

Cake Making—a Real Diversion

WOMEN who devote their time to business or to sewing or just to housekeeping, usually have some creative diversion. Personally, I have become greatly interested in cake making, and during my studies and work, I have learned a number of things pertaining to the art of cake making, which I believe will interest some, if not all of you; hence my presumption in presenting a few conclusions as well as some tested recipes.

Because of the limited amount of space, it is necessary to confine my remarks entirely to the butter-cake variety. The making of sponge cake is quite a different process.

CAKE making has been defined as the art of combining flour, sugar, butter, eggs, milk, etc., in such a way as to produce a palatable, delicious, yet nourishing article of food. A lack of knowledge of the "art of combining" has been the cause of many cake failures, even though the proper ingredients have been used.

The best ingredients to be had should be used in a cake, which will place it in the class of luxuries and make it impractical for some families to have cake more than once, or possibly twice, a week. But how much more wholesome and enjoyable it is to have a delicious cake occasionally than to have just ordinary cake every day.

The mixing of a cake should be accomplished as quickly as possible. Cake is never so light and feathery when partly mixed ingredients are allowed to stand for several minutes before others are added.

All ingredients of a cake should be assembled before the mixing is started.

More flour than any other ingredient is used in a cake, and the texture, lightness, and color of the cake depend greatly on the flour used. To secure the best results, a pastry, or cake, flour, which is whiter than bread flour, looks more like starch, feels soft and smooth in the fingers, and holds together when squeezed in the hand, should be used.

SUPPOSE we take a recipe and follow each step carefully. This recipe can be used as a foundation for any layer cake.

1 c. butter	3 tsp. baking powder
1 c. sugar	Pinch of salt
2 eggs	1 tsp. vanilla
1 c. milk	1 tsp. lemon
2 c. flour	

1. Grease two layer-cake tins. Cover only bottom of tin with wax paper, grease

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Secrets of Cake Making

1. Chilled ingredients make the best cakes.
2. Always add a little flour to a butter-and-sugar mixture before adding milk. This will keep the butter from congealing.
3. Sweet milk makes a cake of fine texture. Sour milk makes a tender cake.
4. Brown sugar makes a moist cake.
5. Egg whites will beat more easily if a pinch of salt is added to them.
6. If a boiled icing does not "set" within ten or fifteen minutes after being spread on a cake, put the cake in a slow oven for a very few minutes and it will soon harden.
7. Do not stir sugar and water after it starts to boil. This will make the icing sugary.
8. If icing has been boiled or beaten too long and has a rough appearance on cake, dip a knife in boiling water and spread quickly over the icing several times. This will give a smoother appearance.
9. Egg whites for icing should be beaten stiff; but for the cake they should not be so stiff, or the cake will be dry.
10. Too hot an oven will brown cake on top before it has sufficiently risen. A loaf cake should always be baked in a moderate oven.

again, and set tins aside until they are needed.

2. Sift flour once and then measure 2 cupfuls. Add 3 level teaspoonfuls of baking powder and a pinch of salt, and sift three times. Set aside until needed.

3. Measure 1 cupful of granulated sugar. Roll and sift the sugar until all grains will pass through the sieve. Set aside until needed.

4. Separate the yolks and whites of 2 eggs and set aside in a cool place until needed.

5. Measure $\frac{1}{2}$ cupful of butter and put in a mixing bowl.

6. Measure $\frac{3}{4}$ cupful of milk and set aside until needed.

7. Now cream the butter until it is soft and white around the edges. Add the sugar gradually, creaming the mixture meanwhile.

8. Beat the egg yolks until thick and lemon-colored. Add them to the butter-and-sugar mixture. Beat well.

9. Alternate adding a little of the dry ingredients—the flour, baking powder, and salt—and a little of the milk until all are used. Beat the batter hard after each addition of flour and milk.

10. Add the flavoring and beat the batter very hard.

11. Beat the egg whites until stiff but not dry, and carefully fold them into the mixture.

12. Pour the batter into the tins, spreading it high on the sides and at the corners and leaving a slight depression in the center.

13. Bake in a moderate oven from 20 to 30 minutes.

14. When the cake is done, it will shrink from the sides of the tins. It may be tested also by inserting a broom straw in the center. If no particles of dough adhere to the straw, it is done.

15. When cool, the layers may be put together with an icing or a filling and the entire cake then covered with icing.

SPICE CAKE

$\frac{1}{2}$ c. butter	4 tsp. baking powder
$\frac{1}{2}$ c. sugar	$\frac{1}{2}$ tsp. salt
3 eggs	1 tsp. nutmeg
$\frac{1}{2}$ c. milk	1 tsp. cinnamon
3 c. flour	$\frac{1}{2}$ c. raisins

Sift together the flour, salt, baking powder, and spices. Cream butter, add sugar gradually. Add well beaten eggs. Mix well. Add sifted dry ingredients alternately with the milk. Place two-thirds of the batter in two greased and papered layer tins. Mix 1 tablespoonful of cocoa with 1 tablespoonful of boiling water and add to the remainder. Add the raisins, over which a little flour has been sprinkled. Use this for the middle layer. Bake in a hot oven 15 to 20 minutes. Put together and ice with Moca icing.

CAKE ICINGS

Fluffy Icing

$1\frac{1}{2}$ c. granulated sugar	1 tsp. vanilla extract
$\frac{1}{2}$ c. water	$\frac{1}{2}$ tsp. almond extract
2 egg whites	

Boil sugar and water without stirring until the sirup spins a hair when dropped from spoon. Pour sirup slowly on stiffly beaten egg whites, beating constantly until stiff enough to spread. Add flavorings and mix.

MOCHA ICING

1 Tb. butter	3 Tb. strong boiled coffee
1 Tb. cocoa (dry)	1 tsp. vanilla
2 c. confectioner's sugar (rolled)	

Cream butter, add cocoa, sugar, coffee, and vanilla, a little of each at a time, beating constantly until all ingredients are mixed and icing is of right consistency to spread.