

When Is a Cupful Not a Cupful?

Mrs. Barton calls old-time measuring equipment a chief cause of home baking difficulties

"Use standard level measurements," urges cooking expert, "... that's more than half the battle!"

LOOK AT THESE TWO CUPS!" Frances Lee Barton exclaimed, holding up a teacup in one hand and a thick stoneware coffee cup in the other. "Maybe you think I'm exaggerating—but it's a fact. You could find plenty of homes in this country with just such a little teacup in the flour sack and just such a coffee cup in the sugar jar. They both differ from a standard cup by about half a cup. And yet there are housewives who would consider them both perfectly all right for measuring a cupful!"

The famous cooking expert of the General Foods "Kitchen Party" program set down the cups and gathered up a handful of spoons. "Aren't these interesting? Teaspoons all of them—but they range from this slender pointed little fellow from Grandmother's set of silver to that great round blunt-nosed one from the ten-cent store. Two level teaspoons of baking powder in the big one would be equal to four, measured by the small one! And when you think that lots of women heap the baking powder up in the spoon besides—and remember what too much baking powder can do to ruin a cake—it isn't any wonder they have 'bad luck', is it?"

Mrs. Barton took a metal standard measuring cup from the table, one side marked in quarters, the other in thirds. In her other hand she dangled a set of round-bowled measuring spoons held together by a ring—tablespoon, teaspoon, half and quarter teaspoons.

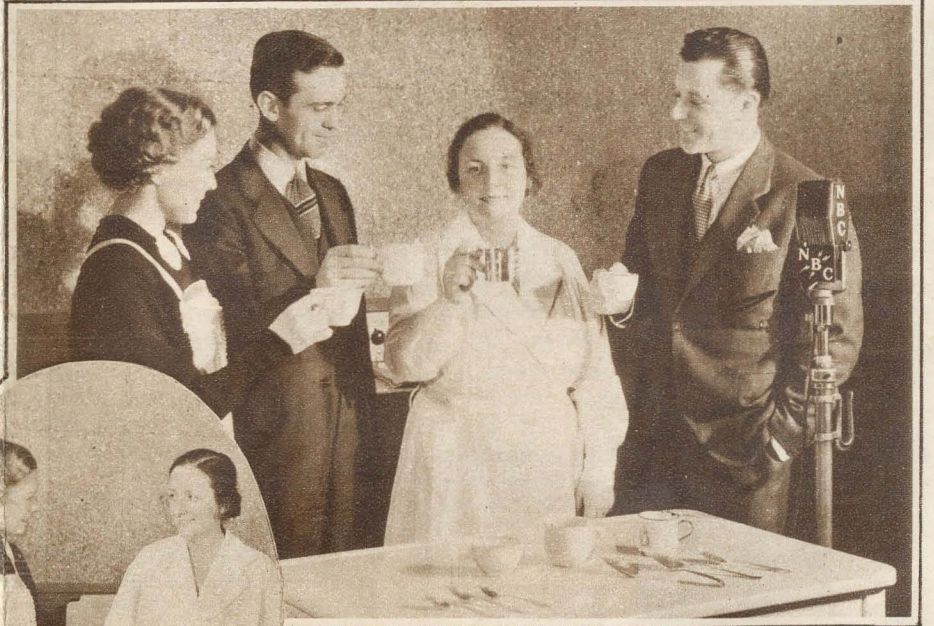
"I do believe," she said, "that if everybody would measure on the level in standard cups and spoons like these—and you can buy them anywhere nowadays—half the baking failures in the world would be avoided! You just can't make another person's recipe work for

AT RIGHT—Martha Mears takes her first lesson in standard level measurements. "There are three things wrong with your 'cup' of flour, Martha," Mrs. Barton says. "The flour wasn't sifted once before measuring; the cup holds 1/4 of a cup too much even when level; and you've heaped it up besides!" Mrs. Barton shows how to level off a standard cup evenly with her spatula.

you unless you use the same identical amounts of each ingredient!

"You know," Mrs. Barton went on, sitting down beside her little exhibit of old-fashioned inaccurate measuring utensils, "when I see my husband mix up cement and sand to do a little odd job in the cellar or garden, he reminds me of the way old-time cooks used to go about their baking. He uses an old dented tin bucket, and he fills it any old way, and he puts in extra cement or sand after the mixture's made if he thinks he needs it.

"Well, the old-fashioned cooks baked just that way—with wonderful results—sometimes. But woe to anybody else who tried to follow their recipes without their experience! And woe



ABOVE—"Mean to tell me this little enamel cup holds a cupful?" Warren Hull asks. "Indeed it doesn't, Warren!" Mrs. Barton replied. "It holds only a little over 3/4 of a cup. That teacup you have, Martha, really holds only 1/2 of a cup. And Jimmy Wilkinson, you have a coffee cup that really holds 1 1/4 cups! Just compare them with my standard measuring cup! Hold them up so that everybody can see how much difference there really is!"



to them, too, when they tried a new recipe!

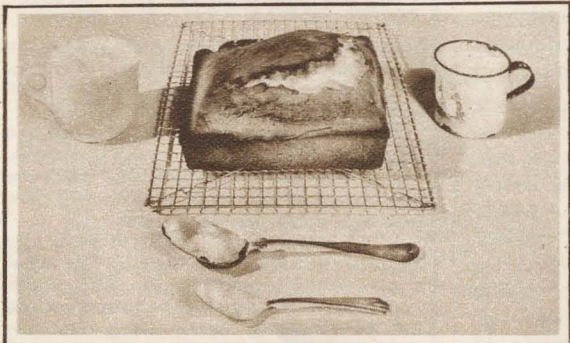
"Have you ever realized that cake is really a very complex chemical compound—with perhaps eight or a dozen ingredients? Did you ever think of that—we're really *chemists* when we bake! And we're working with such tiny quantities. Why, the whole batter for a cake doesn't usually measure more than a quart! The smaller the job, the more accurate we must be. A boilermaker doesn't worry about hairbreadth differences as a watchmaker does, you know. Well, we don't have to be quite as particular as a jeweler, perhaps. This standard half-pint cup and these standard measuring spoons are exact enough for our purposes—but we *should* fill them and level them off with the same eagle-eyed carefulness he uses.

"Here at General Foods we often bake a dozen cakes to see whether a quarter of a cup of butter or a third of a cup gets the nicest results in a recipe. But if people use a china cup and 'guess that's about a third'—it may be a quarter cup after all! And they lose all the benefit of our careful testing.

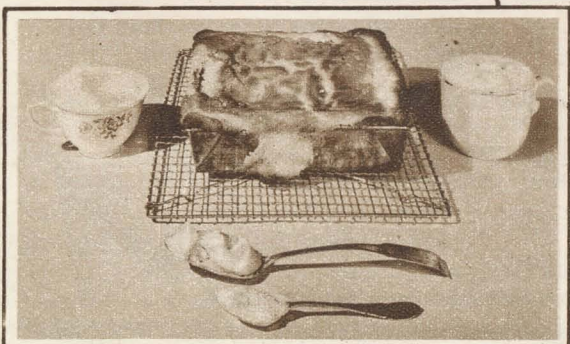
"And when they forget to sift the flour once *before* measuring, or use an outside cup, or heap it high, they get so far away from our recipe that the result is just sad—instead of perfect as we all want it to be. Why even one level standard measuring cup of unsifted flour, when sifted, will often measure as much as one cup and a half."

Out of her desk Mrs. Barton took a

(Continued on Page 2)



ABOVE—Why is this cake humped and cracked? Look at the utensils. Too much flour, packed into an oversize cup—and too little liquid, measured by guess in a small cup. The butter, too, is haphazardly measured in an ordinary tablespoon; the baking powder in an ordinary teaspoon has not been levelled off with a straight edge.



ABOVE—What helped make this cake so perfect? A combination of these standard measuring utensils, level measurements, and good ingredients. **AT LEFT**—What made this cake fall? Too much sugar, too much shortening, too much leavening! Cup, tablespoon, and teaspoon are all oversize—and heaped up into the bargain. And the flour is inaccurately measured in a teacup much smaller than a standard cup.

An Idea for Fridays!

HERE'S a smart idea one of our listeners gave me...I'll pass it on to you! She tells me that on Fridays she invites some of her friends to luncheon—and then they tune in on our "Kitchen Party." I'm terribly flattered! How does the idea strike you? If you live in the Far West you can join our party *before* having luncheon! Then, too, some of our listeners who belong to clubs have written me that they have included our broadcast as part of their regular club program.

We'd love to think that you liked our program so well that you shared it with your friends. Besides, we get a great thrill from the thought that no matter how many little "Kitchen Parties" are given from coast to coast—we'll be able to ride through the air and be at every single one of them. Talk about the Arabian Nights!

Cordially yours,

Frances Lee Barton

Have you seen the NEW Calumet Can?

OPENS AS EASILY AS A MAYONNAISE JAR

NOT content with being as successful and reliable a baking powder as you can buy, Calumet now comes to you in a new, beautifully lithographed can—the most convenient can ever invented for a baking powder!

You know how many kitchen knives have been bent and how often tempers have been lost in opening baking powder cans! Moisture *must* be kept away from baking powder—so tops were fitted just as tight as they could be. Fine for the baking powder—but hard on the hurried cook!

But now Calumet has devised a lock-top that fits snugly, yet comes off with one twist of the wrist—plus a cardboard inner seal that protects the baking powder completely.

And that isn't all—for the cardboard seal has a double use. By cutting it across on the dotted line and leaving part of the cardboard circle in place, you have a straight edge that can be used for leveling off your measuring

spoon. No temptation—now—to make a rough-and-ready leveling against the rounded side of the can. That never gets the spoonful perfectly level—and it's so important to measure baking powder exactly! Many a baking failure can be traced to a little too much baking powder. And because of Calumet's efficient Double-Action, you use less than of many baking powders, you know.

The new cans of Calumet are on the grocers' shelves now and enthusiastic letters are coming in from women everywhere—even from men! Here are two that will interest you:

"I am taking this time in writing you to comment on your changing the type of can you are using for Calumet Baking Powder. I think it is the greatest thing you could have done.

"I have been married fifteen years. My wife has been using Calumet all the time and I have always had to open all of the cans for her and some times I had to bend it to get the cap off...So you see I just had to write you and let you know that I am proud of the new can and certainly think you should be complimented for the change."

—Nashville, Tenn.

"I wish to take this opportunity to express my thought on the new type can for Calumet Baking Powder which is on the market for sale. I refer to the red and white can of eight ounces with the Indian head insignia on the side...The paper partition underneath the lid to level off your spoon is a big factor to a housewife when using this can. In baking, convenience is well appreciated.

"I have been a user of your product for about eight years."

—Rowborough, Pa.



"It's no trick at all to take the top off a new Calumet can now!" Mrs. Barton says. "Just give it a twist and off it comes. No more bent knives—no more cut fingers!"

"See how easy it is to level off your measuring spoon against the cut edge of this inner seal! Here is a constant reminder of the importance of accurate measuring."



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(Continued from Page 1)

pile of letters and skipped through the pages with here a smile and there a sigh. "Such stories my listeners tell me about their adventures with measuring!" she said. "Here's a woman who says she always used to think that accurate measuring just meant being careful not to use 3 cups when the recipe calls for 2! Another one writes that she had always thought she was being accurate because she used a standard cup and spoons, though she often heaped them high 'depending on how much happened to be dipped up'!

"A bride tells me in this next letter about following her mother's favorite cake recipe which went like this: Cream a piece of butter with some sugar, then add two or three eggs, some spice or chocolate, baking powder, and enough milk and flour to make the batter stiff enough. The daughter says, 'One time I'd get a light fine-grained cake, another day a heavy solid one, and then I'd have a dry one puffed away up in the center.' Poor girl! But she's making

marvelous cakes now with standard level measurements from our recipes!

"Ah, *this* letter is a joy! A woman almost 55 who had never baked in her life. Had to give up her maid because of the depression. When she made her first biscuits her husband asked her if she were starting a stone quarry! She happened to hear our program, began to use standard level measurements, use good ingredients, and watch *her* baking temperatures, and now she bakes such wonderful cakes, she gets orders all the time from her friends. Makes herself a nice bit of pocket money!

"So many letters speak of the 'peace of mind' that comes from using standard level measurements in reliable tested recipes. Instead of waiting, as one woman says, 'until a cake was out of the oven before knowing whether it was worth frosting,' these listeners have discovered the real joy of baking confidence—the certainty, even before you've assembled your utensils, that you're going to make something that will be a thing of beauty and a joy—well, not forever, but until it's gone and you can happily make another!"

MEMO from FRANCES LEE BARTON

Will you make this Angel Food with me on March 15?

If you want to learn to make a perfect Swans Down Angel Food, just like the one in the photograph, have everything ready to make one with me during the "Kitchen Party" Broadcast on Friday, March 15th.

Have all ingredients and utensils ready on a table near the radio. See Bulletin No. 11 for the ingredients. The utensils you will need are a large mixing bowl, standard measuring cup, standard measuring spoons, flour sifter, waxed paper, wire egg whisk (not a rotary beater), 2 metal kitchen table spoons, spatula, and angel food pan, ungreased.

Before the broadcast starts, please do this: Sift flour once; sift the sugar called for; separate the eggs and measure exactly 1 cup egg whites in the standard measuring cup, and turn them into your mixing bowl. Then wash and dry your measuring cup and you'll be ready to begin where I do.

F.L.B.



The Dish of the Month

SALMON PLATTER

It comes along every year—the miracle of approaching spring and the problem of planning Lenten meals. This month we are suggesting a Lenten platter—delicately crusted Salmon Patties around a hill of greens, the whole garnished with sliced beets and pickle fans, which are made from small, sweet gherkins, split in half lengthwise, then cut into very thin parallel sections almost the length of the pickle—the sections spread out carefully like a fan.

In the recipe for Salmon Patties canned salmon may be used; you use the salmon liquid, also, which is full of flavor and the sunshine Vitamin D. And that new touch—of Minute Tapioca, used as a binder—gives you tender, shapely patties, and extends the fish so that you get a dozen patties from 2 cups of salmon.

SALMON PATTIES

- 2 cups flaked salmon
- 3/4 cup salmon liquid and water
- 2 chicken-flavored bouillon cubes, if desired
- 4 tablespoons Minute Tapioca
- 1/4 teaspoon salt
- Dash of pepper
- 1/2 teaspoon minced onion
- Sifted bread or cracker crumbs
- 1 egg, beaten with
- 3 tablespoons milk and dash of salt

Drain liquid from salmon and add water to make 3/4 cup; place in top of double boiler, add bouillon cubes, and bring to a boil over direct heat. Combine Minute Tapioca, salt, pepper, and onion; add gradually to liquid and bring to a brisk boil, stirring constantly. Place immediately over rapidly boiling water and cook 5 minutes, stirring occasionally. Add salmon and mix thoroughly. Chill—mixture thickens as it cools. Shape into patties. Roll in crumbs, dip in egg mixture, then roll again in crumbs. Fry in skillet in a small amount of hot fat, turning patties to brown both sides. Drain. Makes 12 patties. Tuna or other cooked fish may be substituted for salmon in this recipe.

MARCH

"Kitchen Party" Programs

- March 1—Fritters for Ash Wednesday
- March 8—Soufflés for Meatless Meals
- March 15—"They Praised My Angel Food"
- March 22—Your Turn to Have the Club
- March 29—When You're Asked to Bring the Cake

On Our Kitchen Shelf

Bride's Book — That's what they have been calling our own General Foods Cook Book—which in its own quiet way has become a best seller. The fourth edition is just out. It tells you things you won't find in other cook books—how many people a pound of potatoes will serve, and how to act when confronted by an artichoke or a crowd of unexpected visitors. And it brings you 600 recipes and 95 menus! The General Foods Cook Book is on sale for \$1 at book and department stores. Or you can send a dollar in stamps, money order or check to Frances Lee Barton, General Foods, Battle Creek, Mich., and your copy will come to you by mail.

IMPORTANT!

Because of many requests, in this issue of the Broadcaster, the food suggestions and menus, on pages 3 and 4, as well as the recipe bulletins, have been arranged for filing.

By cutting along the extreme right-hand side of page 4 and then through the center, from side to side, as marked, you will have two sheets which, when folded, will give you eight pages for your binder.

In the lower section you will have four bulletins. Be sure to fold them so that Bulletins 9 and 12 are outside pages. In the upper section there will be a fifth bulletin (there are five broadcasts in March) along with "Let Me Suggest," "Deep-fat Frying," and "Level Measurements." Fold so that Bulletin 13 and "Let Me Suggest" are outside pages. Each section can be punched and filed in your binder as a unit.

Listen to Frances Lee Barton Every Friday

Local Time			Local Time			Local Time		
CITY	P.M.	Station	CITY	P.M.	Station	CITY	P.M.	Station
Baltimore	2:30	WFBR	Hot Springs	1:30	KTHS	Portland, Ore.	a.m., 11:30	KGW
Boston	2:30	WEEI	Houston	1:30	KPRC	Providence	2:30	WJAR
Buffalo	2:30	WBEN	Kansas City	1:30	WDAF	Salt Lake City	12:30	KDYL
Chicago	1:30	WMAQ	Los Angeles	a.m., 11:30	KFI	San Antonio	1:30	WOAI
Cincinnati	2:30	WSAI	Milwaukee	1:30	WTMJ	San Francisco	a.m., 11:30	KPO
Cleveland	2:30	WTAM	Minn.-St. Paul	1:30	KSTP	Schenectady	2:30	WGY
Denver	12:30	KOA	New York	2:30	WEAF	Seattle	a.m., 11:30	KOMO
Des Moines	1:30	WHO	Oklahoma City	1:30	WKY	Shreveport	1:30	KTBS
Detroit	2:30	WWJ	Omaha	1:30	WOW	Spokane	a.m., 11:30	KHQ
Duluth-Superior	1:30	WEBC	Philadelphia	2:30	KYW	St. Louis	1:30	KSD
Fort Worth-Dallas	1:30	WBAP	Pittsburgh	2:30	WCAE	Tulsa	1:30	KVOO
Hartford	2:30	WTIC	Portland, Me.	2:30	WCSH	Washington	2:30	WRC
						Worcester	2:30	WTAG

FRANCES LEE BARTON, General Foods, Battle Creek, Mich.

Please place my name on your regular mailing list to receive, free, future issues of the General Foods Broadcaster containing Frances Lee Barton's Recipe Bulletins.

Please send me the Binder for Mrs. Barton's Bulletins, too, for which I enclose ten cents.

NAME _____

ADDRESS _____

CITY _____ STATE _____

Give this coupon to a friend if you have written previously for a Broadcaster

LEVEL MEASUREMENTS

FLOUR—Flour tends to pack on standing, so always sift it once before measuring. Then lift sifted flour lightly with spoon or scoop into standard measuring cup; level off with spatula or straight edge of knife.

For fraction of a cup, fill cup lightly until slightly above desired fraction mark; cut surface of flour gently toward line with edge of teaspoon.

For $\frac{1}{4}$ cup flour it is easier to measure its equivalent—4 level tablespoons.

BAKING POWDER—Calumet Baking Powder is used in all General Foods recipes which require baking powder. All baking powders cannot be used in the same amount with equal success. The usual Calumet proportion is only 1 level teaspoon to 1 cup of sifted flour. Use the exact amount of Calumet called for in the recipe—even though you have been using more of some other baking powder.

Dip standard measuring spoon into can, fill heaping full, then level off lightly against cardboard leveler in new Calumet can or with spatula or straight edge of knife.

Other dry ingredients, such as salt, soda, spices, etc., are measured like baking powder.

SHORTENING — To measure solid shortening, press firmly into standard

measuring cup, pack tightly, and level off with top or fraction mark of cup as called for.

Or measure by water displacement method. For example, to measure $\frac{1}{2}$ cup shortening, fill standard measuring cup $\frac{1}{2}$ full of water; add shortening till water reaches top; then drain off *all* water. The shortening in the cup measures $\frac{1}{2}$ cup. This method may be used for any fraction of a cup.

With print butter, 1 pound equals 2 cups; $\frac{1}{4}$ pound equals $\frac{1}{2}$ cup, and prints may be divided to give desired measure.

SUGAR—To measure granulated sugar, fill standard measuring cup or spoon, then level off with spatula or straight edge of knife. If sugar is lumpy, sift before measuring.

In measuring brown sugar, pack it firmly into the cup—so firmly that it holds its shape when turned out.

LIQUIDS—Set measuring cup on level surface and fill brimming full, or exactly to desired fraction mark. Empty cup completely. In measuring by tablespoons, etc., fill spoon brimming full.

Pour sticky liquids from container, or dip out with another spoon. If measuring spoon is dipped into container, too much of the liquid will cling to under side of spoon.



Always set the cup on a level table when measuring liquids.

DEEP-FAT FRYING

ON THE eve of Ash Wednesday—it's time for the gay Mardi Gras in New Orleans. The charm of this carnival persists from year to year, though the city is slowly changing. This is the time when many remember the old negro women with their gay bandanas and bowls on their heads, who used to go about the streets of the old French Quarter early in the morning calling out that they had fritters to sell—"Belle Cala! Cala tou' chaud. Verry, verry hot!" They were golden-cruste, feathery fritters—the inside cooked just right—the outside crisp and delicately sugared.

And the secret is all in the frying. Here is how it's done. Whether you use a gumbo pot of iron and a bucket of charcoal, as the Calas women did, or an aluminum kettle and an electric stove—the principles of deep-fat frying remain the same.

DIRECTIONS FOR DEEP-FAT FRYING

For deep-fat frying you will need the following equipment: a straight-sided, flat-bottomed kettle, preferably of iron or cast aluminum; a frying basket which fits inside the kettle, or if you haven't one, a large strainer, skimmer, or wire egg whisk; and a shallow pan lined with brown paper or paper toweling.

A thermometer made especially for deep-fat frying is a great convenience and the surest way to success. Choose one with a metal clip on the back, which can be hooked over side of kettle. The bulb of the thermometer should be about halfway below surface of fat.

If you do not have a thermometer, however, the temperature can be tested by dropping an inch cube of bread into the hot fat. If bread becomes golden brown in 40 seconds, the temperature is right for frying cooked mixtures; for uncooked mixtures, the bread should brown in 60 seconds. Adjust heat to keep fat at correct temperature.

Lard and vegetable fats are most com-

monly used for deep-fat frying; butter is not satisfactory. Fill kettle about $\frac{2}{3}$ full of fat, and heat carefully to required temperature. Watch thermometer closely, or test fat with cube of bread, and when right temperature is reached, lower the food gently into the hot fat.

Do not fry too much at once, for the temperature of the fat will be lowered when the food goes into it, and if it cools off too much, the food may be greased-soaked and require longer cooking. As foods cook, they rise to the surface of the fat. Turn them at once and several times more during frying, so they will be evenly browned and keep their shape. This is especially desirable with uncooked mixtures.

Frying time depends upon the kind of food, temperature of the fat, and size of the pieces of food. Follow the chart below closely. Lift cooked food from fat, hold over kettle for a moment to drain, and then transfer to paper-lined pan to absorb the clinging fat.

Time-table for Deep-fat Frying

Cooked mixtures (croquettes, fish balls, etc.)	390° F.	1 minute, or until delicately browned
Uncooked mixtures (doughnuts, fritters, etc.)	360° to 385° F.	2 to 5 minutes
Fish	370° F.	3 to 6 minutes
Meat	360° to 400° F.	5 to 8 minutes
Potatoes, French fried	390° F.	5 minutes, or until browned and tender

Frances Lee Barton's Recipes

GENERAL FOODS

Bulletin No. 10

MARCH, 1935

CHEESE SOUFFLÉ

- | | |
|------------------------------|---|
| 3 tablespoons Minute Tapioca | 1 cup grated American cheese |
| 1 teaspoon salt | 3 egg yolks, beaten until thick and lemon-colored |
| 1 cup milk | 3 egg whites, stiffly beaten |

Combine Minute Tapioca, salt, and milk in top of double boiler. Place over rapidly boiling water, bring to scalding point (allow 3 to 5 minutes), and cool 5 minutes, stirring frequently. Add cheese and stir until melted. Cool slightly while beating eggs. Add egg yolks and mix well. Fold in egg whites. Turn into greased baking dish. Place in pan of hot water and bake in moderate oven (350° F.) 50 minutes, or until soufflé is firm. Serves 6.

Note: Soufflé may be baked in greased ramekins in moderate oven (350° F.) 30 minutes.

Tomato and Cheese Soufflé: Substitute 1 cup tomato soup, of consistency to serve, for milk in above recipe.

Thriftly Soufflé: Omit cheese in above recipe; substitute 1 cup of any left-over soup, of consistency to serve, for milk; reduce salt to $\frac{1}{2}$ or $\frac{3}{4}$ teaspoon and add 1 cup well-seasoned chopped vegetables or meat.

VEGETABLE SOUFFLÉ

- | | |
|--|---|
| 1 tablespoon minced onion | 1 teaspoon salt |
| 1 tablespoon finely cut green pepper | $\frac{1}{8}$ teaspoon pepper |
| 2 tablespoons butter | $\frac{1}{2}$ cup finely cut celery |
| $\frac{1}{2}$ cup cooked peas | 1 cup milk |
| $\frac{1}{2}$ cup cooked diced carrots | 3 egg yolks, beaten until thick and lemon-colored |
| 3 tablespoons Minute Tapioca | 3 egg whites, stiffly beaten |

Cook onion and green pepper in butter until tender but not browned; add peas and carrots. Combine Minute Tapioca, salt, pepper, celery, and milk in top of double boiler. Place over rapidly boiling water, bring to scalding point (allow 3 to 5 minutes), and cook 5 minutes, stirring frequently. Add vegetables. Cool slightly while beating eggs. Add egg yolks and mix well. Fold in egg whites. Turn into greased baking dish. Place in pan of hot water, and bake in moderate oven (350° F.) 50 to 60 minutes, or until soufflé is firm. Serve with crisp bacon, if desired. Serves 6.

Minute Tapioca has the power to absorb moisture and hold ingredients together. It strengthens the delicate cell walls which enclose the air in omelets and soufflés, and so helps to keep them high and handsome.

All measurements are level

Frances Lee Barton's Recipes

GENERAL FOODS

Bulletin No. 11

MARCH, 1935

SWANS DOWN ANGEL FOOD

(8 to 10 egg whites)

- | | |
|------------------------------------|---|
| 1 cup sifted Swans Down Cake Flour | 1 teaspoon cream of tartar |
| 1 cup egg whites | $1\frac{1}{4}$ cups sifted granulated sugar |
| $\frac{1}{4}$ teaspoon salt | $\frac{3}{4}$ teaspoon vanilla |
| | $\frac{1}{4}$ teaspoon almond extract |

Sift flour once, measure, and sift four more times. Beat egg whites and salt with flat wire whisk. When foamy, add cream of tartar and continue beating until eggs are stiff enough to hold up in peaks, but not dry. Fold in sugar carefully, 2 tablespoons at a time, until all is used. Fold in flavoring. Then sift small amount of flour over mixture and fold in carefully; continue until all is used. Turn into ungreased angel food pan and bake in slow oven at least 1 hour. Begin at 275° F. and after 30 minutes increase heat slightly (325° F.) and bake 30 minutes longer. Remove from oven and invert pan 1 hour, or until cold.

POINTS ON MAKING

- Use Swans Down Cake Flour. Experts, champions, and millions of cake makers use it for *all* fine baking because of the extra protection it gives. Its delicate gluten, superlative fineness, and snowy whiteness are important factors in making perfect angel food.
- Sift the Swans Down four times after measuring to incorporate as much air as possible. Handle flour lightly.
- Use eggs at least 3 days old and remove them from refrigerator several hours before using. They beat up lighter and more easily when at room temperature, and give increased fineness of grain and delicacy of texture to angel food cakes.
- Beat egg whites until they are just stiff enough to hold up in peaks—they should look moist and glossy. More air can be enclosed in egg whites if beaten with a flat wire whisk instead of a rotary egg beater. Underbeaten whites make cake heavy, compact, and undersized because not enough air has been incorporated. Overbeaten whites make dry cake of poor volume because of loss of air and moisture.
- Add sugar, about 2 tablespoons at a time, with a folding, down-up-over motion—folding just enough to blend it with the egg whites.
- Add flavoring before the flour. It will then be thoroughly blended without the extra folding that would be necessary if it were added last.
- Sift a little flour over surface of mixture and fold in gently but thoroughly; and continue until all flour is added. Undermixing makes uneven grain; overmixing makes the cake heavy, undersized, close-grained, and tough.
- Spread batter evenly in ungreased pan. Cut spatula through batter to remove any large air bubbles and to draw batter into unfilled spaces.
- After baking, invert cake and let it hang in pan 1 hour, or until cold. The delicate cell walls of angel food shrink slightly if cake is removed while still warm, and volume will be lessened. However, if cake is left in pan too long, cake may stick or crust roll off in balls, leaving sides marred and unattractive.

All measurements are level

LET ME SUGGEST... by Frances Lee Barton

St. Patrick's Day falls on Sunday this year, so plan your family dinner with a green color scheme. Start with cream of spinach soup, then roast lamb with mint jelly, parsley potatoes and green peas. A Lime Jell-O fruit dessert and frosted white cup cakes a-wearing the green—shamrocks made from little green candies—complete the menu.



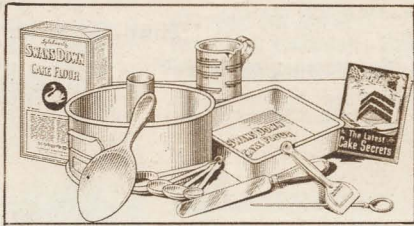
Open-faced sandwiches give color and originality to your tea table. To make them, cut 1/3-inch slices of bread into fancy shapes. Butter them, spread thinly with a zestful sandwich spread, and decorate daintily with appropriate garnishes, such as tiny slices of tomato, bits of jelly, sliced olives, chopped nuts, and candied cherry. Serve on tray, garnished with parsley or water cress.

Rub your griddle with a salt bag and avoid a smoke-filled kitchen. To make the bag, tie about 1/4 cup salt in several thicknesses of cheesecloth. You can use one a long time, and a well-tempered griddle needs no other greasing.

Cream the butter for sandwiches with a little hot milk until it is smooth and easy to spread. The butter will go farther and it's easier to add food coloring, if you wish, or seasonings such as chopped parsley, mustard, onion, or lemon juice.

Hot Mayonnaise Puffs are very smart to serve as appetizers or with Jell-O salads. Just fold a stiffly beaten egg white into a cup of mayonnaise; pile on crackers, and toast under the broiler until they are delicately browned and puffed.

Look on your package of Swans Down Cake Flour to find out how to get the Swans Down Cake Set. (Shown below.) It includes standard measuring cup and spoons, a spatula, rubber batter scraper, wooden mixing paddle, cake tester, square cake pan, special slotted angel food pan, and a copy of the new "Cake Secrets."



When you entertain the club, try some of these menu combinations which use recipes from Bulletins Nos. 10, 12, and 13.

LUNCHEON

Cheese Soufflé with Broiled Bacon
Green Vegetable Salad Hot Biscuits
Plum Jelly
Macaroon Velvet
Small Cakes Salted Nuts
Maxwell House Coffee

AFTERNOON REFRESHMENTS

Jellied Ginger Grape Salad
Cream Cheese and Nut Bread Sandwiches
Hot Mayonnaise Puffs
Maxwell House Coffee Mints

EVENING SNACK

Toasted Chicken Salad Sandwiches
Olives Currant Jelly
Mocha Creole Spice Cake Sanka Coffee

Slip a long metal skewer through the holes of your doughnuts to remove them easily from the hot fat. And to sugar doughnuts quickly and evenly, shake them with the sugar in a paper bag.

Jell-O is the perfect ingredient for the busy hostess. With its new double-rich flavor and lovely colors it fits perfectly into any occasion. Jell-O salads and desserts can be prepared hours ahead of time.

Frances Lee Barton's Recipes

GENERAL FOODS

Bulletin No. 13

MARCH, 1935

MOCHA CREOLE SPICE CAKE

(2 eggs)

2 1/2 cups sifted Swans Down Cake Flour	1/4 teaspoon cloves
2 1/2 teaspoons Calumet Baking Powder	1/2 cup butter or other shortening
1/4 teaspoon salt	1 cup sugar
1 teaspoon cinnamon	2 eggs, unbeaten
1/2 teaspoon mace	1/3 cup molasses
	3/4 cup milk

Sift flour once, measure, add baking powder, salt, and spices, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs, one at a time, beating thoroughly after each. Then add molasses and blend. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Bake in two greased 9-inch layer pans in moderate oven (375° F.) 25 to 30 minutes, or until done. Spread Mocha Creole Frosting between layers and on top and sides of cake; sprinkle nuts on sides. Double recipe to make three 10-inch layers. This cake may also be baked in greased pan, 12 1/2 x 7 1/2 x 2 inches, in moderate oven (375° F.) 30 to 35 minutes.

Mocha Creole Frosting: Cream 1/3 cup butter well, add 1 cup sifted confectioners' sugar gradually, blending after each addition. Add 1/2 teaspoon vanilla, 1/4 teaspoon salt, and 1 square Baker's Unsweetened Chocolate, melted, and mix well. Add 3 cups confectioners' sugar alternately with about 1/3 cup strong coffee until frosting is of right consistency to spread. Beat after each addition until smooth.

POINTS ON MAKING

1. Give this spice cake a smoother, silkier texture, and a marvelous delicacy and lightness by using Swans Down Cake Flour. All flours contain a substance called gluten. The gluten in Swans Down Cake Flour is far more tender than that of ordinary flour. It responds perfectly to the action of "quick" cake leavens and forms a tender cake structure.
2. Sift spices with flour, baking powder, and salt. When added in this way, spices are well blended and distributed evenly through the cake, and better flavor results.
3. Cream shortening by mashing and beating with a spoon until it has the texture of very thick cream. Then add sugar gradually, creaming after each addition until mixture is blended and very light.
4. Drop the first unbeaten whole egg right into the creamed butter and sugar; then beat vigorously to enclose as much air as possible. Repeat with second egg.
5. Add molasses to fluffy butter-sugar-egg mixture and blend thoroughly.
6. Alternate additions of flour mixture and milk, beginning with flour so mixture will not curdle. Beat each time until batter is smooth.
7. Bake in layers or sheet pan as directed in recipe. After cake is taken from oven, place immediately on a cake rack and allow to remain in pans for about 5 minutes. Then loosen cakes from sides of pans and turn onto rack. Remove paper from bottom of cake (if one was used) and turn cake right side up to finish cooling.

All measurements are level

CUT ALONG DOTTED LINES

Frances Lee Barton's Recipes

GENERAL FOODS

Bulletin No. 12

MARCH, 1935

JELLIED GINGER GRAPE SALAD

1 package Strawberry or Lemon Jell-O	1 cup warm grape juice
	1 cup ginger ale

Dissolve Jell-O in warm grape juice. Cool and add ginger ale. Turn into individual molds. Chill until firm. Unmold on crisp lettuce. Garnish with Lemon Cream Mayonnaise. Serves 4.

Lemon Cream Mayonnaise: Fold 1/3 cup mayonnaise, 2 1/2 tablespoons confectioners' sugar, dash of salt, and 1 1/2 tablespoons lemon juice into 1/3 cup cream, whipped. Makes 1 cup mayonnaise.

MACAROON VELVET

1 package Cherry Jell-O	1/2 cup heavy cream
1 pint warm water	1/2 teaspoon vanilla
1/4 teaspoon salt	6 macaroons, crushed
4 tablespoons sugar	1/2 cup broken almonds, toasted

Dissolve Jell-O in warm water. Add salt and sugar. Chill until cold and syrupy. Fold in cream, whipped only until thick and shiny, but not stiff. Add vanilla. Fold in macaroons and nuts. Chill until slightly thickened. Turn into mold. Chill until firm. Unmold. Serves 6.

CHICKEN SALAD SANDWICH FILLING

1 cup chicken stock	1/4 cup chopped celery
3 tablespoons Minute Tapioca	2 tablespoons chopped sweet pickle
1 teaspoon salt	1 tablespoon chopped pimiento
1/8 teaspoon pepper	1 tablespoon vinegar
1/8 teaspoon paprika	1/4 cup mayonnaise
1 cup chopped cooked chicken	

Place stock in top of double boiler and bring to a boil over direct heat. Combine dry ingredients; add gradually to stock and bring to a brisk boil, stirring constantly. Place immediately over rapidly boiling water and cook 5 minutes, stirring occasionally. Remove from boiling water. Combine remaining ingredients in order given; add to tapioca mixture and blend. Cool—mixture thickens as it cools. Makes 2 cups filling.

All measurements are level

Frances Lee Barton's Recipes

GENERAL FOODS

Bulletin No. 9

MARCH, 1935

CHOCOLATE FRITTERS

1 cup sifted flour	1 egg, well beaten
1 teaspoon Calumet Baking Powder	1 square Baker's Unsweetened Chocolate, melted
1/2 teaspoon salt	1/4 teaspoon vanilla
4 tablespoons sugar	1/2 cup milk

Sift flour once, measure, add baking powder and salt, and sift together three times. Combine sugar and egg. Add chocolate and vanilla and blend. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Drop from teaspoon into deep fat (385° F.), dipping spoon each time into hot fat before dipping into batter. Turn fritters frequently during frying. Cook 3 to 5 minutes, or until done. Drain on unglazed paper. Serve with Luscious Orange Sauce. Makes 2 dozen small fritters.

Luscious Orange Sauce: Combine 1/2 cup sugar, 3 tablespoons Swans Down Cake Flour, and a dash of salt in top of double boiler. Add 3/4 cup water and 1 egg yolk, slightly beaten, and cook 10 minutes over rapidly boiling water, stirring constantly. Remove from boiling water; add 1 tablespoon butter, 1/2 cup orange juice, 2 tablespoons lemon juice, 3/4 teaspoon grated orange rind, 1/4 teaspoon grated lemon rind. Serve hot or cold. Makes 1 1/2 cups sauce.

SHRIMP FRITTERS

1 cup sifted flour	1 egg, well beaten
1 teaspoon Calumet Baking Powder	1/2 cup milk
1/4 teaspoon salt	1/4 teaspoon Worcestershire sauce
Dash of pepper	1 cup chopped cooked shrimps

Sift flour once, measure, add baking powder, salt, and pepper, and sift again. Combine egg, milk, and Worcestershire sauce; add to flour mixture, beating only enough to dampen all flour. Add shrimps and mix well. Drop from teaspoon into deep fat (370° F.), dipping spoon each time in hot fat before dipping into batter. Turn fritters frequently during frying. Cook 2 to 4 minutes, or until golden brown. Drain on unglazed paper. Serve hot with Horse-radish Sauce. Makes 12 medium fritters.

One cup flaked sardines may be substituted for shrimps to make Sardine Fritters.

Horse-radish Sauce: Melt 2 tablespoons butter in saucepan; add 2 tablespoons flour and stir to a smooth paste. Add 1 1/2 cups milk gradually, stirring constantly, and continue cooking and stirring until thickened. Season with salt and pepper. Remove from fire; add 2 tablespoons horse-radish. Serve at once. Makes about 1 1/2 cups sauce.

All measurements are level

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