Home Baked Delicacies enhance the fame of the modern hostess.
WHAT ACCOMPLISHED HOSTESSES SAY ABOUT THE SWANS DOWN WAY TO SUCCESS . . .

"—cakes are lighter, fluffier, more delicious"
"—transforms ordinary cakes into delicacies"
"—not even a French pastry chef could surpass such flaky pastries"
"—assures success in all fine baking, from cakes to quick breads"

Five Secrets of Cake Success

Remember these five secrets that contribute to your success as an expert cake maker.

1. Use good ingredients
2. Measure accurately
3. Mix carefully
4. Bake according to directions
5. Handle your cake carefully after it comes out of the oven

All recipes tested and approved in the Swans Down Kitchen by Frances Lee Barton.

All measurements are level

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HOME BAKED DELICACIES ENHANCE THE FAME OF THE MODERN HOSTESS

By Frances Lee Barton

It's the little personal touches that distinguish the perfect hostess. Many a woman who has cooks and chefs at her beck and call trusts fine baking to none but her own deft hands. And with reason! For nothing can add more to the success of the meal—nothing can so enhance the fame of the hostess—as fluffy cakes, flaky pastries, feather-light cookies, or quick breads.

Perhaps you've longed to try your hand at fine baking but haven't quite dared. Perhaps you have tried—and failed. Perhaps you've been blaming yourself when the real fault lay with—flour! More than one woman has made that joyous discovery!

Many women, I find, do not realize the important differences between the various kinds of flour. "Oh, yes," they say, "I know there are dozens of different kinds." But it isn't brands I'm talking about—it's kinds. For instance, there is bread flour. It contains a type of gluten which is elastic and tenacious and able to withstand the action of the yeast while the bread is rising. This gluten makes a light, spongy loaf of bread, but you cannot expect it to make the tender, fluffy cakes and flaky pastries you've set your heart on. Nor can the quality of the gluten in bread flour be changed merely by adding cornstarch, as is sometimes recommended.
STANDARD WHITE CAKE (RECIPE PAGE 4)
Then there is cake flour—Swans Down Cake Flour. It will be a revelation. For Swans Down contains a soft, delicate gluten well suited to mixtures which are leavened quickly, such as cakes and quick breads. Swans Down is made from specially selected soft winter wheat. Nothing is added to Swans Down in the milling.

27 TIMES AS FINE AS ORDINARY FLOUR!

Only the choicest part of the wheat kernel is used in Swans Down. It takes 100 pounds of wheat to make 26 pounds of Swans Down! And by a special process of milling, Swans Down is sifted and resifted until it is 27 times as fine as ordinary flour.

TRULY ECONOMICAL!

Swans Down brings real economy to all your baking! Actually better cakes with less of the more expensive ingredients like shortening and eggs. Swans Down transforms the simplest one-egg cake into a party delicacy.

LEAVENING IMPORTANT, TOO

Of course you realize how important proper leavening is to successful baking. And no doubt you have found, just as I have, that all baking powders cannot be used in equal amounts with the same results.

That is why I want you to know that Calumet, the Double-Acting Baking Powder, is used in the Swans Down Kitchen. All Swans Down recipes are developed with Calumet.

As a rule, I use 1 level teaspoon Calumet Baking Powder to 1 cup sifted flour. This general proportion gives excellent results. With any other type of baking powder you should use increased amounts as recommended by the manufacturers.
All cakes belong to one of two classes—butter or sponge. Every cake is a variation of these two kinds. Master these types and you can be a successful cake maker. Let us start with butter cake—Standard White Cake. Learn to make this basic cake and you can then make any other butter cake—delicious gold cake, luscious chocolate fudge cake, novel Genoese cake, and countless others.

**SWANS DOWN STANDARD WHITE CAKE**

*(3 EGG WHITES)*

- 2 cups sifted Swans Down Cake Flour
- 2 teaspoons baking powder*
- ½ cup butter or other shortening
- 1 cup sifted sugar
- ½ cup milk
- 1 teaspoon vanilla
- 3 egg whites, stiffly beaten

Sift flour once, measure, add baking powder, and sift together three times. Cream shortening thoroughly, add sugar gradually, and cream together until light and fluffy. Add 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; or in greased pan, 8x8x2 inches, in moderate oven (350°F), 1 hour. Double recipe to make three 10-inch layers.

**ONE-EGG CAKE**

- 2 cups sifted Swans Down Cake Flour
- 2 teaspoons baking powder*
- 4 tablespoons butter or other shortening
- 1 cup sugar
- 1 egg, well beaten
- ¾ cup milk
- ½ 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 and mix well. Add flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add vanilla. Pour into greased pan, 8x8x2 inches. Bake in moderate oven (350°F) 50 minutes.

*For further information, see page 3.
EMERGENCY CAKE  
(QUICK-MIXED)  
1 3/4 cups sifted Swans Down Cake Flour  
1 cup sugar  
1/2 teaspoon salt  
1 1/2 teaspoons baking powder*  
2 egg whites, unbeaten  
Soft shortening as needed (about 3/4 cup)  
1/2 cup milk  
1/2 teaspoon vanilla  
Sift flour once, measure, add sugar, salt, and baking powder, and sift together three times. To egg whites in cup, add enough shortening to half fill the cup; add enough milk to completely fill it. Turn into flour, add vanilla, and beat vigorously 7 minutes. Bake in greased pan, 8x8x2 inches, in moderate oven (350° F.) 45 minutes. This recipe also makes 18 small cup cakes.

TWO-EGG CUP CAKES  
1 3/4 cups sifted Swans Down Cake Flour  
1 1/2 teaspoons baking powder*  
1/2 cup butter or other shortening  
1 cup sugar  
2 eggs, well beaten  
1/2 cup milk  
1 teaspoon lemon or vanilla extract  
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 eggs, then flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add flavoring. Pour into greased muffin pans, filling them about 2/3 full. Bake in moderate oven (350° F.) 20 to 25 minutes.

APPLE CAKE  
2 cups sifted Swans Down Cake Flour  
2 teaspoons baking powder*  
1/2 cup sugar  
4 tablespoons butter or other shortening  
3/4 cup milk (about)  
3 apples, pared, cored, and thinly sliced  
2 tablespoons butter  
1/2 cup sugar  
1 teaspoon cinnamon  
Sift flour once, measure, add baking powder, salt, and sugar, and sift together twice. Cut in shortening. Add milk gradually until mixture is soft enough to spread. Put in well-greased pan, 8x8x2 inches. Spread smooth with spoon and cover surface of dough with apple slices overlapping each other. Dot with butter and sprinkle with mixture of 1/2 cup sugar and cinnamon. Bake in hot oven (400° F.) 25 minutes; then reduce slightly to 375° F. for 10 minutes. Serve warm with or without sauce or cream. Serves 8.
CREOLE CAKE  
(2 EGGS)
1 1/3 cups sifted Swans Down Cake Flour
1 3/4 teaspoons baking powder*
1/4 teaspoon salt
1 cup sugar
2 eggs, well beaten
3 tablespoons shortening, melted
2 squares Baker's Unsweetened Chocolate, melted
1/2 cup milk

Sift flour once, measure, add baking powder and salt, and sift together three times. Beat sugar gradually into eggs; add butter and chocolate and mix well. Add flour, alternately with milk, a small amount at a time. Beat well after each addition. Pour into greased pan, 11x7x2 inches. Bake in moderate oven (325°F.) 25 minutes.

GOLD CAKE  
(8 EGG YOLKS)
2 1/2 cups sifted Swans Down Cake Flour
2 3/4 teaspoons baking powder*
3/4 cup butter
1 1/4 cups sugar
8 egg yolks, beaten until thick
3/4 cup milk
1/2 teaspoon lemon extract

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 and beat well. Add flour, alternately with milk, a small amount at a time. Beat well after each addition. Add extract. Bake in three greased 9-inch layer pans in moderate oven (350°F.) 25 minutes.

DUTCH CRUMB CAKE  
(1 EGG)
2 1/2 cups sifted Swans Down Cake Flour
3/4 teaspoon salt
3/4 teaspoon soda
3/4 cup butter or other shortening
1 1/2 cups sifted brown sugar
1 cup seedless raisins, ground
1 egg, well beaten
3/4 cup thick sour milk
2 tablespoons granulated sugar
1/8 teaspoon cinnamon

Sift flour once, measure, add salt and soda, and sift together three times. Cream butter thoroughly, add brown sugar gradually, and cream together until light and fluffy. Work in flour. Reserve 3/4 cup of mixture. To remainder, add raisins and combined egg and milk. Beat well. Pour into greased pan, 8x8x2 inches. Sprinkle remaining butter, sugar, and flour mixture over batter. Sprinkle mixture of granulated sugar and cinnamon over top. Bake in moderate oven (350°F.) 25 minutes.

*For further information, see page 3.
GOLD CAKE AND ANGEL FOOD CAKE (RECIPES PAGES 6 AND 13)
DATE CAKE
(2 EGGS)
2 cups sifted Swans Down Cake Flour
1/4 teaspoon salt
2 teaspoons baking powder
1 cup boiling water
1 cup dates, seeded and chopped
1/2 cup butter or other shortening
1 cup sugar
2 egg yolks, well beaten
1 teaspoon vanilla
1 egg white, stiffly beaten
Sift flour once, measure, add salt and baking powder, and sift together three times. Pour water over dates and set aside to cool. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg yolks, then flour and date mixture alternately, a small amount at a time. Beat after each addition until smooth. Add vanilla. Fold in egg white. Bake in greased pan, 7x11x1 inches, in moderate oven (350° F.) 40 minutes. Sprinkle with powdered sugar or frost with Boiled Frosting.

GENOISE CAKE
(4 EGGS)
1 1/2 cups sifted Swans Down Cake Flour
1 1/2 teaspoons baking powder
1/2 cup butter
1/2 cup powdered sugar
4 egg yolks, beaten until thick and lemon-colored
3/4 teaspoon lemon extract
4 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 and lemon extract. Fold in egg whites; fold in flour, a small amount at a time. Bake in greased, paper-lined pan, 8x8x2 inches, in moderate oven (350° F.) 50 minutes.

SWANS DOWN SPICE CAKE
(2 EGGS)
2 1/2 cups sifted Swans Down Cake Flour
1/2 teaspoon soda
2 teaspoons baking powder*
1/4 teaspoon allspice
1/4 teaspoon nutmeg
1/4 teaspoon mace
1/2 teaspoon cloves
2 teaspoons cinnamon
1/2 cup butter or other shortening
2 cups sifted brown sugar
2 eggs, well beaten
1 cup sour milk
Sift flour once, add soda, baking powder, and spices, and sift together three times. Cream butter-

*For further information, see page 3.
ter thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs, mixing well; then flour mixture, alternately with milk, a small amount at a time. Beat after each addition until smooth. Bake in greased pan, 8x8x2 inches, in moderate oven (350° F.) 50 minutes.

**RED DEVIL'S FOOD**

(2 EGGS)

1 1/2 cups sifted Swans Down Cake Flour
1 teaspoon baking powder*
1/2 teaspoon salt
4 tablespoons butter or other shortening
1 cup sugar
2 eggs, well beaten
1/2 cup thick sour milk
1/2 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 together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs and beat vigorously. Add flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Mix thoroughly. Add vanilla. Bake in two greased 9-inch layer pans in moderate oven (350° F.) 25 minutes. Put Marshmallow Frosting between layers and on top and sides of cake.

**CHOCOLATE FUDGE CAKE**

(2 EGGS)

2 cups sifted Swans Down Cake Flour
2 teaspoons baking powder*
1/2 teaspoon soda
1/4 teaspoon salt
1/2 cup butter or other shortening
1 cup sugar
2 egg yolks, well beaten
3 squares Baker's Unsweetened Chocolate, melted
1 1/4 cups sweet milk
1 teaspoon vanilla
2 egg whites, stiffly beaten

Sift flour once, measure, add baking powder, soda, and salt, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg yolks and chocolate, 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 (350° F.) 30 minutes. Spread Fudge Frosting between layers and on top. Double recipe for three 10-inch layers.
BURNT SUGAR CAKE

(2 EGGS)

1 cup sugar
1/2 cup hot water
3 cups sifted Swans Down Cake Flour
1 1/2 teaspoons baking powder*
1/2 teaspoon salt
1/2 cup butter or other shortening
1 cup sugar
2 egg yolks, well beaten
1/2 cup caramelized sugar syrup
3/4 cup water
1 teaspoon vanilla
2 egg whites, stiffly beaten

Melt 1 cup sugar over a low flame, stirring constantly, until straw-colored. Then add 1/2 cup hot water and stir until sugar lumps are dissolved. Allow to cool before using.

Sift flour once, measure, add baking powder and salt, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg yolks, then 1/2 cup caramelized sugar syrup. Add flour, alternately with water, 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 Boiled Frosting, flavored with caramelized sugar syrup, on cake.

JAPANESE SKILLET CAKE

(4 EGGS)

1/2 cup butter
1 cup brown sugar
1 cup pecan meats
1 cup canned pineapple, cut in pieces
1 cup sifted Swans Down Cake Flour
1 teaspoon baking powder*
4 egg yolks, beaten until thick and lemon-colored
1 tablespoon melted butter or other shortening
1 teaspoon vanilla
4 egg whites, stiffly beaten
1 cup sifted sugar

Melt 1/2 cup butter in 9-inch iron skillet. Add brown sugar. Stir until melted. On this place nuts and pineapple.

Sift flour once, measure, add baking powder, and sift four more times. Combine egg yolks, butter, and vanilla. 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. Pour batter over contents of skillet and bake in moderate oven (325° F.) 50 to 60 minutes. Let stand several minutes. Loosen cake from sides of skillet with spatula. Serve upside down. Garnish with whipped cream. Serves eight.

*For further information, see page 3.
FROSTINGS AND FILLINGS

ORANGE FILLING
5 tablespoons sifted Swans Down Cake Flour
1 cup sugar
Grated rind 1 orange
½ cup orange juice
3 tablespoons lemon juice
½ cup water
1 egg, slightly beaten
2 teaspoons butter
Combine ingredients in order given. Cook in double boiler 10 minutes, stirring constantly. Cool before spreading.

CARAMEL FROSTING
3 cups brown sugar
1 cup water
1 tablespoon butter
1 teaspoon vanilla
Cream
Boil sugar and water until a small amount of syrup forms a soft ball in cold water, or spins a long thread (238° F.). Remove from fire. Add butter and vanilla. When cold, beat until thick and creamy. Thin with cream until of right consistency to spread.

FUDGE FROSTING
2 squares Baker’s Unsweetened Chocolate, cut in pieces
⅔ cup cold milk
2 cups sugar
Dash of salt
2 tablespoons light corn syrup
2 tablespoons butter
1 teaspoon vanilla
Add chocolate to milk and heat gradually. When chocolate is melted, beat with rotary egg beater 1 minute, or until mixture is smooth and blended. Add sugar, salt, and corn syrup, and stir until sugar is dissolved and mixture boils. Continue cooking, without stirring, until a small amount of mixture forms a very soft ball in cold water (232° F.). Remove from fire. Add butter and vanilla. Cool to lukewarm (110° F.). Beat until of right consistency to spread.

MARSHMALLOW FROSTING
Add 1 cup marshmallows, quartered, to Seven Minute Frosting before spreading between layers and on cake.
**BOILED FROSTING**

- ¼ cup sugar
- ¼ teaspoon cream of tartar
- ½ cup boiling water
- 1 egg white, stiffly beaten
- ½ teaspoon vanilla

Combine sugar, cream of tartar, and water. Place over low flame and stir constantly until sugar is dissolved and mixture boils. Continue cooking until a small amount of syrup forms a soft ball in cold water, or spins a long thread when dropped from tip of spoon (238°F). Pour syrup in fine stream over egg white, beating constantly. Add vanilla. Beat until stiff enough to spread on cake.

**SEVEN MINUTE FROSTING**

- 2 egg whites, unbeaten
- 1 ½ cups sugar
- 5 tablespoons cold water
- ¼ teaspoon cream of tartar
- 1 teaspoon vanilla

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 egg beater, and cook 7 minutes, or until frosting will stand in peaks. Remove from fire, add vanilla. Beat until thick enough to spread.

**SOFT CHOCOLATE FROSTING**

- 4 squares Baker's Unsweetened Chocolate, cut in pieces
- 1 ¼ cups cold milk
- 4 tablespoons Swans Down Cake Flour
- 1 cup sugar
- 2 tablespoons butter
- 1 teaspoon vanilla

Add chocolate to milk in double boiler and heat. When chocolate is melted, beat with rotary egg beater until smooth and blended. Sift flour with sugar; add a small amount of chocolate mixture, stirring until smooth. Return to double boiler; cook until thickened, and add butter and vanilla. Cool and spread on cake.

**FIG FILLING**

- 2 cups figs, chopped
- ½ cup sugar
- ½ cup boiling water
- 1 tablespoon lemon juice
- 1 tablespoon butter

Cook figs, sugar, and water in double boiler 6 to 8 minutes, or until thick. Remove from fire, add lemon juice and butter. When cool, spread between layers of cake. Raisins or dates may be substituted for figs.
Sponge Cakes—-the other basic class into which all cakes fall—can be easily made with these reliable Swans Down recipes. Your delicate, fluffy successes will make you wonder how sponge cakes ever earned the reputation of being hard to make. Sponge cakes contain no baking powder. Their only leavening is air beaten into the eggs. This is an important point to remember in every step of the mixing. Follow the recipes faithfully and you can't go wrong.

**Swans Down Angel Food Cake**  
(8 to 10 Egg Whites)

1 cup sifted Swans Down Cake Flour  
1 cup egg whites (8 to 10 eggs)  
½ teaspoon salt  
1 teaspoon cream of tartar  
1¾ cups sifted granulated sugar  
½ teaspoon vanilla  
¼ teaspoon almond extract

Sift flour once, measure, and sift four more times. Beat egg whites and salt on 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, 2 tablespoons at a time, until all is used. Fold in flavoring. Then sift small amount of flour over mixture and fold in carefully; continue until all is used. Pour batter into ungreased angel food pan and bake in slow oven at least 1 hour. Begin at 275° F., and after 30 minutes increase heat slightly (325° F.) and bake 30 minutes longer. Remove from oven and invert pan for 1 hour, or until cold.

**Cherry Angel Food**  
(8 to 10 Egg Whites)

1 recipe Swans Down Angel Food Cake  
¾ cup maraschino cherries, finely chopped

Pour about ⅓ of cake batter into ungreased angel food pan. Sprinkle ½ of cherries over it, add another ⅓ of batter, then add remainder of cherries and rest of batter. Run knife through to bottom of pan to mix cherries evenly throughout. Bake in slow oven at least 1 hour. Begin at 275° F., increasing heat slightly (325° F.) after 30 minutes. Remove from oven and invert pan for 1 hour, or until cold.
SPONGE CAKE
(5 EGGS)
1 cup sifted Swans Down Cake Flour
⅛ teaspoon salt
5 egg yolks, beaten until thick and lemon-colored
Grated rind and juice ½ lemon
5 egg whites, stiffly beaten
1 cup sifted sugar
Sift flour once, measure, add salt, and sift together four times. Add lemon rind and juice to egg yolks and beat until 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. Fold in flour, a small amount at a time. Bake in ungreased pan in slow oven (315°F.) 1 hour or more. Remove from oven and invert pan for 1 hour.

DAFFODIL CAKE
(9 TO 11 EGG WHITES)
⅝ cup sifted Swans Down Cake Flour, for white part
⅝ cup sifted Swans Down Cake Flour, for yellow part
1⅛ cups egg whites (9 to 11 eggs)
⅛ teaspoon salt
1 teaspoon cream of tartar
1 cup and 2 tablespoons sifted sugar
⅛ teaspoon vanilla, for white part
4 egg yolks, beaten until thick and lemon-colored
⅛ teaspoon orange extract, for yellow part
Sift flour once, measure, and sift four more times. Beat egg whites and salt on 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 gradually, 2 tablespoons at a time; continue until all is used. Divide mixture into 2 parts. Into one part, fold ⅛ cup flour and vanilla. Into other part, fold egg yolks, ⅝ cup flour, and ⅛ teaspoon orange extract. Put by teaspoons into ungreased angel food pan, alternating white and yellow mixtures. Bake in slow oven (325°F.) 60 to 70 minutes. Invert pan for 1 hour, or until cold.

ECONOMY SPONGE CAKE
(2 EGGS)
1½ cups sifted Swans Down Cake Flour
⅛ teaspoon salt
1½ teaspoons baking powder*
2 eggs
1 cup sugar
1 tablespoon lemon juice
5 tablespoons boiling water
Sift flour once, measure, add salt and baking

*For further information, see page 3.
powder, and sift together three times. Beat eggs until very thick and light. Add sugar gradually, beating constantly. Add lemon juice. Fold in flour, alternately with water, mixing quickly until smooth. Bake in ungreased pan, 8x8x2 inches, in moderate oven (350° F.) 45 minutes. Remove from oven and invert pan 1 hour.

CHOCOLATE ANGEL FOOD CAKE
(10 TO 12 EGG WHITES)

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

Sift flour once, measure, add cocoa, and sift together 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, until all is used. Fold in vanilla. Then sift small amount of flour over mixture and fold in carefully; continue until all is used. Pour batter into ungreased angel food pan and bake in slow oven at least 1 hour. Begin at 275° F., increasing heat slightly (325° F.) after 30 minutes. Remove from oven and invert pan for 1 hour, or until cool.

CHOCOLATE MARSHMALLOW ROLL
(4 EGGS)

6 tablespoons sifted Swans Down Cake Flour
6 tablespoons Baker's Breakfast Cocoa
1/2 teaspoon baking powder*
1/4 teaspoon salt
3/4 cup sifted sugar
4 egg whites, stiffly beaten
4 egg yolks, beaten until thick and lemon colored
1 teaspoon vanilla

Sift flour once, measure, add cocoa, baking powder, and salt, and sift together three times. Fold sugar gradually into egg whites; fold in egg yolks and vanilla. Fold in flour gradually. Pour into pan, 8 1/2x13 1/2 inches, lined with buttered paper, and bake in hot oven (400° F.) 13 minutes. Turn from pan at once on to cloth covered with powdered sugar. Remove paper. Quickly cut off crisp edges of cake. Spread Seven Minute Frosting over cake and roll. Wrap in cloth until cool. Cover with an uncooked chocolate frosting.
The same delightful results await you when you use Swans Down Cake Flour for cookies. It gives them the lightness, the tenderness, the crisp crunchiness, that distinguish the perfect cooky. And here are some recipes for marvelous cookies!

**SUGAR COOKIES**

2 1/4 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, well beaten  
Grated rind of 1 lemon  
1 tablespoon cream

Sift flour once, measure, add baking powder and nutmeg, and sift together twice. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs, lemon rind, and cream, and beat well. Add flour, a small amount at a time. Beat after each addition until smooth. Roll into thin sheet, cut with cooky 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.

**SAND TARTS**

2 cups sifted Swans Down Cake Flour  
1 1/2 teaspoons baking powder*  
1/2 cup butter or other shortening  
1 cup sugar  
1 egg, well beaten  
1 egg white, slightly beaten  
1 tablespoon sugar  
1/2 teaspoon cinnamon  
1 cup blanched almonds, split


*For further information, see page 3.
ICE BOX COOKIES

5 1/2 cups sifted Swans Down Cake Flour
1 teaspoon soda
3 eggs, slightly beaten
1 cup sifted brown sugar
1 cup granulated sugar
1 1/2 cups butter or other shortening, melted
8 squares Baker's Unsweetened Chocolate melted, or
4 cups Baker's Coconut, chopped

Sift flour once, measure, add soda, and sift together three times. Combine other ingredients in order given and add flour last. Pack tightly into pan, 8x8 inches, lined with waxed paper. Chill overnight. Remove loaf from pan, cut in half, and slice crosswise in 1/4-inch slices. Bake in hot oven (415° F.) 5 minutes. Makes 6 dozen.

RUSSIAN TEA CAKES

3 3/4 cups sifted Swans Down Cake Flour
1/2 cup eggs (2 to 3 eggs), slightly beaten
1 1/2 cups sugar
1 1/2 cups sour cream
1/2 cup butter or other shortening
1/2 cup blanched almonds, chopped
1/2 teaspoon cinnamon

Sift flour once, measure, and sift three more times. Combine eggs and 1 cup sugar, mixing thoroughly. Add cream, then flour. Toss on slightly floured board; roll 1/4-inch thick. Dot with butter, fold dough over, roll, and dot again with butter. Place dough in bowl, cover, and let stand on ice to harden. Mix 1/2 cup sugar with the cinnamon. Roll dough as thin as possible, sprinkle with almonds, sugar, and cinnamon. Cut in 4-inch squares; roll as for jelly roll. Cut each into four 1-inch pieces. Sprinkle top with almonds, sugar, and cinnamon. Bake in hot oven (450° F.) 35 minutes. Makes 4 dozen cakes.

HOLIDAY NUGGETS

2 1/2 cups sifted Swans Down Cake Flour
1/2 teaspoon baking powder*
1/2 teaspoon salt
1/2 teaspoon cinnamon
3/4 cup butter or other shortening
2 eggs, well beaten
3/4 cup sugar
1 teaspoon grated lemon rind
1 1/2 cups currants (1/2 pound)
1 1/2 cups walnut meats, coarsely cut

Sift flour once, measure, add baking powder, salt, and cinnamon, and sift together three times. Cut butter into flour; add eggs, sugar, and lemon rind. Combine thoroughly. Add currants and nuts, mixing well. Drop from teaspoon on greased baking sheet and bake in moderate oven (350° F.) 12 to 15 minutes. Makes 4 dozen.
FIG SURPRISES

Sift flour once, measure, add baking powder and salt, and sift together three times. Cream butter thoroughly, 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. Roll 1/4-inch thick, cut with 2 1/2-inch cutter. Put one teaspoon Fig Filling on a ring, place another ring on top, and press edges together. Bake in hot oven (425° F.) 6 to 8 minutes. Makes 4 dozen cookies.

CRISP MOLASSES COOKIES

Sift flour once, measure, add soda, salt, and ginger, and sift together three times. Cream butter, add sugar gradually, and cream together thoroughly. Add molasses; then flour, alternately with water, a small amount at a time. Beat after each addition until smooth. Roll 1/4 inch thick on slightly floured board. Cut with floured cooky cutter. Place on baking sheet and bake in moderate oven (350° F.) 8 minutes. Makes 5 dozen 2 1/2-inch cookies.

BROWNIES

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

*For further information, see page 3.
You can picture in your mind pastry as you want it to appear on your table—light as real swan's down—golden brown—tender—crisp and flaky. Follow these recipes carefully and that's the way your pastry will turn out—not just once in a while, but every single time!

**PIE CRUST**

(PLAIN PASTE)

1 cup sifted Swans Down Cake Flour

\( \frac{1}{2} \) teaspoon salt

4 tablespoons cold shortening

3 to 4 tablespoons cold water

*SHORTENING and water should be as cold as possible to obtain best results. Sift flour once, measure, add salt, and sift again. Cut in shortening until mixture looks like meal. Add water, a little at a time, mixing with knife or spatula until 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° F.) 15 minutes. Makes one 9-inch pie shell. Double recipe for one 9-inch two-crust pie.*

**LEMON MERINGUE PIE**

\( \frac{1}{2} \) cup sifted Swans Down Cake Flour

1 \( \frac{3}{4} \) cups sugar

1 cup boiling water

\( \frac{1}{2} \) cup milk

3 egg yolks, beaten with 1 egg white

\( \frac{1}{2} \) tablespoon butter

2 lemons (\( \frac{1}{2} \) cup juice)

Grated rind 1 lemon

1 baked 9-inch pie shell

4 tablespoons sugar

\( \frac{1}{4} \) teaspoon salt

2 egg whites, stiffly beaten

*COMBINE flour and sugar in upper part of double boiler. Add water, stirring constantly; then add milk. Cook until thickened, stirring constantly. Pour small amount of mixture over egg yolks, stirring vigorously. Return to double boiler, and continue cooking until mixture drops in thick sheets from spoon. Add butter, lemon juice, and rind. Cool and pour into pie shell. Fold sugar and salt into egg whites. Pile lightly on filling. Bake in slow oven (300° F.) 12 minutes, or until delicate brown.*

*For further information, see page 3.*
FRUIT TURNOVERS

1 1/2 cups sifted Swans Down Cake Flour
1/2 teaspoon baking powder *
1/2 teaspoon salt
1/2 cup butter or other shortening
3/4 cup cold water
Fresh or cooked fruit, sweetened and flavored

Sift flour once, measure, add baking powder and salt, and sift together twice. Cut in butter until mixture looks like coarse meal. Add water slowly until of consistency of soft dough. Place on slightly floured board. Roll 1/4 inch thick. Cut in 4-inch circles. Press 1 tablespoon fruit on half of each circle. Fold over other half. Press edges together. Prick with fork. Bake in hot oven (450° F.) 10 minutes; then reduce slightly to 400° F. for 10 minutes. Makes 10 turnovers.

PEACH SHORT CAKE

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

Sift flour once, measure, add baking powder and salt, and sift together twice. Cut in shortening. Add milk gradually and mix to soft dough.

Spread dough in two well-greased 8-inch layer pans. Bake in hot oven (450° F.) 15 minutes.

Peel and slice peaches, and sweeten slightly. Spread one layer of short cake with soft butter, cover with peaches, and place other layer on top. Cover with remaining peaches and garnish with whipped cream. Serves 8.

COCONUT CREAM PIE

1/2 cup sifted Swans Down Cake Flour
1/2 cup sugar
1/8 teaspoon salt
2 cups milk, scalded
2 egg yolks, well beaten
1 cup Baker's Coconut, Southern Style
1 teaspoon vanilla
1 baked 9-inch pie shell
4 tablespoons sugar
2 egg whites, stiffly beaten
1/2 teaspoon vanilla

Combine flour, sugar, and salt; add milk. Cook in double boiler until thickened, stirring constantly. Pour a small amount of mixture over egg yolks, stirring vigorously. Return to double boiler and cook 10 minutes longer. Add coconut and vanilla. Cool and pour into pie shell. Fold sugar into egg whites; add vanilla. Pile lightly on coconut filling. Bake in slow oven (300° F.) 10 to 12 minutes, or until delicate brown.
Just because it is called Swans Down Cake Flour, don't deny your quick breads Swans Down's magic touch of lightness and delicacy. Fine texture, crispness, and fluffiness are just as important in muffins, biscuits, and other quick breads as they are in cakes or pastries—and just as easy to achieve when you use Swans Down!

**CHEESE BISCUITS**

1 cup sifted Swans Down Cake Flour  
1 teaspoon baking powder*  
½ teaspoon salt  
1 tablespoon butter or other shortening  
½ cup grated cheese  
⅛ cup milk and water, equal parts

Sift flour once, measure, add baking powder and salt, and sift together twice. Cut in butter and cheese. Add liquid gradually until soft dough is formed. Roll ⅛ inch thick on slightly floured board. Cut with floured biscuit cutter. Place on baking sheet and bake in hot oven (450° F.) 15 minutes. Makes 12 biscuits.

**WAFFLES**

2 cups sifted Swans Down Cake Flour  
2 teaspoons baking powder*  
½ teaspoon salt  
3 egg yolks, well beaten  
1 cup milk  
4 tablespoons melted butter  
3 egg whites, stiffly beaten


**BAKING POWDER BISCUITS**

2 cups sifted Swans Down Cake Flour  
2 teaspoons baking powder*  
½ teaspoon salt  
4 tablespoons butter or other shortening  
⅛ cup milk (about)

Sift flour once, measure, add baking powder and salt, and sift again. Cut in butter; add milk

*For further information, see page 3.
gradually until soft dough is formed. Roll $\frac{1}{2}$-inch thick on slightly floured board. Cut with floured biscuit cutter. Place on baking sheet and bake in hot oven ($450°$ F.) 12 to 15 minutes. Makes fifteen 2-inch biscuits.

**BREAKFAST MUFFINS**

2 cups sifted Swans Down Cake Flour  
2 teaspoons baking powder*  
$\frac{1}{2}$ teaspoon salt  
1 egg, well beaten  
$\frac{3}{4}$ cup milk  
4 tablespoons melted butter or other shortening

Sift flour once, measure, add baking powder and salt, and sift again. Combine egg and milk and add to flour, beating until smooth. Add shortening. Pour into greased muffin pans. Bake in hot oven ($400°$ F.) 25 minutes. Makes 10 muffins.

**QUICK SALLY LUNNS**

2 cups sifted Swans Down Cake Flour  
$1\frac{1}{2}$ tablespoons baking powder*  
$\frac{1}{2}$ teaspoon salt  
$\frac{1}{2}$ cup butter or other shortening  
4 tablespoons sugar  
1 cup milk  
1 egg, well beaten


**PECAN WAFFLES**

$2\frac{1}{4}$ cups sifted Swans Down Cake Flour  
$2\frac{1}{4}$ teaspoons baking powder*  
$\frac{1}{2}$ teaspoon salt  
1 tablespoon sugar  
$1\frac{1}{2}$ cups milk  
2 egg yolks, well beaten  
2 tablespoons melted butter  
2 egg whites, stiffly beaten  
$\frac{3}{4}$ cup pecan meats, chopped


*For further information, see page 3.
THREE OFFERS FROM THE SWANS DOWN KITCHENS

1. THE SWANS DOWN CAKE SET consists of the utensils which every cake maker wants. Each one aids in perfect measuring, mixing, or baking—each one makes cake making a simpler, easier art. For just what it costs us—$1.00, postage prepaid, ($1.25 at Denver and West, $1.50 in Canada, $2.00 elsewhere, including U. S. Possessions)—we will send you the Cake Set, which includes the following:
   - Set of aluminum measuring spoons
   - Wooden, slotted mixing spoon
   - Wire cake tester
   - Aluminum measuring cup
   - Steel spatula
   - One square, heavy tin cake pan
   - One patent, heavy tin angel food pan
   - Sample package of Swans Down Cake Flour
   - Copy of recipe booklet, “Cake Secrets”

2. “CAKE SECRETS.” This 48-page recipe book is the treasure house of delicious Swans Down recipes. It is the only item of the Cake Set sold separately. The price is 10¢.

3. OVEN THERMOMETER. Successful cakes require correct baking, and an oven thermometer is a great aid. We can now supply you with a standard thermometer which can be used in any type of stove. Complete directions for its use come with each thermometer. Send $1.00 ($1.25 Denver and West, $1.50 in Canada, $2.00 elsewhere, including U. S. Possessions). Postage is prepaid.

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