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Physician & Surgeon
Telephone, Exchange No. 11
SCIO OREGON

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PRACTICAL BAKING LESSONS



CAKES, (Continued)
In last week's lesson, I gave full directions and two simple recipes for cake baking. The great essentials in making cakes, are to use good materials, to measure carefully, and to use care in baking. A cake should look appetizing. A careless cook will seldom make a good cake or one that looks good. It is worth while to use a little extra care and attention in order to have a nice appearing cake.
Nevada Briggs

White Cake
1/4 cup butter 1 cup granulated sugar
1/2 cup milk or water Whites of three eggs
2 cups sifted pastry flour
2 level teaspoons K C Baking Powder
1 teaspoonful vanilla extract
To mix white cake, measure the flour and sift it at least three times with the baking powder. Beat cream the butter and sugar together until creamy and white; then add the water or milk and the flour mixture a little at a time, alternately to this creamed mixture, stirring it all the time. After all moisture and flour are added and the batter is perfectly smooth and glossy, beat the whites of the eggs until they are very stiff, adding these to the batter last. Bake in two medium sized layer pans and put together with chocolate, pineapple or plain icing.

Simple Chocolate Filling
1 1/2 cups of powdered or confectioner's sugar and enough milk or water to dissolve the sugar. Work it into a smooth paste by stirring, then add 2 table-spoonfuls of melted cooking chocolate and when smooth, spread upon the cake. To melt the chocolate break in lumps, place in a cup set in boiling water or over the steam of the tea kettle.

Uncooked Pineapple Icing
1/2 cup grated pineapple
1 egg white (unbeaten)
2 cups powdered or confectioner's sugar.
Put egg white in bowl with the pineapple, take a rotary egg beater and beat the sugar in a very little at a time and continue beating until icing is stiff enough to spread. This icing is improved by long beating and adding sugar gradually, not much at a time. This recipe may be varied by using 1/2 cup of any kind of crushed fruit, such as grated sour apple, strawberries, peaches, bananas, orange juice, or lemon juice diluted one half with water.

Baked Icing
1/4 cup boiling water Whites of 1 egg
1 cup granulated sugar
Stir sugar and boiling water until sugar is dissolved; put over fire and cook without stirring until the syrup will form a soft spongy ball when dropped in cold water, then pour into the white of egg slowly, beating constantly until stiff enough to spread. Flavor to suit and spread upon the cake; a little lemon juice added to the syrup makes the icing spongy. This makes enough for two layers. Instead of 1/4 cup water use 1/4 cup of any fruit juice to make different icings. Nuts, raisins or figs can be added if desired.

Eggless Icing
2 cups powdered or confectioner's sugar; Juice of 1/2 lemon and water, cream or milk to soften sugar to consistency to spread. This cannot fail if one should get it too soft, simply add a little more sugar. This can also be made with any kind of fruit juice to soften sugar instead of water, cream or milk.

Gold Cake
1/4 cup butter Yolks of 4 eggs
1/2 cup sugar 1/2 cup milk or water
1 cup flour, less 2 table-spoonfuls
2 level teaspoonfuls K C Baking Powder
Grated rind of orange
Copyright 1912 by Joseph M. P. Co.

The next lesson will be on Muffins with several excellent recipes and full directions how to make them light and moist.

To mix Gold Cake, sift flour and baking powder together three times; cream butter and sugar, beat yolks of eggs, add these to creamed mixture, and lastly add the moisture and flour alternately, beating batter until smooth. Gold Cake can only be made successfully by beating yolks of eggs very, very creamy and by the same method, using a rotary beater. The rotary beater is the only beater that will do justice to the yolks of eggs. The beating kills all egg taste and improves the texture of the cake. Gold Cake can be baked in a small tube pan or in layers, using the same directions for heat of the oven as in the white cake above.

Chocolate Cake
1/4 cup butter 1/4 teaspoonful salt
1 cup sugar 1 1/2 cups pastry flour
Yolks of 2 eggs, beaten light
2 1/2 level teaspoonfuls K C Baking Powder
Whites of 2 eggs, beaten dry
2 squares ordinary cooking chocolate, melted
1 teaspoonful vanilla extract
1/4 cup milk or water

To mix: Beat together three times the flour and baking powder, cream butter and sugar, add beaten yolks of the eggs and add them to the creamed mixture, then the melted chocolate, and alternately the moisture and flour and the well-beaten whites of the eggs last. Bake in layers, or loaf.

Things to Remember
Always have the cake batter so it will drop easily from the spoon, adding more moisture if the amount called for by the recipe doesn't make it soft enough. Cake batter that is reasonably soft will become much lighter.
Always use a double-raise baking powder to guard against cake falling, and to be assured of a light fine-textured cake. K C Baking Powder is a modern double raise baking powder, always giving uniform results. It is a baking powder with two distinct raises, first when moisture is added, and again when heat is applied. This contains the raising until the batter is cooked, when, of course, it cannot fail.
Yolks and whites of eggs should be beaten separately. Use a rotary beater for the yolks and a flat or spoon whip for the whites.
Never grease the sides of the cake tins. Let the batter stick to the sides and cut it loose with a knife when baked. This keeps the layers even. If the sides of the pan are greased, the cake will pull away, making the top of the layer narrower than the bottom, and making it impossible to stack the layers evenly.
Bake in mind that baked dough cannot rise. Always start baking with a low flame or moderate oven, and allow the cake to bubble in steam before increasing the heat; then bake with a hot oven until the top is brown, and the center responds to the touch.
To cut a cake when still warm or quite fresh, dip the blade of the knife in hot or cold water and cut with the damp blade. This prevents the cake from sticking to the knife.

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Possibly About You

Come in and have your measure taken for a package of booster envelopes.
Mr and Mrs A Groelick were trading with Scio merchants last Wednesday.

There will be services at the Catholic church the second Sunday in each month.

H R Shank who lives near Jordan, was transacting business in Scio Tuesday.

Our shoes for men, women and children please both your purse and your feet.—Hibler & Gill Co.

Chickens for sale—Three dozen Buff Leghorns and seven dozen Brown Leghorns, three month old pullets.—H R Shank, R F D 1, Scio. Mutual phone.

F T Filyeu received a letter from J J Barnes of Stayton Wednesday in which he stated that he had just purchased a new Ford. Mr Barnes' friends may expect to see him "honking" around the streets of Scio in the near future.

A dance will be given at the Z C B J Hall at Crabtree on Saturday evening, May 10. Music will be furnished by the Scio National band. Lunch at 11 p m. A good time is assured all who attend. Everybody who knows how to behave is invited.

Jim Wann still has potatoes for sale for seed and feed.

Don't forget the Movies at Wesely-Cain hall Saturday.

About twenty head of goats for sale. Half ewes and half wethers.—A Groelick, 44

J M Lindley has deserted the ranks of the Never-sweat club and has gone to attending his two-acre strawberry patch. He has promised the editor all he can eat when they get ripe—if he pays for them.

CARD OF THANKS
We wish to express our grateful appreciation of the sympathy and love shown by the beautiful floral tributes and helpful assistance to our dear departed Mother during her recent illness and death.
Will M Abbott,
James B Abbott,
Ira M Abbott,
Florence E Caldwell,
Jennie McClure.

BIDS WANTED
By Scio School District No 95 for material and labor, separate or combined, to finish High School room, equal to and same style as present High School room. Bids close June 10, 1913. Work to be completed by August 1, 1913.
43 J F WESELY, Clerk.

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We want you to make us prove it. We will pay for a month's treatment of Rexall "93" Hair Tonic used during a trial, if you will use it according to directions, and are not thoroughly satisfied. When we will do this, you surely should not hesitate to at least try it.
Start the treatment today. Your mere request will get your money back if you want it. Two sizes: 50c and \$1.00.
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