

Rumford
Department
Home Economics



CAKES AND COOKIES

ISSUED BY
THE RUMFORD COMPANY
WESTERN BRANCH

Cakes and Cookies
Bulletin

CHICAGO, ILL.

Measurements of Substitutes equal to one cup of wheat flour.

These weights and measures were tested in the Experimental Kitchen of the U. S. Food Administration, Home Conservation Division, and of the U. S. Department of Agriculture, Office of Home Economics.

In substituting for one cup of wheat flour use the following measurements. Each is equal in weight to a cup of wheat flour.

Barley.....	1 $\frac{3}{8}$ cups
Buckwheat.....	$\frac{7}{8}$ cup
Corn flour.....	1 cup (scant)
Corn meal (fine).....	1 cup "
Corn meal (coarse).....	$\frac{7}{8}$ cup
Cornstarch.....	$\frac{3}{4}$ cup
Peanut flour.....	1 cup (scant)
Potato flour.....	$\frac{3}{4}$ cup
Rice flour.....	$\frac{7}{8}$ cup
Rolled oats.....	1 $\frac{1}{2}$ cups
Rolled oats (ground in meat chopper).....	1 $\frac{1}{8}$ cups
Soy-beanflour.....	$\frac{7}{8}$ cup
Sweet potato flour.....	1 $\frac{1}{8}$ cups

This table will help you to make good griddle cakes, muffins, cakes, cookies, drop biscuits, and nut or raisin bread, without using any wheat flour.

You may not need new recipes. Just use the ones your family has always liked, but for each cup of flour use the amount of substitute given in the table.

For use of Substitute Flours see page two.

.. CAKE ..

The mixing and baking of cake may be divided into four parts.

1. The Selection of Materials.
2. The Proportions of Ingredients Used. (The Recipe.)
3. The Mixing.
4. The Baking.

The Selection of Materials.—It is essential that all materials be fresh and good. Good, pure fat must be used for shortening. Butter used to be considered necessary, but we now know that other pure fats are just as satisfactory as butter and are much less expensive. Where chocolate, spices, or molasses are used any good drippings will be found to be as good as other fats, but in plain or white cake the more tasteless the fat the better. The solid white vegetable fats are probably a little better than lard. Eggs must be fresh. Milk and water may be used interchangeably in most cases, but water will be found to make a cake that is lighter and fluffier than that made with milk. Pastry flour is much better for cake than bread flour, as it contains less gluten and more starch. When purchased in five-pound or larger sacks it costs no more than bread flour. Much of the fineness of the cake depends upon the baking powder. A two-action powder—one from which the gas is given off gradually even before the cake is placed in the oven—makes a cake of much finer texture than a single-action powder where the gas is given off so suddenly that large holes result. Rumford is a very perfect two-action powder, producing results most gratifying to the discriminating cook.

The Proportions.—Very accurate measurements are necessary in making cake. Accurate half-pint measuring cups which are marked for thirds and fourths are best. Flour should be sifted before it is measured, and measured lightly into the cup, never packed down. Spoons should be leveled off with a knife, absolutely level. Often it is easier to measure fat by tablespoons than in a cup. There are 16 level tablespoons in 1 cup, or 4 level tablespoons in $\frac{1}{4}$ cup; and 3 level teaspoons in 1 tablespoon. A few general proportions may be given to aid the cook in making her own recipes or in selecting recipes in which correct proportions are given.

For use of Substitute Flours see page two.

In general $\frac{1}{3}$ cup of fat to 1 cup of sugar. Too much fat causes cake to crumble or even to fall. Too much sugar causes cake to be heavy or grainy. In a plain cake twice as much flour as liquid and fat combined. When chocolate is added the flour should be decreased by 2 tablespoons to the cup. Too much flour makes a cake dry, or makes it crack in the baking, and too little flour causes it to fall. When using no eggs use 2 level teaspoons baking powder to each cup of flour, decreasing by $\frac{1}{2}$ level teaspoon for each egg used, unless chocolate is to be added, in which case cut down on the baking powder only $\frac{1}{4}$ teaspoon for each egg.

The Mixing.—For cake containing shortening. Cream shortening and sugar thoroughly. This makes for fine texture. In plain cake, break egg into this mixture and beat well. If whites are to be beaten separately add the yolks only at this point. Sift in a little flour before adding any liquid in order to keep the sugar and fat from separating. Then add flour and liquid alternately until the desired amounts of each have been used, adding the baking powder to the last half cup of flour. Beat quickly and vigorously. If whites have been beaten separately, fold them in the last thing, being careful to neither beat nor stir after adding whites. If fruit is to be added, it should be well floured with part of the flour called for in the recipe. If chocolate is to be added, it should be melted with the fat, after which the mixing proceeds as in plain cake. All cakes made with Rumford, which is a two-action baking powder, should be allowed to stand undisturbed in the pans in which they are to be baked for about 10 minutes before they are placed in the oven. This allows time for the first or cold action of the baking powder and makes the cake fine in texture.

NOTE: Cake mixed with hot milk or hot water should not be allowed to stand in the pan before baking.

The Baking.—The time for baking cake should be divided into four parts. During the first quarter of the baking the cake should rise around the edge of the pan only. During the second quarter it should rise level and begin to brown. During the third quarter it should brown lightly, and during the fourth quarter it should shrink from the edge of the pan and slightly settle. When baking with gas one very satisfactory way in which to procure

these results is as follows. Let the oven heat while the cake is rising in the pan before it is placed in the oven. Place cake in oven and turn OFF the gas. This allows the cake to rise without danger of browning or even crusting over during the first few minutes of the baking. After 10 or 15 minutes re-light the gas, turning it on enough to produce a moderate oven, and let it remain lighted until the cake is light brown. A layer cake will probably be done in that time, but a loaf cake will need more baking. Therefore, in order to have it bake without becoming too brown, turn off the gas again. Never hesitate to turn off the gas when there is danger of anything in the oven becoming too brown. A good oven will retain its heat for 15 or 20 minutes, and unless it should become really chilled, there is no danger of cake falling from change of temperature. A general rule for a gas oven after putting in the cake is: off 15 minutes and on 10; off 15 minutes and on 10. Though this is a very good general rule, one must always use judgment in any kind of baking.

Cup cakes and cookies may be placed in a moderate oven and baked until done, turning off the gas only if there is danger of scorching.

When a cake is done it should shrink from the sides of the pan and slightly settle. Or one may test it by touching it gently on the top near the center. If it springs back after the finger is removed, it is ready to come out of the oven. If a dent remains it should be allowed to bake a little longer.

Cakes without shortening and white cakes containing many eggs should be baked in ungreased pans, and should be inverted onto wire cake racks after they are taken from the oven, and left undisturbed until cool, when they may easily be removed from the pans. Cakes with shortening should be baked in well-greased pans and should be taken from the pans within five minutes of the time they are taken from the oven, or they will steam and become soggy. Removal from the pans is made somewhat more simple by lining the bottom of the pans with wax paper or with plain paper greased. When this is done there is no danger of the cake breaking in the removal. The paper is easily peeled off the bottom of the inverted cake. Always cool cake on a wire rack to prevent steaming.

For use of Substitute Flours see page two.

Cakes may be divided into two general classes:

1. Cakes without shortening.
2. Cakes with shortening.

Cakes without shortening are few in number and very simple, but often expensive because of the number of eggs used in the making. In this class we have:

1. Old-fashioned Sponge Cake which relies entirely on eggs and the air beaten into them for lightness.
2. Angel Food—made with the whites of eggs stiffened with a little acid. Horsford's Acid Phosphate is a very good acid to use for this purpose.
3. Sunshine Cake. Exactly like Angel Food except that it contains both yolks and whites.
4. Those cakes containing no shortening but in which baking powder is used. Hot Water Sponge, Mock Sunshine, Mock Angel Food, etc. These cakes are much less expensive than the other three kinds of cake. Because of the baking powder used, fewer eggs are needed.

Cakes containing shortening are Plain Cake, White Cake, Chocolate Cake, Spice Cake, Pound Cake, Fruit Cake, and all their variations. Gingerbread and Cup Cakes also come in this class.

Sponge Cake.

Yolks 8 eggs	$\frac{1}{4}$ level teaspoon salt
1 level cup sugar	1 level cup sifted pastry flour
Whites 8 eggs	Flavoring

METHOD: Beat yolks until thick and lemon-colored, gradually adding one-half of the sugar. Use a center-drive wheel egg beater. Beat the whites to a stiff froth, using a heavy wire egg whip. Add one-half the sugar to the whites. Combine the two mixtures, add salt and flavoring, and fold in the sifted flour.

For use of Substitute Flours see page two.

Turn into ungreased tube pan and place at once in a rather slow oven. Bake about 50 minutes.

Angel Food Cake.

Whites 8 eggs	1 level cup sugar
$\frac{1}{4}$ teaspoon Horsford's Acid	$\frac{3}{4}$ level cup sifted pastry flour
Phosphate	Flavoring
$\frac{1}{4}$ level teaspoon salt	

METHOD: Beat the whites to a stiff froth, adding the phosphate when nearly stiff. Sift the sugar and fold into the whites. Flavor. Sift and fold in the flour and salt. Bake in an ungreased tube pan in a rather slow oven for about 40 minutes.

Angel Food is more tender if it is aged for two or three days by keeping in a closely covered crock. Frost after aging.

Sunshine Cake.

8 egg yolks	8 egg whites
$\frac{1}{2}$ level teaspoon salt	$\frac{1}{2}$ teaspoon Horsford's Acid
1 level cup sugar	Phosphate
Flavoring	$\frac{3}{4}$ level cup sifted flour

METHOD: Beat the yolks and salt until thick and lemon-colored. Flavor. Beat whites to a stiff froth, adding the phosphate when they are nearly stiff. Fold the sugar into the whites, then combine this with the beaten yolks. Fold in the sifted flour, bake in an ungreased tube pan in a rather slow oven.

Mock Angel Food.

1 level cup sugar	1 cup boiling milk
$1\frac{1}{2}$ level cups sifted pastry flour	Flavoring
$\frac{1}{2}$ level teaspoon salt	White 3 eggs
	3 level teaspoons Rumford

METHOD: Sift together twice the sugar, flour, and salt. Add the milk, being sure it is really boiling hot when added. Flavor. Slide the stiffly beaten whites onto this mixture, sift the baking powder over the whites, and cut and fold into the cake. Pour into an ungreased tube pan and place at once in moderate oven. Bake about 40 minutes. This cake, like Angel Food, is more tender if aged for two or three days by keeping in a closely covered crock. Frost after aging.

For use of Substitute Flours see page two.

Mock Sunshine Cake.

4 eggs beaten separately	1 scant cup sifted flour
1 level cup sugar	1 level teaspoon Rumford
3 tablespoons cold water	$\frac{1}{4}$ level teaspoon salt
$1\frac{1}{2}$ level tablespoons corn starch	1 teaspoon flavoring

METHOD: Beat the yolks of eggs until thick, add gradually the sugar and flavoring—beat two minutes. Add the water. Sift together thoroughly the corn-starch, flour and salt, and add to first mixture. Beat the whites of eggs to a stiff froth, and slide them onto the batter—sift the baking powder over the whites, and cut and fold into the cake. Bake about 35 minutes in a moderate oven, in a loaf or tube pan.

Hot Water Sponge Cake.

4 eggs	2 level cups sifted pastry flour
$1\frac{1}{2}$ level cups sugar	3 level teaspoons Rumford
$\frac{1}{2}$ level teaspoon salt	$\frac{3}{4}$ cup boiling water
Flavoring	

METHOD: Beat eggs, adding the sugar gradually, until very light and smooth. Use a heavy wire egg whip, not a wheel beater. This should take about five minutes. Add salt and flavoring. Remove beater and sift in flour and baking powder. Fold this into the first mixture, using a wooden spoon. Add the water, being sure it is boiling hard just before it is added. Mix lightly but thoroughly. Do not beat. Pour into an ungreased tube pan, place at once in a moderate oven, and bake about 40 minutes. This makes a large cake.

Foundation Recipe for Plain Cake.

$\frac{1}{4}$ level cup fat	2 level teaspoons Rumford
$\frac{3}{4}$ level cup sugar	$\frac{1}{4}$ level teaspoon salt
1 egg	$\frac{1}{2}$ cup milk or water
$1\frac{1}{2}$ level cups sifted pastry flour	Flavoring

METHOD: Cream together the fat and sugar, add egg and beat well. Sift in a little of the flour, then add part of the liquid, and continue adding dry and liquid ingredients until the desired amounts have been used, sifting the baking powder and salt with the last half cup of flour. Flavor. Turn batter into well-greased pan, let stand undisturbed about 10 minutes, and bake in moderate oven. This recipe may be used

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for loaf, layer, or cup cakes, and the time for baking will depend on the size and shape of pans used. Loaf cake should bake in a slower oven than layer or cup cakes. This recipe will make two small layers. For large three-layer cake, double recipe.

Using this recipe as a foundation many kinds of cake may be made, all with the same general proportions but with entirely different results.

CHOCOLATE CAKE—Melt 2 ounces (2 squares) of baking chocolate with the fat called for, then proceed as in Foundation Recipe. Use 3 level tablespoons less flour as chocolate slightly thickens the cake.

COCOA CAKE—Three or four level tablespoons unsweetened cocoa may be sifted with the flour. Other ingredients as in Foundation Recipe.

SPICE CAKE—One level teaspoon cinnamon, $\frac{1}{2}$ level teaspoon nutmeg, $\frac{1}{4}$ level teaspoon cloves may be sifted with the dry ingredients. Brown sugar may be used instead of white. Other ingredients as in Foundation Recipe. A few raisins may be added if desired.

MARBLE CAKE—Follow Foundation Recipe. Divide batter into two parts. To one part add 2 level tablespoons cocoa. Fill loaf cake pan with alternate spoonfuls of the two mixtures.

DATE or RAISIN CAKE—Add $\frac{1}{2}$ cup dates stoned and cut in pieces, or $\frac{1}{2}$ cup seedless raisins. Fruit should be well floured with part of the flour called for in the recipe. Other ingredients as in Foundation Recipe. Makes delicious cup cakes.

NUT CAKE—Add $\frac{1}{2}$ cup broken nut meats. Use 1 level tablespoon less fat as nuts contain a good deal of fat. Other ingredients as in Foundation Recipe.

ORANGE CAKE—Put into a measuring cup the grated rind and juice of $\frac{1}{2}$ orange. Add enough cold water to make the $\frac{1}{2}$ cup of liquid called for in Foundation Recipe. Other ingredients as in Foundation Recipe.

Lady Baltimore Cake.

Bake White Cake in two layers. Frost cake with Boiled Frosting, to which has been added $\frac{1}{3}$ cup

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chopped raisins, $\frac{1}{3}$ cup chopped nuts, 2 figs cut fine, and $\frac{1}{2}$ teaspoon vanilla.

White Cake.

$\frac{1}{3}$ level cup white shortening	$\frac{1}{4}$ level teaspoon salt
1 level cup sugar	$\frac{1}{2}$ cup cold water
$1\frac{2}{3}$ level cups sifted pastry flour	Flavoring
$1\frac{1}{2}$ level teaspoons Rumford	Whites 3 eggs

METHOD: Follow rules for mixing, page four.

Gold Cake.

$\frac{1}{3}$ level cup fat	$\frac{1}{4}$ level teaspoon salt
1 level cup sugar	$1\frac{1}{2}$ level teaspoons Rumford
Yolks 4 eggs	$\frac{1}{2}$ cup milk or water
$1\frac{2}{3}$ level cups sifted pastry flour	Flavoring

METHOD: Follow rules for mixing, page four. Bake in loaf or in two layers and cover with Boiled Frosting.

Pound Cake.

1 level cup butter	$\frac{1}{4}$ level teaspoon salt
1 level cup sugar	$\frac{1}{8}$ level teaspoon nutmeg
Yolks 5 eggs	Whites 5 eggs
2 level cups sifted pastry flour	

METHOD: Cream together the butter and sugar, add the well-beaten yolks. Sift in the flour, salt, and nutmeg. Stir carefully. Fold in the stiffly beaten whites. Bake in well-greased, paper-lined pans in a slow oven for about $1\frac{1}{4}$ hours.

Milkless—Eggless—Butterless Cake.

$\frac{1}{3}$ level cup shortening	$\frac{1}{4}$ level teaspoon cinnamon
$1\frac{1}{3}$ level cups sugar	$\frac{1}{2}$ level teaspoon nutmeg
$2\frac{1}{2}$ level cups sifted flour	1 cup seedless raisins
4 level teaspoons Rumford	1 cup cold water
$\frac{1}{2}$ level teaspoon salt	

METHOD: Follow rules for mixing, page four. Flour raisins with part of the flour called for in recipe. Bake in one or two loaves, in rather slow oven; one hour if one loaf, or about 45 minutes if two.

Graham Cracker Cake.

$\frac{1}{3}$ level cup shortening	3 level teaspoons Rumford
$\frac{2}{3}$ level cup sugar	$\frac{1}{2}$ level teaspoon cinnamon,
2 egg yolks	mace, or nutmeg
$\frac{2}{3}$ pound graham crackers	1 cup milk
rolled to a powder	Whites 2 eggs

METHOD: Cream fat and sugar, add egg yolks, and beat well. Sift together the rolled crackers, Rumford,

For use of Substitute Flours see page two.

salt, and spice, and add these to the first mixture alternately with the milk. Fold in the whites, which have been beaten to stiff froth. Bake in two or three layers. Put together with butter icing or whipped cream.

Cream Pie.

Bake plain Foundation Recipe for Cake in two layers. Put together with Cream Filling. If desired, frost top with Bride's Delight.

Cream Filling.

$\frac{1}{3}$ level cup flour	1 cup hot milk
$\frac{1}{2}$ level cup sugar	1 egg or two yolks
$\frac{1}{3}$ cup cold milk	Flavoring

METHOD: Mix sugar and flour, add cold milk gradually, stir into hot milk, and cook over boiling water until thick, stirring often. Beat the egg, add a little of the hot mixture to it, and add to the whole, cooking about 1 minute. Flavor.

Gingerbread.

$\frac{1}{4}$ level cup shortening	$\frac{1}{8}$ level teaspoon soda
$\frac{1}{2}$ level cup brown sugar	$\frac{1}{2}$ level teaspoon salt
1 egg	1 level teaspoon ginger
$\frac{2}{3}$ cup New Orleans molasses	1 level teaspoon cinnamon
2 level cups sifted flour	$\frac{1}{2}$ level teaspoon nutmeg
2 level teaspoons Rumford	$\frac{1}{2}$ cup boiling water

METHOD: Cream together the fat and sugar, add the egg and molasses and beat well. Mix and sift in the remaining dry ingredients, adding the boiling water last. Pour into shallow well-greased pans or into muffin pans. Bake in rather slow oven, as any molasses cake scorches easily. Raisins may be added if desired.

Doughnuts.

$2\frac{1}{2}$ level cups sifted pastry flour	$\frac{1}{2}$ level teaspoon salt
3 level teaspoons Rumford	1 egg and 1 yolk
$\frac{1}{4}$ level teaspoon mace or nutmeg	$\frac{1}{2}$ level cup sugar
	$\frac{1}{2}$ cup milk

METHOD: Sift together twice the flour, baking powder, salt and mace. Beat the egg and the yolk; beat in the sugar, then the milk and stir the whole into the dry ingredients, mixing all together very thoroughly. The mixture should be rather soft. Take a portion on the board, knead slightly, then roll into a sheet, cut into rounds and fry in deep fat. Let the

For use of Substitute Flours see page two.

rounds stand on the board a few moments before frying. Lift them from the board to the hand with a wide spatula.

Foundation Recipe for Plain Cookies.

No. 1. Using Cream

2 eggs	3½ level cups sifted flour
1 level cup sugar	4 level teaspoons Rumford
1 cup cream	1 level teaspoon salt
Flavoring	

No. 2. Using Shortening

⅓ level cup fat	2½ level cups sifted flour
1 level cup sugar	3 level teaspoons Rumford
2 eggs	1 level teaspoon salt
½ cup milk	

METHOD: Mix ingredients in order given. *Chill mixture thoroughly* for at least an hour before attempting to roll cookies. The more thoroughly it is chilled the more easily a soft dough will roll. Roll to about ⅓ inch in thickness, cut with small cutter, and bake on well-greased paper or pans in moderate oven until light brown.

CHOCOLATE COOKIES—Add 3 or 4 level tablespoons cocoa to Foundation Recipe for Cookies.

SPICE COOKIES—Add 1 level teaspoon cinnamon, ½ level teaspoon nutmeg, and ¼ level teaspoon cloves to Foundation Recipe for Cookies.

GINGER COOKIES—Add 2 level teaspoons ginger to Foundation Recipe for Cookies.

SEED CAKES—Add 1 or 2 level tablespoons caraway seeds to Foundation Recipe for Cookies.

COCOANUT COOKIES—Add ½ level cup shredded cocoanut to Foundation Recipe for Cookies.

Foundation Recipe for Drop Cookies.

⅓ level cup fat	2 level cups sifted flour
1 level cup sugar	3 level teaspoons Rumford
2 eggs	½ level teaspoon salt
¼ cup milk or water	

METHOD: Mix ingredients in order given. Drop small spoonfuls on well greased pan, paper-lined, if desired. Bake in moderate oven until light brown.

NUT COOKIES—One level cup chopped nut meats may be added to Foundation Recipe for Drop Cookies. If desired, a whole nut meat may be placed on each

For use of Substitute Flours see page two.

cookie before baking. If salted peanuts are used, omit salt from recipe.

DATE COOKIES—One level cup chopped dates added to Foundation Recipe for Drop Cookies.

RAISIN or CURRANT COOKIES—One level cup chopped raisins, or 1 level cup seedless raisins or currants may be added to Foundation Recipe for Drop Cookies.

CHOCOLATE COOKIES—Add 3 or 4 level tablespoons cocoa to Foundation Recipe.

SPICE COOKIES—Add 1 level teaspoon cinnamon, ½ level teaspoon nutmeg, ¼ level teaspoon cloves to Foundation Recipe for Drop Cookies.

COCOANUT COOKIES—Add 1 level cup shredded cocoanut to Foundation Recipe.

Corn Crisp Macaroons.

White 1 egg	1½ level cups corn crisps
½ level cup sugar	½ level cup nut meats

METHOD: Beat white to stiff froth, add sugar gradually, then add corn crisps and nuts. Mix well. Drop by small spoonfuls on well-greased paper. Bake until light brown in very slow oven. As soon as any macaroons are taken from the oven the paper on which they are baked should be slipped onto a wet towel. This steams the macaroons so that they may easily be removed in a few minutes.

Rolled Oats Cookies.

⅓ level cup fat	2 level teaspoons Rumford
¾ level cup sugar	½ level teaspoon salt
1 egg	1 level cup rolled oats
3 tablespoons cold water	¼ level cup raisins
1 level cup sifted flour	½ level cup nut meats

METHOD: Mix ingredients in order given. Drop by spoonfuls on well-greased pans. Bake until brown in moderate oven.

Directions for Boiled Frosting.

Use 1 part water to 3 parts sugar. Stir until sugar is dissolved, then set over fire. With the tips of the fingers, wet repeatedly in cold water, or a wet paper napkin, wash down the sides of the pan to remove the

For use of Substitute Flours see page two.

grains of sugar. Cover and let boil three minutes. Remove cover and let boil undisturbed until syrup reaches the soft ball stage.

Tests for Soft Ball Stage.—Soft ball stage is from 238° to 242° F. Without a thermometer, test syrup by dropping a little into cold water. If it may be gathered together into a soft ball, or if, when syrup drops from the spoon, a hairlike thread at least three inches long appears, the right degree is reached. The syrup should then be poured very slowly into the well-beaten white of egg, beating constantly, and the beating continued until the frosting will hold its shape when spread on cake.

Boiled Frosting.

1 level cup sugar
1/3 cup boiling water
1 egg white
Boil to 238° F.

Fluffy Frosting.

1 level cup sugar
1/3 cup boiling water
2 egg whites
Boil to 240° F.

Note: The smoothness of frosting is increased by the addition of a very little acid, which makes the sugar less likely to grain. One drop of Horsford's Acid Phosphate has the desired effect. Be careful in measuring for too much will keep the frosting from setting.

Marshmallow Frosting.

Add to Boiled Frosting, just before spreading on cake, 1/4 lb. marshmallows cut in small pieces.

Bitter-Sweet Frosting.

Frost cake with Boiled Frosting. After frosting is set cover with a very thin layer of baking chocolate which has been melted over boiling water.

Cocoanut Frosting.

Just before spreading on cake add 1/2 level cup shredded cocoanut to Boiled Frosting.

Chocolate Frosting.

After Boiled Frosting is almost ready to spread on cake add 1 or 2 squares baking chocolate which has

For use of Substitute Flours see page two,
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been melted over boiling water. Continue beating until thick enough to spread.

Bride's Delight.

1 1/2 level cups confectioners' sugar (xxxx)
Pinch salt
Flavoring
3 to 6 level tablespoons cocoa
Boiling water

METHOD: Mix sugar, cocoa, salt and flavoring. Very gradually add boiling water until frosting is right consistency to spread. The boiling water takes away the raw taste of the sugar. For frosting cup cakes frosting should be a little softer than for frosting a large cake. Cup cakes may then be dipped, allowing just the top of each cake to touch the frosting in the bowl.

Maple-Nut Frosting.

Make as Bride's Delight, but use chopped nuts instead of cocoa and flavor with maple flavoring.

Butter Icing.

2 level cups confectioners' sugar (xxxx)
1 egg
Flavoring
3 level tablespoons butter

METHOD: Mix the butter very thoroughly into the sugar. Add the egg, unbeaten, work it into the first mixture, and beat at least five minutes. Three or four tablespoons cocoa may be added to the sugar if desired.

Strawberry Icing.

1 1/2 level cups confectioners' sugar (xxxx)
2 level tablespoons butter
A few fresh strawberries

METHOD: Mix butter very thoroughly into sugar. Add the berries, one at a time, beating in thoroughly. When the proper consistency to spread, beat five minutes before putting on cake.

Caramel Frosting.

1 1/2 level cups light brown sugar
1/2 cup water
2 level tablespoons butter

METHOD: Boil slowly until soft ball stage is reached. Do not stir after syrup starts to boil. When done, set aside until lukewarm. Beat until creamy and spread on cake.

For use of Substitute Flours see page two.

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Level — Accurate



Rounding



Inaccurate

Heaping



One-half pint Measuring Cup

MEASUREMENTS

3 teaspoons equal 1 tablespoon

16 tablespoonfuls equal 1 cup

2 cups equal 1 pint

2 pints equal 1 quart

Send us one card from inside pound can
RUMFORD BAKING POWDER and we
will mail you any one of the following Bul-
letins:

GOOD BREAD

(Using all kinds of flour)

LEFT-OVERS

MEAT SUBSTITUTES

SALADS

DELICIOUS DRINKS