



# The CANADIAN COOKING SCHOOL

A complete Cookery Arts Course in 12 Lessons dealing with all the Fundamentals of this Important Subject. Thoroughly practical to the beginner as well as to the experienced Cook who is interested in the newer, better, more economical methods.

Prepared by --- Anna Lee Scott

## LESSON 2

### THE SIMPLE BATTERS

#### From Pancakes to Muffin Mixtures

In our last lesson, we learned how to thicken a sauce by adding the right amount of starch. We are now dealing with a different kind of thickening material such as flour, cornstarch, etc. in the right way. In this lesson, we begin the study of flour mixtures which, when cooked, take solid form.

The easiest way to divide flour mixtures into their different classes, is to go by their consistency—that is to say, by the thickness of the different mixtures. This consistency or thickness depends upon the proportion of flour and liquid used.

There are two kinds of batters and two kinds of doughs. We will leave the doughs for the present and consider only the batters.

1. Four Batter has approximately 1 cup flour to 1 cup liquid. It is the thinnest of our flour mixtures (not counting the sauces). Good examples of mixtures that are made in about this proportion are pancakes, waffles, fritters, popovers, Yorkshire pudding.

2. Drop Batter has approximately 2 cups flour to 1 cup liquid. Good examples are muffins, cornbread and most cakes.

This is not a strict rule of proportion, but is a general guide in the making of batters.

In this lesson, we will study the Four Batters, and the simpler Drop Batters, which are those put together by the Muffin Method. We shall have a special lesson later on cake-making, for the cake mixtures, which are also Drop Batters, are not quite so easily handled as the muffin-type mixtures, and of course you will want the whole book on cakes—the Easy-Way Cake Book, which this paper is making so readily available to its readers.

### FOUR BATTERS

I have already given you a very general rule that describes a Four Batter. It gets its name from the fact that it is thin enough to be poured. In general it contains equal amounts of liquid and flour. We take 1 cup liquid as our base in describing these batters, and so this means that to 1 cup liquid (sweet milk, sour milk, buttermilk, water, molasses, eggs) we allow about 1 cup flour.

Let me point out here something about flour which every student should know.

Different types of flour are known from one another in more than just quality. One kind of flour will have more thickening power than another; one kind will have more gluten than another, or a stronger gluten. For general purposes the difference in results is not so noticeable, but proportions are so important in cake mixtures that we have definitely based our recipes on pastry flour. In the lessons and in the Easy-Way Books all the recipes are carefully balanced to give perfect results when a soft wheat or pastry flour is used.

Shortening has to be considered in this lesson for the first time—at least so far as this kind of flour mixture is concerned.

It serves one main purpose—to give a tender texture to our finished batter or dough. If further added richness and flavor.

There are different kinds of shortenings; but all contribute about the same amount of actual fat. Butter, a favorite shortening for some things (particularly for cakes) also gives a distinctive flavor to a mixture it goes into, but we must consider against this point the average higher cost of butter. Many cooks use part butter and part shortening.

Cream contains butter fat. Lard is a very old and reliable shortening which may be used in some of the simple batters, and for the doughs. Of course, it is an animal fat.

Commercial shortening is usually pure white, fine in texture, neutral in flavor. Usually it is made of pure vegetable oils, and sometimes a mixture of vegetable and animal fats; thoroughly wholesome and digestible.

Liquid shortening may be any of these solid fats, melted, or a cooking oil. When we shorten a mixture, we sometimes have some cream either

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sweet or sour, that we would like to put into a batter which calls only for milk.

We can substitute the cream, but because it has extra butter fat in it, we can leave out some of the butter or other fat which is called for in our recipe.

Because of this extra fat (which we look on as a solid), there is less actual liquid in cream than in milk. So we work it out this way:

- 1 cup 16% cream equals 3 table-spoonfuls fat, plus 3/4 cup milk
- 1 cup 24% cream equals 4 1/2 table-spoonfuls fat plus 3/4 cup milk
- 1 cup 32% cream equals 6 1/2 table-spoonfuls fat, plus 1/2 cup milk

### To Make Mixtures Light

The next ingredients we must consider are those that we call "lightening" or "leavening materials" which we put into a flour mixture to make it light.

These are the things we count on to give lightness to our flour mixtures:

**AIR**—In many of our batters, we get all the air we can into our mixtures. We sift our flour several times so as to make it "light and airy." We beat eggs until they reach from 3 to 4 times their original bulk, due to the air which is beaten in, and caught inside the tiny cell-walls of delicate egg. In the oven, this air (like any other gas) expands, and helps to make our muffins, cakes, etc., rise.

**STEAM**—When some of the liquid in a flour mixture is changed by very strong heat into steam, there is expansion and the steam tries to push its way out to the surface—and of course as it does this, it carries some of the mixture up with it. This is another way of causing a flour mixture to "rise." Of course, this happens only when a mixture with a great deal of liquid is put into a very hot oven. Popovers, for example, which are made by the Four Batter rule, and go into the oven as a very thin batter, are given a very hot oven; steam is soon formed, and the popover rises—puffs away up, and gradually bakes firm in that position; this is why it is like almost empty bubbles of delicate, crisp, baked batter. Yorkshire pudding is another of the Four Batters that counts largely on steam to make it light; the eggs in it also help lightness, but may add a custard-like character to the mixture, which is unique.

**Baking Powder**—This is the lightening agent or leavening material which we use most. It is very convenient to use. There is a very easy rule for you to remember about the amount of baking powder that is needed: if there are no eggs in the mixture:

- 2 table-spoonfuls baking powder will lighten 1 cup of flour.
- You can count on each egg with air beaten in which you add to the mixture, to do the work of 1/2 teaspoon baking powder, and so you can use that much less powder than you would otherwise need.

This is the way baking powder works. After it has been wet, unless the temperature is very low, it begins, rather slowly, to create gas. This gas makes a gentle effort to escape from the mixture, so it rises, and if the mixture is left standing the gas forms little bubbles on the surface and escapes when they break. This is why we waste no time after we have added the baking powder in getting our batter either into the oven, or into a uniformly cold refrigerator, and here, by the way, is one of the great boons of the modern cold refrigerator. It maintains such steady cold temperatures that we are able to prepare many batters and doughs ahead of time and keep them chilled until the moment to bake them arrives. See what that does in providing hot biscuits at the tea hour—waffles for late supper, fresh-baked shortcake for dinner! Even, with some batters a cake to bake next day.

When a mixture containing baking powder is heated, gas is created, and it expands much more quickly, larger bubbles are formed, which are better able to force their way upwards. So when we heat our batter, hundreds upon hundreds of these little gas bubbles begin to work their way up in it, and they force the flour mixture upwards (we say then

that our mixture is "rising"); is just as though hundreds and hundreds of tiny popovers were "popping" at once (though more slowly). And all the time, the mixture is baking, so that soon it will begin to "set," to become delicately firm. When it has set sufficiently to hold its shape, in the puffed-up position it has been given by the materials that have made it light, we consider it "done." At once, we remove it from the heat. But if we take it out a little too soon, before the mixture has become strong enough to really support itself, it will shrink back, or as we say, "fall," and if we leave it too long, our finished product comes out more brown and dry than we want it.

**Baking Soda**—This is another very familiar material for use in making a flour mixture light. It works something like baking powder—it helps to form a gas, and this gas forces its way up, carrying the batter with it.

The soda cannot work with ordinary liquid alone, as baking powder does. It has to have some acid in the mixture to work with it. So we usually use soda in a batter that we are wetting with an acid liquid like sour milk, buttermilk or molasses. There are other things that are a little bit acid too, like brown sugar, cocoa, spices and fruits. Hot liquids, even though not acid, also act on baking soda.

We must be very careful to have exactly the right amount of soda to work with in our mixture. If we use more soda than the acid can take care of, that "extra soda" will taste in the finished product; sometimes you can smell it off a muffin or a soda-scone—or you can see that it has made the mixture a little yellowish. So we are always careful to have no extra soda.

This is the rule for using soda:

- 1 cup sour milk, buttermilk or molasses will take care of 1/2 teaspoon soda.
- The equivalent amount of acid in fruit juices, small amounts of vinegar, etc., will have to be estimated.

**Mixing the Four Batter**

You have probably spoken yourself of a friend who has "a light touch with a cake." The expression has a very sound origin. It is a mistake to overwork a batter, either a cake batter (which comes in Lesson 9 and in such wide and fascinating variety in the Easy-Way Cake Book) or the simpler batters we are discussing in this lesson. Quick but thorough blending of the materials is our aim. I will reduce the work to a sort of formula for you:

1. See to the oven if it is to be used—it should generally be heating.
2. Get out utensils.
3. Get out ingredients required.
4. Grease pans or line with paper if necessary.
5. Measure, mix and sift dry ingredients.
6. Measure shortening and liquid.
7. Combine ingredients, usually adding mixed liquids to mixed dry ingredients.
8. Cook as required.

**Griddle Cakes or Pancakes** (with sweet milk)

- 2 cups flour
- 3 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 1/2 cups milk
- 1 egg
- 3 table-spoonfuls shortening

To follow rules: Sift and measure flour, sift flour, baking powder and salt together into a bowl. Beat the egg until light, add the milk and melted shortening and mix well with the flour until all lumps have disappeared. This makes quite a sturdy pancake, substantial and satisfying. For thinner, more delicate pancakes, add more milk.

Heat a griddle or heavy frying pan, grease lightly, and pour on the batter in spoonfuls; allow to cook until the bottom becomes golden brown, the edges begin to crisp, and bubbles appear, and break on the surface. Using an egg-turner, turn the cakes neatly and brown on the other side. Serve in a very hot dish (since sudden cooling makes them heavy) with butter, syrup, honey lemon and sugar, or brown sugar.

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## DOMINION EXPERIMENTAL FARMS Weekly News Letter

Time to Mate the Breeding Pen In choosing the occupants of the poultry breeding pen select only strong and vigorous breeders.

Use females that have either made good egg laying records, or that show by their handling quality, clean cut heads and bright prominent alert eyes that they are of heavy laying type.

Choose males that have vigour, size and breed type, the sons of heavy laying dams and sires similarly bred.

Give the breeding pen roomy quarters. Don't use forcing feeds but feed generously, remembering sunlight, exercise, and that a supply of alfalfa and cod liver oil will help give good hatches.

Sweet Corn Varieties The choice of varieties of sweet corn for the home and market garden should be quite similar according to the garden vegetable specialist at the Central Experimental Farm.

In the home garden two or more sowings of an early variety and second early variety will be found to supply the needs of the most discriminating sweet corn lovers.

For market garden supply the early maturing varieties will be found very useful in advancing the season for corn. Care must be taken not to have the early maturing varieties compete with the mid-season sorts.

Use the following varieties in order of earliness, Banting, Dorinny, Golden Bantain and Golden Giant.

### Functions of Plant Elements of Commercial Fertilizers

The majority of commercial fertilizers on the market are "complete" mixtures, furnishing the three so-called essential elements of plant food—nitrogen, phosphoric acid and potash. Nitrogen promotes a good vegetative growth as evidenced by well developed stems and leaves of the plant and by a healthy green color. Phosphoric acid favors a rapid development of young plants, a good root development and early ripening of crops. Potash induces a strong well developed plant, heavy, plump kernels in grain and renders the crop less susceptible to disease. These points and the behaviour of previous crops should be kept in mind when selecting a fertilizer mixture.

### The Importance of Nitrogen in the Fertilizer Mixture

Of the three elements of plant food contained in complete fertilizer mixtures the proportion of nitrogen in the fertilizer should be given special attention. If previous crops have shown too great a growth of leaf and stem with a poor grain, root, or fruit development, the proportion of nitrogen in the fertilizer mixture should be materially reduced or eliminated entirely; if the growth has been lacking in vigour and the plants pale in color, the soil has probably been low in available nitrogen and a liberal supply of this element will probably be required for normal development.

Miller's Worm Powders not only exterminate intestinal and other worms, but they are a remedy for many other ailments of children. They strengthen the young stomach against biliousness and are tonic in their effects where the child suffers from loss of appetite. In feverish conditions they will be found useful and they will serve to allay pain and griping in the stomach, from which children so often suffer.

### THAT OUGHT TO HOLD HIM

"You can't talk that way to me, officer," said the young lady. "The brakes on this car don't work, and I can't stop just anywhere you please. Besides, I don't even have a license to drive! So leave me alone, will you?"

## DON'T BE CONFUSED BY MISLEADING CLAIMS

Be Sure You Get Genuine Kellogg's ALL-BRAN

Bran has proved so successful in relieving common constipation that some cereal manufacturers, with products having only a fractional quantity of bran, have claimed that this minimum bran content is sufficient to get results.

You may have tried some of these part-bran products—and have been disappointed! The simple truth is that they do not furnish the amount of bran you need.

It's the "bulk" or fiber in bran that helps correct common constipation. This "bulk" is similar to that in leafy vegetables. Within the body, it absorbs moisture and forms a soft mass, which gently cleans out the intestinal wastes.

Kellogg's ALL-BRAN provides "bulk" in convenient and concentrated form. It also furnishes vitamin B, as well as iron for the blood. It has won millions of friends because it overcomes common constipation safely and pleasantly.

It is all bran just as the name implies—with nothing added except the flavoring of Malt, Sugar and Salt.

When you buy a bran cereal for the relief of constipation, read the wording on the package. The facts are there! Make sure by getting Kellogg's ALL-BRAN—in the red and green package. Sold by all grocers. Made by Kellogg in London, Ontario, Canada.

### DID YOU EVER STOP TO THINK? By Edison R. Waite, Shawnee, Oklahoma.

James E. Barrett, Managing Director of the Oklahoma Biltmore Hotel in Oklahoma City, says: "Modern cities offer great investment opportunities. Everything necessary for the profitable operation of many industries is to be found in them.

"The great development of these cities will carry with it many responsibilities for its citizens. They should accept these responsibilities and as the city goes forward, go forward with it.

"Citizens who do not pep up and join in the work of making bigger and busier cities will be left behind gasping for breath and wondering how it happened.

"The duty of citizenship imposes upon every citizen an obligation to give support and assistance to every laudable undertaking that is good for the home city. It means the giving of strength to all its various activities and inspires the home people with courage and a vision to move forward to better things.

"The growth of a city is best shown by a thrifty, industrious citizenship, working together for the common good.

"Cities that think of the future are fostering civic improvements, road building, extension of public utilities and development of business and home districts.

"A city must be kept the sort of a city where people will have a good place in which to live and work and prosper."

### SAYING I DON'T KNOW

Prejudging you know a thing when you do not—bluffing that is to say—is dangerous, because the chances are that you will be found out. Saying that you do know, is dangerous, too, if it becomes chronic, for people lose interest in one who does not know the things regarding which he should be informed, and turn to some one who has made better use of his opportunities. It is a mistake to pretend to be better informed than you are; but it is just as serious a mistake not to be informed in regard to the things it is your business to know. Say "I don't know" when that is the only thing you can truthfully say, but do not say it too often.

### WAKE UP SISTER

"Theo," asserted Clara, "goes about with her mind constantly out of focus. She never troubles to notice anything clearly. Ask her about something that has happened only five minutes before, and invariably you will find her irritatingly vague about the whole thing."

There are many people like Theo in the world, writes a psychologist in Answers. They are often women who find "house-work boring." But they are not the people who find their own thoughts so absorbing that they pay little attention to outside matters, for these are often keenly interested in things beyond the ken of ordinary folk.

Theo and her like seem to be possessed by a queer mental laziness. They have only a very hazy idea of the world in which they live. They are much too lazy mentally to pay close attention to anything. In fact, they go through the greater part of their lives with their brains half asleep. It is a pity, for they miss so much that is worth seeing and remembering.

A ride in a street car or bus may or may not be a dull affair. But let us make up our minds, for one journey at least, to notice everything—everything, so far as it is humanly possible—during that ride, and instantly we become aware that the world of commonplace is a vastly interesting and entertaining sphere, and that queer, ironic, humorous, tragic and bizarre incidents do not occur only in films and between the pages of books.

A walk through a crowded market place for some people is just an annoying experience of jostling by heedless, confused masses of human beings; for others it is an absorbing page from the book of life, to be observed with interest in every detail.

It is all a matter of being interested in life. Some people never seem to wake up sufficiently to be interested. If we intend to get the most out of life we must banish mental laziness and get our minds focussed upon what is happening around us.

"I knew that the people had courage, but it is amazing to discover how much."

—Ida M. Tarbell.

### NO EXCEPTION

A New Yorker went to the public library to get a copy of Marcus Aurelius. He found that while ten copies of this classic were on the library shelves, they were all out. He exclaimed in astonishment: "And I thought I was the only person who cared to read 'Marcus Aurelius.'"

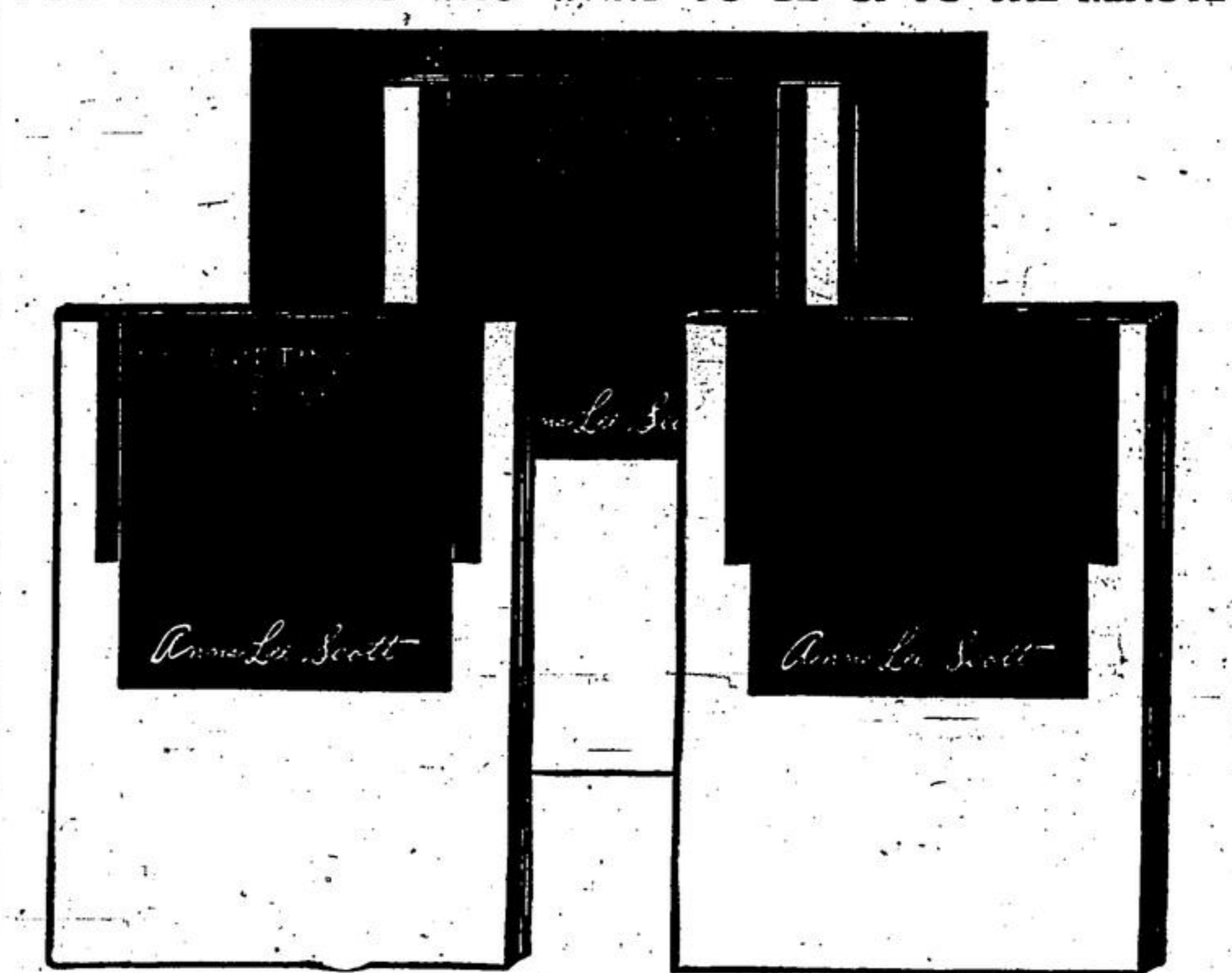
Such surprises are not infrequent. All of you remember how Elijah, in the grip of depression, once felt sure that he was the only follower of the true God left alive. The world had gone over to the worship of Baal. He alone was left. He then learned that seven thousand of his fellow countrymen had not bowed the knee to Baal.

Some of you modern young people are tempted by the thought that your principles make you singular, lonely. Sometimes you feel that you are the only one of your age who is held back from folly and wrongdoing by conscience; that you are the only one for whom the distinction between right and wrong still holds. This is an even more serious mistake than the other mentioned. Fine, conscientious young people, fearing nothing but falling short of their own ideals, are no exception.

INDIA'S TEAMING MILLIONS

The country's population has grown by no less than thirty-nine per cent. during the past fifty years, the returns of the past decade being the highest. The question at issue is whether India can go on increasing a population which already heads the list of all the countries in the world. The problem is discussed at some length by Dr. Hutton, who throws doubt on the theory advanced by some other writers that India's population is already living permanently on the verge of scarcity and any further increase is bound to result in insufficiency of food supply. He suggests that the danger of food shortage is not the most serious aspect, and without in any way seeking to leave out of reckoning the risk involved, he argues that the point has not yet been reached at which the ability of the country to feed its occupants is seriously taxed.—Times of India.

## FOR HOMEMAKERS WHO WANT TO BE UP-TO-THE-MINUTE



### 3 Fascinating Books Full of THE NEWEST IDEAS on Entertaining, Cake Making, Marketing and Meal Planning ALL 3 FOR ONLY 25¢

Supplementary to the 12-Lesson Course in the Canadian Cooking School appearing each week in our columns, THE FREE PRESS also brings you these three marvelous new books, which every woman will find indispensable. All three are written by Anna Lee Scott, Canada's foremost Cooking authority.

**MARKETING AND MEAL PLANNING**—What to buy, how to buy it and how to make the best use of it. How to plan meals wisely. What foods are regulating. What foods are building. About the vitamins. How to economize. When there are children. When constipation enters. When they would change weight. Every subject in this book is of importance.

**PLANNING THE PARTY**—Where is the woman who is not eager to know the newest things relating to every entertainment occasion—what to do and how to do it—what to serve and how to prepare it—whether it is for a simple bridge party or an elaborate wedding reception. It is indeed the book of the smart hostess. It makes entertaining easy.

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