HERE it is again—the good old summertime, with picnics, and excursions to the country, and long automobile trips to whet the appetite for dainty lunches.

You can add greatly to the pleasure of your many jauntings if you stow away a tempting lunch to be eaten under some spreading green elm. It's easy enough to put up good things to eat that become a veritable feast when laid out on the bank of a rippling brook—if you do a little preliminary planning.

We think you will find the recipes in this leaflet a real help in getting up your picnic lunches—they are worth keeping in the back of the copy of "Cake Secrets" sent you. They are all as dainty and tempting as fluffy, white SWANS DOWN CAKE FLOUR can make them, and SWANS DOWN lends its own delicacy to whatever you use in it.

The most unusual feature of SWANS DOWN is that while it makes cake so light and delicate and delicious it still keeps it moist. That's easy to understand when you know there is no cornstarch or any other ingredient added to SWANS DOWN to give it that feathery texture. The natural richness of the soft winter wheat from which it is ground keeps cake fresh and moist an unusually long time.

Mothers appreciate SWANS DOWN, too, because cakes and cookies made with it are not only entirely wholesome, but have high food value as well. That, together with the fact that they do not dry out readily, makes them particularly well suited for all kinds of picnic lunches.
SUMMER FANCIES

SWANS DOWN CAKE FLOUR
AND
INSTANT SWANS DOWN (Cake Batter Dry)

In the heat of summer when the appetite becomes jaded, there is not much need of heavy, rich butter cakes to overtax the digestive system. Light, feathery, dainty cakes and cookies for outdoor parties and picnics, as well as for the family table, are always quite welcome. We give here a few choice recipes that are well worth trying.

SPONGE CAKES (All level measurements)

**CARAMEL SPONGE CAKE**

1 cupful SWANS DOWN CAKE FLOUR
1 cupful sugar
1 cupful boiling water
5 eggs, beaten separately
1/2 teaspoonful salt
1/2 teaspoonful vanilla

Put 1/4 cupful of the sugar in a frying pan and caramelize (melt) until of a brown color. Add the boiling water and the remaining 3/4 cupful sugar. Boil this syrup until it threads. Beat egg yolks in a bowl with a Dover beater until thick. Add the syrup very slowly, beating meanwhile, then gradually add the flour previously sifted, measured, salt added and sifted three times. Add vanilla. Next fold in the stiffly-beaten egg whites and bake in a tube loaf pan about 50 minutes in a slow oven 250-300°.

**PINEAPPLE DAINTY**

Place a square piece of Angel Cake in a tall individual glass; above this set a slice of canned pineapple partially cut into pieces for eating, but still holding its shape. To the juice from the can of pineapple add a little sugar and 1 or 2 tablespoonfuls of lemon juice and cook to a syrup. Add enough of the red liquid from a bottle of maraschino cherries to tint the syrup pink, or tint with red color paste. Pour this syrup over the pineapple and cake. Put a spoonful of whipped cream on the pineapple and garnish with a cherry.

**PEACH GATEAU**

Bake a small sponge cake. Cut in thin slices. Pare and slice fresh ripe peaches (canned peaches may be used) and sprinkle with sugar as needed. In each individual glass place alternate layers of cake and the peaches. Serve with boiled custard or whipped cream.

**MOCK ANGEL FOOD**

1 cupful SWANS DOWN CAKE FLOUR
1 cupful granulated sugar
3 teaspoonfuls baking powder
1/4 teaspoonful salt
1 cupful milk
1 tablespoonful melted butter
1 teaspoonful vanilla
2 egg whites

Sift flour once, measure, add baking powder, salt and sugar,
and sift three times. Heat milk to boiling point, pour slowly into the dry ingredients, add butter and vanilla and beat batter hard. Fold in carefully the stiffly-beaten egg whites. Pour batter into a small cake pan and bake in a moderate oven.

**BUTTER CAKES** (All level measurements)

**1—2—3—4 CAKE**

1 cupful butter  
2 cupfuls sugar  
3 cupfuls SWANS DOWN CAKE FLOUR  
4 eggs  
4 teaspoonfuls baking powder  
½ teaspoonful salt  
1 cupful milk  
1 teaspoonful vanilla

Cream the butter, add sugar gradually, creaming mixture well. Separate the eggs, beating yolks until light. Add to the creamed butter and sugar mixture. Sift flour once, measure, add baking powder and salt, and sift again three times. Add flour and milk alternately to first mixture, beating batter hard after each addition. Add flavoring. Fold in the stiffly beaten egg whites and bake in two layers in a moderate oven. Ice as desired.

**LEMON ICE BOX CAKE**

1 medium sponge cake  
½ cupful butter  
1 cupful sugar  
4 egg yolks  
Juice and rind of 1 lemon  
4 egg whites  
Whipped cream

Make a Sponge Cake, following any good recipe.

Cream the butter, gradually add sugar. Add well beaten egg yolks, juice and grated rind of lemon, and then fold in the stiffly beaten whites of eggs. Cut the sponge cake in thin slices and line a large bowl with same, first lining the bowl with wax paper. Pour one half the mixture over the cake, and then add another layer of sliced sponge cake and the balance of the mixture, covering same with another layer of cake. Put in ice box over night, turn out on a plate and serve with whipped cream.

**QUICK COFFEE CAKE**

2 eggs  
6 tablespoonfuls sugar  
4 tablesp. melted shortening  
4 teaspoonfuls baking powder  
½ cupful milk  
2 cupfuls SWANS DOWN CAKE FLOUR  
¼ teaspoonful salt

Beat eggs until light, add sugar gradually, beating meanwhile. Add melted shortening. Sift flour, measure, add baking powder and salt and sift again. Add flour and milk alternately to first mixture, beating batter hard. Turn into a greased oblong pan. Spread top of batter with melted butter and sprinkle the following mixture over same:

3 tablespoonfuls fine dry bread crumbs  
3 tablespoonfuls sugar  
1 teaspoonful cinnamon

Bake in a moderate oven and serve while fresh.
SMALL CAKES AND COOKIES

AFTERNOON TEA CAKES

2 eggs, beaten light  
1 cupful sugar  
1/4 pound blanched almonds  
2 ounces citron  
Grated rind 1 lemon  
1 1/2 cupfuls SWANS DOWN CAKE FLOUR (about)

To the beaten eggs, gradually beat in the sugar, then add the almonds and citron chopped exceedingly fine and the lemon rind; add the other ingredients sifted together, and beat to a stiff dough. Use more flour if needed. Roll into a thin sheet; cut in pieces three inches by one and a half inches, brush over with egg white, decorate with half an almond at each corner, dredge with granulated sugar, and bake. The cakes may also be cut in hearts or other shapes with tin cutters.

CHOCOLATE CUP CAKES (Quick Method)

Place the flour sifter in a mixing bowl and put in it 1 1/2 cupfuls of sifted Swans Down Cake Flour, 3/4 cupful of fine granulated sugar, 2 teaspoonfuls of baking powder, 1/2 teaspoonful of salt, and 2 tablespoonfuls of cocoa. Sift in the bowl.

Into a measuring cup pour 1/4 cupful of melted butter; break in 1 or 2 eggs, fill the cup with milk, and add 1/2 teaspoonful vanilla extract. Mix with the dry ingredients and beat well 2 or 3 minutes. Bake in greased muffin tins in a quick oven.

PICNIC COOKIES
(Using sour cream)

1 egg  
1 cupful sugar  
1 cupful sour cream  
1 tsp. lemon or other flavoring  
2 1/2 cupfuls SWANS DOWN CAKE FLOUR  
1 teaspoonful soda  
1/4 teaspoonful salt

Beat egg, add sugar, and beat well. Sift flour, measure, add salt and sift again, then add to first mixture alternately with cream in which soda has been dissolved. Add flavoring. Drop by teaspoonfuls on greased tins, about two inches apart. Bake in a moderate oven.

CHOCOLATE SPONGE CAKES

4 eggs, separated  
1 cupful sugar  
1 1/2 squares chocolate, melted  
1/4 cupful milk  
3/2 teaspoonful vanilla

Beat egg yolks until light, add sugar gradually and continue beating. Add melted chocolate and milk. Sift flour, measure, add salt and baking powder and sift twice. Fold the flour into the first mixture, add vanilla, and then fold in the stiffly beaten egg whites. Fill greased muffin tins two-thirds full and bake in a moderate oven about 15 minutes.

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