extract. pread between the minutes and over the wafer shavflavored, of sprinkled over

apped Chocolate Milk Cake butter (2 sticks) sugar oon vanilla

sifted cake flour spoon baking pow-

oon salt hocolate milk and lightly flour cake. nd eight-inch cake

made with choc- add alternately with choco- scientists have found. straight from late milk to creamed mix-the icing is a ture.

anfectioners' sugar Bake 25 to 30 minutes in a pound cake—were judged by 375 degree oven. Cool ten tas.e panels.

pletely Spread Mint Cream the others, they decided. Icing between layers and on top of cake.

Mint Cream Icing p'nt whipped cream 1/2 cup confectioners' sugar, sifted

5 drops mint extract wafers

Whip cream until stiff; and mint extract. Spread be- and yellow layer cakes after tween layers and on top of eight weeks.

and fluffy Add van- decoration

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### Cakes Keep Well. In The Freezer

Milk Cake, beating well after each addi- Most kinds of cake keep well tiered; beauty is tion. Sift cake flour, baking in the freezer, USDA's Agriand so delicious powder and salt together and cultural Research Service

> Five kinds of frozen cakes -chocolate and yellow lay-Pour batter into pans. er, angel food, chiffon, and

Chocolate and yellow lay-

Freezing does not change the flavor in cakes, the researchers noted, but all cakes gradually lose flavor in frozen storage.

First signs of flavor loss were noticed in chiffon cakes storage, in angel food cakes after two weeks, chocolate

frozen three weeks rated just as good.

day-old unfrozen ones.

quality of texture in pound ginning of a bunion. cakes decreased during the first few days of frozen stor- six to 10 years old will need

## Lancaster Farming, Saturday, September 12, 1959—9

For the Farm Wife and Family

cake racks and cool com- fresh" slightly longer than and became mealy or crumb- in moisture proof wrapping ly after four days of storage.

fresh pound cakes.

In the test, layer The pound cakes firmed were packaged for freezing

Pound, chiffon and angel However, after a few food cakes were baked in alweeks of storage at zero, uminum foil pans; before these qualities disappeared freezing, each was covered and there was little differ- with a foil-and-paperboard ence between the frozen and lid and then put in a plastic bag.

# 3 mint-yavored chocolate after one week of frozen Good School Shoes Help blend in confectioners' sugar layer cakes after three weeks Develop Healthy Feet

with waxed-paper, using a paring knife or veg. and yelow layer cakes were child's feet will carry him out. again; set aside. etable peeler and sprinkle still rated superior to similar approximately 65,000 miles and sugar un- top of cake for a delicious but unfrozen day-old cakes. during his lifetime. You can Angel food cakes frozen for save him many hours and two weeks were rated better miles of discomfort if you by the taste panel than day-help him develop strong small. For this reason be

The young child's foot is feet and shoes often pliable Continued pressure The quality of chiffon of outgrown or improperly cakes frozen for two weeks fitted shoes can give it alwas rated equal to that of most any shape. Outgrown shoes and socks cause the Researchers found that toes to bend. This is the be-

Nearly all children from

If you are thinking of a year. Some will need more After a month's storage at buying school shoes about Tney will outgrow more Shave chocolate wafers, zero degrees F., chocolate now, remember that your shoes than they will wear

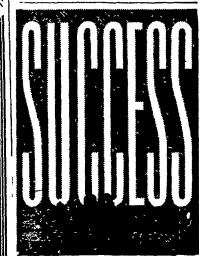
Since the child's foot is pliable, he will seldom complain of a foot ache or pain although shoes may be too old unfrozen ones and those healthy feet as he grows up careful to check children's

There are a number of signs of outgrown shoes or improper fit to look for. Pink spots on toes immedia elv after taking off shoes and socks may mean the shoes are too short. Run your fingers around the inside of the shoe toe. If the age, but seemed to improve at least three pairs of shoes child's toenails have made creases in the lining, the shoe is too short.

Examine shoes for seams or rough spots that cause irritation. Blisters and calluses indicate poorly fitting shoes

A child's feet are usually in good shape if his shoes show wear over the entire sole area, with the greater wear on the outer margin and heels worn slight'y along the rear outer edge. (Turn to page 12)

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