



Bake Cakes While Eggs Are Cheap

By MARY L. BARBER

TIME was when the recipe books called nonchalantly for a dozen eggs and a pound of butter for a single cake. Nowadays, we do not speak of butter and eggs in this casual fashion, but we do still like cake.

At this season of the year, eggs are usually at their best and cheapest, so we not only eat more of them poached, scrambled and boiled, but we use them more generously in cooking than has been our custom during the winter months.

A letter came to me the other day, asking me for some recipes for "health cakes". There are several cakes which may be considered under this heading.

Plain "butter cake", served as a dessert, with a single frosting or pudding sauce, is unlikely to upset a normal digestion. Sponge cakes and angel cakes are delicate and not too sweet, because they are usually served unfrosted.

In addition to the plain cake and cakes made without shortening, there are other health cakes—ones made with whole wheat flour or white flour mixed with bran. These are usually flavored with spices, and raisins or dates may be added.

Bran Gingerbread.

Cream one-fourth of a cup of butter with a cup of sugar, add one egg and beat well. Then add three quarters of a cup of crumbled bran, then half a cup of sour milk, and half a cup of molasses alternately with one cup and a half of flour that has been sifted with two teaspoonfuls of cinnamon, one teaspoon each of ginger and soda and one-fourth of a teaspoonful of salt. Bake in a moderate oven. The gingerbread may be baked in a cake pan or individual pans.

Date Cake

1/2 cup shortening
1 cup sugar
Yolks 2 eggs
3/4 cup crumbled bran
1/2 cup milk
1 3/4 cups flour
3 teaspoons baking powder



1 teaspoon cinnamon
Whites 2 eggs
1/2 cup dates (cut in pieces)
Mix ingredients in order given. Bake in shallow tins and spread between and on top caramel frosting.

Bran Tea Cake

1 egg
2 3/4 cup sugar
1 cup milk
2 cups flour
5 teaspoons baking powder
1 cup crumbled bran
3/4 cup walnut meats
1 cup dates or 1/2 cup dates and 1/2 cup raisins

Beat egg, add sugar and milk and the flour, which has been sifted with baking powder and salt; add bran, nuts and dates.

Bake in an oven (350° F. to 325° F.) for one hour.

TWO LITTLE DINNER RECIPES

Cheese Fondue
Bread Sticks or Hot Rolls
Vegetable Salad French Dressing
Coffee Jelly Whipped Cream
Mix 1 1/2 cups hot milk with 1 1/2 cups soft bread crumbs, 1 tablespoon melted butter, 1/2 pound sharp cheese grated or cut fine, and the yolks of 4 eggs well beaten. Fold in the egg whites beaten stiff and bake 30 minutes in a slow oven. Serve from baking dish.

Mix any cold cooked vegetables, cut in dice, with 1/2 cup canned peas, tiny lima beans, and beets. Salt and pepper well and add 1 cup celery or cabbage cut fine. Let stand in 4 tablespoons French dressing 1/2 hour before serving.

Use 1 package of lemon jello, but add 2 cups strong coffee instead of water. Serve with sweetened whipped cream. A sprinkling of macaroon crumbs over the top is good.

Omaha Lamb Stew
Boiled Rice
Cucumber Salad
Honey Cake

Brown 1 pound lean stewing lamb, cut in pieces, in 2 tablespoons olive oil. Add 1 onion cut fine, then add 2 tablespoons flour and let brown. Add 2 cups of canned tomato, 1 can of string beans and their juice, 1 teaspoon salt, 1/4 teaspoon pepper. Cover and cook very slowly until meat is tender. Serve in rice border.

Cover sponge cake thickly with strained honey and then chopped pecans. Bake slowly for 15 minutes and serve from baking dish or with cream.

MAY DAY RATIONS

Breakfast

Sliced Oranges
Whole Wheat Cereal and Cream
Crisp Bacon
Toast Coffee

Luncheon

Macaroni and Cheese
Brown Bread and Butter
Asparagus Salad
Baked Apples Stuffed with Raisins
Tea

Dinner

Roast Lamb
Browned Potatoes Buttered Peas
Mint Gelatine and Celery Salad
Parker House Rolls Cherry Pie
Coffee

A Dandy Little Dinner

Beef Tongue Raisin Sauce
Escalloped Macaroni
Buttered Canned Rosebud Beets
Fruit Salad Cheese

Heat a whole canned beef tongue, placing can in boiling water 20 minutes. Turn out on platter and pour over it the raisin sauce.

Raisin Sauce

Brown two tablespoons butter. Blend with it two tablespoons flour and add one can consommé or bouillon, stir until smooth and thick. Add one-half cup of raisins, one-fourth cup brown sugar, the juice of half a lemon, three thin slices of lemon and two cloves. Let simmer 10 minutes.

Boil one-half package of macaroni in salted water until tender. Put in layers in buttered baking dish with bread crumbs, salt, pepper and paprika. Have buttered crumbs for top layer. Pour over this one cup hot milk and bake 15 minutes in moderate oven.

Drain a can of fruit salad which comes ready mixed. Arrange on lettuce hearts and serve with mayonnaise thinned with some of the juice from the can of fruit.

Salads for Spring

Indeed in spring one's thoughts turn to greens and salads. They should be partaken of freely as they act as a stimulant to the digestion and the appetite.

Mayonnaise

1 egg yolk.
2 tbsps. lemon juice
1/4 c. olive oil
1/2 tsp. mustard
1/4 tsp. salt
1/4 tsp. powdered sugar
Speck cayenne

Chill the ingredients. Place the egg yolk and the dry ingredients in a cold mixing bowl. Add a few drops of vinegar and the lemon juice and then the oil, a few drops gradually at a time. The important thing to remember in making mayonnaise is that there must be a good beating space. So it is well to use a bowl smaller at the bottom so that all of the mixture will be thoroughly beaten in the beginning. A whole egg may be used or just the white if desired. If dressing does not thicken the mixture may be used as oil again, starting with a new yolk. Dressing should be thick enough to stand when finished. Add the remainder of the oil more rapidly. Constant beating is necessary throughout the entire process.

Boiled Dressing.

1/2 c. milk or water.
3 tbsps. butter.
2 tbsps. vinegar.
1 egg.
2 tsp. sugar.
1 tsp. salt.
1 tbsps. flour.
1/2 tsp. mustard.
1/4 tsp. paprika.

over hot water, stirring constantly until thick. Add the butter, salt and pepper. If one wishes, 1/2 tsp. of ground mustard may be added.

French Salad Dressing.

1/4 tsp. sugar.
1 tsp. salt.
1/2 tsp. paprika.
5 tbsps. vinegar.
10 tbsps. olive oil.

Mix the dry ingredients and add the vinegar and olive oil alternately, beating constantly with a silver fork. Lemon Juice may be used instead of the vinegar if one wishes.

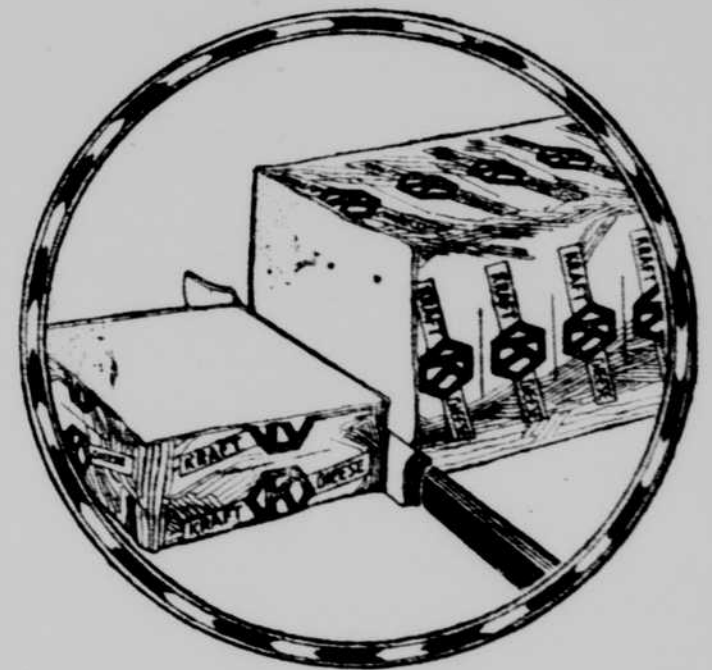
Whipped Cream Salad Dressing.

3 egg yolks.
2 tbsps. sugar.
1/4 tsp. salt.
1/2 tsp. mustard.
1/2 c. hot vinegar.
2 tsp. butter.
1/2 c. heavy cream.

Beat the egg yolks until thick and lemon-colored. One and one-half eggs may be used instead of the egg yolks. Beat in the sugar, salt and mustard, which have been mixed together. Heat the vinegar and melt the butter in it. Combine the two mixtures and cook over hot water until the dressing is thick, stirring constantly. Add the whipped cream just before serving. Use with fruit salads.

Thousand Island Dressing.

To 1 cupful of mayonnaise add 6 tablespoonfuls of chili sauce, 2 chopped pimentos and 1/2 tablespoonful chopped chives.



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