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PRACTICAL BAKING LESSONS



CAKES
I often hear housekeepers attribute their success or failure in cake baking to luck. Others have the idea that cake bakers are born, and that unless one is naturally adapted to it, she cannot succeed. In reality anyone can bake the nicest of cakes if she will follow closely the few simple rules which are given below in full detail.

Nevada Briggs

The Right Materials
Bear in mind that the best materials make the best food.
A soft winter wheat pastry flour is as necessary for cakes as for biscuits. In fact, it should always be used with baking powder, as it absorbs moisture more readily than hard spring wheat bread flour, which contains much slow dissolving gluten. If bread flour is used for cake, one must use at least one-third more moisture than is called for by the recipe, for all cake recipes are written for pastry flour.
A great deal of the uncertainty of cake baking is eliminated by using a double-raise baking powder such as K C. The batter need not be hurried into the oven, nor need one be careful about slamming the oven door, or jarring the stove. K C is really a blend of two baking powders, one of which commences to raise as soon as moisture is added; the other is inactive until heat is applied, so that the raising is sustained against all danger of falling until the cake is baked.
Cane sugar is always to be preferred for cakes, because beet sugar is hard to dissolve and is likely to sink to the bottom or stick around the edges of the pan, making an imperfect cake.
If impossible to get granulated cane sugar, then as the next best thing, buy bar sugar. This is very fine and easily creamed.

Measure Everything
It will save time and many steps if you will get everything required by the recipe on your mixing table before starting. Everything should be measured correctly. If the recipe calls for sifted flour, sift it once before measuring. Measure flour by filling the cup with a spoon. If you dip the cup into the flour, it will pack and there is danger of over measuring. Measure the baking powder carefully, using level, rounding or heaping teaspoonfuls, according to the recipe. Sift the flour and baking powder together three times in order to get them thoroughly mixed, so that the cake will raise evenly; also to loosen up the flour.

Mixing
The flour and baking powder having been measured and sifted, measure out the sugar and butter and cream together. If the butter is cold and firm, warm the sugar slightly in the oven. After creaming the butter and sugar, separate the yolks from the whites of the eggs and with a rotary egg beater, cream the yolks until light lemon colored and very creamy. Add this to the butter and sugar, and blend all together. Now add a little of the water or milk and stir it in thoroughly; then a little flour, stirring it in thoroughly; then more moisture and more flour alternately, stirring each time until all the flour and moisture are in the batter, when it should be beaten until smooth and glossy. If the whites of the eggs are to be used, beat them with a flat or spoon whip until they are stiff enough to stand up, putting them in last. A little salt added to the whites of eggs helps in the beating. If yolks of eggs are not used, add the moisture and sugar alternately to creamed butter and sugar and add the whites last. Where much more sugar than butter is used, as in Orange Cake, half of the sugar may be beaten into the yolks of the eggs.

In the next lesson other recipes for Cakes and Icings will be given.

Baking
One of the most important things about baking cakes is to have a moderate oven at the start; in fact, in using a gas, oil or gasoline stove, it is not necessary to light the stove until the cake has been put in. Then there should be a very low flame at first. After the cake has doubled in bulk, increase the heat and bake until a brown crust is formed and the center will respond to the touch. Never allow a crust to form over cake before the batter has doubled. In a wood or coal range, have a very light fire in the fire box. After the cake is in the oven, replenish the fire and by the time it has burned up the batter will have doubled and is ready for the hot oven to finish it. It is impossible to specify the length of time to bake cakes, for the larger and thicker the layer, the longer it takes to bake.

Orange Cake
1/2 cup butter 1/2 cup milk or water
1 cup sugar 1/2 cup sifted pastry flour
1 1/2 cups sifted K C Baking Powder
2 level teaspoonfuls K C Baking Powder
Yolks of 2 eggs, beaten light
Whites of 2 eggs, beaten dry.
This makes two small layers.
Filling for Orange Cake
The unbeaten whites of 1 egg, add to this 1/4 cup orange pulp and juice, with the rotary egg beater gradually beat in 1 1/2 cups powdered sugar, beating it in slowly. When stiff enough to hold its shape spread upon the cake. Long beating makes this icing spongy and white.

Cream Cake
1/2 cup butter 1 cup sugar
Yolks of two eggs beaten light
1 1/2 cups sifted pastry flour
2 level teaspoonfuls K C Baking Powder
1/2 cup cold water
Whites of two eggs beaten dry
Flavoring to suit.

Cream Filling
1/2 cup sifted flour 1/4 teaspoonful salt
1 cup hot milk 1 egg beaten light
1/2 cup sugar 1 ounce chocolate
1 teaspoonful vanilla extract.
Mix flour and salt with a very little cold milk; stir into the hot milk and cook ten minutes, add the chocolate and stir until it is melted and evenly blended with the flour mixture; then beat in the egg mixed with the sugar, and lastly the vanilla.

Possibly About You
Mr and Mrs J M Lindley went to Aumsville Saturday morning on a short visit, returning home Sunday evening.

Mrs C E Coffey left this Thursday morning for her home at Carlstadt, Alberta, after a three months visit with relatives here.

Zeke, the country boy, played to a fair sized audience here last Saturday night. The company was better than the average that makes small towns.

Miss Bessie Morris came over from Lebanon Tuesday for a short visit at home. Her mother returned with her for a few days stay at Lebanon.

"My son had a severe cold. I was recommended to try Chamberlain's Cough Remedy, and before a small bottle was finished he was as well as ever," writes Mrs H Silks, 29 Dowling Street, Sydney, Australia. This remedy is for sale by all dealers.

Mrs Newt Crabtree and little daughter left Monday morning for Portland where Mr Crabtree has a job as a street car motor-man. While their many friends are sorry to see them leave Scio, they wish them success in their new home.

Mrs C C Bilyeu and daughter Grace left here Wednesday morning for their new home at Loma, Montana, where Chris is building a home for the family. They went by way of Walla Walla, Wash, for a short visit with Mrs Bilyeu's mother.

SCHOOL NOTES
The seventh grade received a quarter holiday this week on account of no absentees.
The grammar room had a base ball spelling last week. Loreen White was the captain on the side that won.
The Literary program given last Friday was an unusual success as far as a hearty laugh was concerned. Mr Gray carried off the honors of the afternoon by his eloquent speech on the "Relation of the Mosquito to the Human Family." After the society had adjourned the students were entertained by an old fashioned ciphering match. Miss Van Slyke's ciphering attracted much attention.

The library has at last lost its individuality and has been given over to students who desire a quiet (?) sleep.

The students of the agriculture class are very proud of their garden. The sweet peas are nearly one and five-eighths inches high, and several other seeds have sprouted. We are requested not to say anything about the corn.

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Booster envelopes 10c a package at the News office.
Mr and Mrs Fred T Bilyeu returned from Hall's camp Saturday evening.