

RECIPE FOR MAKING A GOOD PLAIN CAKE

Suitable for Icing in Layers or in
Tiny Squares.

One Has Been Tested by Department
of Agriculture and Found Suitable
for Purposes Named—Use
Good, Clean Fat.

(Prepared by the United States Department
of Agriculture.)
There are many uses for a quickly
made, economical, plain cake recipe
of the "cottage pudding" type, suit-
able for icing in layers or in tiny
squares, diamond shapes or triangles
which are to be iced "all over." The
following one has been tested by the
United States Department of Agricul-
ture and found excellent for the above
purpose. Almond or other flavor may
be substituted for the lemon. Clean,
good fat of agreeable flavor, or with-
out pronounced taste or odor may be
used, such as lard, oil, compound, or
vegetable fat. If butter is used, the
fat should be increased to four table-
spoonfuls. The frosting will be found
very reliable if made as directed in
the double boiler.

Plain Cake Recipe.
8 tablespoonfuls fat 1 teaspoonful va-
2-3 cupful milk nilla
2½ teaspoonfuls ¼ cupful granu-
baking powder lated sugar
¼ teaspoonful le- 1½ cupful flour
mon extract 1 egg
1 teaspoonful lemon ¼ teaspoonful salt
juice
Cream fat and sugar together, add
egg well beaten and milk and flour al-
ternately, reserving about quarter-cup-
ful of the flour. Sift baking powder
with this reserved quarter-cupful of
flour and fold in last. Bake in 9-inch
square pan at moderately low heat for
twenty to thirty minutes, increasing
the heat until the cake is brown, after
ten or fifteen minutes. This cake will
not be a success unless baked very
slowly at the beginning.

Frosting.
White of 1 egg 4 tablespoonfuls
1 cupful sugar cold water
1 teaspoonful va-
nilla

Place the first three ingredients in
a double boiler over a low fire, and
beat until it stiffens enough to hold
shape. Then add a pinch of salt and
beat until thick enough to spread. Add
vanilla or other flavoring. Chocolate
flavoring may be made by melting two
and a half squares of unsweetened
chocolate and pouring into the mixture
when it has stiffened enough to hold
shape. then cook until thick, and
spread. For caramel icing caramelize
two or three tablespoonfuls of sugar
until dark in color, and add an equal
amount of boiling water. Substitute
two teaspoonfuls of this syrup for two
teaspoonfuls of the water in the frost-
ing recipe, and continue according to
the above directions.

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CLUB GIRLS WEAR UNIFORMS

Rolldale Organization in Meade Coun-
ty, Kansas, First to Complete
Dresses for Meetings.

(Prepared by the United States Department
of Agriculture.)
The first girls' club in the state of
Kansas in 1922 in which 100 per cent
of the members completed the mak-
ing of club uniforms to be worn at
their meetings, was the Rolldale club
in Meade county. Although these girls
live on farms and are very busy with
the regular work of the farm home,
they always find time for their club
work. One girl reported to the ex-
tension agent of the United States
Department of Agriculture and the
state college of agriculture that be-



A Member of the Rolldale Girls' Club

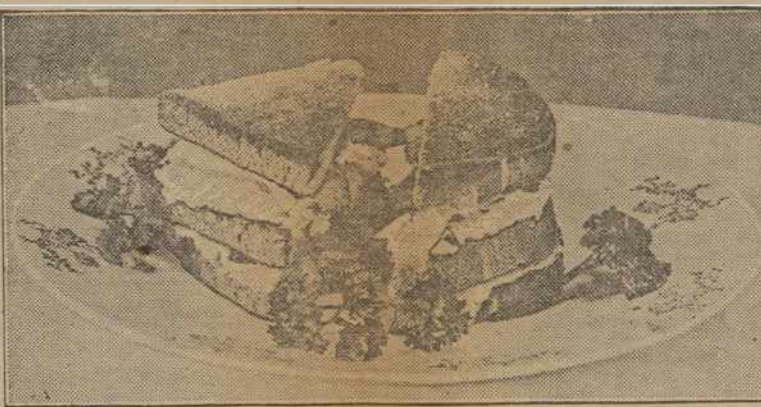
tween one meeting and the next she
had sledged 20 acres of kafir corn.
Another had harrowed and sledged 12
acres of corn; a third had helped can
12 quarts of beans, besides assisting
with the general house work and
chores; while a fourth girl, not to be
left out, reported that she had caught
eight rats in a trap.

Club work has resulted in giving to
girls who have left school something
worth while to work toward, some
knowledge of how to do the ordinary
things about the farm home in the
best and easiest way.

When boiling a pudding in a cloth
put an old plate at the bottom of the
saucepan to prevent the pudding from
sticking to the pan.

Drain your dishes after wiping the
silver. When dry, they are ready for
the next meal. Saves endless steps to
china cupboard and back again. Saves
dish towels, too.

COTTAGE CHEESE CLUB SANDWICHES



Tasty Dish for Lunch or Supper or Unexpected Guests.

(Prepared by the United States Department
of Agriculture.)

For a tasty dish for lunch or supper
or unexpected guests, the United
States Department of Agriculture re-
commends cottage cheese club sand-
wiches.

This sandwich is made of three good-
sized slices of toasted bread, one or
more being spread thickly with cottage
cheese. The rest of the filling may be
varied to suit the taste or the larder.
Such sandwiches are often cut diag-
onally and served on individual plates
with the halves arranged in diamond
shape. It is desirable to toast the
bread on one side only and to cut it
immediately after toasting, otherwise
the pressure of cutting crushes out the
cheese and spoils the appearance of
the sandwich. The cut slices may be

placed together again while the sand-
wich is being filled, and the filling may
be sliced through with a sharp knife.

In addition to the cottage cheese
these club sandwiches may contain
mayonnaise dressing, lettuce, and to-
mato; or thin-sliced cold ham spread
with mustard; or sliced tart apple,
nuts; or sliced orange, watercress; or
sliced Spanish onion, pimento; or two
tiny strips of bacon; or cucumber and
green pepper, pimento. Lettuce and
salad dressing are usually used in all
these combinations.

Sweet sandwiches may be made
with layers of cottage cheese and
marmalade, or a paste made of dried
fruits. For these the bread need not
be toasted and the lettuce and mayon-
naise should not be used.

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