only), can be made with ease. Simply follow the directions in the recipe for mixing Swans Down Sponge Cake. This method is not only time-saving, but unusually successful with any sponge cake recipe.

**Swans Down Sponge Cake**

1 cup sifted Swans Down Cake Flour
⅛ teaspoon salt
5 egg whites, stiffly beaten
5 egg yolks, beaten light
1 cup sifted sugar

Sift flour once, measure, add salt and sift four more times. Beat egg yolks until thick and lemon-colored, add lemon juice and rind and beat very light. Beat egg whites with flat wire whisk until stiff enough to hold up in peaks, but not dry. Fold in sugar, a small amount at a time, then egg yolks, and, finally, flour mixture. Bake in ungreased tube pan in slow oven (325°F.) 50 to 60 minutes. Remove from oven and invert pan for one hour, or until cold.

**Lemon Sponge Cake**

(Hot Water Sponge)

1 ½ cups sifted Swans Down Cake Flour
2 teaspoons baking powder
½ teaspoon salt
½ teaspoon lemon extract
½ cup boiling water

Sift flour once, measure, add baking powder and salt and sift three times. Add sugar gradually to egg yolks, mixing thoroughly. Add water, then flour, and flavoring, beating well. Bake in ungreased tube pan in slow oven (275°F.) 55 minutes. Remove from oven and invert pan for one hour, or until cold.
Hints on Mixing Sponge Cake

Air is the only leavening in sponge cake, so the same cautions apply here as for angel food cake.

Eggs must be beaten separately in mixing sponge cakes because more air can be enclosed in the whites alone than when they are in combination with the yolks. Egg yolks, because they contain fat, cannot be beaten as stiff as egg whites. Eggs should be at least three days old to beat successfully.

It is essential that egg yolks be beaten until thick and lemon-colored. This indicates that the most air possible has been beaten into the yolks. Underbeaten egg yolks may cause a tough, leathery streak on the bottom of cakes.

Beat the egg whites until they are stiff enough to hold up in peaks, but not dry. Overbeaten whites make cake dry.

Fold in the flour, rather than the egg whites, last.

Creole Sponge Cake
(5 eggs)

\[
\begin{align*}
\frac{3}{4} \text{ cup sifted Swans Down Cake Flour} & \quad 1 \text{ tablespoon lemon juice} \\
\frac{1}{4} \text{ teaspoon salt} & \quad 5 \text{ egg yolks, beaten light} \\
4 \text{ tablespoons Baker's Breakfast Cocoa} & \quad 5 \text{ egg whites, stiffly beaten} \\
1 \text{ cup sifted sugar} &
\end{align*}
\]

Sift flour once, measure, add salt, and cocoa and sift four more times. Add lemon juice to egg yolks, which have been beaten until thick and lemon-colored. Gradually fold sugar into egg whites, then fold in yolks, then the flour mixture. Bake in ungreased tube pan in slow oven (300°F.) 50 to 60 minutes. Remove from oven and invert pan one hour, or until cold.
Imperial Sunshine Cake
(Syrup Method)

1 cup sifted Swans Down Cake Flour  6 egg whites, stiffly beaten
\( \frac{3}{4} \) teaspoon cream of tartar  \( \frac{1}{4} \) teaspoon salt
1 Y cups sifted sugar  6 egg yolks, beaten light
\( \frac{1}{2} \) cup water  1 teaspoon flavoring

Sift flour once, measure, add cream of tartar and sift four more times. Boil sugar and water until it threads when dropped from tip of spoon (238°F). Pour hot syrup in fine stream over egg whites to which salt has been added, beating constantly. Continue beating as mixture cools. Add egg yolks. Fold in flour gradually. Add extract. Pour into ungreased tube pan and bake in slow oven (325°F) 60 minutes. Remove from oven and invert pan one hour, or until cold.

Daffodil Cake
(Angel and Sponge Marble)

1 Y cup sifted Swans Down Cake Flour, for white part
1 Y cups sifted Swans Down Cake Flour, for yellow part
1 Y cups egg whites (9 to 11 eggs)
1 Y teaspoon salt
1 teaspoon cream of tartar
1 teaspoon vanilla

Sift flour once, measure, and sift four more times. Beat egg whites on large platter until foamy. Add salt and cream of tartar, and continue beating until they hold up in peaks. Fold in sugar gradually and divide mixture into two parts. To one part fold in \( \frac{1}{2} \) cup flour and vanilla. To the other, fold in egg yolks, \( \frac{1}{2} \) cup flour, and 1 teaspoon orange extract. Put by teaspoons into ungreased Angel Food pan and bake in slow oven (325°F.) 60 to 70 minutes. Invert pan until cake is cold, then remove.

Economy Sponge Cake
(2 eggs)

1 Y cups sifted Swans Down Cake Flour  1 cup sifted sugar
1 teaspoon salt  5 tablespoons cold water
2 teaspoons baking powder  1 tablespoon lemon juice
2 egg yolks, beaten light  2 egg whites, stiffly beaten

Sift flour once, measure, add salt and baking powder and sift four times. Beat egg yolks until thick and lemon-colored. Add sugar gradually and beat thoroughly. Add water and lemon juice, then flour in small amounts. Mix thoroughly. Fold in egg whites. Bake in 8 x 8 x 2 inch pan in moderate oven (350°F.) for 45 minutes.

Currant Jelly Roll
(4 eggs)

1 3/4 cups sifted Swans Down Cake Flour  4 egg whites, stiffly beaten
1 teaspoon baking powder  4 egg yolks, beaten light
1 3/4 teaspoon salt  1 teaspoon vanilla
1 3/4 cup sifted sugar  Currant jelly

Sift flour once, measure, add baking powder and salt and sift together three times. Fold sugar into egg whites, a small amount at a time. Add egg yolks and vanilla. Fold in flour gradually. Pour into pan 8 1/2 x 13 1/2 inches, lined with buttered paper, and bake in hot oven (400°F.) 13 minutes. Turn from pan at once onto cloth covered with powdered sugar. Remove paper. Quickly cut off crisp edges of cake. Spread with jelly and roll. Wrap in cloth until cool.
CAKE FLOUR VS. BREAD FLOUR

What Women Want to Know About Swans Down Cake Flour

Special Milling of Swans Down Cake Flour

Cake flour and bread flour are the two main classes of flours. Swans Down Cake Flour is milled from the soft wheat raised in southern Indiana, Illinois, Ohio, and Missouri. Only the very choicest of this wheat is used in making Swans Down Cake Flour. It takes one hundred pounds of this selected wheat to make twenty-six pounds of Swans Down Cake Flour. The wheat is then ground and sifted, re-ground and re-sifted and is finally passed through the finest silk bolting cloth, from which it emerges twenty-seven times as fine as good bread flour. This actual degree of fineness has been determined by microscopic test. Only the heart of the soft wheat kernel is used in making Swans Down Cake Flour. Not an atom of cornstarch or any other ingredient has been added.

Delicate Gluten of Swans Down Cake Flour

The soft wheat, from which Swans Down Cake Flour is made, differs from hard wheat (used in making bread flour) in both the amount and kind of gluten it contains. Soft wheat contains only a small amount of delicate gluten, and in just the right amount to bind the ingredients and still make a tender, fluffy cake.

Hard wheat, on the other hand, from which bread flour is made, contains a larger quantity of strong, elastic gluten. In bread making, this tough gluten is tempered and softened by the action of the yeast for several hours while the bread is rising. The quality of this tough gluten cannot be changed by adding cornstarch to bread flour. Therefore, it is impossible to "make" cake flour out of bread flour, as is sometimes recommended.

Important Differences between Swans Down Cake Flour and Bread Flour

Swans Down Cake Flour may be clearly distinguished from bread flour by several simple tests. Swans Down Cake Flour has the following marked characteristics:

1. Is snowy-white in color.
2. Is velvety-smooth to the touch when rubbed between the thumb and forefinger.
3. Keeps imprint of fingers when a handful is picked up.
4. Is very fine, due to extremely careful milling.
5. Has tender, delicate gluten.

On the other hand, bread flour has these characteristics:

1. Is cream-colored.
2. Is gritty or slightly grainy to the touch when rubbed between the thumb and forefinger.
3. Falls loosely apart when a handful is picked up.
4. Is less finely milled than Swans Down Cake Flour.
5. Has strong, very elastic gluten.
Angel Food Cakes

White, delicate, foamy-light angel food, the kind that fairly melts in the mouth, is the supreme creation of the cake maker. Perfect angel food is so easily made, too! Not a difficult process at all. It is only necessary to follow, closely, each step in the directions for making Swans Down Angel Food.

Swans Down Angel Food Cake

<table>
<thead>
<tr>
<th>1 cup sifted Swans Down Cake Flour</th>
<th>( \frac{3}{4} ) teaspoon cream of tartar</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup egg whites (8 to 10 eggs)</td>
<td>( \frac{1}{4} ) cups sifted granulated sugar</td>
</tr>
<tr>
<td>( \frac{1}{4} ) teaspoon salt</td>
<td>( \frac{1}{4} ) teaspoon vanilla</td>
</tr>
<tr>
<td></td>
<td>( \frac{1}{4} ) teaspoon almond extract</td>
</tr>
</tbody>
</table>

Sift flour once, measure, and sift four more times. Beat egg whites and salt on a large platter with flat wire whisk. When foamy, add cream of tartar and continue beating until eggs are stiff enough to hold up in peaks, but not dry. Fold in sugar carefully, two tablespoons at a time, until all is used. Then sift small quantity of flour over mixture, fold in carefully; continue until all is used. Add flavoring. Pour batter into un-greased Angel Food pan and bake at least one hour in slow oven. Begin at 275°F. and after 30 minutes increase heat slightly (325°F.). Remove from oven and invert pan for one hour, or until cold.
Hints on Mixing Angel Food Cake

Air is the one and only leavening in Angel Food cake. This fact determines every step in the mixing.

Sift flour several times in order to put as much air as possible into it. Fresh eggs make the best cakes, but should be at least three days old to beat successfully. It is impossible to beat as much air into cold storage eggs, or those preserved in brine or water glass, as into fresh eggs.

Be careful to beat the egg whites until they are just stiff enough to hold up in peaks. Underbeaten egg whites have not had as much air beaten into them as is possible and will make a cake that is undersized, heavy, and of coarse texture. On the other hand, overbeaten egg whites will make a cake that is dry. More air can be enclosed in egg whites by beating them with a flat wire whisk.

In combining ingredients, use only the folding motion. Be careful to mix all ingredients sufficiently. Undermixing will give a coarse-textured cake, while too much mixing will result in a heavy, undersized cake, with a tough texture.

Russian Roll

Dissolve gelatin in water. Add milk, salt, and sugar. Pour mixture on egg yolks, stirring constantly. Cook in double boiler 10 minutes. Remove from fire and cool. When mixture is slightly thickened, add vanilla, and fold in cream. Allow to stiffen. Split Angel Food cake in half lengthwise. Spread filling between layers and on top and sides of cake. Cover with pecans and maraschino cherries.
Angel Food Cake
(Syrup Method)

1 cup sifted Swans Down Cake Flour  1 cup egg whites (8 to 10 eggs)
1 1/2 cups granulated sugar  1/4 teaspoon salt
3/4 cup water  1 teaspoon cream of tartar
1 teaspoon flavoring

Sift flour once, measure, and sift four more times. Boil sugar and water until a small amount of syrup forms a soft ball in cold water, or spins a long thread (242°F.). Beat egg whites and salt on large platter with flat wire whisk until foamy. Add cream of tartar, continue beating until eggs are stiff enough to hold up in peaks, but not dry. Cool syrup to 180°-200°F. (from 10 to 15 minutes), and pour gradually onto egg whites, beating continually. Fold in flour carefully, then flavoring. Pour into ungreased Angel Food pan and bake in a slow oven at least one hour. Begin at 275°F. and after 50 minutes, increase the heat slightly (325°F.). Remove from oven and invert pan for one hour, or until cold.

Chocolate Angel Food Cake
(10-12 egg whites)

3/4 cup sifted Swans Down Cake Flour  1/4 teaspoon salt
1/4 cup Baker’s Breakfast Cocoa  1 teaspoon cream of tartar
1 1/4 cups egg whites (10 to 12 whites)  1 1/4 cups sifted granulated sugar
1 teaspoon vanilla

Sift flour once, measure, add cocoa and sift four times. Beat egg whites and salt on large platter with flat wire whisk. When foamy, add cream of tartar. Continue beating until eggs are stiff enough to hold up in peaks, but not dry. Fold in sugar carefully, 2 tablespoons at a time. Fold in flour mixture in same way; then vanilla. Pour batter into ungreased Angel Food pan and bake in slow oven (275°F.). After 30 minutes increase heat slightly to 325°F. Bake at least one hour. Remove from oven and invert pan for one hour, or until cold.

Tutti Frutti Angel Food Cake
(Angel Food with Fruit and Nuts)

1 recipe Swans Down Angel Food cake  1/4 cup nut meats, chopped
3/4 cup candied cherries, quartered  1/4 cup Baker’s Coconut,
Southern Style

Pour 1/2 of cake batter into ungreased Angel Food pan. Sprinkle fruit and nuts over it, then add rest of batter, spreading evenly with knife. Run knife through to bottom of pan to mix fruit evenly throughout. Bake in slow oven (275°F.) one hour, increasing heat slightly (325°F.) after 30 minutes. Remove from oven and invert pan for one hour, or until cold.
Frostings and Fillings

Layer cakes—loaf cakes—dainty tea cakes—some with fluffy boiled frosting, others with creamy butter frosting, and still others with rich fruit fillings. An infinite variety of cakes is possible, all from the same recipe, simply by varying the frosting or filling.

Uncooked frostings, because they are so easily and quickly made, are widely used. These frostings have a better flavor if made with a hot liquid, as this removes the objectionable raw taste. The liquids used may be milk, cream, fruit juices, or water. Butter Frosting, made with a large amount of butter and little or no liquid, remains moist for several days. Uncooked frostings, except butter, should be put on the cake while it is still warm.

Secrets of a Smooth, Fluffy Boiled Frosting

Boil the sugar syrup to the soft ball stage (238° F.). The candy thermometer is the most accurate means of testing sugar syrup. A practical cold water test may be made by dropping a little of the boiling syrup into ice-cold water and if it forms a very soft ball that loses its shape when removed from the water it is at the soft ball stage. Both undercooking and overcooking the syrup give equally poor results. If syrup is undercooked, the frosting will not thicken. It may then be placed over hot water and beaten until thick enough to spread. When syrup is overcooked, the frosting will thicken very quickly and become too hard to spread on cake. If this happens, beat in a little hot water—just enough to make it of the right consistency to spread.

Prevent crystals from forming in the syrup, as they make frosting sugary or grainy. Crystallization may be avoided by adding 1 tablespoon white corn syrup for every cup of sugar. Also wipe down sides of saucepan with wet cheesecloth wrapped around the tines of a fork. When corn syrup is used omit cream of tartar.

Beat the egg whites until they are stiff enough to hold up in peaks, but not dry. Overbeaten egg whites give frosting a curdled appearance. Beat the egg whites just before ready to pour the syrup onto them. Pour syrup onto the egg whites in a very fine stream, beating constantly. Beat frosting vigorously to make it smooth, light, and fluffy.

Hints for Frosting Cakes

Cakes that are to be frosted with boiled frosting should be cool and should have a crust that is free from loose crumbs. The frosting should be cool so that it does not run or soak into the cake. Keep the edges of the cake even. If the layers are not even, place them so that the cake, when frosted, will be uniform in thickness. The wire cake tester may be inserted into the layers to hold them in position while frosting them.

Frost the top of cake first, putting the frosting on in the center, and working it out lightly to the edges with a knife or the back of a silver spoon. Next, frost the sides, keeping knife free from crumbs. Use quick, light, deft strokes.
Frosting Frills for Special-Occasion Cakes

Festive cakes for the holidays, beautiful birthday cakes, stately wedding cakes—cakes to grace any occasion—may be easily made at home. Simply frost the cake and add the decoration. Any cake with a plain frosting may serve as a background for endless possibilities. Let simplicity be the keynote in all cake decoration.

All kinds of artistic designs, such as flowers, names, dates, and borders, may be traced upon a frosted cake with the aid of a pastry bag. This process of forcing frosting through a pastry bag is called piping. When frosting is to be used for piping it is important that it be light and soft and yet stiff enough to hold its shape. The Ornamental Frosting on page 24 is well suited to use in a pastry bag. Other uncooked frostings made with egg whites, also butter frosting, or even a soft boiled frosting, may be used for piping.

The pastry bag may be made of a three-cornered piece of heavy paper folded into cornucopia shape and pinned in place, or, better still, of a piece of heavy muslin or light-weight canvas stitched in the desired shape. This can be washed after using and so kept clean. With the bag are used metal tubes or tips, with openings of various sizes and patterns that shape the frosting into leaves, flowers, stars, frills, and ribbons. Tiny rose tubes and ribbon tubes are most popular. These tubes may be purchased at kitchen-furnishing stores.

To use the bag, fill it not more than half full, and hold it firmly with the left hand near the tip. Hold the bag at the top with the left hand, gently forcing the frosting out. Use the right hand to guide the tip in forming the desired decoration. For some effects the bag is held in an upright position, while for others it is held parallel to the surface of the cake.

Colored frostings are sometimes effective and may be made to fit into any color scheme. Vegetable coloring, in liquid or paste form, may be added in small amounts until just the right color is obtained. Be careful not to add too much coloring. Delicate tints are more attractive than intense colors. If liquid coloring is used, add it a drop at a time; if color paste, place a little on the tip of a knife, add it to the frosting, and beat until evenly blended. Various flavoring extracts go well with certain colored frostings, such as rose flavor with pink, almond with green, and lemon with yellow frosting.

Other attractive decorations on frosted cakes may be in the form of coconut, nuts (whole or chopped), candied fruits cut in attractive pieces, crystallized rose or violet leaves, angelica, tiny colored candies, silver dragees, or chocolate shot. These should be placed on the cake before the frosting becomes firm. Blanched almonds are effective on dark frostings, while pecans or walnuts are attractive on light frostings.
GOLDEN SPICE CAKE (Recipe Page 10)

Uncooked Frostings

Confectioners’ Frosting

2 teaspoons hot water  2 1/2 cups sifted confectioners’ sugar (about)
1 egg white, stiffly beaten 1 teaspoon vanilla

Add water to egg white; then sugar until of right consistency to spread. Add vanilla. Beat thoroughly.

Chocolate Confectioners’ Frosting

2 teaspoons hot water  4 squares Baker’s Unsweetened Chocolate, melted
1 egg white, stiffly beaten
2 cups sifted confectioners’ sugar (about) 1 teaspoon vanilla

Add water to egg white; then about half of sugar. Mix in chocolate, vanilla, and sugar until of right consistency to spread. Beat thoroughly.

Orange Frosting

Grated rind 1 orange  2 teaspoons lemon juice, hot
1 tablespoon orange juice, hot 1 egg yolk, slightly beaten
1 1/4 cups sifted confectioners’ sugar (about)

Add rind to fruit juices and let stand 15 minutes. Strain, and add gradually to egg yolk. Stir in confectioners’ sugar until of right consistency to spread.

Chocolate Frosting

2 squares Baker’s Unsweetened Chocolate, melted 3 tablespoons hot water
1 teaspoon butter 1 1/4 cups sifted confectioners’ sugar (about)
1/4 teaspoon vanilla

Mix chocolate, butter, and hot water. Cool, and add sugar to make of right consistency to spread. Add vanilla and beat thoroughly.

TWENTY-THREE
Creole Frosting

2 cups sifted confectioners' sugar
4 tablespoons Baker's Breakfast Cocoa
2 teaspoons Instant Postum
4 tablespoons boiling water
1 teaspoon vanilla
1 teaspoon hot water

Mix sugar and cocoa; add Postum dissolved in boiling water, and vanilla, and stir until smooth. Add hot water up to 1 teaspoon until of consistency to spread.

Butter Frosting

¼ cup butter
2 cups sifted confectioners' sugar
1 teaspoon vanilla
1 or 2 teaspoons milk or cream, hot

Cream butter until very soft. Add sugar gradually, blending thoroughly. Thin with vanilla and milk, a drop at a time, until of consistency to spread.

Chocolate Butter Frosting

¼ cup butter
2 cups sifted confectioners' sugar
¾ teaspoon vanilla
2 squares Baker's Unsweetened Chocolate, melted
1 or 2 teaspoons milk or cream, hot

Cream butter until very soft. Add sugar gradually, blending thoroughly. Add vanilla and chocolate. Thin with milk, a drop at a time, until of consistency to spread.

Pineapple Frosting

3 tablespoons hot pineapple juice
2 teaspoons lemon juice
2 tablespoons butter, melted
2 cups sifted confectioners' sugar

To the fruit juices, add butter. Place sugar in bowl, add liquid, beating well until smooth and of right consistency to spread.

Ornamental Frosting

2 egg whites
1½ cups sifted confectioners' sugar (about)
½ teaspoon cream of tartar, or
½ tablespoon lemon juice
½ teaspoon vanilla

Beat egg whites with 2 tablespoons sugar 3 or 4 minutes; then continue to add same quantity of sugar, beating same length of time, until half the sugar has been used. Add the cream of tartar with the second quantity of sugar, or add lemon juice gradually as mixture thickens. Now continue adding sugar, a tablespoon at a time, beating several minutes between each addition, until a knife cut down into the frosting makes a clean cut that will not close again. The success attending the use of this frosting depends much upon thorough beating between additions of sugar.
FROSTINGS

Cooked Frostings

Boiled Frosting

\[
\begin{align*}
\frac{3}{4} \text{ cup sugar} & \quad \frac{1}{2} \text{ cup boiling water} \\
\frac{1}{4} \text{ teaspoon cream of tartar} & \quad 1 \text{ egg white, stiffly beaten}
\end{align*}
\]

Dissolve sugar and cream of tartar in boiling water. Place over fire and boil until a small amount of syrup forms a soft ball in cold water, or spins a thread (238°F). Pour syrup slowly over egg white, beating constantly. Continue beating until stiff enough to spread on cake.

Brown Sugar Boiled Frosting

Follow recipe for Boiled Frosting, substituting 1 cup brown sugar for the amount of white sugar called for in the recipe.

Fudge Frosting

\[
\begin{align*}
2 \text{ cups sugar} & \quad \frac{3}{4} \text{ cup milk} \\
2 \text{squares Baker's Unsweetened Chocolate} & \quad 2 \text{ tablespoons butter} \\
2 \text{ tablespoons corn syrup} & \quad 1 \text{ teaspoon vanilla}
\end{align*}
\]

Cook sugar, chocolate (cut in small pieces), corn syrup, and milk, stirring until sugar is dissolved. Then stir occasionally to prevent burning. Cook until syrup forms a very soft ball when tested in cold water (232°F). Remove from fire. Add butter and cool to lukewarm (110°F). Add vanilla and beat until frosting is creamy and of right consistency to spread.

Seven Minute Frosting

\[
\begin{align*}
2 \text{ egg whites} & \quad 5 \text{ tablespoons cold water} \\
1\frac{1}{2} \text{ cups sugar} & \quad \frac{1}{4} \text{ teaspoon cream of tartar} \\
1 \text{ teaspoon vanilla} &
\end{align*}
\]

Put egg whites, sugar, water, and cream of tartar in upper part of double boiler. Beat with rotary egg beater until thoroughly mixed. Place over rapidly boiling water, beat constantly with rotary beater, and cook for 7 minutes, or until frosting will stand in peaks. Remove from fire, add vanilla, and beat until thick enough to spread.

Maple Walnut Frosting

\[
\begin{align*}
2 \text{ egg whites} & \quad 5 \text{ tablespoons water} \\
2\frac{1}{4} \text{ cups brown sugar} & \quad 1 \text{ teaspoon vanilla} \\
1 \text{ cup walnut meats, chopped} &
\end{align*}
\]

Put egg whites, sugar, and water in top of double boiler. Beat with rotary egg beater until thoroughly mixed. Place over rapidly boiling water, beat constantly with rotary beater, and cook for 7 minutes, or until frosting will stand in peaks. Remove from fire and add vanilla. Beat until thick enough to spread. Sprinkle nuts over frosting before it becomes firm.

Marshmallow Frosting

Add 1 cup marshmallows, quartered, to Seven Minute Frosting before spreading between layers and on cake.
Coconut Frosting

Add ½ cup Baker's Coconut, Southern Style, to Seven Minute Frosting. Sprinkle ½ cup coconut over cake before frosting becomes firm.

Nut Frosting

Add ½ cup chopped walnut meats or other nuts to Seven Minute Frosting before spreading. Sprinkle ½ cup nuts over cake before the frosting becomes firm.

Caramel Frosting

3 cups brown sugar
1 cup water
1 tablespoon butter
1 teaspoon vanilla

Boil sugar and water until syrup forms a soft ball in cold water (238°F). Add butter and vanilla, and remove from fire. When cold beat until thick and creamy. Thin with cream until of right consistency to spread.

Sour Cream Frosting

1 cup sugar
1 cup sour cream
1 teaspoon vanilla
½ cup walnut meats, chopped

Mix sugar and sour cream together and boil to soft ball shape (238°F). Remove from stove and let stand until lukewarm (about 110°F). Beat until creamy. Add vanilla and nut meats and spread quickly.

Chocolate Seven Minute Frosting

2 egg whites
1 ½ cups sugar
¼ teaspoon cream of tartar
1 teaspoon vanilla
5 tablespoons water
3 squares Baker's Unsweetened Chocolate, melted

Put egg whites, sugar, cream of tartar, and water in upper part of double boiler. Beat with rotary egg beater until thoroughly mixed. Place over rapidly boiling water, beat constantly with rotary beater, and cook 7 minutes, or until frosting will stand in peaks. Remove from fire, fold in chocolate and vanilla. (Do not beat mixture.) Cool and spread on cake.

Lady Baltimore Frosting and Filling

Frosting

2 cups sugar
¾ cup water
2 egg whites, stiffly beaten
1 teaspoon vanilla

Filling

¼ pound figs, chopped
½ pound raisins, chopped
¾ cup pecans or English walnuts, chopped

Cook sugar and water until syrup forms a soft ball in water (238°F). Pour syrup slowly on egg whites, beating until cool and stiff enough to spread. Add flavoring. Stir fruit and nuts into 2/3 of frosting. Spread between layers and on top of cake. Cover whole cake with remaining frosting.
Frostings and Fillings

Lord Baltimore Filling

1 1/2 cups sugar
1/2 teaspoon cream of tartar
1/2 cup water
2 egg whites, stiffly beaten
1/4 teaspoon orange juice

2 teaspoons lemon juice
12 candied cherries, cut in quarters
3/4 cup macaroon crumbs
3/4 cup blanched almonds, chopped
3/4 cup pecans, chopped

Dissolve sugar and cream of tartar in water and boil until syrup forms a soft ball in cold water (238° F.). Pour syrup over egg whites, beating constantly. Add orange and lemon juice to fruit, macaroon crumbs, and nuts, and combine the two mixtures. Cool and spread between layers of cake.

Soft Chocolate Frosting

4 squares Baker's Unsweetened Chocolate
1 cup sugar
1 1/2 cups milk

5 tablespoons Swans Down Cake Flour
2 tablespoons cold water
2 tablespoons butter
1 teaspoon vanilla

Cut chocolate in small pieces, add sugar and milk and bring to boiling point, stirring constantly. Mix flour with water, add slowly to the first mixture, stirring until thickened. Remove from fire, add butter and vanilla. Cool and spread.

Orange Filling

5 tablespoons Swans Down Cake Flour
1 cup sugar
1/4 cup orange juice

3 tablespoons lemon juice
4 tablespoons water
1 egg, slightly beaten
2 teaspoons butter

Mix ingredients in order given. Cook in double boiler 10 minutes, stirring constantly. Cool before spreading. Makes filling for two layers.

Pineapple Filling

1 tablespoon Swans Down Cake Flour
Few grains salt
1 cup boiling water

1 cup sugar
1 cup pineapple, grated

1 cup pineapple, grated
Combine flour, salt, sugar, and pineapple. Add boiling water and cook 15 minutes. Cool and spread between layers of cake.

Fig Filling

2 cups figs, chopped
2/3 cup sugar
1 tablespoon butter

3/4 cup boiling water
1 tablespoon lemon juice

Cook figs, sugar, and water in double boiler until thick, 6 to 8 minutes. Remove from stove, add lemon juice and butter. When cool spread between layers of cake.

Custard Cream Filling

1/3 cup sifted Swans Down Cake Flour
1/3 cup sugar
1/3 teaspoon salt
2 eggs or 4 yolks, slightly beaten

2 cups milk, scalded
1 teaspoon vanilla, or
3/4 teaspoon lemon extract

Mix dry ingredients, add eggs and milk. Stir until smooth. Cook in double boiler 15 minutes or until thickened, stirring constantly. Add flavoring when cool.
COOKIES

Swans Down — the Preferred Flour for Cookies, Quick Breads, and Pastries

Swans Down Cake Flour gives superior results in many mixtures besides cakes. Pastry, cookies, shortcake, biscuits, muffins, griddle cakes, and waffles—all will be more tender and delicious when made with Swans Down Cake Flour instead of bread flour.

Brownies

\[
\begin{align*}
\frac{3}{4} \text{ cup sifted Swans Down Cake Flour} & \quad 1 \text{ cup sugar} \\
\frac{1}{2} \text{ teaspoon baking powder} & \quad 2 \text{ eggs, beaten light} \\
2 \text{ squares Baker's Unsweetened Chocolate, melted} & \quad 1 \text{ teaspoon vanilla} \\
\frac{1}{2} \text{ cup butter or other shortening} & \quad \frac{1}{2} \text{ cup walnuts, chopped}
\end{align*}
\]

Sift flour once, measure, add baking powder, and sift three times. Melt chocolate over warm water. Add butter. Combine sugar and eggs; add chocolate mixture, beating thoroughly; then flour, flavoring, and nuts. Pour into buttered pan, 8 x 8 x 2 inches, and bake in moderate oven (350° F.) 35 minutes. Cut in squares before removing from pan. Makes 25.

Oatmeal Nut Cookies

\[
\begin{align*}
1 \frac{1}{2} \text{ cups sifted Swans Down Cake Flour} & \quad \frac{1}{2} \text{ cup butter or other shortening} \\
2 \text{ teaspoons baking powder} & \quad 1 \text{ cup brown sugar} \\
\frac{1}{2} \text{ teaspoon salt} & \quad 1 \text{ egg, beaten light} \\
2 \text{ teaspoons cinnamon} & \quad \frac{1}{2} \text{ cup nuts, chopped} \\
1 \text{ teaspoon cloves} & \quad \frac{3}{4} \text{ cup raisins} \\
\frac{1}{2} \text{ teaspoon ginger} & \quad 1 \frac{3}{4} \text{ cups oatmeal} \\
\frac{1}{4} \text{ cup milk}
\end{align*}
\]

Sift flour once, measure, add baking powder, salt, and spices and sift three times. Cream shortening, add sugar gradually, and cream together until light and fluffy. Add egg, nuts, and raisins, then oatmeal and flour alternately with milk. Mix well. Drop by teaspoons onto greased baking sheet and bake in moderate oven (350° F.) 18 to 20 minutes. Makes 48 cookies.

Hermits

\[
\begin{align*}
3 \text{ cups sifted Swans Down Cake Flour} & \quad 1 \text{ cup currants} \\
1 \text{ teaspoon soda} & \quad \text{Grated orange peel} \\
\frac{1}{2} \text{ teaspoon nutmeg} & \quad \frac{1}{2} \text{ cup butter or other shortening} \\
\frac{1}{2} \text{ teaspoon cinnamon} & \quad 1 \frac{1}{2} \text{ cups brown sugar} \\
\frac{1}{2} \text{ cup nuts, coarsely chopped} & \quad 2 \text{ tablespoons sour milk} \\
1 \text{ cup raisins} & \quad 2 \text{ eggs, beaten light}
\end{align*}
\]

Sift flour once, measure, add soda, nutmeg, and cinnamon, and sift together three times. Sift half this mixture over nuts and fruits; mix well. Cream shortening thoroughly, add sugar gradually, and cream together until light and fluffy. Then add milk and eggs. Beat well. Add sifted dry ingredients, and fruits and nuts, a small amount at a time. Beat after each addition until smooth. Drop from teaspoon on greased tins and bake in moderate oven (375° F.) 10 to 15 minutes. Makes 5 dozen hermits.
### Sugar Cookies

- 2 1/2 cups sifted Swans Down Cake Flour
- 2 teaspoons baking powder
- 1/2 teaspoon grated nutmeg
- 1/2 cup butter or other shortening
- 1 cup sugar
- 2 eggs, beaten light
- Grated rind of 1 lemon
- 1 tablespoon cream

Sift flour, baking powder, and nutmeg together twice. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs, lemon rind, cream, and beat well. Add flour mixture gradually. Beat after each addition until smooth. Roll into thin sheet, cut with cookie cutter, and dredge with granulated sugar. Place on greased baking sheet and bake in hot oven (425°F.) about 7 minutes. Makes 2 1/2 dozen 3-inch cookies.

### Crisp Molasses Cookies

- 3 1/2 cups sifted Swans Down Cake Flour
- 1 1/4 cups sugar
- 1/2 teaspoon salt
- 1/2 cup molasses
- 1/4 cup water

Sift flour once, measure, add soda, salt, and ginger and sift together three times. Cream shortening, add sugar gradually, and mix thoroughly. Add molasses, then flour alternately with water, a small amount at a time. Beat well after each addition. Toss on floured board, roll 1/4 inch thick, cut with floured cutter. Bake in moderate oven (350°F.) 8 minutes. Makes 5 dozen 2 1/2-inch cookies.

### Fig Surprises

- 3 1/2 cups sifted Swans Down Cake Flour
- 1 cup brown sugar
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 cup butter or other shortening
- 1 egg, beaten light
- 1 teaspoon vanilla
- 1/4 cup milk

Sift flour once, measure, add baking powder and salt and sift together three times. Cream butter, add sugar gradually, and cream together until light and fluffy. Add egg, vanilla, then flour and milk alternately, a small amount at a time. Beat after each addition until smooth. Chill until firm enough to roll. Roll 1/4 inch thick, cut with 2 1/2 inch cutter. Put one teaspoon of filling on a ring, place another ring on top, pressing edges together. Bake in hot oven (425°F.) 6 to 8 minutes. Makes 4 dozen cookies. Use Fig Filling. Raisins or dates may be substituted for figs.

### Almond Slices

- 5 1/2 cups sifted Swans Down Cake Flour
- 1 cup granulated sugar
- 1 teaspoon baking powder
- 3 eggs, slightly beaten
- 1 cup brown sugar
- 1 1/2 cups hot melted shortening, part butter desirable
- 1 cup almonds, blanched, toasted, chopped

Sift flour once, measure, add soda and sift three times. Mix other ingredients in order given, add flour last. Pack tightly into 8 x 8 inch pan lined with waxed paper, and chill over night. Remove loaf from pan, cut in half, and slice crosswise in thin slices (1/4 inch thick or less). Bake in hot oven (425°F.) for 5 minutes. Makes 6 dozen slices 4 x 1 1/2 x 1/4 inches. For variety, add 2 teaspoons cinnamon sifted with flour.
Baking Powder Biscuits

2 cups sifted Swans Down Cake Flour 2 tablespoons butter or other shortening
4 teaspoons baking powder 3/4 cup milk (about)
1/2 teaspoon salt

Sift flour, baking powder, and salt together twice. Cut in shortening. Add milk gradually and mix to soft dough. Turn on floured board, knead slightly, roll 3/4 inch thick; cut in rounds. Set in shallow baking pan and brush tops with melted butter. Bake in hot oven (450°F.) 15 minutes. Makes 18 small biscuits.

Cheese Biscuits

1 cup sifted Swans Down Cake Flour 1 tablespoon butter or other shortening
2 1/2 teaspoons baking powder 1/4 cup grated cheese
1/2 teaspoon salt 3/4 cup milk and water, equal parts


Orange Biscuits

2 cups sifted Swans Down Cake Flour 1 tablespoon grated orange rind
4 teaspoons baking powder 3/4 cup milk
1/2 teaspoon salt 12 cubes cut sugar
2 tablespoons sugar 1/4 cup orange juice
4 tablespoons butter or other shortening

Sift flour once, measure, add baking powder, salt, sugar, and sift again. Cut in shortening and orange rind. Add milk slowly and mix with knife to consistency of soft dough. Roll 1/2 inch thick on floured board. Cut with small biscuit cutter. On top of each biscuit place 1/2 lump sugar dipped in orange juice. Bake in hot oven (400°F.) 15 minutes. Makes 24 1 1/2-inch biscuits.

Strawberry Shortcake

2 1/2 cups sifted Swans Down Cake Flour 4 tablespoons butter or other shortening
5 teaspoons baking powder 3/4 cup milk (about)
1/2 teaspoon salt
2 quarts strawberries

Sift flour, baking powder, and salt together twice. Cut in shortening. Add milk slowly to make soft dough. Spread dough in two well-greased layer cake pans. Bake in hot oven (450°F.) 15 minutes. Wash and stem strawberries, cut them in small pieces, and sweeten slightly. Reserve a few whole berries for garnishing. Spread one layer of shortcake with soft butter and strawberries and place other layer on top. Spread with remaining berries and garnish with whipped cream and whole berries. Serves 8.

Any other fresh berries, dried or canned fruits may be used in place of strawberries. May be served with plain cream instead of whipped cream.
Pie Crust
(Plain Paste)

2 cups sifted Swans Down Cake Flour
\(\frac{3}{4}\) cup cold shortening
\(\frac{1}{2}\) teaspoon salt
\(\frac{3}{4}\) to \(\frac{1}{2}\) cup cold water

Shortening and water should be as cold as possible to obtain best results. Sift flour and salt together. Cut in shortening until mixture looks like meal. Add water, a little at a time, mixing with a knife or spatula until the dough cleans bowl of all flour and paste. Use as little water as possible. Roll dough \(\frac{1}{8}\) inch thick on slightly floured board. Fit loosely on pie plate. Turn edge and prick with fork. Bake in hot oven \((450^\circ F.)\) 15 minutes. Makes one 9-inch two-crust pie. Use \(\frac{1}{2}\) recipe for one pie shell only.

Lemon Meringue Pie

\(\frac{3}{4}\) cup sifted Swans Down Cake Flour
\(\frac{1}{4}\) cup cold shortening
1 tablespoon butter
\(\frac{1}{2}\) cup sugar
2 lemons (\(\frac{3}{4}\) cup juice)
Grated rind of 1 lemon
\(\frac{1}{2}\) cup boiling water
1 9-inch baked pie shell
4 tablespoons sugar
\(\frac{1}{4}\) teaspoon salt

Mix flour and sugar in top of double boiler. Add boiling water, stirring constantly, then milk. Cook mixture over hot water until thick and smooth, stirring continually. Add eggs gradually. Add butter, lemon juice, and rind. Continue cooking until mixture drops in thick sheets from spoon. Cool mixture, and pour into pie shell. Beat sugar and salt into egg whites, and cover pie. Bake in slow oven \((300^\circ F.)\) 12 minutes, or until delicate brown.

Coconut Cream Pie

\(\frac{1}{4}\) cup sifted Swans Down Cake Flour
\(\frac{1}{4}\) cup sugar
\(\frac{1}{4}\) teaspoon salt
2 cups milk, scalded
2 egg yolks, beaten light
1 teaspoon vanilla

Mix flour, sugar, and salt. Stir into milk. Cook in double boiler until thickened, stirring constantly. Pour onto egg yolks. Return to double boiler and cook 10 minutes. Add flavoring and coconut. Pour into pie shell. Beat sugar into egg whites; add flavoring. Pile on coconut filling. Place in slow oven \((300^\circ F.)\) for 10 to 12 minutes, or until browned.

Apple Pie

1 recipe Plain Paste
\(\frac{3}{4}\) cup sugar
4 to 6 apples, sliced thin
1 tablespoon butter
1 teaspoon cinnamon

Line pie plate with paste, and fill with apples. Sprinkle with sugar and cinnamon; dot with butter. Cover with upper crust, which has a few slits in center to allow steam to escape. Brush with milk, or beaten egg white. Bake in hot oven \((450^\circ F.)\) 45 minutes. Makes one 9-inch pie.
Waffles

2 cups sifted Swans Down Cake Flour  3 egg yolks, beaten light
3 teaspoons baking powder  1 cup milk
1/2 teaspoon salt  4 tablespoons melted butter
3 egg whites, stiffly beaten

Sift flour, baking powder, and salt together twice. Add egg yolks mixed with milk; then butter. Fold in egg whites. Have both sides of waffle iron hot. Grease well. Put tablespoon of batter in each section and let top down. When batter is baked on one side turn iron to brown other side. Remove cooked waffles with fork. Serve with butter and Log Cabin Syrup. Makes six 4-section waffles.

Queen Tea Muffins

1 3/4 cups sifted Swans Down Cake Flour  4 tablespoons butter or other shortening
4 teaspoons baking powder  4 tablespoons sugar
1/2 teaspoon salt  1 egg, beaten light
3/4 cup milk

Sift flour once, measure, add baking powder, and salt, and sift three times. Cream shortening, add sugar and cream thoroughly. Add egg, then flour and milk alternately. Beat after each addition until smooth. Bake in greased muffin tins in hot oven (450°F.) 20 minutes. Makes 18 small muffins.
Reasons and Remedies for Cake Difficulties

In spite of all necessary cautions that may have been taken in making a cake, something occasionally prevents complete success. Even the best of cooks may be puzzled by some kind of cake trouble once in a while. However, cake failures can generally be avoided, if one knows what causes them. Reasons and remedies for various cake difficulties follow.

**Butter Cake Difficulties**

1. *Why does butter cake fall?*
   - a. Too much shortening: use tested recipe; measure accurately.
   - b. Too much liquid: use tested recipe; measure accurately.
   - c. Not enough baking powder or soda to leaven the mixture: use tested recipe; measure accurately.
   - d. Too much sugar.
   - e. Removed from oven before sufficiently baked.

2. *Why is butter cake tough?*
   - a. Not enough shortening: use tested recipe; measure accurately.
   - b. Too much sugar.
   - c. Oven too hot—high temperature toughens eggs.

3. *Why is butter cake coarse?*
   - a. Too much baking powder or soda: use tested recipe; measure accurately.
   - b. Insufficient creaming of shortening and sugar: cream shortening and sugar until light and fluffy.
   - c. Use of hot melted shortening: use solid shortening.
   - d. Oven too hot.

4. *Why is butter cake heavy?*
   - a. Batter not beaten enough: beat well after each addition of flour and milk.
   - b. Too much shortening: use tested recipe; measure accurately.
   - c. Too much sugar.
   - d. Too much liquid: use tested recipe; measure accurately.
   - e. Oven too hot or too slow.

5. *Why is butter cake small?*
   - a. Not enough baking powder or soda to leaven cake: use tested recipe; measure accurately.
   - b. Too much liquid: use tested recipe; measure accurately.
   - c. Baked in too large a pan: use pan that fits yield of recipe.
CAKE DIFFICULTIES

Sponge Cake Difficulties

1. Why does sponge cake or angel cake fall from the pan before it is cool?
   a. "Damp" flour: sift flour five or six times in front of open door
      of heated oven.
   b. Greased pan: bake sponge cake in ungreased pan.
   c. Insufficient baking—cell walls collapse and cake shrinks from
      sides of pan: allow longer baking period.

2. Why is sponge cake tough?
   a. Over-mixed batter: fold mixture only until ingredients are
      blended.
   b. Too much sugar.
   c. Oven too hot.

3. Why is sponge cake coarse?
   a. Insufficiently beaten egg whites: beat egg whites until stiff
      enough to hold up in peaks, but not dry.
   b. Insufficiently mixed ingredients—air not evenly distributed:
      fold ingredients until well blended.
   c. Oven too cool during baking, making large air cells.

4. Why is sponge cake heavy?
   a. Insufficiently beaten egg whites: beat egg whites until stiff
      enough to hold up in peaks, but not dry.
   b. Over-mixed batter: fold mixture only until ingredients are
      blended.
   c. Oven too hot.
   d. Omission of cream of tartar or other acid, or not enough of
      either: measure carefully and accurately.

5. Why is sponge cake small?
   a. Insufficiently beaten egg whites—not enough air enclosed to
      give sufficient expansion: beat egg whites until stiff enough to
      hold up in peaks, but not dry.
   b. Over-mixed batter—causes loss of air: fold mixture only until
      ingredients are blended.
   c. Too much sugar.
   d. Baked in too large a pan: use pan that fits yield of recipe.
   e. Oven too hot—cake bakes before there is proper expansion of
      air.

6. Why does sponge cake have a leathery streak at the bottom?
   a. Insufficiently beaten egg yolks: beat yolks until thick and
      lemon-colored.
   b. Too many egg yolks: use tested recipe.
   c. "Damp" flour: sift flour five or six times in front of open door
      of heated oven.
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The Swans Down Cake Set Simplifies Cake Making

*The Swans Down Cake Set* meets many of the needs of the housewife for good tools for cake making. Every cake maker wants the Swans Down Cake Set, regardless of how little or how much baking experience she has had, for every utensil spells the last word in convenience and accuracy. Over half a million women have ordered the Cake Set, and have found it indispensable in the making of fine cakes.

*The unusually low price of the Swans Down Cake Set* is possible only because of the tremendous quantities in which it is bought. Literally car-loads of cake sets are required in filling the increasing demand for them.

If any utensil of the Cake Set has been damaged in shipping, return it with a letter of explanation, and a new utensil will be sent to replace the damaged one.

Thermometers Relieve Baking Worries

An oven thermometer is one of the most reliable safeguards against cake failures, because the most perfectly mixed cake may be ruined in the baking. The housewife who uses an oven thermometer relieves herself at once of baking worries. With an oven thermometer she does not have to depend upon luck in baking a cake—nor does she have to guess at results. She *knows* when the oven is right.

YOU’LL WANT THIS CAKE SET

The set includes one each of the following:
- One patent, heavy tin Angel Food pan
- One square, heavy tin cake pan
- Aluminum measuring cup
- Set of aluminum measuring spoons
- Wooden slotted mixing spoon
- Steel spatula
- Wire cake tester
- A copy of "Cake Secrets"

Please send me one complete Swans Down Cake Set, carrying charges prepaid, for which I enclose $1.00 ($1.25 Denver and west; $1.50 in Canada, including postage and duty). The Cake Set is not sent C.O.D. (We reserve the right to refuse any or all orders should conditions under which these utensils are supplied to us change.)

Please send me one Wilder Oven Thermometer at the special price of $1.00 ($1.25 Denver and west; $1.50 in Canada, including postage and duty).

NAME ____________________________________________

STREET __________________________________________

CITY ______________________ STATE ________________

Send all orders direct to Educational Department,
IGLEHEART BROTHERS, Inc., Evansville, Ind., U.S.A.
Swans Down—An Economical Assurance of Fine Cakes

Cake is not really cake unless it is light, tender, moist, of even-grained texture, and delicate flavor. With Swans Down Cake Flour, the user is assured this ideal type of cake. Because of its soft fineness, Swans Down makes delicate, fluffy cakes that bread flour can never make. This is a direct saving of the good butter, eggs, and other ingredients that have gone into the cake batter. And it costs only about 3¢ more per cake to use Swans Down Cake Flour than good bread flour. Truly, a small price to pay for the assurance of a perfect cake!

Temperatures and Time-Table for Cake Baking

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<td>350° F. to 400° F.</td>
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<td>Cup cakes</td>
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For the use of those who have no oven thermometer there are several practical tests. Set a pan sprinkled with flour in the oven and if it becomes a delicate brown in five minutes the oven is slow (250° F. to 350° F.). If the flour turns a medium-golden brown in five minutes, the oven is moderate (350° F. to 400° F.). If the flour turns a deep, dark brown in five minutes, the oven is hot (400° F. to 450° F.).

Weights and Measures

| 1 square of chocolate, grated | 6 tablespoons |
| 1 medium-sized egg | 2 ounces |
| 8-10 medium-sized eggs (with shells) | 1 pound |
| 8-10 egg whites | 1 cup |
| 1� egg yolks | 1 cup |
| 3 teaspoons | ½ tablespoon |
| 4 tablespoons | ¼ cup |
| 16 tablespoons | 1 cup or ½ pint |
| 2 cups | 2 pints or 1 quart |
| 4 cups | 1 pound |
| 4 cups cake flour | 1 pound |
| 2¼ cups granulated sugar | 1 pound |
| 2⅛ cups brown sugar | 1 pound |
| 3⅛ cups confectioners' sugar | 1 pound |
| 2 cups butter | 1 pound |

Always sift flour once before measuring. Always use level measurements.