9 NEW HELPS FOR MEAL PLANNERS

MADE WITH SWANS DOWN CAKE FLOUR
USE BUDGET-WISE RECIPES AND GET FINER CAKE!

Make this test—and see why Swans Down is thriftier than ordinary flour!

YES! If you want the world’s best proof that Swans Down can give you finer baking than ordinary flour—at less cost—do this:

First, make up the easy one-egg cake given on the Swans Down package. Use 1 egg, ¼ cup butter, and use Swans Down Cake Flour.

Second, make up this same recipe with ordinary flour. But—double the eggs and the shortening. Use ½ cup butter, use 2 eggs instead of 1.

Then compare! Cut—taste—feel your two cakes. Every test will show you that the Swans Down cake is a finer, lovelier cake! Smoother! Lighter! More delicate! More delicious! And there’s proof! The Swans Down you use costs a few pennies more—but it saves you lots more than that—on other ingredients. And it gives you far more delectable results!

Save with Swans Down! Use it for everyday cakes, gala cakes, biscuits, waffles—for all fine baking!

A choice of tested recipes

Here in this leaflet you will find recipes for all kinds of baked delicacies—fine cakes, quick breads, and desserts that give real home-baked quality and distinction to meals wherever they are served. These recipes supplement the basic group of recipes printed on each package of Swans Down Cake Flour. With such a choice, there’s a suggestion for every meal occasion, and baking triumphs in store for amateur and experienced cooks alike.

Each recipe is built upon safe proportions, level measurements, and proper mixing and baking. Each has been tested again and again to make sure that it is accurate and dependable. Directions are given in careful detail.

Choose any Swans Down recipe from this leaflet or the package, follow it carefully, step by step, and you will have results to make you, and Swans Down, proud!

The leavening you use

Swans Down recipes are developed with Calumet Baking Powder—the Double-Acting Baking Powder. The usual Calumet proportion is only 1 level teaspoon per cup of sifted flour. This amount is less than that recommended for many other baking powders. Therefore, if another baking powder is used, adjust the proportions as recommended by the manufacturers.
Coconut Layer Cake

(3 eggs)

2 cups sifted Swans Down Cake Flour
2 teaspoons Calumet Baking Powder
1/2 teaspoon salt
2/3 cup butter or other shortening
1 cup sugar
3 eggs, unbeaten
1/3 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 eggs, one at a time, beating thoroughly after each. Add flour, alternately with milk, a small amount at a time, beating well after each addition. Add vanilla. Bake in two greased 9-inch layer pans in moderate oven (375° F.) 25 to 30 minutes. Spread Coconut Seven Minute Frosting between layers and over cake.

Coconut Seven Minute Frosting

2 egg whites, unbeaten
1 1/2 cups sugar
5 tablespoons water
1 can Baker’s Southern Style Coconut
1 1/2 teaspoons light corn syrup
1 teaspoon vanilla

Combine egg whites, 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 7 minutes, or until frosting will stand in peaks. Remove from boiling water; add vanilla and beat until thick enough to spread. Spread on cake, sprinkling with coconut while frosting is still soft. Makes enough frosting to cover tops and sides of two 9-inch layers.
Plantation Marble Cake

(2 eggs)

2 cups sifted Swans Down Cake Flour
2 teaspoons Calumet Baking Powder
1/4 teaspoon salt
1/2 cup butter or other shortening

1 cup sugar
2 eggs, well beaten
2/3 cup milk
1 teaspoon cinnamon
1/2 teaspoon cloves
1/2 teaspoon nutmeg
2 tablespoons 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 eggs and beat well. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Divide batter into two parts. To one part, add spices and molasses. Put by tablespoons into greased loaf pan, 8x4x3 inches, alternating light and dark mixtures. Bake in moderate oven (350°F.) 1 hour and 15 minutes, or until done. Spread Butter Frosting on top and sides of cake. Decorate with chopped pecan meats and raisin clusters in simple design, or with pecan halves, if desired.

Butter Frosting

4 tablespoons butter
2 cups sifted confectioners’ sugar
3 tablespoons milk (about)
1 teaspoon vanilla
Dash of salt

Cream butter; add part of sugar gradually, blending after each addition. Add remaining sugar, alternately with milk, until of right consistency to spread. Beat after each addition until smooth. Add vanilla and salt. Makes enough frosting to cover top and sides of 8x4x3-inch cake.
Daffodil Cake
(8 to 10 egg whites, 4 egg yolks)

1 cup sifted Swans Down Cake Flour
1 cup egg whites
\( \frac{1}{2} \) teaspoon salt
1 teaspoon cream of tartar

1 \( \frac{1}{4} \) cups sifted sugar
\( \frac{1}{2} \) teaspoon vanilla
\( \frac{1}{2} \) teaspoon orange extract
4 egg yolks, beaten until thick and lemon-colored

Sift flour once, measure, and sift four times. Beat egg whites and salt 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. Sift a small amount of flour over mixture and fold in carefully, continue until all is used. Divide batter into two parts. To one, fold in vanilla. To other, fold in orange extract and egg yolks beaten with 2 additional tablespoons sugar. Put mixture by tablespoons into large ungreased angel food pan, alternating yellow and white. (Pan should be only \( \frac{1}{2} \) full.) Bake in slow oven (275° F.); after 30 minutes increase heat slightly to 325° F. and bake 50 minutes longer. Invert on rack until cake is thoroughly cold.

Breakfast Muffins

2 cups sifted Swans Down Cake Flour
2 teaspoons Calumet Baking Powder
\( \frac{1}{2} \) teaspoon salt
1 egg, well beaten
\( \frac{3}{4} \) cup milk
\( \frac{1}{4} \) cup melted shortening

Sift flour once, measure, and add baking powder and salt, and sift again. Combine egg, milk, and shortening. Add to flour, beating only enough to dampen all flour. Bake in greased muffin pans in hot oven (425° F.) 25 minutes. Makes 10 muffins.
**Soft Sugar Cookies**

2 cups sifted Swans Down Cake Flour
1 1/4 teaspoons Calumet Baking Powder
1/4 teaspoon salt
1/2 cup butter
2/3 cup sugar
1 egg, unbeaten
1/4 teaspoon lemon extract
1/2 teaspoon vanilla
1/2 cup milk

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 flavorings and blend. Add flour, alternately with milk, a small amount at a time, beating until smooth. Drop from teaspoon on ungreased baking sheet. Sprinkle with sugar. Bake in hot oven (400° F.) 8 to 10 minutes. Makes 3 dozen.

**Almond Butter Cake**

1/3 cup blanched almonds
1/3 cup seedless raisins
2 cups sifted Swans Down Cake Flour
2 teaspoons Calumet Baking Powder
1/4 teaspoon salt
1/2 cup butter
1 cup sugar
2 eggs, well beaten
3/4 cup milk
1 teaspoon vanilla

Combine almonds and raisins; put through medium chopper. 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 beaten eggs and mix well; then add ground almonds and raisins. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Add flavoring. Bake in greased pan, 8x8x2 inches, in slow oven (325° F.) 1 3/4 hours.
Chocolate Cream Roll

6 tablespoons sifted Swans Down Cake Flour
6 tablespoons Baker's Breakfast Cocoa
½ teaspoon Calumet Baking Powder
1/4 teaspoon salt

¾ cup sifted sugar
4 egg whites, stiffly beaten
4 egg yolks, beaten until thick and lemon-colored
1 teaspoon vanilla
1 cup cream, whipped and sweetened

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. Turn into 15x10-inch pan which has been greased, lined with paper to within ½ inch of edge, and again greased. Bake in hot oven (400° F.) 13 minutes. Quickly cut off crisp edges of cake. Turn out on damp cloth to cool; remove paper. When cold spread with whipped cream. Roll as for jelly roll.

Buttermilk Biscuits

2 cups sifted Swans Down Cake Flour
2 teaspoons Calumet Baking Powder

1/4 teaspoon soda
3/4 teaspoon salt
4 tablespoons butter or other shortening
3/8 cup buttermilk or sour milk

Sift flour once, measure, add baking powder, soda, 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 on slightly floured board and knead 30 seconds. Roll 1/2 inch thick, cut with floured 2-inch biscuit cutter. Bake on ungreased sheet in hot oven (450° F.) 12 to 15 minutes. Makes 12.
Banana Pie Suprême

- 6 tablespoons Swans Down
- Cake Flour
- 2/3 cup sugar
- 1/4 teaspoon salt
- 1 1/4 cups milk
- 2 egg yolks, slightly beaten
- 1 1/4 teaspoons vanilla
- 1/2 cup cream, whipped
- 3 bananas
- 1 baked 9-inch pie shell

Mix together flour, sugar, and salt in top of double boiler. Add milk and cook over hot water, stirring constantly, until mixture thickens. Then cook 15 minutes longer, stirring occasionally. Pour a small amount of mixture over egg yolks, beating vigorously; return to double boiler, and cook 2 minutes longer, stirring constantly. Remove from fire. Cool. Add vanilla. Chill. Fold in whipped cream. Arrange cream filling and sliced bananas in alternate layers in pie shell. Just before serving, garnish top with fresh slices of bananas and whipped cream.

**Pie Shell**

- 1 1/4 cups sifted Swans Down
- Cake Flour
- 1/4 teaspoon salt
- 1/2 cup cold shortening
- 3 tablespoons 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 1/8 inch thick on slightly floured board. Line a 9-inch pie plate with pastry, allowing it 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; remove rice; continue baking 5 minutes.
SWANS DOWN
makes all your baking finer!

Use it for the best cakes, pies, waffles, biscuits, and cookies you ever made!

You’re sure to get light, delicious cakes, tender biscuits, flaky pie crusts, crisp waffles, when you use Swans Down Cake Flour.

And here is why: Unlike ordinary flour, Swans Down has a very delicate gluten. A gluten so unusually tender that it responds perfectly to “quick leavens,” so pliable that it permits the ideal rising of cakes, quick breads, and all fine baked products. And Swans Down is 27 times finer than ordinary flour!

Send! “Latest Cake Secrets”—only 10c!
Beautifully illustrated—full of valuable baking secrets—here’s a book you’ll prize! Tells reasons and remedies for baking faults—how to mix and bake perfectly. Packed with dozens of grand new recipes for all kinds of cakes. And there are recipes for cookies, quick breads, pastries, and frostings, too.

FRANCES LEE BARTON
GENERAL FOODS, Battle Creek, Mich.

Enclosed find 10c (stamps or coin) for which please send me a copy of “LATEST CAKE SECRETS.”

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