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H. T. FRENCH, Director

GIRLS' COOKING CLUB

(THIRD YEAR)

By

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Assistant Professor in Home Economics

MAUDE E. SHERIDAN
Assistant State Leader of Boys' and Girls' Clubs



CO-OPERATIVE EXTENSION SERVICE IN AGRICULTURE AND HOME
ECONOMICS—COLORADO AGRICULTURAL COLLEGE AND U. S.
DEPARTMENT OF AGRICULTURE CO-OPERATING

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GIRLS' COOKING CLUB

(THIRD YEAR)

By

CHARLOTTE E. CARPENTER
Assistant Professor in Home Economics

MAUDE E. SHERIDAN
Assistant State Club Leader of Boys' and Girls' Clubs

The recipes of this bulletin have been selected from various cook books; they and the substitutions, have all been worked out in the laboratory of the Home Economics Department of the Colorado Agricultural College.

The Third Year Work

The third year work will take up baking of breads, pastry and cakes. Most of the work is required and this is designated by (R.) The supplementary is marked (S) and may be done by the club members if desirable and if materials are available. It is required that the club members prepare at least one article of food according to recipes given in the bulletin in sufficient quantity for the whole family, at least once a week.

At the completion of the year's work, it is a good plan for the club to serve food which has been prepared by club recipes for refreshments to parents and friends.

The articles of food given in the third year cooking club work are all suitable for exhibits. The county club leader or county agent should designate the articles to be exhibited. The exhibit should be uniform in each county; for example, if one member exhibits bread, all should exhibit bread.

Basis of Grading

Cooking (project)—	
1. Work done at club.....	80%
2. Work done at home	
Required recipes.....	80%
3. Interest in club work.....	40%
	200%
Exhibit—(See score card).....	100%
Record	100%
Story	100%
	<hr/>
	5) 500%
	<hr/>
	100%

All club members who succeed in making a grade of 75% or above will have completed the year's work and will receive the club insignia.

Suggestive Constitution

Name: This club shall be known as the.....
.....Cooking Club.

Purpose: The purpose of this club shall be to study correct methods of cooking; to help in the preparation of food in the home; to help members become proficient in various household arts.

Membership: Any girl under 18 years of age who has completed the first and second year's cooking club work may become a member by signing the membership roll. Women may become honorary members by vote of the club.

Dues: Members shall pay no dues except such as may be mutually agreed upon.

Duties: It shall be the duty of each member to study all lessons received from the State Agricultural College and to do the required work in cooking; to attend club meetings regularly; and to furnish records of work done when requested.

Officers: The officers of this club shall be a President, Vice-President and Secretary-Treasurer.

By-Laws

1. The President shall preside at all meetings.
2. The Secretary shall keep a record of the names of all members, a record of the proceedings of meetings, and shall attend to all correspondence of the members with the County and State Leaders.
3. A Local Leader, the teacher or other interested person shall be appointed by the County Leader.
4. This club shall hold meetings on.....
.....of each month. The officers may call such extra meetings as shall be deemed necessary.
5. In connection with the meetings, the club shall entertain their parents and friends with a special program consisting of readings, music, discussion of club matters, lectures by the County Leader or others.

ABBREVIATIONS

Teaspoon—t.

Cup—c.

Tablespoon—tb.

Pound—lb.

In the following recipes (R) designates the required work and (S) the supplementary work.

Breads

QUICK BREADS

Baking Powder Biscuits (R)

2 c. flour	1 t. salt
4 t. baking powder	2 tb. fat
	About $\frac{3}{4}$ c. liquid

Sift together the flour, baking powder, and salt. Work in the fat with the tips of the fingers, and add liquid enough to make a soft dough. Some flours require less liquid than others, therefore, the liquid should be added gradually, so less or more may be used as needed. Turn the dough onto a floured board and pat or roll lightly to about half an inch in thickness. Keep the dough cold and handle as little as possible. Shape with a floured biscuit cutter. Place in a greased pan, brush the tops lightly with milk, and bake in a hot oven 12 to 15 minutes.

Rye or barley flour may be substituted entirely for the wheat flour but will not make so light a biscuit. The liquid used may be milk, water, or a combination.

Sour milk or buttermilk may be substituted for the liquid and soda for part of the baking powder, using three-fourths of a cup of sour milk, a scant half teaspoonful of soda and 2 teaspoonfuls of baking powder. Sift both the soda and the baking powder with the flour.

Sour cream may also be used. Omit the fat and use three-fourths of a cup of sour cream, one-half teaspoonful soda and 2 teaspoonfuls baking powder. With some flours it may be necessary to add a little more cream to make the dough of proper consistency.

Corn Meal Parker House Rolls (S)

1 c. milk	1 t. salt
2 tb. fat	$1\frac{1}{2}$ c. cornmeal
2 tb. sweetening	2 c. wheat flour
1 egg	4 t. baking powder

Beat the egg, add the milk, sift together the flour, sugar, salt, and baking powder, stir part of the dry ingredients into the milk and egg mixture, add the melted butter, and then the remainder of the dry ingredients.

Put the mixture on a floured board and roll to one-third of an inch in thickness, cut with a floured biscuit cutter. Crease across the center of each with the handle of a knife, brush half of each top with melted butter, fold the second half over onto the but-

tered half. Put in a shallow greased pan. Brush the top with milk or melted butter.

Bake in a quick oven 10 to 15 minutes and serve hot.

Crust for Meat or Chicken Pie (R)

Make the crust the same as for baking powder biscuit except to add an extra spoonful of fat. If the pie is to be made with an under crust, separate the dough into two parts. Take the first part, place it on a floured board and roll lightly until shaped to fit the pan and about one-fourth of an inch thick, then fit into the greased pan, trimming off any part that falls over the sides. Fill with the cooked meat or chicken and pour over the gravy. In the same way roll out the crust for the top. Cut several openings near the center of the top crust so the steam can escape. Wet the upper edge of the under crust with a little water. Place the upper crust over the top of the pie and pinch the two crusts together along the edge of the pan; then trim the extra dough from the edge of the upper crust. Bake about 30 minutes. The oven should be a little less hot than is required for baking-powder biscuits.

Short Cake (R)

2 c. flour	1 t. salt
4 t. baking powder	4 tb. fat
2 tb. sweetening	About $\frac{3}{4}$ c. liquid

Mix as for biscuit. Divide into two parts. Shape by patting or rolling each part until about one-half inch thick. Put the first part into a greased pan, spread the top with fat and lay the second part on top of the first. Bake about 15 minutes in a quick oven. When done, lift off the top and spread each piece with butter. Place between and on top any fruit which has been slightly crushed and sweetened. Oranges or canned fruits make desirable short cakes.

This also makes a good crust for apple or fruit dumplings.

Baking Powder Nut Bread (R)

2 tb. honey or sugar	$2\frac{3}{4}$ c. flour
or	4 t. baking powder
3 tb. corn syrup	1 t. salt
1 egg	1 c. nuts
1 c. milk	

Have the nut meats broken but not chopped. Sift together the flour, baking powder, salt, and sugar. Beat the egg and add the milk. Stir in part of the dry ingredients, add the nut meats and then stir in the remainder of the dry ingredients. This makes a stiff dough. Turn into a greased bread tin and let stand 20 minutes before putting into the oven. Bake in a moderate oven about 50 minutes. Raisins may be substituted for all or part of the nuts.

Directions for Making One Loaf of Bread

$\frac{1}{2}$ cake dry or	1 tb. sugar, corn syrup or honey
$\frac{1}{4}$ cake compressed yeast	1 t. salt.
1 c. liquid	3 c. flour
1 tb. fat or oil	

All measures are taken level and the flour sifted before being measured. Three measures of flour to one measure of liquid is about the right proportion but owing to slight differences in flour the proportion may vary slightly. The three measures include the flour used in kneading.

Sponge Process (R)

Sponge.—Soak the yeast cake in one-fourth cup of lukewarm water for about 10 minutes, or until soft. Scald the remainder of the liquid. Place the salt, sweetening, and fat in a bowl. Pour over this the scalded liquid. Let the mixture stand until lukewarm and then stir in one cup of flour and the softened yeast cake. Beat thoroughly, cover, and let stand until light.

The sponge may be made up about 6 p. m. and placed where it can be kept at about 70°. By 9 o'clock the sponge should be light and full of bubbles. The remainder of the flour may then be added and the dough well kneaded. The kneading may be done in the bowl but it is usually more satisfactory to sprinkle the kneading board with a small amount of flour, turn the dough onto the board and knead with a downward and rolling motion, using the palms of the hands rather than the fingers. When the dough contains enough flour and has been sufficiently kneaded, the surface will have a smooth, satiny appearance and will not stick to the board when lightly and quickly kneaded. The bread is then put into the bowl, the surface oiled or greased to prevent the formation of a hard crust, the bowl covered and placed where it will keep warm over night. The temperature should be about 68° but not over 70°. If the temperature has been right, by 6 or 7 o'clock in the morning the dough will be between two and three times its original bulk. It may now be well kneaded and set to rise again or after the kneading it may be made into an oblong and put into the greased pan. In the first case, as soon as it has doubled its bulk, it is again kneaded and then made into a loaf. If the bread is of the proper consistency it will not be necessary to use extra flour for the second and third kneading, if the kneading is done with a light, quick touch. Beginners are inclined to make the dough much too stiff and to use too much flour while kneading.

When several loaves of bread are made at the same time, the dough is divided into equal portions and each portion worked into

an oblong and put into a greased pan. Care must be taken that the folds on the underside adhere so there will be no seam or crack on the under side of the loaf. The seam is usually found when the dough is too stiff.

The top of the loaves should be greased slightly and then covered and allowed to rise until each loaf is about three times its original bulk. It is then ready to be baked. As the bread rises, it shapes itself to the pan.

The heat of the oven may be tested by placing a piece of white paper in the oven. If the paper turns a light golden brown in five minutes, the oven is about the right temperature and the bread may be put in. The loaves should begin to brown in about fifteen minutes. The temperature of the oven should then be lowered and the bread baked slowly for the next 35 minutes. The average loaf of bread should bake about 50 minutes. The bread should be as near the center of the oven as possible but when several loaves are baked at the same time they should not be crowded together but a space should be left between the pans so the hot air may circulate around them. If one portion of the oven is hotter than another, the position of the loaves should be changed. When the oven is crowded, the loaves are apt to be poorly shaped.

As soon as the loaves are taken from the oven, they should be removed from the pans and placed, uncovered, on a wire rack, so the air may circulate freely about them and the bread may cool quickly and evenly without sweating. The bread should be protected from dust and flies but should never be closely wrapped.

Bread Made Without Sponge ***(R—Where compressed yeast is available)***

All the flour may be added at the beginning of the process and the bread made into a stiff dough at first. If this is done the bread should not be started so early in the evening, 8 or 9 o'clock is a better time, unless one rises very early. Aside from these changes, the directions given for sponge bread should be followed.

Day-Time Bread

To start bread early in the morning is more satisfactory for many people, as one has better control of heat conditions during the day. The bread may be started with a sponge or kneaded stiff in the beginning. The temperature should be kept uniform and between 80 and 85 degrees. The bread may be baked in six to eight hours, when conditions are favorable. The temperature may be kept more uniform by placing the pan which contains the bread in another pan containing warm water.

Follow the directions given for overnight bread in mixing and baking Day-Time Bread.

Substitute Breads (R—Any two)

Very good bread may be obtained by using a fifth or even a fourth substitute flour. When larger amounts of the substitutes are used, desirable results cannot be obtained except with emmer or rye flours. It is better to make the baking-powder breads if one wishes to use larger proportions of substitutes. It is best, in most cases, to use the wheat flour in the sponge.

The kneading of these breads may present difficulties, as some of the mixtures are very sticky before being cooked and it is not always desirable to add enough flour to overcome this stickiness, because this would in many cases make the bread too stiff and dry when baked. Therefore, it is best to save out some of the wheat flour to use in kneading. The texture of an all-wheat loaf cannot be used as a guide for other breads. It is impossible to give the exact amount of flour required, as different millings absorb different amounts of liquid.

All substitutions should be made by weight. The following table will give the amounts of the different substitute flours which are equivalent in weight to one cup of wheat flour:

$1\frac{3}{8}$ c. barley flour	$1\frac{1}{2}$ c. ground rolled oats
$1\frac{1}{4}$ c. rolled oats	1 c. kafir corn flour
1 c. emmer flour	1 c. rye flour
1 c. less 1 tb. corn flour	$\frac{7}{8}$ c. rice flour
$\frac{7}{8}$ c. buckwheat flour	$1\frac{1}{4}$ c. feterita
$\frac{7}{8}$ c. cornmeal	$\frac{3}{4}$ c. potato flour
	$\frac{4}{5}$ c. graham flour
$\frac{9}{10}$ c. milo ground in meat chopper	

Potato Bread

(R—Any two of the four following recipes)

$\frac{1}{2}$ cake dry or	1 tb. sweetening
$\frac{1}{4}$ cake compressed yeast	1 t. salt
$\frac{1}{2}$ c. liquid	2 c. mashed potatoes
1 tb. fat	$5\frac{1}{2}$ c. flour

The amount of flour required depends upon the amount of water in the potato. Mashed potato is usually from five-eighths to three-fourths water, so each cup contains only one-fourth, or a little over, of dry material.

The potato should be added when making the sponge and the directions for making wheat bread followed.

Oatmeal Bread

$\frac{1}{2}$ cake dry or	1 tb. sweetening
$\frac{1}{4}$ cake compressed yeast	1 t. salt
$1\frac{1}{4}$ c. liquid	$\frac{1}{2}$ c. oatmeal
1 tb. fat	$2\frac{1}{2}$ c. flour

Make a sponge using one-half of a cup of water. Pour three-fourths of a cup of boiling water over the oatmeal and let it stand until the sponge is light, then add it to the sponge and complete the bread, following the directions given for making wheat bread.

A cup of oatmeal mush may be added instead of the fresh oat meal, in which case the three-fourths of a cup of boiling water is omitted and the amount of flour increased. The necessary amount of flour will depend on the dryness of the oatmeal mush. One-fourth of a cup of nut meats and one-half of a cup of raisins or prunes may be added to the dough.

Rice Bread

$\frac{1}{2}$ cake dry	$1\frac{1}{2}$ c. of the liquid for cook-
or	ing the rice
$\frac{1}{4}$ cake compressed yeast	1 tb. sweetening
$\frac{1}{2}$ c. liquid with cooked rice	$1\frac{1}{4}$ t. salt
2 c. liquid with uncooked	2 c. cooked rice or
rice using	$\frac{1}{2}$ c. uncooked rice
	3 c. flour

Make a sponge, using one-half of a cup of water. Broken rice may be used in the bread. The rice must be thoroughly cooked so the kernels will not retain their form. Unless left-over rice is used, it is better to cook the rice in a double boiler. Wash the rice several times. Have $1\frac{1}{2}$ cups of boiling water in the upper part of a double boiler. Add the rice slowly. Let it boil from five to ten minutes, cooking over the direct heat. Then cook over boiling water an hour, or until soft.

Cool the rice and add to the sponge as soon as the sponge is light. Complete the bread, following the directions given for wheat bread.

Corn Meal Mush Bread

$\frac{1}{2}$ cake dry or	1 tb. sweetening
$\frac{1}{4}$ cake compressed yeast	1 t. salt
$\frac{1}{2}$ c. liquid with mush or	2 c. cornmeal mush or
$2\frac{1}{2}$ c. liquid with corn meal	$\frac{2}{3}$ c. corn meal
1 tb. fat	3 c. flour

Make a sponge, using one-half of a cup of water. Mix the corn meal with 1 cup cold water. Have a second cup of water boiling and gradually add the mixture to the boiling water. Boil from five to ten minutes and then cook at least one hour in a double boiler. Cool and add to the sponge when light. Complete, following the directions given for wheat bread.

In all breads where the cereals are first cooked, the required amount of flour will vary, as it is impossible to estimate the exact amount of water in the cooked cereals.

Quick Rolls Made from Bread Dough (R)

When making bread it is often desirable to use a portion of it for hot biscuits or rolls. When the dough is light, break off small portions of uniform size; shape as desired and when light bake in a quick oven. Currants or raisins may be worked into the dough before the rolls are shaped.

If one likes crusty rolls, the dough may be made into small balls about three-quarters of an inch in diameter. Each ball should be greased slightly and three put in each section of a muffin pan.

Cinnamon Rolls (R)

1 tb. butter or 2 tb. cream 2 tb. sugar
1 tb. cinnamon

Take some of the bread dough and roll to about a quarter of an inch in thickness. Spread this with butter and sprinkle over it a mixture of sugar and cinnamon or mix the sugar and cinnamon with a little cream and spread over the dough. Roll this up. Beginning at one end of the roll, cut slices about three-quarters of an inch thick. Place in greased pans and let rise. Have the oven a little cooler than for regular rolls and bake about 20 minutes. Thin cream may be substituted for butter. Honey or syrup may be substituted for sugar but in this case the cream should not be used.

Parker House Rolls (R)

1 cake yeast 2 tb. sweetening
 $\frac{1}{4}$ c. water 1 t. salt
2 c. milk $5\frac{1}{2}$ c. flour
3 tb. fat

Soak the yeast in the fourth of a cup of water, which should be lukewarm. Scald the milk and pour over the fat, sweetening, and salt. When lukewarm, add the dissolved yeast cake and three cups of flour. Beat thoroughly, cover, and let rise until light. Add the remainder of the flour and knead. The dough should not be quite as stiff as bread dough. Let rise and when light turn onto a slightly floured board, knead and roll out to about a third of an inch in thickness. Shape with a biscuit cutter, then make a crease through the middle of each with the handle of a knife. Both the biscuit cutter and knife should be dipped into flour each time before using. Brush over half of each piece with melted butter. Fold the two halves together, pressing the edges so they will stick. Place in a greased pan about one inch apart. If crusty rolls are desired cover with a cloth and let rise. When light, bake in a hot oven for about 15 minutes.

If the rolls are brushed over the top with a little milk after they are placed in the pan, a more attractive crust will be formed.

These rolls may be made with one-fifth or one-fourth substitute flour.

Coffee Cake (R)

$\frac{1}{2}$ cake dry yeast or	$\frac{1}{4}$ c. sweetening
$\frac{1}{4}$ cake compressed yeast	1 egg
1 c. milk	$\frac{3}{4}$ t. salt
$\frac{1}{4}$ c. water	$3\frac{1}{2}$ c. flour
$\frac{1}{3}$ c. fat	$\frac{1}{2}$ c. raisins

Dissolve the yeast in the water, which should be lukewarm. Pour the scalded milk over the fat, salt and sweetening. When lukewarm, add the egg, well beaten, and then the flour, beat well and then stir in the raisins. This should make a stiff batter but not a dough that can be kneaded.

Let rise over night or for several hours. When light, spread in a greased dripping pan. The batter should be about half or three-quarters of an inch thick. Cover and let rise. When light, make a mixture of 3 tablespoonfuls of melted butter, $\frac{1}{3}$ of a cup of sugar, honey or corn syrup, 1 tablespoonful of cinnamon, 3 tablespoonfuls of flour and spread over the top. If the sugar is used, dissolve it in the melted butter before adding the cinnamon and flour. Bake in a moderate oven 20 to 30 minutes.

Dutch Apple Cake (S)

The batter for Coffee Cake may be made into the Dutch Apple Cake by adding 2 tablespoonfuls more of sweetening and omitting the raisins and the mixture which was spread over the top. Pare, core, and cut into thin sections good, sour apples. Spread the dough in the pan, brush over with melted butter and press the sharp edges of the apple into the dough in parallel rows, lengthwise of the pan. Sprinkle with a mixture of cinnamon and sugar (one-fourth cup of sugar, 1 tablespoonful cinnamon). Cover and let rise. When light, bake in a moderate oven for 30 minutes. Cut in squares and serve either hot or cold with sweetened cream.

Cakes

The mixing and baking of cake requires care and judgment. Before beginning to mix the cake, see that the fire is in the proper condition to give an oven of the desired temperature.

Oven Temperature.—Sponge cakes need a slow oven; loaf, and butter cakes, a moderate oven; small cakes and layer cakes, an oven somewhat hotter than for the loaf. The oven temperature may be tested by placing a small piece of soft yellow wrapping paper in the oven. When the paper turns a golden brown in five minutes, it is the right temperature for the loaf cake; for the layer cake it should require only four minutes and for sponge cake, seven minutes. If the oven is too cool, the cake rises too much and is coarse in texture. Too much baking powder also gives a coarse texture. If the oven is too hot, the cake browns, and a crust forms over the top before it has finished rising. This crust is often broken and the uncooked dough pushes thru.

Preparing Pans.—The pan or pans in which the cake is to be baked should be ready before beginning to mix the cake. For the sponge cake, the pan should not be greased. For the layer cake, take a soft paper, dip in melted fat and carefully grease all parts of the pan, and just before putting in the cake mixture, sprinkle with a little flour. Shake the pan to distribute the flour evenly, then invert and shake off the surplus flour.

When the tins are not smooth, it is well to take a piece of clean paper the length of the pan and wide enough to cover the bottom and come well up on the sides. Put this into the pan. Grease the paper and the ends of the pan.

Filling the Pan.—Fill the pan about two-thirds full, have the mixture come well into the corners and sides of the pan, leaving a small depression at the center, so the cake will be flat or only slightly raised on top when baked.

Having attended to the fire, see that all the ingredients and utensils are at hand so the mixing may proceed without interruption. All the ingredients should be fresh and of the best quality. The measurements should be accurate. An earthenware or granite bowl and a wooden spoon are most desirable for cake making.

Combining.—There are three ways of combining the ingredients:

1. **Stirring.**—This is mixing by using a circular motion and is the motion most commonly used in cookery.
2. **Beating.**—This is a brisk over-and-over movement which constantly brings the spoon in contact with the bottom of the dish and carries the under part of the batter to the surface. Beating encloses a large amount of air.

3. **Cutting and Folding.**—This combines the ingredients by repeated vertical downward movements (cutting), each time allowing the spoon to come in contact with the bottom of the dish, then bringing it to the surface, lifting and folding over the ingredients. By this means, the air already introduced is prevented from escaping.

As soon as the cake is mixed, it should be put into the pan and then placed in the oven as near the center as possible.

Baking.—When baking a cake, divide the time required into quarters. The mixture should begin to rise during the first quarter and continue rising and begin to brown during the second quarter, continue to brown during the third quarter, finish baking and shrink from the pan during the fourth quarter. Cake should be looked at often during the baking. If the door is opened and closed carefully there is no danger of the cake falling. The cake should not be moved, however, until after it has finished rising. If the oven is too hot, the cake may be covered by taking a piece of stiff brown paper and creasing in three sections, the center portion being a little wider than the cake pan and the sides higher than the height of the cake. The sides thus form a support so the paper will not touch the surface of the cake. A pan of cold water placed in the oven will also reduce the heat.

When the cake is done, it shrinks from the sides of the pan and the surface when pressed slightly with the finger feels firm and springs back into position when the finger is removed. The cake should be removed from the pan as soon as it is taken from the oven by inverting the pan on a wire cooler or a fresh towel, spread over the bread board. If the cake is inclined to stick, loosen along the edges with a knife, resting the pan on each of its four sides in turn so its own weight will help to loosen it. If the cake has been turned out on a towel it should be carefully turned over so the upper surface will not stick to the towel. This may be done by carefully lifting the towel at one side and allowing the cake to roll over.

Substitutes.—While one can get a very palatable product with substitutes, it should not be expected that the cakes will reach the same degree of perfection as when made without substitutes.

Fats and Oils.—These may be substituted for butter but they must always be fresh and of good quality. The measure for lard and lard substitutes should be a little scant (2 tablespoonfuls to a cup) when using them for substitutes.

The oils are: Salad oils, corn oils, and olive oils.

The fats are: Clarified beef, chicken or pork fat, oleomargine, cottolene, or any of the hardened vegetable fats.

Cream is also used as a substitute but more is required and allowance must always be made for the extra liquid. A cup of thin cream gives 3 tablespoonfuls of fat, heavy cream gives 6 tablespoonfuls of fat. Bacon fat or any other highly seasoned fat should not be used for cake making except in very highly spiced cakes.

Sweetening.—

Honey.—Honey may be substituted for sugar if one does not object to its strong flavor. The substitution is made cup for cup but the liquid must be reduced one-fifth of a cup for each cup of honey used. It is generally more satisfactory to use part corn syrup or part sugar.

Corn Syrup or Corn Sugar.—It is not desirable to use corn syrup or corn sugar as the entire substitute. Even though used in larger quantities, it does not give the kind of sweetening desired in cakes. However, either may be used if combined with sugar or honey. The liquid required must be reduced one-fifth of a cup for each cup of corn syrup used.

Flour

Care should be taken when using substitutes not to use too highly flavored flours in white and yellow cakes or where this flavor cannot be covered by spices or chocolate. A higher percentage of substitute flours can be used in cake than in bread.

Corn flour, rice flour or corn starch are the best substitutes in white or yellow cakes. Other substitutes may be used in spice and chocolate cakes.

Always make substitution by weight (see page 11).

There are two general types of cakes, those containing no fats, as sponge cakes, and cakes containing fat, commonly known as butter cakes.

Sponge Cake (R)

1 c. sugar or substitute	$\frac{1}{4}$ t. salt
6 eggs	1 c. flour
1 tb. lemon juice and grated rind of $\frac{1}{2}$ lemon	

If honey or corn syrup is used in place of the sugar, add extra flour, about one-fourth of a cup.

Separate the whites and yolks of the eggs, beat the yolks until thick and lemon colored, add the sugar gradually continuing the beating. Add the lemon juice and grated rind. Beat the whites of the eggs until stiff and dry and add to the yolks. Carefully cut and fold in the flour which has been mixed and sifted with the salt. Put into an ungreased pan and bake one hour in a slow oven.

When done, invert the pan and let cool. Unless there is a center or side supports, cups may be placed under opposite corners so the air can circulate under the cake.

Mock Sponge Cake (S)

1½ c. sugar	¼ t. salt
4 eggs	2 t. baking powder
½ c. warm water	¼ t. flavoring
1½ c. flour	

Separate whites and yolks. Beat the yolks until thick and lemon colored, gradually stir in the warm water and then the sugar. Stir in the flavoring, then the flour, baking powder, and salt which have been sifted together. Fold in the stiffly beaten whites.

Put in ungreased pans and bake an hour in a slow oven. Invert when done, the same as for the regular sponge cake.

This cake is good baked in layers and put together with jelly, jam, whipped cream, or a custard.

Quick Cakes (R or one of the variations)

1 c. sweetening	1½ c. flour
⅓ c. fat	3 t. baking powder
1 egg	¼ t. salt if unsalted fat is used
½ c. liquid	½ t. flavoring

Cream the fat, add the sweetening, add the egg well-beaten, stir in the milk, the flavoring, and then the flour and baking powder sifted together. Put in greased muffin pans and bake in a moderate oven from 20 to 25 minutes. These should be served while fresh.

Variations.—

1. Add one-fourth of a cup of cocoa and 2 teaspoonfuls of cinnamon sifted with the flour.

2. Half a cup of seeded, chopped raisins or the same amount of currants. These should be mixed with 1 tablespoonful of the flour.

Spice Cake (S)

1 c. light brown or white sugar	1½ c. flour
⅜ c. fat	½ t. soda and 1 t. baking powder
4 yolks or	1 c. raisins
2 whole eggs	3 t. cinnamon
1 c. sour milk	½ t. cloves
¼ t. of salt if fat is used instead of butter	¼ t. mace or nutmeg

Sour cream may be substituted for the milk and the fat cut in proportion to the thickness of the cream. (See "Substitutes" page 11).

Cream the fat and mix with it the sweetening, add the well-beaten yolks and part of the flour sifted with the salt and the soda, baking powder and spices. Have the raisins, cut or chopped and mixed with 2 extra tablespoonfuls of flour. Stir in the raisins and then the remainder of the flour. Put into a well greased pan and bake one hour in a rather slow oven.

Variations.—

This also makes a good plain cake if white sugar is used instead of the brown and the spices and raisins are omitted, using one-half teaspoonful of vanilla or any other flavoring extract. The whole eggs are more desirable for the plain cake than the yolks.

Potato Chocolate Cake (S)

2 c. sweetening	4 t. baking powder
1 c. fat	½ c. (2 squares) chocolate
4 eggs	3 t. cinnamon
1 c. mashed potatoes	¼ t. nutmeg
½ c. liquid	¼ t. cloves
¼ t. salt if unsalted fat is used	1 c. nut meats
2 c. flour	

Cream the fat, add to it the sweetening, then the melted or grated chocolate, the mashed potatoes, the eggs, well beaten, the milk and then the flour, which has been mixed and sifted with the baking powder and spices. Break but do not chop the nut meats. mix with a tablespoonful of the flour which has been reserved for this purpose; stir in the nut meats. Put the cake in a rather large pan which has been well greased and floured. Bake slowly one hour. This cake may be cut into squares instead of slices. This cake will keep nicely for some time as it is rather moist.

White Loaf Cake (S)

2 c. sweetening	3 t. baking powder
½ c. fat	½ t. vanilla or any desired flavoring
4 whites of eggs	¼ t. fat if unsalted fat is used
1 c. milk	
3 c. flour	

Cream the fat, add the sweetening and stir until all is well mixed and creamy, add the milk, the flavoring and then the flour and baking powder which have been sifted together. Beat well for five minutes, then fold in the stiffly beaten whites. Put in a bread pan which has been lined with greased paper and bake an hour, or more if necessary, in a moderate oven.

A cup of nut meats chopped and mixed with 1 tablespoonful

of the flour, added to this gives an excellent nut cake or one-eighth of a pound of shredded citron may be used for variation.

Simple Layer Cake (R—with choice of fillings or icings)

1 c. sweetening	2½ c. flour
½ c. fat	3 t. baking powder
3 whites or 2 whole eggs	½ t. flavoring
1 c. milk or water	¼ t. salt if unsalted fat is used.

Cream the butter, add the sweetening, stir in the yolks, well beaten, if the whole eggs are used, then add the liquid and flavoring and then the flour and the baking powder which have been sifted together. After stirring in the flour, the batter should be well beaten for a minute or two before folding in the stiffly beaten whites. Put in greased and floured tins. This makes three thin layers or two layers about 1 inch thick, in a tin 8 inches square. The thick layers require from 20 to 25 minutes for baking. The oven should be a little hotter than for loaf cake.

Cake Fillings and Icings

Jelly or jams may be used as fillings for the layer cake.

Apple Filling

3 apples	1 c. sugar
1 lemon	1 egg or 2 yolks

Pare and grate the apple, grate the lemon rind, being careful not to get any of the white. Squeeze out the juice of the lemon, add the egg, beaten slightly, then the sugar. Mix well and boil five minutes, stirring constantly. When cool spread between the layers of the cake.

Chocolate Filling

2 squares chocolate	1 egg or 2 yolks
1 c. sugar	1 t. vanilla
1 c. milk	

Melt or grate the chocolate, add the milk, the egg, slightly beaten, and sugar and cook together until thick. Cool. Add the flavoring and spread between the layers of the cake.

Frostings

Confectioner's Frosting

2 tb. cream, hot water, orange juice or egg white.	1 c. confectioner's sugar
(Any one may be used.)	½ t. vanilla with the cream or milk

This frosting is very easy to make, as more sugar or more liquid may be added if the mixture is not of the right consistency. Use the fine confectioner's sugar and sift to remove all lumps. Spread evenly over the surface with a knife.

Boiled Frosting

$\frac{1}{2}$ c. water	2 eggs
1 c. sugar	1 t. lemon juice or vinegar

Pour the water onto the sugar, place over fire, and stir until the sugar is dissolved and the mixture begins to boil but do not stir while boiling. Boil slowly until a hair-like thread floats from the tines when a fork is dipped into the syrup and raised. Have the whites beaten stiff and as soon as the syrup is ready, pour it slowly onto the whites, beating while pouring. The syrup should be poured in a thin stream and the beating should not be stopped at any time, as the syrup is apt to harden in lumps. If the syrup has been cooked too hard, it will harden before it can be mixed with the egg. If the syrup is not cooked enough, the frosting will be soft and not form a crust on top. Continue the beating until the frosting is thick and heavy, then spread evenly over the cold layers with a knife. If put on too soon or if the cake is hot, the frosting will run off the sides. The flavoring is added just before spreading the frosting.

The ideal frosting will have a glazed crust and be soft and moist inside. Chopped raisins and nuts added to this make a good filling for cakes. Figs or cocoanut may be added.

Chocolate Frosting

$\frac{1}{2}$ c. liquid	2 squares chocolate
$1\frac{1}{8}$ c. sugar	$\frac{1}{2}$ t. flavoring
2 eggs	

Follow the directions given for the boiled icing, adding the grated or melted chocolate immediately after the syrup. To melt the chocolate, put into a small dish and set the dish in a pan of hot water. Be careful not to let the water get into the chocolate.

Maple Frosting

Maple sugar may be used instead of white sugar in the boiled frosting.

Pork Cake (S)

This makes a good substitute for fruit cake. It keeps well and is much cheaper because it requires no butter, milk or eggs.

1 pound fat salt pork	8 c. or 2 lbs. flour
2 c. boiling water	1 t. soda
2 c. sugar	4 t. cinnamon
1 c. molasses	1 t. cloves
1 lb. currants	$\frac{1}{4}$ t. mace
1 lb. raisins	$\frac{1}{4}$ t. allspice
$\frac{1}{4}$ lb. citron	$\frac{1}{4}$ lb. candied orange peel

One cup of nuts and other dried or candied fruits may be added if desired.

Look over, wash and dry the currants; wash, seed, and cut or chop the raisins; shred the citron; wash and scrape the pork, remove the rind and any bits of lean that may be present, cut into small pieces and chop very fine or put through a meat grinder, using the finest cutter. Have the pans lined with greased paper. Three medium-sized bread pans will be required. The recipe makes about 8 pounds. Measure, mix, and sift together the flour, soda, and spices.

Pour the boiling water over the chopped pork. The pork should be fine enough to be entirely melted by the boiling water. Add the sugar, molasses, and part of the flour. Stir in the fruit and add the remainder of the flour. The batter should be very stiff. It is well to bake a small sample before putting the batter into the pans, as flours differ greatly. Fill the pans two-thirds full and steam three hours and then bake in a moderate oven for one hour. While steaming, cover the cakes with oiled paper. If one has no steamer, the cakes may be put in coffee cans and the cans covered and placed into a kettle of boiling water. The water should not reach more than three-fourths of the height of the cans and the kettle should be closely covered. After cooking for three hours, remove the can, take off the cover and bake from three-fourths to one hour, depending on the size.

The cakes may be cooked by baking in a slow oven, four hours. When done, remove from the pans and let cool. Put away in a stone jar or tin cake box. This cake keeps the same as the regular fruit cake.

Doughnuts (R—either recipe for doughnuts)

Sweet Milk

1 c. sweetening	4½ c. flour
2½ tb. fat	¼ t. salt
2 eggs	4 t. baking powder
1 c. liquid	½ t. vanilla

Sour or Buttermilk

1 c. sweetening	4 c. flour
1 tb. fat	¼ t. salt
1 egg	½ t. soda and 1 t. baking powder
1 c. liquid	½ t. cinnamon or ¼ t. nutmeg

Save out half a cup of the flour for the board and rolling pin. Beat the eggs, add the milk, stir in the sugar and then put in part of the other dry ingredients which have been sifted together. Melt the fat and stir into the mixture, then add the remainder of the dry ingredients. The dough should be kept cold and handled as soft as possible. Take a portion of the dough, put on the floured board and roll to about one-third of an inch in thickness, then cut

with a floured doughnut cutter. A biscuit cutter or the top of a baking powder can may be used for the outside and the top of a salt shaker for the center. The dough for the sour milk doughnut should seem stiffer than for the sweet milk doughnut or they are apt to soak fat when cooking.

The fat should not be too hot or the doughnuts will burn before they are cooked through. If the fat is not hot enough, the doughnuts will absorb the fat. The fat may be tested by dropping a small cube of bread into the hot fat. If it comes out a golden brown while you count 60 about as fast as a clock ticks, the fat is of the right temperature. Carefully drop each doughnut into the hot fat. The doughnut should quickly come to the top, brown on one side and then be turned so as to brown on the other side. Avoid turning more than once. When done, lift out carefully and place on unglazed brown paper to drain.

For special occasions the doughnuts are made attractive by rolling them in powdered sugar.

The dough may also be shaped by cutting strips 1 inch wide and about 5 inches long, making four or five cuts along one side about three-fourths of an inch long, forming the uncut edge into a circle and pinching the two ends together. This forms what is known as a cart wheel doughnut. Strips of dough may also be cut about three-fourths of an inch wide and twisted to form the figure 8.

Stiff Doughs

Molasses Cookies (R)

1 c. molasses	2½ c. flour
½ c. fat	½ t. salt
2 tb. milk	1 t. soda
	2 t. ginger
	2 t. cinnamon

Cream the fat, add the molasses, add the liquid; then add the flour, soda, salt, and spices which have been sifted together. Turn onto a floured board and roll thin. Cut with a floured cutter, place in a greased pan and bake in a moderate oven. Keep the mixture as cold as possible or it will be necessary to add extra flour, which tends to make the cookies hard rather than crisp and short.

This may also be used for drop cookies by omitting some of the flour.

Sugar Cookies (R—or one of the variations)

1 c. sweetening	4 c. flour
½ c. fat	2 t. baking powder
¼ c. milk	¼ t. salt
1 egg	

Cream the fat, add the sweetening, the beaten egg, the liquid, and the flour which has been sifted with the baking powder and the salt. Salt is omitted if a salted fat is used for shortening. It is better to use the hard fat for the rolled cookies, as it requires more flour for rolling if the oil is used. When using honey or syrup for sweetening, omit the liquid entirely. Keep the dough cold and use as little flour as possible. When rolling, roll thin and cut with a well-floured cookie cutter. Put the cookies in a buttered pan and bake in a moderate oven. When done, spread the cookies on a flat surface until cool.

When substitute sweetening is used, a little sugar sprinkled over the top before baking is an improvement.

Variations.—

Three tablespoonfuls of caraway seeds may be added to the cookies, or one-half of a cup of cocoanut is especially good with the sugar substitutes.

Pastry

Good pastry is tender, light and flaky.

1½ c. flour	½ c. fat
½ t. salt	¼ c. water

Sift the flour and salt together, work in the fat with the tips of the fingers or a fork until the mixture looks like meal, then add the water slowly, using the least possible amount needed to make the particles stick. When too much water is used, the crust becomes tough. All ingredients should be kept as cold as possible as this tends to make the crust more flaky. Oil or fat may be used, but the crust made with fat seems somewhat flakier although either makes crust of equal tenderness.

Sprinkle a little flour on the board and rolling pin. Take part of the mixture and pat and roll the crust into a thin sheet. If the crust sticks to the board, loosen it with a knife and sprinkle the board slightly with flour, but use no more flour than is absolutely necessary. The cooler the crust, the more easily it can be handled. While rolling, shape the dough so it will be circular. It should be a little less than one-eighth of an inch thick and a little larger than the pan. Fold the dough over and lift onto the ungreased pie tin. Unfold and fit to the tin. Press smooth, beginning at the center and working out all of the air bubbles. If one is making a one-crust pie, pinch up the edge of the crust by bringing up some of the extra dough from the outside. This should form a ridge about three-eighths of an inch high around the outside. Take a knife and trim round the edge of the pie pan, trimming off any surplus. If one is making a two-crust pie, simply trim around the edge as soon as the crust is fitted. Take the second half of the dough and roll out as for the under crust. Cut several slits in the crust before putting it in place. After the filling is in, brush over the edge of the lower crust with cold water and sprinkle with a little flour to make a paste. Put in place the upper crust and press and pinch the two edges together. Trim off any extra around the edges.

If the pies are juicy enough that the juice may run out, a small funnel of stiff paper may be placed in one of the openings near the center. The lower end of the funnel should be cut off so there will be an opening of at least a quarter of an inch in diameter. A strip of white cloth about 1 inch wide may be drawn tightly around the edge of the pie plate and pinned into place.

If the lower crust is inclined to be soggy, a little white of egg, mixed with half its amount of water may be brushed over the under crust and allowed to dry before the filling is put in.

One-Crust Pie

If the filling is to be cooked before it is put into the crust, as is the case with lemon pie, the crust should be baked before the filling is put in. This will prevent soggy crust. The uncooked crust should be pricked lightly with a fork to prevent large blisters.

Fillings for Pies (R—any two fillings)**Custard Pie**

2 eggs	$\frac{1}{2}$ t. vanilla or
$\frac{1}{4}$ c. sweetening	$\frac{1}{8}$ t. nutmeg
2 c. milk	Few grains salt

The proportions of ingredients are the same as those used for the baked custard. The pie tin used for custard pie should be rather deep and the crust should be well filled. Beat the egg slightly, just enough to mix well with the milk, add the sugar and salt, then the milk and flavoring. Stir well and strain into the crust. Put into a quick oven, so the crust will set, but lower the temperature soon or the custard will be watery, as milk and egg need to be cooked at a low temperature. Bake until the mixture is firm at the center, which will be about 45 minutes.

Pumpkin or Squash Pie

1 egg	$\frac{1}{2}$ t. salt
$\frac{3}{4}$ c. pumpkin or squash	2 t. cinnamon
$\frac{1}{2}$ c. sugar	1 t. ginger
2 c. milk	

The pumpkin or squash may be cut in small pieces and steamed until tender and then be put through a sieve, or the baked squash left from a meal may be used. If the pumpkin or squash is rather watery, one cup may be used.

Mix the dry ingredients, add the pumpkin or squash, then the slightly beaten egg, and lastly the milk. Put into a deep crust and bake until firm at the center which will be about 45 minutes. The oven should be the same as for custard pie.

Save out one-fourth of a cup of liquid to mix with the slightly beaten egg. Heat the remainder of the milk in a double boiler or over hot water and stir in the dry ingredients which have been mixed together, then the egg and milk mixture. Stir until the mixture is well thickened, add the butter and flavoring and stir well. Put the mixture into the baked crust.

Cooked Fillings

Fillings		Sugar	Flour	Egg	Salt	Liquid	Butter
Cream		½ c.	2 tb.	1 egg or 2 yolks	⅛ t.	2 c. milk	1 t.
Cocoanut Chocolate	1 c. cocoanut 2 oz. chocolate or ½ c. cocoa	6 tb. ¾ c.	1 ½ tb. 1 ½ tb.	2 yolks 2 yolks	⅛ t. ⅛ t.	2 c. milk 2 c. milk	1 t. 1 t.
Caramel		¼ c. and ½ c. cara- malized	2 tb.	2 yolks	⅛ t.	2 c. milk	1 t.
Lemon	¼ c. lemon juice and grat- ed rind of one lemon	¾ c.	2 tb.	2 yolks	⅛ t.	2 c. water	1 t.

If chocolate is used, melt the chocolate first and add the milk to it.

For caramel, put the sugar in a pan and heat until melted, then gradually add the hot milk to the caramalized sugar. Great care must be taken or there is danger of the milk bubbling up and burning one. The caramalized sugar hardens and it takes some time to get it thoroughly dissolved.

For lemon pie, the grated rind and juice should be added just before taking the mixture from the stove.

If one wishes meringue for the pies, use the two yolks for the filling and save the whites for the meringue.

Meringue

2 egg whites 5 tb. sugar

Beat the whites until stiff and dry, then gradually add the sugar and continue beating until the sugar is dissolved and the mixture seems smooth. Spread evenly over the top of the filling and brown in a slow oven.

*Two-Crust Pie**Apple Pie—(R or any fruit)*

5 apples 1 tb. butter

1 c. sugar ¼ c. water

¼ t. nutmeg

or

2 t. cinnamon

A good apple pie requires very tart apples that cook soft and lose their shape easily. Pare, core, and slice the apples. The number will depend on the size of the apples and the size and depth of the pie tin, but they should round up well before being cooked. After the lower crust has been fitted into the pan, partly fill with the sliced apples and sprinkle over with part of the sugar and spice; then put in the remainder of the apples and add the remainder of the sugar and spice. Cut the butter into small pieces and

scatter over the top. This may be omitted but it makes a much richer pie. Pour the water over the top. If the apples are very juicy, part or all of the water may be omitted.

Sprinkle about half a tablespoon of flour around near the outer edge. Put on the upper crust and bake from 45 to 60 minutes, depending on the time required to cook the apples."

Dried apples, apricots, peaches, and prunes make good fillings for pies when properly cooked. When prunes are used, the pits must be removed.

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NOTES

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EXTRA RECIPES***

