

FOOD & FAMILY

Secret of Successful Cake-Baking Offered

Why is it a cake—high, light and luscious—seems to be the enduring symbol of the successful American homemaker? Maybe because no matter what your age or station, whenever you uncover a high candle-bedecked masterpiece you wouldn't trade places with anyone in the world.

If you somehow never achieve the high degree of cake-baking we've described—don your apron and seek the calm refuge of your kitchen to try these tips.

A perfect cake, whether a simple one egg cake, a rich tempting devil's food, a delicate sponge cake, or any one of these varieties now available in package mixes, is the goal of every homemaker—and the road is no longer a rocky one.

Careful selection of recipes is of course most important; if you're starting from scratch be sure the recipe comes from a reliable source and has been tested.

Follow directions to the letter on package mixes and success will follow. If your recipe is of the "over-the-back fence" variety make sure your friend gives you specific measurements and that these are written down accurately.

Many a cake failure has been traced to the recitation of inaccurate amounts of various ingredients. Inaccurate measurements may result in a course grained dry cake, one that may run over the sides of the pan, fall when taken from the oven, or have a sticky crust.

Preparation of pans before mixing the batter will eliminate last minute confusion. Use the correct size pan, one too small or too large will produce a sad looking cake. Pans made from a shiny metal are best for cake baking. If using glass pans remember to reduce the oven temperature 25 degrees for best results.

If the cake contains shortening, the bottom of the cake pans should be greased or lined with waxed paper to fit the bottom of the pan exactly. Cakes containing no shortening should be baked in ungreased pans. In the case of the myriad of package mixes available, follow the directions on the package.

Pour the batter into prepared pans—taking care to divide the batter equally if

you are using two or more pans.

Place the cake pans in the oven, being sure that they are not touching one another or the sides of the oven. (This could cause uneven browning or a hum to form on the cake.) Set the proper temperature and relax, to enjoy the wonderful perfume of baking cake while your modern gas oven silently works its wonders.

Presto—the timer summons you, and after checking the degree of doneness the cake is removed to racks for cooling.

Cool all butter cakes five to 10 minutes in the pans, then remove and place cake layers on racks to finish cooling. For cakes made without shortening the pan should be inverted to cool completely before removing cake. Be careful to handle cake gently when removing from the pans, rough handling could cause it to crack.

Cake—that one word—conjures up memories of wonderful family dinners, gay homecomings, or just plain friendly warm people, doesn't it? Here's a new recipe that will become a favorite of your family for just such occasions. Try it soon!

SUNBURST ORANGE CAKE

- 2 cups sifted all-purpose flour
- 1 1/2 cups sugar
- 1/4 teasp. baking soda
- 1 teasp. salt
- 2 teasp baking powder
- 1/3 cup Instant non-fat dry milk (in dry form)
- 1/2 cup soft butter or margarine
- 1 tablesp. grated orange rind
- 3/4 cup water
- 1/4 cup orange juice
- 2 eggs

Sift flour, sugar, baking soda, salt, baking powder and instant non-fat dry milk into a 3-quart bowl. Add butter or margarine, orange rind and water. Beat hard two minutes by hand or with an electric beater at medium speed. Add orange juice and eggs. Beat hard two minutes more. Pour batter into two greased and floured 9-inch round cake pans. Bake at 350 degrees 30 to 30 minutes, or until cake springs back when touched lightly with finger. Cool five to 10 minutes before removing from pans. When thoroughly cool, frost with your favorite creamy frosting.

It's a Birthday Cake



This old fashioned white cake is filled with a cherry and nut mixture and the frosting dotted with cherries. It is named after Parson Weems, who first wrote of young George chopping down the cherry tree.

The story of the cherry tree legend was first published in 1806 in Parson Weems' "Life of Washington." True or not, it is a delightful story and through the years has offered a perfect excuse for serving a cherry dessert on February 22.

Parson Weem's Cake

- 3 cups sifted cake flour
- 1 1/2 cups sugar
- 4 teaspoons baking powder
- 1 teaspoon salt
- 3/4 cup Mazola margarine
- 3/4 cup milk
- 4 egg whites
- 1 1/2 teaspoons vanilla
- 1 recipe no cook Marshmallow Frosting
- Maraschino cherries
- 3/4 cup chopped nuts

Sift flour, sugar, baking powder and salt together. Place margarine in mixing bowl; stir just enough to soften. Add sifted dry ingredients and 1/2 cup of the milk; beat 2 minutes at medium speed on electric mixer or 300 strokes by hand. Add egg whites, vanilla, and remaining 3/4 cup milk; beat 1 minute with electric mixer or 150 strokes by hand. Pour into 2 greased and lightly floured 9-inch layer cake pans. Bake in 375°F. (moderate) oven until cake tests done, 25 to 30 minutes. Cool on rack, put together with No Cook Marshmallow Frosting. Use chopped cherries and nuts in the filling and cherry halves to decorate top.

No Cook Marshmallow Frosting: Beat two egg whites and 1/4 teaspoon salt with electric or rotary beater until mixture forms soft peaks. Gradually add 1/4 cup sugar, about 1 tablespoon at a time, beating until smooth and glossy. Continue beating and add 1/2 cup light Karo syrup, a little at a time, beating thoroughly after each addition, until frosting peaks. Fold in 1/4 teaspoons vanilla. Makes enough to frost tops and sides of two 9-inch layers.



WINNING COOK is Mrs. Daniel R. Ayres of 19501 Hinsdale Ave., whose recipe for Dream Cherry Cheese Cake wins her \$5 in the Cook of the Week contest. A favorite with her family, the cheese cake features whipped top-

ping folded into cream cheese in a graham cracker crust. The red cherries nestled on the creamy white cake look festive on Washington's birthday or any time of the year.

—PRESS Photo

Seafood Casserole Boasts Proteins, Low Calories

One wonderful thing about this lenten season—it gives you a chance to remind yourself that sea food is low in calories, high in many food values (including vitamins and proteins), and can be the greatest flavor discovery of all.

Of course you have to let yourself get out of the rut of cooking the same fish in the same old cookbook pages. Do yourself and your family a favor—be brave, try something brand-new. The surprising thing is, it need not be difficult to put a thoroughly delicious new

sea food on your table tonight or tomorrow.

The following recipe for Whiting Casserole features frozen fillets in a mushroom-wine sauce.

WHITING CASSEROLE

- 2 1pound packages frozen whiting fillets, thawed water to cover
- 1/2 cup white American wine
- Salt and pepper to taste
- 4 cloves
- 4 bay leaves
- 2 tablespoons butter or margarine
- 1 medium onion
- 1/4 pound fresh mushrooms, small

- 3 cups cooked rice
- 2 tablespoons chopped parsley
- 1 teaspoon Worcestershire sauce

Place fillets in saucepan, cover with boiling water, 1/4 cup wine and next four ingredients. Simmer until tender, or about 20 minutes. In another saucepan, saute onions and mushrooms until onions are golden. Then add the cooked rice and remaining ingredients; flake the fish and mix well with rice and the remaining 1/4 cup of wine. Place in covered casserole and bake for 10 minutes in a hot oven (400 deg.).

Grapefruit Goes Glamorous In Dessert Sauce, Pudding

By BEA WEBB
Southern Calif. Gas Co.
Home Economist

Most people agree that grapefruit makes an excellent breakfast fruit. And they team it with avocado in a salad for lunch or dinner. Many women working on (or should we say "off") these extra pounds consider it a "must" in the daily meals. There are lots of ways to use this good Western fruit to keep calories down, nutrition high, and the budget in balance.

The zippy flavor of grapefruit goes well with ever so many foods you enjoy and serve quite often. And there are numerous dishes you may select.

Try a hot dessert sauce made with grapefruit juice—wonderful topping for fresh gingerbread or a simple cake and so good with beverages and many other steamed puddings.

For another day may we suggest a frozen grapefruit pudding. The tangy sweetness is just right to climax a meal of hot and highly seasoned foods.

Salads—salad dressings,

dishes include grapefruit for tasty goodness and extra flavor.

GRAPEFRUIT DESSERT SAUCE

- 1 cup sugar
- 2 Tbsp. cornstarch
- 2 cup grapefruit juice
- 2 Tbsp. butter

Mix together sugar and cornstarch in a saucepan. Stir in grapefruit juice and bring to a boil. Cook, stirring constantly until thick and clear. Add butter. Serve hot as a dessert sauce.

GRAPEFRUIT FROZEN

- 2 egg yolks
- 1 can sweetened condensed milk
- 1/4 cup lemon juice
- 1/4 cup fresh grapefruit juice
- 1 cup fresh grapefruit pieces
- 2 egg whites

Beat egg yolks until light. Add condensed milk, lemon juice, grapefruit juice and small pieces of grapefruit. Fold in stiffly beaten egg whites. Place mixture in dessert freezing tray. Stir it once or twice during freezing process.

GRAPEFRUIT SALAD

- 1 pkg. lemon gelatin
 - 1 cup boiling water
 - 1 cup cold water
 - 1 cup cubed, unpeeled red apples
 - 1 cup grapefruit segments
 - 1/2 cup broken nut meats
- Add boiling water to gelatin. Stir until dissolved. Add cold water. Chill gelatin mixture until almost thick. Fold in apples, grapefruit and nuts. Pour into oiled ring mold. Chill, unmold on lettuce. Fill center with cottage cheese.



BEA WEBB

Scouting Around

PACK 755C

Cub Scouts of Pack 755-C, and their families, enjoyed a Blue and Gold dinner Friday, February 8, at the Banning Park Gym. A musical program followed.

Mrs. Harold Burgener, led the flag salute. Alice Devine and Jessica Boher demonstrated tap dancing. Baton and gun twirling was offered by the Indian Twins, Milo Merel and Merel Milo Meyer.

Pack 755-C is sponsored

GOOSE FEATHERS

Next to down, goose feathers make the softest and costliest pillows. They may be white or gray. Color makes no difference in quality.

Hermit Cookies Have Historical Background

During the early days in New England, when American clipper ships roamed the Seven Seas, a spicy molasses cookie traditionally was packed in the sailors sea chests. This cookie, the Hermit, was seaworthy for several reasons. Since it was so delicious, it enlivened the dreary maritime diet; since it kept so well, it was practical for long journeys. The same Hermits are still enjoyed today, not only in New England but the country over. The cookie is flavorful and aromatic with unsulphured molasses and spices, crunchy with raisins and nuts. Molasses goes into a wide variety of favorite foods, some Early American in origin, some as modern as tomorrow. A new booklet, "Molasses Classics for Modern Cooks," provides over 70 delectable recipes based on unsulphured molasses. To get your free copy, write to Grandma's Recipes, Dept. MC, Box 33, Wall Street Station, New York 5, N.Y.

HERMITS

- 1/2 cup butter or margarine
- 1/2 cup sugar
- 1/2 cup unsulphured mo-

- lasses
- 2 eggs
- 2 cups sifted all-purpose flour
- 1/2 teaspoon salt
- 3/4 teaspoon soda
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon cloves
- 1/4 teaspoon mace
- 1/4 teaspoon nutmeg
- 1/8 teaspoon allspice
- 3/4 cup raisins
- 1/2 cup chopped nuts

Cream together butter and sugar until light and fluffy. Add unsulphured molasses and eggs; beat well. Sift together flour, salt, soda, baking powder and spices; stir in raisins and nuts. Add flour mixture to molasses mixture; blend well. Spread evenly in greased 12x8-inch baking pan. Bake in a moderate oven (350 deg. F.) 30 minutes. Glaze while warm. Cool; cut into squares.

Yield: 12 Hermits.

GLAZE

- 3/4 cup sifted confectioners' sugar
 - 4 teaspoons water
- Blend together confectioners' sugar and water; beat until smooth. Spread on Hermits before cutting.

School Lunch Menus Told

As a public service the Torrance Press publishes elementary school lunch menus to aid housewives preparing to do marketing to plan dinner accordingly.

Lunches to be served in the elementary school cafeterias for the week beginning tomorrow are as follows:

THURSDAY

Hamburger on a bun, buttered corn, apple and celery salad, citrus fruit cup with marshmallows, and milk.

FRIDAY

WASHINGTON'S BIRTH-

MONDAY

Spaghetti with meat sauce, seven minute cabbage, carrot and raisin salad, pink applesauce, hot French bread and cheese sticks, and milk.

TUESDAY

Country pasty pie, green beans, grapefruit cottage cheese salad, chocolate cake, bread and butter, and milk.

WEDNESDAY

Tostadas with tomatoes and lettuce, buttered broccoli, emerald pears, peanut butter confection, bread and butter, and milk.

Yellow Cake Takes Cheese Cake Topping

Doubly pleasing as dessert is Cake-N-Cheese Cake, a tantalizing combination of delicious yellow cake base topped by rich cream cheese cake frosted with sour cream topping.

CAKE'N CHEESE CAKE

Bake at 335 deg. for 45 to 50 minutes. Serves 10 to 12.

- 1 cup (8-oz. pkg.) cream cheese with
- 2/3 cup sugar.

Add . . .

- 1/2 cup sour cream (thick or commercial) and
- 1 teaspoon vanilla.

Blend in . . .

- 2 unbeaten eggs, one at a time, beat well. Set aside.

Sift together . . .

- 1 cup sifted flour
- baking powder
- 1/2 teaspoon salt

Cream . . .

- 1/2 cup butter. Gradually

add

- 2/3 cup sugar, creaming well.

Add . . .

- 2 eggs, one at a time; beat well after each.

Stir in . . .

- 1 tablespoon milk and
- 1 teaspoon vanilla. Add dry ingredients; blend well.

Turn . . . into 10-inch pie-pan, at least 2 inches deep, or 9x9-inch pan, greased and floured, on bottom. Spread batter over bottom and sides, spreading thinner on over batter.

Bake . . . at 325 deg. for 40 to 45 minutes. Spread with Topping. Bake five minutes. Cool. Cover with Saran Wrap. Chill at least four hours.

SOUR CREAM TOPPING

Combine 1 cup sour cream (thick or commercial), 2 tablespoons sugar and 1 teaspoon vanilla.

COOK OF THE WEEK

Especially appropriate for dessert at a Washington's Birthday party is Dream Cherry Cheese Cake, contributed by Mrs. Daniel R. Ayres, who wins \$5 for her winning contest entry.

- 2 8-oz. cream cheese
- 1 package dream whip graham cracker crust (1/4 butter, 1/4 sugar, 20 crackers)
- 1 can cherries (pie filling type)

Set out cream cheese two hours ahead so it can soften.

Make a graham cracker crust to fill a pan about 8 1/2 x 13 or smaller. Use about 20 crackers, melt 1/4 cup butter, and to crackers with 1/4 cup sugar. Put crust in pan and refrigerate.

Make one package of dream whip as directed. When it forms soft peaks, add cream cheese and combine thoroughly until nice and creamy. Spread evenly in pan over crust.

Add some sugar to can of cherries and spoon over top of cheese cake.