

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.

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LESSON 10

FILLINGS AND FROSTINGS

The butter cakes and some of the most popular cakes, frequently call for special fillings to be put between layers of cake, and for frosting for the top. There are several types of both fillings and frostings—and many kinds of each type:

- (a) Cream or Custard type. Liquid is milk or fruit juice. Thickening agent, flour or cornstarch, with or without egg (this type may be used as filling for cooked pie shells).
- (b) Fruit purees—sieved fresh or cooked fruit pulp, sweetened, (e.g. fig, date, raisin, apricot). Also useful for filling tarts or putting cookies together in pairs.
- (c) Frosting (either cooked or uncooked)—with or without addition of fruits and nuts.
- (d) Whipped cream—thick cream, whipped stiff, lightly sweetened and flavored, and (on occasion) colored. (Sometimes stiffened with gelatine).

General Directions for Filling
 1. Make filling thick enough to spread easily and hold its shape under weight of upper cake layers when cold. (Observe proportion of thickening material in recipes in this lesson and in the Easy-Way Cake Book).
 2. The cake must be cold and the filling cooled, with only slight warmth to make spreading easy—if too warm, or if the cake is warm, the filling will soak into crust of cake. Put fillings between bottom surfaces of the two cake layers when possible.
 3. Drop filling by spoonfuls over surface of cake, then smooth quickly to an even layer all over; if it is a little stiff, dip your spatula or knife in hot water. Filling layer should be about 1/4 inch thick; allow filling to "set", before putting on upper layer of cake.

Custard-Type Fillings
 Using two or three times the amount, these cake fillings may be used for filling pie and tart shells. They may be topped with meringue or whipped cream, when suitable.

These recipes include cream fillings—plain, with coconut and with delicate fruit; a chocolate cream filling, delicious and delicate lemon filling and orange filling; and the dried-fruit fillings may be used for tempting little tarts.

- 1. Mix the sugar thoroughly with the flour. (Mixing a starchy material like flour with as much or more sugar, separates all the tiny starch grains and prevents them from forming lumps. If kept in motion while cooking).
- 2. Gradually stir in liquid—hot or cold and stir constantly over hot water while filling cooks until it thickens smoothly. Remember—don't stop stirring for one moment before that, or lumps will form; the time will be shorter if liquid is added hot. Cook, stirring occasionally until no flavor of flour is evident.
- 3. Beat egg and stir hot filling into it slowly. Never add egg to filling—the sudden plunge into hot mixture would cook egg in thick particles or "curdle it", instead of thickening the mixture evenly.
- 4. Return mixture to double boiler and stir a few moments until egg has thickened, then remove at once from the heat (over-cooking will curdle the egg).
- 5. After removing from heat, stir in butter; where fruit juices like lemon or orange are to be added as flavoring, stir them in at same time. If you add acid fruits to mixture before starchy material is cooked, the acid has the effect of thinning the mixture.
- 6. When partially cool, add flavorings such as vanilla and other extracts.

EXAMPLES OF CUSTARD-TYPE FILLINGS

- Cream Filling**
 1 cup milk
 1/2 cup sugar
 2 egg yolks
 4 1/2 tablespoons flour
 1/2 teaspoon salt
 1/2 teaspoon vanilla
- Instead of using 4 1/2 tablespoons flour and 2 egg yolks, you may substitute 1/2 cup flour and 1 egg.

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Scald the milk in top of a double boiler, mix together the sugar, flour and salt and stir in the hot milk slowly, return to the double boiler and stir and cook till thick; then stirring occasionally. Beat the egg yolks thoroughly, pour in a little hot mixture, stirring well, then stir back into double boiler; stir and cook for a few moments until egg thickens. Cool slightly and add the vanilla. Cool before using.

Variation of Cream Filling
 Coconut Cream Filling—Stir in 1/4 cup shredded coconut, when filling is cooked. Good for cake, tarts or pie fillings.
 Chocolate Cream Filling—Cut up 3/4 square chocolate and put into double boiler with the cold milk; scald together then beat till smooth with double Doves beater. Use 2 tablespoons more sugar than in plain cream filling.
 Good for cake, tarts or pie filling.
 Fruit Filling—To cream filling add 2 tablespoons drained crushed pineapple, 2 tablespoons candied cherries and 2 tablespoons chopped nuts (pecans or filberts).

Lemon Filling
 2 tablespoons lemon juice
 1 teaspoon grated lemon rind
 1/2 cup sugar
 4 1/2 tablespoons flour
 1/2 cup boiling water
 1 egg yolk
 1/2 teaspoon salt
 1 teaspoon butter
 Grate lemon rind and add it to lemon juice, to steep.
 Mix sugar and flour well in double boiler, and stir in boiling water. Cook, stirring constantly, until thick, then occasionally to kill starch taste.
 Pour over beaten egg yolk and salt, stir rapidly. Return to double boiler; cook and stir a few minutes to thicken egg.
 Remove from heat, stir in lemon juice and rind. Add butter. Cool.
 Good for cake, tarts or pie.

Orange Filling
 2 teaspoons orange rind
 1/2 cup orange juice
 1/2 cup sugar
 4 1/2 tablespoons flour
 1 egg yolk
 1/2 teaspoon salt
 2 teaspoons butter
 Bring orange juice to boiling point.
 Mix sugar and flour well and slowly stir in the orange juice. Return to double boiler and cook, stirring constantly until thick, then occasionally until done.
 Beat egg yolk and salt, and stir the hot mixture into the egg, then return to double boiler and stir a few moments until egg thickens.
 Remove from heat and add butter and orange rind. Cool.

Dried Fruit Fillings
 These cake fillings also make delicious fillings for tarts and lattice-top pies.

- 1. Put dried fruits—pitted dates, chopped figs, raisins or soaked dried apricots—in double boiler with a little water and sugar to sweeten. Cook, stirring occasionally until thick enough to spread without running off cake. Remove from heat and add a little lemon juice to sharpen flavor. (A little grated rind may be stewed with the fruit).
- 2. Dates, Figs or Raisins—1/4 pound of the fruit, chopped, cooked with 1/2 cup sugar, 1/2 cup boiling water and 1 tablespoon lemon juice, until thick.
- 3. Apricot—Soak 1/4 pound well-washed dried apricots in 1 cup warm water overnight. Next morning, add 1/2 cup sugar; cook until very tender. Press through sieve. If too thin, cook and stir till thickened. May be used as filling, also over top of cake—very luscious if topped with sweetened whipped cream flavored with a few drops almond extract.

Or pipe whipped cream around as a border on apricots.
Jelly, Jam, Conserve Fillings—Any "thick jam," jelly or conserve makes a good filling. Chopped nuts, raisins, coconut, may be added.
 Note—In Lesson 12, there will be a whipped cream recipe with gelatine in it, for a filling that will "stand up"

better than whipped cream alone—the "Vanilla Charlotte". Any of the Charlotte or Bavarian Creams make delicious cake fillings, particularly for delicate cakes. Spread filling on cold cake just after folding in the whipped cream, and let stand until firm before putting upper layer of cake on it.

For the Ordinary Whipped Cream Filling
 1 cup heavy cream
 1/4 cup fruit sugar
 1 egg white
 1/2 teaspoon vanilla
 Beat cream stiff, add sugar and stiffly beaten egg white. Flavor with vanilla or other extract.

Suggested Variations
 1. Add 1/4 cup candied cherries or 1/2 cup chopped dates, figs or raisins or a mixture.
 2. Add thin slices of candied ginger with fruits.
 3. Add 1 cup well-drained canned strawberries or raspberries to whipped cream filling.
 4. Add mashed peach or apricot pulp, and use almond extract instead of vanilla.

(Note—With the fresh fruits, increase sugar to 1/2 cup).
Uncooked Meringue Filling
 3 egg whites
 1/2 cup fine sugar
 4 tablespoons shredded candied citron
 4 tablespoons chopped raisins
 1/2 pound chopped figs
 1/2 cup chopped almonds
 Beat whites to a stiff froth, then beat in sugar gradually. Fold in fruit and nuts.
 This filling should be used the day it is made.

Lady Baltimore Filling
 Boiled icing or 7 minute icing should be made in double quantity for Lady Baltimore Cake. To half of the icing add 1/2 cup chopped raisins, 1/2 cup chopped cherries and 1/2 cup chopped nuts (pecans, walnuts, almonds or Brazil nuts). Spread this filling between the layers of any good light cake, and cover with the plain frosting.

FROSTINGS
 Frostings belong to two main groups—those which are cooked and those which are not cooked.

- 1. Cooked Frostings—(a) The so-called Boiled Frosting—a sugar and water syrup poured and beaten into stiffly beaten egg whites; the White Mountain Frosting (the same but with a larger proportion of egg white); and the Seven Minute Frosting, for which all ingredients are put together in the double boiler, and cooked under constant beating.
- (b) The creamy, fudge-like mixtures—any of the candy recipes like maple cream, fudge, divinity fudge, kept a little softer so that they will spread.
- 2. Uncooked Frostings
 Note—Always roll lumps out of icing sugar and sift it.
 (a) Plain Confectioner's Icing—liquid icing sugar and flavoring.
 (b) Butter Icing—well creamed butter liquid, icing sugar and flavoring.
 (c) Ornamental Frosting—unbeaten egg white, icing sugar, lemon juice beaten together until stiff.
 (d) Egg Yolk Base—with icing sugar and fruit juices, pulp, chocolate, etc., added.
 (e) Almond Icing—prepared almond icing can be bought in tins and if necessary, softened with a little egg white or yolk. Real almond paste can be mixed with equal amounts of icing sugar (put through food chopper together) and blended with well-beaten egg yolks for a yellow icing, or with stiffly-beaten whites for a white icing, to give required consistency. (Ornamental Frosting is used over the almond paste).

Boiled Frosting
 1 cup granulated sugar
 1/2 teaspoon salt
 2 teaspoons light corn syrup
 1 or 2 egg whites
 1/2 cup boiling water
 1/2 teaspoon vanilla (or other flavoring)
 Two egg whites make a fluffier icing. Put the sugar, salt, boiling water and syrup over a low heat in a saucepan and

(Continued on Page Six)

DOMINION EXPERIMENTAL FARM Weekly News Letter

Watch the Bees
 At last weather conditions at the Central Experimental Farm have permitted outdoor wintered bees to take a cleansing flight. In doing so, however, thousands fell to the snow and failed to return. Brilliant sunshine is apt to entice the bees out while the air is still too cool for prolonged flight. Hive entrances exposed to the full rays of the sun should be shaded so as to prevent excessive activities on the part of the bees. Examine all entrances to see that they are not blocked with ice or snow or dead bees. A clogged entrance will cause suffocation of the colony, especially if the weather is warm enough for bees to fly. If package bees or new equipment are desired, order at once in order to avoid costly delays later.

Care of the Farrowing Sow
 A little extra care at farrowing will often save a greater percentage of the litter. Include some bran in the meal ration to prevent a feverish condition. A week or ten days before farrowing, place the sow in a farrowing pen that is dry, clean and free from draughts. Bed the pen with short straw. Keep a watchful eye on the sow at farrowing but do not disturb or assist her unless absolutely necessary. Provide a warm bran slop for the sow a few hours after farrowing.

Reducing Farm Power Costs
 Farm power costs may be reduced by making needed repairs and adjustments on tractors, by using proper hitches and operating with an optimum load. Horse labor costs may be reduced by having harness and implements in perfect adjustment, by using mostly young horses raised on the farm.
 The cost of growing a crop is the same whether good or poor seed is used, so why save a few cents on the seed cost and lose dollars on the final crop?

Praises this Asthma Remedy.
 A grateful user of Dr. J. D. Kellogg's Asthma Remedy finds it the only remedy that will give relief, though for thirteen years he had sought other help. Years of needless suffering may be prevented by using this wonderful remedy at the first warning of trouble. Its use is simple, its cost is slight, and it can be purchased almost anywhere.

MICKEY MOUSE AND CLARABELLE

Mickey Mouse, that lovable scamp who has been performing impossible feats in the "funnies" and on the screen for years has decided to add "real life" to his "real life" and help the farmer.

Mickey got the fictitious Clarabelle out of many a scrape. Now his job is to please several million Clarabelles—or whatever farmers and dairymen call their favorite cows.
 Ye see, children are great milk consumers up to the age of five. This is very pleasing to the farmer—for fluid milk is a profitable product to dispose of.
 But after five, children crave the beverages used by their adults, and so far they have rather ignored the slogan "Drink More Milk." As a result, the demand for fluid milk has been decreasing considerably of late. There are not enough young children to drink all the milk, and their older brother and sisters just don't seem to co-operate.

That's why the famous Mickey Mouse, his girl friend Minnie, Pluto the dog and Clarabelle the cow, have been organized into the most amazing Farmer's Relief Corps ever conceived.

Mickey is publishing a magazine which is now being distributed in many sections of the country through national dairy companies. No advertising appears in it, but the magazine is filled with pictures, stories and puzzles. There's a smile on every page of it and Mickey advises the children to drink milk—and because the children know Mickey and love him, they are following his advice.
 Now be surprised! Mickey magazine has over half a million circulation already—and is still growing. Undoubtedly there are several times that many readers for children cluster in groups when one is fortunate enough to get a new issue.
 Mickey Mouse really is leading the children to a happy, healthful milkland—reversing condition in the olden days of the Pied Piper.

ARISTOCRACY OF LABOR

A bricklayer said to a foreman on a new job: "I'd like to work here, but I can't find a place to park my car." The foreman replied: "I guess you won't do. This is a high-class job and we want only bricklayers who have chauffeurs."

Bladder Weakness Troublesome Nights Swiftly Relieved

If you are troubled with a burning sensation, Bladder Weakness, frequent daily urination, getting-up nights, dull pains in back, lower abdomen and down through groin—you should try the amazing value of Dr. Southworth's "Treatise" and see what a wonderful difference they make! If this grand old formula of a well known physician brings you the swift comfort it has brought to others, you surely will be thankful and very well pleased. If it does not satisfy, the druggist that supplied you is authorized to return your money on first box purchased.

ANCIENT IVORY GOGGLES

A prehistoric pair of "snow goggles" dug from a frozen grave in Northern Alaska, has added a new chapter to the history of the human race in the Arctic.
 The goggles of ivory with narrow eye slits to shut out the glare of the sun on ice and snow, date back several thousand years to the long lost "Ivory Civilization" of the Eskimos.
 The Smithsonian Institute in announcing the find at Point Barrow, Alaska, said the discovery of the goggles and other ancient relics, "literally turns upside down" old ideas of man's past in the Far North. The Institution said Eskimos far more civilized than any known in modern times made the goggles which are as useful as when they first were carved by prehistoric "colonists" on the shores of the Arctic Sea.
 The discovery furnishes a long-sought connection between the old "Ivory Civilization" and more recent Eskimos, showing that these people developed in reverse fashion from most other races. They came to America from Asia with a high degree of culture, but instead of continuing to improve they have gone "down hill" ever since, according to the Smithsonian scientists.

LIVES BY SPENDING MONEY

The professional spender has now become a member of nearly every rich American's personal staff. He—or she—is hired to save the celebrity's money.
 This practice began when a prominent film star wanted to buy a horse. He knew the one he wanted and, having a certain amount of knowledge about horsemanship, knew that it was worth about \$125. The horse dealer, remembering that he had a celebrity to deal with, would not part with the horse for less than \$175.
 A few days later he sold it to another man for \$120. The latter promptly took it to the film star, who now finds it worth while to pay the man \$10 a week to buy his goods for him.
 Other celebrities have followed his example. Now they shop without buying. Making tours of the stores, they mentally note what they want, go home empty-handed, describe their requirements to their professional spenders, and send them back to the shops to make the purchases.

POLISHING UP YOUR JOB

The proverb says that all is not gold that glitters. In fact one of the shiniest most sparkling things that ever attracted a person's attention is another's job. The stenographer wishes she were a school-teacher, with every Saturday to herself and twelve weeks' vacation each year. The school-teacher thinks how delightful it would be to have a talent for music and earn a living that way. Other people's jobs are so glittering that the onlooker never can see the dark side nor the dingy side.
 Changing your job for your neighbor's is likely to be a very disappointing experience. You will make no mistake, however, if you try to polish up your job until that, too, begins to glitter. Put a little sentiment into it. Cultivate a sense of pride in making a success of it. Look on it as a stepping-stone to something better. A very commonplace job, subject to this sort of polishing, will glitter in a way that will shame the brightest gold piece ever minted.

NO PROOF OF POPULARITY

The people who laugh with you when they aim for never are to be found do not feel for you, such unreserved admiration as you, perhaps, suppose. They may admire your cleverness, your stinging wit, your ability to make ridiculous, but even while they laugh with you they are putting up a screen between you and their real selves. Instinctively they feel that you are not to be trusted, that they must be on their guard against you.
 You young people whose witticisms are received with laughter are very apt to think yourselves popular. Very possibly the opposite is true. The people whose wit has a barb that rankles, who raise a laugh by making some one ridiculous, are often treated with a consideration which has its root in fear rather than respect, and are disliked, even when they are applauded.



Step out into the SUNSHINE

How many days of your life are lost in feeling under par? How many hours which might be bright are dull and dispirited?
 Half-hearted days are frequently due to common constipation. It clouds your waking hours, takes the sunshine out of living. Yet it can be overcome so easily by eating a delicious cereal.
 Laboratory tests show Kellogg's All-Bran provides "bulk" and vitamin B to aid elimination. All-Bran is also a fine source of iron.
 The "bulk" in All-Bran is much like that in leafy vegetables. Isn't this "cereal way" pleasanter than risking patent medicines?
 Two tablespoonfuls daily are usually sufficient. With each meal, in chronic cases. If not relieved this way, see your doctor.



Serve All-Bran as a cereal or use in muffins, breads, omelets, etc. In the red-and-green package. At all grocers. Made by Kellogg in London, Ontario.

NOT ALL AT ONCE

First Actress: "Yes, when I came out the audience simply sat there open mouthed."
 Second Actress: "Oh, nonsense. They never yawn all at once."

Announcing the appointment of DAYMOND BROS. GEORGETOWN dealers for CHEVROLET OLDSMOBILE PONTIAC McLAUGHLIN-BUICK IN GEORGETOWN AND FOR ACTON and MILTON

General Motors Products of Canada, Limited is pleased to announce that Daymond Bros. will now represent Chevrolet, Oldsmobile, Pontiac and McLaughlin-Buick in Georgetown and surrounding territory. This organization also has selling rights in Acton and Milton.

Motorists are cordially invited to visit the showrooms of the new dealer, and to take advantage of the extensive service facilities offered at the Georgetown premises. Arrange, during your call, to enjoy a "Floating Ride" in a General Motors car equipped with Kne-Action Wheels. This is just one of the revolutionary advancements which make Chevrolet, Oldsmobile, Pontiac and McLaughlin-Buick value leaders in their respective price classes.

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