

# DOMESTIC SCIENCE DEPARTMENT

Conducted by  
**Mrs. Belle De Graf**  
Domestic Science Director Sperry Flour Co.

## Apples Afford Popular Health-Giving Food; Many Practical Methods for Preparation

Since cake comes on the list of luxuries, the utmost care should be taken both in the method of preparation and in the quality of material used. It is not difficult to make a good cake if good materials are used and care in measuring and combining ingredients is exercised. However, the baking requires more study and care than the mixing, for no matter how well you have put the cake batter together, if the oven is not right the cake will be a failure. In the first place, choose a reliable recipe, then assemble all necessary materials and utensils. Pans should be prepared and oven heated before mixing the cake batter. For success care must be taken in measuring, all measurements being level. For butter cakes there are two ways to add the shortening; for inexpensive cakes containing a small quantity of shortening the result will be found satisfactory if the fat is melted and added to the batter after the cake is all mixed. For the richer cakes, where one-half cup or more of shortening is used, the shortening is beaten to a cream, or until smooth and waxy. This can be accomplished easily if the mixing bowl is rinsed with hot water, then wiped dry before the shortening is placed in it. Add the sugar gradually to the creamed shortening and continue to beat until the mixture resembles whipped cream.

### Eggs May Then Be Added Whole

The eggs may then be added whole, one at a time, and beating the mixture thoroughly each time, or the eggs may be separated, beating the yolks until thick and lemon colored and the whites until stiff. Add the beaten yolks to the creamed butter and sugar mixture; add the sifted dry ingredients alternately with the milk, beating the mixture well. Flay or fold in the stiffly beaten egg whites.

The more the cake is beaten before the egg whites are added the firmer will be its texture. Separating and beating the eggs gives a light, fluffy cake.

Cakes should be baked as soon as mixed. A great deal depends on the proper baking, and the best way to assure satisfactory results is to time the cake and divide the time of baking into quarters. In the first quarter the mixture should rise in the pan; in the second quarter it should continue to rise and brown in spots; in the third quarter the top of the cake should be uniformly browned, and in the last quarter the cake should shrink from the sides of the pan and it should be baked.

### Test in Baking By Light Touch

If in doubt as to whether the cake should be taken from the oven test it by touching lightly in the center. If baked, the mixture will spring back, but if not quite baked it will hold the imprint of the finger.

This rule for timing applies to all cakes, whether layer or loaf, or where a slow or medium oven is used.

The time for baking will vary a little for different ovens, but the average time for a medium-sized layer cake is from 15 to 20 minutes. Loaf cakes three inches thick will require about 40 minutes; sheet cakes and cup cakes about 25 minutes. Cakes baked in a brick shaped pan will require an hour or longer. A moderate oven will give the best results for nearly all cakes.

If the batter rises in a cone in the center you are using too hot an oven, and a crust has formed before the mixture has had time to rise.

When the cake is baked, it should be allowed to cool before being turned from the pan, and it should cool on a wire cake rack, so that there will be a circulation of air about it, to prevent the steam from condensing and giving a moist surface to the cake.

There is another variety of cake, which is made without shortening, and the method of mixing is quite different from the method used for butter cakes.

The true sponge cake and angel food are the best examples of cakes belonging to this class.

shortening, a true sponge cake requires no leavening agent such as baking powder or soda. These cakes depend for lightness entirely upon the amount of air which has been beaten into the eggs, and the expansion of that air when heated in the oven. For this reason, there should be no stirring after the sugar has been beaten into the yolks; stirring would completely break down the bubbles of air; the ingredients should be carefully folded in while mixing.

The egg whites should be beaten with a whip egg beater to incorporate the air. These cakes should be baked in a slow oven, and the oven door should not be opened during the first 20 minutes of baking. A tube cake pan is best for this type of cake, and if possible, pans should be kept only for these cakes and should never be oiled. A true sponge cake—one without baking powder—should always be baked in an ungreased pan so that the cake may cling to the pan as it rises and bakes. Also invert the pan as soon as the cake is taken from the oven, so that it may suspend from the pan and fully dry out and expand the air cells. By this method the cake will retain its full lightness.

### Angel Cake.

Three-quarters cup whites of eggs; 1/2 teaspoon cream of tartar; 1/2 cup of sugar; one teaspoon each of almond and lemon; 1/4 cup of flour.

Beat egg whites until foamy, using a whip egg-beater. Add cream of tartar, then beat eggs until very stiff and dry. This is most important, otherwise the cake will be tough and leathery. Add sugar gradually, carefully folding it in; then add flavoring and lastly the flour, folding it in gradually. Bake in an ungreased pan about 45 minutes. This makes a small cake.

### Yellow or True Sponge Cake.

Sponge cake made with baking powder requires greased pans, and are baked in a hotter oven than the true sponge cake.

Five egg yolks, 1 cup sugar, 1 cup flour, 4 egg whites, 1/2 teaspoon cream of tartar, 1 teaspoon lemon extract, 1 teaspoon vanilla extract. Beat the yolks of eggs until thick; add sugar gradually, beating with the egg-beater; add-flavoring. Beat whites of eggs as for angel cake until stiff and firm, using a whip egg beater; fold carefully into the yolk mixture, then gradually fold in the flour. Pour into an ungreased tube cake pan and bake in a slow oven about 50 minutes. This formula will make two dozen small cakes.

## CHINESE WILL DISCUSS PART IN CONFERENCE

gates and representatives from every Chinese organization in the United States, Canada and South America will meet here October 8, 9, and 10 to discuss China's participation in the Disarmament Conference to begin at Washington November 11. Representatives of the Southern Chinese government in Washington have been instrumental in calling the meeting; here, it is announced.

In addition to discussing the armament question the delegates to the Detroit meeting will map plans for asking the United States government to recognize the government of Dr. Sun Yat-Sen of the Southern Republic.

All groups and classes of Chinese in the western hemisphere are to be represented in the meeting, it is announced. Among the organizations that will send delegates are the Chinese Naturalist League, Chinese Free and Accepted Masons, Chinese Merchants' association, Chinese Six Companies (Boards of Commerce), Chinese Students' Chinese Prohibition league, Chinese Student Christian association, Chinese Y. M. C. A.

### Caruso



The death mask of Enrico Caruso was made by Chiarello, Italian sculptor, shortly after the tenor's death in Naples.

## CHAULMOOGRA OIL CHECKING LEPROSY, JAPAN

HONOLULU, T. H., Sept. 13.—By mail—The chaulmoogra oil treatment for leprosy, evolved by Dr. A. L. Dean, president of the University of Hawaii, has produced "remarkable results" in checking the disease in Japan, according to Dr. R. Hoyoshima, director of the medical college of the Imperial university of Kyoto, Japan, in an address here to leading members of the Japanese community.

Dr. Hoyoshima, who is here studying the latest developments in the Dean specific, said that when the report of Dr. Dean's discovery reached Japan, chaulmoogra oil was prepared at the medical department of the Kyoto university immediately, and experiments were made on 13 lepers. Two months of treatment was so effectual, Dr. Hoyoshima said, that it was not possible for a layman to recognize that the patients ever had been afflicted with leprosy.

"One of the patients was so glad that he came to me and told me that heretofore he had confined himself to his house because he was ashamed of his disease," Dr. Hoyoshima stated. "But on the preceding day the result of the treatment had been such that he was no longer ashamed to go out, so he went to a barber and had his hair cut."

"Our experiments with the treatment resulted so favorably that the medical department of Kyoto university has received innumerable requests from leprosy patients to have the treatment administered to them, but our department has been unable to meet the demand. A large number of leprosy patients are waiting eagerly to receive this treatment, and this very day a great number of them are waiting my return."

Dr. Hoyoshima estimated that there are 100,000 persons in Japan afflicted with leprosy. The fact that chaulmoogra oil is a curative for leprosy was known in Japan before Dr. Dean's discovery, Dr. Hoyoshima said, but the effect of taking the oil prior to Dr. Dean's experiments was so terrible that many persons preferred to suffer with leprosy rather than submit to the treatment.

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Chinese National Welfare Society, and others with various auxiliary societies. Special passport arrangements for delegates from other countries have been made by Chinese representatives at Washington.

The entire subject of Chinese and other Far-Eastern problems will be discussed by speakers. Present political conditions in China are to be emphasized. C. H. Kettinger of Defiance, Ohio, recently named director of purchases for the Southern Chinese republic is expected to take a prominent part in the meeting.

Those in charge of plans for the gathering here say it will be the first of its kind in the western hemisphere.

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