HOME BAKING MADE EASY

Virginia Roberts

## HOME BAKING MADE EASY

$\sum$<br>Compiled and Edited by<br>VIRGINIA ROBERTS, DIRECTOR<br>OCCIDENT<br>HOME BAKING INSTITUTE

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## A WORD ABOUT MY BOOK

I am delighted that you now have a copy of "Home Baking Made Easy," prepared for every housewife who takes pride in her baking accomplishments.

Some recipes in this book emphasize simple, delicious everyday family favorites, others party or company treats. All of the recipes are especially adapted for use with Occident Family Flour. All have been thoroughly tested in the Kitchen of the Occident Home Baking Institute. At the beginning of each separate section you will find a convenient pocket to hold additional recipes collected from your friends, and from newspapers, magazines and other sources.
"Home Baking Made Easy" also contains action photos illustrating the important steps in making bread, rolls, quick breads, cakes, cookies and pies. Follow the photos carefully and the guesswork in baking will vanish.

I am confident my book and Occident Flour will bring you the best of baking success every time.
Virginia Roberts

## OCCIDENT

## HOME BAKING INSTITUTE KITCHEN


#### Abstract

The kitchen at the Occident Home Baking Institute is a cheerful, cozy spot, equipped with the same kind of appliances and utensils you use in your own home.


Here is where Occident Family Flour receives the most exacting test of all-the test of home baking. Here is where new recipes and new baking methods are developed, and where the endless search goes on to improve your home baking.

The Occident Home Baking Institute is maintained by the Russell-Miller Milling Co., and its services are available to all. Virginia Roberts is glad to answer your questions about baking problems and procedures. Recipes and methods developed in the Institute are also available. Feel free to use the services of the Occident Home Baking Institute at any time.

## 3 KEYS TO GOOD BAKING

2. Measure all ingredients accurately in strict conformity to directions in recipe.

3. Use an authentic recipe. Follow proper procedre and correct oven temperature.

## EQUIVALENTS



```
2 cups fat \(=1\) pound
2 cups of granulated sugar \(=1\) pound
    4 cups of flour \(=1\) pound
    3 teaspoons \(=1\) tablespoon
16 tablespoons \(=1\) cup
    2 cups \(=1\) pint
    2 tablespoons butter \(=1\) ounce
    1 square of chocolate \(=1\) ounce
```


## MEASUREMENTS

1. All measurements are level for all ingredients given.
2. All flour is OCCIDENT FAMILY FLOUR (general purpose) unless otherwise specified.
3. IMPORTANT: All flour measurements are for flour sifted once before measuring.
4. Consult directions on baking powder cans before making changes in amounts of baking powder in recipes. Average amounts for genaral use are given in these recipes.
5. To measure dry ingredients, such as sugar and flour, use a spoon or scoop to lightly pile the dry ingredients into the cup. Do not dip cup into flour or sugar, or shake the cup when filling it.

TO MEASURE SHORTENING: Fill a measuring cup with cold water to a level that will total one cup full when the amount of shortening called for in a recipe has been added. For example: If $1 / 2$ cup of shortening is required for the recipe,
fill the measuring cup $1 / 2$ full of cold water. Add solid shortening to fill to the I cup measure. Drain off the water and remove shortening to mixing bowl.

All shortening used in these recipes is solid unless melted shortening is called for; when using melted shortening, melt it before measwring.
Shortening may be any type of animal or vegetable shortening. It must be fresh, clear, solid and good flavored.
TO MEASURE SUGAR:
Pack brown sugar into the measuring cuppressing it sufficiently so that all air spaces are filled. When turning the sugar out it should just hold the shape of the cup.
If granulated or powdered sugar is lumpy, sift it once before measuring.
TO MEASURE HONEY, MOLASSES OR SIRUP: Rinse the measuring cup or spoon with water before measuring.


## SUBSTITUTIONS

1 cup milk $=1 / 4$ cup dried milk in 1 cup water.

1 cup milk $=1 / 2$ cup condensed or evaporated milk with $1 / 2$ cup water.

1 cup sour milk $=1$ tablespoon vinegar in sweet milk to make one cup.

To make baking powder use:

> 1 part soda
> 2 parts cream of tartar
> 1 part corn starch

## OVBN TEMPBRATURES



## HOW TO DETERMINE OVEN HEAT

To test oven temperatures without a thermometer, spread small quantity of flour $1 / 4$ " thick on bottom of inverted metal baking pan. Place in heated oven.

If it turns a delicate brown in 5 minutes the oven is slow-about $300^{\circ}$.

If it turns a golden brown in 5 minutes the oven is moderate- $375^{\circ}$.

If it turns a golden brown in 3 minutes the oven is hot- $425^{\circ}$.

If it turns a dark golden brown in 3 minutes the oven is very hot- $450^{\circ}$.

1 square (ounce) chocolate $=4$ tablespoons cocoa and $1 / 2$ tablespoon butter.
1 cup sugar $=1 / 2$ cup sugar plus $1 / 2$ cup sirup or honey minus 2 tablespoons liquid. In recipes where sirup or honey is substituted for part of the sugar and the liquid cannot be reduced, increase the flour 4 tablespoons per cup of sirup used.

All sirup called for in these recipes is corn sirup unless otherwise stated. Honey and corn sirup may be used interchangeably in recipes.

## WHEN USING YEAST

When Making Yeast Bread: Water, milk or potato water (water in which peeled potatoes have been cooked) may be used interchangeably. Bread made with water is the whitest, but dries out most readily; bread made with milk has the greatest amount of food value; bread made with potato water is less white in color, but stays moist longer than bread made with any other liquid.
In recipes where compressed yeast is used, the one cake referred to weighs one-half ounce. Granular yeast may be used interchangeably with compressed yeast, using 1 package to replace 1 cake of compressed yeast. Use dry yeast as directed.

## BAKING UTENSILS



A specific pan size is given for each recipe. If you use a pan of a different size or shape, you will of necessity have to change the baking time; and in some instances the oven temperature.
For a larger, shallow pan increase heat, and for a smaller, deeper pan decrease heat.
Black tin and granite baking pans have a tendency to make baked products brown too quickly. Extremely lustrous metal pans give very slow browning.

## COMMON BAKINGTERMS

## STIRRING . . . is combining ingredients using a circular motion. <br> BEATING . . . is blending ingredients and incorporating air by turning the

 ingredients over and over in a rapid motion.CUTTING . . . is blending one ingredient with another by using a series of vertical, downward strokes.

FOLDING . . . is the adding of ingredients (such as whipped cream or beaten egg whites) to another ingredient or mixture without losing the air previously incorporated into the batter. Blend the lighter ingredient with the heavier ingredients by cutting through the batter with the side of the spoon or blenderlifting a portion each time and turning it over. See page 56 for photo-description.

IENEADING . . . is mixing a dough with the hands when it has become too stiff to work with a spoon. Fold the outside edge of the dough over on itself and push with the heels of the palms of the hands. Repeat in a continuous motion. See page 14 for photodescription.

CRERMING . . . is rubbing fat or fat and sugar against the bottom or sides of the bowl until it becomes a soft, creamy consistency. See page 61 for photo-description.

## HIGHALTITUDE BAKING



Recipes given herein are for use at sea level and up to 3,000 feet. Higher altitudes affect baking, making it necessary to alter the amounts of ingredients used.

When making cakes at an altitude of 3,000 to 6,000 feet, reduce the sugar in cake recipes $11 / 3$ tablespoons for each cup specified, and
the baking powder $1 / 6$ teaspoon for each teaspoon specified.

It is not necessary to alter the amounts of ingredients for yeast products until the altitude is 6,000 feet or over.

For additional information on High Altitude Baking, applicable to your locality, consult your own State University Extension Service.

# CARE OF BREAD 

## COOLING AND STORING

Remove bread immediately from pans and place on a cooling rack so that air may circulate around each loaf. Allow bread to cool without covering. To prevent the crust from cracking, avoid placing hot loaves in a draft. Cool bread to room temperature before storing.

When cool, bread may be wrapped in waxed paper if desired, and placed in a fresh, clean, ventilated bread box. The bread box should be thoroughly washed and scalded once a week during the winter months and oftener during warm weather.

## MOLD AND "ROPE"

Bread is sometimes affected by mold, or a growth known as "Rope." Both are more apt to occur under warm, humid conditions. These growths may be controlled and to a large extent prevented by proper cooling of bread and proper care and cleanliness of the bread box.
Mold may be detected on bread by its foreign color. It is not present in bread leaving the oven but may develop because mold is present in the air.
"Rope" is a growth affecting the inside of a loaf of bread, causing the center to become sticky and dark, and
accompanied by a disagreeable odor. It usually does not appear until twentyfour hours after baking. The heat of baking does not destroy "rope." As a precaution, if "rope" has appeared in bread, add vinegar to your next bread dough. Mix 1 tablespoon of vinegar with each cup of liquid used in making bread. The bread flavor is not changed. In addition to adding vinegar, wash all utensils coming in contact with the dough and baked bread in hot soapy water or with a good washing powder. Thoroughly rinse each article in boiling water.

# Why You Can Obtain Better Baking Results 

## With

## OCCIDENT FAMILY FLOUR

The success of your baking at home depends on your using the very best quality flour you can buy.

Virginia Roberts, who has tested thousands of recipes for baked foods in the kitchen of the Home Baking Institute, recommends OCCIDENT Family Flour. OCCIDENT is expertly milled from choice wheat, absorbs and retains moisture for longer-lasting freshness, develops a superior flavor, and is adaptable to every baking purpose-bread, rolls, cake, pies or cookies.

Every recipe in this book is designed specifically to take advantage of all the outstanding qualities of Occident Flour. These characteristics are found in every sack of OCCIDENT, and you can expect the recipes to turn out just as successfully for you as they do for Virginia Roberts.


## YEAST BREADS



No yardstick can measure the satisfaction, pride and joy of accomplishment that surges through a woman's heart as she turns her first hot, fragrant loaves of bread out of the pans. Nor is there a scale to weigh the overflowing delight of her family and the admiration of her friends. Home-baked bread deserves, indeed, a niche all its own in the gallery of baking triumphs.

## YEAST BREADS

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"Don't envy the applause lavished upon the great and the mighty. There is no praise to equal a man's love for tender, golden-crusted home-made bread."
. . . Virginia Roberts

## WHITE BREAD

## (STRAIGHT DAY-TIME METHOD)

Baking Time: 50 Minutes
Oven Temp.: $400^{\circ}$

RECIPE

| Ingredients | 6 Loaves | 4 Loaves | 2 Loaves |
| :---: | :---: | :---: | :---: |
| Occident Family Flour | 173/4 cups | 113/4 cups | 6 cups |
| Milk | 3 cups | 2 cups | 1 cup |
| Water | $31 / 4$ cups | 21/4 cups | $11 / 4$ cups |
| Yeast | 2, cakes | 1 to 2 cakes | 1 cake |
| (Compressed |  |  |  |
| or granular) |  |  |  |
| Sugar | 6 tablespoons | 1/4 cup | 2 tablespoons |
| Salt | 2 tablespoons | 4 teaspoons | 2 teaspoons |
| Shortening | 3 tablespoons | 2 tablespoons | 1 tablespoon |

## PROCEDURE

## MIXING

1. Crumble the yeast into $1 / 4$ cup of lukewarm water-and let it soften for 5 minutes.
2. Scald the milk. To scald milk, bring it slowly to a high temperature, but keep it below the boiling point. When milk is heated directly over the fire, you must watch it and stir it to prevent scorching. Milk boils at a lower temperature than water. After scalding, add sugar, salt and cold water. Stir thoroughly until salt and sugar are dissolved. Pour into a large mixing bowl. Allow milk to cool until lukewarm.
3. Pour softened yeast into the lukewarm milk mixture. Stir until well mixed-no chunks of yeast should remain separate after stirring.
4. Add half of the sifted flour to the milk mixture. Stir the dough until flour and liquids are thoroughly mixed into a batter. Note: Adding half of the flour at this time prevents streaks in the bread and helps to make a moist loaf which will keep fresh longer.
5. Melt the shortening. Allow to cool and add to the batter and stir thoroughly.
6. Finally add the remaining sifted flour and mix well. Stir flour into batter until batter takes up the flour.

## KNEADING

7. Sprinkle the bread board very lightly with flour and spread the flour around on the board. Turn the dough onto the floured bread board and let it stand there for 10 minutes before trying to knead it. The purpose of this is to let the dough "tighten"-that is, to become firmer and less sticky. This rest period makes the dough easier to knead. (See Photo 7.)
8. Now knead the dough for 12 minutes. (If interrupted, count time out.) Time the kneading with a clock so that the dough is kneaded for a full 12 minutes. (See Photo 8.)

## WHAT IS KNEADING?

A. Kneading is folding the dough over on itself, pushing it lightly with a rocking motion, folding it over, pushing it and repeating this process in continuous motion until the outside of the dough feels satiny and looks smooth. (See Photo 8a.)

## HOW TO KNEAD

B. Fold the outside edge of the dough over on itself toward you and push the dough with the heels of the palms of the hands. After every push, turn the dough one-fourth of the way around and fold it over toward you. Then press the dough with the heel of the hand. Repeat in rhythm. The heel of the palm of the hand is the fleshy portion of the palm. (See illustration 8 b .)

## TO KEEP DOUGH FROM FLATTENING TOO MUCH DURING KNEADING

C. Curve the fingers over the outside of the dough. Keep fingers curved each time you press the dough. When dough is kneaded sufficiently, it should not stick to board or hands. (See Photo 8c.)


8 A


8 B

9. Now round the dough into a smooth ball -and place it in a large bowl. Use a bowl that will not be more than half filled when dough is placed in it. Grease this bowl lightly before placing the dough in it. Also, if the bowl is cold or even cool, warm it. (See Photo 9.)
10. Roll the ball of dough around in the greased bowl to cover the entire surface lightly with grease. Do not grease the dough heavily as this may streak the dough.
11. Cover the bowl with a towel or a lidand place it in a warm spot ( 82 to 86 degrees Fahrenheit) away from drafts. If the room is chilly, the bowl may be set into a pan of warm (not hot) water while bread rises. (See Photo 11.)

## RISING

12. Allow dough to rise for approximately $21 / 2$ hours-until it is double in bulk. Do not skimp the rising time. Allow the full $21 / 2$ hours unless the room is much warmer than 86 degrees. Be sure dough is fully doubled in bulk. (See Photo 12.)

## HOW CAN YOU TELL WHEN THE DOUGH IS LIGHT ENOUGH?

12A. You will see blisters or gas bubbles begin to appear on top of the dough. Press your finger deeply into the dough. If the impression remains, the dough is light. (See Photo 12a.)


12 A

13. Punch dough down. Plunge your fist into the center of the dough. Fold the edges of the dough over from the four sides to the center and punch again. Punching the dough down breaks up the large gas pockets which make "holes" in the bread. Turn dough over in the bowl so that the smooth side is up. Cover the bowl with a towel. (See photo 13.)
14. Let dough rise a second time, until it is double in bulk. At a temperature of $82^{\circ} \mathrm{F}$. this requires approximately one hour.
15. Punch the dough down again. Plunge your fist into the dough several times to let the gas escape. Fold dough over from the four sides to the center until it is its original size.

## SHAPING LOAVES

16. Sprinkle bread board lightly with flour and turn the dough onto the floured board. Cut the dough into equal portions-depending upon whether the 2,4 or 6 loaf recipe is used. (See Photo 16.)
17. Round each portion into a ball. Roll each portion gently between the hands. This is done to seal the open pores left after the dough is cut. Cover the dough with a towel and let stand for 10 minutes. This "rest" period makes the dough easier to handle. (See Photo 17.)



18A. Now flatten one of the balls of dough with the palms of the hands until it is oblong. Do not punch or pound dough-merely flatten it.


18C. Then bring other edge of long side to center and seal.


18E. Overlap the ends of the dough bringing them to the center, then seal with the palms of the hands.


18B. Fold the edge of the long side to the center and seal.


18D. Flatten dough again and pull slightly to make it twice the length of the baking pan.


18F. Finally roll the dough with your hands like a jelly roll to finish sealing the edges. This helps to "round" the loaf and make it uniform in size.
19. Place each loaf in a 9 " $x 5$ " $\times 33^{\prime \prime}$ greased bread pan. The "seam" of the loaf should be on the under side. Stretch the ends of the loaf out into the corners of the pan. Cover with a cloth. (See Photo 19.)
20. Let the loaves rise in a warm place until they are fully double in bulk, approximately one hour. Let rise longer if necessary. (See Photo 20.)

## BAKING

21. Bake the bread approximately 50 minutes at $400^{\circ} \mathrm{F}$. In order to permit the heat to circulate freely, do not place pans too near each other. The first quick rising in the oven is called "oven spring." This takes place during the first 10 minutes of baking. If oven temperature is right, the bread does not brown during this time. The bread is done when the loaves shrink from the pan and sound hollow when top crust is tapped with finger.
22. When baked remove loaves from pans immediately and place on cooling racks. Do not cover while cooling - this makes bread soggy. Also, do not cool in a draft as this cracks the crust. If a soft crust is desired, brush the top with melted fat. Be sure bread is completely cold before storing. (See Photo 22.)


## The Sponge Method of Making White Bread (Overnight)

The sponge method of making bread is generally used when dry yeast is employed in bread making. However, it may also be used with compressed or granular yeast.
The sponge should be prepared the evening before baking.

1. Use the same ingredients, in the same quantities, as listed in the White Bread Recipe. Either compressed yeast, granular or dry yeast may be used.
2. At night do: Steps 1, 2, 3 and 4 . At this stage, when one-half the flour has been stirred in, cover the bowl of dough and set away over night in a warm place of about $70^{\circ} \mathrm{F}$.
3. In the morning, start at Step No. 5 and proceed with balance of recipe.
Note: Allow dough to rise until double in bulk. The length of time required may vary slightly, due to the difference in method used.

Bread dough may be made into rolls if desired. For shaping and baking rolls, see pages 27 to 30 .

## RAISIN BREAD

Add $1 / 4$ cup of raisins to any bread dough after the first kneading.

Proceed with bread making according to directions.

## NUT BREAD

Use the recipe for white bread. Add 1 additional tablespoon of sugar and $1 / 4$ cup of chopped nuts for each loaf of nut bread to be made. Add the nuts to the dough at the end of the first kneading.

## WHOLE WHEAT BREAD

Time: 50 Minutes. Temp.: $425^{\circ}$ for 10 min utes, $375^{\circ}$ remaining time.

| 4 loaves | Ingredients | 1 loaf |
| :---: | :---: | :---: | :---: |
| 6 cups | Occident Family <br> Flour | $11 / 2$ cups |

1. Crumble yeast in $1 / 4$ cup lukewarm water. Let it stand 10 minutes. Scald milk, add salt and sirup, let cool.
2. Combine the milk and water mixtures, add the whole wheat flour and beat well.
3. Add the melted shortening. When mixed in, add the white flour gradually to make a dough stiff enough to handle when placed on board.
4. Lightly flour a bread board, turn the dough out on it and knead well. Place dough in greased bowl, oil the top, and cover. Set it in a warm place away from drafts. Let rise until double in bulk.
5. Punch down. Let rise again. Divide dough into equal portions and shape into loaves. Place into oiled bread pans. Let rise until double in bulk. Bake.

## SALT RISING BREAD

Quantity: 1 loaf. Time: 50 Minutes. Temp.: $400^{\circ}$.

```
3 cups Occident Family Flour
    1 cup milk
    2 tablespoons white corn meal
    1 teaspoon salt
    1 tablespoon sugar
    1 tablespoon shortening
```

1. Scald the milk, and cool to lukewarm. Add sugar, shortening, salt and corn meal.
2. Place in a fruit jar or heavy crock and set in water $120^{\circ}$. Let stand for 6 or 7 hours until fermentation can be noted.
3. Add $11 / 2$ cups of flour to make a sponge. Beat vigorously. Set sponge away in water at $120^{\circ}$ until very light.
4. Add remaining flour to make a dough stiff enough to knead.
5. Knead for 10 minutes, place immediately into oiled baking pan. Allow to rise at least twice its original bulk. Bake. This bread is never as light as a yeast bread.

## OATMEAL BREAD

Quantity: 3 loaves. Time: 50 Minutes.
Temp.: $425^{\circ}$ for 10 minutes, $375^{\circ}$ for remaining time.

## 7 cups Occident Family Flour.

$\int^{1 / 2}$ cups oatmeal
3 cups water
$1 / 2$ teaspoon salt
2 cakes yeast
$3 / 4$ cup lukewarm water
2 teaspoons salt
3 tablespoons melted shortening
3 tablespoons brown sugar

1. Steam oatmeal in the salted water until cooked. Cool.
2. Crumble yeast in $3 / 4$ cup lukewarm water and let stand 10 minutes.
3. To the lukewarm oatmeal add the dissolved yeast, salt, sugar, and melted shortening.
4. Add flour to make a stiff dough. Then turn out on a floured board and knead until elastic.
5. Place in an oiled bowl, cover, set in a warm place, and let rise until double in bulk.
6. Punch dough down, let rise again.
7. Shape into loaves, cover and let rise until double in bulk, then bake.

## RYE BREAD

Quantity: 2 loaves. Time: 50 Minutes. Temp.: $425^{\circ}$ for 10 minutes, $375^{\circ}$ for remaining time.

3 cups Occident Family Flour<br>3 cups Rye Flour<br>1 cup milk<br>1 cup water<br>$1 / 4$ cup brown sugar or molasses<br>yeast cake in 2 tablespoons water<br>1 tablespoon salt<br>2 tablespoons shortening

1. Crumble yeast in the 2 tablespoons lukewarm water. Let stand 10 minutes. Scald milk, add salt, sugar or molasses, and water. Let cool to lukewarm.
2. Add the yeast, and rye flour. Beat well, add the melted shortening. Add the white flour gradually to make a stiff dough.
3. Turn onto a floured board and knead well. Place dough in slightly greased bowl, cover and let rise in a warm place.
4. When dough is double in bulk, punch down folding the outside edges to the center. Cover and let rise again until light.
5. Knead, divide dough into two equal portions and shape into balls. Let rest for 10 minutes. Shape the two balls of dough into loaves, place in oiled loaf pans, cover, and set away to rise until light. Bake.

## SWEDISH LIMPA

Quantity: 2 loaves. Time: 50 Minutes.
Temp.: $425^{\circ}$ for 10 minutes, $375^{\circ}$ for remaining time.

Use the above recipe for Rye Bread. Add 2 teaspoons of caraway seed to the milk at the time it is being scalded. Add 1 tablespoon chopped orange peel to the bread dough during the mixing.

## ANADAMA BREAD

Quantity: 2 loaves. Time: 1 hour. Temp.: $400^{\circ}$.

5 cups Occident Family Flour
$1 / 2$ cup corn meal
$1 / 2$ cup molasses
1 teaspoon salt
2 tablespoons shortening
$21 / 2$ cups water
1 cake compressed or granular yeast

1. Bring 2 cups of water to the boiling point. Add salt and corn meal. Cook 5 minutes.
2. Add molasses and shortening. Cool to lukewarm.
3. Soak yeast in $1 / 2$ cup lukewarm water for 10 minutes. Add to the lukewarm corn meal mixture.
4. Add the flour gradually, beating well. When all flour has been added, turn dough out on a floured board and knead for 10 min utes.
5. Place dough in an oiled bowl. Cover. Set in a warm place to rise until doubled in bulk.
6. Knead down and shape into loaves. Place in greased pans. Oil the tops; cover with a damp cloth and set away to rise until doubled in bulk. Bake.

## GRAHAM BREAD

Quantity: 2 loaves. Time: 50 Minutes. Temp.: $425^{\circ}$ for 10 minutes, $375^{\circ}$ remaining time.

3 cups Occident Family Flour
3 cups Graham Flour
1 cup milk
$11 / 4$ cups water
$1 / 4$ cup molasses or brown sugar
2 tablespoons shortening
1 cake compressed or granular yeast
2 teaspoons salt
$1 / 2$ cup raisins
Follow procedure for mixing as given for Whole Wheat Bread. Add raisins at the end of the first kneading.


## YEAST ROLLS



T
HE variety of rolls you can make is endless, There are tender, piping-hot rolls for your dinner table, breakfast rolls filled with rich fruits and savory spices, and lovely coffee cakes with their festive sugar glaze studded with crisp nuts. Round out your culinary accomplishments with the knowledge of blending and baking the ingredients that make good rolls. You'll earn the thanks of your family!

## YEAST ROLLS

## YEAST ROLLS

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"The best rolls are gay deceivers . . . plump as pillows, yet light and billowy as summer clouds."
. . . Virginia Roberts

## BASIC ROLL DOUGH

For Baking Time and Temperature, See Roll Variations Pages 27 to 30
Quantity: 4 to 5 Dozen


1. Scald the milk. To scald milk, bring it slowly to a high temperature, but keep it below the boiling point.
2. Melt shortening, and set aside to cool sufficiently so that it will not be hot when ready to add to the dough.
3. Measure salt and sugar. Place in large mixing bowl.
4. Pour the scalded milk into the bowl and stir to dissolve sugar and salt. Cool until lukewarm.
5. Crumble yeast into a small bowl. Add $1 / 2$ cup of lukewarm water. Test water on wrist to be sure that it is lukewarm. Lukewarm water is used because yeast will not "grow" well in cold water. Water which is too hot will kill the yeast. Let the yeast soften for 5 minutes.
6. Sift flour once before measuring. Now measure exactly the sifted flour which is to be used later in the recipe. Pile flour lightly into measuring cup-filling to the one cup mark. Use a spoon to dip the flour. Do not dip cup into flour or shake the cup. (See Photo 6.)
7. Add the softened yeast and the remaining lukewarm water to the lukewarm milk mixture. Mix well.

8. Add half of the sifted flour to the milk mixture and beat one minute. (See Photo 8.)
9. Add the unbeaten eggs and blend thoroughly. (See Photo 9.)
10. Measure the melted and cooled shortening and add to the dough. Beat one minute.
11. Gradually add the remaining sifted flour and stir until all the flour is worked into the dough.
12. Sprinkle the bread board lightly with flour. Turn the dough onto the floured bread board and let it stand for ten minutes. This rest period makes the dough more elastic and easier to knead.
13. Lightly grease the large mixing bowl. The bowl should be sufficiently large so that it will not be more than half full when dough is placed in it.

14A. Now knead the dough for ten minutes until smooth and satiny. (See Photo 14a.)

## WHAT IS KNEADING?

B. Kneading is folding the dough over on itself, pushing it with a rocking motion, folding it over, pushing it and repeating this process in continuous action until the dough is satiny and smooth. Kneading thoroughly mixes the ingredients and develops elasticity. (See Photo 14b.)


14 A


## HOW TO KNEAD

C. Fold the outside edge of the dough over on itself toward you and push the dough with the heels of the palms of the hands. The heel of the palm of the hand is the fleshly portion of the palm. (See Photo 14c.)
D. After every push, turn the dough onefourth of the way around, and fold it over toward you. Then press the dough with the heel of the hand, and repeat in rhythm. (See Photo 14d.)

## TEST FOR SUFFICIENT KNEADING

To tell whether dough has been kneaded enough-hold your hand on the dough and count to thirty. If the dough does not stick to your hand, it has been kneaded enough. The surface of the dough should feel satiny and look smooth.
15. Round the dough into a smooth ball and place it in the greased bowl-rolling it around to lightly cover the entire surface with grease. Cover the top of the bowl with a clean damp towel and place in a warm spot away from drafts. If the room is chilly, the bowl may be set over a pan of warm (not hot) water while dough rises. (See Photo 15.)
16. Allow dough to rise until double in bulk. A temperature of $82^{\circ} \mathrm{F}$. will require a rising period of approximately $11 / 2$ hours. (See Photo 16.)

## HOW CAN YOU TELL WHEN THE DOUGH HAS RISEN SUFFICIENTLY?

You will see blisters or gas bubbles begin to appear on top of the dough. The dough should be double in bulk at this time. Be sure dough is fully doubled. Press your finger deeply into the dough. If the impression remains, the dough is light.


15

17. Punch dough down. Plunge your fist into the center of the dough and fold the edges toward the center. (See Photo 17.)
18. Sprinkle bread board with one teaspoon flour. Turn the dough onto the floured board, and cut it into 2 equal portions. Round each portion into a ball by gently rolling between the hands. This is done to seal the open pores left after the dough is cut. (See Photo 18.)
19. Cover the dough with a dry towel and let stand for ten minutes. This "rest" period makes the dough much easier to handle.

The dough is now ready to be formed into any shape desired. Follow instructions under "Roll Variations" for shaping and baking. (Pages 27-30)


## RICHER ROLL DOUGH

Quantity: 2 dozen. For baking time and temperature, see roll variations-pages 27 to 30 .

## RECIPE

| $51 / 2$ | cups Occident Family |
| :--- | :--- |
| Flour |  |
| $1 / 2$ | cup sugar |
| $1 / 4$ | cup shortening |
| $11 / 2$ | cups milk |

2 eggs
$1^{1 / 2}$ teaspoons salt
cakes compressed or granular yeast

1. Scald the milk. Add the sugar and cool to lukewarm $\left(80^{\circ}\right)$.
2. Dissolve yeast in lukewarm milk and let it stand 5 minutes.
3. Add 3 cups of flour; beat vigorously; then add the salt and eggs -beat well again.
4. Add melted shortening. When it is well blended, gradually add the remaining flour.
5. When stiff, turn out onto a floured board and knead. Return to oiled bowl to rise until doubled in bulk.
6. Punch down-let rise again. When light, knead before shaping into desired types of rolls.

Rolls may be brushed with melted butter, milk, egg and milk mixed, or a sugar and water solution, when they are removed from the oven.

## YEAST ROLL VARIATIONS SWEET


#### Abstract

Use recipe for Bread Dough, Basic or Richer Roll Dough, or Refrigerator Roll Dough. When dough is ready to be shaped into rolls, select the desired type to be made and proceed as follows:


## APPLE KUCHEN

Time: 25 Minutes. Temp.: $375^{\circ}$.
Roll dough $1^{\prime \prime}$ thick in size and shape of baking pan. Coat top with softened butter, sprinkle with sugar and cinnamon. Press slices of apple into the dough to cover the top. Brush apple slices with fat to prevent discoloring. Let rise until light. Bake.

## BUTTERSCOTCH ROLLS

Time: 20 Minutes. Temp.: $375^{\circ}$.
Pat or roll dough into a rectangle of $1 / 3^{\prime \prime}$ thickness. Brush with melted fat, and cover with brown sugar. Roll the rectangle up and cut into $1 \frac{1}{2}$ " pieces. Place each piece cut side down in muffin well which has been prepared with 1 teaspoon brown sugar, $1 / 2$ teaspoon butter, and $1 / 2$ teaspoon water, and nuts if desired.
Let rise until light and bake.
These rolls may be baked side by side in a loaf pan.

## CINNRMON ROLLS

Time: 18 Minutes. Temp.: $375^{\circ}$.
Pat or roll dough into a rectangle of $1 / 3^{\prime \prime}$ thickness. Brush with melted fat. Sprinkle with brown or white sugar and cinnamon. Dates or raisins and nuts may be spread over the dough if desired. Roll the oblong of dough lengthwise, seal the edge. Cut the roll in $11 / 2^{\prime \prime}$ pieces; place side by side in an oiled pan, or in an oiled muffin tin. Let rise until light, bake.

## KOLACHES

## Time: 20 Minutes. Temp.: $375^{\circ}$.

Roll or pat dough out to $1 / 4^{\prime \prime}$ thickness. Cut into $3^{\prime \prime}$ squares. Place a cooked pitted prune, sprinkled with sugar, cinnamon and nut meats in the center of each square. Bring the four corners of the dough together covering the filling. Seal the edges, place on oiled baking sheet and let rise until light. Bake.

## ORANGE ROLLS I

Time: 18 Minutes. Temp.: $375^{\circ}$.
Pat or roll dough out to an oblong $1 / 4^{\prime \prime}$ in thickness.
Spread sheet of dough with orange marmalade. Roll dough up jelly roll fashion, seal the edge. Cut into $11 / 2^{\prime \prime}$ slices and place cut side down on an oiled baking sheet or in a muffin tin. Let rise until light and bake.
Any kind of marmalade or preserves can be used.

## ORANGE ROLLS II

Time: 18 Minutes. Temp.: $375^{\circ}$.
Spread sheet of dough rolled as for No. 1 with melted butter. Roll up as jelly roll. Cut off $11 / 2^{\prime \prime}$ slices. Place on oiled baking sheet or in muffin tin. Press a loaf of sugar which has been dipped in orange juice into the center of each roll. Sprinkle with grated orange rind and shredded cocoanut. Let rise until double in bulk. Bake.

## ROLLED CINNAMON LOAF

Quantity: 2 loaves. Time: 50 Minutes.
Temp.: $375^{\circ}$.
Use Basic or Richer Roll Dough Recipe. 1 tablespoon cinnamon
$1 / 4$ cup sugar
2 tablespoons melted butter

1. When dough is ready to be shaped into rolls, place it on a floured board. Roll it into a rectangle $1 / 2^{\prime \prime}$ thick.
2. Brush with melted butter, sprinkle the mixed sugar and cinnamon over; and roll up as for a jelly roll.
3. Cut roll into 2 parts, place each in an oiled bread pan. Set in a warm place and let rise until double in bulk. When light, bake.

Brush with melted fat as the loaves are taken from the oven, or when cool frost with powdered sugar icing.

## STREUSEL

Time: 25 Minutes. Temp.: $375^{\circ}$.
Roll dough to $1 / 2^{\prime \prime}$ thickness in a shape to fit a baking pan 9 " $\times 13^{\prime \prime}$. Let rise until light. Prick entire top with a fork, brush with melted butter and sprinkle with streusel crumbs. Let rise $1 / 2$ hour longer, then bake.
Make streusel crumbs by creaming 2 tablespoons butter and 2 tablespoons sugar. Add $1 / 4$ cup flour, $1 / 4$ cup dry cake or bread crumbs and $1 / 2$ teaspoon cinnamon.

## SWEDISH TEA RING

## Time: 25 Minutes. Temp.: $375^{\circ}$.

Roll dough into a rectangle 9 " $\times 18^{\prime \prime} \times 1 / 4$ ". Spread with melted butter, brown or white sugar, cinnamon, and raisins. Roll up lengthwise, place on oiled baking sheet and join the ends to form a circle. With a scissors or sharp knife cut through the roll to within an inch of the bottom, in 1" slices. Twist each slice and lay it on the baking sheet. Let rise until double in bulk; bake. Spread with powdered sugar icing and chopped nuts.

## KUCHEN

Quantity: 2-9" Squares. Time: 30 Minutes. Temp.: $400^{\circ}$.

```
\(31 / 2\) cups Occident Family Flour
    \(1 / 2\) teaspoon nutmeg
    \(1 / 4\) cup water
        cup milk
        cakes compressed yeast
        cup sugar
        teaspoon salt
        egg
        cup shortening
        cup raisins
```

1. Dissolve the yeast and 2 tablespoons of the sugar in $1 / 4$ cup of lukewarm water. Scald the milk and cool to lukewarm.
2. Add the dissolved yeast, remaining sugar, and the salt to the lukewarm milk. Add half of the flour and beat well.
3. Cover and allow to rise in a warm place until light and full of bubbles (about 45 minutes).
4. Add egg, raisins, nutmeg, and melted shortening. Beat well; add remaining flour gradually.
5. Turn on to a floured board and knead until elastic.
6. Place in oiled bowl, cover, set in a warm place and let rise until double in bulk.
7. When light roll dough out to fit 2 square $9^{\prime \prime}$ pans. Place in the oiled pans and let rise until light (about 45 minutes). Sprinkle the following over the top of the dough before placing in the oven:

> 1 tablespoon Occident Family Flour
> 2 tablespoons granulated sugar
> 1 tablespoon brown sugar
> $1 / 2$ teaspoon cinnamon
> 2 tablespoons melted butter

Mix all together before sprinkling over the dough. Bake.

## JULEKAGE

Add currants, citron or candied fruit to Basic or Richer Roll Dough. Shape into loaf and place in a round loaf pan. Frost with powdered sugar icing.

## YEASTROLL VARIATIONS PLAIN


#### Abstract

Use recipe for Bread Dough, Basic or Richer Roll Dough, or Refrigerator Roll Dough. When dough is ready to be shaped into rolls, select the desired type to be made and proceed as follows:


## BRAIDFD LOAF

Time: 35 minutes. Temp.: $400^{\circ}$.
Use half of the Basic or Richer Roll Dough. Divide the dough into 3 equal parts. Shape each piece into a $12^{\prime \prime}$ length of uniform thickness.
Fasten one end of the three together; then braid; securely fasten the finished ends.
Place in an oiled loaf bread pan or on an oiled baking sheet. Let rise until doubled in bulk. Bake.
Frost with powdered sugar icing when cold. Slice as bread and serve.
Currants, citron or candied fruit may be kneaded into the dough before braiding, if desired.

## BRAIDED ROLLS

## Time: 20 Minutes. Temp.: $400^{\circ}$.

Roll dough out into an oblong about $1 / 3^{\prime \prime}$ thick. Cut strips $1 / 3^{\prime \prime}$ wide and $6^{\prime \prime}$ long. Using 3 or 4 strips, seal together at one end. Brush each strip with melted fat, then braid. Seal the end and place on oiled cooky sheet. Leave space between each braid so they may spread as they rise. Bake when light. Coat with powdered sugar icing.

## BREAD STICKS

## Time: 15 Minutes. Temp.: $400^{\circ}$.

Cut small uniform pieces of dough. Roll, with hands, on a board until $8^{\prime \prime}$ long. Keep uniform size and rounded ends. Place $1^{\prime \prime}$ apart on oiled baking sheet. Let rise until light. Bake. These rolls may be made from bread dough, the Crusty Roll recipe, or any desired dough.

## BUNS

Time: 20 Minutes. Temp.: $400^{\circ}$.
Roll dough into a sheet $1 / 4^{\prime \prime}$ thick. Cut rounds of dough with $2 \frac{1}{2 \prime \prime}$ cooky cutter. Shape rolls by forming each round of dough into a ball. Flatten each ball slightly and place in an oiled pan, leaving space between each piece of dough, so the bun may spread. Let rise until double in bulk. Bake.

## BUTTERFLY ROLLS

## Time: 18 Minutes. Temp.: $400^{\circ}$.

Roll dough into a sheet $1 / 4^{\prime \prime}$ thick. Brush entire sheet with melted fat. Cut dough into $21 / 2$ " strips. Lay 5 or 6 strips, one on top of the other in tiers. Cut off $21 / 2^{\prime \prime}$ lengths and place in oiled muffin pans. Let rise until light. Bake.

## BUTTERHORN ROLLS

## Time: 15 Minutes. Temp.: $400^{\circ}$.

Roll dough into a circle of $12^{\prime \prime}$ in diameter and $1 / 4^{\prime \prime}$ thick. Cut like a pie, into 8 wedges. Brush with melted fat. Roll each piece of dough by starting at the outside of the circle rolling toward the tip of the wedge. Place on an oiled baking sheet laying each roll of dough on the sealed tip. Let rise until very light. Bake.

## CLOVBRLFRF ROLLS

Time: 18 Minutes. Temp.: $400^{\circ}$.
Shape balls of dough, cut in sizes so that 3 balls will cover the bottom of the muffin pan. Dip each ball in melted fat, and put 3 balls in each well of the oiled muffin pan. Cover, let rise until light. Bake.

## FORGET-ME-NOT ROLLS

Time: 18 Minutes. Temp.: $400^{\circ}$.
Shape balls of dough, cut in sizes so that 5 balls will cover the bottom of the muffin pan. Dip each ball in melted fat and place 5 balls in each well of the oiled muffin pan. Let rise. Bake.

## FRENCH ROLLS

Time: 15 Minutes. Temp.: $400^{\circ}$. Cuț small balls of dough. Elongate each ball, pressing the dough more on the ends to make the ends smaller. Let rise until light. Bake.

## KNOT ROLLS

Time: 15 Minutes. Temp.: $400^{\circ}$.
Roll small balls of dough to a thin roll $1 / 4^{\prime \prime}$ in diameter and $8^{\prime \prime}$ long. Tie this into a loose knot. Place on oiled baking sheet. Let rise until light. Bake.

## LUNCHEON ROLLS

## Time: 18 Minutes. Temp.: $400^{\circ}$.

Roll dough into an oblong about $1 / 3^{\prime \prime}$ thick. Cut into strips $1 / 2^{\prime \prime}$ wide and $6^{\prime \prime}$ long. Twist each strip until $8^{\prime \prime}$ long, then tie a knot in one end of the dough. Pull the long end of dough through the center of the knot. Place on oiled baking sheet, let rise until light. Bake.

## PAN ROLLS

Time: 25 Minutes: Temp.: $400^{\circ}$.
Roll out a sheet of dough to $1 / 4^{\prime \prime}$ thickness. Cut with $2 \frac{1}{2} 2^{\prime \prime}$ cooky cutter. Shape each roll by forming rounds of dough into balls. Place very close together in an oiled baking pan. Let rise until very light. Bake.

## PARKERHOUSE ROLLS

Time: 15 Minutes. Temp.: $400^{\circ}$.
Roll sheet of dough out to $1 / 4^{\prime \prime}$ thickness. Cut in rounds with cooky cutter and brush with fat. Make a crease with the back of a knife across each round, just off center. Fold larger half over, place on oiled cooky sheet. Cover, let rise until double in bulk. Bake.

## RUSKS

Use Basic or Richer Roll Dough shaped into buns. When baked, cut each bun in half crosswise. Spread each half with butter and sprinkle sparingly with sugar and cinnamon. Place on a shallow baking pan and toast slowly in an oven $300^{\circ}$.

## FRUIT SNAILS

Time: 15 Minutes. Temp.: $400^{\circ}$.
Place one teaspoon of jelly or jam in the center of each snail after dough has risen, just before placing in the oven. Bake.

## SNAILS

Time: 15 Minutes. Temp.: $400^{\circ}$.
Roll small ball of dough to a thin roll about $1 / 4$ inch in diameter and 8 inches long. Place one end of dough on oiled baking sheet and swing the other end around to form snail shape. Cover. Let rise in a warm place until light. Bake.

## TWIN ROLLS

Time: 18 Minutes. Temp.: $400^{\circ}$.
Shape balls of dough, cut in sizes so that two balls will cover the bottom of the muffin pan. Dip each ball in the melted fat and place two balls in each well of the oiled muffin pan. Cover, let rise until double in bulk. Bake.

## TWISTED COFFEE RINGS

Time: 15 Minutes. Temp.: $400^{\circ}$.
Shape dough same as for the twisted rolls. Place on oiled baking sheet, bringing the two ends together to form a circle, or individual ring. Let rise until light. Bake. Frost if desired.

## TWISTED ROLLS

## Time: 15 Minutes. Temp.: $400^{\circ}$.

Roll small ball of dough to thin roll about $1 / 4$ inch in diameter and 8 inches long. Twist the ends in opposite directions, rolling one end toward you and the other away. Bring the two ends together and allow them to twist several times. Place on oiled baking sheet in crescent shape. Cover, let rise in a warm place until double in bulk. Bake.

## REFRIGERATOR ROLLS

Quantity: 3 to 4 dozen. For Baking Time and Temperature, see Roll Variations, pages 27 to 30 .

```
71/2 cups Occident Family Flour
21/2 cups water
    1 to 2 cakes yeast
    1/2 cup sugar
    1 tablespoon salt
    1 egg
    1/2 cup shortening
```

1. Soak yeast in $1 / 2$ cup lukewarm water for 5 minutes. Dissolve salt and sugar in 2 cups lukewarm water; add soaked yeast.
2. Add 3 cups of sifted flour. Beat well. Add the egg; beat mixture well again.
3. Add melted shortening which has been cooled. Blend well. Add remaining flour gradually until all flour is well blended into dough.
4. This dough may be used now or stored in a cold refrigerator (about $45^{\circ}$ ) as long as three days.

To store dough, place a damp cloth between two sheets of waxed paper and tie over bowl. When ready to use, punch down dough; cut off portion to be used and return remainder of dough to refrigerator at once.
5. Shape dough to be used into a ball; cover with a towel and allow to stand on bread board for twenty minutes. Shape into any type of rolls. Allow rolls to rise until double in bulk.

It will be necessary to allow about 3 hours from time dough is taken from refrigerator until rolls are baked.

## PAN ROLLS

Quantity: 4 dozen. Time: 20 Minutes. Temp.: $400^{\circ}$.

7 cups Occident Family Flour
1 cake compressed yeast
$1 / 2$ cup water
$11 / 2$ cups milk
$1 / 4$ cup sugar
$1 / 4$ cup corn sirup
2 teaspoons salt
3 tablespoons shortening
1 egg

1. Soften yeast in lukewarm water for 10 minutes.
2. Scald milk, add salt, sugar and sirup. Cool to lukewarm.
3. Combine yeast with milk mixture. Add 2 cups of sifted flour. Beat well. Add the egg and melted shortening and beat again.
4. Gradually add remaining flour to make a dough.
5. Turn out on a lightly floured board and knead until satiny and smooth.
6. Place in greased bowl, cover and let rise until double in bulk.
7. Punch down. Let stand 10 minutes.
8. Shape in rolls. See roll variations pages 27 to 30 .

## CRUSTY ROLLS

## Quantity: 2 dozen.

Time: 20 Minutes. Temp.: $450^{\circ}$
3 cups Occident Family Flour
1 cake yeast
1 cup water
1 tablespoon sugar
1 teaspoon salt
2 tablespoons melted shortening
2 egg whites

1. Soften yeast in the lukewarm water for 10 minutes. Add the suggar and salt. Add one cup of flour and beat vigorously, add the melted shortening, and egg whites beaten stiff.
2. Add remaining flour, saving enough out for kneading, and when well mixed, place on floured board and knead until smooth and satiny.
3. Place in oiled bowl, grease dough lightly and let rise until double in bulk. Punch down. Let rise again, then knead.
4. Divide into 24 portions for rolls. Cover and let stand 10 minutes.
5. Shape into buns or Vienna rolls. Place $21 / 2$ " apart on an oiled baking sheet sprinkled with corn meal or farina.
6. Cover and let rise until double in bulk. Bake. Place a flat pan filled with boiling water in the bottom of the oven to give steam, which will make the rolls crusty.

## THREE HOUR LUNCHEON ROLLS

Quantity: 2 dozen. Time: 20 Minutes. Temp.: $400^{\circ}$.

```
\(11 / 2\) cups Occident Family Flour
    2 cakes compressed yeast
    1 tablespoon sugar
    \(1 / 4\) cup milk
    1 teaspoon vanilla
    3 egg yolks
\(1 / 2\) cup butter
        Topping
    1 egg white
    \(1 / 3\) cup sugar
    \(1 / 4\) cup nut meats
```

1. Scald milk, then cool to lukewarm. Add yeast and sugar to lukewarm milk, then vanilla and beaten egg yolks.
2. Cut the butter into the flour as for pie crust. Combine the liquid and the dry ingredients.
3. Form dough in a ball; place in a cheese cloth and put into a pan of cold water. Let stand 1 hour.
4. Remove from the cloth, place dough on a floured board and cut into pieces the size of an egg.
5. Roll each piece into $31 / 2^{\prime \prime}$ lengths. Twist each piece and dip in egg white, then roll in the sugar and crushed nuts.
6. Place on oiled baking sheet. Let rise until light (about 20 minutes) then bake. Serve at once.
These are not good reheated.

## HOT CROSS BUNS

Quantity: 2 dozen. Time: 20 Minutes.
Temp.: $400^{\circ}$.

```
3 cups Occident Family Flour
1 cup milk
\(1 / 4\) cup sugar
2 tablespoons shortening
\(1 / 2\) teaspoon salt
1 cake yeast
\(1 / 4\) cup lukewarm water
\(3 / 4\) teaspoon cinnamon
1 egg
\(1 / 4\) cup currants
```

1. Scald milk, cool to lukewarm. Soak yeast in $1 / 4$ cup lukewarm water 5 minutes.
2. Combine lukewarm milk, salt, sugar and soaked yeast. Add 1 cup of flour. Beat well.
3. Add soft shortening, egg and cinnamon. Beat well. Add currants and remaining flour gradually, beating well as additional flour is added.
4. Cover. Let rise until double in bulk. Punch dough down. Let stand 15 minutes.
5. Shape into buns, forming dough into small balls. Place $2^{\prime \prime}$ apart on oiled baking sheet. Press each ball down with palm of hands. Cut cross with scissors or sharp knife.
6. Allow to rise until double in bulk. Bake until lightly browned.
7. Brush with melted fat. When cool decorate with cross made of powdered sugar icing.

## WHOLE WHEAT ROLLS

Quantity: 3 dozen (medium rolls). Time: $\mathbf{2 0}$ Minutes. Temp.: $400^{\circ}$.

4 cups Occident Family Flour
3 cups Occident $\mathbf{1 0 0} \%$ Whole Wheat Flour
2 cakes yeast
2 cups milk
$1 / 2$ cup brown sugar
1 egg
$11 / 2$ teaspoons salt
$1 / 4$ cup shortening

1. Scald the milk. Cool to lukewarm. Add the crumbled yeast, sugar and salt. Dissolve.
2. Add the Whole Wheat flour and beat well. Add the egg and melted shortening. Beat well.
3. Add the white flour gradually until a stiff dough is formed. Turn onto a floured board and knead until smooth and elastic.
4. Place in an oiled bowl, cover, and set away in warm place to rise until double in bulk. Punch down. Let stand 30 minutes then shape into desired type of rolls. See pages 29 to 30 .

## BUTTERMILK ROLLS

## Quantity: 18.

For baking time and temperature, see roll variations-pages 27 to 30.

```
21/4 cups Occident Family Flour
    1 cake compressed yeast
    1/4 teaspoon soda
    1 teaspoon baking powder
    1 teaspoon salt
    2 tablespoons sugar
    3 tablespoons shortening
    1 cup buttermilk
```

1. Have buttermilk room temperature, or warm it by heating the mixing bowl before putting buttermilk into it.
2. Dissolve yeast and sugar in the buttermilk. Let stand 5 minutes.
3. Add 1 cup of flour, the salt, baking powder and soda. When well blended add the melted shortening.
4. Add the remaining $1 \frac{1}{4}$ cups of flour. When all the flour is worked in, turn dough out onto floured board and knead 2 minutes.
5. Shape dough into desired type of rolls. Cover and let rise until very light, in a warm place. Bake as directed for the variation being made. Serve hot as they come from the oven.

## SOUR CREAM - PUMPKIN BISCUITS

Quantity: 2 dozen.
For baking time and temperature, see roll variations-pages 27 to 30.

> 4 cups Occident Family Flour
> $1 / 3$ cup sugar
> 1 teaspoon salt
> $1 / 2$ teaspoon soda
> $11 / 2$ cups sour cream
> 1 cake compressed yeast
> $1 / 2$ cup strained pumpkin

1. Mix the cooked, strained pumpkin, sugar and sour cream. Heat to $80^{\circ}$ (lukewarm). Add the yeast and let it stand for 5 minutes. 2. Add half of the flour, the salt and soda. Beat well.
2. Add remaining flour; when blended, knead the dough until smooth.
3. Place in an oiled bowl, cover and let rise until doubled in bulk.
4. Punch dough down and knead slightly. Shape into desired type of rolls. Let rise until light and bake as specified for the type of roll being made.

## POTATO ROLLS

Quantity: 3 dozen.
For baking time and temperature, see roll variations-pages 27 to 30.

```
31/2 cups Occident Family Flour
    1/4 cup sugar
    1/2 cup shortening
        1 cup milk
    1/4 cup water
        1 cup mashed potato
        1 cake compressed yeast
11/2 teaspoons salt
        1 egg
```

1. Scald milk, add sugar, salt and the mashed potatoes. Cool to lukewarm.
2. Soak yeast in the lukewarm water for 5 minutes. Combine it with the first mixture.
3. Add 2 cups of flour; beat well. Add the melted shortening and egg. Beat vigorously. Cover and set aside in a warm place to rise until light.
4. Add remaining $11 / 2$ cups of flour. When blended, turn dough out on a floured board and knead until smooth. Cover dough and let it stand on the board 10 minutes.
5. Shape dough into desired type of rolls. Let rise until doubled in bulk. Bake.

## RAISED DOUGHNUTS

Quantity: 2 dozen. Temp.: Deep fat- $360^{\circ}$.

```
31/4 cups Occident Family Flour
    1/2 teaspoon nutmeg
    1/4 cup water
    l cup milk
    1 cake compressed yeast
    3/4 cup sugar
    1 teaspoon salt
    egg
    tablespoons shortening
```

1. Follow directions for making Basic Roll Dough. (Page 23.)
2. When dough has risen to double in bulk, place on a floured board and roll to $1 / 2^{\prime \prime}$ thickness.
3. Cut with floured doughnut cutter, cover and let rise 45 minutes.
4. Drop into hot fat to fry. Turn as soon as doughnut rises to the surface of the fat. Brown on one side; reverse and brown the other. Drain on absorbent paper.

## TEA LOAF

Quantity: $11 / 2$ pound loaf bread pan.
Time: $1_{1 / 4}$ hours. Temp.: $325^{\circ}$.
1 cup Occident Family Flour
1 cup brown sugar
$1 / 2$ teaspoon salt
$1 / 2$ teaspoon soda
2 eggs
$1 / 3$ cup shortening
$1 / 3$ cup sour milk
1 teaspoon cinnamon
$1 / 4$ teaspoon cloves
$1 / 4$ teaspoon allspice
$1 / 2$ cup chopped raisins
1 teaspoon grated orange rind
1 cup yeast bread dough

1. Mix the shortening with the bread dough. Add the sugar and cream well.
2. Beat in the eggs one at a time. Add the fruit.
3. Add the sifted dry ingredients alternately with the sour milk.
4. Pour into paper-lined pan. Let stand 1 hour. Bake. Frost when cool if desired. Cut in thin slices like fruit cake to serve.

## RAISED CRULLERS

Quantity: 2 dozen. Temp.: Deep fat- $370^{\circ}$.

```
31/2 cups Occident Family Flour
    1/3 cup sugar
        1 cup milk
    1/4 cup water
        1 cake compressed yeast
        2 tablespoons shortening
        1 teaspoon salt
        1 \mp@code { e g g }
```

1. Dissolve yeast in lukewarm water. Let stand 5 minutes.
2. Scald milk. Pour into mixing bowl. Add sugar and salt. Cool to lukewarm.
3. When lukewarm add yeast to the milk. Add 2 cups of flour and beat well. Add the melted shortening and egg. Beat well again. 4. Cover and let rise until light. Add remaining flour and turn dough out onto a floured board, knead 2 minutes.
4. Roll dough to $1 / 2^{\prime \prime}$ thickness. Cut into $3 / 4$ " widths. Cut each strip into $8^{\prime \prime}$ lengths, twist and place on board to rise in a warm place until light.
5. Fry in deep fat. Sugar each cruller and serve.

## ENGLISH CRUMPETS

Quantity: 18. Time: 20 Minutes. Temp.: $400^{\circ}$.
3 cups Occident Family Flour
2 cups milk
1 cake compressed yeast
$1 / 4$ cup butter
$1 / 4$ cup lukewarm water
$1 / 2$ teaspoon salt

1. Soak yeast in $1 / 4$ cup lukewarm water. Scald the milk and cool to lukewarm.
2. When lukewarm add salt, yeast, and half the flour. Beat very well.
3. Add melted shortening and remaining flour. Cover, let stand in warm place until double in bulk.
4. Drop batter into well greased muffin tins. Fill one-half full. Let stand 20 minutes. Bake. 5. Serve hot.

## PNGLISH MUFFINS

Quantity: 18. Time: 15 Minutes. Temp.: $400^{\circ}$.

```
41/2 cups Occident Family Flour
    1/2 cup milk
        1 cup water
    1 teaspoon salt
    1 teaspoon sugar
    1 yeast cake in 2 tablespoons water
    tablespoons shortening
```

1. Scald milk and allow to cool to lukewarm. Soak yeast 5 minutes in 2 tablespoons lukewarm water.
2. Combine lukewarm water and milk, add salt, sugar, yeast and 2 cups of flour. Beat very well. Cover, let rise until double in bulk.
3. Add softened shortening and remaining flour. Beat well. When dough becomes stiff knead well.
4. Let rise to double in bulk. Place on floured board and roll or pat to $3 / 4$ " thickness. Let rise again on board until light.
5. Cut in rounds $21 / 2^{\prime \prime}$ diameter. Bake 15 minutes on hot buttered griddle. Turn several times during baking.


$W_{\text {HAT marvelous delights quick breads are . . . they }}$ fit into an endless number of occasions with appropriate satisfaction! Griddle cakes for frosty mornings . . . goldenbrown waffles, baking powder biscuits, light and fluffy, shortcake at the height of berry season . . . or tender,. taste-delighting muffins for quick pick-up suppers. Quick breads are to your kitchen repertoire what the gay and carefree polka is to music.

## QUICK BREADS



BREADS

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"There's often a very simple explanation for that intent look on a man's face, and his quickened homeward step. Frequently it's the tempting vision of golden brown hot doughnuts, or tender muffins straight from the oven."
. . . Virginia Roberts

## BAKING POWDER BISCUITS

Quantity: 15 Small Biscuits
Oven Temp.: $425^{\circ}$


## PROCEDURE

1. Sift flour once before measuring.
2. Measure flour, salt and baking powder. Place them in the flour sifter.

To measure flour accurately, see Step 1 , Page 60.
3. Sift the measured dry ingredients into a mixing bowl.
4. Measure shortening and place it in the bowl with the dry ingredients.

To measure shortening easily and accurately, see Page 6.
5. With a dough blender, 2 knives (scissor fashion), or a fork, cut the shortening into the dry ingredients until the mixture looks like coarse meal. (See Photo 5.)
6. Measure the milk.
7. Add the milk to the ingredients in the bowl-using a fork or spoon to mix the ingredients. (See Photo 7.)

Over-mixing of ingredients or excess handling of the dough will toughen the biscuits, therefore, handle as little as possible.
8. Sprinkle two teaspoonsful of flour on the bread board.
9. Turn the dough out on the floured board.
10. Knead the dough about 30 seconds or enough to make it hold together in a single ball. (See Photo 10.)

11. Pat the dough out into a sheet of $1 / 2^{\prime \prime}$ thickness.
12. With floured cooky cutter, cut the dough into rounds. (See Photo 12.)
13. Place each round of dough on the baking sheet.

The rounds of dough may be placed so they touch each other to give a soft biscuit without crusty sides. If space is left between each round of dough the entire outside of the biscuit will be crusty.
14. Place the pan of biscuits in a $425^{\circ}$ oven and bake 15 minutes or until a golden brown.

## SHORTCAKE BISCUITS

Use the Basic Baking Powder Biscuit Dough recipe, except:

Add 1 tablespoon of sugar to the dry ingredients.

Add 6 tablespoons shortening in place of $1 / 4$ cup.

Add 1 beaten egg to the milk before combining the liquid and dry ingredients.

Dough may be rolled to $1 / 2^{\prime \prime}$ or less in thickness, brushed with melted butter and the second round of dough placed on top.

When biscuits are baked this way they may easily be broken apart to allow fruit to be placed between them for shortcake.

This dough may also be baked in a loaf pan and cut into individual servings.

Fresh or cooked fruit may be used for shortcake. Sweeten to taste. Serve with plain or whipped cream.

## CINNAMON ROLLS

Quantity: 18 rolls. Time: 20 Minutes. Temp.: $425^{\circ}$.

```
    Basic Baking Powder Biscuit Dough
1/2 teaspoon cinnamon
1/3 cup brown sugar
    2 tablespoons melted shortening
1/2 cup raisins
```

1. Pat dough out to $1 / 4$ " thickness, and brush with melted shortening.
2. Sprinkle with cinnamon and brown sugar and add raisins.
3. Roll as for jelly roll. Cut into slices $3 / 4{ }^{\prime \prime}$ thick.
4. Place cut side down on oiled baking sheet or in muffin pans and bake.

## CHFㅏS BISCUITS

Follow above recipe and procedure as given for Basic Baking Powder Biscuits. Roll or pat dough to $1 / 4^{\prime \prime}$ thickness. Cut into rounds with biscuit cutter. Sprinkle 1 teaspoonful of grated cheese on half of the rounds of dough. Place another round of dough over the cheese. Seal the edges, place on oiled baking sheet and bake at $425^{\circ}$ until lightly browned.

## READY-BISCUIT MIX

Quantity: 72 medium biscuits

## or

6 bakings of 12 biscuits each
Time: 18 Minutes. Temp.: $425^{\circ}$.

> 12 cups Occident Family Flour 8 tablespoons baking powder
> $1^{1 / 2}$ cups shortening
> 1 tablespoon salt

1. Sift the flour, salt, and baking powder together 3 times.
2. Cut the shortening into the dry ingredients, until the mixture looks like a coarse meal.
3. Store in closed containers, such as covered fruit jars, in the refrigerator or a cold place until needed.

When ready to make biscuits-

1. Take 2 cups of the Biscuit Mix, add $3 / 4$ cup of milk and blend. See Baking Powder Biscuit Recipe Page 37 for procedure.

## CARROT BISCUITS

Quantity: 12 biscuits. Time: 15 Minutes. Temp.: $425^{\circ}$.

> 2 cups Occident Family Flour
> 4 teaspoons baking powder
> $1 / 2$ teaspoon salt
> 4 tablespoons shortening
> $1 / 4$ cup grated carrots
> 1 tablespoon chopped parsley
> $3 / 4$ cup milk

1. Sift flour, salt and baking powder.
2. Cut shortening into the dry ingredients. Add the grated carrots and parsley.
3. Add the milk gradually. Place on a floured board, and knead very lightly.
4. Flatten to $1 / 2^{\prime \prime}$ thickness and cut into biscuits.
5. Place on oiled baking sheet and bake.

This dough makes a very good topping for meat pie.

## CHEESE STRAWS

Quantity: 2 dozen. Temp.: $375^{\circ}$.
Time: 15 Minutes.

```
    1 cup Occident Family Flour
1/4 cup shortening
1/2 teaspoon salt
    2 tablespoons cream
    dash cayenne
1/2 pound cheese
```

1. Mix flour, salt, and cayenne. Cut the shortening in, as for pie crust.
2. Blend the grated cheese, and work the liquid in.
3. Roll dough to $1 / 4^{\prime \prime}$ thickness, cut in strips or rounds and bake on cooky sheet.

## SOUTHERN BEATEN BISCUITS

Quantity: 2 dozen. Time: 40 Minutes. Temp.: $350^{\circ}$.

```
3 cups Occident Family Flour
    1 teaspoon sugar
1/2 teaspoon salt
1/3 cup shortening
3/4 cup milk
```

1. Cut the shortening into the sifted flour, sugar and salt.
2. Add the milk and blend as well as possible.
3. Turn onto a board and knead into a single ball of dbugh.
4. Put dough through the food chopper twice, using the coarse knife.
5. Knead into a ball. Roll to $1 / 2^{\prime \prime}$ thickness and cut into rounds with a $2^{\prime \prime}$ biscuit cutter.
6. Place on baking sheet. Prick each round several times with a fork. Bake.

## DOUGHNUTS

## CHOCOLATE DOUGHNUTS

Quantity: 4 dozen. Temp.: Deep Fat $370^{\circ}$ to $375^{\circ}$.

4 cups Occident Family Flour
$1 / 4$ cup shortening
$11 / 4$ cups sugar
2 eggs
$11 / 2$ squares chocolate
1 cup sour milk
1 teaspoon soda
$1 / 2$ teaspoon cinnamon
$1 / 4$ teaspoon salt
$11 / 4$ teaspoons vanilla

1. Cream shortening, add sugar, and cream well.
2. Add eggs, and beat well. Add melted chocolate and flavoring.
3. Sift salt, soda and cinnamon with 1 cup of flour. Add to the creamed mixture.
4. Add remaining flour alternately with the milk. Stir only enough to blend.
5. Roll dough to $1 / 4^{\prime \prime}$ thickness on floured board. Cut with doughnut cutter. Fry in deep fat until golden brown.

## SWEET MILK DOUGHNUTS

Quantity: 3 dozen. Temp.: Deep Fat $370^{\circ}$ to $375^{\circ}$.

3 $1 / 2$ cups Occident Family Flour
1 cup sugar
3 tablespoons shortening
3 eggs
1 cup milk
3 teaspoons baking powder
$1 / 4$ teaspoon nutmeg
$1 / 2$ teaspoon vanilla
$11 / 2$ teaspoons salt

1. Cream shortening. Add half of the sugar and cream well.
2. Beat eggs well, add remaining sugar to them and beat well. Add to the creamed mixture.
3. Add baking powder, salt and nutmeg sifted with 1 cup of flour. Add vanilla. Continue
adding remainder of the flour alternately with the milk.
4. Chill the dough an hour before rolling and cutting. This allows the use of a minimum amount of flour and gives a more tender doughnut.
5. Roll dough to $1 / 4^{\prime \prime}$ thickness on floured board. Cut with doughnut cutter, and fry to golden brown in deep fat.

## SOUR MILK DOUGHNUTS

Quantity: 3 dozen. Temp.: Deep Fat$370^{\circ}$ to $375^{\circ}$.

3 cups Occident Family Flour
$1 / 2$ teaspoon soda
1 teaspoon salt
2 eggs
1 cup sugar
1 cup sour milk or buttermilk
2 tablespoons shortening
1 teaspoon baking powder
$1 / 4$ teaspoon nutmeg
$1 / 2$ teaspoon vanilla

1. Beat eggs well, add sugar and beat thoroughly. Add flavoring.
2. Mix and sift salt, soda, nutmeg and baking powder with 2 cups of flour. Add these dry ingredients alternately with the milk. Stir only enough to blend ingredients.
3. Add the melted shortening, then the remaining 1 cup of flour.
4. Chill dough for an hour. This allows the use of less flour and still the dough may be handled without difficulty.
5. Roll dough out on slightly floured board to $1 / 4^{\prime \prime}$ thickness. Fry in deep fat until golden brown.

WHOLE WHEAT DOUGHNUTS
Use the recipe for Sour Milk Doughnuts. Substitute 1 cup of Occident $100 \%$ Whole Wheat Flour for 1 cup of Occident Family Flour.

## EGG DUMPLINGS

Quantity: 12.

```
\(11 / 2\) cups Occident Family Flour
    1 teaspoon salt
    1 teaspoon baking powder
    1 egg
    \(1 / 2\) cup milk
```

1. Beat egg well. Add salt and milk.
2. Stir in the sifted flour and baking powder.
3. Drop by spoonfuls into a kettle of gently boiling salted water.
4. Boil until they rise to the top, then 5 minutes longer.
5. Drain. Serve with stew or gravy.

## DUMPLINGS

Quantity: 12. Time: 20 Minutes.
2 cups Occident Family Flour
4 teaspoons baking powder
$1 / 2$ teaspoon salt
1 cup milk

1. Mix and sift the dry ingredients together.
2. Stir the milk in, and drop by spoonfuls onto boiling water or meat stew.
3. Cover the cooking utensil and steam (gently boil) for 20 minutes.

## VARIATIONS

1. For shorter dumplings, cut 1 tablespoon of fat into the dry ingredients before adding the liquid.
2. Beat an egg up in a measuring cup. Fill the cup up with milk and add to the dry ingredients.
3. Add chopped parsley, chives, raisins or any desired flavor to the dry ingredients before blending with the liquid.
4. Place dumpling dough on a floured board. Pat or roll to $1 / 2^{\prime \prime}$ thickness, cut with cooky cutter and place on boiling stew or bake on top of meat pie.

## FRITTERS

Quantity: 9 fritters. Time: 3 to 5 Minutes. Temp.: $375^{\circ}$, deep fat.

1 cup Occident Family Flour
$1 / 2$ teaspoon salt
1 teaspoon sugar
$2 / 3$ cup milk
1 tablespoon fat
2 eggs
1 teaspoon baking powder

1. Mix and sift dry ingredients.
2. Beat the egg yolks, add the milk, and combine with the dry ingredients. Stir only to blend.
3. Add the melted fat, and mix it in gently.
4. Beat the egg whites stiff. Fold them into the batter.
5. Dip a spoon in hot frying fat, then take a spoonful of the fritter batter and drop it into the hot fat.
6. Fry until browned. Drain on absorbent paper.

Pieces of fruit, vegetables, or cooked meat may be added to the fritter batter. Omit the sugar if vegetables or meat are used.

## SALMON FRITTERS

Quantity: 8. Temp.: Deep fat $365^{\circ}$.
2 tablespoons Occident Family Flour
$1 / 2$ pound cooked or canned salmon
2 eggs
$1 / 2$ teaspoon salt
$1 / 8$ teaspoon pepper
1 teaspoon chopped parsley

1. Beat egg yolks until thick, add flour and seasonings.
2. Stir in the fish broken into very small pieces and add the egg whites stiffly beaten.
3. Drop by spoonfuls into hot fat. Cook until golden brown. Serve with white sauce.

Any kind of fish may be used in place of salmon.

## FRUIT, NUT AND VARIETY LOAF BREADS

## APPLE BREAD

Quantity: 1 loaf. Time: 1 hour.
Temp.: $350^{\circ}$.
2 cups Occident Family Flour
$1 / 2$ cup sugar
$1 / 3$ cup shortening
2 eggs
1/4 cup milk
$1 / 2$ cup raisins
$1 / 2$ cup peanuts
$1 / 2$ teaspoon salt
2 teaspoons baking powder
$1 / 2$ teaspoon soda
2 medium apples
rind of 1 orange

1. Grind the raisins, orange peel, peanuts, and unpeeled apples.
2. Cream the shortening and sugar. Add the eggs and beat well. Add the fruit mixture.
3. Stir in the sifted dry ingredients and the milk. Pour into an oiled pan, lined with wax paper and bake.

## APRICOT BREAD

Quantity: $4^{1 / 2 "} \times 71 / 2^{\prime \prime}$ loaf. Time: 1 hour. Temp.: $350^{\circ}$.

```
\(21 / 2\) cups Occident Family Flour
\(11 / 2\) cups dried apricots
\(11 / 4\) cups water
    4 teaspoons baking powder
    \(3 / 4\) cup sugar
        1 teaspoon salt
    1 egg
    1 cup milk
    2 tablespoons shortening
    \(1 / 2\) cup nut meats
```

1. Soak the apricots in the water for one hour. Simmer slowly until all water disappears. Cool.
2. Beat the egg, add the sugar, and the milk.
3. Sift flour, salt, and baking powder together. Add the nuts.
4. Combine the egg mixture, apricots, and dry ingredients. Stir only to blend. Fold in the melted shortening.
5. Pour into oiled loaf pan and bake.
6. Remove from pan and place on a cooling rack until cold. Serve buttered with any mild sandwich spread.

## BANANA BREAD

Quantity: 1 loaf. Time: 50 Minutes.
Temp.: $375^{\circ}$.
21/4 cups Occident Family Flour
$1 / 4$ cup shortening
$3 / 4$ cup sugar
2 eggs
2 bananas, medium-size
$1 / 4$ cup sour milk
$3 / 4$ teaspoon soda
$3 / 4$ teaspoon baking powder
$1 / 2$ cup nuts
$1 / 8$ teaspoon salt
1 Cream shortening, add sugar and cream well. Add eggs and beat thoroughly.
2. Mash bananas and add to the first mixture.
3. Sift all dry ingredients together. Mix the crushed nut meats with the flour.
4. Add the flour mixture alternately with the milk.
5. Pour into greased loaf tin and bake.

## CARAMEL APPLE QUICK CAKE

Quantity: 9" x 13" pan. Time: 25 Minutes. Temp.: $400^{\circ}$.

$$
\begin{aligned}
21 / 2 & \text { cups Occident Family Flour } \\
1 / 3 & \text { cup shortening } \\
2 & \text { eggs } \\
1 / 4 & \text { cup sugar } \\
1 & \text { cup milk } \\
2 & \text { teaspoons baking powder } \\
1 / 4 & \text { teaspoon salt }
\end{aligned}
$$

## Topping

2 apples
$2 / 3$ cup brown sugar
2 tablespoons melted butter

1. Soften the shortening, add sugar and eggs, beat very well.
2. Sift flour, salt, and baking powder together, and add alternately with the milk.
3. Turn into oiled baking pan.
4. Press uniform slices of unpeeled apple into the batter, allowing them to overlap.
5. Pour melted butter over the apples and sprinkle with brown sugar. Bake.
6. Serve hot as a coffee cake.

## BOSTON BROWN BREAD

(Sour Milk)
Quantity: 2 loaves. Time: 2 hours. Temp.: Steam ( $212^{\circ}$ ).

1 cup Occident $100 \%$ Whole Wheat Flour
1 cup rye meal
1 cup corn meal
$3 / 4$ teaspoon soda
1 teaspoon salt
$3 / 4$ cup molasses
2 cups sour milk

1. Measure and sift all dry ingredients together.
2. Add molasses and milk, stir enough to blend.
3. Fill well greased molds not more than $2 / 3$ full. Cover tightly.
4. Place mold on trivet in kettle containing boiling water allowing water to come halfway up on the mold.
5. Cover kettle tightly and steam.

## STREUSEL COFFEE CARE

Quantity: $8^{\prime \prime}$ square. Time: 25 Minutes. Temp.: $400^{\circ}$.

```
11/2 cups Occident Family Flour
    2 teaspoons baking powder
    1/2 teaspoon salt
    1/4 teaspoon mace
    1/3 cup sugar
    2 tablespoons shortening
    2/3 cup milk
        1 \mathrm { egg }
```

1. Sift the dry ingredients together. Cut the shortening in as for pastry.
2. Beat the egg, add the milk. Combine the liquid with the dry ingredients. Pour into an oiled pan and top with Streusel.

## STREUSEL

3 tablespoons Occident Family Flour
$1 / 4$ cup sugar
$1 / 4$ teaspoon mace
$1 / 4$ teaspoon cinnamon
1 tablespoon butter
Mix all ingredients together and sprinkle over the top of batter before baking.

## BOSTON BROWN BREAD

(Sweet Milk)
1 cup Occident Family Flour
1 cup Occident $100 \%$ Whole Wheat Flour
1 cup corn meal
$1 / 4$ teaspoon soda
2 teaspoons baking powder
1 teaspoon salt
$3 / 4$ cup molasses
$11 / 2$ cups sweet milk
Use directions for mixing as listed in recipe for Boston Brown Bread (sour milk).

## Filled Cofree cake

Quantity: $8^{\prime \prime}$ Square. Temp.: $375^{\circ}$. Time: 35 Minutes.

```
\(11 / 2\) cups Occident Family Flour
    \(1 / 3\) cup sugar
    \(1 / 4\) teaspoon salt
    1 egg
    \(1 / 4\) cup shortening
    \(3 / 4\) cup milk
    \(1 / 8\) teaspoon nutmeg
    \(1 / 2\) teaspoon grated orange rind
    3 teaspoons baking powder
```

1. Cream shortening, add sugar, and cream well.
2. Add egg and beat well. Add orange rind.
3. Add the sifted dry ingredients alternately with the milk.
4. Spread half of the dough in the oiled baking pan. Sprinkle half of the filling over the dough in the pan, then add remaining dough, and top with the remainder of the filling. Bake. Serve warm.

## FILLING

2 tablespoons Occident Family Flour
$1 / 2$ cup brown sugar
2 tablespoons melted butter
$1 / 4$ teaspoon cinnamon
$1 / 3$ cup chopped nuts
$1 / 3$ cup chopped raisins
Mix sugar, flour, and cinnamon. Work in the butter. Add the nuts and raisins.

## CORN BREAD

Quantity: $6^{\prime \prime} \times 10^{\prime \prime}$ loaf.
Time: $\mathbf{3 0}$ Minutes Temp.: $400^{\circ}$.
1 cup Occident Family Flour
$3 / 4$ cup corn meal
3 teaspoons baking powder
3 tablespoons sugar
1 egg
1 cup milk
3 tablespoons shortening
$1 / 2$ teaspoon salt

1. Mix and sift the dry ingredients into a mixing bowl.
2. Beat egg, add milk.
3. Combine liquid and dry ingredients. Stir only enough to blend.
4. Add the melted shortening, stirring gently to combine.
5. Pour into oiled baking pan.
6. Bake.

Sour milk may be substituted for sweet. When using sour milk use $1 / 2$ teaspoon soda and. 1 teaspoon baking powder.

## NUT BREAD

Quantity: 2 loaves. Time: 50 Minutes.
Temp.: $350^{\circ}$.
4 cups Occident Family Flour
2 cups sour milk or buttermilk
$2 / 3$ cup brown sugar
2 eggs
2 teaspoons baking powder
2 tablespoons melted butter
$11 / 2$ cups rolled nuts
1 teaspoon salt
1 teaspoon soda

1. Sift flour, soda, salt and baking powder together. Add nuts.
2. Cream shortening and sugar together; add eggs and beat well.
3. Add the dry ingredients and nuts alternately with the sour milk or buttermilk.
4. Pour into 2 oiled bread pans. Let stand 20 minutes, then bake.

## WHOLE WHEAT NUT BREAD

Quantity: 1 loaf. Time: 45 Minutes.
Temp.: $375^{\circ}$.
1 cup Occident Family Flour
1 cup $100 \%$ Occident Whole Wheat Flour
3 teaspoons baking powder
$1 / 3$ cup sugar
$3 / 4$ teaspoon salt
2 eggs
1 cup milk
1 cup nut meats
2 tablespoons shortening

1. Mix and sift together the dry ingredients.
2. Beat the eggs, combine with the milk.
3. Add the chopped nuts to the dry ingredients.
4. Add the eggs and milk mixture to the dry ingredients. Stir only enough to blend.
5. Add the melted shortening.
6. Pour into a loaf bread pan which has been lined with wax paper.
7. Bake.
8. When baked remove loaf from baking pan, cool on a rack.
Sour milk may be substituted for sweet milk. When using sour milk use $1 / 2$ teaspoon soda and $11 / 2$ teaspoons baking powder.

## DATE-NUT BREAD

Quantity: 1 loaf. Time: 1 hour and 10 min utes. Temp.: $350^{\circ}$.
$21 / 2$ cups Occident Family Flour
$3 / 4$ cup honey or sirup
$1 / 4$ cup shortening
1 egg
2/3 cup dates
$2 / 3$ cup nuts
$1 / 4$ teaspoon salt
$1 / 2$ teaspoon soda
1 teaspoon baking powder
1 cup sour milk

1. Cream the honey and shortening.
2. Add the beaten egg, dates and nuts. Sift the dry ingredients together and add alternately with the milk.
3. Pour into an oiled loaf pan and bake.

## ORANGE BREAD

Quantity: $9^{\prime \prime} \times 3^{\prime \prime}$ loaf. Time: 1 hour. Temp.: $350^{\circ}$.

```
    3 cups Occident Family Flour
    3 teaspoons baking powder
1/2 teaspoon salt
1/3 cup shredded cocoanut
    1 \mathrm { egg }
    1 cup milk
11/4 cups orange sirup
```

1. Measure and sift together all dry ingredients.
2. Add the cocoanut.
3. Beat the egg, and add milk.
4. Add the orange sirup (see recipe opposite), milk and egg to the dry ingredients.
5. Stir only enough to blend.
6. Bake. This is better if baked a day in advance.

## ORANGE SOYA BREAD

Quantity: 1 loaf. Time: 1 hour.
Temp.: $350^{\circ}$.
1 cup Occident Family Flour
$3 / 4$ cup Occident $100 \%$ Whole Wheat Flour
2 tablespoons butter
$1 / 2$ cup soybean flour
1 cup honey or sirup
1 egg
$11 / 2$ tablespoons grated orange rind
$3 / 4$ cup sour milk
$11 / 2$ teaspoons baking powder
$1 / 2$ teaspoon salt
$1 / 2$ teaspoon soda
$3 / 4$ cup nut meats

1. Cream the butter and honey or sirup. Add the egg and orange rind, beat well.
2. Sift all dry ingredients together and add alternately with the sour milk.
3. Add the chopped nuts. Pour into oiled baking pan and bake.

## ORANGE SIRUP

Rind of 3 oranges
cup water
1 teaspoon salt
1 cup sugar
$3 / 4$ cup water

1. Cook the orange rind in 1 cup of water with 1 teaspoon salt until it is tender.
2. Drain, cut fine.
3. Cook again with 1 cup sugar and $3 / 4$ cup water until rind becomes transparent.
4. Cool before using.

## PRUNE TEA CAKE

Quantity: $8^{\prime \prime}$ square. Time: 30 Minutes. Temp.: $400^{\circ}$.

13/4 cups Occident Family Flour
\{ 12 prunes
\{ 1 cup water
3 teaspoons baking powder
$1 / 2$ teaspoon salt
$1 / 2$ cup sugar
$1 / 3$ cup shortening
$1 / 2$ teaspoon cinnamon
1 cup prune juice and milk mixed

1. Soak prunes in 1 cup water, then simmer until tender. Drain, save the juice. Cut the prunes in half, removing the pit.
2. Sift flour, salt, baking powder, and $1 / 4$ cup sugar together. Cut the shortening into the dry ingredients.
3. Measure the prune juice, add milk to make 1 cup. Add it to the dry ingredients. Stir only to blend.
4. Pour into an oiled pan, place prune halves over the top of the batter, and sprinkle the remaining $1 / 4$ cup sugar mixed with the cinnamon over the top. Bake. Serve hot.

## SALLY LUNN

Quantity: $8^{\prime \prime}$ square. Time: 25 Minutes. Temp.: $400^{\circ}$.

```
\(17 / 8\) cups Occident Family Flour
    \(3 / 4\) teaspoon salt
    \(1 / 3\) cup sugar
    \(2 / 3\) cup milk
    3 teaspoons baking powder
    \(1 / 3\) cup shortening
    1 egg
```


## Topping

```
\(1 / 2\) cup brown sugar
1 tablespoon butter
1 teaspoon cinnamon
```

1. Cream shortening and sugar. Add egg and beat well.
2. Add the sifted dry ingredients alternately with the milk.
3. Turn into an oiled pan; cover the dough with the brown sugar, butter and cinnamon mixed. Bake.

## PEANUT BUTTER BREAD

Quantity: 1 loaf. Time: 1 hour. Temp.: $350^{\circ}$.
2 cups Occident Family Flour
$1 / 2$ cup sirup or honey
1 teaspoon salt
1 teaspoon baking powder
1 teaspoon soda
2 eggs
$1 / 2$ cup peanut butter
1 cup sour milk

1. Beat the eggs, peanut butter and sirup together very thoroughly.
2. Add the sifted dry ingredients and milk. Stir only to blend.
3. Pour into an oiled loaf pan. Bake.

## SANDWICH LOAF

Quantity: 1 loaf. Time: 1 hour. Temp.: $350^{\circ}$.
1 cup Occident Family Flour
1 cup Occident $100 \%$ Whole Wheat Flour
1 cup milk
$1 / 3$ cup honey
1 egg
$1 / 2$ cup nuts
3 teaspoons baking powder
$1 / 2$ teaspoon salt
2 tablespoons shortening

1. Sift flour, baking powder, and salt together; add whole wheat flour, and chopped nuts.
2. Beat egg, add honey and milk.
3. Blend liquid and dry ingredients.
4. Stir the melted shortening into the batter.
5. Pour into greased bread pan, and bake.
6. Remove from pan and place on cooling rack until cold.

## WHOLE WHEAT PRUNE BREAD

Quantity: 1 loaf. Time: 1 hour. Temp.: $350^{\circ}$.
1 cup Occident Family Flour
1 cup Occident $100 \%$ Whole Wheat Flour
$1 / 4$ cup brown sugar
1 teaspoon salt
4 teaspoons baking powder
1 egg
$11 / 3$ cups milk
$1 / 2$ cup cooked, chopped prunes
$1 / 4$ cup shortening

1. Cream shortening and sugar.
2. Add egg and beat well.
3. Mix the prunes with the whole wheat flour, and add to the creamed mixture.
4. Sift white flour, salt, and baking powder together. Add dry ingredients alternately with the milk.
5. Pour into oiled bread tins and bake.

## GINGERBREAD

Quantity: $9^{\prime \prime} \times 9^{\prime \prime}$ pan. Time: 50 Minutes. Temp.: $350^{\circ}$.

```
2 cups Occident Family Flour
1}\mathrm{ teaspoon baking powder
1/2 teaspoon soda
1/2 teaspoon salt
    1}\mathrm{ teaspoon ginger
1/4 teaspoon cloves
1/4 teaspoon cinnamon
1/3 cup shortening
1/2 cup sugar
    2 eggs
1/2 cup molasses
    1 cup boiling water
```

1. Cream shortening, add sugar, and cream well.
2. Add eggs and beat well.
3. Sift flour, spices, soda, salt and baking powder together.
4. Combine boiling water with molasses.
5. Add the liquid and dry ingredients alternately to the creamed mixture.
6. Pour into oiled baking pan and bake.

## HONEY GINGERBREAD

Quantity: 7" x 13" pan. Time: 35 Minutes. Temp.: $375^{\circ}$.

```
21/2 cups Occident Family Flour
    1/4 cup shortening
    1/4 cup sugar
        1 / ~ e g g
    1/2 cup honey or sirup
    1/2 teaspoon salt
        1 teaspoon baking powder
        1 teaspoon soda
        1 \text { teaspoon cinnamon}
        1}\mathrm{ teaspoon ginger
    1/2 teaspoon cloves
    1 cup boiling water
    1/2 cup molasses
```

1. Cream shortening, add sugar and cream well.
2. Add egg, honey, molasses, and salt. Beat very well.
3. Sift flour, soda, spices and baking powder together. Add them alternately with the water. 4. Pour into oiled baking pan and bake.

## ORANGE MARMALADE GINGERBREAD

Quantity: $9^{\prime \prime} \times 9^{\prime \prime}$ pan. Time: 30 Minutes. Temp.: $350^{\circ}$.

```
2 cups Occident Family Flour
1}\mathrm{ teaspoon baking powder
1/2 teaspoon soda
1/2 teaspoon cinnamon
    1}\mathrm{ teaspoon ginger
1/2 teaspoon salt
    3 tablespoons shortening
    1 egg
1/3 cup molasses (light)
1/3 cup orange marmalade
1/4 cup boiling water
1/3 cup honey
```

1. Cream shortening, add egg, molasses, marmalade, and honey. Beat well.
2. Sift dry ingredients together and add them alternately with the boiling water. Stir only enough to blend.
3. Pour into the oiled baking pan and bake.

## SOUR MILK GINGㅍBBREAD

Quantity: $9^{\prime \prime} \times 9^{\prime \prime}$ pan. Time: 30 Minutes. Temp.: $350^{\circ}$.

```
2 cups Occident Family Flour
\(1 / 4\) cup sugar
\(1 / 2\) cup molasses
\(1 / 2\) cup sour milk
\(1 / 4\) teaspoon soda
    1 teaspoon baking powder
    4 tablespoons fat
    1 egg
\(3 / 4\) teaspoon ginger
\(3 / 4\) teaspoon cinnamon
\(1 / 2\) teaspoon salt
```

1. Melt the shortening, add the sugar, beat well.
2. Add the egg, and molasses. Beat well.
3. Add the flour sifted with the salt, cinnamon, ginger, soda and baking powder alternately with the milk.
4. Put dough into an oiled pan and bake.

## GRIDDLE CAKES

## PLAIN GRIDDLE CAKES

Quantity: 2 dozen cakes - $31 / 2^{\prime \prime}$ in diameter.
2 cups Occident Family Flour
$1 / 2$ teaspoon salt
2 cups sour milk
2 eggs
$1 / 2$ teaspoon soda
1 teaspoon baking powder
2 tablespoons shortening
2 tablespoons sugar

1. Sift flour, salt, soda, sugar and baking powder together in a bowl.
2. Beat egg yolks and stir in the milk.
3. Combine liquid and dry ingredients, stirring only enough to blend.
4. Carefully stir in the melted shortening.
5. Fold in the stiffly beaten egg whites.
6. Drop by spoonfuls on hot griddle.
7. Turn cakes only once, to brown the unbaked side. Serve hot.
If sweet milk is used, use only $13 / 4$ cups. Omit the soda and use 2 teaspoons baking powder.

## BUCKWHEAT CAKES

## Quantity: Serves 8.

2 cups Occident Family Flour
2 cups buckwheat flour
*1 cake yeast
3 tablespoons sugar
4 cups water
2 teaspoons salt
3 tablespoons shortening
$1 / 2$ teaspoon soda

1. Soak the yeast and sugar in lukewarm water for 5 minutes. Add the salt.
2. Add the flours and beat until smooth. Add melted shortening and mix well.
3. Cover and let rise 2 hours in a warm place.
4. When light add the soda dissolved in 2 tablespoons water. Bake on hot griddle.
This batter may be mixed at night and kept in a cool place (about $65^{\circ}$ ).
*Use compressed yeast when mixing batter on the day it is to be baked.
Either compressed, dry, or granular yeast may be used for overnight sponge.

## CORN MEAL GRIDDLE CAKES

Follow directions as given for Plain Griddle Cakes.

Use $1 / 3$ cup of yellow corn meal to replace the same amount of Occident Family Flour.

## POTATO PANCAKES

## Quantity: 12 pancakes.

3 tablespoons Occident Family Flour
2 cups grated raw potato
1 egg
$1 / 2$ teaspoon salt
$1 / 8$ teaspoon pepper
1 teaspoon onion juice milk

1. Add egg and seasoning to the grated potato.
2. Stir in the flour, and add sufficient milk to make a stiff batter.
3. Drop by spoonfuls into a skillet with hot fat about one half inch deep. Fry until golden brown. Serve with meat.

## WHOLE WHEAT GRIDDLE CAKES

Quantity: 2 dozen cakes (medium).
1 cup Occident Family Flour
$1 / 2$ cup Occident $100 \%$ whole wheat flour
2 teaspoons baking powder
$1 / 2$ teaspoon salt
2 tablespoons sugar
1 egg
$11 / 2$ cups milk
2 tablespoons shortening

1. Sift flour, baking powder, salt and sugar together. Add whole wheat flour.
2. Separate egg. Beat the egg yolk and combine with milk.
3. Add the liquid to the dry ingredients, stirring only to blend.
4. Add melted shortening.
5. Beat egg white stiff. Fold into the griddle cake batter.
6. Bake on hot griddle with little or no fat.

## MUFFINS

## BLUEBERRY MUFFINS

Quantity: 18 muffins. Time: 25 Minutes. Temp.: $400^{\circ}$.

```
2 \text { cups Occident Family Flour}
1/2 cup sugar
1/2 teaspoon salt
    4 teaspoons baking powder
    1 egg
    4 \text { tablespoons shortening}
3/4 cup milk
*1 cup blueberries (or any desired fresh
        fruit)
```

1. Pick over, wash and drain blueberries.
2. Cream shortening and sugar.
3. Add the egg and beat well.
4. Use $1 / 4$ cup of the 2 cups of flour to dredge the berries.
5. Sift remaining flour and dry ingredients together.
6. Add the dry ingredients, alternately with the milk, to the creamed sugar and shortening.
7. Stir only sufficiently to blend.
8. Fold the floured berries into the batter.
9. Pour into oiled muffin tins, and bake.
*When fresh fruit is not in season, $3 / 4$ cup of drained cooked fruit may be used.

## MOLASSES MUEFINS

Quantity: 12. Time: 25 Minutes.
Temp.: $400^{\circ}$.
2 cups Occident Family Flour
$1 / 2$ teaspoon salt
1 tablespoon sugar
$1 / 2$ teaspoon soda
1 teaspoon baking powder
1 egg
$3 / 4$ cup sour milk
$1 / 2$ cup molasses
$1 / 2$ teaspoon cinnamon
2 tablespoons shortening

1. Sift all dry ingredients together in a bowl.
2. Beat egg, add milk and molasses. Blend the liquid with the dry ingredients.
3. Gently stir in the melted shortening. Pour batter into oiled muffin pans and bake.

## JELLY MUFFINS

Quantity: 12 muffins. Time: 24 Minutes. Temp.: $400^{\circ}$.

```
\(11 / 2\) cups Occident Family Flour
    2 tablespoons shortening
    \(1 / 3\) cup sugar
        1 egg
        3 teaspoons baking powder
    \(1 / 2\) teaspoon salt
    \(1 / 4\) teaspoon cinnamon
    \(1 / 4\) teaspoon nutmeg
    \(1 / 2\) cup milk
    \(1 / 4\) cup jelly
    \(1 / 2\) cup crushed peanuts
        Melted shortening
```

1. Cream sugar and 2 tablespoons shortening. Add egg and beat well.
2. Add the sifted dry ingredients alternately with the milk.
3. Place a spoonful of batter into the wells of oiled muffin tins. Put a spoonful of jelly on this and top with the remaining muffin batter. Bake.
4. When baked brush each muffin with melted shortening and roll in the crushed peanuts.

## BACON-CORN MUFFINS

Quantity: 12. Time: 20 Minutes. Temp.: $425^{\circ}$. $11 / 2$ cups Occident Family Flour
$3 / 4$ cup corn meal
$1 / 4$ cup dark corn sirup
$1 / 2$ teaspoon salt
2 teaspoons baking powder
$1 / 2$ teaspoon soda
2 eggs
3 tablespoons bacon fat
1 cup sour milk
$1 / 2$ cup crisp bacon (cut-up)

1. Mix the dry ingredients together. Add the fried bacon cut up into small pieces.
2. Beat the eggs. Add the sour milk and sirup.
3. Combine the liquid mixture and the dry ingredients. Add the melted fat.
4. Pour batter into oiled muffin pans. Bake.

## ORANGE WHOLE WHEAT MUFFINS

Quantity: 9 muffins. Time: 20 Minutes. Temp.: $400^{\circ}$.

```
1/2 cup Occident Family Flour
1/2 cup Occident 100% Whole Wheat
    Flour
1/2 teaspoon salt
    2 teaspoons baking powder
    1 \mp@code { e g g }
1/4 cup orange juice
    1 \text { teaspoon grated orange rind}
1/2 cup honey or sirup
    3 tablespoons shortening
```

1. Sift flour, salt and baking powder together. Add the whole wheat.
2. Beat the egg, add honey or sirup, orange juice and rind and melted shortening.
3. Stir only enough to blend. Pour into oiled muffin tins and bake.

## PINEAPPLE MUFFINS

Quantity: 12 large. Time: 20 Minutes.
Temp.: $400^{\circ}$.
2 cups Occident Family Flour
2 tablespoons sugar
$1 / 2$ teaspoon salt
3 teaspoons baking powder
2 eggs
$1 / 4$ cup shortening
1 cup crushed pineapple

1. Beat eggs, add sugar and continue beating.
2. Add the pineapple (as it comes from the can with the juice).
3. Blend in the sifted dry ingredients.
4. Gently stir in the melted shortening. Pour into oiled muffin tins and bake.

## CORN MEAL MUFFINS

Follow directions for mixing as given for Health Muffins.

Use $1 / 2$ cup of yellow corn meal instead of the Occident Whole Wheat Flour.

## PLAIN MUFFINS

Quantity: 12 medium. Time: 25 Minutes. Temp.: $425^{\circ}$.

```
13/4 cups Occident Family Flour
    \(1 / 4\) cup sugar
    2 eggs
    1 cup milk
    \(1 / 2\) teaspoon salt
    \(1 / 4\) cup shortening
    3 teaspoons baking powder
```

1. Sift dry ingredients together into a bowl.
2. Beat eggs, and add the milk.
3. Combine liquid and dry ingredients, stirring only enough to blend.
4. Gently stir in melted shortening.
5. Half fill greased muffin tins. Bake until golden brown.
Dried fruit may be added to the above to give variety. Add the dried fruit to the sifted dry ingredients before adding the liquid.

## GRAHAM MUFFINS

In the Plain Muffin recipe above, substitute $3 / 4$ cup of graham flour for $3 / 4$ cup of Occident Family Flour. Add graham flour to the sifted dry ingredients.

## F토TH MUFFINS

Quantity: 12 muffins. Time: 25 Minutes. Temp.: $425^{\circ}$.
1 cup Occident Family Flour
$1 / 2$ cup Occident $100 \%$ Whole Wheat
Flour
$1 / 4$ cup soy bean flour
4 teaspoons baking powder
$1 / 2$ teaspoon salt
$1 / 2$ cup raisins or dates
$1 / 4$ cup honey or sirup
$3 / 4$ cup milk
2 tablespoons melted shortening
1 egg

1. Sift flours, baking powder, and salt together. Add the fruit.
2. Beat the egg, add the honey or sirup and milk. Combine the liquid and the dry ingredients. Stir only until blended. Add the melted shortening.
3. Pour into oiled muffin tins and bake.

## WHOLE WHEAT MUFFINS

Quantity: 12 muffins (medium). Time: 25
Minutes. Temp.: $400^{\circ}$.
1 cup Occident $100 \%$ Whole Wheat Flour
$3 / 4$ cup Occident Family Flour
$1 / 4$ cup brown sugar
1 teaspoon salt
1 cup milk
1 egg
3 tablespoons shortening
4 teaspoons baking powder

1. Sift together the white flour, baking powder and salt.
2. Add the whole wheat flour.
3. Beat the egg, add brown sugar and milk.
4. Combine the liquid and dry ingredients. Stir only enough to blend.
5. Add the melted shortening and stir to combine.
6. Pour into oiled muffin tins and bake.

## RYE MUFFINS

Quantity: 12 muffins. Time: 25 Minutes. Temp.: $400^{\circ}$.

```
.11/3 cups Occident Family Flour
    2/3 cup rye flour
    2 \text { teaspoons baking powder}
    1 teaspoon salt
    2 tablespoons molasses
    2 eggs
    3 tablespoons melted shortening
    1/2 teaspoon soda
    1 cup sour milk
```

1. Mix and sift dry ingredients.
2. Beat eggs, add milk and molasses.
3. Combine liquid and dry ingredients. Stir only enough to blend.
4. Fold in the melted shortening.
5. Pour into greased muffin tins and bake.

Cut-up dried fruit or nuts may be added to the dry ingredients before adding the liquid for a variation of these muffins.

## WHOLE WHEAT POPOVERS

Quantity: 1 dozen. Time: 40 Minutes.
Temp.: $450^{\circ}$ for 15 Minutes, $350^{\circ}$ for remaining time.
$1 / 2$ cup Occident Family Flour
$1 / 2$ cup Occident $100 \%$ Whole Wheat Flour
$1 / 2$ teaspoon salt
2 eggs
1 cup milk
2 teaspoons melted shortening

1. Sift flour and salt into mixing bowl.
2. Add milk, eggs, and melted shortening. Beat well with rotary beater until batter is light and smooth.
3. Fill hot greased muffin or popover pans $1 / 2$ full, and place in the oven to bake.

## POPOVㄹRS

Quantity: 8 popovers. Time: 40 Minutes. Temp.: $450^{\circ}$ for 15 Minutes, $350^{\circ}$ for remaining time.

```
    1 cup Occident Family Flour
    1 cup milk
    2 eggs
1/2 teaspoon salt
    3 teaspoons butter
```

1. Heat popover pans or heavy baking cups.
2. Beat two eggs well, add salt.
3. Add $1 / 2$ of the milk and $1 / 2$ of the flour. Beat well.
4. Add remaining flour and milk and beat well.
5. Put $1 / 3$ teaspoon butter into each well of the hot baking pan.
6. Fill each well $1 / 2$ full of batter.
7. Place in hot oven. Do not open oven door the first 15 minutes.
8. Bake until golden brown.

## CREPES SUZETTE

Quantity: 12 pancakes.

```
1/2 cup Occident Family Flour
    3 eggs
    1 teaspoon sugar
1/2 teaspoon salt
    1 cup milk
    1 \text { tablespoon shortening}
```

1. Beat the egg yolks, salt, sugar, and half of milk. Add the flour.
2. Stir in the melted shortening, then remaining milk.
3. Fold in the stiffly beaten egg whites. Bake on a hot griddle.
4. As each cake is baked spread with currant jelly and roll. Place roll side by side on a hot platter. Sprinkle with sugar, or pour a desired sauce over all before serving.

## NOODLES

```
1/2 cup Occident Family Flour
    4 egg yolks
    1/2 teaspoon salt
```

1. Blend salt and egg yolks.
2. Stir in the flour; when well blended, place on floured board and roll as thin as possible.
3. Cut into very narrow strips; let dry. When dry, store in a closeá container until needed. Cook as desired.

## WAFFLES

Quantity: 8-8" wafles.
2 cups Occident Family Flour
3 teaspoons baking powder
3 eggs
$1 / 2$ teaspoon salt
2 cups milk
$1 / 2$ cup shortening
2 tablespoons sugar

1. Sift flour, sugar, salt and baking powder together into mixing bowl.
2. Separate eggs, combine the egg yolks and the milk.
3. Blend the liquid with the dry ingredients.
4. Stir in the melted shortening.
5. Beat egg whites stiff and fold them into the batter.
6. Bake on hot waffle iron.

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## ROSETTES OR TIMBALE CASES

Quantity: 2 dozen. Temp.: Deep fat $375^{\circ}$.

```
3/4 cup Occident Family Flour
1/2 teaspoon salt
    1 teaspoon sugar
1/2 cup milk
    2 egg yolks or 1 whole egg
    1 tablespoon cooking oil
```

1. Mix dry ingredients. Mix egg (slightly beaten) and milk.
2. Add the liquid to the dry ingredients, stirring to combine. Add the oil and blend.
3. Let batter stand at least one hour before baking. If possible, over night. This eliminates air bubbles in the batter.
4. Place iron in the cold cooking fat and heat to $375^{\circ}$. Remove iron, wipe off excess fat, lower into the cup of batter to not more than $3 / 4$ the depth of the iron. Lower into hot fat and fry until delicately brown.
5. Remove from hot fat. Slip rosette off the iron and drain upside down on absorbent paper.

## WHOLE WHEAT CRACKERS

Quantity: 4 dozen. Time: 6 Minutes.
Temp.: $425^{\circ}$.
$1 / 2$ cup Occident Family Flour
$1 / 2$ cup $100 \%$ Whole Wheat Flour
$1 / 4$ teaspoon soda
$1 / 2$ teaspoon salt
3 tablespoons shortening
$1 / 2$ cup milk

1. Combine the sifted dry ingredients and work the shortening in well.
2. Add the milk and blend.
3. Place dough on floured board, knead to form a ball of dough. Roll paper thin; cut with a cooky cutter and place on baking sheets.
4. Sprinkle with salt, prick well with a fork and bake.


## CAKES



A beautiful cake touches off the spark of lively conversation, puts expectant smiles on every face, awakens joyous appetites. Mark well each of life's many momentous occasions with the happy ceremony of baking and serving the finest cake. Go farther still-make any occasion more memorable by proudly bearing to the table a tender, delicious cake as the surprise climax of the meal.

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OCCIDENT CAKE FLOUR

## Milled Especially for Cakes

The cake recipes in this book have been designed and tested for use with Occident Family Flour. When you use Occident Cake Flour follow the recipes on the package-or use it with any of your own favorite cake recipes.

". . . whichever is your preferenceOccident Family Flour or Occident Cake Flour-the recipes I have prepared for use with these fine flours will assure you excellent cake baking results first time . . . every time!"
. . Virginia Roberts

## SHORTENING-TYPE CAKES

## Standard Method BASIC CAKERECIPE

## Quantity: Two $8^{\prime \prime}$ layers.

Time: 30-35 Minutes
Moderate Oven $\left(350^{\circ}\right)$
This recipe will make a $9^{\prime \prime} \times 11^{\prime \prime}$ loaf cake baked $40-45$ minutes at $350^{\circ}$ or 24 cup cakes baked $18-20$ minutes at $375^{\circ}$. For smaller recipe see page 58.

## STANDARD METHOD

1. Heat oven to $350^{\circ}$ so that it will be correct temperature when cake is ready to be baked.
2. Prepare the baking pans by lining the bottoms with waxed paper then coating with melted shortening. (See Photo 2.)
3. Sift the flour once before measuring.
4. Measure exactly 2 cups of the sifted flour and place it in the flour sifter. (To measure 1 cup of flour accurately, pile flour lightly into measuring cup which has 1 cup mark level at rim of cup. Use a scoop or spoon to fill cup heaping full. Level off the top with a spatula or straight edge of a knife. See Photo 4).
5. Measure 1 tablespoon baking powder and 1 teaspoon salt and add to the flour in the sifter. Sift.
6. Measure $1 / 2$ cup shortening by filling measuring cup $1 / 2$ full of cold water. Add pieces of shortening, pushing them under the water until water level reaches 1 cup mark. Drain water from cup and place shortening in the large mixing bowl. (See Photo 6.)

## Use Exact Measurements

Be sure that all measurements are accurate. Recipes have been perfected for use with OCCIDENT FAMILY FLOUR.
7. Cream the shortening by mashing it against the sides of the bowl with the back of a wooden spoon until it becomes soft and creamy. (See Photo 7.)
8. Measure the sugar. Add it gradually to the creamed shortening-rubbing the sugar and shortening against the bottom and sides of the bowl with the back of the spoon. Continue in this manner until all sugar is added and the mixture is creamed to a soft, fluffy lightness. Properly creaming the shortening and sugar is important in obtaining a light, fluffy cake.
9. Add the eggs to the creamed mixture. (See Photo 9.)
10. Beat the creamed mixture and eggs vigorously. Tip the bowl to one side, bring the spoon into the mixture and through it, turning the mixture over and over in a rapid motion and scraping the sides of the bowl to keep all ingredients blended. Beat until the mixture is smooth, light and fluffy. (See Photo 10.)
11. Add about $1 / 4$ of the sifted dry ingredients to the mixture and stir until batter is smooth. Do not overbeat. Beating at this time will toughen the cake. (See Photo 11.)
12. Measure the liquid. (Place the cup on a flat surface while you fill it.)
13. Add vanilla to milk.
14. Add about $1 / 3$ cup of the liquid to the batter. Stir just enough to blend.

15. Continue adding the flour and milk alternately in these same proportions until all ingredients are blended and batter is smooth.
16. Pour the batter evenly into the pan or pans. (See Photo 16.)
17. Place pans of batter in oven preheated to $350^{\circ}$. Arrange the pans on the rack so that they do not touch each other, or the sides or back of the oven.
18. Bake for $30-35$ minutes at $350^{\circ}$. The cake is done when it shrinks slightly from the sides of the pans, springs back when pressed lightly with finger or when inserted cake tester or toothpick comes out clean from center of cake.
19. Remove cake from oven and allow it to stand for two minutes so that it may be removed from the pan more easily.
20. With spatula or knife, loosen the edges and turn cake out on a cooling rack. Allow it to stand until cool. Frost as desired when cake is thoroughly cooled. (See Photo 20.)

Note: In recipes having 3 or more eggs, the yolks may be added to the sugar and shortening (Step 9). The whites may be beaten and folded into batter after Step No. 15 .

Beat egg whites with rotary beater until they hold their shape in stiff, glossy peaks. At this stage the greatest amount of air possible has been incorporated. (See Photo 21.)

Pile the beaten egg whites lightly on top of the batter. Fold them in by cutting down through entire batter with the spoon. Then lift up a portion of the batter and turn it gently over the whites. Repeat the folding process until all egg whites are blended. Do not beat the batter after the egg whites have been added as air will be lost and the cake will not be as light. (See Photo 22.)

For baking in high altitude areas, see Page 8.


## SMALL BASIC CAKE

"For the Small Family"

Quantity: 9" Pan.
Time: $\mathbf{3 0 - 3 5}$ Minutes Temp.: $350^{\circ}$.

```
11/3 cups Occident Family Flour
    3/4 cup sugar
    \(1 / 3\) cup shortening
    \(3 / 4\) teaspoon salt
    2 teaspoons baking powder
    2 eggs
    \(3 / 4\) teaspoon vanilla
    \(2 / 3\) cup milk
```

Cream shortening. Add sugar and continue creaming. Add eggs and vanilla; beat well. Sift dry ingredients and add alternately with milk. Pour into oiled pan and bake.

## CHOCOLATE CAKE

## "With Chocolate"

Quantity: $7^{\prime \prime} \times 11^{\prime \prime}$ Loaf. Time: $40-45 \mathrm{Min}$. Temp.: $350^{\circ}$.

```
13/4 cups Occident Family Flour
\(11 / 4\) cups sugar
    \(1 / 2\) cup shortening
    1 teaspoon salt
    1 teaspoon soda
    1 cup sour milk
    2 eggs
    1 teaspoon vanilla
    2 or 3 squares melted chocolate
```

Cream shortening; add sugar and continue creaming. Add eggs, vanilla and melted chocolate and beat well. Add sifted dry ingredients alternately with milk. Pour into oiled pan and bake.

## WHITE CAKE

"De Luxe"
Quantity: 2-8" layers. Time: 30-35 Min. Temp.: $350^{\circ}$.
$2^{11 / 4}$ cups Occident Family Flour
$11 / 3$ cups sugar
$1 / 2$ cup shortening
1 teaspoon salt
$31 / 2$ teaspoons baking powder
1 cup milk
4 egg whites
1 teaspoon vanilla

Cream shortening; add 1 cup sugar and continue creaming. Sift dry ingredients and add alternately with milk and vanilla. Beat egg whites. Add $1 / 3$ cup sugar and beat until meringue is formed. Fold whites into batter. Pour into oiled pans and bake.

## GOLDEN GLOW CAKE

"For Left-over Yolks"
Quantity: 2-8" layers. Time: 30-35 Min. Temp.: $350^{\circ}$.

13/4 cups Occident Family Flour
1 cup sugar
$1 / 2$ cup shortening
$3 / 4$ teaspoon salt
$21 / 2$ teaspoons baking powder
1 whole egg and 4 yolks
1 teaspoon vanilla
1 teaspoon grated lemon rind $1 / 2$ cup milk

Cream shortening; add sugar gradually. Add eggs, vanilla and lemon; beat well. Sift dry ingredients and add alternately with milk. Pour into oiled pans and bake.

## BROWN SUGAR CAKE

"Masculine Appeal"
Quantity: 2-8" layers. Time: 30-35 Min. Temp.: $350^{\circ}$.

```
2 cups Occident Family Flour
1 tablespoon baking powder
1 teaspoon salt
11/3 cups brown sugar
2/3 cup shortening
7/8 cup milk (one cup less two tablespoons)
    3 eggs
    1/4 teaspoon mapelene flavoring
```

1. Cream shortening; add sugar gradually and cream well. Add eggs and flavoring. Beat well.
2. Sift dry ingredients together and add alternately with the milk.
3. Stir until blended. Pour batter into oiled pans and bake.

## DEVIL'S FOOD CAKE

## "Family Favorite"

Quantity: $9^{\prime \prime} \times 11^{\prime \prime}$ loaf. Time: 40-50 Min. Temp.: $350^{\circ}$.
$1 / 2$ cup cocoa $\}$ Blend and allow
$1 / 2$ cup boiling water $\}$ to cool.
2 $1 / 4$ cups Occident Family Flour
$3 / 4$ teaspoon soda
1 teaspoon baking powder
1 teaspoon salt
$11 / 2$ cups sugar
$2 / 3$ cup shortening
3 eggs
1 teaspoon vanilla
$3 / 4$ cup buttermilk or sour milk

1. Cream shortening; add sugar and cream well. Add the eggs and vanilla and beat well.
2. Add the flour, sifted with the soda, salt and baking powder alternately with the milk.
3. Add cooled cocoa and water. Stir until blended.
4. Pour batter into oiled cake pan and bake.

## DATE NUT CUP CAKES

"Bake Them Often"
Quantity: 24 cup cakes. Time: 18-20 Min.
Temp.: $375^{\circ}$.
$13 / 4$ cups Occident Family Flour
1 teaspoon soda
$3 / 4$ teaspoon salt
1 cup brown sugar
$1 / 2$ cup shortening
2 eggs
1 teaspoon cinnamon
$1 / 2$ cup sour milk or buttermilk
$3 / 4$ cup chopped dates (other dried fruit
may be substituted).

1. Cream the sugar and shortening. Add the eggs; beat well.
2. Sift the baking powder, salt, cinnamon and flour together, reserving a small portion of flour to dredge the chopped dates and nuts.
3. Add the dry ingredients alternately with the liquid. Stir in the dates.
4. Bake in oiled muffin pans.

## CREAM CAKE

"No Butter"
Quantity: $9^{\prime \prime} \times 9^{\prime \prime}$ pan. Time: 30-35 Minutes. Temp.: $350^{\circ}$.
$11 / 2$ cups Occident Family Flour
2 eggs
$3 / 4$ cup sugar
$2 / 3$ cup cream ( $20 \%$ )
2 teaspoons baking powder
$1 / 2$ teaspoon salt
1 teaspoon vanilla

1. Beat eggs. Add sugar, cream and vanilla. Beat vigorously.
2. Add sifted dry ingredients and stir only enough to blend.
3. Place in oiled baking pan and bake.

This is a good cake served warm as a dessert with desired hot sauce or fruit.

## RICH CHOCOLATE CAKE <br> "Masculine Appeal"

Quantity: 2-9" layers. Time: 30-35 Min.
Temp.: $350^{\circ}$

```
2 \(1 / 4\) cups Occident Family Flour
    \(3 / 4\) cup white sugar
        1 cup brown sugar
        1 teaspoon salt
\(11 / 2\) teaspoons baking powder
    \(1 / 2\) teaspoon soda
    3 eggs
    1 teaspoon vanilla
    \(1 / 2\) cup shortening
    1 cup sour milk
    2 squares chocolate
```

1. Cream shortening, add sugar gradually, and cream well.
2. Add salt, vanilla, egg yolks and melted chocolate. Beat well.
3. Sift dry ingredients together and add alternately with the sour milk.
4. Fold in the stiffly beaten egg whites.
5. Pour batter into oiled pans and bake.

## PRUNE UPSIDE-DOWN GINGER CAKE

"Superb spicy flavor"
Quantity: $10^{\prime \prime}$ skillet. Time: 55-60 Minutes. Temp.: $350^{\circ}$.

2 cups Occident Family Flour
1 teaspoon salt
1 teaspoon cinnamon
$1 / 2$ teaspoon soda
2 teaspoons baking powder
$1 / 2$ cup shortening
$1 / 2$ cup molasses
$1 / 2$ cup sugar
1 cup boiling water
2 eggs
1 teaspoon ginger

Combine in the bottom of a heavy skillet:

```
11/2 cups pitted cooked prunes
    1/2 cup prune juice
    1/2 cup sugar
    2 tablespoons butter
    1/2 teaspoon ginger
    1 teaspoon lemon juice
    1 teaspoon grated lemon rind
```

1. Cream sugar and shortening. Add eggs and beat well. Add molasses and beat.
2. Blend in the sifted flour, salt, spices, baking powder and soda. When just mixed, stir in the boiling water.
3. Pour onto the fruit and ingredients in the skillet. Place in oven and bake.

When baked invert on serving plate. Serve warm.

## CHOCOLATE NUT BRICKLE CAKE <br> "Speckled"

Quantity: $8^{\prime \prime} \times 13^{\prime \prime}$ loaf. Time: $40-45$ Minutes. Temp.: $350^{\circ}$.

2 cups Occident Family Flour
$11 / 3$ cups sugar
$1 / 2$ cup shortening
3 eggs
$1 / 2$ teaspoon almond extract
$1 / 2$ teaspoon vanilla
1 cup milk
1 square baking chocolate (grated)
$1 / 2$ cup crushed nuts
3 teaspoons baking powder
1 teaspoon salt

1. Cream sugar and shortening well. Add egg yolks, salt and flavoring. Beat well.
2. Sift flour and baking powder together. Add alternately with the milk.
3. Add the grated chocolate and the crushed nuts.
4. Beat the egg whites stiff, and fold them into the batter.
5. Pour into wax paper-lined pan and bake.

When cool, frost with fudge icing.

## CRUMB CAKE

"A never fail"
Quantity: $9 \times 11$ "pan. Time: 40-45 Minutes. Temp.: $350^{\circ}$.

```
21/2 cups Occident Family Flour
    \(1 / 2\) cup shortening
    2 cups brown sugar
    2 eggs
    \(3 / 4\) cup milk
    3 teaspoons baking powder
    \(1 / 2\) teaspoon cinnamon
    1 teaspoon vanilla
    1 teaspoon salt
```

1. Cut the shortening into the brown sugar and 2 cups of flour.
2. When a crumby mixture results, remove $3 / 4$ cup of the crumbs. Save this for the topping.
3. To the remaining crumb mixture add the eggs, $1 / 2$ cup flour, milk, baking powder, cinnamon, salt and vanilla. Stir until batter is smooth.
4. Pour into oiled pan.
5. Sprinkle the $3 / 4$ cup of crumbs over the top of batter. Bake.

This cake may be baked in $2-8^{\prime \prime}$ layers. Marshmallows may be put between layers while still hot. When cooled use whipped cream or desired filling.

## WHIPPED CRERM CAKE <br> "Dainty"

Quantity: 2-8" layers. Time 35-40 Minutes. Temp.: $350^{\circ}$.

2 cups Occident Family Flour
2 teaspoons baking powder
$11 / 2$ cups sugar
1 teaspoon salt
1 cup cream ( $35 \%$ )
$1 / 2$ cup cold water
1 teaspoon vanilla
3 egg whites

1. Sift flour, sugar, salt and baking powder.
2. Beat egg whites stiff.
3. Beat cream stiff. Add the water and vanilla. Fold in the dry ingredients. Fold in the beaten egg whites.
4. Place in oiled baking pans and bake.

## POUND CAKE <br> "Very fine texture"

Quantity: $10^{\prime \prime}$ tube pan. Time $11 / 4$ hours. Temp.: $400^{\circ}$ for 15 Min ., then $350^{\circ}$ to finish.

1 pound Occident Family Flour
1 pound sugar
1 pound butter
$11 / 2$ teaspoons salt
3 tablespoons brandy
6 egg yolks
8 egg whites
3 teaspoons baking powder
1 cup milk
1 teaspoon vanilla

1. Cream butter, add sugar gradually and cream well.
2. Add the egg yolks one at a time and beat until light and creamy. Add salt, brandy and vanilla.
3. Add the sifted flour and baking powder alternately with the milk. Stir only enough to blend.
4. Beat egg whites stiff and fold into the batter.
5. Bake in an oiled angel food or tube pan.

## HONEY CUP CAKES

"As you like 'em"
Quantity: 1 dozen. Time: 20-22 Minutes. Temp.: $400^{\circ}$.
$11 / 4$ cups Occident Family Flour
$1 / 4$ cup shortening
$1 / 4$ cup sugar
$1 / 2$ cup sirup or honey
2 eggs
2 teaspoons baking powder
$1 / 2$ teaspoon salt
$1 / 2$ cup milk
2 teaspoons orange juice
2 teaspoons orange rind

1. Cream shortening, add sugar and half of the sirup. Cream well. Add egg yolks, salt, orange juice and rind; beat well.
2. Sift flour and baking powder together 3 times. Add it alternately with the milk.
3. Beat egg whites stiff. Fold in remaining half of sirup. Fold into the batter.
4. Bake in oiled muffin pans or wax paper muffin cups.

# CITRUS FUDGE CAKE <br> "Different" 

Quantity: 2-8" layers. Time 30-35 Minutes. Temp.: $350^{\circ}$.

```
    2 \text { cups Occident Family Flour}
    1/2 cup shortening
11/2 cups brown sugar
    2 eggs
    1/2 teaspoon soda
    1}\mathrm{ teaspoon salt
11/2 teaspoons baking powder
    1 cup grapefruit juice (strained,
        unsweetened)
    2 squares chocolate
```

1. Cream shortening. Add sugar gradually and cream well.
2. Add eggs, melted chocolate and vanilla. Beat well.
3. Alternately add the sifted dry ingredients with the grapefruit juice. Do not beat. Stir to blend.
4. Divide batter into two oiled pans and bake.

## CHPRRY CAKE <br> "American Beauty"

Quantity: 2-9" layers. Time 30-35 Minutes. Temp.: $350^{\circ}$

```
23/4 cups Occident Family Flour
    1 cup sugar
    4 \text { teaspoons baking powder}
    2/3 cup shortening
    8 oz. bottle Maraschino cherries
    1 teaspoon salt
    3}\mathrm{ eggs
    3/4 cup milk
```

1. Drain the cherries. Reserve $1 / 2$ cup of the liquid for the cake. Grind the cherries.
2. Cream the sugar and shortening well. Add the egg yolks and beat vigorously.
3. Sift all dry ingredients together and add them alternately with the milk and $1 / 2$ cup cherry juice.
4. Fold in the ground cherries. Beat the egg whites stiff and fold them into the batter. Pour into oiled pans and bake.

## BURNT SUGAR CAKE

"For a different flavor"
Quantity: 2-8" layers. Time: 30-35 Minutes. Temp.: $350^{\circ}$.

13/4 cups Occident Family Flour
$1 / 2$ cup shortening
$11 / 2$ cups sugar
2 eggs
1 cup water
$21 / 2$ teaspoons baking powder
1 teaspoon salt
1 teaspoon vanilla
Place $1 / 2$ cup of the sugar in a small skillet. Place over slow heat until it melts. When it begins to smoke add $1 / 2$ cup of the water. Let boil until a heavy sirup is formed. Cool.

1. Cream shortening, add sugar and cream well.
2. Add eggs, salt and vanilla. Beat well. Add 4 tablespoons of the burnt sugar sirup.
3. Sift flour and baking powder together 3 times, and add it alternately with the liquid.
4. Pour into two oiled layer cake pans and bake.
Save the remaining burnt sugar sirup and use it for the frosting. To make frosting, use the recipe for Fondant Frosting. Add the sirup to it and cook as directed.

## HAWAIIAN CRKE

"For the next sewing circle"
Quantity: 2- $8^{\prime \prime} \times 8^{\prime \prime}$ layers. Time: 30-35 Min. Temp.: $350^{\circ}$.

2 cups Occident Family Flour
$1 / 2$ cup shortening
$11 / 2$ cups sugar
1 teaspoon vanilla
1 cup crushed pineapple (as it comes from can with juice)
$21 / 2$ teaspoons baking powder
1 teaspoon salt
$1 / 4$ cup water
3 egg whites

1. Cream the shortening, add the sugar and cream well.
2. Add vanilla, salt, and crushed pineapple.
3. Sift flour and baking powder 3 times. Add it alternately with the water.
4. Beat the egg whites stiff and fold into the batter.
5. Pour into oiled cake pans and bake.

Frost when cold with a caramel icing.

## DATE NUT CAKE

"For a filling dessert"
Quantity: 9" square pan.
Time: 30-35 Minutes. Temp.: $350^{\circ}$.

```
13/4 cups Occident Family Flour
    1 package dates (8 ounce pitted)
    1 teaspoon soda
    1 cup boiling water
    1 tablespoon shortening
    1 cup sugar
    1 \mathrm { egg }
    1/2 cup nut meats (chopped)
    1 teaspoon vanilla
    3/4 teaspoon salt
    1 teaspoon baking powder
```

1. Cut dates into small pieces. Sprinkle the soda on them and add boiling water. Let cool. 2. Cream the shortening, add the sugar and beat until very light. Add egg and beat. Add the vanilla, nuts and cooled date mixture.
2. Fold in the sifted flour, salt and baking powder. Pour batter into baking pan lined with waxed paper. Bake.

## PINEAPPLE UPSIDE-DOWN CAKE <br> "Family Pleaser"

Quantity: $9^{\prime \prime}$ cake. Time 45-50 Minutes. Temp.: $350^{\circ}$.

2 cups Occident Family Flour
$1 / 2$ cup shortening
1 cup sugar
2 eggs
2 teaspoons baking powder
1 teaspoon salt
$3 / 4$ cup pineapple juice
$1 / 4$ cup butter
1 cup brown sugar Pineapple slices

1. Cream $1 / 2$ cup shortening, add sugar gradually and cream well. Add eggs, beat well.
2. Sift dry ingredients and add alternately with pineapple juice. Stir only enough to blend.
3. Simmer $1 / 4$ cup butter and 1 cup brown sugar together in a $9^{\prime \prime}$ skillet.
4. Arrange sliced pineapple over the brown sugar mixture. Pour batter over the fruit. Bake. Other cooked fruit may be used if desired.
5. When baked, let stand 5 minutes. Then turn out on serving plates.

## SALTED PEANUT CAKE

"A pleasing variety"
Quantity: $7^{\prime \prime} \times 11^{\prime \prime}$ loaf pan. Time: 40-45 Min. Temp.: $350^{\circ}$.

```
11/3 cups Occident Family Flour
    1/3 cup shortening
    3/4 cup sugar
        2 eggs
    1/2 teaspoon soda
        1 teaspoon baking powder
    1/4 teaspoon salt
    2/3 cup sour milk or buttermilk
        1 cup ground salted peanuts. (Leave the
        brown husk on and grind coarsely)
```

1. Cream the shortening, add sugar gradually and cream well. Add eggs. Beat well.
2. Add flour sifted with soda, salt and baking powder alternately with the milk.
3. Add ground peanuts and blend.
4. Pour into an oiled baking pan and bake.

This is a good dessert served with whipped cream or topped with a caramel frosting or sauce.

## NUT CERE

"A Family Treat"
Quantity: $9^{\prime \prime} \times 12^{\prime \prime}$ loaf. Time 45-50 Minutes. Temp.: $350^{\circ}$.

2 cups Occident Family Flour
3 teaspoons baking powder
$1 / 2$ cup shortening
$11 / 3$ cups sugar
1 teaspoon salt
1 cup milk
3 eggs
$1 / 2$ cup chopped nuts
1 teaspoon vanilla

1. Cream shortening, add sugar, and cream well. Add vanilla, salt and egg yolks. Beat thoroughly.
2. Add a small portion of the flour to the chopped nuts. Sift remaining flour with the baking powder, and add it alternately with the milk.
3. Add nuts.
4. Fold in the stiffly beaten egg whites. Pour into greased pan and bake.

## BANANA CAKE <br> "Children's Special"

Quantity: 2-8" layers. Time: 30-35 Minutes. Temp.: $350^{\circ}$.

13/4 cups Occident Family Flour
1 cup bananas (crushed)
$1 / 2$ cup sour milk
$1 / 2$ cup shortening
1 cup sugar
3 eggs
$3 / 4$ teaspoon salt
2 teaspoons baking powder
$1 / 2$ teaspoon soda

1. Cream shortening, add sugar and cream well.
2. Add egg yolks. Beat well.
3. Add the flour sifted with soda, salt and baking powder alternately with the milk.
4. Add the mashed bananas.
5. Beat the egg whites stiff and fold them into the batter.
6. Pour into oiled baking pans and bake.

This is good with whipped cream between the layers and over the top.

## ORANGE NUT CAKE

"Best Ever"

Quantity: 2-8" layers. Time 30-35 Minutes. Temp.: $350^{\circ}$.

```
13/4 cups Occident Family Flour
    3 teaspoons baking powder
    3/4 teaspoon salt
    1/2 cup shortening
        1 cup sugar
        eggs
    1/2 cup nuts
    1/2 cup orange juice (or part lemon)
        rind of 1 lemon
        rind of 1 orange
```

1. Cream shortening and sugar well. Add the egg yolks and salt, beat well.
2. Add the chopped nuts and the grated fruit rind.
3. Sift flour and baking powder together and add it alternately with the fruit juice.
4. Fold in the stiffly beaten egg whites. Pour into oiled pans and bake.
Frost as desired.

## ORANGE CAKE

"A Tempter"
Quantity: 1-10" tube pan. Time: 45-50 Min. Temp.: $350^{\circ}$.

13/4 cups Occident Family Flour
$1 / 2$ cup shortening
1 cup sugar
$2 / 3$ cup milk
1 orange (medium)
$1 / 2$ teaspoon soda
1 teaspoon baking powder
2 eggs
1 cup raisins
$1 / 2$ cup nut meats
$3 / 4$ teaspoon salt

1. Squeeze juice from orange. Put orange rind, raisins and nuts through food chopper.
2. Cream shortening. Add sugar and cream well. Add eggs and beat well.
3. Sift flour, soda, and baking powder together. Add alternately with the milk.
4. Add ground fruit. Bake in oiled tube or angel food pan.
5. Mix $2 / 3$ cup sugar with the orange juice and pour over the hot cake when it is taken from the oven.

## MERINGUE SPICE CAKE

## "Picnic Loaf"

Quantity: $9^{\prime \prime} \times 12^{\prime \prime}$ loaf. Time 45-50 Minutes. Temp.: $350^{\circ}$.
$21 / 2$ cups Occident Family Flour
$2 / 3$ cup shortening
$11 / 2$ cups brown sugar
3 egg yolks
1 whole egg
1 cup milk
1 teaspoon cinnamon
1 teaspoon vanilla
1 teaspoon salt
2 teaspoons baking powder $1 / 2$ teaspoon soda

1. Cream shortening. Add sugar gradually and cream well.
2. Add eggs and flavoring. Beat well.
3. Sift dry ingredients together. Add dry ingredients alternately with the milk. Stir only enough to blend.
4. Place in oiled $9^{\prime \prime} \times 12^{\prime \prime}$ loaf pan.

## ICING

Beat 3 egg whites stiff. Add $3 / 4$ cup of brown sugar to the egg whites and beat. Add $1 / 4$ cup of broken nut meats.
5. Spread meringue over unbaked cake batter. Bake.

## APPLE SAUCE CAKE

"The family standby"
Quantity: $9^{\prime \prime} \times 12^{\prime \prime}$ loaf pan. Time: $40-45$ Min. Temp.: $350^{\circ}$.
$13 / 4$ cups Occident Family Flour
$1 / 2$ cup shortening
1 cup sugar
2 eggs
$1 / 2$ cup dates or raisins
$11 / 2$ cups apple sauce
$1 / 2$ cup nuts
1 teaspoon cinnamon
$1 / 4$ teaspoon cloves
1 teaspoon vanilla
$1 / 2$ teaspoon soda
1 teaspoon baking powder
$3 / 4$ teaspoon salt

1. Cream shortening, add sugar and cream well.
2. Add eggs and vanilla. Beat well.
3. Chop or grind the dates or raisins and nuts. Use a portion of the measured flour to dredge the ground fruit and nuts.
4. Add spices, soda, salt and baking powder to remaining flour. Add it alternately with the apple sauce.
5. Fold in the floured fruit.
6. Pour batter into oiled pan and bake.

## WHOLE WHERT APPLE SAUCE CARE <br> "Keeps Well"

Quantity: $11 / 2$ pound loaf bread pan.
Time: 60.65 Min. Temp.: $350^{\circ}$.
$13 / 4$ cups Occident $100 \%$ Whole Wheat Flour
1 cup brown sugar
$3 / 4$ teaspoon salt
1 teaspoon baking powder
$1 / 2$ teaspoon soda
2 eggs
$1 / 2$ cup shortening
1 cup strained unsweetened apple sauce
1 teaspoon cinnamon
$1 / 2$ teaspoon cloves
$1 / 2$ cup raisins
$1 / 2$ cup nuts

1. Cream the sugar and shortening. Add the eggs and beat well.
2. Sift soda, salt, baking powder and spices into the whole wheat flour.
3. Add the dry ingredients alternately with the apple sauce to creamed mixture.
4. Add the chopped raisins and nuts. Pour into oiled bread pan. Bake.

Like fruit cake, the flavor improves a few days after baking.

## WHITE FRUIT CAKE

"Intriguing"
Quantity 3-1 $1 / 2$ pound loaves. Time: $\mathbf{2}^{11 / 2}$ Hours. Temp.: $300^{\circ}$

4 cups Occident Family Flour
1 pound white raisins
$1 / 3$ pound citron
$1 / 2$ pound candied red cherries
$1 / 2$ pound candied orange peel
$1 / 2$ pound candied lemon peel
$1 / 2$ pound candied pineapple
$3 / 4$ pound blanched almonds
2 cups shredded cocoanut
$1 / 2$ pound figs
-3 teaspoons baking powder
$11 / 2$ teaspoons salt
1 cup milk
1 cup shortening
2 cups sugar
6 egg whites
1 tablespoon vanilla

1. Cream the sugar and shortening, add salt and vanilla.
2. Sift baking powder with 3 cups of flour; and add it alternately with the milk to the creamed mixture.
3. Mix the cut-up fruit and nuts with the remaining 1 cup of flour, and add to the batter.
4. Beat the egg whites stiff and fold them into the batter. Pour in loaf pans lined with oiled paper and bake.

FRESH PORK FRUIT CAKE
"Keeps Well"
Quantity 3-11/2 pound loaves. Time: $\mathbf{2 1}^{1 / 2}$ hours. Temp.: $300^{\circ}$.

5 cups Occident Family Flour
2 cups sorghum
1 cup brown sugar
1 pound seedless raisins
1 pound currants
1 tablespoon allspice
1 package figs
$1 / 4$ pound citron
1 teaspoon grated lemon rind
1 teaspoon grated nutmeg
1 tablespoon lemon juice
2 teaspoons soda
1 pound nut meats
egg
1 pound fresh pork fat
2 cups hot coffee
1 teaspoon salt

1. Grind the pork fat. Pour the boiling coffee over it. Let cool.
2. Add sorghum, sugar, egg and beat well.
3. Chop fine or grind the citron and figs, add to the first mixture with the raisins and currants.
4. Add lemon rind and juice, nuts and flour sifted with the spices, salt and soda. Stir to blend.
5. Pour batter into oiled loaf pans lined with wax or brown paper, and bake.

## FRUIT CAKE

"Inexpensive"
Quantity: 2-1½lb. loaf pans. Time: 2 hours. Temp.: $325^{\circ}$.

```
3 \text { cups Occident Family Flour}
1 cup seedless raisins
1 cup dates
2 cups sugar
2 cups boiling water
1/3 cup melted shortening
1/2 teaspoon soda
    1 \mathrm { egg }
    2 teaspoons baking powder
    2 teaspoons cinnamon
    1 teaspoon cloves
    1 teaspoon salt
    1 cup nut meats, chopped
    1 cup candied fruit, cut up
```

1. Place sugar, water, fruit and nuts into covered pan and let cook very slowly for 20 minutes. Cool.
2. Sift flour, salt, spices, soda and baking powder. Stir into the cooled ingredients.
3. Add the beaten egg and shortening.
4. Pour into loaf pans lined with waxed or oiled brown paper. Bake. Allow cakes to cool in the pans for added moisture.

## CHRISTMAS FRUIT CAKE

"Chuck full of fruit"
Quantity: 3 loaves. Time: $21 / 2$ hours.
Temp.: $300^{\circ}$.
$21 / 2$ cups Occident Family Flour
1 teaspoon salt
1 teaspoon baking powder
$1 / 2$ teaspoon soda
$1 / 2$ teaspoon cloves
$1 / 2$ teaspoon nutmeg
1 teaspoon cinnamon
1 teaspoon mace
$1 / 4$ pound raisins
$1 / 4$ pound currants
$1 / 4$ pound dates
$1 / 4$ pound combined candied orange peel, pineapple and cherries
$1 / 4$ pound citron
$1 / 4$ pound almonds blanched
$1 / 4$ pound pecans
1 teaspoon grated lemon rind
1 cup shortening
1 cup sugar
4 eggs
$1 / 2$ cup fruit juice or coffee

1. Cream shortening, add sugar and cream well. Add eggs and beat well.
2. Sift flour, spices, soda, and baking powder together. Add the fruit and nuts to the dry ingredients.
3. Add the flour and fruit mixture alternately with the liquid.
4. Pour into loaf pans lined with waxed or oiled brown paper. Bake.

## SHORTENING-TYPE CAKES

## Quick-Mix Method BASIC CAKERECIPE

*Quantity: Two 8" layers.
Time: 30-35 Minutes.
Moderate Oven ( $350^{\circ}$ ).

```
2 cups Occident Family Flour
1 tablespoon baking powder
1 teaspoon salt
11/4 cups sugar
1/2 cup vegetable shortening
1 cup milk
1 teaspoon vanilla
eggs
```

*This recipe will make a $9^{\prime \prime} \times 11^{\prime \prime}$ loaf cake baked $40-45$ minutes at $350^{\circ}$ or 24 cup cakes baked 18-20 minutes at $375^{\circ}$. For smaller recipe see page 58.

## QUICK-MIX METHOD

(Have shortening, milk and eggs at room temperature.)

1. Heat oven to $350^{\circ}$ so that it will be correct temperature when cake is ready to be baked.
2. Prepare pans by lining bottom of pans with waxed paper; then grease. (See Photo 2.)
3. Sift the flour once before measuring.
4. Measure exactly 2 cups of the sifted flour
 and place it in the flour sifter. (To measure 1 cup of flour accurately, pile flour lightly into measuring cup which has 1 cup mark level at rim of cup. Use a scoop or spoon to fill cup, heaping full. Level off the top with a spatula or straight edge of a knife. (See Photo 4).

## Use Exact Measurements

Be sure that all measurements are accurate. These recipes have been perfected for use
 with OCCIDENT FAMILY FLOUR.
5. Place 2 cups flour, 1 tablespoon baking powder, 1 teaspoon salt and $11 / 4$ cups sugar into sifter and sift into mixing bowl. (Sce Photo 5.)
6. Measure $1 / 2$ cup shortening by filling measuring cup $1 / 2$ full of cold water. Add pieces of shortening, pushing them under the water until water level reaches 1 cup mark. Drain water from cup and place shortening in the large mixing bowl. (See Photo 6.)
7. Add 1 cup milk and 1 teaspoon vanilla to shortening and dry ingredients. (See Photo 7.)
8. Stir mixture until batter is smooth. Scrape ingredients from sides and bottom of bowl to be sure all ingredients are blended. (See Photo 8.) (If an electric mixer is used, mix at slow to medium speed for $1 \frac{1}{2}$ minutes.)
9. Add unbeaten eggs.

10. Beat for 2 minutes. (If using an electric mixer, use slow to medium speed.) (See Photo 10.)
11. Pour batter into prepared pans. (See Photo 11.)
12. Bake $30-35$ minutes at $350^{\circ}$. This cake is done when it shrinks slightly from sides of pan, springs back when pressed lightly with finger or when inserted cake tester or toothpick comes out clean from center of cake.
13. Remove cake from oven and allow it to stand two minutes.
14. With spatula or knife, loosen the edge of cake. Turn cake out on cooling rack. Allow it to stand until cool. Frost as desired. (See Photo 14.


## CHOCOLATE BRICKLE CAKE <br> "For Variety"

Quantity: $28^{\prime \prime}$ layers.
Time: 30-35 Min. Temp.: $350^{\circ}$.
$13 / 4$ cups Occident Family Flour
1 tablespoon baking powder
1 teaspoon salt
$11 / 4$ cups sugar
$1 / 2$ cup vegetable shortening
2 eggs
$1 / 2$ teaspoon almond flavoring
1 teaspoon vanilla
1 cup milk
1 square grated unsweetened chocolate

1. Sift measured dry ingredients into mixing bowl.
2. Add measured shortening, milk and flavoring.
3. Stir until well blended (about $11 / 2$ minutes).
4. Add unbeaten eggs and beat two minutes.
5. Add chocolate to batter and stir only until chocolate pieces are distributed throughout batter.
6. Bake.

## CHERRY NUT CAKE

## "Holiday Spirit"

Quantity: 9"x11" loaf. Time: 40-45 Min. Temp.: $350^{\circ}$.

2 cups Occident Family Flour
1 tablespoon baking powder
1 teaspoon salt
$11 / 3$ cups sugar
$1 / 2$ cup vegetable shortening
$7 / 8$ cup milk ( 1 cup less two tablespoons)
2 eggs
$1 / 4$ cup chopped nuts
$1 / 2$ cup chopped Maraschino cherries

1. Sift measured dry ingredients into mixing bowl.
2. Add measured shortening, milk and flavoring.
3. Stir until well blended (about $11 / 2$ minutes).
4. Add unbeaten eggs and beat two minutes.
5. Add nuts and cherries to batter and stir until blended.
6. Bake.

## APRICOT UPSIDE-DOWN CAKE <br> "Popular"

Quantity: $10^{\prime \prime}$.skillet. Time: 45-50 Minutes Temp.: $350^{\circ}$.
$1 / 4$ cup butter or other shortening
1 cup brown sugar
Apricots from No. $2^{1 / 2}$ can

1. Melt butter in 10 -inch skillet.
2. Add brown sugar and allow to simmer a few minutes.
3. Drain juice from apricots and arrange apricots in skillet.
4. Pour batter from basic cake recipe (see pages 67 through 69) over apricots and bake in skillet.
5. When baked, allow cake to stand 5 minutes. Turn out onto serving plate.
6. Serve with whipped cream or custard sauce.

## SPICE CUP CAKES

"Lunchbox Goodies"
Quantity: 24 cup cakes. Time: 18-20 Minutes Temp.: $375^{\circ}$

```
13/4 cups Occident Family Flour
    2 teaspoons baking powder
    \(1 / 4\) teaspoon soda
        1 teaspoon salt
        1 cup sugar
        1 teaspoon cinnamon
        1 teaspoon nutmeg
    \(1 / 2\) teaspoon cloves
    \(1 / 3\) cup vegetable shortening
    2 yolks and 1 egg (or 2 whole eggs)
    \(3 / 4\) cup milk
    \(1 / 2\) cup ground raisins
    1 tablespoon grated lemon rind
```

1. Sift measured dry ingredients into mixing bowl.
2. Add measured shortening, milk and flavoring.
3. Stir until well blended (about $11 / 2$ minutes).
4. Add unbeaten eggs and beat two minutes.
5. Add lemon rind and raisins.
6. Bake.

## SPONGE-TYPE CAKES

## SPONGE CAKE

Quantity: $10^{\prime \prime}$ tube pan.
Time: 60-65 Minutes.
Slow Oven $\left(325^{\circ}\right)$.

1. Place the oven rack so that when baking, the cake will be as nearly in the center of the oven as possible. Heat oven to $325^{\circ}$ so that it will be correct temperature when cake is ready to be baked.
2. Sift the flour once before measuring.
3. Measure exactly 1 cup of the sifted flour and place it in the flour sifter. (To measure 1 cup of flour accurately, pile flour lightly into measuring cup which has 1 cup mark level at rim of cup. Use a scoop or spoon to fill cup, heaping full. Level off the top with a spatula or straight edge of a knife. See Photo 3).
4. Separate the egg yolks from the egg whites -putting the whites into a measuring cup and the yolks in a small bowl. Then place the measured egg whites (about $3 / 4$ cup) in the large mixing bowl.
5. Add 1 tablespoon lemon juice, 1 teaspoon vanilla and $1 / 4$ cup water to egg yolks and beat until light in color and thick. (See Photo 5.)
6. Add $1 / 2$ teaspoon salt to the egg whites.
7. With a flat wire whisk, beat the egg whites until frothy. Egg whites have reached the frothy stage when the entire mass is foamy and they have taken on a white appearance. (See Photo 7.)

8. Sprinkle $1 / 2$ teaspoon cream of tartar over the frothy eggs.
9. Continue beating the egg whites using long sweeping strokes and lifting the beater high, until they hold up in stiff, glossy peaks. The air bubbles are now very fine and even. It is absolutely necessary that the egg whites be beaten to this stage to secure the maximum volume and to incorporate the greatest amount of air. (See Photo 9.)
10. Measure $11 / 4$ cups sugar. Add about $1 / 4$ cup of sugar by sprinkling over the fluffy eggs. Beat in sugar to form a meringue. Continue adding sugar (in $1 / 4$ cup portions) until all sugar is added.
11. Add the beaten egg yolks and fold in gently. Cut through the batter with the side of the wire whisk . . . lifting up a portion of the batter and turning it over. Repeat this motion four or five times. (See Photo 11).
12. Add flour (about $1 / 4$ cup at a time) by sprinkling over eggs. Fold flour into egg mixture. (See Photo 12.) Use gentle strokes and as few as possible in combining the ingredients. Retaining the air in the egg whites is important to secure a finished cake of the greatest possible volume.
13. Continue adding flour in $1 / 4$ cup portions until all flour and egg mixture are evenly blended.
14. Lift and tilt the bowl over the *ungreased tube pan. Allow the batter to drop gently into the pan. Revolve the pan to distribute the batter evenly.
15. Cut through the batter in the pan to remove any large air bubbles. (See Photo 15.)
16. Bake for $60-65$ minutes. Cake is done if surface springs back when pressed lightly with finger.
17. Remove cake from oven. Invert pan and let cake hang until it is thoroughly cold, or it will collapse from its own weight. Cooling will require about $1 \frac{1}{2}$ to 2 hours.
18. Loosen the cold cake from pan by inserting small spatula vertically around edge of pan and center tube.
*A piece of waxed paper may be fitted into bottom of pan, if desired.


## BURNT SUGAR SPONGE CAKE

"Semi-dark favorite"
Quantity: 9" tube pan. Time: 60-65 Minutes. Temp.: $325^{\circ}$.

```
3/4 cup Occident Family Flour
    1}\mathrm{ teaspoon baking powder
    1 cup sugar
    1 cup boiling water
    6 egg whites
    1/2 teaspoon salt
    1/2 teaspoon cream of tartar
    6 egg yolks
    1 tablespoon lemon juice
1/2 cup sugar
```

1. Place 1 cup of sugar in a small skillet over slow heat. Stir until sugar becomes liquid. Add boiling water
2. Stir until sugar dissolves, then boil until sirup forms a hard ball when tested in cold water.
3. Beat egg whites until frothy Add salt and cream of tartar and beat until stiff. Pour boiling sirup over egg whites, beating constantly. 4. Beat egg yolks, lemon juice and $1 / 2$ cup sugar until thick. Fold into egg white mixture.
4. Sift flour and baking powder together three times. Fold into egg mixture.
5. Bake in floured tube pan.
6. Invert on cooling rack until cold.

## JELLY ROLL

"An old-timer"
Quantity: $9^{\prime \prime} \times 15^{\prime \prime}$ shallow pan. Time: 15-18 Minutes. Temp.: $350^{\circ}$.

```
    1 cup Occident Family Flour
    1 teaspoon baking powder
    3 eggs
1/2 teaspoon salt
    1 cup sugar
    4 tablespoons milk
    1/2 teaspoon flavoring
```

1. Beat eggs until thick and lemon colored. Add sugar gradually. Add salt and flavoring. Beat well.
2. Add milk. Add flour sifted with baking powder. Stir only to blend.
3. Line shallow pan with waxed paper; pour batter in and bake.
4. When removed from the oven turn cake out on a damp cloth dusted with powdered sugar.
5. Trim off crusted edges, and spread cake with jelly. Roll carefully.
6. Cool on a rack.

## HOT MILK SPONGE CAKE

"With Broiled Topping"
Quantity: $8^{\prime \prime} \times 8^{\prime \prime}$ pan. Time: 30-35 Minutes. Temp.: $350^{\circ}$.

```
1 cup Occident Family Flour
1/2 teaspoon salt
    1 teaspoon baking powder
    1/2 cup milk
        1 tablespoon butter
        2 eggs
        1 cup sugar
    1/2 teaspoon vanilla
```

1. Beat eggs until light and lemon colored. Add sugar gradually and beat until thick. Add flavoring and salt.
2. Fold in the sifted flour and baking powder.
3. Last-add the scalded milk and melted butter. Stir only enough to blend. Pour batter into oiled 8 "x8" cake pan and bake.
4. When baked, top with following icing:

3 tablespoons melted butter
2 tablespoons cream
$1 / 2$ cup brown sugar
$1 / 2$ cup chopped cocoanut
5. Combine all ingredients. Spread on hot cake.
6. Place under broiler until frosting bubbles.

## CHOCOLRTE SPONGE ROLL

## "Makes a hit"

Quantity: 9"x13" shallow pan.
Time: 15-18 Minutes.
Temp.: $375^{\circ}$.
1 cup Occident Family Flour
2 eggs
1 cup sugar
$11 / 2$ squares chocolate
1 teaspoon vanilla
$11 / 2$ teaspoons baking powder
$1 / 2$ teaspoon salt
1 tablespoon melted shortening
$1 / 3$ cup warm water

1. Beat eggs until light and thick. Add sugar gradually and beat well.
2. Melt chocolate, add water. Combine this with the egg and sugar mixture, and add vanilla and salt.
3. Sift flour with baking powder and fold into the first mixture. Gently stir in the melted shortening.
4. Line shallow pan with waxed paper; pour batter in and bake.
5. When baked turn onto a damp cloth. Cut off crusts and roll up. Wher cool unroll and spread with marshmallow icing. Re-roll and serve.
See page 77 for icing.
73

## ANGEL FOOD CAKE

"Birthday Treat"
Quantity: $10^{\prime \prime}$ tube pan. Time: $60-65 \mathrm{Min}$. Temp.: $325^{\circ}$.

1 cup sifted Occident Family Flour
$11 / 2$ cups sugar
$11 / 2$ teaspoons cream of tartar
1 teaspoon vanilla
$1 / 2$ teaspoon salt
$11 / 2$ cups egg whites (about 12 eggs)

1. Sift flour once; then measure.
2. Place flour and $3 / 4$ cup of sugar in sifter and sift together 3 times.
3. Separate egg yolks from egg whites and place whites in large mixing bowl.
4. Add vanilla and salt.
5. With a flat wire whisk, beat the egg whites until frothy.
6. Sprinkle cream of tartar over eggs and beat until they hold up in stiff glossy peaks.
7. Sprinkle about $1 / 4$ cup sugar over egg whites and continue beating.
8. Continue adding sugar and beating until all sugar is added and a meringue is formed.
9. Fold in sifted flour and sugar adding about 2 tablespoons at a time.
10. Pile batter into ungreased tube pan.
11. Insert knife and circle batter twice to remove large air pockets and to even batter.

## 12. *Bake.

13. Invert pan on cake rack and cool thoroughly (about $11 / 2$ hours).
*To test cakes for sufficient baking, touch surface of cake lightly with finger tip-if cake springs back when finger is removed, the cake is baked.

## COCOA ANGEL FOOD

"Sure to Please"
Quantity: $10^{\prime \prime}$ tube pan. Time: $60-65 \mathrm{Min}$. Temp.: $325^{\circ}$.

3/4 cup Occident Family Flour
$1 / 4$ cup cocoa
$11 / 2$ teaspoons cream of tartar
1 teaspoon vanilla
$1 / 2$ teaspoon salt
$11 / 2$ cups sugar
$11 / 2$ cups egg whites

1. Add salt and vanilla to the egg whites. Beat until frothy, then add cream of tartar and continue beating until egg whites are stiff.
2. Gradually add $3 / 4$ cup of sugar to whites, beating to form a meringue.
3. Sift flour, cocoa and remainder of sugar together 4 times. Add about 2 tablespoons of cocoa mixture to egg whites. Fold in after each addition.
4. Put batter into a tube pan and bake. When cake is baked, invert pan and allow cake to remain in the pan until cold.

## GOLDEN ANGEL CAKE

"For Left-over Yolks"
Quantity $10^{\prime \prime}$ tube pan. Time: $60-65 \mathrm{Min}$. Temp.: $325^{\circ}$.
$13 / 4$ cups Occident Family Flour
$11 / 4$ cups sugar
$3 / 4$ teaspoon salt
$11 / 2$ teaspoons baking powder
12 egg yolks
1 teaspoon vanilla
$3 / 4$ cup hot water
1 tablespoon lemon rind

1. Beat yolks until thick and lemon colored.
2. Add boiling water gradually and continue beating 5 minutes.
3. Fold in lemon rind and sugar gradually.
4. Sift flour, baking powder, and salt together twice. Fold into beaten yolks.
5. Pour batter into ungreased tube pan which has waxed paper fitted in bottom.
6. *Bake.
7. Invert pan on cake rack and cool thoroughly (about $11 / 2$ hours).

## FROSTINGS and FILLINGS

## BUTTERSCOTCH FILLING

```
1/3 cup Occident Family Flour
2/3 cup brown sugar
1/4 cup butter
1/4 teaspoon salt
    2 cups milk
    2 eggs
1/2 teaspoon vanilla
```

1. Mix butter and sugar, and cook 3 minutes. Add $13 / 4$ cups of milk.
2. Mix flour with $1 / 4$ cup of milk, add to hot mixture and cook until thick.
3. Cool, add salt and vanilla. When cold use on cake or in cream puffs.

## LEMON FILLING

2 $1 / 2$ tablespoons Occident Family Flour
1 cup sugar
Grated rind of 2 lemons
$1 / 4$ cup lemon juice
1 egg
1 teaspoon butter

1. Mix sugar, flour, lemon rind and juice and beat.
2. Melt butter, add mixture and stir constantly until boiling point is reached. Add beaten egg.
3. Cool, spread between layers of cake.

## SOUR CREAM FILLING

2 tablespoons Occident Family Flour
$1 / 2$ cup sugar
2 eggs
$1 / 2$ cup sour cream
$11 / 2$ tablespoons butter
$1 / 3$ cup nut meats

1. Mix flour and sugar, add the eggs and beat well.
2. Add the butter and cream and cook until thickened.
3. Cool, add the chopped nuts and spread between layers.

## RAISIN FILLING

```
11/2 cups sugar
    2 egg whites
    1/3 cup water
    1/8 teaspoon cream of tartar
    1/8 teaspoon salt
    1 teaspoon vanilla
    l cup raisins, chopped
```

1. Boil sugar, water and cream of tartar until it spins a thread.
2. Beat egg whites stiff, pour sirup slowly over the beaten egg whites.
3. Stir until cool enough to hold its shape. Add vanilla, salt and raisins.

## ORANGE FILLING

```
21/2 tablespoons Occident Family Flour
    1/2 cup sugar
        Grated rind of 1/2 orange
    1/4 cup orange juice
    1 teaspoon lemon juice
    1 \mp@code { e g g }
    1 teaspoon butter
```

1. Put all ingredients together in top of a double boiler and cook until thickened.
2. Cool, spread between layers of cake.

## BOILED FROSTING

$11 / 2$ cups honey
$1 / 8$ teaspoon salt
1 egg white
$1 / 2$ teaspoon vanilla

1. Cook honey and salt to $238^{\circ}$ or until it will spin a thread.
2. Beat egg white stiff. Pour the sirup over the egg white. Beat constantly until cold, or until frosting will stand in peaks. Add the vanilla, and spread on the cake.

## BROWN SUGAR MARSHMALLOW

2 cups brown sugar
$1 / 2$ cup milk
$1 / 4$ cup butter
12 marshmallows
$1 / 2$ cup nut meats
1 teaspoon vanilla

1. Boil sugar and milk to $230^{\circ}$ or the soft ball stage.
2. Remove from heat, add cut up marshmallows, and butter. Allow to cool to lukewarm without stirring.
3. When lukewarm beat to spreading consistency. Add vanilla and nuts just before spreading.

## CREAM CHOCOLATE FROSTING

3 ounces cream cheese
3 squares chocolate
$1 / 4$ cup milk
3 cups powdered sugar
$1 / 8$ teaspoon salt
1 teaspoon vanilla

1. Melt chocolate. Blend with the cream cheese.
2. Work in the salt, vanilla and milk.
3. Beat in the sifted powdered sugar. Then spread.

## CHOCOLATE FROSTING

```
11/2 squares chocolate
    1/3 cup cream
        Few grains salt
    1 egg yolk
    1 teaspoon melted butter
    1/2 teaspoon vanilla
        Confectioners' (powdered) sugar
```

1. Heat cream. Melt chocolate. Combine the two. Add salt, egg yolk, and butter.
2. Stir in sugar until of spreading consistency. Add vanilla. Spread on cake.

## COCOF FROSTING

1 cup confectioners' sugar
2 tablespoons cocoa
2 tablespoons butter
1 teaspoon vanilla Hot coffee

1. Melt butter. Add cocoa and sugar, and blend.
2. Add enough hot coffee to make frosting of spreading consistency. Add vanilla.
3. Dip spatula in coffee as frosting is being spread on cake.

## FUDGE FROSTING

1 tablespoon Occident Family Flour
2 squares chocolate
1 cup sugar Few grains salt
$1 / 3$ cup milk
2 tablespoons butter
$1 / 2$ teaspoon vanilla

1. Mix sugar, flour and salt. Shave or cut up chocolate and add to sugar.
2. Add milk. Place on heat and stir until boiling point is reached.
3. Cook until mixture forms a soft ball when a drop is tested in cold water. Add butter and cool to lukewarm.
4. When cool, add vanilla and beat until stiff enough to spread.

If fudge frosting becomes too thick, add drops of cream until desired consistency is secured.

## JELLY FROSTING

$1 / 2$ cup red jelly
$1 / 8$ teaspoon salt
1 egg white

1. Place all ingredients in top of double boiler over boilng water.
2. Cook, beating constantly, and continue beating until frosting holds a peak.
3. Remove from heat, continue beating until frosting is cooled. Spread on cake.

## FONDANT FROSTING

```
11/4 cups sugar
    1/2 cup milk
    1 \text { teaspoon butter}
    1/2 teaspoon vanilla
        Pinch of cream of tartar or }1\mathrm{ table-
        spoon white sirup
```

1. Melt butter in pan, add sugar, cream of tartar and milk. Stir until mixture reaches the boiling point.
2. Boil without stirring until mixture forms a soft ball when dropped in cold water.
3. Cool.
4. When lukewarm, add vanilla, and beat until of right consistency to spread.
5. Pour over cake and spread.

This is an excellent icing for Spice Cakes.

## BUTTER ICING

2 cups confectioners' sugar
4 tablespoons melted butter
1 teaspoon vanilla
4 tablespoons cream (or top milk)
$1 / 8$ teaspoon salt

1. Add sugar, salt, and cream to the melted butter.
2. Place over hot water and let stand five minutes.
3. Remove from heat, add vanilla, and beat until cool and of spreading consistency.

## VARIATIONS

Chocolate-Use 1 square of chocolate melted with the butter.

Mocha-Use 2 tablespoons cocoa and coffee instead of the cream.

Orange-Omit the vanilla, use orange juice instead of cream and add 1 teaspoon grated orange rind.

## WHIPPED CREAM FROSTING

1 cup cream
1 cup brown sugar
1 teaspoon vanilla
1 tablespoon melted butter
$1 / 8$ teaspoon salt

1. Whip the cream. Combine the melted butter with the sugar and add it to the whipped cream.
2. Add salt and vanilla. Beat until blended. Spread on cake.

## CREAM FUDGE ICING

```
1 cup granulated sugar
    1 cup brown sugar
    1 cup sour cream ( }25%\mathrm{ butterfat)
    2 squares chocolate
1/8 teaspoon cream of tartar
```

1. Combine all ingredients. Place on range and stir constantly until the mixture boils.
2. Continue boiling to soft ball stage. Remove from heat. Allow to cool to lukewarm without stirring.
3. When cool add a pinch of salt and beat until creamy and ready to spread.

## MARSHMALLOW ICING

1 egg white
$3 / 4$ cup sugar
$1 / 8$ teaspoon cream of tartar
3 tablespoons water
$1 / 4$ teaspoon vanilla
6 marshmallows

1. Place sugar, water, egg white, and cream of tartar in double boiler over boiling water.
2. Beat constantly with rotary egg beater for 5 minutes.
3. Remove from heat, add cut up marshmallows and vanilla.
4. Stir until cool enough to hold its shape.

## SEVEN-MINUTE ICING

```
7/8 cup sugar
    1 \text { egg white}
    1/8}\mathrm{ teaspoon cream of tartar
    3 tablespoons water
    1 teaspoon vanilla
```

1. Place water, sugar, egg white and cream of tartar in the top of a double boiler over boiling water.
2. Beat constantly with a rotary egg beater for 7 minutes.
3. Remove from the heat, and stir with a fork or spoon until cool. Add vanilla.
4. Spread on cake when frosting will hold its shape.

## QUICK CARAMEL ICING

```
    4 \text { tablespoons butter}
    6 \text { tablespoons cteam or top milk}
    3/4 cup brown sugar
13/4 cups powdered sugar (about)
    1/2 teaspoon vanilla
```

1. Melt butter in a sauce pan. Add brown sugar and melt again.
2. Add cream and allow to boil vigorously 1 minute. Remove from heat.
3. Immediately start adding powdered sugar, beating well. When cooled slightly, add the vanilla.
4. Continue adding powdered sugar until frosting is of a consistency to spread.

## METROPOLITAN ICING

$1 / 2$ cup butter
$3 / 4$ cup Maple sirup Toasted cocoanut Powdered sugar
$1 / 2$ teaspoon mapleine

1. Soften butter, add sirup and mapleine.
2. Add powdered sugar until of a spreading consistency. Spread on top of cake and top with toasted cocoanut.

## SEVEN-MINUTE CARAMEL ICING

2 cups brown sugar
5 tablespoons water
2 egg whites
$1 / 8$ teaspoon cream of tartar
$1 / 4$ teaspoon salt
1 teaspoon vanilla

1. Place sugar, water, egg whites, salt and cream of tartar in the top of a double boiler over boiling water. With a rotary beater beat constantly as icing cooks, until it will hold a peak.
2. Remove from heat, add vanilla and stir until cool enough to spread.

## ORNAMENTAL ICING

## 3 egg whites <br> Powdered sugar <br> $1 / 4$ teaspoon cream of tartar

1. Beat egg whites with $1 / 2$ cup of powdered sugar for 10 minutes.
2. Add another half cup of sugar and beat.
3. Add cream of tartar and additional sugar, until mixture will hold its shape.
4. Flavor and color if desired. Force through pastry bag or tube onto the frosted cake, in design or shape preferred.

## 7-MINUTE ICING

```
1 egg white
\(1 / 2\) cup sirup or honey
    2 tablespoons sugar
\(1 / 4\) teaspoon cream of tartar
    \(1 / 8\) teaspoon salt
    1 teaspoon vanilla
```

1. Put egg white, sirup, sugar, cream of tartar and salt into top of a double boiler over boiling water. Add vanilla.
2. Beat constantly with a rotary beater until frosting will hold a peak.


## COOKIES



THE cornerstone of every American home might well be a handsome cooky jar, filled to overflowing at all times as a symbol of our abundance and our generosity. Cookies, moreover, are versatile: with them you can win a child's affection, and as years go by, they fill ever more important roles as gay tokens of informal hospitality.

## COOKIES

## COOKIES

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"Show me a pan of fresh-baked cookies just out of the oven, and I'll show you a happy home. They're companions in contentment."

. . . Virginia Roberts

Oven Temp.: $375^{\circ}$

## RECIPE

3 cups Occident Family Flour
1 cup butter or substitute
1 cup sugar
2 tablespoons cream
1 teaspoon vanilla
$1 / 4$ teaspoon mace
$1 / 8$ teaspoon salt
1 teaspoon baking powder
1 egg

## PROCEDURE

1. Sift flour once before measuring.
2. Measure flour, salt, baking powder, and mace. Place in flour sifter.
To measure flour accurately, see Step 1, Page 60.
3. Measure shortening.

To measure shortening easily and accurately, see Page 6 or use $1 / 2$ pound which equals 1 cup.
4. Cream shortening by mashing it against the sides and bottom of bowl until it is a soft mass.
5. Measure sugar. Add it gradually to the creamed shortening - rubbing the sugar and shortening against sides and bottom of bowl with the back of the spoon. Continue in this manner until all sugar is added and mixture is creamed to a soft fluffy lightness.
6. Add egg and beat into the creamed mixture. (See Photo 6.)
7. Measure and add vanilla.
8. Measure and add cream.
9. Add about a third of the sifted dry ingredients and stir to blend. Continue until all is incorporated. (See Photo 9.)


The Cooky Dough is now ready to be formed for baking.

## ROLLED COOKIES

1. Chill the dough half an hour.
2. Preheat oven to $375^{\circ}$.
3. Place about a third of the dough on a pastry cloth or slightly floured board.
4. With rolling pin (floured or clothcovered) roll the dough to $1 / 8^{\prime \prime}$ thickness. Roll dough by flattening slightly, then rolling from the center to outside in all directions.
5. Dip cooky cutter into flour and cut into desired size and shape. (See Photo opposite.)
6. Lift each cut piece of dough onto baking sheet.
7. Place in oven and bake.

## FORMED COOKIES

1. Preheat oven to $375^{\circ}$.
2. Shape dough into small balls about the size of a walnut.
3. Place $3^{\prime \prime}$ apart on baking sheet.
4. Flatten each ball of dough to $1 / 8^{\prime \prime}$ thickness by pressing with a flat object, such as the bottom of a round glass, dipped in flour. (See Photo opposite.)
5. Place in oven and bake.

## REFRIGERATOR COOKIES

1. Divide dough into 2 parts.
2. Shape each part into a roll $21 / 2^{\prime \prime}$ in diameter.
3. Wrap each roll separately in waxed paper and place in refrigerator over night or until rolls are very firm.
4. Cut the firm rolls of cooky dough into $1 / 8^{\prime \prime}$ slices. (See Photo opposite.)
5. Arrange slices on baking sheet.
6. Place in preheated oven and bake until very delicately browned.


## ALMOND REFRIGERATOR COOKIES

"Always Good"

Quantity: 8 dozen. Time: 10 Minutes. Temp.: $400^{\circ}$.

```
5cups Occident Family Flour
2 cups shortening
1 cup sugar
1 cup brown sugar
3 eggs
1 teaspoon soda
1 teaspoon cinnamon
1 teaspoon vanilla
1/2 pound almonds
```

1. Blanch, then dry the almonds for several hours or overnight.
2. Chop nuts very fine or use a coarse knife and grind them.
3. Cream shortening, add the sugar and cream well. Add eggs one at a time and beat well. Add soda, cinnamon and vanilla.
4. Add flour and nuts. When blended, shape dough into two rolls of $21 / 2^{\prime \prime}$ diameter. Wrap each roll in wax paper. Place in refrigerator overnight.
5. Cut dough into $1 / 8$ " slices. Place on cooky sheet and bake. Remove from baking sheet to cooling rack as soon as they are taken from the oven.

# BUTTERSCOTCH DATE 

"Always a Hit"
Quantity: 5 dozen. Time: 10 Minutes. Temp.: $400^{\circ}$.

| $31 / 4$ | cups Occident Family Flour |
| :--- | :--- |
| 1 | cup shortening |
| 2 | cups brown sugar |
| 2 | eggs |
| 1 | teaspoon vanilla |
| 1 | teaspoon cream of tartar |
| 1 | cup dates |
| 1 | cup nuts |
| 1 | teaspoon soda |
| $1 / 2$ | teaspoon salt |

31/4 cups Occident Family Flour
1 cup shortening
2 cups brown sugar
2 eggs
1 teaspoon vanilla
1 teaspoon cream of tartar
1 cup dates
1 cup nuts
1 teaspoon soda
$1 / 2$ teaspoon salt

1. Cream shortening. Add sugar and cream well.
2. Add eggs one at a time, and beat well. Add salt and vanilla.
3. Cut up dates and nuts. Flour them with $1 / 4$ cup of flour. Add to the creamed mixture.
4. Sift soda and cream of tartar with one cup of flour and stir into the first mixture. Add remaining 2 cups of flour.
5. Shape into two rolls $21 / 2^{\prime \prime}$ in diameter. Wrap in wax paper. Place in refrigerator overnight.
6. Slice in $1 / 4^{\prime \prime}$ slices. Place on oiled baking sheet. Bake. Remove immediately to cooling rack.

## PIN WheElS

"Round ' $n$ Round They Go"
Quantity: 4 dozen. Time: 12 Minutes.
Temp.: $400^{\circ}$.
$1^{1 / 2}$ cups Occident Family Flour
$1 / 2$ teaspoon baking powder
$1 / 2$ cup butter
$1 / 2$ cup sugar
$1 / 4$ teaspoon salt
1 egg yolk
3 tablespoons milk
1 teaspoon vanilla
1 square chocolate or cake coloring

1. Cream the shortening, add the sugar and cream well. Add the salt, vanilla, and egg yolk. Beat thoroughly.
2. Add the flour sifted with the baking powder, and the milk. Blend well. Divide dough into two portions. Add melted chocolate or coloring to one half.
3. Roll both pieces of dough out. Make each the same size, shape and thickness. Place one sheet of dough on top of the other, and roll up in jelly roll fashion.
4. Wrap the roll in wax paper and place in refrigerator over night. Cut in slices $1 / 4$ inch thick. Place on cooky sheet and bake.

## BUTTERSCOTCH BRAN COOKIES <br> "When the nuts run out"

Quantity: 5 dozen. Time: 10 Minutes.
Temp.: $400^{\circ}$.

```
3 cups Occident Family Flour
1 cup shortening
2 cups brown sugar
1/4 teaspoon salt
2 eggs
1 cup of bran
2 teaspoons baking powder
1 teaspoon vanilla
```

1. Cream the shortening, add the sugar, cream well.
2. Add the eggs, salt and vanilla. Stir into the creamed mixture, then add the bran.
3. Add the flour sifted with the baking powder. Stir until blended. Shape into two oblong rolls of $21 / 4^{\prime \prime}$ diameter. Roll each in wax paper and place in refrigerator overnight.
4. Cut dough into $1 / 8^{\prime \prime}$ slices and bake on an oiled cooky sheet. Remove from baking sheet to cooling rack when baked.

## CHOCOLATE CHIP

"Just For Variety"
Quantity: 4 dozen. Time: 12 Minutes. Temp.: $400^{\circ}$.

3 cups Occident Family Flour
1 cup sugar
$1 / 2$ cup brown sugar
1 cup shortening
3 eggs
$1 / 2$ teaspoon soda
2 teaspoons baking powder
1 cup dates
1 cup nuts
1 cup shaved (or bits) sweet baking chocolate

1. Cream shortening. Add sugar gradually and cream well.
2. Add eggs, one at a time, and beat well.
3. Cut up dates, nuts, and chocolate into a small bowl. Dredge in $1 / 2$ cup of the flour.
4. Sift the remaining $21 / 2$ cups flour with soda and baking powder. Stir into the creamed mixture.
5. When blended, add the floured dates, nuts and chocolate.
6. Drop by spoonfuls onto the oiled baking sheets. Bake.

## RAISIN CRISPS

## "Cooky Jar Tempter"

Quantity: 4 dozen. Time: 8 Minutes. Temp.: $400^{\circ}$.

```
11/2 cups Occident Family Flour
    1 cup sugar
    1/2 teaspoon soda
        1 teaspoon cream of tartar
    1/2 cup shortening
    1 cup raisins
    1 \mp@code { e g g }
```

1. Cream sugar and shortening. Add egg and beat well.
2. Grind or chop the raisins; add to the creamed mixture.
3. Add the sifted dry ingredients.
4. Shape into balls about the size of a walnut. Place on a cooky sheet and flatten with the bottom of a glass.

# PEANUT-CHOCOLATE CHIP 

"Cooky jar filler"
Quantity: 4 dozen. Time: 12 Minutes. Temp.: $400^{\circ}$.
$13 / 4$ cups Occident Family Flour
1 cup brown sugar
$1 / 4$ teaspoon salt
1 teaspoon baking powder
$1 / 4$ teaspoon soda
2 eggs
1 teaspoon vanilla
$1 / 2$ cup shortening
$1 / 4$ cups sour milk
1 cup chocolate bits
$1 / 2$ cup chopped salted peanuts

1. Cream shortening, add sugar and cream well. Add the eggs, salt, and vanilla, beat well.
2. Add flour sifted with the soda and baking powder, and the sour milk.
3. Stir in the peanuts and chocolate.
4. Drop by spoonfuls onto oiled cooky sheets and bake.

## CHOCOLATE DROP COOKIES

## "Dark and Moist"

Quantity: $21 / 2$ dozen. Time: 12 Minutes. Temp.: $375^{\circ}$.

```
11/3 cups Occident Family Flour
    1/2 teaspoon soda
    1/2 teaspoon baking powder
    1/4 teaspoon salt
    1/2 cup shortening
    1 cup brown sugar
    1 egg
    2 squares baking chocolate
    1/2 cup sour milk
    1}\mathrm{ teaspoon vanilla
    1/2 cup nut meats
```

1. Cream shortening, add sugar, salt and vanilla. Cream well. Add egg and melted chocolate. Beat well.
2. Sift flour, baking powder and soda together, add nuts. Add nuts and dry ingredients alternately with the milk to the creamed mixture.
3. Drop by teaspoonfuls onto oiled cooky sheets. Bake. Remove from sheets to cooling rack and frost while warm.

## Frosting

```
11/2 cups powdered sugar
    1/2 cup cocoa
    2 tablespoons butter
    1/2 teaspoon vanilla
        Hot water
```

Melt butter, add powdered sugar sifted with cocoa. Add vanilla. Gradually add hot water until of spreading consistency.

## FILLED COOKIES

"For the teen age appetite"
Quantity: 3 dozen. Time: 15 Minutes. Temp.: $400^{\circ}$.

## Batter

6 $1 / 2$ cups Occident Family Flour
$3 / 4$ cup shortening
1 cup white sugar
1 cup brown sugar
3 eggs
$3 / 4$ cup sour milk
$11 / 2$ teaspoons vanilla
1 teaspoon soda
3 teaspoons baking powder
$1 / 2$ teaspoon salt

## FILLING

1 cup apple sauce
$1 / 2$ cup raisins
$1 / 2$ cup dates
$1 / 2$ cup brown sugar
$1 / 4$ cup water
$11 / 2$ teaspoons vanilla
2 teaspoons butter

1. Combine all ingredients for the filling and boil one minute. Cool.
2. Cream butter. Add sugar gradually, cream well. Add eggs, beat well.
3. Add sifted dry ingredients alternately with the milk.
4. Roll cooky dough to $1 / 4^{\prime \prime}$ thickness. Cut dough with floured cooky cutter, and place on oiled cooky sheet.
5. Place 1 teaspoon of filling on each piece of dough. Place second piece of dough over filling.
6. Press edges together and bake until delicately browned.

DATE SQUARES<br>"No Effort To Make"

Quantity: $10^{\prime \prime} \times 15^{\prime \prime}$ pan. Time: 25 Minutes. Temp.: $400^{\circ}$

13/4 cups Occident Family Flour
$13 / 4$ cups oatmeal
1 teaspoon soda
1 cup brown sugar
1 cup shortening

## Filling

1 package pitted dates ( 8 ounces)
$1 / 2$ cup sugar
$1 / 2$ cup water
For Filling: Boil pitted dates with water and sugar for 5 minutes. Stir constantly to prevent sticking. Crush dates while stirring.

## For Batter:

1. Sift flour and soda together; add the oatmeal and brown sugar. Cut the shortening into the dry ingredients, as for pie crust.
2. Spread half of this crumby mixture into an oiled pan. Cover with the date mixture.
3. Put remainder of crumbs over the dates. Bake until slightly browned.
4. Cut into squares before cool.

## CHOCOLATE NUT BROWNIES

"Soft and Chewy"
Quantity: $9^{\prime \prime} \times 9^{\prime \prime}$ pan. Time: $30-$ Minutes. Temp.: $350^{\circ}$.

```
2/3 cup Occident Family Flour
    1 \text { teaspoon baking powder}
1/2 teaspoon salt
1/2 cup butter
    1 cup sugar
    2 squares baking chocolate
    2 eggs
1/2 teaspoon vanilla
    1 cup nut meats
```

1. Cream shortening, add sugar and cream well. Add eggs, salt, vanilla and melted chocwate; beat vigorously.
2. Sift the baking powder with the flour and add the chopped nuts. Add to creamed mixture.
3. Spread batter in a pan lined with wax paper. Bake.
4. Before brownies are completely cooled, cut into desired size and shaped pieces.

## JAM SQUARES

"So good . . . so different"
Quantity: $7^{\prime \prime} \times 12^{\prime \prime}$ pan. Time: 30 Minutes. Temp.: $400^{\circ}$.

```
11/2 cups Occident Family Flour
    1/2 cup shortening
    1/2 cup corn sirup
11/2 teaspoons baking powder
    1/2 teaspoon salt
    1/2 teaspoon cinnamon
    1/4 teaspoon cloves
    1 \mathrm { egg }
    3/4 cup jam
    1/2 teaspoon almond extract
```

1. Cream shortening, add flavoring, salt, sirup, egg, and beat well.
2. Sift flour with baking powder and spices. Add gradually.
3. Spread half of the dough on an oiled pan. Spread the jam over the dough and put the other half of the dough on top. Bake. Cut into squares while slightly warm.

## COCOANUT SQUARES

"You Will Like Them"

Quantity: 7" x 10" pan. Time: 40 Minutes. Temp.: $350^{\circ}$.

## Batter

1 cup Occident Family Flour
$1 / 2$ cup butter
$1 / 4$ teaspoon baking powder
$1 / 2$ cup brown sugar

## Topping

1 cup brown sugar
2 eggs
2 tablespoons Occident Family Flour
$1 / 8$ teaspoon salt
1 teaspoon vanilla
1 cup cocoanut
$1 / 2$ cup nut meats

1. Sift flour and baking powder, add the brown sugar. Cut the shortening into the dry ingredients, as for pie crust.
2. Put into a wax paper-lined pan. Bake 15 minutes, remove from the oven. Add the topping.
Topping: Beat eggs; add sugar, then all remaining ingredients.
3. Spread over the pan of hot ingredients.
4. Return to oven and bake 25 minutes longer.
5. Allow the finished baked product to remain in the pan while cooling. Before completely cooled cut into desired shape and size pieces.

## BLONDE BROWNIES

"Gentlemen Prefer Them"
Quantity: $9^{\prime \prime} \times 10^{\prime \prime}$ pan. Time: 35 Minutes. Temp.: $350^{\circ}$.

2 cups Occident Family Flour
3 eggs
$3 / 4$ cup brown sugar
$13 / 4$ cups corn sirup
1 teaspoon vanilla
$1 / 2$ teaspoon salt
$1 / 2$ cup nut meats
$1 / 2$ cup chipped semi-sweet chocolate
1 teaspoon baking powder

1. Beat eggs until thick, add sugar, sirup, salt and flavoring.
2. Sift flour and baking powder. Add cut-up nuts to the flour and add to the egg mixture.
3. Pour into an oiled pan and sprinkle the chocolate over the batter. Bake.

## HONEY CRUNCH

"For the Busy Bee"
Quantity: $9^{\prime \prime} \times 12^{\prime \prime}$ pan. Time: $30-35$ Minutes. Temp.: $350^{\circ}$.

```
11/4 cups Occident Family Flour
    \(1 / 2\) cup shortening
    1 teaspoon salt
    1 teaspoon lemon juice
    1 teaspoon grated lemon rind
    \(1 / 2\) cup sugar
    \(1 / 2\) cup honey
    1 egg
    \(1 / 4\) teaspoon soda
    2 teaspoons baking powder
    1 cup rolled oats
    1 cup shredded cocoanut or ground
        raisins
    \(1 / 2\) cup nut meats, chopped
```

1. Cream shortening, add sugar and cream well. Add honey, salt, vanilla, and egg. Beat.
2. Add flour sifted with soda and baking powder.
3. Mix nuts, cocoanut, and oatmeal. Add to the batter.
4. Pour into oiled baking pan and bake. Cool slightly, then cut into bars.

## MOLASSES KRINKLES

"Quick and Easy"
Quantity: 3 dozen. Time: 12 Minutes. Temp.: $375^{\circ}$.

```
21/4 cups Occident Family Flour
    \(3 / 4\) cup shortening
    1 cup brown sugar
    1 egg
    \(1 / 4\) cup molasses
\(11 / 2\) teaspoons soda
    1 teaspoon ginger
    \(1 / 2\) teaspoon salt
    \(1 / 2\) teaspoon cloves
    \(1 / 2\) teaspoon cinnamon
```

1. Cream shortening, add sugar, and cream well. Add egg and beat thoroughly, then add molasses.
2. Sift flour, soda, salt, and spices together, and combine with the creamed mixture.
3. Chill several hours. Roll into balls the size of a walnut. Dip one side in granulated sugar.
4. Place the unsugared side down on an oiled baking sheet. Sprinkle each cooky with 2 or 3 drops of water. Bake.
5. When baked remove from cooky sheet to cooling rack.

## TROPICAL JUMBLES

"Taste 'em and try 'em"
Quantity: 4 dozen Time: 15 Minutes. Temp.: $375^{\circ}$.
$2^{1 / 2}$ cups Occident Family Flour
$3 / 4$ cup shortening
1 teaspoon salt
1 tablespoon grated orange rind
$11 / 4$ cups sugar
2 eggs
$1 / 4$ teaspoon soda
$1 / 2$ teaspoon baking powder
$3 / 4$ cup orange juice
1 cup shredded cocoanut

1. Cream shortening, add sugar, salt and orange rind. Cream well. Add eggs ard beat thoroughly.
2. Sift flour with soda and baking powder. Add alternately with the orange juice. Stir in cocoanut.
3. Drop by spoonfuls onto an oiled cooky sheet.
4. Mix an additional $1 / 4$ cup cocoanut with 1 tablespoon grated orange rind, and sprinkle on each cooky.
5. Bake. Remove from baking sheet to cooling rack.

## GINGER COOKIES <br> "Old-Fashioned"

Quantity: 8 dozen. Time: 10 Minutes. Temp.: $375^{\circ}$.

5 cups Occident Family Flour
1 cup sugar
1 cup fat, melted
1 egg
2 tablespoons vinegar
$1 / 2$ teaspoon salt
1 cup light molasses
3 teaspoons ginger
1 teaspoon cinnamon
1 teaspoon cloves
$11 / 2$ teaspoons soda

1. Add sugar to melted fat and cream well. Add egg, vinegar and molasses and beat thoroughly.
2. Sift salt, soda, and spices with the flour. Add to the other blended ingredients.
3. Chill dough one hour. Roll to $1 / 8$ inch thickness. Cut with cooky cutter. Sprinkle each cooky with granulated sugar. Bake on an oiled baking sheet.

## PEANUT BUTTER COOKIES

" $A$ child's delight"

Quantity: 4 dozen. Time: 12 Minutes. Temp.: $400^{\circ}$.

```
2 \text { cups Occident Family Flour}
    1 teaspoon baking powder
1/2 teaspoon soda
1/2 cup bacon fat drippings
1/2 cup peanut butter
1/2 cup sugar
1/2 cup brown sugar
    1 \mathrm { egg }
    1/4 teaspoon salt
    1/2 teaspoon vanilla
    1/4 teaspoon cinnamon
```

1. Cream shortening, add sugar and cream well. Add the peanut butter, egg, salt and vanilla. Beat very well.
2. Stir in the soda and baking powder sifted with the flour and cinnamon. Shape in rolls $1^{\prime \prime}$ in diameter. Chill 15 minutes.
3. Cut off in $1 / 2^{\prime \prime}$ lengths. Place end up on an oiled cooky sheet. Flatten with tines of a fork dipped in flour.
4. Bake. Remove from baking sheet to cooling rack when baked. Cool before storing.

## PEANUT COOKIES

## "Crunch"

Quantity: $31 / 2$ dozen. Time: 12 Minutes.
Temp.: $375^{\circ}$.

```
\(11 / 2\) cups Occident Family Flour
    1 cup brown sugar
    \(1 / 4\) teaspoon salt
    \(1 / 4\) teaspoon soda
    \(1 / 4\) teaspoon cream of tartar
    1 egg
    1 teaspoon vanilla
    \(1 / 2\) cup shortening
    \(1 / 2\) cup peanut butter crunch
    \(1 / 4\) cup chopped peanuts
```

1. Cream shortening and peanut butter crunch together. Add sugar, and cream well.
2. Add salt, egg and vanilda. Beat well. Add flour sifted with the soda and cream of tartar.
3. Shape into balls the size of a walnut, place on oiled cooky sheet, and flatten with a glass. Sprinkle with chopped peanuts and bake.

## PINEAPPLE NUT COOKIES

"For a change"
Quantity: 3 dozen. Time: 12 Minutes.
Temp.: $400^{\circ}$.
2 cups Occident Family Flour
1 cup crushed pineapple
$1 / 4$ teaspoon soda
1 teaspoon baking powder
$1 / 4$ teaspoon salt
$1 / 2$ cup shortening
$1 / 2$ cup brown sugar
1 egg
$1 / 2$ teaspoon vanilla
$1 / 2$ cup chopped nuts

1. Cream the shortening, add the sugar and cream well. Add the egg and beat well.
2. Add the sifted dry ingredients, pineapple, vanilla, and nuts. Stir until blended. Drop from a teaspoon onto an oiled cooky sheet and bake.
3. Remove from the baking sheet to cooling rack. Cool before storing.

## PECAN FINGERS

"For Discriminating Guests"
Quantity: $3^{1 / 2}$ dozen. Time: 50 Minutes. Temp.: $300^{\circ}$.

2 cups Occident Family Flour
1 cup butter
$1 / 4$ cup powdered sugar
2 cups pecans, ground
1 teaspoon vanilla
1 tablespoon water
$1 / 4$ teaspoon salt

1. Cream butter. Add sugar, vanilla, salt and water, and cream well.
2. Add flour and ground nuts. Place in refrigerator and chill one hour.
3. Form into small rolls about the size of a finger. Place on cooky sheet and bake.
4. Roll in powdered sugar as they come from the oven. Place on cooling rack until cold.

## OATMEAL COOKIES

"Modern Version"
Quantity: 6 dozen. Time: 12 Minutes. Temp.: $400^{\circ}$.

31/2 cups Occident Family Flour
1 teaspoon cinnamon
2 cups brown sugar
1 cup shortening
$1 / 4$ teaspoon salt
1 cup raisins
$3 / 4$ cup walnuts
1 large apple
4 eggs
1 cup oatmeal
1 teaspoon baking powder
1 teaspoon soda
1 teaspoon vanilla

1. Cream shortening, add sugar and cream well. Add the eggs, one at a time, and beat well.
2. Grind the raisins, nuts and unpeeled apple together. Add the fruit mixture to the creamed shortening and sugar.
3. Add the oatmeal, cinnamon, salt and vanilla, and mix well. Add the flour sifted with the soda and baking powder.
4. Drop by spoonfuls on oiled baking sheet. Bake.

## SAND BAKKELESE

"Norwegian delicacy"
Quantity: 3 dozen. Time: About 12 Minutes. Temp.: $425^{\circ}$.

5 cups Occident Family Flour
1 cup butter
1 cup shortening (butter substitute)
2 cups sugar
1 egg
1 teaspoon vanilla
$1 / 2$ teaspoon salt

1. Cream butter and shortening. Add the sugar and cream well. Add egg, salt, and vanilla, blend well.
2. Stir the flour in gradually. Press a layer of dough into Sand Bakkelese pans, fluted molds, or paper cups. Have dough about $1 / 4^{\prime \prime}$ thick.
3. Prick well with a fork and bake until delicately browned.
Fill with fresh fruit, whipped cream with toasted almonds, a gelatine mixture or any desired filling.

## PINEAPPLE COOKIES

"To Be Different"
Quantity: 3 dozen. Time: 12 Minutes. Temp.: $400^{\circ}$.
$31 / 2$ cups Occident Family Flour
$11 / 2$ cups shortening
1 cup sugar
2 eggs
$1 / 2$ cup sour cream
$1 / 2$ cup pineapple juice
$1 / 4$ teaspoon salt
1 teaspoon baking powder
1 teaspoon soda

1. Sift all dry ingredients together in a bowl. Cut the shortening into the dry ingredients.
2. Add the beaten eggs, sour cream and pineapple juice. Stir only enough to combine liquid and dry ingredients.
3. Drop by teaspoonfuls on greased cooky sheet. Press a small piece of pineapple into each piece of dough. Bake until light brown.

## FATTIGMAN

"Typically Scandinavian"
Quantity: 5 dozen. Deep Fat- $360^{\circ}$.
Occident Family Flour
4 egg yolks
1 whole egg
5 tablespoons sugar
1 tablespoon melted butter
2 tablespoons cream
1 tablespoon brandy
$1 / 2$ teaspoon ground cardamom

1. Beat eggs and sugar until very thick and light colored.
2. Add the remaining ingredients and blend well.
3. Gradually add flour until the dough is stiff enough to put out on a floured board to roll.
4. Roll very thin. Cut into elongated diamond shapes. Make an inch slit in the center and pull one end through the slit.
5. Fry in hot fat until very delicately browned. Drain on absorbent paper.

## CRISPY CARAMEL COOKIES

"A New Tang"

Quantity: 4 dozen. Time: 10 Minutes. Temp.: $400^{\circ}$.

3 cups Occident Family Flour
2 cups brown sugar
1 teaspoon ginger
1 teaspoon cream of tartar
$1 / 2$ teaspoon salt
1 cup shortening
2 eggs
1 teaspoon soda
1 tablespoon lemon juice

1. Cream shortening. Add sugar gradually and cream well.
2. Add the eggs, salt, ginger and lemon juice. Beat well.
3. Add the flour sifted with the soda and cream of tartar.
4. Shape into a roll $3 / 4^{\prime \prime}$ in diameter. Cut in $1 / 2^{\prime \prime}$ slices, place cut end up on oiled cooky sheets.
5. Flatten each piece of dough with the tines of a fork dipped in flour. Bake. Remove from baking sheet at once. Place on cooling rack.

## SPRITZ

## "Scandinavian Cookies"

Quantity: 6 dozen. Time: 8 Minutes.
Temp.: $400^{\circ}$.
3 cups Occident Family Flour
3 egg yolks
1 cup butter
$2 / 3$ cup sugar

1. Cream butter very well, add the sugar and cream again. Add the egg yolks and beat vigorously.
2. Add the sifted flour gradually.
3. Put the dough in a cooky press, and form into desired shape by pressing onto a cooky sheet.
4. Bake until very delicately browned. The flavor is much better if the cooky is not baked too long.
5. Remove from baking sheet immediately, and place on cooling rack.
(Unsalted butter enhances the flavor of Spritz cookies.)

## SCOTCH SHORTBREAD

## "Short as Kilts"

Quantity: 3 dozen. Time: 25 Minutes:
Temp.: $350^{\circ}$.

```
2 cups Occident Family Flour
1 cup butter
1/2 cup powdered sugar
1/4 teaspoon baking powder
1/4 teaspoon salt
```

1. Cream the butter. Use unsalted butter or regular butter from which the salt has been washed. Add the sugar, baking powder and salt.
2. Work the flour in. Roll on floured board to $1 / 4^{\prime \prime}$, thickness. Cut in desired shape and decorate if you prefer.
3. Bake on cooky sheet until very lightly browned. Remove from baking sheet to cooling rack.

## GUM DROPS <br> "For the Sweet Tooth"

Quantity: 6 dozen. Time: 12 Minutes.
Temp.: $400^{\circ}$.
2 cups Occident Family Flour
1 cup shortening
1 cup brown sugar
1 cup white sugar
2 eggs
1 cup cocoanut
1 cup colored gum drops
2 cups oatmeal
$1 / 4$ teaspoon salt
1 teaspoon soda
1 teaspoon baking powder
1 teaspoon vanilla

1. Cream the shortening, add the sugar and cream well.
2. Add the eggs, salt and vanilla and beat well. Stir in the oatmeal.
3. Add the flour sifted with the baking powder and soda. Before all flour is mixed in, add the gum drops which have been cut up into strips.
4. Drop by spoonfuls onto an oiled cooky sheet, and bake. Place on cooling rack when cookies are baked.

## PATTERN COOKIES

"For Special Occasions"
Quantity: 5 dozen. Time: 10 Minutes.
Temp.: $400^{\circ}$.
4 cups Occident Family Flour
1 cup shortening
$1 / 2$ cup sugar
$1 / 2$ cup corn sirup
1 teaspoon vanilla
2 eggs
1 teaspoon salt

1. Cream shortening, add sugar and cream well. Add sirup, eggs, salt and vanilla. Beat very well.
2. Add sifted flour gradually. Chill 2 hours. 3. Roll dough to $1 / 8^{\prime \prime}$ thickness. Cut in desired shapes, bake on oiled cooky sheets.

## BERLINER KRANSER

"Scandinavian Butter Cookies"
Quantity: 6 dozen. Time: 8 Minutes. Temp.: $400^{\circ}$.

4 cups Occident Family Flour
2 cups butter (unsalted preferred)
Batter:
1 cup sugar
4 raw egg yolks
3 hard boiled egg yolks
Topping
1 egg white
6 cubes of loaf sugar-crushed
$1 / 4$ cup of almonds (blanched)

1. Cream the butter, add the sugar and blend well.
2. Beat the raw egg yolks into the creamed mixture one at a time, beating well. Pulverize the hard boiled egg yolks and add them to the creamed mixture.
3. Add the flour stirring only enough to combine it with the creamed mixture.
4. Using a small portion of the dough, shape into rolls slightly larger than a pencil.
5. Cut into $8^{\prime \prime}$ lengths, loop the ends of each together, and dip into topping mixture. First in the egg white beaten only enough to break it up. Then into the mixture of ground almonds and loaf sugar.
6. Bake on oiled cooky sheets. Remove from baking sheet to cooling rack as soon as taken from the oven.

## DANISH CAKES

"A Royal Treat"
Quantity: 2 dozen. Time: 15 Minutes.
Temp.: $325^{\circ}$.
1 cup Occident Family Flour
$1 / 3$ cup sugar
1 egg
$1 / 2$ cup shortening
$1 / 2$ cup nuts

1. Cream the sugar and shortening. Add the egg yolk. Beat well.
2. Work in the flour. Shape into 24 balls.
3. Dip each ball in beaten egg white, then roll in the nuts, chopped very fine.
4. Place on oiled cooky sheet and flatten slightly with the bottom of a glass.
5. Bake 5 minutes, remove from oven, and with an object smaller than the cooky, press the center in.
6. Return to the oven and bake about 10 minutes longer.
7. When baked and partially cooled fill the center with red jam or marmalade.

## CARE CRUMB HERMITS

"Economical"
Quantity: 2 dozen. Time: 12 Minutes. Temp.: $375^{\circ}$.
$11 / 2$ cups Occident Family Flour
$21 / 2$ tablespoons butter
$1 / 2$ cup brown sugar
$1 / 2$ cup molasses
2 eggs
$1 / 2$ teaspoon soda
1 tablespoon water
$1 / 2$ teaspoon allspice
2 teaspoons cinnamon
$1 / 4$ teaspoon cloves
$3 / 4$ teaspoon salt
$11 / 2$ cups fine, dry cake crumbs
$1 / 4$ cup citron
$1 / 4$ cup currants or raisins
$1 / 4$ cup milk
$1 / 4$ cup orange peel

1. Cream butter, add sugar, and cream well.
2. Add molasses, eggs, salt and spices. Beat well
3. Add soda in the water. Mix flour with the cut-up fruit, and add it with the milk.
4. Stir in the cake crumbs. Spread dough $1 / 4$ inch thick on oiled baking pan, or drop by spoonfuls onto oiled cooky sheets.
5. Bake until browned. Cut into rectangular pieces when taken from the oven.

## SOUR CREAM COOKIES

"Father's Favorite"
Quantity: 6 dozen. Time: 10 Minutes. Temp.: $400^{\circ}$.

```
4 cups Occident Family Flour
1 teaspoon soda
1 teaspoon baking powder
1 cup shortening
\(13 / 4\) cups sugar
\(1 / 2\) teaspoon salt
1 cup thick sour cream
2 eggs
1 teaspoon vanilla
```

1. Cream the shortening. Add the sugar gradually and cream well.
2. Add salt, vanilla, and unbeaten eggs and beat well.
3. Add sour cream alternately with the sifted dry ingredients. Chill one hour.
4. Roll dough thin and cut with floured cooky cutter. Place on oiled cooky sheet, and sprinkle with sugar.
5. Bake until light brown.

## ROCKS

"From Grandma's Cooky Jar"
Quantity: 4 dozen. Time: 15 Minutes.
Temp.: $375^{\circ}$.
3 cups Occident Family Flour
1 cup shortening
2 cups brown sugar
2 eggs
$1 / 2$ teaspoon salt
1 teaspoon baking powder
$1 / 2$ teaspoon soda
2 teaspoons cinnamon
1 teaspoon nutmeg
$1 / 2$ cup sour milk
1 cup raisins
1 cup dates
1 cup nut meats

1. Cream shortening, add sugar, and cream well. Add eggs, salt, and spices. Beat well.
2. Sift the flour, then measure. Dredge the raisins, cut-up dates and nuts with a small portion of the flour.
3. Add the remaining flour sifted with the baking powder and soda alternately with the sour milk.
4. Stir in the floured fruit. Drop by teaspoonsful onto oiled cooky sheets. Bake.

## OLD FASHIONED SUGRR COOKIES <br> "Old Stand-by"

Quantity: 4 dozen. Time: 10 Minutes. Temp.: $400^{\circ}$.
$11 / 2$ cups Occident Family Flour
$1 / 2$ cup butter
1 cup sugar
2 eggs
$1 / 2$ teaspoon salt
1 teaspoon baking powder
1 teaspoon vanilla
1 tablespoon milk

1. Cream butter, add sugar and cream well. Add eggs, flavoring and salt, and beat well.
2. Add milk alternately with the sifted baking powder and flour. Chill the dough. Roll to $1 / \mathrm{s}^{\prime \prime}$ thickness on floured board.
3. Cut into desired shape, sprinkle with sugar and bake on an oiled cooky shect. Immediately remove from baking sheet to cooling rack to cool.

SOFT MOLASSES COOKIES
"Always a hit"
Quantity: 5 dozen. Time: 8 to 10 Minutes. Temp.: $375^{\circ}$.

23/4 cups Occident Family Flour
$1 / 2$ cup shortening
1 cup molasses
2 tablespoons sour milk
1 teaspoon soda
$1 / 2$ teaspoon salt
2 teaspoons ginger

1. Soften shortening, add molasses and mix well. Add the milk.
2. Sift the dry ingredients together into the first mixture and stir until thoroughly blended.
3. Chill the dough 2 hours. Roll on floured board and cut with cooky cutter.
4. Place on oiled cooky sheet, and bake. Remove to a cooling rack when baked. While cookies are hot, coat very sparingly with a powdered sugar icing.



To
O find the key to a man's heart, learn the simple sorcery of baking a perfect pie. Weave your spell with the fruits of the seasons and the aromatic spices of many strange lands. Hide this potent magic between two golden, flaky crusts, or flaunt it openly, irresistably tempting and crowned with your own inspired artistry.

## PASTRIES•DESSERTS

## PASTRIES

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> "Small boys and grown men are much alike. Tempt one with ripe apples on a tree . . . the other with ripe apples in a pie."

. . . Virginia Roberts

## PASTRY

## plain pie crust

| RECIPE |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| Ingredients | $\begin{gathered} \text { Two Crust } \\ 9^{\prime \prime} \end{gathered}$ | Single Crust $9^{\prime \prime}$ | $\begin{gathered} \text { Two Crust } \\ 8^{\prime \prime} \end{gathered}$ | $\begin{gathered} \text { Two Crust } \\ 6^{\prime \prime} \end{gathered}$ |
| Occident |  |  |  |  |
| Family Flour | $1^{1 / 2}$ cups | 3/4 cup | 11/4 cups | 1 cup |
| Salt | $3 / 4$ teaspoon | $1 / 3$ teaspoon | $1 / 2$ teaspoon | $1 / 2$ teaspoon |
| Shortening | $1 / 2$ cup | $1 / 4$ cup | $3 / 8$ cup | $1 / 3$ cup |
| Cold Water | 4 tablespoons | 2 tablespoo | $31 / 3$ tablespoon | $2 / 3$ tablespoons |
| For baking time and temperature see instructions under type of pie being made. |  |  |  |  |

## PROCEDURE

1. Place sifted flour into the flour sifter; then add salt.

2. Measure shortening by water displacement method (Page 6) and place with the flour on the board. (See Photo 3.)

3. With a rolling pin roll the flour and shortening together to form flakes. (See Photo 5.)
4. Sift the salt and flour onto a bread board. (This pastry is to be made on the board; however, if you prefer, it may be made in a bowl.)

5. With a spatula or knife cut the shortening into the flour until the pieces are the size of marbles. (See Photo 4.)

6. Heap the mass of flakes in a mound and make a depression in the center. Pour the cold water into the depression. (See Photo 6.)

7. With the flat side of the spatula or knife, combine the flakes of flour and shortening with the water by firmly pressing, lifting and folding the ingredients together until they are formed into a mass of dough. With cupped hands, shape the dough into a ball. (See Photo 7.)
8. Divide the dough into halves; and round up each portion.

9. Sprinkle the board with flour and roll one piece of dough. Keep the dough as circular as possible. Use quick light strokes, working from the center to the outside in all directions. Loosen dough from the board with a spatula; lift dough and dust board very lightly with flour. Turn dough over and continue rolling until the circle is large enough to fit the pan. Pastry dough should be one inch larger than the pie pan. (See-Photo 9.)
10. Lightly fold the dough in half and lift it into the pan, placing the fold down the center. Do not pull or stretch the dough as this will tend to make the crust shrink while baking. Unfold the dough and gently shape it in the pan. Follow directions below for the type of pie being made.


## PASTRY SHELL

Flute the edges of the dough and trim off the excess. Prick the bottom and sides well, using the tines of a fork. (See Photo above.) This will prevent puffing during baking. Bake at $450^{\circ}$ for 12 minutes. Cool thoroughly before filling. A pastry shell may be made by placing the dough over the bottom of an inverted pie pan for baking if desired.


ONE-CRUST PIE
Flute the edges of the pastry and trim off the excess dough. (See Photo above.) If desired the bottom of the pastry may be coated with melted fat or brushed with egg white before filling. This helps prevent the filling from soaking into the crust while baking.
Pour the filling into the pastry-lined pie pan and bake according to directions for the specific recipe being used.

## TWO-CRUST PIE

Trim off excess dough. Roll out the other half of the dough to $1^{\prime \prime}$ greater in diameter than the pie pan. Lightly fold the dough in half; cut small diagonal slits on the fold. This will allow steam to escape during baking and prevent the pie from boiling over. Fill the pastrylined pie pan with the desired filling. Moisten the edge of the bottom crust to aid in sealing the two crusts together. Lay the folded pastry for the top crust over the filling and unfold. Press the top crust onto the moist edges of the lower crust. Flute the edges, trim off excess dough, (see Photo opposite) and bake according to directions given for the kind of pie being made.

## HOT WATER PIE CRUST

Quantity: 1 - Two crust $9^{\prime \prime}$ pie. Time: 12 Minutes. Temp.: $450^{\circ}$.

```
11/2 cups Occident Family Flour
    1/2 teaspoon salt
    1/2 teaspoon baking powder
    1/2 cup shortening
    1/4 cup boiling water
```

1. Sift flour, salt and baking powder together.
2. Pour boiling water over the shortening and beat until creamy. Let stand to cool slightly.
3. Combine with the dry ingredients. Mix lightly and only enough to allow mixture to cling together.
4. Roll and shape, using same method as for plain pastry.

For one-crust pie use half of the above ingredients.


## RICH OR PUFF PASTE

Quantity: 1 dozen tarts or 1 two crust pie. Time: 12 Minutes. Temp.: $450^{\circ}$.

2 cups Occident Family Flour
1 cup shortening (part butter)
$1 / 2$ teaspoon salt
4 tablespoons cold water

1. Sift flour and salt together, cut $1 / 2$ of the shortening into the flour, leaving pieces about the size of a marble.
2. Roll the pieces of fat into the flour.
3. Add the water and work it in gently, with a spatula. Chill the dough 10 minutes.
4. Place the dough on a floured board and roll to $8^{\prime \prime}$ diameter. Place dots of some of the remaining shortening (butter) on the dough. Fold the dough and gently roll again. Repeat this until all of the shortening has been rolled into the dough.
5. Roll dough to $1 / 8^{\prime \prime}$ thickness and cut into desired shapes for tarts; or use as pie crust.

## MERINGUE

3 egg whites
6 tablespoons sugar
1 tablespoon water
or
$1 / 8$ teaspoon cream of tartar

1. Add water or cream of tartar to egg whites.
2. Beat egg whites until stiff.
3. Beat in the sugar.
4. Pile meringue on top of pie filling and swirl to form peaks.
5. Bake 20 minutes at $325^{\circ}$ or until delicately browned.

## CREAM PIE

"Aunt Mary's Pride"
Quantity: 1-9"pie.
1 baked pastry shell
$2^{1 / 2}$ cups milk
2 tablespoons Occident Family Flour
3 tablespoons corn starch
$1 / 2$ teaspoon salt
$1 / 2$ cup sugar
3 egg yolks
1 tablespoon butter
1 teaspoon vanilla

1. Scald milk. Mix dry ingredients together.

Pour the scalded milk over the dry ingredients, stirring constantly. Cook until smooth and thick.
2. Beat egg yolks, and add some of the hot mixture to them. Combine yolks with the custard. Cook one minute.
3. Add butter and vanilla. Cool. When cool pour into baked pastry shell.
Top with whipped cream or meringue. (See recipe page 97. )

## VARIATIONS FOR CREAM PIE

## Banana Cream

Prepare cream filling as for cream pie. Add 2 sliced bananas to the cooled custard before pouring into the baked pastry shell. Cover with meringue and bake, or top with whipped cream.

## Butterscotch Cream

Using the recipe for cream pie filling, substitute brown sugar for the white sugar. Also use 4 tablespoons butter rather than the 1 tablespoon as called for in the cream filling recipe. Top with meringue or whipped cream.

## Cherry Custard

Add 1 cup of cooked, drained cherries to the cream pie recipe. (If cherries are unsweetened, use $2 / 3$ cup of sugar instead of $1 / 2$ cup sugar as in the standard cream recipe.) Top with meringue and bake 20 minutes at $325^{\circ}$.

## Cocoanut Cream

Prepare cream filling as for cream pie. Add $1 / 2$ cup shredded cocoanut to the filling before pouring into baked pastry shell. Cover with meringue. Sprinkle meringue with $1 / 4$ cup cocoanut. Bake 20 minutes at $325^{\circ}$.

## Chocolate Cream

Prepare cream filling as for cream pie, adding 2 squares of baking chocolate to the hot milk. Top with whipped cream or meringue.

## Pecan Butterscotch

Add $1 / 2$ cup pecan meats to the Butterscotch Cream recipe. Top with méringue or whipped cream.

## Pineapple Cream

Add 1 cup of drained, crushed pineapple to the cooled custard before pouring into the baked pastry shell. Top with meringue and bake at $325^{\circ}$ for 20 minutes.

## CHOCOLATE CHIFFON PIE <br> "Dark Cloud"

Quantity: 1-9" pie.
1 baked pastry shell
2 squares chocolate
$1 / 2$ cup boiling water
1 tablespoon gelatine ( 1 envelope)
$1 / 4$ cup cold water
4 eggs
1 cup sugar
$1 / 4$ teaspoon salt
1 teaspoon vanilla
$1 / 2$ cup whipping cream

1. Soak gelatine in $1 / 4$ cup cold water for 5 minutes.
2. Melt chocolate in boiling water. Add the soaked gelatine.
3. Beat egg yolks with $1 / 2$ cup of sugar. Add egg yolks and sugar to hot mixture. Cool, add vanilla and salt.
4. Cool until partially set. Beat egg whites stiff. Add remaining $1 / 2$ cup sugar. Fold the chilled mixture into the egg whites.
5. Pour into baked pastry shell. Top with whipped cream. Chill 2 hours before serving.

## LEMON CHIFFON PIE

"As delicate as the name"
Quantity: 1-9" pie.

```
1 baked pastry shell
4 eggs
1 cup sugar
1/2 cup lemon juice
1/2 teaspoon salt
    1 tablespoon gelatine (1 envelope)
1/4 cup cold water
    1 teaspoon grated lemon rind
1/2 cup heavy cream
```

1. Beat egg yolks, $1 / 2$ cup sugar, salt and lemon juice. Cook until thick.
2. Soak gelatine in $1 / 4$ cup cold water for five minutes. Add gelatine to hot egg yolk mixture. Stir until it dissolves. Add lemon rind and cool until partially set.
3. Beat egg whites stiff. Add the sugar. Fold into the chilled mixture.
4. Pour into baked pastry shell. Top with the whipped cream. Chill 2 hours before serving.

## VINEYARD CHIFFON PIE

" $A$ mid-winter treat"
Quantity: 1-9"pie. Time: 12 Minutes. Temp.: $450^{\circ}$.

```
    1 baked pastry shell
    2 tablespoons Occident Family Flour
    1 tablespoon gelatine
    1/2 cup cold water
    3 eggs
11/2 cups grape juice
    1/8 teaspoon salt
    2 tablespoons lemon juice
    1 teaspoon grated lemon rind
    1/2 cup sugar (more if grape juice is sour)
```

1. Soak gelatine in 6 tablespoons water for 5 minutes. Blend flour with remaining 2 tablespoons water.
2. Beat egg yolks, add grape juice, with half of the sugar, and the salt. Add the water and flour mixture and cook until thickened.
3. Add softened gelatine, lemon juice and rind. Stir to dissolve gelatine. Allow to cool until partially set.
4. Beat egg whites until frothy. Add remaining sugar and beat until stiff. Fold into the grape mixture.
5. Pour into the baked pastry shell. Chill 2 hours before serving. This may be topped with whipped cream.

## STRAWBERRY CHIFFON PIE

"Spring 'n Summer Delight"

Quantity: 1-9" pie.
1 baked pastry shell
3 eggs
$3 / 4$ cup sugar
1 pint (1 cup) crushed strawberries
1 tablespoon lemon juice
1 tablespoon gelatine
$1 / 4$ cup cold water
$1 / 4$ teaspoon salt
$1 / 2$ cup whipping cream

1. Place gelatine and water in a cup to soak 10 minutes.
2. Heat the strawberries (do not boil) and add the egg yolks beaten with $1 / 2$ cup of the sugar. When slightly thickened add the gelatine.
3. Remove from heat, add salt and lemon juice. Cool thoroughly until mixture begins to congeal.
4. Beat the egg whites stiff, add the remaining $1 / 4$ cup of sugar. Beat the cream until stiff.
5. Fold the beaten egg whites and half of the cream into the berry mixture. Pour into the baked pie crust, and spread remaining whipped cream over the top. Place in refrigerator and let set 2 hours or longer before serving.

## RASPBERRY CHIFFON PIE

"Light and Luscious"
Follow recipe and procedure as given for the Strawberry Chiffon Pie.

Use one pint of raspberries in place of the strawberries in the Strawberry Chiffon Pie.

## CUSTARD PIE

"Year around favorite"
Quantity: 1-9"pie. Time: 40 Minutes.
Temp.: $450^{\circ}$ for 10 Minutes, then $350^{\circ}$ for remaining time.

1 unbaked pastry shell
3 eggs
$1 / 2$ cup sugar
2 cups milk
1 teaspoon vanilla
$1 / 8$ teaspoon salt
Dash nutmeg

1. Beat eggs, add sugar, milk, and remaining ingredients.
2. Line pie tin with pastry dough. Trim edges.
3. Pastry dough for crust may be brushed with melted fat to prevent custard from soaking in.
4. Pour custard mixture into pastry-lined pie plate and bake.
Cocoanut may be sprinkled over top of unbaked custard to add variety to the pie.

## PUMPKIN PIE

"From Grandmother's House"
Quantity: 1-9"pie. Time: 45 Minutes. Temp.: $450^{\circ}$ for 10 Minutes, $350^{\circ}$ for remaining time.

1 unbaked pastry shell
$11 / 4$ cups cooked strained pumpkin
$1 / 4$ teaspoon salt
$3 / 4$ cup sugar
$1 / 2$ teaspoon nutmeg
$1 / 2$ teaspoon ginger
1 teaspoon cinnamon
3 eggs
$13 / 4$ cups milk
1 tablespoon melted butter

1. Mix salt, sugar, and spices with the pumpkin.
2. Beat eggs slightly, add the milk. Combine pumpkin and milk mixtures.
3. Add melted butter. Pour into unbaked pastry shell. Bake.

## HONEY PUMPIKIN PIE

"Flavor Deluxe"
Quantity: 1-9" pie. Time: 45 Minutes.
Temp.: $450^{\circ}$ for 10 minutes, $350^{\circ}$ for remaining time.

1 unbaked pastry shell
$11 / 2$ cups pumpkin
$3 / 4$ cup honey or sirup
1 teaspoon cinnamon
$1 / 2$ teaspoon ginger
$1 / 2$ teaspoon salt
3 eggs
1 cup milk
$1 / 2$ cup cream

1. Mix salt, honey and spices with the pumpkin.
2. Beat the eggs slightly, and add the milk.
3. Combine pumpkin and milk mixtures. Add melted butter and cream.
4. Pour into unbaked pastry shell. Bake.

## COTTAGE CHEESE APPLE PIE

"For a new variety"
Quantity: 1-9"pie. Time: 40 Minutes. Temp.: $375^{\circ}$.

Pastry for 1 crust pie
1 tablespoon Occident Family Flour
2 eggs
1 cup cottage cheese
$1 / 2$ cup sugar
$1 / 4$ teaspoon salt
$1 / 2$ cup cream
1 teaspoon vanilla
$11 / 2$ cups apples, sliced
1 cup sugar
$1 / 8$ teaspoon nutmeg

1. Beat the eggs, add cottage cheese, $1 / 2$ cup sugar, salt, cream, and vanilla.
2. Place apples, sliced very thin, in the pastrylined pie plate. Mix flour, sugar and nutmeg and sprinkle over the apples.
3. Pour the cheese mixture on top, and bake.

## APPLE PIE

"The way to his heart"

Quantity: 1-9"pie. Time: 30 Minutes. Temp.: $450^{\circ}$ for first 15 minutes, then $350^{\circ}$ for last 15 minutes.

## Pastry for 2 crust pie

4 cups apples (pared and sliced)
1 tablespoon Occident Family Flour
$1 / 2$ to $3 / 4$ cups sugar
$1 / 4$ teaspoon cinnamon
$1 / 4$ teaspoon nutmeg
2 tablespoons butter
(If apples are not tart, add 1 teaspoon lemon juice)

1. Line a $9^{\prime \prime}$ pie pan with pastry dough, and fill it with sliced apples.
2. Mix flour, sugar, and spices and sprinkle over the apples. Place butter in dots on top.
3. Moisten the edge of the lower crust. Cover with the top crust which has been perforated.

Flute the edge, and trim off the excess dough.

## APRICOT PIE <br> "Dish of gold"

Quantity: 1-9"pie. Time: 30 Minutes.
Temp.: Preheat oven to $450^{\circ}$, bake at $350^{\circ}$.

## Pastry for 2 crust pie

2 cups apricot pulp
$3 / 4$ cup sugar (more if needed)
3 tablespoons Occident Family Flour
$1 / 2$ cup apricot juice
1 egg
$1 / 4$ teaspoon salt

1. Soak apricots in water to cover for several hours. Then simmer 15 minutes. Drain apricots, chop or put through a sieve.
2. Mix sugar, salt, and flour and blend with apricot juice, add to the pulp.
3. Beat egg and add to the pulp mixture. Pour into a pastry-lined pie tin. Cover with a pastry top, or in lattice fashion. Bake.

## CONCORD GRAPE PIE

"That Certain Something"
Quantity: 1-9"pie. Time: 35 Minutes.
Temp.: Preheat oven to $450^{\circ}$, bake at $350^{\circ}$
Pastry for 2 crust pie
3 tablespoons Occident Family Flour
1 cup sugar
3 cups Concord grapes
$1 / 8$ teaspoon salt
2 tablespoons butter
$1 / 2$ teaspoon grated lemon rind

1. Separate skins and centers of the grapes. Slowly heat the centers and boil until broken so the seeds will come out. Put through a sieve, then add the pulp to the skins.
2. Add the sugar, salt, flour and lemon rind. Pour the grape mixture into a pastry-lined pie tin.
3. Cover with strips of pastry in lattice fashion. Dot with bits of butter between the strips. Bake.

## FRESH FRUIT PIE

"In season favorite"
Quantity: 1-9"pie. Time: 40 Minutes.
Temp.: Preheat oven to $450^{\circ}$, bake at $350^{\circ}$.

> Pastry for 2 crust pie
> 2 cups fresh fruit
> 2 tablespoons Occident Family Flour
> 1 cup sugar
> $1 / 4$ teaspoon salt
> 1 tablespoon butter

1. Line a pie tin with pastry dough. Fill with fruit dredged with the flour.
2. Sprinkle with sugar and salt, and dot with butter. Cover with pastry dough which has been perforated; or strips of pastry dough.
3. Press edges together, and trim off excess pastry dough.
4. Preheat oven to $450^{\circ}$, place pie in the oven. Reset control at $350^{\circ}$ and bake.

## LEMON PIE <br> "Appetite Appeal"

Quantity: 1-9"pie.

| 1 | baked pastry shell |
| ---: | :--- |
| $1 / 3$ | cup Occident Family Flour |
| $3 / 4$ | cup sugar |
| $1 / 4$ | cup cold water |
| 1 | cup boiling water |
| 3 | egg yolks |
| $11 / 2$ | tablespoons butter |
| $1 / 4$ | cup lemon juice |
| $1 / 4$ | teaspoon salt |
|  | Grated rind of one lemon |

1. Mix flour and sugar with cold water. Gradually add the boiling water, stirring constantly.
2. Cook until thick and clear. Beat egg yolks and add to the boiling mixture.
3. Remove from heat. Add salt and butter. When slightly cooled add lemon juice and rind. When cool pour into the baked pastry shell.
4. Prepare meringue by beating 3 egg whites to which 1 tablespoon cold water has been added. When egg whites are stiff, beat in 6 tablespoons sugar.
5. Pile meringue lightly on top of the lemon filling in the pie shell. Bake 20 minutes at $325^{\circ}$ -or until delicately browned.

## GOLDEN RHUBARB PIE

## "Spring Tonic"

Quantity: 1-9"pie. Time: 40 Minutes. Temp.: Preheat oven to $450^{\circ}$, bake at $350^{\circ}$.

Pastry for 2 crust pie
2 cups rhubarb
1 cup sugar
2 tablespoons Occident Family Flour
2 eggs
1 tablespoon orange juice
$1 / 4$ teaspoon grated orange rind (The last two items may be omitted)

1. Cut rhubarb into $1 / 2^{\prime \prime}$ pieces.
2. Beat eggs, very slightly. Add sugar and flour to the eggs. Combine with the rhubarb.
3. Line pie tin with pastry dough. Put rhubarb mixture into the unbaked pastry shell.
4. Cover with strips of pastry, put on in crisscross fashion. Bake.

## PRUNE PIE

"Good for you"
Quantity: 1-9" pie. Time: 35 Minutes.
Temp.: Preheat oven to $450^{\circ}$, bake at $350^{\circ}$.
Pastry for 2 crust pie
2 tablespoons Occident Family Flour
$1 / 2$ pound prunes
$1 / 2$ cup sugar
1 tablespoon butter
1 tablespoon lemon juice
$1 / 4$ cup prune juice

1. Soak prunes in water to cover for two hours. Gradually heat to boiling point and simmer until tender. Drain prunes, pit them, and cut into small pieces.
2. Add the flour and sugar mixed, lemon juice and prune juice. Pour into pastry-lined pie tin, dot with butter, and cover with pastry dough. Bake.
Prune pie may be made by cooking the above filling and pouring it-into a baked pie shell. Top with whipped cream, and serve.

RAISIN PIE<br>"Mineral Concentrate"

Quantity: 1-9"pie. Time: 40 Minutes. Temp.: Preheat oven to $450^{\circ}$, bake at $350^{\circ}$.

> Pastry for 2 crust pie
> $1 / 4$ cup Occident Family Flour
> $3 / 4$ cup seeded raisins
> $2^{1 / 4}$ cups water
> 1 cup sugar
> 1 egg
> 3 tablespoons lemon juice
> 1 tablespoon grated lemon rind
> $1 / 8$ teaspoon salt

1. Soak raisins in the water for 2 hours. Then heat.
2. Mix sugar and flour, lemon juice and rind, and salt. Add it to the hot raisin and water mixture. Cook until thickened. Beat the salt and egg and add to the boiled mixture. Cool.
3. When cool, fill the pastry-lined pie plate. Cover with pastry strips in lattice fashion. Bake.

## EGGNOG PIE

"Never to be forgotten"

Quantity: 1-10"pie.
1 baked pastry shell
1 tablespoon gelatine
3 eggs
$1 / 4$ teaspoon salt
2 tablespoons rum ( 2 teaspoons vanilla may be substituted)
$11 / 2$ cups milk
$1 / 4$ teaspoon nutmeg
$1 / 2$ cup sugar
$2 / 3$ cup whipping cream

1. Soak gelatine in $1 / 4$ cup of milk for 5 minutes.
2. Scald remaining $11 / 4$ cups milk. Beat egg yolks, sugar, salt, and nutmeg. Add egg mixture to scalded milk and cook until it coats the spoon.
3. Add the soaked gelatine. When cool, add the rum.
4. Chill until partially set. Beat egg whites stiff. Fold into the congealed mixture.
5. Whip the cream. Fold half of the whipped cream into the filling. Pour into the baked shell.
6. Top with remaining whipped cream and sprinkle with nutmeg. Let chill 2 hours before serving.

## MINCE PIE

"Holiday Favorite"
Quantity: 1 - $9^{\prime \prime}$ pie. Time: 35 Minutes. Temp.: Preheat oven to $450^{\circ}$, bake at $350^{\circ}$.

Pastry for 2 crust pie
3 cups mince meat
1 tablespoon butter
2 tablespoons brandy-if desired

1. Line pie plate with pastry dough.
2. Fill unbaked pastry with the mince meat. Dot with butter. Add brandy.
3. Cover with perforated top crust. Seal and flute the edges and bake. Serve warm.

## SOUTHERN PECAN PIE

"Rich and yummy"
Quantity: 1-9"pie. Time: 30 Minutes.
Temp.: 10 minutes at $450^{\circ}$, then reduce heat to $350^{\circ}$ for final 20 minutes.

1 unbaked pastry shell
1 cup pecans (shelled)
3 eggs
1 cup dark corn sirup
$1 / 4$ cup brown sugar
2 tablespoons butter
1 teaspoon vanilla
$1 / 2$ teaspoon salt

1. Make pastry for a one-crust pie. Line a $9^{\prime \prime}$ pie tin with pastry dough. Flute the edges and trim off excess dough.
2. Beat the eggs slightly. Add sugar, sirup, vanilla and salt.
3. Pour into the pastry-lined pie plate. Sprinkle broken pecan meats over the top of the filling. Dot with the butter. Bake.

## SOUR CREAM RAISIN PIE

"After a light meal"
Quantity: 1-9"pie. Time: 35 Minutes.
Temp.: $450^{\circ}$ for 10 minutes, $350^{\circ}$ for remaining time.

1 unbaked pastry shell
2 eggs
$3 / 4$ cup sugar
$1 / 4$ teaspoon salt
$3 / 4$ teaspoon cinnamon
$1 / 4$ teaspoon nutmeg
$1 / 4$ teaspoon cloves
1 cup sour cream
1 cup raisins

1. Line pie tin with pastry. Flute the edges and trim off excess dough.
2. Beat eggs, add sugar, salt and spices. Combine with cream and raisins.
3. Pour into pastry-lined pie plate. Bake.

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## PEACH PIE

## "Deep Dish"

Quantity: 1-9" pie. Time: 25 Minutes. Temp.: $400^{\circ}$.

2 tablespoons Occident Family Flour
3 cups sliced peaches
$1 / 2$ cup sugar
$1 / 3$ cup water
2 tablespoons butter

1. Arrange slices of fresh peaches in deep pie plate. Dot with butter.
2. Mix flour and sugar; gradually add the water. Pour this mixture over the peaches.
3. Cover with dough made as follows:
```
    1 cup Occident Family Flour
    2 teaspoons baking powder
\(1 / 2\) teaspoon salt
\(1 / 4\) teaspoon cinnamon
    3 tablespoons shortening
    1 egg
\(1 / 3\) cup milk
```

Cut shortening into the dry ingredients. Beat the egg and mix the milk with it; blend with the dry ingredients. Place on floured board; pat out to fit the pie plate; make several slits in the dough and place over the peaches.

## CRANBERRY PIE <br> "Mock Cherry"

Quantity: 1-9"pie. Time: 40 Minutes. Temp.: Preheat oven to $450^{\circ}$. Bake at $350^{\circ}$.

Pastry for 2 crust pie
2 tablespoons Occident Family Flour
$11 / 2$ cups cranberries
1 cup sugar
$1 / 2$ cup raisins
$1 / 2$ cup water
1 tablespoon butter
$1 / 4$ teaspoon salt

1. Soak raisins in hot water 5 minutes.
2. Mix flour, sugar, salt and cranberries. Add to the raisins and water. Cover and cook 5 minutes. Add butter. Cool.
3. Pour the cooled mixture into a pastrylined pie plate. Cover with crust in lattice fashion. Bake.

## COTTAGE PLUM PIE

"Most Unusual"

Quantity: 1-9" Pie. Time: 35 Minutes.
Temp.: $425^{\circ}$ for 10 minutes, $350^{\circ}$ remaining time.

1 unbaked pastry shell
$1 / 2$ pound cottage cheese
$3 / 4$ cup plum butter or jelly
1 egg
$3 / 4$ cup milk
$1 / 4$ teaspoon cinnamon
$1 / 4$ teaspoon salt

1. Rub cottage cheese and plum butter through a coarse sieve. Add salt and cinnamon.
2. Beat egg; add milk. Combine with the cottage cheese and plum butter mixture.
3. Pour into the pastry-lined pie tin and bake until the filling is set.

## SUNSHINE PIE

"For Winter Time"

Quantity: 1-9"pie. Time: 40 Minutes. Temp.: $450^{\circ}$ for 10 minutes, $350^{\circ}$ remaining time.

1 unbaked pastry shell
4 eggs
1 cup sugar
$1 / 2$ cup corn sirup
1 cup grated, unpeeled raw apple
1 teaspoon grated orange rind Juice of 1 lemon
$1 / 3$ cup orange juice

1. Beat eggs slightly. Add sugar and sirup; beat to dissolve.
2. Add remaining ingredients. Pour into the pastry-lined tin and bake until the custard is set.

## DESSERTS

## APPLE CRISP

"Easy and appetizing"
Quantity: Serves 8. Time: 30 Minutes. Temp.: $375^{\circ}$.

$3 / 4$ cup Occident Family Flour<br>8 apples<br>1 cup brown sugar<br>$1 / 2$ cup butter<br>$1 / 4$ teaspoon salt

1. Peel, and slice apples into a baking dish. 2. Mix flour, sugar and salt. Cut the shortening into the dry ingredients.
2. Spread the crumb mixture over the apples. Place in oven and bake. Serve warm with cream or desired sauce.

# FRESH FRUIT COBBLER 

"Tender, juicy, tasty"

Quantity: Serves 6. Time: 45 Minutes. Temp.: 15 Minutes at $450^{\circ}, 30$ Minutes at $350^{\circ}$.

```
    2 cups Occident Family Flour
1/2 teaspoon salt
    4 teaspoons baking powder
    1 tablespoon sugar
1/3 cup shortening
    1 \mathrm { egg }
3/4 cup milk
    2 cups sliced raw fruit
1/2 cup sugar (more if desired)
    1 tablespoon butter
```

1. Line shallow baking pan with the fruit. Cover with sugar, and dot with butter.
2. Sift flour, salt, sugar, and baking powder together. Cut in the fat.
3. Beat the egg, mix the milk with it and combine with the dry ingredients.
4. Turn out on a floured board and lightly knead into a ball. Pat out to fit the baking pan. Make. slits in dough as you do for pie crust. Place over the sugared fruit and bake. Serve warm.

## PEACH BROWN BETTY

"Welcome any time"

Quantity: Serves 6. Time: $\mathbf{3 0}$ Minutes. Temp.: $375^{\circ}$.

2 cups soft bread crumbs
$1 / 4$ cup butter
2 cups sliced peaches (canned)
$1 / 4$ teaspoon salt
1 tablespoon lemon juice
$1 / 2$ cup peach juice

1. Melt butter in a skillet. Add the crumbs to the butter and stir over medium heat until lightly browned.
2. Place half of the browned crumbs in a buttered baking dish. Add the peaches, salt and lemon juice.
3. Cover with the remaining crumb mixture. Add the peach juice. Bake, and serve warm.

Fresh peaches may be used in place of canned. When using fresh peaches use $1 / 4$ cup of honey or sirup, in place of the canned peach juice.

## CANNED FRUIT COBBLER

"Makes fruit go farther"
Quantity: Serves 6. Time: 40 Minutes.
Temp.: $400^{\circ}$.
1 cup Occident Family Flour
$11 / 2$ teaspoons baking powder
$1 / 2$ teaspoon salt
$1 / 4$ cup shortening
$1 / 3$ cup fruit sirup
1 No. 2 can of peaches, cherries, or any desired fruit

1. Drain the fruit. Save $1 / 2$ cup of the juice. Boil remainder of the juice down to $1 / 4$ cup. Arrange fruit on bottom of baking dish, and pour the $1 / 4$ cup of hot sirup over.
2. Sift flour, salt, and baking powder. Cut in the shortening.
3. Blend with $1 / 3$ cup of fruit juice to make a dough. Spread dough over the fruit:
4. Bake 20 minutes. Remove from the oven and pour remaining fruit juice over the top of the dough. Return to the oven and bake 20 minutes more. Serve warm with soft custard sauce or cream.

## CREAM PUFFS

"Light as a feather"
Quantity: 1 dozen. Time: 35 Minutes. Temp.: $450^{\circ}$ for 10 Minutes, $400^{\circ}$ for 25 Minutes.

```
1 cup Occident Family Flour
1/4 teaspoon salt
1/2 cup butter
1 cup water
4 eggs
```

1. Bring water and butter to the boiling point.
2. Sift flour and salt into the boiling liquid. Stir until a ball is formed which slips from the sides of the pan.
3. Remove from the heat and cool slightly.
4. Add eggs one at a time, beating vigorously after each egg is added.
5. Drop by spoonfuls on a greased cooky sheet. Place dough $3^{\prime \prime}$ apart.
6. Bake at $450^{\circ}$ for 10 minutes, then reduce heat to $400^{\circ}$ for remaining time.
7. When baked, remove from baking sheet. Place on cooling rack. Slit on side to fill.

## CREAM PUFF AND ECLAIR FILLING

$1 / 3$ cup Occident Family Flour
$1 / 8$ teaspoon salt
$2 / 3$ cup sugar
2 cups milk
3 egg yolks (or 1 whole egg)
1 tablespoon butter
1 teaspoon vanilla

1. Scald milk. Mix sugar, salt, and flour.
2. Add it to the scalded milk. Cook until thick.
3. Beat egg yolks, add a small amount of the hot mixture to them. Add egg mixture to hot custard.
4. Bring to a boil. Remove from heat, add butter.
5. When slightly cooled, add vanilla. Chill before using for Cream Puff or Eclair filling.

Coat each eclair with chocolate icing or serve with chocolate sauce.

## ECLAIRS

## "Scrumptious"

Quantity: 18. Time: 35 Minutes. Temp.: $450^{\circ}$ for 10 Minutes, $400^{\circ}$ for 25 Minutes.

## Use Cream Puff recipe

1. Press dough through pastry tube, making it $3 / 4^{\prime \prime}$ wide and $4^{\prime \prime}$ long.
2. Bake. Slit eclairs on side to fill.

## BOSTON CREAM PIE

## "Best Ever"

Quantity: 2-8" layers. Time: 30 Minutes. Temp.: $375^{\circ}$.

```
\(11 / 2\) cups Occident Family Flour
    \(1 / 2\) teaspoon salt
    \(1 / 2\) teaspoon vanilla
        2 teaspoons baking powder
    \(1 / 3\) cup shortening
        1 cup sugar
        2 eggs
    \(1 / 2\) cup milk
```

1. Cream shortening, add sugar and cream well. Add egg yolks, and beat thoroughly. Add salt and vanilla. Stir.
2. Sift baking powder with flour, add alternately with the milk. Stir only as much as is necessary to blend the ingredients.
3. Beat egg whites stiff and fold into the batter. Pour batter into 2 oiled $8^{\prime \prime}$ layer pans. Bake.
4. When cool put cream filling between the layers and top with chocolate icing.

## CREAM FILLING

```
1/3 cup Occident Family Flour
2/3 cup sugar
1/8 teaspoon salt
2 cups milk
1 teaspoon vanilla
2 eggs
```

1. Mix dry ingredients. Scald milk and pour over the dry ingredients gradually. Cook until thickened.
2. Beat eggs slightly and add to hot thickened custard. Allow to remain on heat one minute. Cool and flavor.
If a thicker filling is desired, use $1 / 2$ cup flour.

## CHOCOLATE LADY FINGERS

"For company dessert"
Quantity: 3 dozen. Time: 10 Minutes. Temp.: $375^{\circ}$.

```
\(11 / 2\) cups Occident Family Flour
    2 eggs
    1 cup sugar
    3 tablespoons cream or milk
    3 tablespoons water
    \(1 / 2\) teaspoon vanilla
    3 tablespoons cocoa
    3 teaspoons baking powder
    \(1 / 4\) teaspoon salt
```

1. Beat egg yolks until thick. Add the sugar and beat until light and thick. Add vanilla, salt and water.
2. Sift flour, cocoa, and baking powder together and add it alternately with the cream or milk.
3. Beat the egg whites stiff and fold into the batter.
4. Bake in oiled lady finger tins. If lady finger tins are not available, shape dough into lady finger shape on an oiled cooky sheet and bake.

## CUSTARD ICE CREAM

"Children's Delight"
Quantity: 1 quart.
2 tablespoons Occident Family Flour
$1 / 2$ cup sugar
$1 / 4$ teaspoon salt
1 cup milk
1 egg
2 teaspoons vanilla
1 pint cream ( $20 \%$ )

1. Scald the milk. Mix half of the sugar with the salt and flour. Add hot milk.
2. Cook until mixture thickens. Beat egg with remainder of sugar. Add to the hot mixture. Allow to cool. Add vanilla and cream.
3. Freeze in ice cream freezer or place in freezing tray of refrigerator, turned to fast freeze.
4. When mixture is partially frozen put it in a bowl and beat with a rotary beater until smooth, and all crystals have disappeared. Return to tray and freeze until firm.
This ice cream may be made with 1 cup of sirup or honey substituted for the sugar.

## CHOCOLATE RFFRIGERATOR DESSERT

"Extra Special"

Quantity: Serves 8. Time: 12 to 24 hours.
4 squares ( 4 ounces) chocolate
$1 / 2$ cup sugar
$1 / 8$ teaspoon salt
$1 / 4$ cup hot water
4 eggs
1 teaspoon vanilla
1 cup cream
2 dozen lady fingers or half of a stale cake

1. Melt chocolate, add sugar, salt, and water; and stir until the sugar dissolves.
2. Add egg yolks one at a time, and beat well after each addition. Cook two minutes or until slightly thick, stirring constantly.
3. Add vanilla and fold in the stiffly beaten egg whites. Chill thoroughly, then fold in the whipped cream.
4. Line bottom and sides of spring mold with slices of cake or lady fingers, and add chocolate mixture.
5. Cover with remaining lady fingers. Chill in refrigerator over night.

## CHOCOLATE SAUCE

"Creamy"

```
1/4 cup honey or sirup
/2 cup sugar
1/4 cup butter
1/4 cup cream
1/4 teaspoon salt
3 squares baking chocolate
2 egg yolks
```

1. Combine sugar, butter, cream, honey, salt and chocolate.
2. Put in top of double boiler over boiling water. When chocolate is melted beat with rotary beater until blended.
3. Add beaten egg yolks, cook 2 minutes stirring constantly.
4. Remove from heat, and cool to spreading consistency, beating as it cools, or use as a hot fudge sauce.

## FRUIT CHIFFON PUFFS

"Nice for a change"
Quantity: Serves 6. Time: 50 Minutes.
Temp.: $375^{\circ}$.

```
5 \text { tablespoons Occident Family Flour}
1 cup sugar
3 tablespoons butter
3 eggs
1/4 cup orange or lemon juice
1 cup milk
```

1. Mix flour, sugar, and butter, very thoroughly.
2. Add beaten egg yolks, milk, and fruit juice.
3. Fold in stiffly beaten egg whites, and place in individual custard cups.
4. Put into pan of hot water and bake. Serve warm.

# FRUIT DUMPLINGS 

"The Old-Fashioned Kind"
Quantity: Serves 8. Time: $\mathbf{3 0}$ Minutes.

```
    2 \text { cups Occident Family Flour}
    4 teaspoons baking powder
1/2 teaspoon salt
1/4 cup sugar
    1 egg
3/4 cup milk
    2 cups fresh pie cherries
            or
        any desired fruit
1/2 cup water
1/2 cup sugar
```

1. Place fruit, sugar and water in a shallow sauce pan. Simmer for a few minutes.
2. Mix the batter as for baking powder biscuits. Drop by spoonfuls onto the hot fruit sauce.
3. Cover and cook very slowly without removing the cover for 30 minutes. Serve hot or cold.

## DRIED FRUIT PUFFS

"Grand for wintertime"
Quantity: Serves 6. Time: Steam $21 / 2$ hours.

```
1 cup Occident Family Flour
1/4 teaspoon salt
    2 teaspoons baking powder
    1 egg
1/4 cup sugar
1/2 cup milk
3 tablespoons shortening
1/2 cup soaked prunes, apricots or
    dried fruit
```

1. Sift dry ingredients together. Beat the egg, add the milk and stir it into the flour mixture.
2. Fold in the melted shortening and the cutup fruit. Pour into an oiled mold, leaving space to rise. Cover securely and steam.
3. Serve warm with hard sauce or any preferred sauce.

## GRAHAM CRACKER PIE

"Takes the spotlight"
Quantity: 1-9"pie. Time: 15 Minutes. Temp: $350^{\circ}$.

```
18 graham crackers
1/2. cup butter
1/4 cup sugar
1/2 teaspoon cinnamon (optional)
```

1. Soften butter, add the graham crackers that have been rolled to fine crumbs, and the sugar. Thoroughly combine the ingredients.
2. Reserve 2 tablespoons of the mixture for topping. Firmly press the remainder of the mixture into a pie tin. Chill at least two hours.
3. Use "Cream Pie" filling recipe on page 98. When cool pour into the chilled graham cracker crust.
4. Cover with meringue. Top with the 2 tablespoons crumbs and place in oven to brown meringue.

## SUET OR PLUM PUDDING

"For your holiday feast"
Quantity: Serves 10. Time: Steam 5 hours.

```
11/4 cups Occident Family Flour
2%/3 cups stale bread crumbs
    2 cups seeded raisins, cut up
    2 cups seedless raisins
    2 cups suet, chopped finely
11/4 cups sugar
    1 cup light molasses
    3 oz. candied orange peel, cut finely
    1 teaspoon grated nutmeg
    1}\mathrm{ teaspoon mace
    6 eggs
    2 teaspoons salt
    1 teaspoon baking powder
```

1. Sift flour, baking powder, salt and spices. Mix with the bread crumbs and fruit. Add the sugar, beaten eggs, molasses and suet. Stir until blended.
2. Turn onto a well floured square of heavy muslin cloth. Tie securely, leaving space for pudding to rise.
3. Plunge pudding into kettle of boiling water to cover.
4. Place the cover on the kettle and cook 5 hours, with water covering pudding at all times.

Serve warm or (reheated) with hard or desired sauce.

## PUDDING SAUCE

"Adds the final touch"
$1 / 3$ cup Occident Family Flour
$1 / 4$ cup sugar
$1 / 2$ cup honey or sirup
cups water
$1 / 3$ cup butter
Juice of 1 lemon
Juice of 1 orange

1. Mix flour, sugar, honey and water. Cook until it thickens.
2. Remove from heat, add butter and fruit juices. Serve hot.

## VEGETABLE PLUM PUDDING

"Thrifty and vitamin-rich"
Quantity: Serves 8. Time: Steam 3 hours.
3 cups Occident Family Flour
1 pound seeded raisins
1 cup potatoes
1 cup carrots
1 cup sugar
1 teaspoon salt
1 teaspoon soda
1 tablespoon water
1 tablespoon suet
oranges
1 lemon

1. Put potatoes, carrots, and suet through a food chopper. Add soda dissolved in the water. Add raisins to the sifted flour.
2. Combine the ground mixture, fruit juice and the grated orange and lemon rind with the flour, raisins, sugar and salt.
3. Stir until blended. Turn into a greased mold and steam 3 hours. Serve hot with desired sauce.

## MINCEMEAT TURNOVERS

"Mince pie in miniature"
Quantity: 8. Time: 15 Minutes.
Temp.: $425^{\circ}$.

```
11/2 cups Occident Family Flour
    1/2 teaspoon salt
    1/2 cup shortening
        4 tablespoons water
        1 cup mincemeat
```

1. Sift flour and salt together. Cut the fat into the flour, then add the water and stir to combine.
2. Roll the dough out to $1 / 8^{\prime \prime}$ thickness. Cut into $4^{\prime \prime}$ squares. Place 2 tablespoonfuls of mincemeat on each square. Fold the dough over to make a triangle.
3. Seal the edges well by pressing with a fork. Place on baking sheet and bake.

## DATE PUDDING

"Quick as a wink"
Quantity: Serves 6. Time: 35 Minutes. Temp.: $350^{\circ}$.

```
1/4 cup Occident Family Flour
1/2 cup sugar
    1 / \mathrm { egg }
1/4 teaspoon salt
    1 \text { teaspoon baking powder}
    1 cup dates, cut fine
    1 cup nut meats, chopped
```

1. Beat egg, add sugar gradually.
2. Sift flour, salt, and baking powder together and mix with the dates and nuts.
3. Combine with the egg and sugar. Turn into an oiled $8 " x 5$ " baking pan, and bake. Serve hot or cold with plain or whipped cream.

## DATE-NUT PUDDING

"Sure to Tempt"
Quantity: $1^{\prime \prime} \times 9^{\prime \prime}$ square pan. Time: 45 Minutes. Temp.: $350^{\circ}$.

```
13/4 cups Occident Family Flour
    1 cup chopped dates
    1/2 cup boiling water
    4 tablespoons shortening
    1 egg
    1/4 cup sugar
    1/2 cup sirup
    1/2 teaspoon soda
    1 teaspoon baking powder
    1/2 teaspoon vanilla
    1/2 teaspoon salt
    1/2 cup nut meats
    1/2 teaspoon grated lemon rind
    1/4 teaspoon lemon juice
```

1. Pour boiling water over the dates, shortening, and soda. Cool.
2. Beat the egg, add sugar, flavoring, sirup, and salt; add to the date mixture.
3. Sift the flour and baking powder, add to the chopped nuts.
4. Add flour and nuts to the date mixture. Stir until blended. Pour into a paper-lined pan and bake. Serve hot or cold with desired sauce.

## COTTAGE PUDDING

"Serves nine in no time"
Quantity: Serves 9. Time: 20 Minutes. Temp.: $375^{\circ}$.

```
13/4 cups Occident Family Flour
    3 teaspoons baking powder
    1/2 teaspoon salt
    1/4 cup shortening
    2/3 cup sugar
    1 egg
    1 teaspoon vanilla
    1 cup milk
```

1. Cream shortening, add sugar gradually, and cream well. Add vanilla and unbeaten egg. Beat well.
2. Sift dry ingredients together and add alternately with the milk.
3. Pour into an oiled $8^{\prime \prime}$ baking pan. Bake until light brown. Serve while hot, topped with desired sauce or fruit.

## STEAMED FIG PUDDING

"Moist and Rich"
Quantity: Serves 8. Time: Steam 11/2 Hours.

```
11/3 cups Occident Family Flour
    1 cup ground figs
    1 cup boiling water
    1 \mathrm { egg }
    3/4 cup sugar
    1 teaspoon baking powder
    1 teaspoon soda
    1/4 teaspoon salt
    1/3 cup chopped pecans
    2 tablespoons shortening
```

1. Put ground figs and soda in a bowl. Pour the boiling water over. Let stand until cool.
2. Cream the shortening, add the sugar. Add egg, and beat well. Add the fig and water mixture.
3. Add the salt, baking powder and flour which have been sifted together and the nuts mixed in. Stir to blend. Pour into an oiled mold, cover, and steam.

Serve hot or cold with desired sauce.

