When grandmother was a girl, about this time of year her mother probably remarked, as she brought out the sulphur and molasses: "But it's good for you, it will help to make your appetite pick up."

Today instead of insisting on some such old-fashioned remedy, most mothers try to think up a few extra dainty dishes, to make the meals more than usually tempting.

If you are tired of winter fruits and vegetables, and the spring things aren't in the market yet, you can still make your meals appetizing with soft, delicate, fluffy cakes and puddings, light, airy biscuits, steaming hot muffins, golden brown custards with crisp flaky piecrusts. And when they're made with SWANS DOWN CAKE FLOUR no spring dish you could conjure up would be more wholesome or nourishing.

You will enjoy trying these recipes—they're worth keeping in the back of the copy of "Cake Secrets" sent you. By using SWANS DOWN you can be certain of perfect success. If you have used it before you know what a soft, feathery texture it gives, and if you haven't you have a really delightful baking experience ahead of you.

SWANS DOWN, as you probably know, is the standard of all cake flours. It has been on the market for nearly thirty years; is recommended by domestic science teachers everywhere; and in countless homes each year is used in making literally millions of delicious cakes and pastries.

SWANS DOWN is made from the purest, soft, winter wheat, especially ground and sifted; nothing has been added and only the hard tough part of the grain removed. Because of the kind of wheat and the method of milling, cake made with this velvety flour keeps fresh and moist an unusually long time.
SPRINGTIME DAINTIES

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In the spring of the year eggs become more plentiful, and we think of the many fine cakes, cookies and tarts that we like but have not made on account of the large number of eggs required. Now is the time to make them, and in this leaflet we give a few choice recipes especially adaptable to this season of the year. Try them all! They are simply delicious!

USE ALL LEVEL MEASUREMENTS

SPONGE CAKES

IMPERIAL SUNSHINE CAKE

- 1½ cupfuls sugar
- ½ cupful water
- 6 eggs, beaten separately
- ¼ teaspoonful salt

Boil sugar and water until it threads when dropped from tip of spoon. Pour the cooled syrup in a fine stream on the beaten egg whites to which salt has been added, beating mixture until cool. Then add the well-beaten egg yolks. Sift the flour once, measure, add cream of tartar and sift again three times. Fold very carefully into the egg mixture. Add extract. Pour into an ungreased angel cake tin and bake 50-60 minutes in a moderately slow oven. When done invert to cool.

ANGEL CAKE (Using Cooked Syrup)

- 1¼ cupfuls sugar
- ½ cupful water
- 1⅛ cupfuls egg whites (9-11 eggs)

Put the sugar and water in a saucepan over the fire and cook slowly, without stirring, until it becomes thick and forms a thread when dropped from the spoon. While this syrup is cooking beat the egg whites, with salt added, on a large platter with a flat beater until foamy. Add cream of tartar and beat until stiff. Now pour the syrup very slowly on the egg whites, beating continually until all is used. Add flavoring. Gradually fold in the flour, which has been sifted, measured, and sifted again four times. Pour into a patent angel food tin and bake in a slow oven 250-300° from 50-60 minutes. Remove from oven, and invert tin until cake is cold, about 1 hour, then remove from tin and ice if desired.

WAYS OF SERVING ANGEL CAKE

1. Pull apart with a fork, and pour a boiled, white, pink, or chocolate icing over the rough pieces and serve.
2. Cut slices of Angel Cake, and on each slice put a spoonful of flavored and sweetened whipped cream. Sprinkle grated cocoanut over this and top with a candied cherry or a fresh strawberry.
BUTTER CAKES

(We print the recipe below from one of our old recipe booklets in response to numerous requests for same.)

FAMOUS LADY BALTIMORE CAKE

\[
\begin{align*}
\text{1/2 cupful butter or substitute} & \quad 3 \text{ cupfuls SWANS DOWN CAKE FLOUR} \\
\text{1 1/2 cupfuls sugar} & \quad 1/2 \text{ teaspoonful vanilla extract} \\
\text{1 cupful cold water} & \quad 1/4 \text{ teaspoonful almond extract} \\
\text{4 teaspoonfuls baking powder} & \quad 4 \text{ egg whites}
\end{align*}
\]

Cream the butter, add sugar gradually, creaming mixture thoroughly. Sift flour once, measure, add baking powder and sift again three times. Add the flour and water alternately to the first mixture, beating hard after each addition. Add flavoring extracts. Fold in the egg whites stiffly beaten and bake in two layers in a moderate oven. Put together with the following filling and icing:

LADY BALTIMORE FILLING AND ICING

Filling

\[
\begin{align*}
\text{1/4 pound figs} & \quad \text{1/2 pound raisins} \\
\text{1/2 pound pecans or English walnuts} & \quad
\end{align*}
\]

Icing

\[
\begin{align*}
\text{2 cupfuls granulated sugar} & \quad 2 \text{ egg whites} \\
\text{3/4 cupful water} & \quad 1 \text{ teaspoonful vanilla}
\end{align*}
\]

Grind together using coarse grinder, the figs, raisins and nuts.

Make the icing by cooking sugar and water until it forms a soft ball in water, 240°. Pour the syrup slowly on the stiffly beaten whites of eggs, beating until stiff enough to spread. Add flavoring. Into 3/4 of the icing stir the fruit and nuts. Spread between the layers and on top of cake, and cover the whole cake with the remaining 1/4 plain icing.

SPRING CAKE (using egg yolks only)

\[
\begin{align*}
\text{1/2 cupful butter or substitute} & \quad 3 \text{ cupfuls SWANS DOWN CAKE FLOUR} \\
\text{Grated rind 1 orange} & \quad 4 1/2 \text{ teaspoonfuls baking powder} \\
\text{1 cupful sugar} & \quad 1 \text{ cupful milk} \\
\text{4 egg yolks, beaten light} & \quad 1/2 \text{ tsp. orange or lemon extract} \\
\text{1/4 teaspoonful salt} & \quad
\end{align*}
\]

Cream the butter. Add grated orange rind to the sugar and gradually add to creamed butter, creaming mixture well. Add egg yolks beaten until light. Sift flour, measure, add baking powder and salt and sift again three times. Add flour and milk alternately to the first mixture, beating hard after each addition. Next add flavoring extract. Bake in two layers in a moderate oven or in a loaf tin in a rather slow oven, and when cool ice with a white frosting and decorate with candied violets, using citron to form the leaves and stems.
**MISCELLANEOUS DAINTIES**

**STRAWBERRY BATTER CUPS**

- 1 quart fresh strawberries
- 1 cupful powdered sugar
- 1 1/2 cupfuls sifted SWANS DOWN CAKE FLOUR
- 1/2 teaspoonful salt

- 2 teaspoonfuls baking powder
- 1 tablespoonful sugar
- 2 eggs, well beaten
- 3 tablespoonfuls melted butter
- 1/2 cupful sweet milk

Cut the berries in pieces and mix the powdered sugar with them. Make a batter of the other ingredients in order above mentioned. In a large greased baking dish or individual molds pour a layer of the batter, then a layer of the berries, repeating until mold is 3/4 full. Steam or bake 35 to 40 minutes and serve with Strawberry Sauce.

**STRAWBERRY SAUCE**

- 1/2 cupful butter or substitute
- 1 cupful sugar
- 1 cupful crushed strawberries

Cream butter, gradually add sugar, creaming mixture well. Fold in the egg white stiffly beaten and then add the berries. Chill before serving.

**EASTER SPONGE CAKES**

(Makes 20 Small Cakes)

- 4 egg yolks
- Grated rind 1 orange
- 1/2 cupful sugar
- 3 egg whites
- 2 tablespoonfuls melted butter
- 1/2 cupful SWANS DOWN CAKE FLOUR

Beat the egg yolks until thick. Grate the orange rind into the sugar and add to the beaten egg yolks; add melted butter. Sift flour, measure, and sift again several times. Fold the flour into the mixture, and then fold in the stiffly beaten egg whites. Bake in small greased tins. When baked, invert the cakes, spread each cake with a yellow tinted frosting and sprinkle chopped nuts over same.

**DAINTY WAFERS**

- 1/2 cupful butter
- 1 cupful powdered sugar
- 1 1/4 cupfuls SWANS DOWN CAKE FLOUR
- 1/8 teaspoonful salt
- 2 teaspoonfuls baking powder
- 1/2 cupful milk
- 1 teaspoonful vanilla

Cream butter, add sugar gradually, creaming mixture well, then add eggs. Sift flour, add baking powder and salt, and sift again. Add gradually with milk to first mixture, then add vanilla. Beat batter hard. Spread on inverted greased tins, and bake in a quick oven. When done, cut in squares and roll.