

MYSTERIES OF CAKE BAKING

By HELEN LOUISE JOHNSON

NO SUCH THING AS LUCK IN COOKING

Skill, Intelligence and Long Practice the Only Real Secrets—Must Learn Habits of the Range

There are, primarily, but two kinds of cake mixtures, and all the manifold big and little, round and square, large and loaf varieties are but modifications, embellishments or different combinations of these two cake foundations. There are cakes without butter, of which sponge cake is the best example, and cakes with butter, of which cup and pound cakes are best known.

There is no such thing as luck in cooking. It is like any other art, the result of skill, in some, in part, labor in others, acquired, but in either case the result of practice. And the first step is preparation. How to measure, and then persistence in doing it, is one of the first and most important things in the art of cooking.

A measuring cup holds one-half pint or two gills—or sixteen level table-spoonfuls of dry material. Two spoonfuls of regulation size, just as much as the cups used. Any cup or spoon or handy utensil will not answer.

In general, dry materials should be sifted before measuring, and when a cupful is called for, the cup should be dipped into the flour or sugar and shaken down until leveled.

When a recipe calls for a cupful of sugar, it is apt to make a messy process out of what can and should be a very simple one. All measurements are level unless the recipe states to the contrary, and a rounding spoonful equals two level ones.

To measure a cupful, put the material in by spoon or scoop, round slightly, then level with a knife. Do not shake the cup or level the material, whatever it may be. To measure a spoonful dip it in, then level quickly and deftly with the knife.

A cupful or spoonful of liquid is all the cup or spoon will hold, not to carry from pantry to kitchen, but all it will hold right there, where everything should be done. For the process of cake making resembles directions for a child's game: One, to make ready; two, to prepare; three, to go "lam bang"—and then—there you are.

Let it be cup cakes with butter that are about to be made—that difficult cake called one-egg cake.

eggs, milk, flour, baking powder, brown sugar, fork or beater and pans greased, all to not begin to mix, but to attend to the fire and the oven, for if the proof of the pudding is in the eating, the test of cake making is in the baking. There are no infallible rules to guide the baker to success here—everything depends on the individual as people and ranges and the habits of their own. The fire should be clear and even, and in such a condition that it will not have to be remedied or attended to while the cake is going on. Only experience can teach one here, but some of the helps to this may be found in keeping the interior of the stove clean, and the oven no ashes nor coal above or below. And when a stove is red hot the chances are the oven is cooking, for the heat from the stove radiates through the room in place of going where it belongs.

In making good cake, as in making good coffee, it is necessary to have good materials to begin with. The butter may not be too salt or filled with water; the sugar should not be the coarse but finest granulated, and the flour should be used. Measure or weigh the quantities required, then sift the flour again, and right here a division of opinion is to be found as to whether the baking powder should or should not be sifted with it. Baking powder is made of certain ingredients which unite in the presence of water,

tion. The whites of eggs are beaten to break up the tenacious albumen and fill it with air. In order to accomplish this the egg must be lifted, not beaten round and round, and the air admitted. Salt should be added, a small amount to every cake, to enhance the lightness of the cake, and if it is added to the whites while they are being beaten, it hastens the process by taking up some of the water. The eggs should be sufficiently dry to stick to the platter, and as they cannot stand after being beaten without separating, they should be used without any great delay.

In beating the whites of the eggs with the butter, lift and fold them in; do not beat again. Stirring indicates a circular motion; beating a lifting, in which the ingredients are turned over and over; but folding in means a gentle motion—a vertical downward move and a deft turning over of the mixture, folding in as much as a time as possible. Stirring mixes ingredients; beating incorporates air; folding or cutting in retains the air already introduced.

The most difficult muscular part of cake making is the creaming of the butter and the sugar. If the butter is very cold and hard it is better to bring it to the kitchen some time before needed, for it should be about 70 degrees F. to be successfully and easily creamed. The mixing bowl may be heated with hot water before beginning to cream the butter, but the butter itself should never be heated or melted except by standing in the room, whose temperature may or may not be particularly warm. Cream the butter in a bowl with a wooden spoon, then add the sugar gradually, stirring carefully. The butter should first be of soft, creamy consistency, and when sugar is added, sufficient beating must be done to have the mixture creamy and not like hard sand. If the cake is baked, the grains, in melting in the cake in the oven, make holes in the cake and spoil the texture. Coarse, ground cake again and again comes from not sufficiently mixing and beating in the sugar.

If one egg only is to be used, it should be beaten very light without separating, and added to the butter and sugar, if more eggs are used, the usual process is to beat the yolks and whites separately, adding the yolks to the butter and sugar, the whites later. Occasionally, a recipe calls for more sugar than can be beaten properly with the butter, and in that case a portion of it may be beaten with the yolks, and this mixture added to the butter and sugar. When the egg or the yolks are well beaten in, and the mixture is light and full of bubbles, begin to add flour and milk alternately, beating and stirring steadily in order to secure a light, fine-grained cake.

The whites of the eggs should be beaten to a stiff, dry froth, which means something very different than merely beating them light. They should be beaten on a plate or platter with a wire beater of some descrip-

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CAKE MAKING OF ANTE-BELLUM DAYS

How Uncle John Went to Work Each Saturday Morning in Virginia—No Baking Powder or Soda

smooth with a knife dipped in hot water.

Maple Sugar Cake.

Cream one-half cupful of butter with two cupfuls of sugar until well mixed. Beat and stir in alternately one cupful of milk and two and one-half cupfuls of flour sifted with three spoonfuls of baking powder and one-half teaspoonful of salt. Then cut and fold in the whites of five eggs beaten to a dry stiff froth. Bake in three layers until done and put together with maple filling made as follows: Cook three cupfuls of maple sugar with one-half cupful of water until it threads when dropped from the tines of a fork. Beat the syrup into the whites of two eggs beaten until stiff and dry. When the filling is stiff enough to spread put it between the layers and on top of the cake.

Oatmeal Scones.

To one cupful of well-cooked oatmeal porridge add one cupful of milk, one tablespoonful of melted butter, one teaspoonful of brown sugar and one spoonful of salt. Mix these together well. Sift two spoonfuls of baking powder with one cupful of flour, and stir it into the mixture, adding more flour as needed to make a dough just stiff enough to handle. Roll out half an inch thick, cut with a sharp biscuit cutter and bake to a delicate brown on a hot buttered griddle.

Oatmeal Cookies.

Mix together two cupfuls of sifted flour, two cupfuls of oatmeal, one-half pound of chopped raisins, one-half tea-

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First Have Everything Ready Mix the Butter and Sugar Together Until Creamy Beat the Whites of Eggs to a Stiff, Dry Froth Grease the Pans with a Brush

And sugar, if more eggs are used, the usual process is to beat the yolks and whites separately, adding the yolks to the butter and sugar, the whites later. Occasionally, a recipe calls for more sugar than can be beaten properly with the butter, and in that case a portion of it may be beaten with the yolks, and this mixture added to the butter and sugar. When the egg or the yolks are well beaten in, and the mixture is light and full of bubbles, begin to add flour and milk alternately, beating and stirring steadily in order to secure a light, fine-grained cake.

lowing filling: Make a smooth paste of two tablespoonfuls of cornstarch with a little water. Mix this with one cupful of clear coffee and let it boil ten minutes; then add one-quarter cupful of sugar, one-quarter teaspoonful of salt and the slightly beaten yolks of two eggs. Cook until the mixture thickens. After filling the cakes cover them with an icing made by mixing the juice of two oranges with that of one lemon and stirring in confectioner's sugar until stiff enough to spread without running. Before the icing dries sprinkle cakes with finely chopped browned almonds.

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Deep Breathing to Develop the Bust

Exercises Are the Best Method Both of Increasing a Flat Chest and Decreasing Excessive Fullness

By DR. EDITH L. MACKAYE

I AM often asked by girls for advice upon this somewhat delicate subject. It certainly detracts from the appearance to be flat-chested and undeveloped, but greater is the drawback for those who have too much fullness. Those who are thin and flat can easily remedy the defect by wearing something to give the proper appearance. But care must be taken that whatever appliance is worn it be of such a nature as not to press upon the body, for pressure will injure the delicate gland tissue and cause further shrinkage. If only a little padding is needed light material that is starched can be used, such as Swiss or tartan. Lightly placed inside the corset or waistline if bust development is entirely wanting, the light framework that can be obtained from any dealer in corsets will answer better. If one carries herself properly the flat-chested look will disappear

round out; the hollows in the neck will fill and foundations are laid for the bust development which is so greatly desired. Upon the bony framework are placed the muscles in the form of great folds of flesh attached the length of the breastbone, and from the center in a triangular shape to the arm. These form the second layer of the foundations of the bust, and if these muscles exerted their force give a very desirable support. These deep-breathing exercises will accomplish this, as will also certain exercises which bring them into play. The best one of these I have often described, but it is so beneficial for chest development that I will state it again. Double the fists and bring them together over the breast bone. Raise the elbows so that they are in a horizontal position in front of the chest. Keep them firmly in this position and then slowly and firmly separate the fists one from the other, bringing the arms back so you will feel the shoulder blades pressing against the back. Try to bring the points of the elbows together. You will be far from doing it, for they do not go back any great ways. When drawing the elbows back take a long, deep breath, inflating the lungs well. Repeat these exercises, beginning with half a dozen or so and increasing them after the manner of the deep breathing exercises, if you use a tape-measure and measure the chest from time to time you will be surprised to find how much it will be increased. I have seen women with very small breasts, yet with this expansion of chest walls and muscles, who have the appearance of fine development and an admirable figure.

Between the muscles and the skin, with its underlying layer of fat, is placed the gland tissue which forms the breasts. In young girls the gland tissue is not much developed, and in fact it does not look well if there is a great abundance of it. An increase of gland tissue can be obtained by gentle massage and by the use of hot and cold water. Water as hot as one can bear

it should be dashed upon the body, and this followed by water as cold as can be comfortably borne. This increases the growth by stimulating the circulation. I am often asked if certain internal remedies will increase the size of the breasts, and answer that it is useless to try to increase the gland tissue by taking medicines. I have spoken of the layer of fat which is just under the skin, and answer that it is a quarter of an inch to a half an inch in thickness, according to the general distribution in the body. It is this layer of fat which gives the desired appearance of roundness to the bust and neck. The bones are hidden by it, the muscular inequalities are smoothed out, and the skin is held up. For those who lack bust development because they are thin to take means of increasing their flesh by eating more, and by taking fats in their food or in the form of cod liver oil. Rubbings with fat substances will possibly help.

A T a trifle party I saw an attractive woman. It was made of a fancy silk ribbon, with the usual silk-covered circle for a base, but at the top the ribbon was gathered tightly around a wooden cord, brody ring, thus leaving the top open. The smaller ring of the pair was used as a cover, the ribbon being then brought together in the center and tied with a knot of baby ribbon of harmonizing color. A little frill was put up in the center of the cover and a "handle" as well, while narrow ribbon was fastened at each side of the larger ring for convenience in carrying.—L. J.

INSTEAD of wetting the broom itself when ready to sweep a carpet, pin or sew a piece of old flannel tissue to the top of the broom. Then pour warm water on this cloth. The water gradually runs down into the broom and keeps it just damp enough to lay the dust without wetting the carpet. E. R. H.

Devices to Lighten Cleaning of House

Suggestions to Women That Will Make This Labor Easier—Sinks Should Be Carefully and Frequently Flushed

WHEN sweeping, as much furniture as possible should be removed from the room. The remainder should be covered with coarse, unbleached cotton cases, kept on hand for this purpose. Pictures, mantels and mirrors should be dusted and then covered with cases made of the same material. While the sweeping is being done the doors should be closed and the windows opened.

China dishes should be scraped of all food, rinsed in cold water and washed in warm, soapy water. If there is gilt on the china be sparing in the use of soap. Rinse each dish as it is washed in hot water; drain singly (not in piles) and dry.

For drying silver, glass and china, linen cup towels should be used. These must be washed out in boiling water after use, in order that they may be clean for each dish washing. Long and short towels are both convenient for handling pots and pans. These towels may be of cotton or cotton and linen mixed. A wire brush, a stiff vegetable brush and some wad of sawdust will be found of great assistance in washing kitchen utensils. To prevent woodenware from crack-

ing, dry in the sun instead of near the fire. Woodenware which has not been oiled cracks very easily indeed. To remove odors and flavors of substances from wooden bowls, soak the bowl in hot soda water. Saucepans and kettles may be treated in the same way. The kitchen sink and the sink in the butter's pantry are likely to be in a greasy, unhygienic condition unless means of prevention are taken. These sinks should be thoroughly flushed several times a day with hot water followed by cold water.

Almost every set bowl contains a groove, inside and around the top, in which dirt is likely to settle. To remove this dirt it cannot be seen. If neglected too long this causes a peculiar and disagreeable odor, for the cause of which even good housekeepers search vainly. This groove should be attacked frequently with a brush and plenty of soap or disinfectant, as it is quite capable of producing malignant germs.

Sweep the hardwood floor with a soft hair brush and wipe with a long handled dust mop. Where the room does not become very dusty the use of the dust mop alone is necessary daily.

GET a "ball chain socket" from your electrical supply house, for the sum of thirty-five cents, and have it put in, in place of the ordinary key switch socket in your bedroom. This one cord attached to the chain will be sufficient to turn the light on and off. There is no trouble adjusting this arrangement and will not get out of order very readily.—A. S.

KEEP a white apron at all times hanging in the bathroom. Though we all use it, the "head of the house" is the one who pronounced it a "hully-bully" apron. Being a vigorous washer, he has been spared much brushing and rubbing off of otherwise soapy water spots.—Winifred Hubbard.