Bake Like a Champion
Cakes * Pies * Muffins * Biscuits * Cookies
Would you like to know?

How to spend less, yet bake like a champion?
How to make economy cakes look and taste luxurious?
How to make gorgeous party cakes without being the least bit extravagant in the ingredients used?
How to make tenderer, flakier pastry?
How to make delectable cookies, muffins, biscuits, and coffee cakes that everybody raves about?

Then do this: Before you touch a mixing bowl and spoon again—read these pages. They will tell you how easy it is for anybody to become a champion at home baking. And why it's a great economy to use Swans Down for all baking.

Not for party cakes alone!
You probably know that Swans Down is the favorite cake flour of America's champion cake makers. At fairs all over the country, Swans Down cakes take more prizes than cakes made with any other flour.

But do you know why good cooks everywhere are using Swans Down for everything they bake?
It's because they've learned from experience that Swans Down brings the greatest perfection to all baked things. They know they can always count on proud results with Swans Down baking, and that it saves on baking costs, too!

Save with Swans Down—every time!
Swans Down gives the simplest everyday cakes—cakes that call for few eggs and a bit of shortening—the luxurious look and taste of cakes that are much more rich and expensive!
Swans Down adds to your more ambitious baking real touches of genius. Extra lightness! Extra smoothness! A more tender deliciousness! To begin to match Swans Down results with ordinary flour, you'd have to forget economy. You'd have to use more eggs and shortening.

And the same is true of other baked things. Swans Down gives quality that you simply cannot get with ordinary flour. Lighter, flakier pie crust! Fluffy, tenderer muffins and biscuits! Crisp, golden, delicious

2401—© 1936, G. F. Corporation—Litho in U. S. A.
waffles! And cookies so gloriously good they fairly fly from the tea table.

PROVE IT YOURSELF!
Choose any recipe in this book—and make it up with Swans Down. Then cut it, taste it! Figure the cost! And see why champions say—"It's thriftier to use Swans Down Cake Flour for all fine quality baking!"

WHY SWANS DOWN BRINGS FINER BAKING THAN ORDINARY FLOUR

1—Delicate gluten in Swans Down—Ordinary flours contain a large amount of tough, elastic gluten—a gluten suited to action of yeast, but far too resistant for quick cake leavens.

But Swans Down Cake Flour contains a very delicate tender gluten which responds perfectly to the "quick" leavens used in cakes and quick breads. Only a tender gluten can build tender cake texture, and permit the perfect rising that results in extra lightness, special delicacy!

2—Only the choicest part of the wheat kernel is used in Swans Down. It takes 100 pounds of soft winter wheat to make 26 pounds of Swans Down.

3—Swans Down is milled in a special way. By a special process Swans Down Cake Flour is sifted and resifted through fine silken sieves, until it is 27 times finer than ordinary flour.

BAKING POWDER IMPORTANT, TOO!
The recipes in this book have all been developed with Calumet, the double-acting baking powder. As a rule, the correct Calumet proportion is one level teaspoon to a cup of sifted flour. This general proportion gives excellent results. With any other type of baking powder, adjust the proportion as recommended by the manufacturer.

Five Secrets of Baking Success
All Swans Down recipes are tested and approved by experts in the Swans Down kitchen. They will bring you perfect results if you follow them exactly.

1. Use good ingredients
2. Measure accurately
3. Mix carefully
4. Bake according to directions
5. Handle cakes carefully after they are baked

(All measurements are level)
Swans Down Cakes

CHOCOLATE LAYER CAKE
(1 egg)

2 cups sifted Swans Down Cake Flour  1 cup sugar
2 teaspoons Calumet Baking Powder*  1 egg, unbeaten
$\frac{1}{4}$ teaspoon salt  $\frac{3}{4}$ cup milk
4 tablespoons butter or other shortening  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 well. Add egg and beat very thoroughly. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Add vanilla. Bake in two greased 8-in. layer pans in moderate oven (375° F.) 25 minutes. Spread Chocolate Frosting (page 15) between layers and over cake.

CARAMEL NUT CAKE
Use recipe for Chocolate Layer Cake (above), adding 1 cup chopped nut meats to mixture after egg has been added. Bake in greased pan, 8x8x2 inches, in moderate oven (350° F.) 50 minutes, or until done. Spread Caramel Frosting (page 17) on top and sides of cake.

FEATHERY CAKE
(3 eggs)

2$\frac{1}{4}$ cups sifted Swans Down Cake Flour  1$\frac{1}{2}$ cups sugar
2$\frac{1}{4}$ teaspoons Calumet Baking Powder*  3 eggs, unbeaten
$\frac{1}{4}$ teaspoon salt  $\frac{3}{4}$ cup milk
$\frac{3}{2}$ cup butter or other shortening  $\frac{3}{4}$ teaspoon vanilla
$\frac{1}{4}$ teaspoon almond extract

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, one at a time, beating well after each. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Add flavoring. Bake in two greased 9-inch layer pans in moderate oven (375°F.) 30 minutes. Spread with Tart Lemon Frosting (page 15).

*For further information on baking powder, see page 3.
PEACH UPSIDE DOWN CAKE
(1 egg)

1 1/4 cups sifted Swans Down Cake Flour
1 1/4 teaspoons Calumet Baking Powder
1/4 teaspoon salt
3/4 cup granulated sugar
4 tablespoons softened butter or other shortening
1 egg, well beaten
1/2 cup milk
1 teaspoon vanilla

4 tablespoons butter
1/2 cup brown sugar, firmly packed
2 cups sliced peaches (fresh or canned)

Sift flour once, measure, add baking powder, salt, and sugar, and sift together three times. Add butter. Combine egg, milk, and vanilla. Add to flour mixture, stirring until all flour is dampened; then beat vigorously 1 minute.

Melt 4 tablespoons butter in 8x8x2-inch pan or 8-inch skillet over low flame; add brown sugar, (1/4 teaspoon nutmeg may be mixed with brown sugar, if desired), and stir until melted. On this arrange peach slices. Turn batter over contents of pan. Bake in moderate oven (350° F.) 50 minutes, or until done. Loosen cake from sides of pan with spatula. Serve upside down on dish with peaches on top. Garnish with whipped cream, if desired.

Canned pineapple rings, cooked apricots or prunes, or sliced tart apples, may be substituted for peaches in this recipe.

Peach Upside Down Cake (above)
COCONUT GOLD CAKE
(4 egg yolks)

2 1/4 cups sifted Swans Down Cake Flour
2 1/4 teaspoons Calumet Baking Powder*
1/4 teaspoon salt
1/2 cup butter
1 cup sugar
4 egg yolks, beaten until thick and lemon-colored
3/4 cup milk
1 teaspoon vanilla
1 can Baker’s Southern Style Coconut

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 and beat well. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Add vanilla. Bake in greased loaf pan, 8x4x3 inches, in moderate oven (350° F.) 1 hour and 20 minutes, or until done. Spread Four Minute Frosting (page 16) on top and sides of cake, sprinkling with coconut while frosting is still soft. Or sprinkle with 1 1/2 cups Baker’s Premium Shred Coconut, plain or toasted. To toast coconut, spread in pan, and heat in hot oven (400° F.) until golden brown, stirring frequently.

This cake may be baked in two greased 8-inch layer pans in moderate oven (350° F.) 25 minutes, or until done.

MOCHA FUDGE CAKE
(1 egg)

2 cups sifted Swans Down Cake Flour
2 teaspoons Calumet Baking Powder*
1/2 teaspoon salt
1/2 cup butter or other shortening
1 cup sugar
1 egg, well beaten
2 squares Baker’s Unsweetened Chocolate, melted
3/4 cup milk
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 egg and beat well; then chocolate and blend. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Add vanilla. Bake in greased pan, 8x8x2 inches, in moderate oven (325° F.) 1 hour, or until done. Spread Coffee Frosting (page 16) on top and sides of cake. Decorate with walnut or pecan meats, if desired.

This cake may be baked in two greased 8-inch layer pans in moderate oven (350° F.) 25 minutes. Spread Chocolate Frosting (page 15) between layers and on top and sides of cake.

*For further information on baking powder, see page 3.
**ORANGE CREAM CAKE**  
*(4 egg whites)*

3 cups sifted Swans Down Cake Flour  
3 teaspoons Calumet Baking Powder*  
1/2 cup butter or other shortening  
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 flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Add lemon extract. Fold in egg whites quickly and thoroughly. Bake in two greased 9-inch layer pans in moderate oven (375° F.) 25 to 30 minutes. Spread Orange Filling (page 18) between layers, and Orange Fluff Frosting (page 17) over cake. Top with sections.

**QUICK SPICE CAKE**  
*(2 eggs)*

2 cups sifted Swans Down Cake Flour  
2 teaspoons Calumet Baking Powder*  
1/4 teaspoon salt  
1/2 teaspoon cinnamon  
1/2 teaspoon nutmeg  
1/4 teaspoon cloves  
3/4 cup sugar  
5 tablespoons softened butter  
1/4 cup molasses  
2 eggs, well beaten  
1/2 cup milk

Sift flour once, measure, add baking powder, salt, spices, and sugar, and sift together three times. Add butter and molasses. Combine eggs and milk; add to flour mixture, stirring until all flour is dampened; then beat vigorously 1 minute. Bake in two greased 8-inch layer pans in moderate oven (375° F.) 25 minutes, or until done.

**CREAM CAKE**  
*(2 eggs)*

2 cups sifted Swans Down Cake Flour  
2 teaspoons Calumet Baking Powder*  
1/2 teaspoon salt  
1 cup sugar  
2 eggs, well beaten  
1 cup heavy cream  
1 teaspoon vanilla, or 1 1/2 teaspoons grated lemon rind

Sift flour once, measure, add baking powder and salt, and sift together three times. Add sugar gradually to well beaten eggs, beating thoroughly. Add flour, alternately with cream, a small amount at a time; beat after each addition. Add flavoring. Bake in greased pan, 8x8x2 inches, in moderate oven (350° F.) 1 hour.
TWO-STEP DEVIL’S FOOD CAKE
(3 eggs)

3 squares Baker’s Unsweetened Chocolate  ½ cup water
4 tablespoons sugar  1 teaspoon vanilla
2 cups sifted Swans Down Cake Flour  ½ cup butter or other shortening
2 teaspoons Calumet Baking Powder*  1¼ cups sugar
½ teaspoon soda  3 eggs, well beaten
½ teaspoon salt  ½ cup sour milk or buttermilk

Combine chocolate, 4 tablespoons sugar, and water in saucepan; cook over low flame until thick and smooth, stirring constantly. Let stand until cold, stirring occasionally. Add vanilla.

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 eggs and beat well; then cold chocolate mixture and blend. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Turn into two greased 9-inch layer pans. Bake in moderate oven (350° F.) 35 minutes, or until done. Spread Fruit Medley Filling (½ recipe, page 18) between layers and Orange Fluff Frosting (page 17) on top and sides of cake. Double recipes to make three 10-inch layers as illustrated below. This cake is also delicious spread with Coffee Frosting (page 16).

*For further information on baking powder, see page 3.

Two-step Devil’s Food Cake (above)
ARABIAN RIBBON CAKE

(3 eggs)

3 cups sifted Swans Down Cake Flour  1 1/2 cups sugar
3 teaspoons Calumet Baking Powder*  3 egg yolks, well beaten
1/4 teaspoon salt  1 cup milk
3/4 cup butter or other shortening  3 egg whites, stiffly beaten

1 1/2 teaspoons cinnamon  
1/4 teaspoon cloves  
1/2 teaspoon mace  
1/2 teaspoon nutmeg

3 tablespoons dark molasses

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 and beat well. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Fold in egg whites. Fill one greased 9-inch layer pan with one-third of mixture. To remaining mixture, add spices and molasses and blend. Turn into two greased 9-inch layer pans. Bake layers in moderate oven (375° F.) 20 to 25 minutes. Arrange white layer between spice layers. Spread Fruit Medley Filling (page 18) between layers and Tart Lemon Frosting (page 15) on top and sides of cake. Sprinkle grated lemon rind over top of cake. Tart jam or jelly, or raisin nut filling may be substituted for the filling in this recipe. Filling may be omitted and frosting spread between layers and on top.

Arabian Ribbon Cake (above)
CATERER'S CAKES

3 cups sifted Swans Down Cake Flour  ½ cup milk
3 teaspoons Calumet Baking Powder*  ½ cup water
¼ teaspoon salt  1 teaspoon vanilla
½ cup butter or other shortening  ¼ teaspoon almond extract
1 ½ cups sugar  3 egg whites, stiffly beaten

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 flour, alternately with liquid, a small amount at a time, beating after each addition until smooth. Add flavoring; fold in egg whites quickly and thoroughly. Bake in greased shallow pan, 15 ½ x 9 ½ inches, in moderate oven (375° F.) 40 minutes, or until done. When cold, cut into various shapes with knife or cutters. Frost with white, chocolate, and tinted Butterfly Frostings (page 15). Decorate daintily as desired, using colored candies, sugar, fruit, nuts, or coconut. Makes about 3 dozen cakes.

BANANA CAKE
(1 egg and 1 egg yolk)

2 cups sifted Swans Down Cake Flour  1 egg and 1 egg yolk, well beaten
1 teaspoon Calumet Baking Powder*  1 cup mashed bananas
1 teaspoon soda  ½ cup coarsely broken walnut
½ teaspoon salt  meats
½ cup butter or other shortening  ¾ cup sour milk or buttermilk
1 ½ cups sugar  1 teaspoon vanilla

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 eggs and beat well; then add bananas and nuts and beat again. Add flour to creamed mixture, alternately with milk, a small amount at a time, beating after each addition until smooth. Add vanilla. Bake in two greased 9-inch layer pans in moderate oven (375° F.) 25 minutes. Cool. Just before serving, spread whipped cream and sliced bananas (2 additional bananas) between layers and on top of cake, or spread with whipped cream filling.

For whipped cream filling, add 1 egg white to 1 cup heavy cream. Beat with rotary egg beater until stiff. Add 3 tablespoons sifted confectioners’ sugar, dash of salt, and ¼ teaspoon vanilla. Blend. Makes 2 cups filling, enough for tops of two 9-inch layers.

*For further information on baking powder, see page 3.
LIGHT FRUIT CAKE
(10 egg whites)

4 cups sifted Swans Down Cake Flour  ½ pound citron, finely cut
1 teaspoon Calumet Baking Powder*  ½ pound each crystallized orange
½ teaspoon soda  peel, lemon peel, pineapple,
¾ teaspoon salt  and red cherries, finely cut
1 cup butter or other shortening  1 pound blanched almonds,
1½ cups sugar  finely cut
5 egg whites, unbeaten  1 tablespoon lemon juice
1 pound seedless raisins  1 teaspoon almond extract

5 egg whites, stiffly beaten

Sift flour once, measure, add baking powder, soda, and salt, and sift together three times. Cream shortening thoroughly, add sugar gradually, and cream together until light and fluffy. Add 5 unbeaten egg whites, one at a time, beating very thoroughly after each. Add fruits and nuts. Add half of flour gradually, beating well after each addition. Add flavorings, then remaining flour, and beat well. Fold in 5 stiffly beaten egg whites. Turn into pans which have been greased, lined with heavy paper, and again greased. Bake in slow oven (250°F.) until done, increasing heat to 300°F. during last 15 minutes of baking. In 8½-inch tube pan or 8x4x3-inch loaf pan, bake about 4 hours. Makes 7 pounds fruit cake.

TWO-EGG CUP CAKES

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, one at a time, beating well after each. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Add flavoring. Turn into very lightly greased round or fancy cup-cake pans, filling them 2/3 full. Bake in moderate oven (375°F.) 20 minutes, or until done. Frost as desired, or dust with powdered sugar. Makes 2 dozen small or 15 large cup cakes.

For Mocha nut cakes, frost cup cakes with Coffee Frosting (page 16); top each with pecan. For chocolate cup cakes, frost with Chocolate Frosting (page 15). For decorated cakes, frost with plain or tinted Four Minute Frosting (page 16); then decorate.
ENCHANTED CREAM SPONGE CAKE
(2 eggs)

1 cup sifted Swans Down Cake Flour  2 egg yolks, unbeaten
1 teaspoon Calumet Baking Powder*  ¾ cup sugar
⅛ teaspoon salt  2 egg whites, unbeaten
⅓ cup cold water  1 teaspoon lemon juice
1 teaspoon grated lemon rind  2 tablespoons sugar

Sift flour once, measure, add baking powder and salt, and sift together three times. Add water and lemon rind to egg yolks and beat with rotary egg beater until light colored and at least trebled in volume. Add ¾ cup sugar, 2 tablespoons at a time, beating well with rotary beater after each addition; then add flour, a small amount at a time, beating slowly and gently with rotary beater only enough to blend. Beat egg whites until they form rounded mounds when beater is raised, then add lemon juice and 2 tablespoons sugar and continue beating until stiff enough to hold up in moist peaks. Fold into flour mixture. Pour into two ungreased deep 8-inch layer pans, stirring lightly while pouring. Bake in moderate oven (350° F.) 25 minutes, or until done. Remove from oven and invert on rack until cakes are cold. Spread Lemon Cream Filling (page 18) between layers of cake. Sprinkle top with confectioners’ sugar. Serve in wedges with Lemon Cream Sauce.

*For further information on baking powder, see page 3.

Enchanted Cream Sponge Cake (above)
OLD-FASHIONED JELLY ROLL
(4 eggs)

3/4 cup sifted Swans Down Cake Flour 4 eggs, unbeaten
3/4 teaspoon Calumet Baking Powder* 3/4 cup sifted sugar
1/4 teaspoon salt 1 teaspoon vanilla
1 cup jelly (any flavor)

Sift flour once; measure. Combine baking powder, salt, and eggs in bowl. Place over smaller bowl of hot water and beat with rotary egg beater, adding sugar gradually until mixture becomes thick and light-colored. Remove bowl from hot water. Fold in flour and vanilla. Turn into 15x10-inch pan which has been greased, lined with paper to within 1/2 inch of edge, and again greased. Bake in hot oven (400° F.) 13 minutes. Quickly cut off crisp edges of cake. Turn out on cloth covered with powdered sugar; remove paper. Spread with jelly and roll. Wrap in cloth and cool on rack.

ORANGE CREAM ROLL

Bake and turn out sponge sheet as for Old-fashioned Jelly Roll (above). Let cool slightly. Then spread with Orange Filling (page 18) and roll. Wrap in cloth and cool on rack. One-half can Baker’s Southern Style Coconut may be added to Orange Filling, to vary flavor. Lemon or custard filling may also be used in this way.

Caterer’s Cakes (page 10)
TOASTED ALMOND ANGEL FOOD CAKE
(8 to 10 egg whites)

1 cup sifted Swans Down Cake Flour  
1 1/4 cups sifted granulated sugar
1 cup egg whites  
1/4 teaspoon salt  
1 teaspoon cream of tartar  
1/2 cup thinly sliced blanched almonds

Sift flour once, measure, and sift four more times. Beat egg whites and salt with a 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 amounts of flour over mixture and fold in carefully; continue until all is used. Turn batter into an ungreased angel food pan and bake in a slow oven at least 1 hour, quickly sprinkling nuts over cake after first 10 minutes of baking. Begin baking at 275° F. and after 30 minutes increase heat slightly (325° F.) and bake 30 minutes longer. Remove from oven and invert pan 1 hour, or until cold.

COCONUT CRESTED ANGEL FOOD CAKE

Use recipe for Toasted Almond Angel Food Cake (above) omitting almonds. Turn batter into an ungreased angel food pan. Before baking, sprinkle with 1/2 cup Baker’s Premium Shred Coconut. Then bake in a slow oven at least 1 hour and cool as directed.

IMPERIAL SUNSHINE CAKE
(5 eggs)

1 cup sifted Swans Down Cake Flour  
1/2 teaspoon cream of tartar  
1/4 teaspoon salt  
1 1/4 cups sugar  
1/3 cup water

5 egg whites, stiffly beaten  
5 egg yolks, beaten until thick and lemon-colored  
1/4 teaspoon grated orange rind  
1/4 teaspoon grated lemon rind

Sift flour once, measure, add cream of tartar and salt, and sift together four times. Boil sugar and water until a small amount of syrup forms a soft ball in cold water or spins a long thread (238° F.). Pour syrup in fine stream over egg whites, beating constantly. Continue beating as mixture cools. When cold, fold in egg yolks and rinds; then flour, a small amount at a time. Bake in an ungreased tube pan in a slow oven (325° F.) 1 hour and 15 minutes, or until done. Remove from oven and invert pan 1 hour, or until cold.
Frostings and Fillings

CHOCOLATE FROSTING

3 tablespoons butter  
3 cups sifted confectioners’ sugar  
Dash of salt  
2 squares Baker’s Unsweetened Chocolate, melted  
4 tablespoons milk (about)

Cream butter; add part of sugar gradually, blending after each addition. Add salt and chocolate; mix thoroughly. Add remaining sugar, alternately with milk, until of right consistency to spread. Beat after each addition until smooth. Makes enough frosting to cover tops and sides of two 8- or 9-inch layers.

TART LEMON FROSTING

1 teaspoon grated lemon rind  
4 tablespoons butter  
Dash of salt  
3 cups sifted confectioners’ sugar  
3 tablespoons lemon juice

Add lemon rind to butter; cream well. Add part of sugar gradually, blending after each addition. Add remaining sugar, alternately with lemon juice, until of right consistency to spread. Beat thoroughly after each addition. Add salt. Makes enough frosting to cover top and sides of three, or tops and sides of two 9-inch layers.

BUTTERFLY FROSTINGS

4 tablespoons butter  
5 cups sifted confectioners’ sugar  
2 egg whites, unbeaten  
2 tablespoons cream (about)  
1 1/2 teaspoons vanilla  
1/4 teaspoon salt  
Baker’s Unsweetened Chocolate  
Colorings (yellow, green, pink)

Cream butter; add part of sugar gradually, blending after each addition. Add remaining sugar, alternately with egg whites, then with cream, until of right consistency to spread. Beat after each addition until smooth. Add vanilla and salt. Divide frosting into fifths. Use one fifth plain. Flavor another with 1 square melted Baker’s Unsweetened Chocolate and add about 1 tablespoon milk or cream. Tint the remaining frostings with colorings to give delicate, yet decided shades of yellow, green, and pink. Keep covered while using to avoid crusting; if necessary add drop or two of milk or cream.
Frostings

COFFEE FROSTING

4 tablespoons butter  2 tablespoons strong coffee (about)
2 cups sifted confectioners’ sugar  Dash of salt

Cream butter; add part of sugar gradually, blending after each addition. Add remaining sugar, alternately with coffee, until of right consistency to spread. Beat after each addition until smooth. Add salt. Makes enough frosting to cover tops of two 9-inch layers, or top and sides of 8x8x2-inch cake, or 15 large cup cakes.

FOUR MINUTE FROSTING

1 egg white, unbeaten  2½ tablespoons water
¾ cup sugar  ¾ teaspoon light corn syrup
½ teaspoon vanilla

Combine egg white, sugar, water, and corn syrup in top of double boiler, beating with rotary egg beater until thoroughly mixed. Place over rapidly boiling water, beat constantly with rotary egg beater, and cook 4 minutes, or until frosting will stand in peaks. Remove from boiling water; add vanilla and beat until thick enough to spread. Makes enough frosting to cover tops and sides of two 8-inch layers, or top and sides of 8x4x3-inch cake.

Double recipe to make enough frosting to cover tops and sides of two 9-inch layers; beat frosting 7 minutes, instead of 4.

Old-fashioned Jelly Roll (page 13)
CARAMEL FROSTING

\[
\begin{align*}
\text{1 1/2 cups brown sugar, firmly packed} & \quad \text{1 1/2 cups milk} \\
\text{1 1/2 cups granulated sugar} & \quad 2 \text{ tablespoons butter}
\end{align*}
\]

Combine sugars and milk and bring to a boil, stirring constantly. Then boil, without stirring, until a small amount of mixture forms a very soft ball in cold water (232° F.). Add butter and remove from fire. Cool to lukewarm (110° F.); beat until thick and creamy and of right consistency to spread. If necessary, place over hot water to keep soft while spreading. Makes enough frosting to cover top and sides of 8x8x2-inch cake.

ORANGE FLUFF FROSTING

\[
\begin{align*}
\text{2 egg whites, unbeaten} & \quad 3 \text{ tablespoons orange juice} \\
\text{1 cup sugar} & \quad 1/2 \text{ teaspoon grated orange rind} \\
\text{1 tablespoon water} & \quad 2 \text{ drops almond extract}
\end{align*}
\]

Combine egg whites, sugar, water, and orange juice in top of double boiler, beating 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 boiling water; add orange rind and almond extract and beat until thick enough to spread. Makes enough frosting to cover top and sides of two 9-inch layers or tops of two 9-inch layers.

Medallion Sugar Cookies (page 21)
FRUIT MEDLEY FILLING

1 cup finely cut raisins  2 tablespoons butter
1 cup finely cut figs    Dash of salt
½ cup finely cut dates   1 tablespoon lemon juice
1 cup water             ½ teaspoon grated lemon rind

Combine raisins, figs, dates, water, butter, and salt in saucepan. Boil over low flame 6 to 8 minutes, or until thick enough to spread, stirring constantly. Cool; add lemon juice and rind. Chill before spreading. Makes about 2½ cups filling, or enough filling to spread between three 9-inch layers. Use for spice, plain, or ribbon cakes.

ORANGE FILLING

1 cup sugar
5 tablespoons Swans Down Cake Flour
Dash of salt
½ cup orange juice
3 tablespoons lemon juice
¼ cup water
1 egg or 2 egg yolks, well beaten
1 tablespoon grated orange rind
2 teaspoons butter

Combine sugar, flour, and salt in top of double boiler; add fruit juice, water, and egg, mixing thoroughly. Place over boiling water and cook 10 minutes, stirring constantly. Add orange rind and butter. Cool. Makes enough filling to spread between two 9-inch layers, or to spread on 15x10-inch sponge sheet for roll.

LEMON CREAM FILLING AND SAUCE

1 cup sugar
5 tablespoons Swans Down Cake Flour
1 egg, slightly beaten
⅔ cup lemon juice
2/3 cup water
2 teaspoons butter
1 teaspoon grated lemon rind
½ cup cream, whipped

Combine sugar and flour in top of double boiler; add egg, lemon juice, water, and butter, mixing thoroughly. Place over boiling water and cook 10 minutes, stirring constantly. Chill. Fold in lemon rind and ¼ of whipped cream. Use half of this filling to spread between layers of cake. To other half of filling, fold in remaining whipped cream and use as sauce. Makes about 2½ cups filling and sauce.

For a less tart filling and sauce, ¼ cup lemon juice and ¾ cup water may be substituted for amounts given in above recipe.

MOLASSES WHIPPED CREAM

Fold 2 tablespoons molasses into ½ cup cream, whipped. Makes 1 cup sauce or filling. Serve on hot gingerbread.
OLD-FASHIONED SHORTCAKE

2 cups sifted Swans Down Cake Flour  6 tablespoons butter or other shortening
2 teaspoons Calumet Baking Powder*                  1/2 cup milk
3/4 teaspoon salt
1 quart strawberries, washed and hulled

Sift flour once, measure, add baking powder and salt, and sift again. Cut in shortening; add milk all at once and stir carefully until all flour is dampened. Then stir vigorously until mixture forms a soft dough and follows spoon around bowl. Turn out immediately on slightly floured board and knead 30 seconds. Divide dough in halves; roll or pat each 1/4 inch thick into 8-inch circle. Fit one circle into well-greased 8-inch layer pan. Brush with melted butter. Fit second circle of dough on top. Brush with melted butter. Bake in hot oven (450° F.) 20 to 25 minutes.

Reserve about 1/4 cup whole strawberries for garnish; cut remaining berries in small pieces and sweeten slightly. Separate halves of hot shortcake; spread bottom half with soft butter and part of strawberries. Adjust top, crust-side down, and spread with butter and rest of berries. Top with whipped cream. Serves 4 to 6.

GINGERBREAD

2 cups sifted Swans Down Cake Flour  1/3 cup butter or other shortening
2 teaspoons Calumet Baking Powder*                  1/2 cup sugar
1/4 teaspoon soda
2 teaspoons ginger
1 teaspoon cinnamon
1/2 teaspoon salt
3/4 cup molasses
3/4 cup sour milk or buttermilk

Sift flour once, measure, add baking powder, soda, spices, and salt, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg and beat well; then molasses. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Bake in greased pan, 8x8x2 inches, in moderate oven (350° F.) 50 minutes, or until done. Serve with Molasses Whipped Cream (page 18).

*For further information on baking powder, see page 3.
COCONUT CREAM PIE

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 tablespoons sugar</td>
<td>1½ cups Baker's Premium</td>
</tr>
<tr>
<td>5 tablespoons Swans Down Cake Flour</td>
<td>Shred Coconut</td>
</tr>
<tr>
<td>¼ teaspoon salt</td>
<td>2 teaspoons vanilla</td>
</tr>
<tr>
<td>2 cups milk</td>
<td>1 baked 9-inch pie shell</td>
</tr>
<tr>
<td>3 egg yolks, slightly beaten</td>
<td>2 egg whites</td>
</tr>
<tr>
<td>4 tablespoons sugar</td>
<td></td>
</tr>
</tbody>
</table>

Combine sugar, flour, and salt in top of double boiler; add milk and egg yolks, mixing thoroughly. Place over rapidly boiling water and cook 10 minutes, stirring constantly. Remove from boiling water; add 1 cup coconut and vanilla. Cool slightly; then turn into pie shell. Beat egg whites until foamy throughout. Add sugar, 2 tablespoons at a time, beating after each addition until sugar is blended. Then continue beating until mixture will stand in peaks. Pile lightly on filling; sprinkle with ½ cup coconut. Bake in moderate oven (350° F.) 15 minutes, or until delicately browned.

For pie shell, use ½ recipe Pie Crust (page 21). Line plate with pastry, rolled ¼ inch thick, allowing pastry to extend 1 inch beyond edge. Fit loosely on plate. Fold edge back to form standing rim; flute with fingers. Line with large piece of waxed paper and fill with rice or beans to hold shape; or prick shell with fork. Bake in hot oven (450° F.) 10 minutes; then remove paper with rice, and continue baking 5 minutes, or until browned.

Coconut Cream Pie (above)
MEDALLION SUGAR COOKIES

3 3/4 cups sifted Swans Down Cake Flour  1 1/2 cups sugar
2 1/2 teaspoons Calumet Baking Powder*  2 eggs, unbeaten
1/2 teaspoon salt  1 teaspoon vanilla
2/3 cup butter or other shortening  4 teaspoons milk

Sift flour once, measure, add baking powder and salt, and sift again. Cream butter thoroughly, add sugar gradually, creaming well. Add eggs, one at a time, beating thoroughly after each. Add vanilla. Then add flour, alternately with milk, and blend. Chill. Roll 1/8 inch thick, cut with floured 2 1/4-inch scalloped cutter, and sprinkle with white or colored sugar. Bake on greased baking sheet in hot oven (400° F.) 9 minutes, or until done. Makes 10 dozen.

DELICIOUS COTTAGE PUDDING

2 cups sifted Swans Down Cake Flour  3 tablespoons butter
2 teaspoons Calumet Baking Powder*  1 cup sugar
1/2 teaspoon salt  1 cup milk
1/2 teaspoon vanilla

Sift flour once, measure, add baking powder and salt, and sift again. Cream butter, add sugar gradually, and cream together well. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Add vanilla. Bake in greased pan, 8x8x2 inches, in moderate oven (350° F.) 50 to 60 minutes, or until done. Serve hot with lemon, chocolate, or fruit sauce. Or serve with creamy sauce, made by folding chocolate or butterscotch sauce, or slightly crushed sweetened berries into whipped cream.

PIE CRUST

2 1/2 cups sifted Swans Down Cake Flour  2/3 cup cold shortening
1/2 to 3/4 teaspoon salt  1/2 cup cold water (about)

Sift flour once, measure, add salt, and sift again. Cut in shortening until pieces are about the size of small peas. Add water; a small amount at a time, mixing lightly with fork. Handle as little as possible. Wrap in waxed paper, chill thoroughly. Roll out on slightly floured board. Bake pastry in hot oven (450° F.). Makes enough pastry for two 9-inch pie shells, or one 9-inch two-crust pie, or fifteen 3 1/2-inch tart shells. Use 1/2 recipe for one pie shell only.

*For further information on baking powder, see page 3.
SPICED COFFEE CAKE

2 cups sifted Swans Down Cake Flour • 3/4 teaspoon mace
2 teaspoons Calumet Baking Powder* • 5 tablespoons butter or other shortening
3/4 teaspoon salt
1/2 cup sugar
1 teaspoon cinnamon
1/2 cup currants

1 1/2 tablespoons melted butter
4 tablespoons sugar
1 tablespoon flour
1/2 teaspoon cinnamon

Sift flour once, measure, add baking powder, salt, sugar, and spices, and sift again. Cut in shortening. Combine egg and milk; add all at once to flour mixture, stirring carefully at first; then add currants and stir vigorously until mixture is well blended. Turn into greased 9-inch layer pan, spreading dough evenly. Brush top with melted butter. Sprinkle with mixture of sugar, flour, and cinnamon. Bake in hot oven (400° F.) 25 to 30 minutes.

QUICK SALLY LUNNS

2 cups sifted Swans Down Cake Flour
2 teaspoons Calumet Baking Powder*
1/2 teaspoon salt
1 cup milk
1/2 cup shortening
4 tablespoons sugar
1 egg, well beaten

Sift flour once, measure, add baking powder and salt, and sift again. Cream shortening, add sugar, and cream together thoroughly. Combine egg and milk. Add flour to creamed butter and sugar, alternately with milk mixture, a small amount at a time, beating after each addition until smooth. Bake in greased muffin pans in hot oven (425° F.) 25 minutes, or until done. Makes 12.

TEA BISCUITS


*For further information on baking powder, see page 3.
THREE WONDERFUL BARGAINS
from the
SWANS DOWN KITCHENS

1. NEW IMPROVED SWANS DOWN CAKE SET consists of handy utensils which every cake maker will welcome. Each article aids in perfect measuring, mixing, or baking. Each one makes cake making a simpler, easier art. For just what it cost 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 improved Cake Set, which includes the following:

Set of standard measuring spoons (aluminum)    Handy batter scraper
Cherry wood mixing paddle                      Patent angel food pan (tin)
Heavy square cake pan (tin)                    Standard measuring cup (aluminum)
Wire cake tester                               Sample package of Swans Down Cake Flour
Steel spatula                                  Copy of complete cake-recipe book, "Latest Cake Secrets"

2. OVEN THERMOMETER. Many a cake tragedy can be traced to improper temperature in the baking. An oven thermometer is a great aid in baking; it tells the exact temperature of your oven. We can now supply you with a standard thermometer which can be used in any type of oven. Sturdy, white enamelled metal. Send 50c. Postage is prepaid.

3. "LATEST CAKE SECRETS." This wonderful new edition of the famous Swans Down recipe book is the only item of the Cake Set sold separately. It is a complete cake baking book, with dozens of new cake recipes and a wonderfully helpful section on cake mixing and baking, with reasons and remedies for cake difficulties. There are recipes, too, for novel frostings, pastries, cookies, quick breads. The price is only 10c.

Send your order to Dept. B. L. C.

Frances Lee Barton, GENERAL FOODS, Battle Creek, Michigan
In Canada, Address: GENERAL FOODS, LTD., Cobourg, Ontario
Swans Down
CAKE FLOUR