For all their proud reputation, heavenly angel foods are easy to make if you follow directions carefully.

Of course, Swans Down Cake Flour is a "must." True angel food requires the best in fineness and tenderness.

Then, with a wire whisk or good egg beater, and careful attention to the recipe and the points listed here—anybody can have glorious, enviable success!

1. Use eggs at least four days old and have them at room temperature.
2. Beat egg whites only until they will hold up in soft moist peaks. Do not overbeat or cake will be dry.
3. Add sugar—part to flour, part to egg whites.
4. Fold in flour to keep air in the mixture. Do not stir. To fold, roll spoon so it cuts down through batter, lifts it up, and folds it over.
5. Bake in ungreased pan. After baking, invert on rack and let cake cool upside down in pan for 1 hour. Then gently cut away from pan.

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**PINK ANGEL RASPBERRY CREAM LOAF**

- ½ cup sifted Swans Down Cake Flour
- ¾ cup sifted sugar
- ½ cup (5 or 6) egg whites
- ½ teaspoon salt
- ½ teaspoon cream of tartar
- ¼ teaspoon vanilla
- ¼ teaspoon almond extract

Sift flour once, measure, add ¼ cup of the sugar, and sift together four times. Beat egg whites and salt with flat wire whisk or rotary egg beater until foamy. Sprinkle in cream of tartar and continue beating until egg whites are stiff enough to hold up in soft peaks, but are still moist and glossy. Sprinkle remaining sugar over egg whites, 2 tablespoons at a time, and beat after each addition to blend (25 strokes or turns). Add flavoring (10 strokes or turns).

Sift about half the flour over mixture; fold in lightly with whisk or spoon, turning bowl gradually. (This takes 15 complete fold-over strokes.) Fold in remaining flour well (25 strokes).

Bake in ungreased 10x5x3-inch loaf pan in moderate oven (375°F.) 25 minutes, or until done. Remove from oven, invert pan on rack, and let stand 1 hour, or until cake is cool.

Turn cake out on serving plate. Using a sharp knife, cut a V-shaped wedge lengthwise from top of cake, about 3 inches wide and 1 ½ inches deep. Cut wedge into 1-inch slices.

Combine ½ cup fresh sweetened raspberries with 1 cup chilled heavy cream and whip until stiff. Carefully spoon mixture into center of cake. Insert wedge slices on top of filling. Chill. Serve garnished with whole raspberries and sprigs of mint.
CHOCOLATE SWIRL ANGEL FOOD

1 cup sifted Swans Down Cake Flour
1 1/2 cups sifted sugar
1/4 teaspoon salt
2 egg whites
1/4 cup cream of tartar
1/4 teaspoon vanilla
1 or 2 squares Baker's Unsweetened Chocolate, finely grated
(or 1/4 bar Baker's German's Sweet Chocolate)

Sift flour once, measure, add 1/2 cup of the sugar, and sift together four times. Beat egg whites and salt with a wire whisk or rotary egg beater until foamy. Sprinkle in cream of tartar and continue beating until egg whites are stiff enough to hold up in soft peaks, but are still moist and glossy. Sprinkle remaining sugar over egg whites, 1/4 cup at a time, and beat after each addition to blend (25 strokes or turns). Add flavoring (10 strokes or turns). Sift about 1/4 of the flour over mixture. Fold in lightly (15-fold-over strokes) with whisk or spoon, turning bowl gradually. Continue in this way, folding well after last addition (10 extra strokes).

Turn 1/4 of batter into ungreased 10-inch tube pan, spreading evenly over batter. Repeat, alternating layers of batter and sprinklings of chocolate (4 layers batter, 3 of chocolate). Be sure each layer of batter covers chocolate. Bake in moderate oven (375°F.) 30 to 35 minutes. Remove from oven, invert pan on rack, and let stand 1 hour, or until cake is cool.

Note: Remove eggs from refrigerator several hours before using. They beat up lighter and more easily when at room temperature, and give increased fineness of grain and delicacy to angel food cakes.

DAFFODIL CAKE

1 cup sifted Swans Down Cake Flour
1 1/4 cups sifted sugar
1/4 teaspoon salt
2 egg whites
1/4 cup cream of tartar
1/2 cup vanilla
1 cup (8 to 10) egg yolks
2 tablespoons orange juice
4 tablespoons sugar

Sift flour once, measure, add 1/2 cup sugar, and sift together four times. Beat egg whites and salt with a wire whisk or rotary egg beater. When foamy, add cream of tartar and continue beating until eggs are stiff enough to hold up in peaks, but not dry. Add remaining 1/4 cup sugar, 2 tablespoons at a time, beating with rotary egg beater or whisk after each addition until sugar is well blended. Sift a small amount of flour over mixture and fold in lightly, repeat until all is used.

Divide batter into two parts. To one, fold in vanilla. Add orange rind and juice and 2 additional tablespoons sugar to egg yolks and beat with rotary egg beater until very thick and light. Fold into other half of batter. Pour mixtures into ungreased 10-inch tube pan, alternating yellow and white. (Pan should be only 1/2 full.) Bake in moderate oven (375°F.) 30 to 35 minutes. Remove from oven and invert pan 1 hour, or until cold.

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