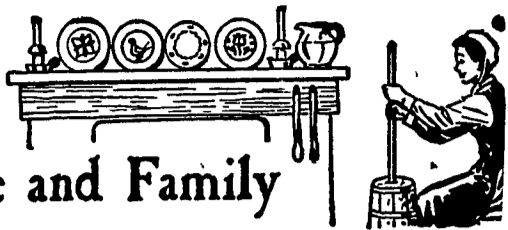


## For the Farm Wife and Family



### Cakes and More Cakes

By Mrs. Richard C. Spence

Whether plain or fancy, a well made cake is considered the best-to-eat sweet in most any home. It may be surprising to note that in spite of the abundance of commercial mixes available to today's homemaker, she still likes to bake a cake from "scratch."

Cakes are the most sensitive of the frequently home baked products, in terms of the effect of physical factors on the finished product, such as temperature, handling, ingredient balance, mixing, etc. Consideration of some general rules for cake baking may well help the novice baker.

1. High quality ingredients will yield the best quality product. Use fresh eggs, milk and butter; fresh baking powder to get the best volume. Don't use lumpy flour and sugar — an indication they may have become wet.

2. Ingredients should be at room temperature. Since the reason for the creaming, beating or whipping steps in cake mixing is to incorporate air into the eggs and/or shorten-

ing, it is essential that ingredients be as close as possible to the temperature which will permit them to expand to the greatest volume.

3. Follow the recipe directions exactly, and measure accurately. A cake recipe is a carefully balanced formula, scientifically designed and tested to yield optimum results.

4. When combining a liquid or creamed mixture with the dry ingredients, the object is to blend well — not too much, and not too little. Most cake recipes give specific mixing times and speeds. If directions are not included, stir the ingredients until just blended, then beat an additional 200 strokes by hand or about 1 to 1½ minutes on medium speed of an electric mixer.

5. Use the size pans specified. A pan which is too deep may prevent the cake from browning; one too large may yield a dry cake; one with too small a diameter (or surface area) may cause the cake to peak or fall.

6. Check your oven temperature with a thermometer, to be sure your temperature is accurate. The oven should always be preheated unless the recipe directs otherwise. Place the cake as near to the center of the oven as possible, and

away from the oven sides. Be sure there's air space between pans on the same shelf. Do not put foil on the bottom of the oven; this can cause uneven heat reflection and may cut off proper air circulation, yielding an unevenly baked cake. Finally, be sure your range is level.

7. If your cake is to be removed from the pan, and no specific directions are given for this step, allow it to cool for 10 to 15 minutes before removing. This will permit the hot cake to "set" a bit, so it will be less fragile for handling.

This two-egg cake is the most versatile of all cakes. It calls for combining ingredients by the conventional method — shortening and sugar are creamed together, the eggs beaten in, then the flour and liquid added alternately. It may be baked in two layers as here, then filled and frosted. Or, it may be topped with a broiled frosting, or the layers split and filled with jam or cream filling then re-stacked into a torte. It might also be used as the base for Boston Cream Pie.

#### TWO-EGG CAKE

- 2 cups sifted enriched flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- ½ cup butter or margarine (¼ pound) — shortening may be used
- 1 cup sugar
- 1 teaspoon vanilla extract
- 2 eggs
- ¾ cup milk

Sift together flour, baking powder and salt. Cream together butter or margarine and sugar until light and fluffy. Blend in vanilla extract. Beat in eggs one at a time. Add flour mixture to creamed mixture alternately with milk, beginning and ending with flour. Beat well after each addition. Turn into two greased waxed paper-lined 8 inch round pans. Bake in moderate oven (350 degrees) 30 to 35 minutes or until cake tester inserted in

center comes out cleanly. This Basic White Cake is made by a slightly modified "conventional" method — one generally used for white cakes. That is, shortening and sugar are creamed together, flour and liquid added alternately, then the beaten egg whites folded in last. The recipe yields a fine-textured, not too rich cake, ideal for variation by adding nuts, fruits, or unusual frostings and toppings. We put our cake together with Orange Filling and frosted it with a Fluffy White Frosting.

#### BASIC WHITE CAKE

- 3 cups sifted enriched flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- ¾ cup butter or margarine
- 1½ cups sugar
- ¾ cup milk
- ½ cup water
- 1 teaspoon vanilla extract
- 3 egg whites

Sift together flour, baking powder and salt. Cream together butter or margarine and sugar until light and fluffy. Combine milk, water and vanilla extract. Add flour mixture to creamed mixture alternately

with milk, beginning and ending with flour. Beat well after each addition, forming a thick batter. Beat egg whites until stiff but not dry. Fold egg whites into batter. Turn into two greased waxed-paper lined 9 inch round pans. Bake in moderate oven (350 degrees) 35 to 40 minutes or until cake tester inserted in center comes out clean. Remove cake from oven and cool for 10 minutes before removing from pans. Remove cake from pans and cool. Frost between layers with Orange Filling. Frost top and sides of cake with Fluffy White Frosting.

#### ORANGE FILLING

Combine ¾ cup strained orange juice, ½ cup sugar, 3 egg yolks, 2 tablespoons enriched flour, 1-½ teaspoons grated orange rind and a dash of salt in saucepan. Cook over moderate heat until thickened, stirring constantly. Remove from heat and stir in 1 tablespoon butter or margarine. Cool at room temperature about 30 minutes.

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