

- - - Some Challenging - All Good To Eat

CENTENNIAL CHIFFON CAKE

1 cup plus 2 tablespoons cake flour
1½ teaspoons baking powder
½ teaspoon salt
¾ cup white sugar
¼ cup salad oil
2 unbeaten egg yolks
¼ cup plus 2 tablespoons water
½ teaspoon lemon extract
1 teaspoon grated lemon rind
½ cup egg whites (3 or 4) at room temperature
¼ tsp. cream of tartar

Sift together once the flour, baking powder, salt and sugar. Make a well in the dry ingredients and add (in this order), without mixing, the salad oil, egg yolks, water, vanilla, lemon extract and lemon rind. Avoiding the dry ingredients as much as possible, mix these liquids a bit with a wooden spoon, then incorporate with flour mixture and beat until batter is smooth.

Measure egg whites into a large mixing bowl and sprinkle with cream of tartar. Beat until very, very stiff — much stiffer than for an angel or sponge cake. Gradually fold in mixture. Turn batter into an ungreased deep 8-inch pan and bake at 325 degrees until golden brown.

When cool, frost with Sea Foam Frosting.

Sea Foam Frosting

2 egg whites, unbeaten
1½ cup brown sugar
dash of salt
5 tablespoons cold water
1 teaspoon vanilla
1 teaspoon baking powder

Combine all ingredients except vanilla and baking powder in top of double boiler; beat until blended. Cook over boiling water, beating constantly with electric mixer, until frosting is fluffy and holds its shape. This takes about 7 minutes. Remove from heat; add vanilla and baking powder. Beat again until mixture peaks.

Half of this recipe may be sufficient to frost the above cake. If desired, the chiffon cake may be split and filled and frosted with the Sea Foam Frosting.

Miss Norma Smith,
463 Centre Street East,
Apartment 6,
Richmond Hill.

MIRACLE WHIP CHOCOLATE CAKE

(No Eggs, Shortening or Milk)
1 cup Miracle Whip salad dressing
1 cup granulated sugar
2 cups sifted flour
6 tablespoons cocoa or 2 squares of melted chocolate
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon vanilla
1 cup water
dash of salt

Cream sugar and salad dressing. Add chocolate (or cocoa) and beat well. Add dry ingredients, mix well, bake in eight inch square cake pan, lightly greased and sprinkled with flour.

Mrs. M. Thompson,
154 Taylor Mills Drive N.,
Richmond Hill.

SQUIRREL CAKE

1½ cup flour
1½ teaspoon baking powder
½ teaspoon salt
½ cup butter
1 cup brown sugar
2 egg yolks
1 teaspoon vanilla
Mix well, and pat in a pan 9"x12" and pour the following over the above:
2 egg whites (beaten)
1 cup brown sugar
½ cup walnuts (chopped)
½ cup dates (cut up)
1 cup coconut
½ teaspoon almond flavoring
1 teaspoon vanilla
½ cup cherries (cut up) red and green

Bake 30-40 minutes at 300 degrees.
Audrey Burns,
232 Jacey Ann Drive,
Richmond Hill.

FRESH ORANGE CAKE

3 cups sifted cake flour
3 teaspoons baking powder
½ teaspoon salt
¾ cup soft shortening
1½ cup sugar
3 eggs
1 tablespoon grated orange rind
½ cup orange juice
⅔ cup milk

Preheat oven to 350 degrees. Grease two nine-inch layer cake pans and dust lightly with flour. Tap out any excess flour.

Sift flour, baking powder and salt onto waxed paper; reserve. Combine shortening, sugar, eggs and orange rind in large bowl. Beat at high speed for three minutes.

Stir in flour mixture alternately with orange juice and milk, beating after each addition until batter is smooth. Pour batter into prepared pans.

Bake in moderate oven (350 degrees) for 30 minutes or until centre springs back when lightly touched with fingertip.

Cool layers in pans on racks ten minutes. Loosen around edges with a knife; turn out onto wire racks and cool completely.

Put layers together with part of orange butter cream frosting. Frost sides and top with remaining frosting.

Orange Butter Cream Frosting

½ cup butter or margarine softened
2 teaspoons grated orange rind
⅛ teaspoon salt
1 egg yolk
1 package (1 pound) icing sugar
¼ cup orange juice
Combine butter or margarine, orange rind, salt and egg yolk in a small bowl. Beat at medium speed until thoroughly blended.

Sift icing sugar and add alternately with orange juice to mixture in bowl, beating until mixture is of good spreading consistency.
Mrs. Carol Brown,
RR 1, Goodwood.

SUNSHINE CAKE

1 large angel food cake
1 can (15 ounce size) crushed pineapple
1 lemon instant pudding
1-2 pints whipped cream
Early in the day make the pudding as directed on package. Drain pineapple very well and add it to the pudding.

Whip cream until stiff peaks form and fold it into the mixture.

Cut the angel cake into three layers and fill and ice the cake with this mixture. Refrigerate at least six hours before serving.

Mrs. Rosemary Bennett,
170 Trayborn Drive,
Richmond Hill.

LARGE LEMON CHIFFON CAKE

2 cups sifted cake flour
3 teaspoons baking powder
1 teaspoon salt
1½ cups granulated sugar
½ cup corn oil
½ cup lukewarm water
5 egg yolks
2 teaspoons lemon extract
5 egg whites

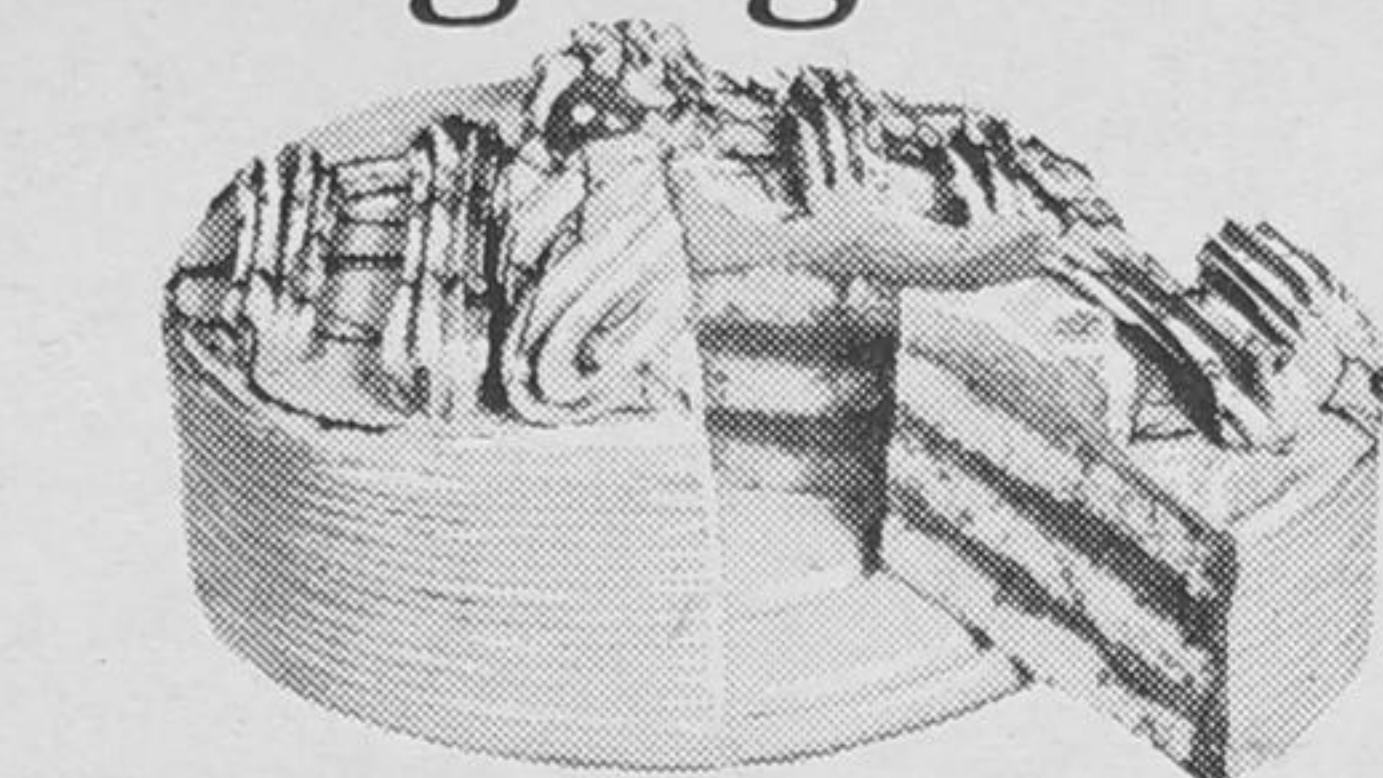
½ teaspoon cream of tartar
Sift flour, baking powder, salt and half the sugar. Add corn oil, water, egg yolks and lemon extract. Beat until smooth.

Beat egg whites with cream of tartar until very stiff (this is very important). Beat in the rest of the sugar.

Fold the first mixture into the egg whites. Do not beat.

Bake in large tube pan or nine by 13 inch pan at 375 degrees. Invert pan on cake rack to cool completely before removing from pan.

Variation:
Substitute two teaspoons of vanilla for lemon extract. This is good with strawberries and whipped cream.
Mrs. Margaret Kirby,
R.R. 4, Arthur, Ont.



APPLESAUCE CAKE

1¼ cups regular flour
1 teaspoon soda
1 teaspoon baking powder
½ teaspoon salt
½ teaspoon each of nutmeg, allspice, cinnamon
¾ cup sugar
½ cup shortening
1 egg
1 cup applesauce
1 cup chopped raisins

Spoon or pour flour into dry measuring cup. Level off and pour onto waxed paper. Add baking powder, soda, salt and spices; stir well to blend.

Cream sugar, shortening and egg thoroughly. Add dry ingredients to creamed mixture alternately with applesauce, starting and ending with dry ingredients. Mix well after each addition, but do not overbeat. Stir in raisins.

Spread batter in greased and floured 8-inch square pan.

Bake at 350 degrees for 50-60 minutes or until toothpick inserted in center comes out clean.

Cool cake ten minutes in pan before turning out on wire rack. Frost with Browned Butter Icing or as desired.

This recipe can be doubled using the whole can of applesauce and makes a 13½-inch by 9-inch by 2½-inch cake. A very good nutritious cake for school lunches.

Browned Butter Frosting

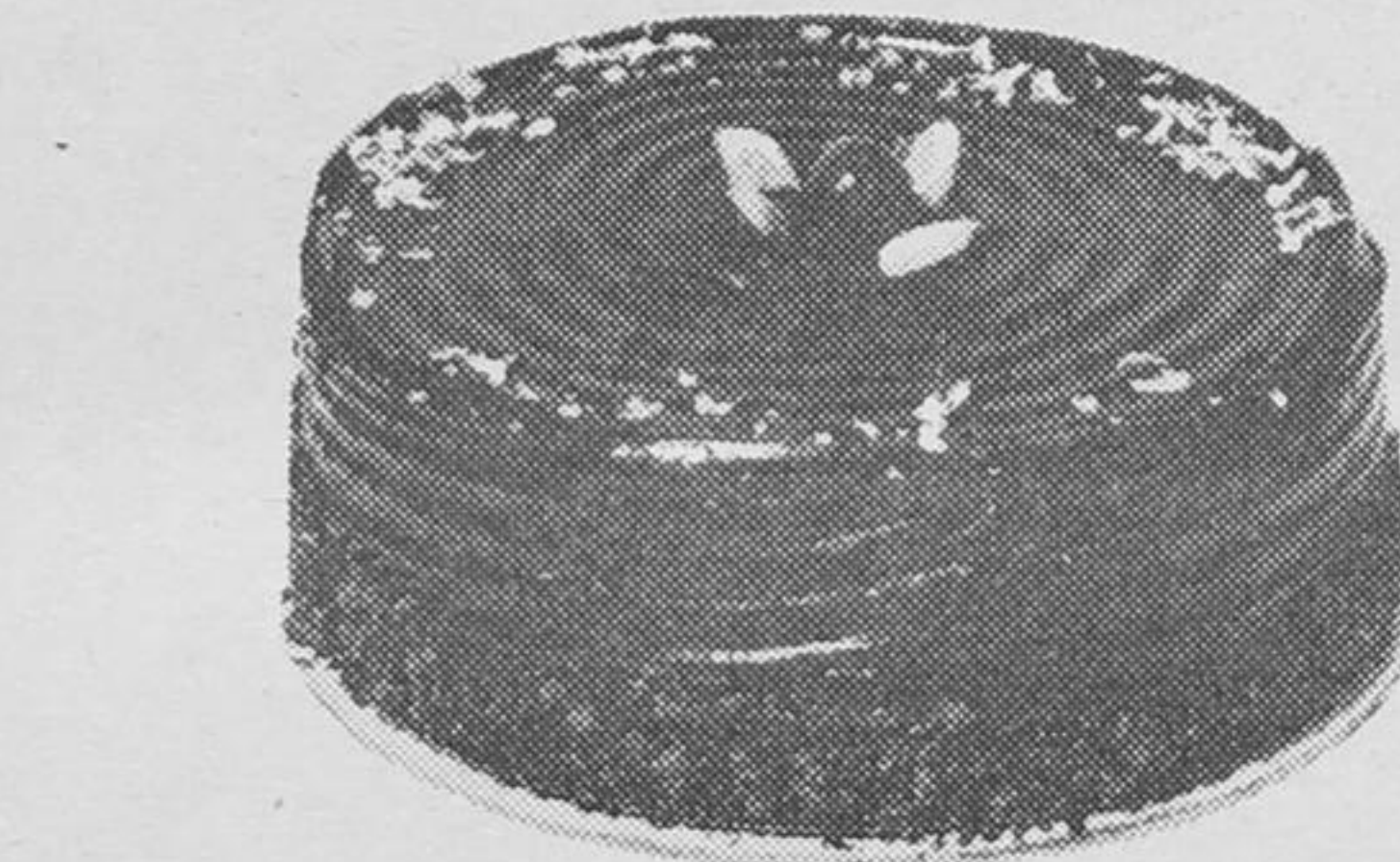
6 tablespoons butter
1½ cups sifted icing sugar
1 teaspoon vanilla
4 teaspoons hot water
Melt butter in saucepan over medium heat. Brown lightly. Remove from heat. Stir in sugar and vanilla.

Add water. Beat with wooden spoon until icing reaches spreading consistency.

Pour over cake and spread quickly before frosting sets.

Yield: Sufficient for frosting top and sides of 8-inch or 9-inch square or top of 9-inch by 13-inch oblong cake.

Mayor Margaret Britnell,
Township of King.



BANANA-NUT LOAF

½ cup shortening
1 cup sugar
2 eggs
2 cups sifted flour
1 teaspoon baking soda
¼ teaspoon salt
3 large ripe bananas
½ cup chopped walnuts
1 teaspoon vanilla

Cream shortening and sugar until fluffy, add eggs, 1 at a time, beating well. Sift flour, soda, and salt; stir quickly into creamed mixture just until blended; stir in mashed bananas, walnuts, and vanilla; pour into greased loaf pan, 9x5x3.

Bake 350 degrees about 1 hour until centre is firm. Cool 5 minutes; turn out onto wire rack.

Mrs. Glenna Taylor,
309 Gells Road,
Richmond Hill.

EGGLESS, MILKLESS, BUTTERLESS CAKE

1 cup brown sugar
1 cup water
1 cup raisins
2 level tablespoons drippings
½ teaspoon salt
1½ cups sifted all purpose flour
¾ teaspoon soda
½ teaspoon ginger
1 teaspoon cinnamon

Cook together sugar, water, raisins, drippings, and salt. Let cool, sift together flour, soda, ginger and cinnamon. Stir into the cooled cooked mixture. Mix well. Bake one hour at 350 degrees in a greased loaf pan.

To make a fruit cake add:

1 cup chopped dates
1 cup mixed peel
½ cup chopped nuts.

Or drop by teaspoon on a cookie sheet and bake 15 minutes.

Valerie Marlatt,
122 Elmwood Avenue
Richmond Hill

CHERRY CHEESE CAKE

½ cup butter
1½ cups graham crumbs
Mix crumbs with melted butter and press into a nine-inch springform pan. Bake at 375 degrees for eight minutes.

Filling:

2 packages (8 ounces each) cream cheese
1¾ cups icing sugar
2 teaspoons lemon juice
2 packages (2 ounces each) Dream Whip

1 can cherry pie filling
Whip cheese until light and gradually add icing sugar and lemon juice. Fold in Dream Whip.

Pour filling into crust and chill. Just before serving top with cherry pie filling.

Note: The filling may be halved and put in a nine-inch pie shell or used as tart filling.

Wendy Sinclair,
66 Lawnwood Court,
Richmond Hill.

STRAWBERRY WHIPPED CREAM CAKE

2½ cups sugar
1 teaspoon salt
3 cups egg yolks
½ cup egg whites
2 cups cake flour
1 teaspoon baking powder
1 cup milk
½ cup butter
½ teaspoon vanilla

Whip first four ingredients at medium speed for 25 minutes or until batter peaks and falls slowly. Sift flour and baking powder twice. Melt butter into milk and add vanilla. Fold alternately flour mixture and milk mixture into sugar-yolk mixture. Blend well. Pour batter into three greased eight inch round pans. Bake 370 degrees 20 minutes or until brown.

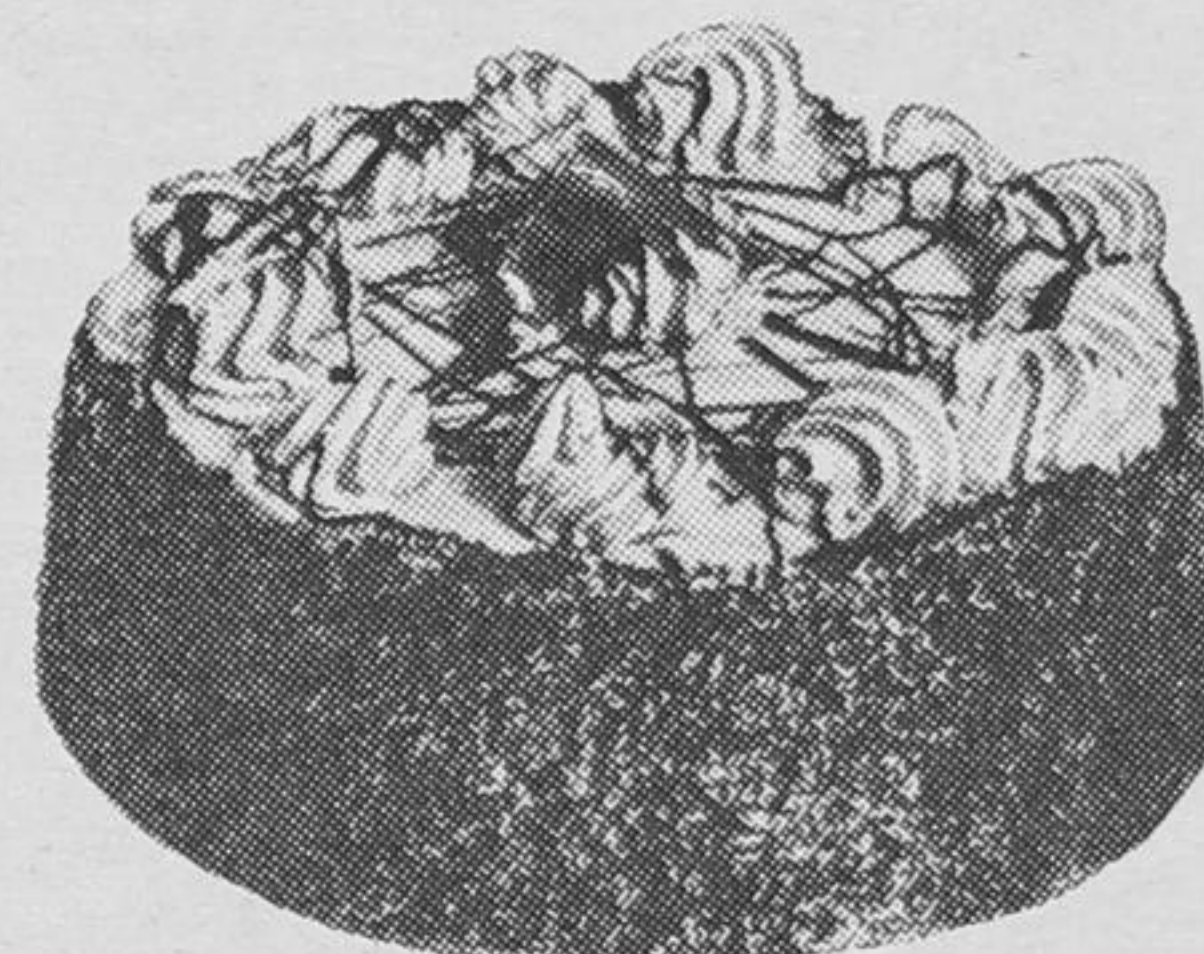
Strawberry Topping

1 quart whipping cream, whipped
1 ounce cherry brandy
2 cups chopped sugared berries

Few whole berries.

Add cherry brandy to cream. Put strawberries into half of whipped cream and spread cream mixture between three cake layers. Cover cake with remaining cream and decorate with whole berries. Refrigerate.

Mrs. Carol Schotkamp
402 Markham, Apt. 209
Richmond Hill



Sandwich Calculations

If you're on the planning committee for teas, bridal showers or any other large-scale events, these sandwich facts from the Ministry of Agriculture and Food, will be of help.

For a daytime reception of mixed company, allow two slices of bread per person. At a ladies' gathering the hostess should allow one to one and a half slices of bread per guest.

A one-pound loaf of bread has about 30 ¼-inch slices, giving 15 sandwiches, while a 24-ounce loaf has about 40 slices, giving 20 sandwiches. Day-old bread is best for buttering, but for any rolled sandwiches use the freshest bread you can get so the sandwiches won't crack when rolled.

When buttering, allow about one teaspoon butter per bread slice if the crusts are left on, and one half to one third teaspoon butter if the crusts will be trimmed off. One pound of butter will spread about 130 slices of bread or enough for 65 sandwiches.

WHAT WENT WRONG?

You made a cake and it didn't turn out: something went wrong but you're not sure of the cause. Food experts from Macdonald Institute, University of Guelph, give a few suggestions as to what might cause an unsatisfactory cake:

Cake sugary, sticky crust — Cause: Too much sugar; improper mixing; underbaking.

Uneven Browning — Cause: Insufficient leavening; undermixing; uneven oven heat.

Uneven Shape — Cause: Uneven oven heat; uneven oven, cake not level; pan warped.

Falls Low in Center — Cause: Too thin a batter; too much sugar, fat, leavening; too much batter in pan; undermixing; moving the cake during baking; oven temperature too low; underbaking.

Cake Peaked — Cause: Insufficient fat or leavening; too much flour; oven temperature too high.

Cracks on Top — Cause: Too stiff a batter; baking pan too deep; too hot an oven.

Dry — Cause: Not enough fat, sugar, liquid; too much flour; overbaking.

Soggy — Cause: Too much sugar, liquid; undermixing.

Frozen Sandwich Fillings

Frozen sandwiches have become a great favorite: they can be made ahead of time, go directly into the lunch box and be completely thawed by noon, assuring freshness and quality. Fillings that freeze well must be considered to ensure a top-quality sandwich.

Suitable for freezing are fillings made of meat and poultry, as well as Cheddar and cream cheese, most sliced meats, bologna, and tuna. Omit anything that may soak into the bread, like jelly or mayonnaise, or cooked egg white, which toughens, or vegetables that will wilt.

Mayonnaise does not freeze well, and should not be used. Instead, use salad dressings, lemon, pineapple or orange juice, milk, sour cream, apple sauce, or cream cheese as a binder, suggest food specialists at the Ministry of Agriculture and Food.

Sheep On Ship?

Columbus brought sheep to the new world on his second voyage in 1493.

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