

MECHANICAL METHODS OF COMBINING

Stirring is the simple process of mixing by moving the spoon around and around, gradually widening the circles, until the materials are thoroughly blended.

Beating is the method of mixing by moving the spoon from the surface of the mixture to the bottom of the bowl, turning the batter over and over, thus enclosing air which makes the mixture light.

Cutting and Folding is the process of careful mixing in which the batter is cut into with the spoon and carefully folded over. By repeating these motions several times, stiffly beaten egg whites or whipped cream may be blended with the batter without the loss of air already incorporated.

Tables of Measurements and Weights

3 teaspoons (tsp.)	= 1 tablespoon (tbsp.)
16 tablespoons	= 1 cup (c.)
2 cups	= 1 pint (pt.)
2 cups sugar	= 1 pound (lb.)
4 cups flour (sifted)	= 1 lb.
2 cups shortening	= 1 lb.

HOW TO OBTAIN BEST RESULTS

- 1—Have all ingredients ready before mixing, also have tins oiled.
- 2—Use accurate measurements.
- 3—Flour should be sifted before measuring.
- 4—All materials are measured level, that is, by filling the spoon or cup full and leveling off with a knife—never pack.
- 5—Correct oven temperatures are of great importance in successful baking.

Home Economics Department

Elsie Stark, Director

R. B. DAVIS COMPANY

Hoboken, New Jersey

Manufacturers of

DAVIS BAKING POWDER

DAVIS DRY YEAST BAKING POWDER

and

COCOMALT

What
BAKING POWDER
Batters
and
Doughs
mean to you

FACTS ABOUT BAKING POWDER BATTERS AND DOUGHS

The history of bread making, were it traced, would be most interesting, each stage marking the progress and development of man. Just when and where the art of using leavening originated is not known, yet records show that over 4,000 years ago the Egyptians made leavening bread. Imagine the marvelous change in the first crude loaves and those of today.

A STANDARD RECIPE

A standard recipe is a mixture where the proportions have been so well worked out that it is recognized as a basis from which variations are developed.

CLASSIFICATION OF BATTERS AND DOUGHS

Consistency of the Mixture.

- | | |
|---------------|--|
| 1—Pour Batter | { Griddle Cakes
Waffles
Popovers |
| 2—Drop Batter | { Butter Cake
Muffins |
| 3—Soft Dough | { Biscuits
Dumplings
Short Cake |
| 4—Stiff Dough | { Doughnuts
Cookies
Pie Crust |

Method of Mixing.

- 1—Baking Powder Biscuit and Pastry: Sift the dry ingredients together, cut in the shortening and add liquid carefully.
- 2—Butter Cakes: Cream fat with the sugar, add beaten eggs, then liquid and dry ingredients alternately.
- 3—Muffin Mixture and Griddle Cakes: Mix the sifted dry ingredient with egg, liquid, then last add the melted shortening.
- 4—Sponge Cakes and Meringues: Beat eggs until light and fold in the dry ingredients.

ESSENTIAL INGREDIENTS

Flour—Wheat, rye, buckwheat, corn, barley, etc. (Wheat, which is most extensively used in the United States for bread making, varies from whole wheat and graham to the finest bolted flours.)

There are three kinds of wheat flour:

- 1—Bread or hard wheat flour is made from Spring wheat, contains a superior quantity and quality of gluten. Gluten is the sticky, elastic substance which entangles the leavening gas.
- 2—Pastry or soft wheat flour is made from Winter wheat and contains more starch and less gluten than hard wheat flour.
- 3—All Purpose: A mixture of the soft and hard wheat ground into flour.

NOTE:—Bread and all-purpose flour requires one tablespoon of liquid more per cup than pastry or about two tablespoonfuls of flour less to a cup.

Baking Powder—Is the leavening agent used to make the mixture light and appetizing. It is composed of bicarbonate of soda (the alkali) and an acid combined in the correct proportions so as to liberate a certain amount of gas—carbon dioxide gas (CO_2). These bubbles of gas get entangled in the dough and cause it to raise. There are three general types of baking powders:

Slow Action: Contains sodium aluminum sulphate as the acid reacting ingredient. Greatest action takes place when heated.

Quick Action: Either an acid phosphate, tartaric acid or cream of tartar used as the acid reacting ingredients. Action begins when the baking powder is moistened.

Composite: Contains both acid phosphate and sodium aluminum sulphate as the acid reacting ingredients; therefore has a double action. For part of the leavening action is released as soon as the liquid is added, and a further leavening action takes place when heat is applied. It is entirely wholesome and leaves no objectionable residue in the food.

Liquid—Milk produces the best results, although water, potato water or fruit juices may be substituted.

Shortening—Tenderness is obtained by careful mixing of the ingredients and the use of shortening. Butter and sugar make the cell walls of the cake very tender. In cake making a balance should be kept between the amount of eggs (toughening agent) and the amount of butter and sugar (weakening agents).

Eggs—help in making products light and fine of texture; increase the food value, serve as a binder to hold other ingredients together and are the toughening agent in cake making. As high temperatures toughen egg whites, cakes should be baked at a very moderate temperature—325° F.—raising to not over 350° F. during the last baking quarter.

Sugar—Granulated sugar is used unless recipe specifies another kind. Fine granulated sugar is better than coarse.

Flavoring—Extracts, chocolate, cocoa, fruit, nuts.

Eliminate the Eleventh Hour Worries

When all dressed up, don't worry about the making of hot dainties you would like to serve.

Prepare the batter or dough early in the day, then bake, so the "Treat" will be piping hot for your guests.

DAVIS BAKING POWDER gives perfect baking results even after standing in the cold dough several hours or over night.

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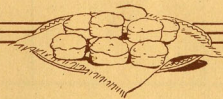
DAVIS DRY YEAST BAKING POWDER

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COCOMALT

SUGGESTION: Use **CUT-RITE** Waxed Paper for keeping food clean—fresh. Use it when you bake. Cut-Rite cuts the right length every time, no loose ends, no waste. Sanitary and efficient.

The **OLD RELIABLE** *and* **ITS RELATIVES**



DAVIS CHART FOR BAKING POWDER BISCUITS AND ITS RELATIVES

Name	Basic Ingredients	Special Ingredients	Number Made	Method
STANDARD BISCUITS	2 c. flour 4 tsp. DAVIS BAKING POWDER $\frac{3}{4}$ tsp. salt 2-4 tbsp. shortening $\frac{3}{8}$ - $\frac{1}{4}$ c. liquid (half milk, half water)		12	Sift the dry ingredients together twice, cut in the shortening, then add the liquid. Allow the dough to stand 10 to 30 minutes. Roll out to one-half inch thickness, shape with a cutter $2\frac{1}{4}$ inches in diameter. To secure the bloom brush top with milk. Place in pan and, bake 12-15 minutes in quick oven (450° F.).
CHEESE WAFERS	Standard Recipe	$\frac{1}{2}$ c. grated cheese paprika	24	Roll $\frac{1}{4}$ -inch thick, spread cheese on half the portion sprinkling with salt and paprika. Fold over the other portion, press together, shape with cutter 2 inches in diameter.
ORANGE BISCUITS	Standard Recipe	1 orange (juice and grated rind) 15 pieces block sugar	15	Use 3 tablespoons orange juice as part of the liquid. Roll $\frac{3}{8}$ -inch thick, cut as biscuits. Press a block of sugar saturated in the juice into each biscuit. Sprinkle a pinch of grated rind over each.
CINNAMON ROLLS	Standard Recipe	2 tbsp. butter $\frac{1}{2}$ tsp. cinnamon 4 tbsp. sugar	14	Roll $\frac{3}{8}$ -inch thick. Cream or melt the butter. Spread over the rolled out dough. Mix the cinnamon and sugar and sprinkle over the buttered layer. Roll up like jelly roll and cut into $\frac{3}{4}$ -inch thick pieces. Place in pan about $\frac{3}{8}$ -inch apart and bake same as biscuits.
BISCUIT SHORT CAKE	Standard Recipe slightly changed	4 to 8 tbsp. shortening 2 tbsp. sugar 2 tbsp. butter	6	Roll $\frac{1}{2}$ -inch thick, cream butter and spread over dough. Fold over and press the two layers together. Cut into individual servings in squares or with round cutter 3 to $3\frac{1}{2}$ inches in diameter. Crushed berries or fruits may be used with whipped cream as filling and on top.
SURPRISE BISCUITS	See Biscuit Shortcake Recipe	30 dates stoned $\frac{1}{4}$ c. nuts 15 marshmallows	30	Drop 1 teaspoon dough in each small muffin ring. Press a date stuffed with nuts into dough, add $\frac{1}{4}$ to $\frac{1}{2}$ marshmallow on top of date, then top with 1 teaspoon dough. When baked they appear as drop biscuits.
CARAMEL or BUTTERSCOTCH ROLLS	See Biscuit Shortcake Recipe	4 tbsp. butter 1 c. brown sugar $\frac{1}{2}$ c. chopped nuts $\frac{3}{4}$ c. chopped raisins	14	Roll $\frac{3}{8}$ -inch thick. Cream butter and sugar together. Spread over the rolled out dough and cover with nuts and raisins. Roll and follow directions for Cinnamon Rolls.

Abbreviations: tsp. = teaspoon tbsp. = tablespoon c. = cup

Compiled by **ELSIE STARK**, Director
Home Economics Department

FROSTINGS

SEVEN MINUTE ICING

1 egg white, unbeaten ½ teaspoon Davis Baking Powder
¾ cup sugar or 3 tablespoons water
1 cup brown sugar

Add as named in double boiler. Beat as it cooks with Dover beater. When it clings as a mass in the egg beater, remove from the heat.

ORANGE BUTTER FROSTING

3 tablespoons orange juice 1 egg yolk
2 teaspoons lemon 1 tablespoon melted butter
3 cups confectioner's sugar 3 or 4 drops of yellow coloring

Beat yolk, add juice, then sugar gradually. Add melted butter towards last, and coloring. Fills 3 layers or 2 and around the sides.

COCOMALT ICING

2½ tablespoons butter 1 cup Cocomalt
1 cup confectioner's sugar 2½ tablespoons strong coffee

Cream butter, add alternately sifted COCOMALT and confectioner's sugar with coffee to make a paste of a consistency to spread. Fills three layers or two and around the sides.

COCOMALT FUDGE FROSTING

1½ cups sugar 4 tablespoons butter
¾ cup milk 1 tablespoon vinegar
1½ cups Cocomalt 1 cup nut meats

Cook sugar, Cocomalt and milk together until boiling, add butter and vinegar. Boil, stirring occasionally to avoid burning, until firm ball is formed when dropped in cold water. Remove from fire; allow to become almost cold, then stir until it loses the shiny appearance. Add nuts when it begins to keep its shape. Pour onto cake.

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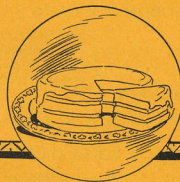
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Superior Quality CAKES



CAKES

BUTTER CAKES

Method:

Cream the butter and sugar; add beaten egg yolks or whole eggs and beat together. Sift the dry ingredients together twice; add alternately with the liquid. Lastly fold in the stiffly beaten whites, if eggs are separated, and flavoring. Bake in a moderately hot oven (350°F.).

Standard Recipe

ONE-TWO-THREE-FOUR CAKE

1 cup shortening	1 cup milk
2 cups sugar	2 teaspoons Davis Baking Powder
3 cups flour	$\frac{1}{4}$ teaspoon salt
4 eggs	2 teaspoons flavoring

Bake in layers for 20 to 25 minutes. Makes three layers 9 inches in diameter, $1\frac{1}{2}$ inches depth.

PLAIN CAKE

$\frac{1}{4}$ cup shortening	$1\frac{1}{2}$ cups flour
$\frac{3}{4}$ cup sugar	2 teaspoons Davis Baking Powder
2 eggs	$\frac{1}{2}$ cup milk
	$\frac{1}{4}$ teaspoon vanilla

Makes 1 Loaf Cake.

COCOMALT CAKE

6 tablespoons shortening	2 cups flour
1 cup sugar	1 cup Cocomalt
2 eggs	$\frac{1}{4}$ teaspoon salt
1 cup milk	1 teaspoon vanilla
4 teaspoons Davis Baking Powder	

Makes 2 layers 9" x $1\frac{1}{2}$ ". Bake 25 minutes.

DEVIL'S FOOD CAKE

$\frac{1}{2}$ cup shortening	$4\frac{1}{2}$ teaspoons Davis Baking Powder
2 cups sugar	
4 eggs	$\frac{1}{4}$ teaspoon salt
1 cup milk	1 teaspoon vanilla
$2\frac{1}{2}$ cups flour	2 ounces bitter chocolate

Fold in the beaten egg whites last. Bake 45 minutes at 380°F. Makes 2 layers 9" x $1\frac{1}{2}$ ".

SPICE CAKE

$\frac{1}{4}$ cup shortening	2 teaspoons Davis Baking Powder
$\frac{3}{4}$ cup sugar	$\frac{1}{2}$ teaspoon cinnamon
2 eggs	$\frac{1}{4}$ teaspoon nutmeg
$\frac{1}{2}$ cup milk	$\frac{1}{4}$ teaspoon cloves and allspice
$1\frac{1}{4}$ cups flour	$\frac{1}{4}$ cup chopped nuts or raisins

Fold in the beaten egg whites last. Bake 50 minutes at 380°F. Makes 1 loaf cake.

SPONGE CAKE

General Method:

Use equal measure for eggs, sugar and flour. Beat egg whites stiff with wire beater. Sift the dry ingredients twice. Lightly fold in sifted dry ingredients and flavoring. Pour in ungreased pan (tube pan is best). Wet the pan before using, with cold water. Bake at low temperature not over 325°F. for about 50 minutes.

PLAIN SPONGE CAKE

4 eggs (white and yolk separate)	$1\frac{1}{2}$ teaspoons Davis Baking Powder
1 cup sugar	
1 cup flour	$\frac{1}{4}$ teaspoon salt
Grated rind of 1 lemon	3 tablespoons lemon juice

Soak rind in juice 15 minutes, strain and add to beaten yolks. Add sugar, then dry ingredients. Lastly fold in stiffly beaten whites. Bake in pan $7\frac{1}{2}$ " x 3" at 325°F. for 45-60 minutes.

ANGEL FOOD CAKE

1 cup whites (8 to 9)	1 cup sugar
1 teaspoon cream of tartar	1 cup flour
$\frac{1}{4}$ teaspoon salt	1 teaspoon vanilla

Beat egg whites until fluffy, add cream of tartar and continue beating until stiff (not dry). Fold in other ingredients one at a time as named. Bake in pan $7\frac{1}{2}$ " x $3\frac{1}{2}$ " for 1 hour at 325°F.

COOKY

SUGAR COOKIES

1 cup sugar	$\frac{1}{2}$ teaspoon lemon
$\frac{1}{2}$ cup shortening	2 cups flour
1 egg	2 teaspoons Davis Baking Powder
1 tablespoon milk	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ teaspoon vanilla	

Mix in order given, creaming the butter and sugar, and sifting the dry ingredients together. Add milk and flavoring. Turn on floured board, roll thin, cut with cutter $2\frac{1}{4}$ " in diameter, and bake in hot oven 375°F. Makes 6 dozen.

Two --- Yet One

Most of the battles for your life are fought successfully, when you know what to eat and drink.

COCOMALT is the two in one—Food and Drink.

Three teaspoonfuls beaten into a glass of milk adds 113 calories, thus increasing the food value of that glass over 70%. Use a shaker or a beater and you change milk into a delicious chocolate flavor food drink.

Remember, too, **COCOMALT** furnishes the essential Vitamin D (sunshine vitamin).

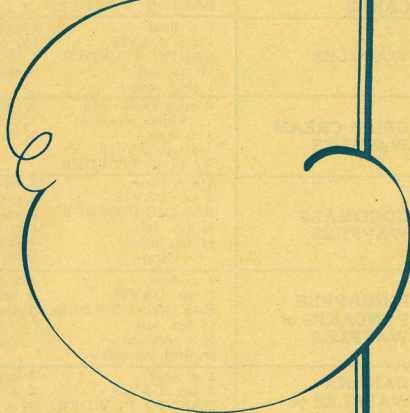
Try **COCOMALT** either hot or cold and you'll win.

Additional leaflets sent on request.

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King of Treats



DAVIS CHART FOR GRIDDLE

CAKES AND WAFFLES.

Name	Ingredients	Number Made	Method
PLAIN GRIDDLE CAKES	2 c. flour ½ tsp. salt 3 tsp. DAVIS BAKING POWDER 2 tsp. sugar 1½ c. milk 1 or 2 eggs, beaten 2 tbsp. melted fat	15	Sift dry ingredients together. Beat egg and add to milk, combine the two mixtures, beat smooth. Then add melted shortening. Drop on hot griddle greased or ungreased. About 2 tablespoonfuls to each griddle cake. Turn when browned and bubbles begin to appear.
WHOLE WHEAT GRIDDLE CAKES	1 c. flour 3 tsp. DAVIS BAKING POWDER 1 tsp. salt 3 tbsp. sugar ½ c. whole wheat flour 1 egg 1 tbsp. butter 1¼ c. milk	10	Combine as for Plain griddle cakes.
CORNMEAL GRIDDLE CAKES	1 c. flour 3 tsp. DAVIS BAKING POWDER 1 tsp. salt 1 c. cornmeal 2 c. milk 1-2 eggs 1 tsp. shortening	20	Combine as for Plain griddle cakes.
BUCKWHEAT GRIDDLE CAKES	2 c. buckwheat 1 tsp. salt 4 tsp. DAVIS BAKING POWDER 1½ c. milk 2 tbsp. molasses or brown sugar 1 tbsp. butter	12 to 15	Combine as for Plain griddle cakes.
WAFFLES	2 c. flour 4 tsp. DAVIS BAKING POWDER ¼ tsp. salt 1 tbsp. sugar 2 egg yolks, beaten 1½ c. milk 4 tbsp. melted butter 2 egg whites, beaten	10 to 12	Beat egg yolks, add to milk, sift dry ingredients together, combine and beat smooth. Add melted shortening, then fold in stiffly beaten egg whites. Pour into hot waffle iron (greased or ungreased) and bake about 3 minutes.
CRISP CREAM WAFFLES	2 eggs (yolks and whites separate) 1 c. flour 1½ tsp. DAVIS BAKING POWDER ¼ tsp. salt 1 c. sweet cream 3 tbsp. bacon fat	5	Combine as waffles. If cream is thick add skim milk or water to thin batter, usually 2 tbsp. to 4 tbsp. is needed.
COCOMALT WAFFLES	1½ c. flour 3 tsp. DAVIS BAKING POWDER ½ tsp. salt ½ tsp. mixed spices 2 tsp. sugar 6 tbsp. COCOMALT 3 eggs 1 c. milk 4 tbsp. shortening ¼ to ½ c. raisins	7	Combine as waffles. Cocomalt is added to flour.
PINEAPPLE PANCAKES or WAFFLES	2 c. flour 2 tsp. DAVIS BAKING POWDER ½ tsp. salt ½ c. drained crushed pineapple 1½ c. milk 2 eggs 1 tbsp. melted butter	7 Waffles or 14 Pancakes	Combine as waffles. Add pineapple last.
BANANA WAFFLES or PANCAKES	2 c. flour 3 tsp. DAVIS BAKING POWDER 1 tbsp. sugar ½ tsp. salt 2 eggs 2 c. milk ½ c. shortening 2 thinly sliced bananas	9 Waffles or 18 Pancakes	Combine as waffles. Add bananas last.

Abbreviations: tsp.=teaspoon tbsp.=tablespoon c.=cup

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Bake, Eat and Be Happy

DAVIS BAKING POWDER will help you.

One of the surest and safest, because it is double acting.

The first action begins in the cold state soon after the moisture has been added; the second takes place with the application of heat. The second sustains the first, thus guaranteeing success.

U. S. food authorities pronounce it absolutely pure and wholesome.

It leaves no objectionable residue or bitter taste in food.

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*"Gems"
for
Emergencies*



DAVIS CHART FOR MUFFINS

Name	Ingredients	Number Made	Method
PLAIN MUFFINS	2 c. flour 4 tsp. DAVIS BAKING POWDER ¾ tsp. salt 2 tbsp. sugar 1 c. milk 1 egg 2 tbsp. melted shortening	12 (Small)	Sift dry ingredients together; beat egg until foamy, add milk and fat; immediately combine two mixtures and beat until dry ingredients are just dampened. (Batter will look very lumpy.) Pour immediately into greased muffin tins. Bake 20 minutes at 400°F.
RICH MUFFINS	2 c. flour 4 tsp. DAVIS BAKING POWDER ¾ tsp. salt 3 tbsp. sugar ¾ c. milk 2 eggs ¾ c. melted shortening	12	Combine as Plain Muffins.
RAISIN or DATE MUFFINS	Add 1 c. chopped raisins or dates to Plain or Rich Muffins	12	Combine as Plain Muffins.
FRESH BERRY MUFFINS	2½ c. flour 4 tsp. DAVIS BAKING POWDER ¾ tsp. salt ½ c. sugar 1 c. berries 1 c. milk 1 egg ¼ c. melted shortening	16	Add the berries to the dry ingredients and combine as Plain Muffins. Blueberries, blackberries, elderberries, etc., may be used.
CORNMEAL MUFFINS	1½ c. flour ¾ c. cornmeal 4 tsp. DAVIS BAKING POWDER ¾ tsp. salt 2 tbsp. sugar 1 egg 1 c. milk 2 to 4 tbsp. melted shortening	12	Combine as Plain Muffins.
WHOLE WHEAT or GRAHAM	1½ c. flour ¾ c. whole wheat or Graham 8 tsp. DAVIS BAKING POWDER ¾ tsp. salt ¾ c. sugar 1 egg 1 c. milk 4 tbsp. melted shortening	12	Combine as Plain Muffins.
BRAN MUFFINS	1 c. flour 2 c. bran 3 tsp. DAVIS BAKING POWDER ¾ tsp. salt ¾ c. raisins ½ c. brown sugar or molasses 2 eggs 1 c. milk 4 tbsp. melted shortening	16	Add raisins to dry ingredients. Combine as Plain Muffins.
FARMINGTON MUFFINS	1 c. flour 1 c. yellow cornmeal 1 c. Graham 1 c. brown sugar 1 tsp. salt 5 tsp. DAVIS BAKING POWDER 1 egg 2 c. milk 2 tbsp. melted butter	30	Combine as Plain Muffins.
CORNBREAD STICKS	1 c. flour 1 tbsp. sugar 3 tsp. DAVIS BAKING POWDER ¾ tsp. salt 1 c. cornmeal 1 c. boiling water 2 tbsp. shortening 2 eggs 1 c. milk	22	Scald the cornmeal with the boiling water, add shortening and let stand one-half hour. Beat eggs and add to cornmeal mixture. Sift in dry ingredients, add milk, beat well. Pour into hot greased stick pans and bake 20 to 25 minutes in hot oven (400°F.).

Abbreviations: tsp.=teaspoon tbsp.=tablespoon c.=cup

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