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Baking in Mile-High Kitchens

Wyoming Agricultural Experiment Station
Baking in Mile-High Kitchens

By

Emma J. Thiessen

October 1953

Laramie

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Agricultural Experiment Station

University of Wyoming

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CORRECTION FOR PAGE 17
read: Chocolate Cake Made with Sour Milk.
FOREWORD

This bulletin on BAKING IN MILE-HIGH KITCHENS has been developed for the homemakers of Wyoming and other high-altitude areas who have difficulty with baking. It replaces our mimeographed circulars on high-altitude baking, which many homemakers in these areas have used over a period of years.

Foremost acknowledgment is given to students in the author's classes in Food Research at the University of Wyoming for their aid in these high-altitude modifications.

Acknowledgment is also made to Evangeline Smith, Extension nutritionist, and to the home demonstration agents in Wyoming who have used many of these recipes in their demonstrations and have given constructive criticisms for improving the products.

Credit for the cover illustration of Lake Marie in the Snowy Range is due Ludwig Photo Enterprises, Laramie, Wyoming.
BAKING IN MILE-HIGH KITCHENS

By
Emma J. Thiessen
Associate Professor of Home Economics

PIONEERS WHO MIGRATED into the mountainous areas of the United States found that queer things happened to their baking. These earlier settlers have known for many years about the effects of high elevations upon baking. Cakes may fall or become coarse and gummy. Cookies may also fall and become hard or coarse in texture.

Unexpected results in high-altitude baking, however, continue to surprise newcomers to mountainous regions. New residents are chagrined to find that their favorite cake and cookie recipes fail. The failure is often so complete as to make the products almost inedible.

Good baked products are not difficult to achieve if recipes adjusted for high elevations are used. Such recipes are given in this booklet. All have been tested many times in the Home Economics Research Laboratory at the University of Wyoming and have been given consumer tests by Wyoming homemakers. They are written in step-by-step directions in order that they may easily be followed.

The materials that make up baking formulas are either tenderizing ingredients as sugar, shortening, and leavening, or binding materials as egg, flour, and moisture. In making adjustments from sea-level formulas, several of the tenderizing ingredients are decreased and some of the binding materials increased. Most quick breads, cookies, and cakes need more liquid at high altitudes. One reason is that flour dries out in these semiarid climates, particularly when it is stored in sacks or in ordinary flour bins. It is desirable that flour be stored in tin containers, tightly closed, to help prevent drying out. With such storage the quantity of moisture needed in the baked products will be more uniform. Flour should always be sifted before measuring.
A. CAKES USING THE MIX-EASY METHOD*

The mix-easy method of making cakes speeds the process. An entirely new technique differing from the old creaming method for mixing the batter is used.

The cakes made by this method may be mixed either by hand or by electric mixer. The hand method of mixing has been used with all of the mix-easy cake formulas listed in this bulletin, allowing about 157 full strokes per minute. If the electric mixer is used, and there are three speeds, No. 1 should be used. In mixers with 10 speeds, No. 2 usually gives better results. High speeds should not be used.

Occasionally the quick-mix batter may present a curdled appearance. If this occurs, do not use additional beating, but bake the batter after mixing for the specified time. Even if this occurs, the baked product is usually good.

Since this technique of mixing is entirely different from the old conventional method, results may improve with practice. Homemakers who have used these recipes in their homes are pleased with the results and with the saving of time.

*These “Mix-easy” cake recipes are through the courtesy of Swans Down cake flour. Adjustments of formulas on mix-easy cakes at 7,000 ft. altitude has been done in the Home Economics Research Laboratory at the University of Wyoming and in cooperation with the Home Economics Test Kitchen of General Foods Corporation. This experimental work on mix-easy cakes at the University of Wyoming has been financed by a grant from the General Foods Corporation.

STANDARD QUICK CAKE

Preparations:

Have the shortening at room temperature. Line bottoms of pans with brown paper; grease. Use two round 8-inch layer pans, 1¼ inches deep. Start oven for moderate heat (375° F.). Sift flour once before measuring.

Ingredients:

(A.) 6,000 TO 7,000 FT. ALTITUDE

Measure into sifter:
2 cups sifted cake flour
1½ teaspoons double-action baking powder
¾ teaspoon salt
1 cup plus 2 tablespoons sugar*

Measure into mixing bowl:
½ cup vegetable shortening*

Measure into cup:
1 cup minus 1 tablespoon milk*
1 teaspoon vanilla

Have ready:
2 eggs, unbeaten

(*If the shortening used is butter, margarine, or lard, decrease sugar and milk. Use 1 cup sugar and ¾ cup plus 1 tablespoon milk.)

(B.) 4,000 TO 5,000 FT. ALTITUDE:

Measure into sifter:
2 cups sifted cake flour
1¾ teaspoons double-action baking powder
¾ teaspoon salt
1¼ cups sugar*

Measure into mixing bowl:
½ cup vegetable shortening

Measure into cup:
1 cup minus 2 tablespoons milk*
1 teaspoon vanilla

Have ready:
2 eggs, unbeaten

(*If shortening used is butter, margarine, or lard, decrease sugar and milk. Use 1 cup plus 2 tablespoons sugar and ¾ cup milk.)
**The Mix-easy Mixing Method:**
1. Stir shortening just to soften.
2. Sift in dry ingredients.
3. Add ⅔ of the milk and mix until all flour is dampened. Then beat 2 minutes.
4. Add remaining milk and the eggs and beat 1 minute longer.
   (Mix cake by hand or at low speed of electric mixer. Count only actual beating time, or count the beating strokes. Allow about 157 full strokes per minute. Scrape bowl and spoon often.)

**Baking:**
Turn batter into pans. Bake in moderate oven (375° F.) for 25 minutes or until done.
Cool 10 minutes before removing from pan.

**Variations with Standard Quick Cake:**

### Fruit Upside-Down Cake
Use ½ of the recipe for the Standard Quick Cake. For topping, the following ingredients are placed in the bottom of an 8-inch aluminum skillet or pan: (the pan should be at least 1½ inches deep.) 3 tablespoons butter melted in pan, ½ cup brown sugar, and 1½ cups fruit cocktail which has been drained for 45 minutes. Pour cake batter over this fruit mixture and bake 35 minutes at 375° F. Turn out after 5 minutes. May be served with whipped cream. Pineapple or canned peaches may be substituted for the fruit cocktail. Drain for a similar time, as with fruit cocktail, to prevent sogginess in the cake.

---

**“MIX-EASY” ONE-EGG CAKE**

### Preparations:
Have the shortening at room temperature. Line bottom of pan with brown paper; grease. Use 9x9x2-inch pans or 11x7x2-inch pans. Start oven for moderate heat (375° F.). Sift flour once before measuring.

### Ingredients:

**A. 6,000 TO 7,000 FT. ALTITUDE:**
- Measure into sifter:
  - 2 cups sifted cake flour
  - 1¾ teaspoons double-action baking powder
  - ¾ teaspoon salt
  - 1 cup minus 1 tablespoon sugar
- Measure into mixing bowl:
  - ½ cup butter or other shortening
- Measure into cup:
  - 1 cup minus 1 tablespoon milk
  - 1 teaspoon vanilla
- Have ready:
  - 1 egg, unbeaten

**The Mix-easy Mixing Method:**
1. Stir shortening just to soften.
2. Sift in dry ingredients.
3. Add ⅔ of the milk and mix until all flour is dampened. Then beat 2 minutes.

**B. 4,000 TO 5,000 FT. ALTITUDE:**
- Measure into sifter:
  - 2 cups sifted cake flour
  - 1¾ teaspoons double-action baking powder
  - ¾ teaspoon salt
  - 1 cup sugar
- Measure into mixing bowl:
  - ½ cup butter or other shortening
- Measure into cup:
  - 1 cup minus 2 tablespoons milk
  - 1 teaspoon vanilla
- Have ready:
  - 1 egg, unbeaten

4. Add remaining milk and the egg and beat 1 minute longer.
   (Mix cake by hand or at low speed of electric mixer. Count only actual beating time, or count the beating strokes. Allow about 157 full strokes per minute.)
per minute. Scrape bowl and spoon often.)

Baking:
Turn batter into pan. Bake in moderate oven (375° F.) 30 minutes or until done.
Cool 10 minutes before removing from pan.

WHITE LAYER CAKE

Preparations:
Have the shortening at room temperature. Line bottoms of pans with paper; grease. Use two round 9-inch layer pans 1½ inches deep. Start oven for moderate heat (375° F.). Sift flour once before measuring.

Ingredients:

(A.) 6,000 TO 7,000 FT. ALTITUDE:
Measure into sifter:
2½ cups sifted cake flour
2 teaspoons double-action baking powder
1 teaspoon salt
1 cup plus 2 tablespoons sugar*

Measure into mixing bowl:
¾ cup vegetable shortening*

Measure into small bowl:
1¾ cups milk*
1½ teaspoons vanilla

Have ready:
Meringue of 5 egg whites and ½ cup sugar
(*If the shortening used is butter, margarine, or lard, decrease sugar and milk. Use 1 cup sugar and 1 cup plus 2 tablespoons milk.)

The Mix-easy Mixing Method:
1. Stir shortening just to soften.
2. Sift in dry ingredients.
3. Add ¾ of the milk and mix until all flour is dampened. Then beat 2 minutes.
4. Add remaining milk and blend; then add meringue mixture and beat 1 minute longer.

Prepare meringue by beating 5 egg whites with rotary egg beater or at a high speed of electric mixer until foamy. Add ½ cup sugar gradually, beating only until meringue will hold up in soft peaks.

(B.) 4,000 TO 5,000 FT. ALTITUDE:
Measure into sifter:
2½ cups sifted cake flour
2¾ teaspoons double-action baking powder
1 teaspoon salt
1¼ cups sugar*

Measure into mixing bowl:
¾ cup vegetable shortening*

Measure into small bowl:
1¾ cups milk*
1¾ teaspoons vanilla

Have ready:
Meringue of 5 egg whites and ½ cup sugar*
(*If butter, margarine, or lard is used, decrease sugar and milk. Use 1 cup plus 2 tablespoons of each. Do not alter proportions in meringue.)

(Mix cake by hand or at low speed of electric mixer. Count only actual beating time, or count the beating strokes. Allow about 157 full strokes per minute. Scrape bowl and spoon often.)

Baking:
Turn batter into pans. Bake in moderate oven (375° F.) about 25 min.
Cool 10 minutes before removing from pan.
Success in Baking Depends in a Large Measure
Upon Using Standard Equipment

QUICK GOLD CAKE

Preparations:
Have the shortening at room temperature. Line bottom of 10x5x3-inch loaf pan with waxed paper; grease.

Ingredients:
(A.) 6,000 TO 7,000 FT. ALTITUDE:
Measure into sifter:
2 cups sifted cake flour
1½ teaspoons double-action baking powder
¾ teaspoon salt
1 cup minus 1 tablespoon sugar*

Measure into mixing bowl:
½ cup vegetable shortening*

Measure into cup:
1 cup minus 2 tablespoons milk*
1 teaspoon vanilla

Have ready:
5 egg yolks from medium eggs, un-beaten

(*If the shortening used is butter, margarine, or lard, decrease sugar and milk. Use 1 cup minus 2 tablespoons sugar and ¾ cup milk.)


(B.) 4,000 TO 5,000 FT. ALTITUDE:
Measure into sifter:
2 cups sifted cake flour
1¾ teaspoons double-action baking powder
¾ teaspoon salt
1 cup sugar*

Measure into mixing bowl:
½ cup vegetable shortening*

Measure into cup:
1 cup minus 2 tablespoons milk*
1 teaspoon vanilla

Have ready:
5 egg yolks from medium eggs, un-beaten

(*If the shortening used is butter, margarine, or lard, decrease milk to ¾ cup.)
**The Mix-easy Mixing Method:**
1. Stir shortening just to soften.
2. Sift in dry ingredients.
3. Add egg yolks and ½ cup of milk and mix until all flour is dampened. Then beat 2 minutes.
4. Add remaining milk and beat one minute longer. (Mix cake by hand or at low speed of electric mixer. Count only actual beating time, or count the beating strokes. Allow about 157 full strokes per minute. Scrape bowl and spoon often.)

**Baking:**
Turn batter into pan. Bake in moderate oven (350° F.) one hour or until done. It is important that the pan be of specified size. Cool 15 to 20 minutes before removing from pan.

---

**LUCKY NUT LOAF**

**Preparations:**
Have shortening at room temperature. Line bottom of 10x5x3-inch loaf pan with wax paper; grease. Start oven for moderate heat (350° F.). Sift flour once before measuring.

**Ingredients:**
(A.) 6,000 TO 7,000 FT. ALTITUDE:
Measure into sifter:
- 2 cups sifted cake flour
- 1½ teaspoons double-action baking powder
- ¾ teaspoon salt
- 1 cup sugar*

Measure into mixing bowl:
- ½ cup vegetable shortening*

Measure into cup:
- 1 cup minus 2 tablespoons milk*
- 1 teaspoon vanilla

Have ready:
- 2 eggs, unbeaten
- ¼ cup nut meats, finely chopped
(*If the shortening used is butter, margarine, or lard, decrease sugar and milk. Use 1 cup minus 2 tablespoons sugar and ¼ cup milk.)

(B.) 4,000 TO 5,000 FT. ALTITUDE:
Measure into sifter:
- 2 cups sifted cake flour
- 1½ teaspoons double-action baking powder
- ¾ teaspoon salt
- 1 cup plus 2 tablespoons sugar*

Measure into mixing bowl:
- ½ cup vegetable shortening*

Measure into cup:
- ½ cup plus 1 tablespoon milk*
- 1 teaspoon vanilla

Have ready:
- 2 eggs, unbeaten
- ¼ cup nut meats, finely chopped
(*If the shortening used is butter, margarine, or lard, decrease sugar and milk. Use 1 cup sugar and ½ cup milk.)

---

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BROWNSTONE FRONT CAKE

Preparations:

Have the shortening at room temperature. Line bottom of 13x9x2-inch pan with wax paper; grease. Start oven for moderate heat (350° F.).

Ingredients:

(A.) 6,000 TO 7,000 FT. ALTITUDE:

Measure into sifter:
- 2 1/2 cups sifted cake flour
- 1/2 teaspoon soda
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon allspice

Measure into mixing bowl:
- 3/4 cup vegetable shortening

Measure into small bowl:
- 1 1/4 cups brown sugar plus 2 tablespoons firmly packed

Have ready:
- 3 eggs, unbeaten
- 1 cup nuts, finely chopped
- 1 cup raisins, cooked, drained and finely chopped

(*If the shortening used is butter, margarine, or lard, decrease liquid and sugar. Use 1 cup sour milk or buttermilk, and 1 1/4 cups brown sugar, firmly packed.)

The Mix-easy Mixing Method:

1. Stir shortening just to soften.
2. Sift in dry ingredients.
3. Add brown sugar. (Force through sieve to remove lumps, if any.)
4. Add milk and mix until all flour is dampened. Then beat 2 minutes.
5. Add eggs and beat 1 minute longer.
6. Add nuts and raisins; mix.

(B.) 4,000 TO 5,000 FT. ALTITUDE:

Measure into sifter:
- 2 1/2 cups sifted cake flour
- 1 teaspoon soda
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon allspice

Measure into mixing bowl:
- 3/4 cup vegetable shortening

Measure into small bowl:
- 1 1/4 cups brown sugar, firmly packed

Have ready:
- 3 eggs, unbeaten
- 1 cup nuts, finely chopped
- 1 cup raisins, cooked, drained and finely chopped

(*If the shortening used is butter, margarine, or lard, decrease liquid and sugar. Use 1 cup sour milk or buttermilk and 1 1/4 cups plus 2 tablespoons brown sugar, firmly packed.)

(Mix cake by hand or at low speed of electric mixer. Count only actual beating time or count the beating strokes. Allow about 157 full strokes per minute. Scrape bowl and spoon often.)

Baking:

Turn batter into pan and bake in moderate oven (350° F.) 45 to 50 minutes or until done. Serve plain or spread with Quick Caramel Frosting.

PEANUT-BUTTER CAKE*

Preparations:

Have the shortening at room temperature. Line bottom of pans with waxed paper; grease. Use two round 9-inch layer pans. Start oven for moderate (375° F.). Sift flour once before measuring.
Ingredients:

(A.) 6,000 TO 7,000 FT. ALTITUDE:
Measure into sifter:
- 2 cups sifted cake flour
- 2 teaspoons double-action baking powder
- 1 teaspoon salt
- 1¼ cups sugar
Measure into mixing bowl:
- 6 tablespoons peanut butter
- ½ cup hydrogenated fat
Measure out:
- 1⅓ cups milk
Have ready:
- 2 eggs
- 1 teaspoon vanilla

(B.) 4,000 TO 5,000 FT. ALTITUDE:
Measure into sifter:
- 2 cups sifted cake flour
- 2⅔ teaspoons double-action baking powder
- 1 teaspoon salt
- 1⅔ cups sugar
Measure into mixing bowl:
- 6 tablespoons peanut butter
- ½ cup hydrogenated fat
Measure out:
- 1¾ cups milk
Have ready:
- 2 eggs
- 1 teaspoon vanilla

The Mix-easy Mixing Method:
1. Stir shortening and peanut butter just to soften and add sifted dry ingredients.
2. Add ¾ cup milk and beat 2 minutes.
3. Add eggs and remaining milk plus vanilla and beat an addition-

Preparations:
Have the shortening at room temperature. Line bottoms of two round 9-inch layer pans, 1¾ inches deep, with waxed paper; grease. Start oven for moderate heat (375° F.). Sift flour once before measuring.

*Modified for high altitudes from the Betty Crocker recipe.

BROWN-SUGAR CAKE*

Ingredients:

(A) 6,000 to 7,000 FT. ALTITUDE:
Measure:
- 2⅔ cups cake flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1⅔ cups soft, light brown sugar, packed solid
Measure into mixing bowl:
- ½ cup hydrogenated fat
Measure out:
- 1 cup plus 2 tablespoons milk
Have ready:
- 2 eggs
- 1 teaspoon vanilla

(B) 4,000 TO 5,000 FT. ALTITUDE:
Measure:
- 2⅔ cups cake flour
- 2⅔ teaspoons baking powder
- 1 teaspoon salt
- 1⅔ cups soft, light brown sugar, packed solid
Measure into mixing bowl:
- ½ cup hydrogenated fat
Measure out:
- 1 cup plus 2 tablespoons milk
Have ready:
- 2 eggs
- 1 teaspoon vanilla

*Modified for high altitudes from the Betty Crocker recipe.
Method of Mixing:
1. Stir shortening just to soften and add brown sugar and blend slightly.
2. Add sifted dry ingredients and 3/4 of the milk and beat 2 minutes.
3. Add eggs and remaining milk plus vanilla and beat 1 minute longer either by hand (157 strokes per minute or on medium speed with electric mixer).
4. Pour into prepared layer pans and bake at 375° F. for 25 to 30 minutes or until done.
5. Cool 10 minutes before removing from pans.

This Deluxe Chocolate Cake is a General Favorite

PREPARATIONS:
Line bottoms of pans with paper; grease. Use two round 9-inch layer pans, 1 1/2 inches deep. Start oven for moderate heat (350° F.). Sift flour once before measuring. (All measurements are level.)

INGREDIENTS:
5,000 TO 7,500 FT. ALTITUDE:
3 squares Baker's unsweetened chocolate
1 1/4 cups sifted cake flour
3/4 teaspoon soda
1 teaspoon salt
3/4 cup vegetable shortening*

1 1/4 cups plus 2 tablespoons sugar*
3 eggs, unbeaten
1 cup plus 2 tablespoons milk*
1 teaspoon vanilla

(*With butter, margarine, or lard, decrease sugar and milk to 1 1/4 cups sugar and 1 cup milk.)
The Mix-easy Mixing Method:

1. Melt chocolate over hot water; cool slightly.
2. Sift flour once, measure, add soda and salt, and sift together three times.
3. Cream shortening, add sugar gradually, and cream together until light and fluffy. Add eggs, one at a time, beating thoroughly after each.
4. Add chocolate and blend.
5. Add flour in four additions and milk in three additions, beginning and ending with flour, beating 75 strokes after each addition of flour and 50 strokes after each milk addition. Add vanilla and beat 25 more strokes. Total 475 strokes.

Baking:
Turn batter into pans. Bake in moderate oven (350° F.) 25 to 30 minutes or until done. This cake may be baked in a 13x9x2-inch oblong pan in a moderate oven (350° F.) 25 to 30 minutes.

Cooling:
Cool cake in pans on cake racks for 10 minutes, then loosen from sides with spatula. Turn out, remove paper, and turn right side up on racks to cool before frosting.

For 4,000 to 5,000 ft. altitude no change in the recipe is needed.

B. CAKES MIXED BY CONVENTIONAL METHOD

Homemakers who are accustomed to the creaming method may prefer mixing cakes by this usual type of hand mixing. This method consists of creaming the shortening until softened, adding the sugar gradually and creaming until fluffy. Add flavoring at this stage. Eggs may be added one at a time and beaten in vigorously. Often the egg whites are beaten until light and added to the batter last to give it lightness.

STANDARD RICH CAKE

| 1/2 cup less 1 tablespoon hydrogenated fat or butter |
| 1 1/2 cups plus 2 tablespoons sugar |
| 4 eggs |
| 1/2 teaspoon salt |
| 3 cups sifted cake flour |
| 3 teaspoons baking powder |
| 1 1/4 cups milk |
| 2 teaspoons flavoring |

1. Cream the fat, add sugar gradually, and cream well.
2. Beat in egg yolks, one at a time. Add flavoring.
3. Add flour and milk alternately to the creamed mixture, adding a small amount of flour first.
4. Add beaten egg whites.
5. Bake in two 9-inch layer pans, 1 1/2 inches deep, at 375° F., for 30 to 35 minutes or until done. If shallower pans are used, bake in 3 layers.
6. Cool 10 minutes before removing from pan.

At 5,000 ft. altitude: Use 1 1/2 cups plus 3 tablespoons sugar.
SOUR-CREAM SPICE CAKE

3 eggs (beaten together)  
1 cup sugar  
2 cups cake flour  
1 teaspoon baking powder  
½ teaspoon soda  
1 teaspoon cloves  
1 teaspoon cinnamon  
1⅔ cups thick sour cream (40%)  
½ teaspoon salt

1. Add the sugar gradually to the well-beaten eggs.
2. Beat this mixture until light and foamy. Add whipped cream.
3. Sift flour, baking powder, salt, soda, and spices.
4. Fold into first mixture.
5. Bake at 375° F. in two 9-inch layer pans for 30 to 35 minutes or until done.
6. Cool 10 minutes in pan before removing.

Variation: A cup of raisins may be added. They should be cut very fine, or put through the food chopper, using coarse blades before adding to batter.

At 5,000 ft. altitude: Use 1 cup plus 1 tablespoon sugar.

Spices Give This Cake a Delicate Spicy Flavor. Raisins Help Keep it Moist
BURNT-SUGAR CAKE

1/2 cup butter or hydrogenated fat
3/4 cup sugar
2 1/4 cups sifted cake flour
2 eggs
1 cup water
2 teaspoons baking powder
3 tablespoons caramel syrup
1/2 teaspoon salt
1 teaspoon vanilla

1. Sift flour with baking powder and salt.
2. Cream the fat and sugar.
3. Add eggs, one at a time, and beat in well.
4. Add caramel syrup and vanilla.
5. Then add water, alternately with flour, to creamed mixture.
6. Bake in two 8-inch layer pans 1 1/2 inches deep at 350°F for 30 minutes or until done.
7. Cool 10 minutes in pan before removing.

At 5,000 ft. altitude: Use 3/4 cup plus 1 tablespoon of sugar.

To make caramelized syrup: Caramelize 1/2 cup of sugar by stirring in heavy skillet or pan until quite dark, but not burned. Add 1/2 cup of boiling water and boil until it makes 6 tablespoons of syrup. What remains from the cake may be used in the icing.

MARBLE LOAF CAKE WITH EVAPORATED MILK

1 1/2 cups sugar
1/2 cup soft butter or other shortening
2 eggs
2 1/4 cup evaporated milk
1 1/2 teaspoons vanilla
3 cups sifted cake flour
2 1/4 teaspoons baking powder
1 1/4 teaspoon salt
1/2 cup water

1. Cream the fat, add sugar gradually, and cream together until light and fluffy.
2. Add the eggs one at a time and beat in vigorously. Add the vanilla.
3. Sift the flour with the baking powder and salt.
4. Add flour and liquid alternately, in 4 or 5 additions, to creamed mixture, beating each addition 25 strokes. After the last addition, beat vigorously for 2 minutes.
5. Pour out 3/4 of batter. Sift over this 4 level tablespoons cocoa. Mix in thoroughly. Then fold in a mixture of 2 tablespoons milk and 1 tablespoon of water.
6. Put the light and dark batter alternately (by tablespoonfuls) into a greased tube pan, measuring about 8 1/2 inches across.
7. Bake at 350°F for 60 minutes or until cake shrinks from side of pan. Prick also with toothpick or skewer in center of cake. If it comes out clean the cake is done.
8. Cool 15 to 20 minutes before removing from pan.

At 5,000 ft. altitude: Use 1 1/2 cups plus 1 tablespoon sugar.

CHOCOLATE SOUR-CREAM CAKE

2 squares chocolate
1 cup thick sour cream (40%)
1 cup sugar
2 eggs
1/2 teaspoon salt
1 1/4 cups sifted cake flour
3/4 cup boiling water
1/2 teaspoon salt
1 teaspoon soda
1 teaspoon vanilla
1. Melt chocolate over hot water.
2. Whip cream and gradually fold in sugar.
3. Beat in the eggs, one at a time.
4. Sift salt and flour together. Add by fourths and beat into the above mixture.
5. Dissolve soda in boiling water. Stir into the melted chocolate. Add the chocolate mixture to the cake batter. Mix in thoroughly.
6. Bake in two 8-inch layer pans. Line bottom of pans with waxed paper and grease. Bake at 350° F. for 25 to 30 minutes or until done.
7. Cool 10 minutes in the pan before removing.

At 5,000 ft. altitude: Substitute 1 teaspoon soda.

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**CHOCOLATE FUDGE CAKE**

(Without Baking Powder or Soda)

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups sugar</td>
<td></td>
</tr>
<tr>
<td>1 cup butter (scant) or hydrogenated fat</td>
<td></td>
</tr>
<tr>
<td>4 eggs</td>
<td></td>
</tr>
<tr>
<td>2 cups sifted cake flour</td>
<td></td>
</tr>
</tbody>
</table>

1. Cream the fat, add sugar gradually while creaming.
2. Add yolks of eggs, one at a time, and beat in well. Add vanilla.
3. Add flour and milk alternately to creamed mixture.
4. Then add melted chocolate and nuts.
5. Fold in beaten whites of eggs.

6. Bake in two layers in moderate oven (350° F.) for 30 to 40 minutes or until done.
7. Cool 10 minutes before removing from pan.

The nuts may be omitted.

At 5,000 ft. altitude: No change in recipe.

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**CHOCOLATE CAKE MADE WITH SOUR CREAM**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ cup butter or hydrogenated fat</td>
<td></td>
</tr>
<tr>
<td>1 cup sugar</td>
<td></td>
</tr>
<tr>
<td>1½ cups sifted cake flour</td>
<td></td>
</tr>
<tr>
<td>2 eggs</td>
<td></td>
</tr>
<tr>
<td>½ cup sour milk</td>
<td></td>
</tr>
<tr>
<td>½ cup boiling water</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon soda (scant)</td>
<td></td>
</tr>
<tr>
<td>½ cup cocoa</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon vanilla</td>
<td></td>
</tr>
<tr>
<td>½ teaspoon salt</td>
<td></td>
</tr>
</tbody>
</table>

1. Cream the fat, add sugar gradually while creaming.
2. Add whole eggs one at a time and beat well. Add vanilla.
3. Sift flour, cocoa, soda, and salt together three times.
4. Add the sour milk and dry ingredients alternately to the creamed mixture, starting with flour, and beating well after each addition. Add the hot water.
5. Bake at 350° F. about 35 minutes or until done, in two 8-inch layer pans.
6. Cool 10 minutes before removing from pan.

At 5,000 ft. altitude: Use 1 cup plus 1 tablespoon sugar and 1 teaspoon soda.
FOAMY CHOCOLATE CAKE MADE WITH YEAST

Two layers (8x8 in.) or 1 large sheet (8x16 in.)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>One layer (8x8 in.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sifted cake flour</td>
<td>2 3/4 cups</td>
<td>1 cup plus 6 tablespoons</td>
</tr>
<tr>
<td>Salt</td>
<td>2 teaspoons</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Butter or shortening</td>
<td>1 cup</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Sugar</td>
<td>2 3/4 cups</td>
<td>1 cup plus 2 tablespoons</td>
</tr>
<tr>
<td>Eggs</td>
<td>4</td>
<td>2</td>
</tr>
<tr>
<td>Bitter chocolate, melted</td>
<td>4 squares</td>
<td>2 squares</td>
</tr>
<tr>
<td>Sweet milk (room temperature)</td>
<td>1 cup</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Compressed yeast</td>
<td>1/2 cake</td>
<td>1/4 cake</td>
</tr>
<tr>
<td>Water, lukewarm (85°F)</td>
<td>3/4 cup</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Water, hot</td>
<td>4 tablespoons</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Soda</td>
<td>1 teaspoon</td>
<td>1/2 teaspoon</td>
</tr>
<tr>
<td>Vanilla</td>
<td>2 teaspoons</td>
<td>1 teaspoon</td>
</tr>
</tbody>
</table>

1. Sift flour with salt.
2. Cream the fat, add sugar gradually, and cream together until light and fluffy.
3. Add the egg yolks and beat well.
4. Add melted chocolate and milk.
5. Add the yeast after it has been mixed with the lukewarm water.
6. Add the sifted flour and salt and blend ingredients thoroughly.
7. Fold in stiffly beaten egg whites.
8. Place in refrigerator overnight.
9. The next morning, add soda dissolved in the 4 tablespoons of hot water and vanilla.

10. Pour into cake pan.
11. Bake 45 to 50 minutes at 350°F. One layer (8x8 inches) will make 16 2x2 inch servings. The large cake will make 32 2x2 inch servings.

*NOTE—Quick dry yeast may be used in place of compressed yeast. Use one package (1 1/4 teaspoons) for the large and 7/8 teaspoon for the small cake.

At 5,000 ft. altitude: Use 1 1/2 teaspoons of dry yeast for the large cake and 3/4 teaspoon of dry yeast for the small cake.

C. GINGERBREAD AND BANANA NUT LOAF

GINGERBREAD WITH EVAPORATED MILK

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 tablespoons butter or other shortening</td>
<td>2 cups cake flour</td>
</tr>
<tr>
<td>3/4 cup sugar</td>
<td>1/2 teaspoon soda</td>
</tr>
<tr>
<td>2 eggs</td>
<td>1 teaspoon cinnamon</td>
</tr>
<tr>
<td>1/2 cup molasses</td>
<td>1 teaspoon ginger</td>
</tr>
<tr>
<td>1/2 cup evaporated milk</td>
<td>3/4 teaspoon cloves</td>
</tr>
<tr>
<td>2 teaspoons vinegar</td>
<td>1/2 teaspoon salt</td>
</tr>
<tr>
<td>1/2 cup boiling water</td>
<td></td>
</tr>
</tbody>
</table>

1. Cream together the shortening and sugar until light and fluffy.
2. Add the eggs one at a time, beating well after each addition.
3. Add the molasses; beat for one minute.
GINGERBREAD WAFFLES

6 tablespoons butter or other shortening
1/4 cup plus 1 tablespoon light brown sugar
2 whole eggs
6 tablespoons molasses
1/2 cup evaporated milk
1 1/2 teaspoons vinegar

1. Cream the shortening and sugar together until light and fluffy.
2. Add eggs one at a time and beat vigorously.
3. Sift the flour with soda, baking powder, salt, and spices.
4. Add the flour mixture alternately with the mixture of molasses, milk, and vinegar to the creamed mixture.
5. Beat until smooth after each addition.

6. Sift the flour with soda, spices, and salt.
7. Add the flour mixture alternately with the evaporated milk to the creamed mixture. Beat one minute after each addition of flour.
8. Last, stir in the boiling water and vinegar, and beat two minutes.

6. Pour in a greased pan about 9x9x2 inches deep.
8. Bake 30 minutes at 350° F. Cool 10 minutes before removing from the pan.

At 5,000 ft. altitude: Use 1/2 cup sugar plus 1 tablespoon.

BANANA NUT LOAF WITH EVAPORATED MILK

2 cups sifted cake flour
3/4 teaspoon soda
1 1/4 teaspoons cream of tartar
1/2 teaspoon salt
1/2 cup butter or other shortening
1/2 cup sugar
1 egg
1 cup chopped nuts
1 cup mashed ripe bananas
1/4 cup evaporated milk
1/4 cup water

1. Cream the butter and sugar.
6. Beat thoroughly after each addition.
7. Bake at 350° F. for 50 to 60 minutes or until loaf shrinks from sides of pan.

NOTE—to mash bananas, peel, slice into bowl, and mix until smooth with fork or rotary egg beater.

At 5,000 ft. altitude: Use 1/2 cup sugar plus 1/2 tablespoons.
D. FRUIT CAKES

VERY BEST FRUIT CAKE*

1 3/4 lb. candied fruit mix
3/4 lb. nut meats (walnuts, pecans, or almonds)
3/4 lb. dates
3/4 lb. raisins
3/4 lb. dry, shredded cocoanut
3/4 lb. (1 cup) butter or hydrogenated fat
3/4 cup sugar less 1 tablespoon

Yield: About 5 to 6 lbs.

1. Halve the nut meats, cut dates in eighths.
2. Sift flour with baking powder, spices, and salt.
3. Cream the butter with sugar, beat in honey, stir in eggs, well beaten.
4. Add dry ingredients and fruit juice alternately to the creamed mixture, blending thoroughly.
5. Pour batter over the mixed fruit, nuts, and cocoanut.
6. Mix well until all the fruit is well covered with batter.
7. Line oiled baking tins with three layers of waxed paper, allowing 1/2 inch of paper to extend above all sides.
8. Pour batter into tins, spread lightly into corners.
9. Decorate top with candied pineapple, cherries, and nuts (almonds and pecans).
10. Bake in a slow oven at 250° F. for 3 1/2 to 4 hours.
11. Place a flat pan containing water in bottom of oven while baking the cake for a glaze and for moist texture.

The cake may be steamed in a pressure cooker. Line bottom and sides of 1 lb. coffee can with several layers of waxed paper. Fill 1/2 full, cover with tight lid. Place on rack in cooker. Use 4 to 5 cups of water in cooker. Steam at 5 lbs. pressure for 50 to 60 minutes.

At 5,000 ft. altitude: If made at altitudes of 4,500 to 5,000 ft., use 1/2 cup sugar, 3/4 cup honey, and 6 tablespoons fruit juice.

*Modified from University of Minnesota recipe.

WHITE FRUIT CAKE

Preheat oven to 275° F. (slow).

Cream together with spoon or electric mixer for 4 minutes:

1 cup cooking oil as Wesson or Mazola
1 1/4 cups sugar
4 egg yolks

Sift together:
2 cups sifted all-purpose flour
1 teaspoon double-action baking powder
2 teaspoons salt

Mix together:
1 cup pineapple juice or other mild, light fruit juice
1 teaspoon vanilla extract
3/4 teaspoon almond extract

Add the liquid alternately with the sifted dry ingredients to the oil-and-sugar mix. Then fold into this mixture:
4 egg whites, beaten until light
Dredge with 1 cup sifted flour (addi-
tional from that already measured):

- 3 cups soft seedless white raisins
  (1 lb.)
- 3 cups prepared candied fruit mix
- 2 cups nuts, cut into rather large
  pieces.

Pour the cake batter over the dredged
fruit and nuts and mix thoroughly.

Bake in two loaf pans 8½x4½x2½
inches. Cover the bottom of pan with
two thicknesses of wax paper. Pour
the cake batter into the pans. Place
a pan of water on lower oven rack.
Bake cakes 2½ hours or until done
in a slow oven (275° F.). After
baking, let cakes stand 15 minutes
before removing from pans. Cool
thoroughly on racks before removing
waxed paper from bottom of cake.

Fruit cakes will not cut well until they
have been stored several weeks.
Wrap each cake separately in waxed
paper, then in aluminum foil; cover
closely. They may then be stored in
a covered jar or a metal cake box.
Fruit cakes also freeze well. Seal
each cake separately in pliofilm bags,
then sharp-freeze. They may be
stored in a home freezer for several
months.

**INEXPENSIVE DARK-HONEY FRUIT CAKE**

1 cup chopped nuts
1 cup diced glazed fruit mix
1 cup thick, unsweetened applesauce
1 teaspoon allspice
1 teaspoon cloves
1 teaspoon cinnamon
1 teaspoon salt
1½ cups cooked raisins, chopped

1. Cream the fat thoroughly and
   add the sugar gradually while
   creaming.
2. Beat in honey gradually and until
   light and fluffy.
3. Mix in egg yolks.
4. Sift flour, baking powder, soda,
salt, and spices twice and add
about 2 tablespoons of this to the
above creamed mixture.
5. Then add the remainder alter-
nately with applesauce to the
   creamed mixture.
6. Applesauce should be of a thick
   consistency which will drop from
   the spoon rather than pour.
7. Mix fruits, nuts, and well-drained
   raisins, and add to the batter.
8. Lastly, fold in stiffly beaten egg
   whites.
9. Bake in 2 loaf pans about 9x4x3
   inches.
10. Use lightly greased waxed paper
    in bottom of pans; do not grease
    sides of pans.
11. Bake at 350° F. for one hour or
    until done.
12. Cool 15 minutes before removing
    from pans. May be stored several
    weeks in a tight tin container.

The cake may be glazed 15 minutes
before removing from the oven by
brushing with slightly beaten egg white
and arranging bits of candied fruit
and halved nuts in a conventional de-
sign on the top.

**At 5,000 ft. altitude:** Use ¼ cup sugar
plus 2 tablespoons.
**UNCOOKED FRUIT CAKE**

1 pound marshmallows  
\( \frac{3}{4} \) cup milk  
1 pound graham crackers, rolled  
4 cups nuts  
1 pound seedless raisins  
1 pound candied fruit mix

1. Melt marshmallows and milk together in the top of double boiler.  
2. Mix cracker crumbs, nuts, raisins, and candied fruit together.  
3. While still warm, pour the melted marshmallows over the fruit-and-cracker mixture and mix thoroughly.  
4. Pour in waxed paper-lined bread tin, 9x4 inches. Press together lightly.  
5. Chill about 8 hours.  
6. Slice thin and serve.

**E. ANGEL FOOD AND CHIFFON CAKES**

**ANGEL FOOD (10-inch cake)**

**Preparations:**

Have eggs at room temperature.*

**Ingredients:**

(A.) 6,000 TO 7,000 FT. ALTITUDE:
1 cup sifted cake flour  
1 cup plus 2 tablespoons sifted granulated sugar  
1 1/4 cups egg whites

(B.) 4,000 TO 5,000 FT. ALTITUDE:
1 cup sifted cake flour  
1 1/2 cups sifted granulated sugar  
1 1/4 cups egg whites  
1/4 teaspoon salt  
1/4 teaspoon cream of tartar  
1 teaspoon vanilla  
1/4 teaspoon almond extract

**Mixing Method:**

1. Measure sifted flour, add 1/4 cup sugar, and sift together four times.
2. Beat egg whites and salt with flat-wire whisk or with rotary beater until foamy.
3. Sprinkle in cream of tartar and continue beating until egg whites are stiff enough to hold up in soft peaks but are still moist and glossy.
4. Sprinkle remaining sugar over egg whites, about 1 tablespoon at a time, and beat after each addition to blend (25 strokes).
5. Beat in flavoring (10 strokes).
6. Sift about 1/4 of flour over mixture and fold in lightly with whisk or spoon (15 fold-over strokes), turning bowl gradually.
7. Continue folding in flour by fourths in this way, folding well after last addition (25 strokes).

**Baking:**

Turn into ungreased, round 10-inch tube pan. Bake in moderate oven (375°F) 30 to 35 minutes or until done. Remove from oven, invert pan, and let stand 1 hour or until cake is cool.

*Remove eggs 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.
OLD-FASHIONED JELLY ROLL

Preparations:
Have eggs at room temperature.
Start oven for 400° F. (hot). Line a 15×10-inch pan on bottom with brown paper; grease. Sift flour once before measuring.

Ingredients:
(A.) 6,000 TO 7,000 FT. ALTITUDE:
\(\frac{3}{4}\) cup sifted cake flour
\(\frac{1}{2}\) teaspoon cream of tartar
\(\frac{1}{4}\) teaspoon salt
4 eggs
\(\frac{3}{4}\) cup sugar
1 teaspoon vanilla
1 cup tart red jelly

(B.) 4,000 TO 5,000 FT. ALTITUDE:
\(\frac{3}{4}\) cup sifted cake flour
\(\frac{1}{2}\) teaspoon double-action baking powder
\(\frac{1}{4}\) teaspoon salt
4 eggs
\(\frac{3}{4}\) cup sugar
1 teaspoon vanilla
1 cup tart red jelly

Mixing Method:
Measure sifted flour. Combine cream of tartar (baking powder at 5,000 ft. altitude), salt, and eggs in a deep bowl. Beat with rotary egg beater, adding sugar gradually, until mixture becomes thick and light-colored. Fold in flour and vanilla.

Angel-food Cake and the Old-fashioned Jelly Roll are through the courtesy of Swans Down cake flour. Adjustments on these formulas at 7,000 ft. altitude have been done in the Food Research Laboratory at the University of Wyoming and in cooperation with the Home Economics Test Kitchen of General Foods Corporation.

ORANGE CHIFFON CAKE
Recipe for 10-inch tube cake (16 to 20 servings)

Preparations:
Heat oven to 350° F. (moderate).

(A.) 6,000 TO 7,000 FT. ALTITUDE:
Step I—Measure (level measurements throughout) and sift together into mixing bowl:
2\(\frac{1}{4}\) cups sifted cake flour (spoon lightly into cup)
1 cup plus 5 tablespoons sugar
1\(\frac{1}{2}\) teaspoons double-action baking powder
1 teaspoon salt

Make a “well” and add in order:
\(\frac{1}{2}\) cup cooking salad oil, such as Mazola or Wesson
5 unbeaten egg yolks (medium size)
Grated rind of 2 oranges (about 2 tablespoons)

Step II—Measure into large mixing bowl:
1 cup egg whites (7 or 8)
\(\frac{1}{2}\) teaspoon cream of tartar

Whip until whites form very stiff peaks. They should be much stiffer than for Angel Food or meringue. Do not under beat whites.

Step III—Pour egg-yolk mixture gradually over whipped egg whites, gently folding with rubber scraper just until blended. Do not stir. Pour into un-
greased pan at once. Use ungreased 10-inch tube pan, 4 inches deep. Bake 60 minutes or until done at 350° F.

Immediately turn pan upside down, placing tube part over neck of a funnel or bottle, or resting edges of square pan on 2 other pans. Let hang, free of table, until cold. Loosen from sides and tube with spatula. Turn pan over and hit edge sharply on table to loosen.

One-half of recipe may be baked in a 9-inch tube pan, 3½ inches deep. Bake 50 minutes at 350° F.

(B.) 4,000 TO 5,000 FT. ALTITUDE: Substitute the following in the above recipe:

2 teaspoons baking powder
1 cup plus 6 tablespoons sugar

These Chiffon cakes have been modified for high altitudes in the Foods Research Laboratory of the University of Wyoming from the Betty Crocker chiffon-cake recipes, General Mills.
CHOCOLATE-CHIP CHIFFON CAKE

Recipe for 10-inch tube cake (16 to 20 servings)

Preparations:

Heat oven to 350°F. (moderate).

(A.) 6,000 TO 7,000 FT. ALTITUDE:

Step I—Measure (level measurements throughout) and sift together into mixing bowl:

2½ cups sifted cake flour (spoon lightly into cup)
1¾ cups plus 1 tablespoon sugar
¼ teaspoon double-action baking powder
1 teaspoon salt

Make a "well" and add in order:

½ cup cooking (salad) oil, such as Mazola or Wesson
5 unbeaten egg yolks (medium size)
¼ cup cold water
2 teaspoons flavoring

Beat with a spoon until smooth.

Step II—Measure into large mixing bowl:

1 cup egg whites (7 or 8)
½ teaspoon cream of tartar

Whip until whites form very stiff peaks. They should be much stiffer than for angel-food cake or meringue. Do not underbeat.

Step III—Pour egg-yolk mixture gradually over whipped egg whites, gently folding with rubber scraper until just blended. Do not stir.

Sprinkle over top of batter and gently fold in, with a few strokes, 2½ squares coarsely grated bitter or sweet chocolate.

Pour into ungreased 10-inch tube pan immediately. Bake in 350°F. oven for one hour or until top springs back when lightly touched. May be baked in a 9x13x2-inch oblong pan at 350°F. for 45 to 50 minutes.

Immediately turn pan upside down. Tube part may be placed over neck of a funnel, or bottle, or edges may rest on 2 other pans. Let hang, free of table, until cold. Loosen from sides and tube with spatula. Turn pan over and hit edge sharply on table to loosen if necessary.

(B.) 4,000 TO 5,000 FT. ALTITUDE:

Substitute the following in the above recipe:

1½ teaspoons baking powder
1½ cups plus 2 tablespoons sugar

BURNT-SUGAR CHIFFON CAKE

Preparations:

Heat oven to 350°F.

Melt in heavy skillet over low heat until medium brown, stirring constantly; then remove from heat—

1 cup sugar
½ cup boiling water

Mix well. If any lumps remain, return to heat and melt. Cool and reserve for cake and icing.

(A.) 6,000 TO 7,000 FT. ALTITUDE:

Step I—Measure (level measurements throughout) and sift together into mixing bowl:

2 cups sifted cake flour (spoon lightly into cup)
1 cup sugar
1½ teaspoons baking powder
1 teaspoon salt

Make a “well” and add in order:

½ cup cooking (salad) oil such as Wesson
7 unbeaten egg yolks (medium sized)
¾ cup burnt sugar mixture
¾ cup plus 1 tablespoon cold water
1 teaspoon vanilla

Beat with spoon until smooth.

Step II—Measure into large mixing bowl:

1 cup egg whites (7 or 8)
½ teaspoon cream of tartar

Whip until whites form very stiff peaks. Do not underbeat.

Step III—Pour egg-yolk mixture gradually over whipped egg whites, gently folding with rubber scraper until just blended. Do not stir. Pour into un-greased pan immediately. Bake in 10-inch tube pan at 350°F. for 65 to 70 minutes or until top springs back when lightly touched.

Immediately turn pan upside down, placing tube part over neck of a funnel or bottle. Let hang, free of table, until cold. Loosen from sides and tube with spatula. Turn pan over and hit edge sharply on table to loosen.

(B.) 4,000 TO 5,000 FT. ALTITUDE:
Substitute the following in the above recipe:

2 teaspoons baking powder
1 cup sugar plus 1 tablespoon

BUTTERSCOTCH CAKE

Preparations:
heat oven to 350°F. (moderate).

(A.) 6,000 TO 7,000 FT. ALTITUDE:
Step I—Measure (level measurements throughout) and sift together into mixing bowl:

2¾ cups sifted cake flour (spoon lightly into cup)
¾ teaspoon baking powder
1 teaspoon salt

Mix in with hands or spoon:
1¾ cups brown sugar (free of lumps) packed in cup

Make a "well" and add in order:
¼ cup cooking (salad) oil such as Wesson or Mazola
5 unbeaten egg yolks (medium sized)
¾ cup cold water
2 teaspoons vanilla

Beat with spoon until smooth.

Step II—Measure into large mixing bowl:

1 cup egg whites (7 or 8)
½ teaspoon cream of tartar

Whip until whites form very stiff peaks. They should be much stiffer than for angel food or meringue. Do not underbeat.

Step III—Pour egg-yolk mixture gradually over whipped egg whites, gently folding with rubber scraper just until blended. Do not stir. Pour into un-greased pan immediately. Bake in 10-inch tube, 4 inches deep, at 350°F. for 60 minutes, or 9x13x2-inch oblong pan at 375°F. for 45 to 50 minutes, or until top springs back when lightly touched.

Immediately turn pan upside down. Tube part may be placed over neck of funnel or bottle, or edges may rest on 2 other pans. Let hang, free of table, until cold. Loosen from sides and tube with spatula. Turn pan over and hit edge sharply on table to loosen if necessary.

(B.) 4,000 TO 5,000 FT. ALTITUDE:
Substitute the following in the above recipe:

1½ teaspoons of baking powder
1¾ cups brown sugar plus 1 tablespoon
F. ICINGS, FROSTINGS, AND FILLINGS

Rules to Follow for Use of Thermometers and for Adjusting Temperatures in Sugar Cookery at High Altitudes

1. Select the icing or candy you wish to make.

2. Subtract the temperature of boiling water at sea level (212°F.) from the temperature specified for cooking the candy or frosting, as given in low-altitude cook books.

3. Add this answer to the temperature of boiling water at the altitude at which the candy is being made.

EXAMPLE: Cheyenne, Wyoming, lies at an altitude of 6,052 ft., where water boils at 201°F. The correct finish temperature for chocolate-fudge frosting at sea level is 232°F., which is a very soft ball. The temperature of boiling water at sea level is 212°F., hence 232°F. minus 212°F. equals 20°F. above the boiling point of water. Then 201°F., plus 20°F. above the boiling point at Cheyenne, equals 221°F., the correct temperature to cook chocolate-fudge icing at 6,052 ft. altitude.

For boiling point of water at various altitudes see Appendix, page 55.

BOILED ICINGS

BOILED COMFORT Icing

2 1/2 cups sugar
3/4 cup syrup
3/4 cup water
2 egg whites
1 teaspoon vanilla

Yield: This will frost a large 9-inch, 3-layer cake. For smaller cakes use 1/2 of recipe.

1. Mix sugar, syrup, and water.

2. Suspend thermometer from standard and see that mixture covers bulb.
3. Cook rapidly at first, then more slowly.
4. Place several thicknesses of paper over kettle in order that steam may wash down the sugar crystals on sides of kettle.
5. Watch carefully, reading thermometer on level with the eye, cook until thermometer reaches 23° F. above boiling point of water (222° F. at 7,200 ft. altitude.)
6. Pour one-third of the syrup in a steady stream on stiffly beaten egg whites, beating continually while adding syrup.
7. Place the remaining syrup back on the stove and cover as before. Watch thermometer until it reaches 31°F. above boiling water (230° F. at 7,200 ft. altitude), then remove immediately and beat into the first mixture. A few minutes of extra beating after the last syrup is poured in is necessary to make the icing stand in peaks.
8. Spread at once on cake.
9. Any leftover icing may be stored in a jar, tightly covered. If the icing is somewhat stiff, add a few drops of hot water gradually until it will spread nicely. Cocoa-nut may be sprinkled over the top of the cake. When the icing is cooked at too high a temperature, it has a tendency to be sugary and will crack off the cake after a short time. It is best to cook at a lower temperature and to beat it longer.

**WHITE ICING**

1 cup granulated sugar  
1 tablespoon Karo syrup  
1/4 cup water  
1 egg white

1. Mix the first three ingredients.
2. Boil covered for 3 minutes.
3. Take off immediately when it spins a thread.
4. Pour gradually over beaten egg white, beating constantly until thick enough to spread.

**DOUBLE-BOILER ICING**

1 cup sugar  
1 white of egg  
4 tablespoons water  
few grains salt  
1/2 teaspoon flavoring  
1/4 teaspoon cream of tartar  
1 tablespoon syrup

1. Mix sugar, water, unbeaten egg white, cream of tartar, and syrup in top of double boiler.
2. Place this over the bottom of the double boiler, which contains water boiling gently.
3. Start beating with an electric or Dover beater immediately when mixture is placed over hot water.
4. Cook for five minutes or until it will hold its shape when dipped up or when it stands in peaks.
5. Remove from heat and beat for 1 to 2 minutes or until ready to spread.

This is not a good icing to use unless you are going to serve the cake soon, for it will lose its fluffiness and break off the cake when it is cut.
FUDGE ICING

2 cups sugar  
2 squares chocolate  
2 tablespoons butter  
2 tablespoons corn syrup  
1 teaspoon vanilla  
few grains salt

1. Break the chocolate into small pieces so that it will melt easily.
2. Put the sugar, milk, chocolate, and corn syrup into a saucepan and cook slowly, stirring until the sugar is dissolved.
3. Continue boiling gently until a soft ball has been reached, or 20° above boiling point of water (219° F. at 7,200 ft. altitude.).
5. Beat until creamy and thick enough to spread. If too thick to spread nicely, add a few drops of hot water and stir until smooth before spreading on cake.

Variations:
1. White-fudge Icing: Omit the chocolate and substitute thin coffee cream for milk; proceed as above.
2. Brown-sugar Icing: Substitute brown sugar for ½ of the white sugar; omit chocolate.

LAPPLANDER CHOCOLATE FROSTING*

2 whole eggs or 4 egg yolks  
4½ tablespoons cream  
3 squares bitter chocolate  
3 tablespoons butter or margarine  
1½ cups sugar

1. Melt chocolate in double boiler.
2. Beat eggs until light.
3. Add other ingredients to beaten eggs, then add to melted chocolate.
4. Put in double boiler and cook on “high” until mixture is quite thick, stirring all the time.
5. Remove from heat, pour into electric mixing bowl, or beat with a spoon. Beat the mixture until cold and thick enough to spread.

QUICK-TO-MAKE FROSTINGS

QUICK CARAMEL FROSTING

2 cups light brown sugar  
½ cup thin cream  
2 tablespoons butter  
1 teaspoon vanilla  
few grains salt  
powdered sugar

1. Mix above ingredients except powdered sugar; bring quickly to the boiling point.
2. Boil slowly about 5 minutes.
3. Remove from heat, and thicken with powdered sugar to a consistency to spread well. Requires about 2 cups of sifted powdered sugar.

NEVER-FAIL CHOCOLATE FROSTING

½ cup brown sugar  
½ cup water  
2 tablespoons butter  
1 square chocolate  
½ teaspoon salt  
powdered sugar  
1 teaspoon vanilla  
½ cup chopped nuts

1. Mix first five ingredients together.
2. Bring to a boil, continue to cook 3 minutes, stirring to prevent sticking.
3. Remove from heat and cool slightly.
4. Add powdered sugar (about 1 cup) to make it of spreading consistency.
5. Mix in vanilla and nuts.
This will frost an 8-inch square or 12 cup cakes.

**QUICK COCOANUT FROSTING**

\[
\begin{align*}
\frac{3}{4} \text{ cup cocoanut} \\
5 \text{ tablespoons brown sugar} \\
3 \text{ tablespoons melted butter} \\
3 \text{ tablespoons cream}
\end{align*}
\]

1. Mix all ingredients.
2. Spread on warm sheet cake or loaf cake while still in pan.

**QUICK CHOCOLATE SPREAD**

Place chocolate mints on layer cake. Place in 350° F. oven for a few minutes. When softened, spread evenly over layer. Mints may be overlapped for thicker icing.

**DOUBLE-BOILER ORANGE FROSTING**

\[
\begin{align*}
2 \text{ egg whites, unbeaten} \\
1\frac{1}{2} \text{ cups granulated sugar} \\
1\frac{1}{2} \text{ teaspoons white corn syrup} \\
5 \text{ tablespoons orange juice}
\end{align*}
\]

1. Combine egg whites, sugar, orange juice, and corn syrup in top of a porcelain-enameled double boiler.
2. Beat with rotary beater 7 minutes, or until icing is stiff enough to stand in peaks.
3. Remove from heat; add grated orange and lemon rinds, one teaspoon of each, if desired.
4. Continue beating until of spreading consistency.

This frosts tops and sides of two 9-inch layers, three 8-inch layers, or an 8x8x2-inch cake generously.

**VARIATION:** Substitute pineapple juice for orange juice. Pour out ⅔ of the frosting when done and mix in one part well-drained pineapple for filling between layers; use the plain frosting on top and sides. Sprinkle shredded cocoanut over cake if desired.

**FILLINGS BETWEEN LAYERS**

**CREAMY NUT FILLING AND FROSTING**

\[
\begin{align*}
\text{Into } 2\frac{1}{2} \text{ tablespoons cake flour,} \\
\text{gradually blend } \frac{1}{2} \text{ cup milk.}
\end{align*}
\]

1. Into 2½ tablespoons cake flour, gradually blend ½ cup milk.
2. Cook to a very thick paste (about 7-10 minutes), stirring constantly.
3. Cool to lukewarm.
4. Meanwhile, cream ½ cup butter with ⅔ cup sugar and ¼ teaspoon salt.
5. Add to lukewarm paste.

*Courtesy of General Mills.*
7. Fold in \( \frac{1}{2} \) teaspoon vanilla, \( \frac{1}{2} \) cup coarsely chopped nuts. Use about \( \frac{1}{3} \) for filling between two layers. To remainder, blend in 1 cup sifted confectioners’ sugar. Spread on top and sides of cake.

**LADY BALTIMORE FILLING**

\( \frac{1}{2} \) cup seeded raisins
\( \frac{1}{2} \) cup figs
\( \frac{1}{2} \) cup dates
\( \frac{1}{2} \) cup nut meats
\( \frac{1}{2} \) recipe of boiled icing or double-boiler icing

1. Scald fruit and chop, combine

**ORANGE FILLING**

3 tablespoons flour
2 egg yolks, well beaten
1 cup corn syrup or \( \frac{1}{2} \) cup honey
\( \frac{1}{2} \) teaspoon salt
\( \frac{1}{2} \) cup orange juice
1 tablespoon lemon juice

1. Mix flour and orange juice until smooth.
2. Strain out any lumps.
3. Add syrup or honey, yolks, and salt; stir until smooth.
4. Cook over boiling water, stirring occasionally, until thick (about 20 minutes).
5. Lastly, add 1 tablespoon lemon juice.
6. Cool and spread between cake layers. Nice for standard or white cake with Boiled White Icing on top and sides. Powdered sugar may be sprinkled over top layer if preferred in place of icing.

**CHOCOLATE FILLING WITH CONDENSED MILK**

1 square chocolate
\( \frac{1}{2} \) cup condensed milk
3 tablespoons sugar
\( \frac{1}{2} \) teaspoon almond flavoring

1. Melt chocolate in top of double boiler.
2. Add condensed milk and cook over boiling water until thick enough to spread between layers.
3. Use Comfort Icing on top layer and sides of cake.

**APRICOT CREAM FILLING**

4 tablespoons sugar
5 tablespoons flour
4 tablespoons apricot juice
\( \frac{3}{4} \) teaspoon salt
1 cup apricot pulp
2 tablespoons lemon juice
\( \frac{1}{4} \) cup whipped cream

1. Mix sugar and flour in top of double boiler.
2. Stir in thoroughly apricot juice and pulp, salt and lemon juice.
3. Place over boiling water and cook until quite thick.
5. Use between layers of cake. Use white icing on top and sides of cake.
SECTION II—Cookies
ROLLED COOKIES

OLD-FASHIONED SUGAR COOKIES

1 3/4 cups all-purpose flour
1 teaspoon baking powder
1/2 teaspoon salt
1/2 cup plus 2 tablespoons sugar
1/2 cup hydrogenated fat

1 egg
1 tablespoon water or more if needed
1/2 teaspoon lemon extract
1/2 teaspoon vanilla extract

Yield: About 50 small 1 3/4-inch cookies or about 25 large 2 1/2-inch cookies.

1. Sift flour, baking powder, and salt.
2. Cream the fat and sugar, add egg and extracts, beat well.
3. Add dry ingredients in fourths to the creamed mixture and add liquid after 1/2 of flour has been added.
4. Cover dough and let stand 1/2 hour.
5. Roll out about \( \frac{1}{4} \) inch in thickness on a canvas, using a stockinet-covered rolling pin.

6. Sprinkle sugar over dough, if desired, and cut into desired shapes. A red candied cherry may be placed in center of each cooky.

7. Bake on ungreased cooky sheet at 400°F. for about 8 to 10 minutes or until done. When bottom is brown, place cooky sheet on top oven shelf for a few minutes to brown top of cookies.

**Variation—Filled Cookies**

Combine:  1½ cups chopped dates or raisins  
\( \frac{1}{2} \) cup sugar  
\( \frac{1}{2} \) cup water

Cook for 15 minutes or until thickened, stirring constantly.

**To Fill Cookies:**

1. Cut dough into rounds with 2½-inch cutter.
2. Place a tablespoon of raisin or date filling in center of half of the rounds. Top with remaining rounds.
3. Seal edges together with fork; prick top.
4. Bake in a moderately hot oven (400°F.) for 10 to 12 minutes or until done.

**CRISP MOLASSES COOKIES**

\( \frac{1}{2} \) cup dark molasses  
\( \frac{1}{2} \) cup plus 1 tablespoon sugar  
1 small egg  
\( \frac{1}{2} \) cup fat  
\( \frac{1}{4} \) teaspoon soda  
\( \frac{1}{4} \) teaspoon salt

Yield: About 3 dozen 2-inch cookies.

1. Cream the sugar and fat; add molasses, flavoring, and beaten egg.
2. Sift flour, salt, spices, and soda.
3. Add to first mixture in about four additions.
4. Cover dough and let stand \( \frac{1}{2} \) hour. This dough may be conveniently rolled between two layers of waxed paper. Flour the dough and waxed paper lightly. Remove the top layer of paper and cut dough into desired shapes.
5. Bake at 400°F. for about 8 to 10 minutes. Place on top oven shelf for a few minutes to brown if necessary.

**Variation—Gingerbread Men**

Chill dough in refrigerator about 1 hour. Roll out on lightly floured board or on pastry cloth. Cut with 6-inch gingerbread-man cutter. Press in pieces of raisins for eyes, mouth, and buttons. Bake as directed above. Cool. Frost if desired.
**DROP COOKIES**

**OATMEAL DROP COOKIES**

1 cup sifted all-purpose flour  
1 teaspoon baking powder  
1/4 teaspoon soda  
1/2 cup plus 2 tablespoons sugar  
1 egg  
4 tablespoons sour milk

Yield: About 2 1/2 dozen cookies.

1. Beat egg and add sugar.
2. Add melted shortening and then rolled oats.
3. Sift and measure flour, add baking powder, salt, and soda, and sift again.
4. Add to first mixture alternately with sour milk.

5. Add nuts and raisins.
6. Dry raisins should be soaked in warm water until soft before using. Drain well and dry between folds of paper toweling.
7. Drop mixture by teaspoon onto a greased cooky sheet.
8. Bake 12 to 15 minutes at 350° F.

*Note: Drop cookies dry out quickly in the semiarid climate at high altitudes. Place a slice or two of fresh bread in the cooky box, or some moistened paper toweling crumpled into a ball.

**MOLASSES DROP COOKIES**

2 cups sifted all-purpose flour  
1/2 teaspoon soda  
1/2 teaspoon salt  
1/2 teaspoon ginger  
1/4 cup plus 1 1/2 tablespoons shortening  
1/4 cup plus 1 1/2 tablespoons boiling water

Yield: About 2 1/2 dozen cookies.

1. Sift flour, soda, salt, and spices together.
2. Cream the shortening and sugar.
3. Add molasses and egg to creamed mixture.
4. Add dry ingredients alternately with boiling water and the vinegar to creamed mixture.
5. Drop from a teaspoon onto a greased cooky sheet. Bake at 375° F. for 10 to 12 minutes or until done.

**OATMEAL CHOCOLATE-CHIP DROP COOKIES**

3/4 cup Crisco  
3/4 cup sugar  
3/4 cup brown sugar  
2 eggs  
1 teaspoon vanilla  
1 1/2 cups all-purpose flour (sifted)

Yield: About 6 dozen cookies.

1. Cream the sugar and fat.
2. Add egg and mix well, stir in vanilla.
3. Sift flour, soda, and salt together. Add in two additions to the first mix, alternately with liquid; blend in well.
5. Drop from a teaspoon onto oiled cooky sheet and bake at 375° F. for 8 to 10 minutes or until done.
TOLLHOUSE COOKIES

½ cup fat
½ cup brown sugar
2 tablespoons white sugar
1 egg
1½ cups sifted all-purpose flour
½ teaspoon soda

Yield: About 2 dozen cookies.
1. Cream together fat and sugar.
2. Add the beaten egg and mix well.
3. Sift soda, flour, and salt together and add to the above mixture.
4. Add about 2 teaspoons hot water and vanilla. Mix well until blended.
5. Add chocolate morsels and nuts if desired. Mix until evenly distributed.
6. Drop from a teaspoon onto a greased cooky sheet.
7. Bake about 12 minutes or until done at 375°F.

BANANA OATMEAL DROP COOKIES

1½ cups sifted all-purpose flour
1 cup sugar
¾ teaspoon soda
1 teaspoon salt
¾ teaspoon cinnamon
¾ teaspoon nutmeg
1¾ cups quick oats
½ cup chopped nuts

Yield: Makes about 3½ dozen cookies.
1. Sift together flour, sugar, soda, salt, and spices in a mixing bowl.
2. Cut in shortening with a pastry blender.
3. Add beaten egg to mashed bananas. Add to above mixture. Beat until thoroughly blended.
4. Add oatmeal and nuts. Mix in thoroughly.
5. Drop by teaspoons onto a greased cooky sheet, about 1½ inches apart.
6. Bake in a moderately hot oven (400°F.) about 15 minutes or until done. Remove from pan immediately.

BANANA DROP COOKIES

2¾ cups sifted all-purpose flour
1 teaspoon baking powder
¾ teaspoon soda
1¼ cups sugar
2 small eggs

Yield: About 4 dozen medium size cookies.
1. Sift together flour, baking powder, soda, and salt.
2. Cream the shortening, add sugar gradually, and cream together thoroughly. Add ½ cup of the sifted dry ingredients; add unbeaten eggs one at a time and beat in thoroughly.
3. Beat in mashed banana. (May be mashed with fork.)
4. Add remainder of the sifted dry ingredients in 3 additions, beat well after each addition.
5. Stir in nuts.
6. Drop from a teaspoon on a cooky sheet. Place nut meat on top of each cooky. Bake 10 to 12 minutes or until done at 375°F. on oven grate slightly above center.
PEANUT-BUTTER DROP COOKIES

1 cup sifted all-purpose flour
1 teaspoon baking powder
3/2 teaspoon salt
3 tablespoons shortening

Yield: About 2 dozen medium-size cookies.

1. Sift together flour, baking powder, and salt.
2. Cream the shortening and peanut butter together. Stir in vanilla.
3. Add sugar gradually, mixing it in thoroughly with fat.
4. Add flour mixture alternately with liquid, beginning and ending with flour.
5. Drop from teaspoon on greased cookie sheet.
6. Flatten each cookie with fork and criss-cross again with fork which has been dipped in flour.
7. Bake on oven grate slightly above center about 14 minutes or until done at 400°F.

REFRIGERATOR COOKIES

VANILLA REFRIGERATOR COOKIES

1/2 cup fat
1 cup sugar
1 egg
1 teaspoon vanilla
1 1/2 cups sifted all-purpose flour

Yield: About 3 or 3 1/2 dozen cookies.

1. Cream the fat and sugar.
2. Beat in egg and vanilla.
3. Sift flour, soda, and salt together.
4. Add dry ingredients alternately in thirds with the liquid and mix thoroughly.
5. Shape into rolls about 1 1/4 inches thick and 6 inches long. Roll each in waxed paper and package in pliofilm bags. Store in refrigerator or, preferably, freeze. If frozen, the dough will keep several months.
6. Slice into 1/8- or 1/4-inch cookies. Slice while still partially frozen.
7. Bake on cookie sheet for 7 to 10 minutes or until done at 375°F.

VARIATIONS:
(1) Add 1/4 cup finely chopped nuts.
(2) Add 1/2 cup finely cut cocoanut: may be cut with scissors.

BUTTERSCOTCH REFRIGERATOR COOKIES

1/2 cup vegetable shortening
1/4 cup brown sugar
1/4 cup white sugar
1 egg, well beaten
1/2 teaspoon vanilla
2 cups sifted all-purpose flour

Yield: About 3 dozen cookies.

1. Cream together fat and sugar.
2. Add egg and vanilla and beat well.
3. Sift together flour, baking powder, and salt.
4. Add dry ingredients and milk to creamed mixture and blend in 1 to 2 tablespoons milk or enough for a soft dough that will mold.

1/2 teaspoon soda
1/2 teaspoon salt
2 to 3 tablespoons milk or enough for a soft dough that will mold.
1 1/2 teaspoons salt
1 teaspoon soda
1/2 cup chopped nuts

1 cup milk less 1 tablespoon
1 unbeaten egg
1/4 cup peanut butter
1 teaspoon vanilla
1/6 cup sugar
well. Add nuts.

5. Shape into rolls and store as with Vanilla Refrigerator Cookies.

6. Bake on greased cooky sheet 8 to 10 minutes or until done at 375°F.

OATMEAL REFRIGERATOR COOKIES

1½ cups sifted all-purpose flour
1¼ teaspoon salt
1¼ teaspoon soda
1 cup butter or oleo
3 tablespoons hydrogenated fat
½ cup white sugar

Yield: About 4 dozen cookies.

1. Sift flour, soda, salt, and cinnamon.

2. Cream the fat with white and brown sugar.

3. Add eggs and vanilla to creamed mixture and beat well.

4. Add sifted flour mixture and blend in well.

5. Add oatmeal and nuts; a small amount of milk may be added if dough is too stiff, or more flour if not stiff enough.

6. Shape and store or freeze as directed with Vanilla Refrigerator Cookies.

7. Slice and bake on well-greased cooky sheet at 350°F. for 9 to 10 minutes. Nut meats may be placed in center of each cooky before baking.

REFRIGERATOR DATE PINWHEELS

Filling:

1½ cups dates, chopped
¾ cup sugar
¾ cup water
2 tablespoons lemon juice
½ to ¾ cup nuts, chopped

Boil dates with sugar and water for about 10 minutes. Cool and add lemon juice and nuts.

½ cup fat
1½ cups sugar
2 eggs
3 cups sifted all-purpose flour
½ teaspoon salt
½ teaspoon soda
¾ cup milk or enough for a dough that will hold shape in mold.

Yield: About 4 dozen cookies.

1. Cream the fat and sugar.

2. Add eggs and beat well.

3. Sift flour, salt, and soda together.

4. Add the flour mixture alternately with milk in about 4 additions to the creamed mixture. Do not overmix.

5. Form into a ball. Flour slightly and wrap in lightly floured waxed paper.

6. Place in coldest part of the refrigerator for 1 hour or more.

7. Divide dough into thirds. Roll each between two layers of floured waxed paper and place in coldest part of refrigerator.

8. Remove and spread with date filling. Roll up like a jelly roll, again place in refrigerator or deep-freeze until very cold.

9. Slice into ⅛- or ¼-inch slices, place on greased cooky sheet.

10. Bake at 350°F. for 10 to 12 minutes or until done.
COOKY BARS

BROWNIES

1 square chocolate
3 tablespoons shortening
½ cup minus 2 tablespoons sugar
1 egg, beaten

Yield: About 32 cookies 2 inches by 2 inches in size.
1. Melt chocolate, fat, and sugar in double boiler.
2. Add egg and salt; beat well.

⅛ cup plus 1 tablespoon sifted cake flour
1 teaspoon vanilla
⅛ cup nuts
⅛ teaspoon salt

5. Bake at 350° F. for 15 minutes or until done.
6. Cut into squares.

FRUIT BARS

2 cups sifted all-purpose flour
⅛ teaspoon soda
⅛ teaspoon salt
⅛ teaspoon cinnamon
⅛ teaspoon nutmeg
2 to 3 tablespoons water

Yield: About 32 bars.
1. Sift together flour, soda, salt and spices.
2. Cream the fat and sugar until light and fluffy; add egg. Blend in orange rind.
3. Combine evaporated milk and orange juice and water.
4. Add dry ingredients alternately with liquid, beginning and ending with dry ingredients.
5. Blend in chopped mixed fruit and chopped nuts.

⅛ cup fat
⅛ cup sugar
1 teaspoon grated orange rind
⅛ cup evaporated milk
⅛ cup orange juice
⅛ cup chopped, mixed candied fruit
⅛ cup chopped nuts

6. Spread in shallow pan 10x15 inches that has been lined with greased waxed paper.

Orange Frosting: Combine 3 cups sifted confectioners' sugar and ½ teaspoon grated orange rind. Blend in 2 teaspoons orange juice and 2 to 3 tablespoons evaporated milk. Beat until smooth. Spread on cooled bars.

DATE FILLS

1½ cups sifted all-purpose flour
½ teaspoon salt
½ teaspoon soda
½ cup brown sugar

Yield: About 32 bars.
1. Sift together flour, soda, and salt into a bowl.
3. Mix eggs with water. Add to the first mixture and beat until smooth.
4. Fold in oatmeal.
5. Divide dough into fourths. Line two 8"x8" pans with waxed
paper. (Let paper extend to top of pans on 2 sides.)

6. Press $\frac{1}{4}$ of dough into bottom of pans.

7. Roll $\frac{1}{4}$ of dough between two sheets of lightly floured waxed paper. Place in refrigerator or freezer until cold. Repeat Nos. 6 and 7 with remaining dough.

8. Spread cold filling over dough in pan. Remove chilled dough. Place over filling.

9. Bake in a moderate oven, 350° F., for 20 to 25 minutes or until done.

10. Remove by lifting out of pan by waxed paper extenders above cookies.

11. Cool thoroughly, then cut into bars 2x2 inches.

**DATE FILLING**

- 1 cup chopped dates (1/4 pound)
- $\frac{3}{4}$ cup plus 2 tablespoons sugar
- $\frac{3}{4}$ cup light corn syrup
- 2 tablespoons orange juice
- 1 teaspoon grated orange rind
- 1 1/2 teaspoons lemon juice
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ cup water, adding more if needed

Wash and pit dates. Combine all of the above ingredients. Cook until thick. Cool before spreading on dough.

**CONGO BARS**

- $\frac{3}{4}$ cup fat
- $\frac{3}{4}$ cup brown sugar
- $\frac{3}{4}$ cup white sugar
- 1 1/2 cups sifted all-purpose flour
- $\frac{3}{4}$ teaspoon baking powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup chocolate morsels
- $\frac{3}{4}$ cup chopped nuts
- 1 egg unbeaten
- $\frac{3}{4}$ cup plus 2 tablespoons milk

Yield: About 16 bars 2 by 2 inches.


2. Sift together flour, baking powder, and salt. Fold chocolate morsels and chopped nuts into flour mixture.

3. Beat egg into the sugar and fat mixture.

4. Add flour and milk alternately to the creamed mixture—flour in 4 additions and milk in three, starting with flour.

5. Spread in a 9-inch square pan that has been greased.

6. Bake at 350° F. for 30 minutes or until done. Cool and cut into squares.

7. May be iced if desired. Use Never-Fail Chocolate Frosting, page 29.
COOKIES FOR SPECIAL OCCASIONS
PRESS COOKIES

Developed especially for use in your cooky press. Nice for teas and special occasions.

2 cups sifted all-purpose flour
\(\frac{1}{2}\) teaspoon baking powder

Yield: About 5 dozen cookies.

1. Cream the fat, beat in sugar gradually.
2. Add unbeaten whole egg and extracts, beat in well.
3. Add sifted dry ingredients. Mix until well blended.
4. Let stand at room temperature one hour or more.
5. Fill a cooky press according to directions of the manufacturer of the press used.
6. Form cookies on ungreased aluminum cooky sheets, using desired shapes. Cookies may be decorated with candied cherries, colored sugar, icing, or silver or chocolate B-deks.
7. Bake at 400° F. for about 8 to 10 minutes or until done. Thin cookies will bake in less time.

IMPORTANT THINGS TO REMEMBER IN MAKING PRESS ED COOKIES:

1. Use standard level measurements.
2. Use sifted all-purpose flour in all cases.
3. Prepare a soft, not a crumbly dough.
4. Save out some of flour specified in recipe before sifting with baking powder and salt. Try dough for its consistency in the cooky press with the particular brand of flour in use.
5. Do not raise press from cooky sheet before enough dough has been forced through to form the cooky.
6. Wash press thoroughly before using the first time and always after use in hot, soapy water.

SNAPPY TURTLES*

1 1/2 cups all-purpose flour
1/4 teaspoon soda
1/4 teaspoon salt
1/4 teaspoon vanilla
1/2 cup fat
1/2 cup brown sugar

Yield: About 2 1/2 to 3 dozen cookies.

1. Sift together flour, soda, and salt.
2. Cream the fat. Add sugar gradually, then egg and egg yolk. Beat well; add flavorings and liquid.
3. Add dry ingredients in four additions; mix in thoroughly.

*This, a prize recipe for the Pillsbury baking contest, has been modified for high altitudes.
**Frosting**

2 squares unsweetened chocolate  
3/4 cup milk  
1 tablespoon butter

1. Put these ingredients in double boiler and heat over boiling water until chocolate melts, blend until smooth.  
2. Remove from stove, add 1 cup sifted confectioners' sugar, beat until smooth.  
3. Frost top of baked turtles.

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**MERINGUES MADE WITH EGG WHITES**

**COCOANUT MERINGUE KISSES**

- 4 egg whites  
- 1 cup less 1 tablespoon sugar  
- 1/2 teaspoon vanilla  
- 3/4 teaspoon almond  
- 1 teaspoon white mild vinegar  
- 3 cups moist cocoanut

Yield: 3 1/2 to 4 dozen cookies.

1. Beat eggs until light; gradually add sugar and continue beating until a peak forms with a slight tip at top.

2. Add extracts and vinegar and fold in cocoanut.

3. Drop by small teaspoonfuls on a baking sheet which has been covered with oiled waxed paper.

4. Bake at 325° F. until delicately brown, about 12 to 14 minutes. Remove from paper immediately with a spatula.

**MERINGUE SHELLS**

- 6 egg whites  
- 1/4 teaspoon cream of tartar  
- 1 1/4 cups sugar  
- 1 tablespoon mild white vinegar  
- 1 teaspoon vanilla extract

Yield: About 1 1/2 dozen shells.

1. Beat egg whites and cream of tartar to a foam, add sugar gradually, and continue beating until it stands in peaks.

2. Add vinegar and vanilla extract and beat in well.

3. Form individual shells with a teaspoon or pastry tube about 2 1/2 inches in diameter and 2 inches apart on cooky sheet, covered with greased waxed paper.

4. Bake at 275° F. about 30 to 35 minutes or until firm to the touch but not brown.

5. Remove by running a thin spatula under each shell upon taking from oven.

6. Serve by filling with ice cream or whipped cream topped with strawberries or other fruit.
SECTION III
A Basic Mix for High Altitudes for Hot Breads, Puddings, Cakes, and Cookies

This Basic MIX and recipes for its use in making hot breads, puddings, cakes, and cookies for high altitudes were developed in the Home Economics Research Laboratory with the assistance of home economics students in food research.

It is hoped that homemakers at high altitudes will enjoy using this “Homemade MIX.” The saving in time should prove a boon to the busy housewife as the MIX can be made up in quantity on a free day, and excellent baked products produced quickly as needed.

Refrigeration is not essential in keeping the MIX, but cool storage lengthens its storage life. It will keep six weeks and longer if stored in tightly closed containers in a cool, dark place.

THE BASIC-MIX FORMULA

For about 12 cups:
6 cups all-purpose sifted flour
2 cups sifted cake flour
3 tablespoons plus 2 teaspoons double-action baking powder
1 tablespoon plus 2 teaspoons salt
2 teaspoons cream of tartar
2 cups hydrogenated fat

1. Stir baking powder, salt, and cream of tartar into flour. Use a large bowl or a paper spread on the table. Sift together three times.

2. Cut in the shortening until MIX is consistency of coarse cornmeal. This may be done with an electric mixer or by hand with a pastry blender. If an electric mixer is used, keep pushing the MIX towards the center while blending, using a long-handled rubber spatula. With the average-size electric mixer, it is best to work with the smaller amount of

For about 24 cups:
3 quarts all-purpose sifted flour
1 quart sifted cake flour
7 tablespoons plus 1 teaspoon double-action baking powder
3 tablespoons plus 1 teaspoon salt
1 tablespoon plus 1 teaspoon cream of tartar
4 cups hydrogenated fat

MIX. It can be blended in about 10 minutes.

3. Store in a cool, dark place in glass or tin containers. All must have tight lids.

NOTE: If lard is used in the BASIC MIX, substitute 1 2/3 cups in place of 2 cups of hydrogenated fat, if you make 12 cups of the mix. For making 24 cups of the MIX use 3 2/3 cups of lard in place of 4 cups of hydrogenated fat. The MIX with lard requires cold storage. It is not satisfactory for the “Quick Yellow Cake” or the “Chocolate Cake” but may be used in all the other recipes with good results.
Hot Breads Prepared With the Basic Mix

BISCUITS

Family Size

3 cups MIX
3/4 cup milk or enough for soft dough
Makes about 16 two-inch biscuits.

1. Add milk to MIX all at once and stir until just blended.
2. Knead 6 to 8 times. Press or roll dough to 1/2-inch thickness and cut into desired size with a biscuit cutter.
3. Bake 12 minutes at 450°F or until done.

NOTE: Amount of liquid in quick
breads may vary because of flour absorption.

If a less rich biscuit is desired, add an additional 1/2 cup flour in the family-size recipe and 4 tablespoons more milk or enough for a soft dough. In the small-size recipe, add 3/4 cup flour and 2 tablespoons milk or enough for a soft dough.

Small Size

1 1/2 cups MIX
6 tablespoons milk or enough for soft dough
Makes about 7 two-inch biscuits.

MUFFINS

Family Size

2 1/2 cups MIX
3/4 cup sugar
1 egg
3/4 cup milk plus 1 tablespoon
Makes about 16 two-inch muffins.

1. Add sugar to MIX and blend for about 3 minutes.
2. Combine milk and beaten egg.
3. Add to the MIX and stir until flour is just moistened (about 10 or 12 strokes). Use a circular
motion, cutting through the center with each stroke.
4. Bake in a greased muffin tin in a hot oven (400°F) about 20 minutes or until done.

Small Size

1 3/4 cups MIX
2 tablespoons sugar
3/4 egg
3/4 cup plus 1 or 2 tablespoons milk
Makes about 8 two-inch muffins.

GRIDDLE CAKES AND WAFFLES

Family Size

2 cups MIX
1 cup milk or enough for drop batter
2 tablespoons sugar
2 small eggs

Yield: 12 griddle cakes or 8 medium-size waffles.

1. Beat egg until light and combine with milk.
2. Add sugar to MIX and blend well.
3. Add about 3/4 of the liquid and stir until smooth, or about 2 min.
4. Add remainder of the liquid and stir until blended, or 1 minute.

Small Size

1 cup MIX
1/2 cup milk or enough for drop batter
1 tablespoon sugar
1 small egg

Yield: 6 griddle cakes or 4 medium-size waffles.

NOTE: The milk can be increased if a thinner griddle cake is desired.
**CORN BREAD**

**Small Size**

- 1 1/2 cups MIX
- 3 1/4 teaspoon baking powder (scant)
- 2 tablespoons sugar
- 3 1/4 cup less 1 1/2 tablespoons milk
- 1 1/2 teaspoon salt
- 3/4 cup cornmeal
- 2 eggs

Bake in 7x7-inch pan.

1. Stir cornmeal, salt, baking powder, and sugar into the MIX. Blend together for 3 minutes.
2. Combine milk and beaten egg.
3. Add 1/2 of liquid to MIX and blend 2 minutes.
4. Add the remainder and stir one minute or until well blended.
5. Bake in a greased pan in a hot oven (400° F.) for about 30 to 35 minutes or until done.

**Family Size**

- 2 cups MIX
- 3/4 cup sugar
- 1 egg
- 3/4 cup milk
- 3/4 teaspoon nutmeg
- 3/4 teaspoon cinnamon

Bake in 9x9-inch pan.

1. Blend MIX, sugar, and spice for 4 minutes.
2. Add 3/2 of milk and mix for 1 minute.
3. Add egg and rest of milk and blend for 1 minute.
4. Pour in pan; cover batter with one of the toppings given below for Coffee Cake.
5. Bake 30 to 40 minutes at 375° F. or until done.

**COFFEE CAKE**

**Small Size**

- 1 1/4 cups MIX
- 3/4 cup sugar
- 1 egg
- 1/4 cup milk
- 1/8 teaspoon nutmeg
- 1/8 teaspoon cinnamon

Bake in 7x7-inch pan.

1. Blend MIX, sugar, and spice for 4 minutes.
2. Add 3/2 of milk and mix for 1 minute.
3. Add egg and rest of milk and blend for 1 minute.
4. Pour in pan; cover batter with one of the toppings given below for Coffee Cake.
5. Bake 30 to 40 minutes at 375° F. or until done.

**Family Size**

- 2 cups MIX
- 3/4 cup sugar
- 1 egg
- 1/4 cup milk
- 1/8 teaspoon nutmeg
- 1/8 teaspoon cinnamon

Bake in 7x7-inch pan.

1. Blend MIX, sugar, and spice for 4 minutes.
2. Add 3/2 of milk and mix for 1 minute.
3. Add egg and rest of milk and blend for 1 minute.
4. Pour in pan; cover batter with one of the toppings given below for Coffee Cake.
5. Bake 30 to 40 minutes at 375° F. or until done.

**Toppings for Coffee Cake**

- Brown Sugar and Cinnamon Topping
  - 1/2 cup brown sugar
  - 1/2 cup chopped nuts
  - 1/32 teaspoon salt
  - 3/4 teaspoon cinnamon
  - 5 tablespoons flour

Combine sugar, flour, salt, and cinnamon. Add butter. Blend until well mixed and crumbly. Add nuts. Sprinkle over coffee-cake batter to a depth of 1/8 inch and bake according to the directions for Coffee Cake. Use 1/2 the amount for the small-size cake.

- Banana Topping for Coffee Cake

Use two small bananas for the family-size and one for the small-size coffee cake. Slice lengthwise in 1/8-inch-wide slices. Arrange slices on batter
and sprinkle with this sugar mixture for the family-size cake: ½ cup sugar, 1 teaspoon grated lemon rind, 1 teaspoon grated orange rind, and ¼ teaspoon cinnamon. Sprinkle evenly over the bananas and the cake. Use about ½ of the sugar mixture for the small-size cake. Bake according to the directions for Coffee Cake.

Breads Prepared With the Basic Mix

**BANANA BREAD**

Medium-size Loaf

- 2 cups MIX
- ½ cup plus 1 tablespoon sugar
- 1 egg
- ½ cup milk
- ¾ cup mashed bananas (two of medium size)

Bake in 9½x4½x3-inch loaf pan. Line bottom with waxed paper.

1. Blend MIX and sugar for about 3 minutes.
2. Mash bananas and blend with beaten egg, add milk.

3. Add all of this liquid mixture to the dry ingredients and mix until well blended or about 3 minutes in an electric mixer on low speed, scraping dough towards center with a rubber spatula while blending. If beaten by hand, count strokes, using 157 strokes per minute.

4. Bake at 350°F. for 50 to 60 minutes.
5. Cool about 10 minutes before removing from pan.

**DATE NUT BREAD**

- 2 cups MIX
- ¾ cup sugar
- 1 cup chopped dates
- 1 cup boiling water

1. Pour boiling water over dates. Stir and let cool to room temperature.
2. Add sugar and cinnamon to MIX. Blend 3 minutes.
3. Pour off about ½ cup of liquid and add to dry ingredients. This should be a very stiff batter. Beat 2 minutes.
4. Add the remaining ingredients and beat for 1 minute.
5. Bake in a loaf pan about 9½x5½ inches with bottom lined with waxed paper. Bake for one hour or until done at 350°F.

**ORANGE RAISIN BREAD**

- 2 cups MIX
- 1 cup minus 2 tablespoons sugar
- Juice of 1 orange plus water to equal ¾ cup plus 2 tablespoons more water
- Grind ¾ cup raisins and enough orange rind to equal 1 cup
- 1 egg
- ½ cup coarsely chopped nuts

1. Squeeze orange juice into cup and add water to fill cup ¾ full. Add 2 additional tablespoons of water.
2. Grind raisins and orange rind medium fine. Measure loosely in cup.
3. Add sugar to MIX. Blend 3 minutes.
4. Add about ⅔ of liquid to dry mixture. Beat 2 minutes.
5. Add remaining ingredients. Beat 1 minute.
6. Bake in loaf pan about 9½×5½ inches, with bottom lined with waxed paper. Bake 1 hour or until done at 350° F.

NOTE: If lard is used in the MIX, use only ¾ cup water.

**Light Rolls Prepared With the Basic Mix**

<table>
<thead>
<tr>
<th>3 cups basic MIX</th>
</tr>
</thead>
<tbody>
<tr>
<td>3⅓ cups all-purpose flour</td>
</tr>
<tr>
<td>⅔ cup sugar</td>
</tr>
<tr>
<td>1½ teaspoon salt</td>
</tr>
</tbody>
</table>

1. Dissolve yeast in lukewarm water 85° to 90° F.
2. Scald the milk and let cool to lukewarm, 85° to 90° F.
3. Sift together the flour, sugar, and salt. Add Basic MIX and blend for two minutes with pastry blender.
4. Add egg and dissolved yeast to the lukewarm milk. Add this to the flour mixture.
5. Turn dough onto floured board and knead for five minutes.
6. Let rise to double in bulk.
7. Shape into rolls and let rise to double in bulk.
8. Bake in 375° F. oven 25 to 30 minutes.

**VARIATIONS**

Shape into coffee cake, cinnamon rolls, or other fancy breads.

**Topping for Coffee Cake** (See page 44)

**Butterhorns**

Roll ball of dough into circular shape about ½ inch thick. Cut in pie-shaped pieces. Brush with melted butter or margarine and roll up, beginning at wide end. Place on greased baking sheet. Let rise until doubled. Bake.

**Rosettes**

Roll dough under hand to ½-inch thickness. Cut in pieces about 6 inches long. Tie in knots bringing one end through the center and the other end over the side. Place on greased baking sheet. Let rise until doubled. Bake.

**Other Toppings for Coffee Cake or Cinnamon Rolls**

**Orange Sugar**

1 tablespoon shredded orange rind; ¼ cup sugar.
Blend orange rind and sugar.
Makes ¼ cup.

**Cinnamon Sugar**

1½ teaspoons cinnamon; ½ cup sugar.
Blend cinnamon and sugar. Will make ½ cup.
Quick Main Dishes Prepared With the Basic Mix

**DUMPLINGS WITH STEW**

**Family Size**
- 2 cups MIX
- 1/2 cup plus 2 tablespoons milk

Makes about 16 medium dumplings.

Add milk to MIX all at once, stirring with about 40 to 50 strokes. This should be a stiff drop batter, almost a dough. If too stiff, add a little more milk. Drop dumplings by teaspoons on top of a boiling meat and vegetable stew. Cover with a tight lid and boil slowly 15 to 20 minutes without removing cover.

**MEAT PIE**

Pat or roll out biscuit dough, made with the MIX according to instructions on page 42, to fit top of baking dish. Dough, made with 1 cup MIX and 4 to 5 tablespoons milk, is sufficient for an 8-inch casserole. Cut slits in dough in 2 or 3 places, and place it on top of a hot, cooked, and thickened meat-and-vegetable mixture. For thickening the stew, allow about 1 1/2 tablespoons flour for each cup of the broth in the stew. Bake the meat pie about 15 to 20 minutes in a hot oven (450° F.) or until done.

**Puddings and Quick Desserts Prepared With the Basic Mix**

**FRUIT COBBLER**

**Family Size**
- 1 1/2 cups MIX
- 1/2 cup sugar
- 1 egg
- 1/4 cup plus 2 teaspoons milk

1. Blend MIX and sugar for 2 minutes.
2. Blend beaten egg and milk. Stir this into MIX thoroughly for about 2 minutes.
3. Drop by teaspoons on filling. (Note, below, several kinds of filling which may be used. Peaches and other fruits may be used.)

**Cherry Filling for Cobbler**

**Family Size**
- 2 cups pie cherries—fresh or canned
- 1 cup cherry juice
- 3 tablespoons sugar or to taste
- 1 1/2 tablespoons flour

1. Mix flour and sugar, add juice gradually, mix until smooth. Cook until thick or about 4 minutes. Tapioca may be substituted in place of flour for thickening.
2. Spread cherries in bottom of cas-
serole or pudding pan. Cover with the thickened juice. Drop the fruit-cobbler batter on this filling by teaspoons.

Apple Filling for Cobbler

Family Size
4 to 5 medium apples
1/2 cup sugar
1/2 cup water
1/4 teaspoon salt
1/4 teaspoon nutmeg
1/4 teaspoon cinnamon

Small Size
2 to 3 medium apples
2 to 3 tablespoons sugar
1/4 cup water
1/6 teaspoon salt
1/6 teaspoon nutmeg
1/6 teaspoon cinnamon

1. Slice apples. Add sugar, water, salt, and spices. Bake apples in covered pudding dish 25 to 30 minutes at 375°F or until almost done.

2. Drop the above fruit-cobbler batter by teaspoon, on top of the partially cooked apples. Bake as for cherry cobbler, listed in previous recipe.

Rhubarb Filling for Cobbler

Family Size
4 cups rhubarb—fresh or frozen
3 tablespoons flour
1 cup sugar or to taste
2 teaspoons butter
1/2 cup water

Small Size
2 cups rhubarb—fresh or frozen
1 1/2 tablespoons flour
3/4 cup sugar or to taste
1 teaspoon butter
3/4 cup water

1. Wash and peel rhubarb and cut into small pieces.

2. Dredge with the flour until each piece is quite white.

3. Mix sugar and rhubarb and place in pudding dish. Add water. Dot with butter.

4. Bake this in covered pudding dish at 350°F for about 25 to 30 minutes or until almost done. Remove from oven and turn heat to 450°F.

5. Drop the fruit-cobbler batter by teaspoons on top of the partially cooked rhubarb. Return to oven and bake as for cherry cobbler, page 47.
GINGERBREAD

Family Size

\[ \begin{align*}
2 \frac{1}{2} \text{ cups MIX} & \\
\frac{3}{4} \text{ teaspoon soda} & \\
\frac{1}{2} \text{ cup sugar plus 2 tablespoons} & \\
2 \text{ eggs, beaten} & \\
1 \text{ cup milk plus 2 tablespoons} & \\
\frac{1}{2} \text{ cup less 2 tablespoons molasses} & \\
\frac{3}{4} \text{ teaspoon cinnamon} & \\
\frac{3}{4} \text{ teaspoon ginger} & \\
\frac{3}{4} \text{ teaspoon cloves} & \\
\end{align*} \]

Bake in 7x12-inch pan

1. Blend MIX, sugar, and spices for 4 minutes.
2. Combine beaten egg, milk, and molasses, reserve 2 teaspoons of the milk.
3. Stir about 1 \( \frac{1}{4} \) cups of this into the MIX and beat for 2 minutes.
4. Add the remainder of liquid, also the soda dissolved in the two tea-

Small Size

\[ \begin{align*}
1 \frac{1}{4} \text{ cups MIX} & \\
\frac{3}{4} \text{ teaspoon soda} & \\
\frac{3}{4} \text{ cup sugar plus 1 tablespoon} & \\
1 \text{ egg, beaten} & \\
\frac{1}{2} \text{ cup milk plus 1 tablespoon} & \\
\frac{1}{4} \text{ cup molasses less 1 tablespoon} & \\
\frac{3}{4} \text{ teaspoon cinnamon} & \\
\frac{3}{4} \text{ teaspoon ginger} & \\
\frac{3}{4} \text{ teaspoon cloves} & \\
\end{align*} \]

Bake in 7x7-inch pan.

1. Blend MIX, sugar, and spices for 4 minutes.
2. Combine beaten egg, milk, and molasses, reserve 2 teaspoons of the milk.
3. Stir about 1 \( \frac{1}{4} \) cups of this into the MIX and beat for 2 minutes.
4. Add the remainder of liquid, also the soda dissolved in the two tea-

CARAMEL DUMPLINGS

Caramel Sauce

Family Size

\[ \begin{align*}
3 \text{ tablespoons butter} & \\
1 \frac{1}{2} \text{ cups brown sugar} & \\
3 \text{ cups water} & \\
\end{align*} \]

Small Size

\[ \begin{align*}
1 \text{ tablespoon butter} & \\
\frac{1}{2} \text{ cup brown sugar} & \\
1 \frac{3}{4} \text{ cups water} & \\
\end{align*} \]

Dumplings

Family Size

\[ \begin{align*}
1 \frac{1}{2} \text{ cups MIX} & \\
2 \text{ tablespoons sugar} & \\
\frac{3}{4} \text{ cup less 2 tablespoons milk} & \\
12 \text{ medium dumplings} & \\
\end{align*} \]

Small Size

\[ \begin{align*}
\frac{3}{4} \text{ cup MIX} & \\
1 \frac{1}{2} \text{ teaspoons sugar} & \\
2 \text{ tablespoons milk} & \\
4 \text{ medium dumplings} & \\
\end{align*} \]

SAUCE: Combine ingredients for caramel sauce. Boil 5 minutes. Let stand while preparing dumplings.

DUMPLINGS: (1) Stir sugar into MIX and blend for 2 minutes.
2. Add milk all at once and stir for about 1 minute.
3. Drop by teaspoons on top of boiling caramel sauce in stew pan. Cover with tight lid and boil gently

VARIATION: This dumpling recipe can be used with a sweetened fruit and berry syrup instead of caramel sauce.
SHORTCAKE DOUGH

Family Size

| 2 cups MIX | 1 cup MIX |
| ¾ cup sugar | 2 tablespoons sugar |
| 1 egg | ½ egg or 1 yolk |
| 5 to 6 tablespoons milk | 3 tablespoons milk |

1. Blend MIX and sugar for 3 minutes.
2. Add beaten egg to milk. Add to MIX and stir until just blended; dough should be soft but not sticky. (If too dry add more liquid.)
3. Knead dough gently 6 to 8 times

Fruit Shortcake

The baked shortcakes may be split apart and spread with butter. Frozen or fresh strawberries or other berries or peaches may be placed between layers and on top. Serve with whipped cream or plain cream.

Cakes Prepared With the Basic Mix

QUICK YELLOW CAKE

Family Size

| 3 cups MIX | 1½ cups MIX |
| 1½ cups sugar | ½ cup sugar plus 3 tablespoons |
| 2 eggs | 1 egg |
| 2 teaspoons vanilla | 1 teaspoon vanilla |
| 1½ cup milk | ½ cup plus 3 tablespoons milk |

Makes two 9-inch layers.

1. Line bottom of 9-inch layer-cake pans with waxed paper cut slightly smaller than the pan. Grease paper.
2. Turn on oven heat and set regulator at 375° F.
3. Blend MIX and sugar with pastry blender or in the electric mixer for 4 minutes.
4. Add ½ of the milk and beat 2 minutes.
5. Combine eggs, remaining milk, and vanilla. Add and beat 1 minute. If beaten by hand, count the strokes, using 157 strokes per minute.
6. Turn into the prepared pans and bake for 25 to 30 minutes or until done.
7. Cool for 10 minutes and loosen on the sides with a knife. Remove cake from pan by placing wire cake rack over it and turning upside down. Quickly and carefully remove paper. Place a second cake rack lightly over the top of the cake and turn it right side up. Serve fresh.
VARIATIONS WITH QUICK YELLOW CAKE

Fruit Upside-Down Cake

Follow recipe for the small-size quick yellow cake. For topping, the following ingredients are placed in the bottom of a 9-inch aluminum skillet or pan (the pan should be at least 1½ inches deep), 3 tablespoons butter melted in pan, ¼ cup brown sugar, and 1½ cups fruit cocktail which has been drained for 45 minutes. Pour cake batter over this fruit mixture and bake 35 minutes at 375°F. Turn out after 5 minutes. May be served with whipped cream. Pineapple or canned peaches may be substituted for the fruit cocktail. Drain for a similar time, as with fruit cocktail, to prevent sogginess in the cake.

Spice Cake

Omit the vanilla and for the family-size recipe add 1 teaspoon cinnamon, 1 teaspoon cloves, and 1 teaspoon allspice or nutmeg, depending upon individual taste. Bake as for plain cake. Use ½ these amounts for the small-size cake.

Cottage Pudding With Sauce

The Quick Yellow Cake may be cut into individual servings and served with a favorite sauce, such as lemon sauce, butterscotch sauce, or apricot whipped cream. In the latter, apricot pulp is folded into sweetened whipped cream.

CHOCOLATE CAKE

Family Size

3 cups MIX
1½ cups plus 2 tablespoons sugar
2 eggs
2 teaspoons vanilla
1 cup plus ¾ cup sour milk
¼ cup cocoa
¼ teaspoon soda

Makes two 9-inch layers.

1. Line bottom of 9-inch layer cake pan with waxed paper cut slightly smaller than the pan. Grease paper.
2. Turn on oven heat and set regulator at 365°F.
3. Blend MIX, sugar, and cocoa with a pastry blender or in the electric mixer for 4 minutes.
4. Add ¾ of milk and beat 2 minutes.
5. Combine eggs, remaining milk, soda, and vanilla. Add and beat 1 minute. If beaten by hand, count strokes, using 157 strokes per minute.
6. Turn into the prepared layer pans and bake for 30 to 35 minutes.
7. Cool for 10 minutes and loosen on sides with a spatula. Remove from pan as described for yellow cake. Serve fresh.

Small Size

1½ cups MIX
¾ cup plus 1 tablespoon sugar
1 egg
1 teaspoon vanilla
½ cup plus ½ cup sour milk
¼ cup cocoa
¼ teaspoon soda

Makes one 9-inch layer.
Quick Frosting for Chocolate Cake

For two layers

1 cup brown sugar
\( \frac{3}{4} \) cup cocoa
5 tablespoons evaporated milk
\( \frac{11}{4} \) cups nuts
\( \frac{1}{6} \) teaspoon salt
5 tablespoons butter (or hydrogenated fat)

For one layer

5 tablespoons brown sugar
2 tablespoons cocoa
\( \frac{1}{6} \) cup nuts
2 tablespoons evaporated milk
few grains salt
2 tablespoons butter (or hydrogenated fat)

1. Cream the fat and sugar.
2. Stir in cocoa, evaporated milk, and nuts.
3. Spread on warm cake.

ORANGE CAKE

Family Size

3 cups MIX
1 cup plus 2 tablespoons sugar
2 eggs
1 cup plus 5 tablespoons milk
\( \frac{1}{6} \) teaspoon soda
Rind and pulp of 2 small oranges
\( \frac{1}{6} \) cup raisins
\( \frac{1}{6} \) teaspoon salt

Makes two 9-inch layers.

Small Size

1\( \frac{1}{2} \) cups MIX
\( \frac{1}{6} \) cup plus 1 tablespoon sugar
1 egg
\( \frac{1}{6} \) cup plus 3 tablespoons milk
\( \frac{1}{6} \) teaspoon soda
Rind and pulp of 1 small orange
\( \frac{1}{6} \) cup raisins
\( \frac{1}{6} \) teaspoon salt

Makes one 8-inch square or one 9-inch layer.

1. Line bottom of pans with waxed paper, cut slightly smaller than the pan. Grease paper.
2. Turn on oven heat and set regulator at 375° F.
3. Grind orange rind and any pulp remaining in rind with dry raisins in food chopper, using fine blade. Regrind if not finely divided.
4. Blend MIX and sugar for 4 minutes. Stir in raisins and orange pulp.
5. Add about \( \frac{1}{4} \) of milk and mix for 2 minutes.
6. Now add eggs to mix, also the rest of milk with soda stirred in it. Beat for 1 minute.
7. Turn into the prepared pans and bake at 375° F. about 30 minutes or until done.
8. Cool for 10 minutes, loosen on sides with spatula, and turn out as described for Yellow Cake.

Quick Topping for Orange Cake

Drip \( \frac{1}{4} \) cup orange juice over each layer of the warm cake. Have ready \( \frac{1}{2} \) cup sugar and 2 teaspoons cinnamon mixed together. Sprinkle \( \frac{1}{2} \) over each cake. Top with broken nut meats. Serve fresh.
COOKIES PREPARED WITH THE BASIC MIX

OATMEAL COOKIES

Family Size

1½ cups MIX
½ cup brown sugar
½ cup white sugar
1 egg
½ cup milk
1 teaspoon cinnamon
½ cup quick oats
½ cup chopped nuts
½ cup raisins
½ teaspoon salt

Makes about 36 cookies.

1. Stir sugar and cinnamon into MIX. Blend together for 4 minutes.
2. Combine milk and beaten egg.
3. Stir ¾ of this into MIX until well blended, or about 2 minutes.

Small Size

1 cup MIX less 2 tablespoons
2 tablespoons brown sugar
¼ cup white sugar
½ egg
¼ cup milk
¾ teaspoon cinnamon
¼ cup quick oats
¼ cup chopped nuts
¼ cup raisins
1/16 teaspoon salt

Makes about 18 cookies.

4. Add remainder and stir about 1 minute.
5. Stir in oatmeal, nuts, and raisins.

Soak raisins 1 hour before using if very dry. Drain raisins well in paper toweling before adding to batter.

Baked Products are Readily Available with the Basic Mix
6. Drop by teaspoons on greased baking sheet.

7. Bake at 375°F about 12 minutes or until done.

PEANUT-BUTTER COOKIES

Family Size

1 1/2 cups MIX
3/4 cup sugar
1 egg
4 tablespoons milk
3/4 cup peanut butter

Makes about 42 cookies.

1. Blend MIX, sugar, and peanut butter 3 minutes in electric mixer or with pastry blender.
2. Add milk to beaten egg. Add this to the above MIX and blend 1 minute.

Small Size

3/4 cup MIX
3/4 cup sugar
3/4 egg
2 tablespoons milk
3/4 cup peanut butter

Makes about 21 cookies.

3. Make into small balls and place on greased cooky sheet, 1 inch apart. Press each ball down with a fork and then again crisscross.
4. Bake 10 to 12 minutes at 375°F.

DROP COOKIES

Chocolate Morsel Cookies

Family Size

1 1/2 cups MIX
3/4 cup sugar
1 egg
3/4 teaspoon vanilla
3/4 cup milk
3/8 cup chocolate morsels

Makes about 30 cookies.

1. Blend MIX and sugar together about 3 minutes.
2. Add beaten egg and vanilla to milk.
3. Add 3/8 of the liquid to the MIX and stir or blend in the electric mixer for 2 minutes.

Small Size

3/4 cup MIX
3/4 cup sugar
3/4 egg
3/4 teaspoon vanilla
2 tablespoons milk
3/4 cup chocolate morsels

Makes about 15 cookies.

4. Add remainder of liquid and blend for 1 minute.
5. Add chocolate morsels. Drop cookies by teaspoons on a greased cooky sheet, about 1 inch apart.
6. Bake at 375°F for about 12 minutes.

VARIATIONS FOR DROP COOKIES

Orange Drop Cookies

Add 1 1/2 tablespoons grated orange rind to the family-size recipe and 1 tablespoon to the small recipe. Omit the chocolate morsels. Cocoanut may be added if desired.

Cocoanut-and-Nut Drop Cookies

Add 1/2 cup nuts and 1/2 cup cocoanut to the drop-cooky recipe in place of the chocolate morsels. A nut meat may be placed on top of each cooky.

Raisin Drop Cookies

Use 1/2 brown and 1/2 white sugar. Add 1/2 cup raisins in place of the chocolate morsels in the family-size recipe and 1/3 cup in the small-size recipe.
APPENDIX

Finish Temperatures for Boiled Icings and Candies

The finish temperature for all boiled icings and candies must be lowered as the elevation increases. The range in air pressures for different elevations causes a corresponding variation in the boiling temperature of water. Finish temperatures of icings and candies vary with the altitude and may be calculated from the degrees above the boiling point of water for cooking each particular candy at or near sea level. This rule and examples of adjustments are explained in more detail on page 27. In order to make adjustments for different altitudes, it is necessary to know the exact temperature of boiling water for each elevation. This has been calculated for each 200 feet of rise in elevation from 3,800 feet to 8,000 feet. The approximate altitudes for many Wyoming places are listed.

Boiling Point of Water at Various Altitudes

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Reference: Smithsonian Meteorological Tables.

Localities in Wyoming with Approximate Altitudes*

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*Taken from U.S. Geographical Survey Bull. 274, Dictionary of Altitudes in the U.S., by H. Gannett.
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† In cooperation with U. S. Department of Agriculture.