



## For the Farm Wife and Family

**Cakes Keep Well In The Freezer**  
Most kinds of cake keep well in the freezer, USDA's Agricultural Research Service scientists have found.

Five kinds of frozen cakes—chocolate and yellow layer, angel food, chiffon, and pound cake—were judged by taste panels.

Chocolate and yellow layer cakes keep "strictly fresh" slightly longer than the others, they decided.

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 after one week of frozen storage, in angel food cakes after two weeks, chocolate layer cakes after three weeks and yellow layer cakes after eight weeks.

After a month's storage at zero degrees F., chocolate and yellow layer cakes were still rated superior to similar but unfrozen day-old cakes.

Angel food cakes frozen for two weeks were rated better by the taste panel than day-old unfrozen ones and those frozen three weeks rated just as good.

The quality of chiffon cakes frozen for two weeks was rated equal to that of day-old unfrozen ones.

Researchers found that quality of texture in pound cakes decreased during the first few days of frozen storage, but seemed to improve

later.

The pound cakes firmed and became mealy or crumbly after four days of storage.

However, after a few weeks of storage at zero, these qualities disappeared and there was little difference between the frozen and fresh pound cakes.

In the test, layer cakes were packaged for freezing in moisture proof wrapping and then in plastic bags.

Pound, chiffon and angel food cakes were baked in aluminum foil pans; before freezing, each was covered with a foil-and-paperboard lid and then put in a plastic bag.

## Good School Shoes Help Develop Healthy Feet

If you are thinking of buying school shoes about now, remember that your child's feet will carry him approximately 65,000 miles during his lifetime. You can save him many hours and miles of discomfort if you help him develop strong healthy feet as he grows up.

The young child's foot is pliable Continued pressure of outgrown or improperly fitted shoes can give it almost any shape. Outgrown shoes and socks cause the toes to bend. This is the beginning of a bunion.

Nearly all children from six to 10 years old will need at least three pairs of shoes

a year. Some will need more They will outgrow more shoes than they will wear out.

Since the child's foot is pliable, he will seldom complain of a foot ache or pain although shoes may be too small. For this reason be careful to check children's feet and shoes often.

There are a number of signs of outgrown shoes or improper fit to look for. Pink spots on toes immediately 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 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 slightly along the rear outer edge.

(Turn to page 12)

to create, bake illa.  
Watering Snow-Cap-  
Milk-Cake.  
tiered beauty is  
mix and so delicious  
made with choco-  
straight from  
The icing is a  
of whipped  
confectioners' sugar  
extract.  
spread between the  
and over the  
chocolate wafer shav-  
flavored, of  
sprinkled over

**Capped Chocolate Milk Cake**  
Butter (2 sticks)  
Sugar  
Vanilla

Sifted cake flour  
Spoon baking pow-

Spoon salt  
Chocolate milk

and lightly flour  
and eight-inch cake  
with waxed-paper,  
again; set aside.  
butter and sugar un-  
and fluffy Add van-

Pour batter into pans.  
Bake 25 to 30 minutes in a  
375 degree oven. Cool ten  
minutes  
Remove from pans onto  
cake racks and cool com-  
pletely Spread Mint Cream  
Icing between layers and on  
top of cake.

**Mint Cream Icing**  
1 pint whipped cream  
1/2 cup confectioners' sug-  
ar, sifted  
5 drops mint extract  
3 mint-flavored chocolate  
wafers  
Whip cream until stiff;  
blend in confectioners' sugar  
and mint extract. Spread be-  
tween layers and on top of  
cake.

Shave chocolate wafers,  
using a paring knife or veg-  
etable peeler and sprinkle  
top of cake for a delicious  
decoration

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