

New Method Aids in Baking of Angel Food

Tested Recipe Takes Away Cook's Fear of Disaster

The housewife who can make them takes the cake. But so many homemakers believe there is something mysteriously difficult about making cakes; they're afraid before they start. Really, it's not at all difficult.

Let's examine this new deal in the cake situation:

First, there's the Angel Food cake, the one that used to cause heartaches. Here's a new and surprisingly simple method developed and tested at the Safeway Stores Homemakers' bureau. The formula:

- Angel Food Cake
1 cup sifted flour
1 cup egg whites (8-10)
1 tsp. salt
1 tsp. cream of tartar

1 1/2 cups sifted granulated sugar
1 tsp. vanilla
1 tsp. almond extract
Have all ingredients at same temperature and measured carefully before you start mixing.

Mixing Method
Place unbeaten egg whites in a large bowl, add three-fourths of the entire amount of sugar which is 5-6 of a cup. Beat this mixture until it will stand in points but is NOT dry.
Next add, all at once, the flour, cream of tartar, salt and remainder of the sugar, but do not BEAT this into the first mixture—fold gently. Add flavoring last. Instead of an extract, grated orange or lemon peel gives a delicious flavor.

THE RESULTS of these different methods of mixing are: Electric or rotary beater makes a very fine grained cake that comes within 1/4-inch of the top of an 8-ounce angel food cake pan.

The wire whisk or whip makes a cake fully 1 1/2 inches above the pan, but this cake does not have as fine a texture as the other two.

THE BAKING PROCESS requires a moderate oven (325 degrees F.) for one hour. Simple, isn't it?

Sponge Cakes, Too
Now let's examine sponge cakes

made by the more generally accepted method.

THE INGREDIENTS should be chosen with great care. Pastry flour and sugar of fine texture and only the best grade of eggs should be used.

THE MIXING is important since true sponge cake is made without shortening or baking powder—the only leavening agent being the air which is put into cake by means of beaten eggs—the most important ingredient. The egg yolks and whites must be beaten separately since more air is included in the egg whites when beaten alone.

Egg whites, when underbeaten, will result in a coarse grained, heavy, under-sized cake, while overbeaten whites will make a dry cake.

Egg yolks should be beaten until thick and lemon colored as underbeaten yolks cause a tough yellow streak at the bottom of the cake.

Handle It Carefully

The flour may be folded into the beaten yolks and sugar alternately with the egg whites, or the egg whites may be added first and the flour folded in last. Sponge cake batter in this stage should be handled carefully as undermixing makes cakes of coarse texture, while overmixing will make a heavy, tough textured cake of low volume.

BAKING is another important factor. A hot oven causes a hard crust which will burst open, to form on top of the cake, while an oven that is too cool produces a cake which is shrunken in appearance and of course, porous texture.

RECIPES

True Sponge Cake
1 cup flour
1 tsp. salt
4 eggs
1 cup sugar
4 tps. lemon juice

Sift flour, measure, add salt and sift again. Separate whites and yolks of eggs and beat yolks until thick and lemon colored. Add sugar gradually and beat again. Add lemon juice and mix thoroughly. Fold in flour alternately with stiffly beaten egg whites (be careful not to beat the cake at this time). Bake in a floured sheet or loaf tin in a slow oven. (Sheet, 325 degrees F., 30 minutes; loaf 300 to 325 degrees F., 40 to 60 minutes).

Mock Sponge Cake
4 eggs
4 tps. cold water
1 cup sugar
Flavoring
2 tps. baking powder
1 tsp. salt
1 1/2 flour

Beat eggs with salt until thick and add water and flavoring. Beat in sugar gradually. Sift baking powder and flour together and beat well until mixture thickens. Heat oven to 350 degrees F.; bake in this sheet at 350 degrees F., 20 to 30 minutes.

Dried Fruits Better If Cooked In Oven

Dried fruit is far better if stewed in the oven and can be cooked while baking or roasting other food. Wash the fruit, pour boiling water on it and let it stand in a covered dish until the oven is ready; then add sugar, cover tightly and let the heat of the oven cook them. Prunes, especially, are delicious cooked this way. Prunes get a new flavor if a few whole cloves are put into the pan while cooking, or if a slice or two of lemon is added when they are almost done.

Food for Thought

By Robert Pilgrim



HENRY VIII LIKED A CUT OF MEAT SO WELL HE KNIGHTED IT - SIR LOIN



WHEN FOOD IS SENT FROM ONE NEIGHBOR TO ANOTHER IN JAPAN THE DISHES ARE ALWAYS RETURNED UNWASHED



PEASANTS IN RUSSIA HOLD THE BELIEF THAT FIRES CAUSED BY LIGHTNING SHOULD BE PUT OUT WITH MILK



THE CUSTOM AT WEDDINGS IN EARLY ROME WAS TO BREAK THE WEDDING CAKE OVER THE BRIDE'S HEAD TO BRING LUCK

Pyrethrum, an insect powder used in killing plant lice on chrysanthemums, is made from the dried florets of a species of chrysanthemum.

The chimpanzee is the most intelligent of all animals below man.

NEW PUBLISHING HOUSE COMPLETED

BOSTON, Mass., June 6.—Virtual completion of the new Christian Science publishing house in Boston, Mass., and gratitude to the field for its loyal support which made this achievement possible, was the keynote at the annual meeting of the Mother Church, the First Church of Christ, Scientist, in Boston, Mass., held here today.

Better and quicker healing, and

closer unity in its demonstration, as well as greater consecration to the ideals set up by Mary Baker Eddy, the discoverer and founder of Christian Science, were impressed upon the "army of Christian Science workers," more than 6,000 strong, who attended this annual meeting. These workers are representatives of a field which extends to such remote points as Australia, South Africa, the Philippines, as well as England and many of the continental countries. Practically every state in the Union and many parts of Canada also are represented.

Announcement was made of

the election of the following officers:

President—Dr. John M. Brewster of Cambridge, Mass.
Treasurer—Edward L. Ripley of Brookline, Mass.
Clerk—Ella W. Palmer of Brookline, Mass.

Persons under the influence of alcohol sunburn more easily than sober persons, according to the Berlin Institute of Research.

AGED MAN KILLED

EUGENE, Ore., June 6, (AP)—Charles M. Collier, 76, was fatally injured when he fell from a cherry tree at his home here on Tuesday. Collier was a former Lane county supervisor.

By actual count, one plant of the common pigweed yields 17,000 seeds.

Homemakers Who Know Choose

Westinghouse ATTEND THE 'KITCHENEERING' COURSE AT THE PELICAN THEATRE TODAY AND SEE THE WESTINGHOUSE IN ACTUAL USE

ESTELLE CALKINS CHOSE WESTINGHOUSE FOR HER DEMONSTRATIONS, FROM . . .

Allen Electric Store

521 Main St.

Phone 171

Little Red Riding Hood knew what was good



IN FACT, everyone who knows how to banish early morning glumness with a smile, recognizes the goodness of Max-i-mum Syrup. It rules every breakfast with majestic deliciousness . . . for Max-i-mum possesses the rare mellow tang of a genuine Northwoods product. Max-i-mum is a rich blend of real old-time deep-woods maple and cane sugar that tops the glowing flavor of steaming hot cakes and waffles. Use it generously for delicate frostings and desserts . . . you can, for Max-i-mum is smartly inexpensive!

Max-i-mum Syrup is now being featured at Safeway Stores Homemakers' Bureau "Kitcheneering" Courses. It has merited the Homemakers' Bureau Seal of Approval because of the distinctive, true Maple flavor.



Here's how to create EXCITEMENT at the SUPPER TABLE with three popular

Van Camp's favorites

BEAN HOLE BEANS

The bean lover's choice
Plump, white beans, blended with pork, molasses, brown sugar and mustard—by a process which makes them more delicious and easier to digest! Bean Hole Beans are ready to serve, just as they come from the can. But if you want to taste them at their very best, heat the contents of one can in a covered casserole for about 15 minutes. This brings out all their full, wholesome flavor. If you like a crisp top layer, heat them a few minutes longer! Serve them often—they're a welcome, easily prepared and economical treat for all the family.

VAN CAMP'S TOMATO SOUP

With richer, true tomato flavor!
You've never had Tomato Soup with such tempting color, such full tomato flavor! You've never known how good tomato soup can be unless you've had Van Camp's! Deliciously fragrant, velvet-smooth and perfectly delicious . . . it's ready to serve!

VAN CAMP'S VEGETABLE SOUP

The real, old-fashioned kind!
There's a flavor thrill in every tempting bowlful! Made of crisp, fresh vegetables, blended with savory beef broth and alphabet macaroni—it's satisfying and marvelously good to eat! Ready to serve.



Values for June 6-7-8

Free! to every housewife a COURSE in "KITCHENEERING" Conducted by Miss Estelle Calkins Chief Kitcheneer, direct from the Safeway Stores Homemakers' Bureau, at the Pelican commencing 2 p. m. Wednesday. Three days of Modern ideas for your kitchen and table. Compliments of your nearby Safeway Store. Plan to go!

PINEAPPLE LIBBY'S SLICED AND CRUSHED No. 2 1/2 Can 19c	SNOWFLAKES OR GRAHAMS NAT'L 2 lb. 28c
COFFEE EDWARD'S DEPENDABLE 2 lb. Can 53c Lb. Can 27c	SALT PLAIN OR IODIZED MORTON'S 2 Pkgs. 15c
Mayonnaise BEST FOODS PINT JAR 27c QUART 47c	SOUP VAN CAMP'S Tomato and Veg. No. 1 Cans 15c
CHEESE KRAFT'S ALL KINDS 1/2 lb. Pkg. 15c	BEANS VAN CAMP'S Bean Hole Beans No. 300 Can 9c
SHORTENING SWIFT'S FORMAY 3 Lb. Can 49c	SYRUP MAX-I-MUM Cane and Maple QT. BOTTLE 39c
LETTUCE FRESH LOCAL SOLID LETTUCE EACH 4c	
YOUNGBERRIES THEY ARE DELICIOUS 12 CUP CRATE 89c	

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