Breads, Cakes, and Pies
in Family Meals
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Prepared by

Consumer and Food Economics Research Division
Agricultural Research Service

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Of all the culinary skills, baking is perhaps the most rewarding, yet it is not difficult to learn. The rich aroma of baking bread—tempting cakes and pies—cookies warm from the oven—these are delights shared by the whole family.

These bread-cereal foods make an important contribution to our daily diets. In addition to food energy or calories, enriched and whole-grain flours supply several of the B-vitamins, iron, and protein.

Information in this bulletin can add to your baking know-how—whether you are an experienced cook looking for new techniques or a beginner learning the basic points in successful baking.

To speed you on your baking way, the recipe section offers popular quick breads, yeast breads, and a choice of cakes, pies, pastries, and cookies. Many of the recipes also include easy variations.

Calorie values are given for all recipes. Some suggestions for cutting calories in a serving of cake or pie are included.

**INGREDIENTS USED IN BAKING**

Always choose high-quality ingredients for home-baked products. Each ingredient serves a purpose in the mixture, so it is important to use the exact ingredient called for in the recipe.

**Flour**

This basic ingredient is marketed in several forms, each suited to a particular type of baked product. Much of today's flour is enriched. This means that thiamin, niacin, riboflavin, and iron are added to bring the amount of these nutrients within limits specified by the Government. Calcium and vitamin D may also be added.

**Enriched all-purpose flour**—the kind usually sold for home use—is suitable for most home baking. Generally, it is a blend of hard and soft wheat flours, but it can be milled entirely from soft wheat.

This flour contains sufficient protein to form an elastic framework that is delicate enough for cakemaking and strong enough for breadmaking.
Cake flour, milled from soft wheat, is lower in protein than all-purpose flour, and usually is not enriched. It is very fine and uniform and makes tender, delicate cakes. It is not suitable for breadmaking.

Self-rising flour is all-purpose flour to which baking powder and salt have been added in the proportion of 1 1/2 teaspoons baking powder and 1/2 teaspoon salt to 1 cup of flour. It is convenient for biscuits and other quick breads.

Whole-wheat or graham flour is milled from the whole kernel and contains all the B-vitamins, iron, and other nutrients naturally present in wheat. Because whole-wheat flour is higher in fat than white flour, it should be stored in a cool place.

Leavening Agents

Some kind of leavening is required to make doughs and batters rise. Yeast, a common leavener, feeds on the sugar in the mixture and forms gas bubbles that raise the dough. Yeast needs a warm temperature for growth; too low a temperature slows growth, and too high a temperature kills yeast.

Yeast comes in two forms—dry granular and compressed. The packages usually are dated and, for best results, the yeast should be used before the expiration date.

Other leavening agents are baking powder, baking soda, air, and steam. Baking powder is a combination of baking soda and an acid ingredient that reacts in the batter to form gas bubbles.

Two types of baking powder are available—double-acting and quick-acting. Read the label on the container to find out which type you are buying.

Double-acting baking powder reacts and produces gas bubbles twice—first during mixing and again during baking. Quick-acting baking powder (cream of tartar type) reacts to form gas bubbles only once—as soon as the batter is mixed. So to get results from quick-acting baking powder, the mixture needs to be baked right away. It is the expansion of the gas bubbles during baking that makes the product rise.

Baking soda is used when the mixture contains acid ingredients, for example, buttermilk, molasses, chocolate, fruit, or fruit juice. Gas bubbles form in the same way as when baking powder is the leavening agent, but the action is immediate. The leavening effect of baking soda is lost if the product is not baked immediately.

Air in beaten egg whites is the leavening agent in angelfood cake.

Steam leavens the mixture in some quick breads; for example, in popovers. Popover batter contains more liquid than most batters.

Fats and Oils

These ingredients (butter, margarine, shortenings, lard, and oils) shorten or tenderize the product by coating the flour particles or by forming separate layers of fat and dough.

Hydrogenated fats are oils that are made solid by the addition of hydrogen. Emulsifiers are often
added to help keep the fat particles evenly distributed in a mixture. These emulsifiers also help stabilize the batter until it is set by the heat of baking.

**Eggs**

Several properties of eggs make them useful in baking. Besides adding color, flavor, and nutritive value to baked products, beaten eggs act as leavening agents, and the proteins in eggs coagulate when heated to strengthen the framework of batters and doughs. Also, eggs are a natural emulsifier. They help to keep fat particles suspended in batters and to maintain smoothness.

**Sugar**

Sugar not only flavors baked foods but it increases tenderness and volume as well. It helps to brown crusts, too.

Confectioner’s sugar is finer than granulated sugar and may be used when a finer textured product is desired. Brown sugar imparts its own distinctive flavor and helps keep food moist.

**Liquids**

Milk, water, and fruit juices are among the liquids used to blend dry ingredients in making doughs and batters. It is the amount of liquid in a mixture that determines whether it is a dough or a batter.

Any mixture thick enough to be rolled or kneaded is called a dough. A mixture that is thin enough to pour or drop from a spoon is known as a batter.

Liquid also serves to moisten the mixture and makes possible the leavening action of baking powder, soda and acid, or the growth of yeast.

### MEASURING INGREDIENTS

Exact measurement of ingredients—using the right tool and the right method—is a key to success in baking.

Choose and use standard measuring cups and spoons. Level the top of measured dry ingredients and solid fats with straight edge of knife or spatula. For liquids, a measuring cup with space above the 1-cup line makes measurement more accurate and avoids spills. Set the cup on a flat surface to check the measure at eye level.

**Tips on Accurate Measuring**

*Flours and meals.*—Spoon unsifted flour or meal lightly into a measuring cup until cup is overflowing. Do not tap or shake cup. Then level off top with straight edge of knife or spatula.

*Sifting of flour* is no longer necessary because all-purpose and cake flour are finely milled.

*Solid fats.*—Pack fat firmly into measure and level off with straight edge of knife or spatula. Solid fats in sticks or blocks can be cut as needed. A 1-pound block
measures about 2 cups; a stick of butter or margarine, \( \frac{1}{2} \) cup.

_Brown sugar._—Pack firmly into cup or spoon and level off with straight edge of knife or spatula.

_Baking powder, cornstarch, cream of tartar, spices._—Dip spoon into container and bring it up heaping full. Level off with straight edge of knife or spatula.

Unless a recipe specifies differently, baking ingredients should be at room temperature because they work better in the mixture at that temperature than when they are too warm or too cold.

**POINTERS ON MIXING**

Make it a rule to follow directions _exactly_ when you mix ingredients. Methods of mixing are adjusted for different types of baked products.

For example, muffins should be mixed only until the dry ingredients are moistened. Overmixing results in a poor texture with large holes and tunnels.

Fat should be incompletely mixed with other ingredients in making biscuits and pastry. The fat then remains in large particles that form layers to give flakiness.

In cakes, however, it is necessary that the fat be thoroughly mixed with other ingredients. Thorough mixing divides the fat into fine particles to give the desired tenderness.

Some batters, the sponge cake roll on page 16, for example, are beaten well to incorporate air as an aid in leavening. This kind of a batter must be handled gently and baked immediately to retain the air until the oven heat sets the food in the desired shape.

**POINTERS ON BAKING**

Quality in a baked product depends, in part, on the baking pan. It is important to use the size of pan specified so the batter will be the proper depth in the pan and will bake at the rate and in the time given in the recipe.

Because dark or dull pans absorb heat, foods bake faster and crusts are browner in such pans than in shiny pans that reflect heat.

Today many baking pans have a non-stick finish and do not require greasing. For other pans, use a light coating of any fat or oil except butter or margarine. If a floured pan is specified, sprinkle a little flour in the greased pan, tip pan back and forth to coat evenly, then shake out excess flour.

A properly adjusted oven is a must for successful baking. Check the temperature in your oven from time to time with an accurate oven thermometer. Oven thermometers are available in most department or hardware stores.

Once you know your oven is
functioning well, here are other guidelines to follow:

- Preheat oven 15 minutes.
- Place pans in center of middle shelf of oven.
- Do not let pans touch each other or sides of oven.
- Avoid placing pans directly over each other when using two shelves.
- Do not crowd the oven.
- Open oven door only if necessary during baking—then do so gently and quickly.

**STORING INGREDIENTS**

Buy only the amount of baking ingredients that you can store properly and use while still in good condition.

Here are general directions for storing your baking supplies.

**Flours, cereal products, sugars, and spices** generally can be stored at room temperature in tightly closed containers. Whole-grain flours, however, keep best in a cool place.

**Dry yeast** may be stored for several months in a dry, cool place. **Compressed yeast** is perishable and should be stored in the refrigerator and used within a week.

Store **fluid milk, buttermilk, and cream** in the refrigerator in closed containers. Canned milk and non-fat dry milk in unopened containers can be held at room temperature for several months. Once opened, canned milk should be refrigerated. Tightly close the package of nonfat dry milk and store at room temperature.

**Eggs** should be promptly stored in the refrigerator. Keep broken out yolks and whites in tightly covered containers in the refrigerator. Cover yolks with a little water to prevent drying.

**Butter and margarine** need refrigerator storage. Most vegetable shortenings can be held at room temperature. Lard that is not stabilized should be kept in the refrigerator. Check label for information on storage.

All fats need to be covered during storage.

**STORING BAKED PRODUCTS**

**Bread** stales less quickly in a breadbox at room temperature than in a refrigerator. But in hot, humid weather keeping bread in the refrigerator helps prevent growth of mold.

Wrapping freshly baked foods, such as bread and rolls, in moisture-vapor-resistant material after they are cool helps keep them moist.

**Cakes** should be held in containers with tight covers. **Cakes with cream or custard fillings or frostings, unless eaten soon after baking, must be held in the refrigerator to keep them safe to eat.**

**Custard and cream pies** must be refrigerated soon after baking. They can be cooled quickly on a rack, then refrigerated, or you
can put warm pies in the refrigerator unless this raises the refrigerator temperature above 45°F.

Cream puffs and eclairs should be cooled, filled, and refrigerated immediately.

Fruit pies keep best if refrigerated. They can be reheated in a moderate oven to freshen them.

**Freezing Baked Products**

If you want to hold baked foods for more than a few days, most of them will hold their eating quality well in a freezer at a temperature of 0°F. or lower.

Freeze the food as soon as it has cooled after baking. Wrap the product in moisture-vapor-resistant materials or place it in a freezer container or carton. Exclude as much air as possible from the package.

Maximum storage times recommended to assure high quality in baked foods held in a freezer follow.

<table>
<thead>
<tr>
<th>Food</th>
<th>Approximate holding period at 0°F. (months)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread and yeast rolls (baked):</td>
<td></td>
</tr>
<tr>
<td>White bread</td>
<td>3</td>
</tr>
<tr>
<td>Cinnamon rolls</td>
<td>2</td>
</tr>
<tr>
<td>Plain rolls</td>
<td>3</td>
</tr>
<tr>
<td>Cakes (baked):</td>
<td></td>
</tr>
<tr>
<td>Angel</td>
<td>2</td>
</tr>
<tr>
<td>Chiffon</td>
<td>2</td>
</tr>
<tr>
<td>Chocolate Layer</td>
<td>4</td>
</tr>
<tr>
<td>Fruit</td>
<td>12</td>
</tr>
<tr>
<td>Pound</td>
<td>6</td>
</tr>
<tr>
<td>Yellow</td>
<td>6</td>
</tr>
<tr>
<td>Pies (unbaked):</td>
<td></td>
</tr>
<tr>
<td>Apple</td>
<td>8</td>
</tr>
<tr>
<td>Berry</td>
<td>8</td>
</tr>
<tr>
<td>Cherry</td>
<td>8</td>
</tr>
<tr>
<td>Peach</td>
<td>8</td>
</tr>
</tbody>
</table>

**RECIPES**

For best results with the recipes in this section, measure ingredients accurately, combine ingredients exactly as directed, and bake at the temperature and for the time specified.

In these recipes, "flour" means "all-purpose flour," unsifted. Measure flour as directed on page 8.

Large-size eggs (24 ounces per dozen) were used in developing these recipes. The baking powder used was the double-acting type. If you use a quick-acting baking powder, it will require twice as much and the batter or dough should be baked immediately for best results.

The term "fat" as used in the recipe directions applies to any of the fats listed in the ingredients.

Fluid whole, lowfat, or skim milk can be used when the recipe calls for milk. Calories were calculated for the recipes using whole milk. Calories for a serving will be lower if lowfat or skim milk is used.

Recipes in this bulletin were developed for use at altitudes below 3,000 feet.

At altitudes above 3,000 feet, it is often necessary to make slight adjustments in the proportions of ingredients. Atmospheric pressures are lower at higher elevations and leavening gases react...
differently. No general directions apply to all recipes. Recipes especially developed for baking at high altitudes are usually available from State Experiment Stations and State Extension Services in these areas.

Quick Breads

Muffins

12 medium-size muffins

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flour, unsifted</td>
<td>2 cups</td>
</tr>
<tr>
<td>Baking powder</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>Sugar</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Salt</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Egg, slightly beaten</td>
<td>1</td>
</tr>
<tr>
<td>Milk</td>
<td>1 cup</td>
</tr>
<tr>
<td>Fat, melted, or oil</td>
<td>½ cup</td>
</tr>
</tbody>
</table>

Preheat oven to 400° F. (hot).
Grease muffin tins.
Mix dry ingredients thoroughly.
Combine egg and milk; add fat.
Add to dry ingredients.
Stir until dry ingredients are barely moistened. Do not overmix.
Batter should be lumpy.
Fill muffin tins half full of batter.
Bake 20 to 25 minutes until browned as desired.

Calories per muffin: About 160.
For fewer calories, use only 2 tablespoons sugar and ¼ cup fat or oil. About 140 calories per muffin.

Variations

Apple-spice muffins.—Use ½ cup sugar and ¾ cup milk in basic recipe. Add 1 teaspoon cinnamon to the dry ingredients, and add 1 cup finely chopped apples and ¼ cup raisins with the liquid to the dry ingredients. About 185 calories per muffin.

Cherry-nut muffins.—Use ¼ cup maraschino cherry juice to replace ¼ cup of the milk in basic recipe. Add ¼ cup chopped, well-drained maraschino cherries and ¼ cup chopped nuts with the liquid to the dry ingredients. About 190 calories per muffin.

Corn-fritter muffins.—Add 1½ cups well-drained, cooked (salted) corn or canned corn and 1 tablespoon chopped, canned pimiento with the milk mixture to the dry ingredients in the basic recipe. About 175 calories per muffin.

Cranberry-sauce muffins.—Decrease milk to ½ cup in basic recipe. Mix the milk with 1 cup whole cranberry sauce. Drain off liquid and measure. Add more milk, if needed, to make ¾ cup liquid. Stir cranberries with liquid into dry ingredients. About 195 calories per muffin.

Jelly or jam muffins.—Using the basic muffin recipe, put half the batter into muffin tins. Put 1 teaspoon jelly or thick jam in each. Add rest of batter. About 175 calories per muffin.

Cornmeal muffins

12 medium-size muffins

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flour, unsifted</td>
<td>1 cup</td>
</tr>
<tr>
<td>Yellow cornmeal</td>
<td>1 cup</td>
</tr>
<tr>
<td>Baking powder</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>Sugar</td>
<td>½ cup</td>
</tr>
<tr>
<td>Salt</td>
<td>½ teaspoon</td>
</tr>
<tr>
<td>Egg, slightly beaten</td>
<td>1</td>
</tr>
<tr>
<td>Milk</td>
<td>1 cup</td>
</tr>
<tr>
<td>Fat, melted, or oil</td>
<td>¼ cup</td>
</tr>
</tbody>
</table>

Preheat oven to 400° F. (hot).
Grease muffin tins.
Mix dry ingredients thoroughly.
Combine egg and milk; add fat.
Add to dry ingredients.
Stir just until dry ingredients are moistened. Do not overmix. Batter should be lumpy.

Fill muffin tins half full of batter.

Bake about 20 minutes or until lightly browned.

NOTE: For cornbread, bake the batter in a greased 8-inch square pan. Cut into 12 pieces.

Calories per muffin or piece of cornbread: About 160.

For fewer calories, use only 2 tablespoons of sugar. About 145 calories per muffin.

VARIATIONS

Bacon-cornmeal muffins.—Add six strips crisp cooked bacon, coarsely broken, to the blended dry ingredients in the basic recipe. About 185 calories per muffin.

Cheese-cornmeal muffins.—Use only 2 tablespoons fat or oil in basic recipe. Stir 3/4 cup shredded sharp cheese into dry ingredients. About 170 calories per muffin.

Waffles

6 waffles, 7 inches in diameter

Flour, unsifted .......... 2 cups
Baking powder .......... 4 teaspoons
Salt .................... 1 teaspoon
Sugar .................. 2 tablespoons
Eggs, well beaten ...... 3
Milk .................... 1 1/4 cups
Fat, melted, or oil ..... 1/4 cup

Preheat waffle iron as directed by manufacturer.

Mix dry ingredients thoroughly.

Combine eggs and milk; add fat. Add to dry ingredients.

Stir only until smooth.

Pour enough batter onto waffle iron to half fill it.

Bake about 5 minutes until browned. Check doneness when steaming has nearly stopped.

Calories per waffle: About 350.

VARIATIONS

Cheese waffles.—Use only 1/4 cup fat in basic recipe. Stir 1 cup shredded, sharp cheese into dry ingredients before adding the liquid. About 400 calories per waffle. Serve waffles with creamed meat or vegetable, if desired.

Pancakes.—Use only 1 egg in waffle recipe. Stir mixture just until dry ingredients are moistened; batter will be lumpy. For each pancake, pour about 1/4 cup batter onto the hot griddle. The griddle is hot enough when drops of water bounce on it. Turn pancakes once when bubbles form over top. Makes 12 pancakes, 4 1/2 inches in diameter. About 160 calories per pancake.

Cinnamon coffee cake

9 servings

Cake batter

Sugar .................... 3/4 cup
Softened butter,
  margarine, or
  shortening ............ 1/4 cup
Egg .................... 1
Milk .................... 1/2 cup
Flour, unsifted .......... 1 1/2 cups
Baking powder .......... 2 teaspoons
Salt .................... 1/2 teaspoon

Filling

Brown sugar, packed .... 1/2 cup
Flour .................... 2 tablespoons
Butter or margarine .... 2 tablespoons
Cinnamon ............... 1 or 2 teaspoons, as desired
**Preheat oven to 375° F. (moderate).**

**Grease an 8- or 9-inch square baking pan.**

Beat sugar, fat, and egg until creamy.

Stir in milk.

Blend dry ingredients. Stir into creamed mixture until barely moistened.

Combine filling ingredients; mix well.

Spread half the batter in the pan and sprinkle with half the filling.

Add rest of batter, then remaining filling.

Bake about 30 minutes until firm to the touch in center.

Serve warm or cooled.

**Calories per serving:** About 275.

*For fewer calories,* use only $\frac{1}{2}$ cup sugar in cake. For filling use $\frac{1}{4}$ cup brown sugar, 1 tablespoon flour, 1 tablespoon butter or margarine, and 1 teaspoon cinnamon. Continue as above. About 220 calories per serving.

**Variations**

*Fruit dessert coffee cake.*—Omit filling mixture in basic recipe. Use only $\frac{1}{2}$ cup sugar in batter. Put half the batter in baking pan; spread with a 21-ounce can of fruit pie filling (apple, blueberry, peach, or cherry). Cover with rest of batter. Bake about 55 minutes until very firm to the touch in center. About 240 calories per serving with pie filling.

*Lemon coffee cake.*—Omit filling mixture in the basic recipe. Grate the rind of one lemon; add about half of the grated lemon rind to cake batter. Put batter into pan. Blend rest of rind with $\frac{1}{3}$ cup sugar, 2 tablespoons flour, and 2 tablespoons butter or margarine. Crumble over batter. About 260 calories per serving.

**Raisin loaf**

1 loaf, 16 slices

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sugar</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>Softened butter, margarine, or shortening</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Egg</td>
<td>1</td>
</tr>
<tr>
<td>Orange rind, grated</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>Flour, unsifted</td>
<td>2 cups</td>
</tr>
<tr>
<td>Baking powder</td>
<td>2 teaspoons</td>
</tr>
<tr>
<td>Baking soda</td>
<td>1/2 teaspoon</td>
</tr>
<tr>
<td>Salt</td>
<td>1/2 teaspoon</td>
</tr>
<tr>
<td>Milk</td>
<td>1 cup</td>
</tr>
<tr>
<td>Raisins</td>
<td>1 cup</td>
</tr>
<tr>
<td>Nuts, chopped</td>
<td>1/2 cup</td>
</tr>
</tbody>
</table>

**Preheat oven to 350° F. (moderate).**

**Grease a 9- by 5- by 3-inch loaf pan.**

Beat sugar, fat, egg, and orange rind until creamy.

Mix dry ingredients thoroughly. Stir portions of dry ingredients and milk alternately into creamed mixture.

Stir raisins and nuts into last portion of flour before adding to batter.

Pour into baking pan.

Bake about 55 minutes until batter no longer clings to a toothpick inserted in center.

Let bread cool in pan 10 minutes; finish cooling on rack.

Wrap to prevent drying. Let ripen overnight, if desired.

**Calories per slice:** About 185.

*For fewer calories,* omit nuts. About 160 calories per slice.
VARIATIONS

Apricot loaf.—Omit orange rind and raisins in the basic recipe. Add 1 cup finely chopped, moist dried apricots. About 185 calories per slice.

Date-nut loaf.—Omit orange rind and raisins and use only 1/2 cup milk in the basic recipe. Add 1/2 cup boiling water to 1 cup chopped dates. Let cool to lukewarm and add to mixture with the milk.

For a spicy date-nut loaf, mix 1/2 teaspoon each of nutmeg and cinnamon with the dry ingredients in the basic recipe. About 185 calories per slice.

Spicy raisin loaf.—Mix 1 teaspoon nutmeg and 1/2 teaspoon cloves with the dry ingredients in the basic recipe. About 185 calories per slice.

Calories per biscuit:

For fewer calories, use only 1/4 cup fat. About 120 calories per biscuit.

VARIATIONS

Drop biscuits.—Increase milk to 1 cup in basic recipe and add it all at once. Stir about 18 times to mix. Do not knead. Drop tablespoonfuls onto greased baking sheet. About 140 calories per biscuit.

Sour milk or buttermilk biscuits.—Use only 2 teaspoons baking powder and add 1/4 teaspoon soda to the dry ingredients in basic recipe. Use sour milk or buttermilk instead of sweet milk. About 130 calories per biscuit with buttermilk, 135 with sour milk.

Whole-wheat biscuits.—Use half white flour and half whole-wheat flour in basic recipe. About 130 calories per biscuit.

Pigs-in-blankets.—Cut frankfurters in halves crosswise, and wrap an unbaked biscuit around each half. Leave ends of frank-
furters uncovered. Seal edges of biscuits together on the bottom. Dip tops into sesame seeds before placing on baking sheet. Bake as plain biscuits. About 200 calories per serving with 10 frankfurters per pound, 220 with eight frankfurters per pound using the basic recipe for biscuits.

**Yeast Breads**

**White bread**

2 loaves, 16 slices each

- Flour, unsifted ............... 5 to 5½ cups
- Sugar .......................... ¼ cup
- Yeast, active dry ............. 1 package
- Salt ............................. 2 teaspoons
- Milk ............................ 2 cups
- Shortening ...................... ½ cup

Mix 2 cups of the flour with the sugar, yeast, and salt. Heat milk and fat together over low heat until warm. Stir into flour mixture. Mix in enough of the remaining flour to make a soft dough that leaves the sides of the bowl. Knead on a lightly floured surface until dough is smooth and elastic, about 10 minutes.

Place in a greased bowl and turn over once to grease upper side of dough.

Cover and let rise in a warm place (80° to 85° F.) until double in size.

*Grease two loaf pans, 9- by 5- by 2½ inches.*

Press dough down to remove air bubbles.

Divide in half. Shape into loaves. Place in loaf pans. Let rise in a warm place until double in size.

**Preheat oven to 400° F. (hot).** Bake 20 minutes.

Remove bread from pan and cool on rack.

**Calories per slice:** About 100.

**Variation**

*Whole-wheat bread.*—Use half white and half whole-wheat flour in the basic recipe. Use only 2 tablespoons sugar. About 95 calories per slice.

**Rye bread**

2 loaves, 16 slices each

- Rye flour, unsifted .......... 2 cups
- Flour, unsifted ............. 3 cups
- Yeast, active dry .......... 2 packages
- Sugar .......................... 2 tablespoons
- Salt ............................. 1 tablespoon
- Caraway seeds ............... 1 tablespoon
- Water .......................... 1½ cups
- Shortening ...................... 2 tablespoons

Combine flours.

Mix 2 cups of the flour with the yeast, sugar, salt, and caraway seeds.

Heat water and fat together over low heat until warm. Stir into flour mixture. Beat for two minutes.

Add remaining flour to make a soft dough that leaves the sides of the bowl.

Knead on a lightly floured surface until dough is smooth and elastic, about 10 minutes.

Place in a greased bowl and turn over once to grease upper side of dough.

Cover and let rise in a warm place (80° to 85° F.) until double in size.

Place in loaf pans. Let rise in a warm place until double in size.

Press down to remove air bubbles. Divide dough in half, round each half to a ball, cover and let rest for 10 minutes.
Kneading consists of folding, pushing, and turning dough until it is smooth and elastic. In the step shown here, dough is pushed with heels of hands in a rocking, rolling motion.

Test dough by pressing tips of two fingers lightly and quickly about one-half inch into top of dough. If the dent stays, the dough is light enough to have doubled in size.

Gently shape each ball of dough to form a loaf about 8 inches long with tapered ends.

Place on a greased baking sheet.

Let rise in a warm place about 30 minutes.

Preheat oven to 400°F (hot).

When dough is doubled in size, punch down by pressing fist into the center of dough to remove air bubbles.

Bake 25 to 30 minutes.

Remove bread from baking sheet and cool on rack.

Calories per slice: About 75.

Yeast rolls
24 large rolls

Flour, unsifted ............ About 4 cups
Sugar .................... ¼ cup
Yeast, active dry ............. 1 package
Salt ..................... 1½ teaspoons
Milk ..................... 1 cup
Shortening .............. ¼ cup
Egg .................... 1

Mix 2 cups of the flour with the sugar, yeast, and salt.

Heat milk and fat together over low heat until warm.

Stir into flour mixture.

Add egg and beat well.

Mix in enough of the remaining flour to make a soft dough that leaves the sides of the bowl.

Knead on a lightly floured surface until dough is smooth and elastic, about 10 minutes.

Place in a lightly greased bowl and turn over once to grease upper side of dough.

Cover and let rise in a warm
Grease two 9-inch pans.

Press dough down to remove air bubbles.

Shape dough into 24 balls and place in pans or make fancy shaped rolls as shown on page 14.

Let rise in a warm place until double in size (about 1 hour).

Preheat oven to 400°F (hot).

Bake rolls 15 to 20 minutes until golden brown.

Remove from pan and cool on rack.

Note: To use compressed yeast, soften yeast in 1/4 cup warm water. Use only 3/4 cup warm milk in basic recipe.

Calories per roll: About 110.

Variations

Cinnamon rolls.—After the first rising, roll one-half of the dough into a rectangle about 10 by 12 inches.

Spread with 2 tablespoons softened butter or margarine. Sprinkle with a mixture of 1/2 cup granulated or brown sugar and 1 teaspoon cinnamon. Top with 1/2 cup raisins.

Starting with the longer side, roll tightly and seal edges.

Cut into 12 one-inch slices and place cut side down on a greased pan.

Use two 8-inch shallow, round pans for crisp-crusted rolls or one 9-inch pan for soft rolls.

Let rise until double in size (about 1 hour).

Bake in a preheated oven at 375°F (moderate) for 18 to 20 minutes, until browned.

Remove from pan and cool on a rack. Makes 12 cinnamon rolls. About 180 calories per roll.

Ham roll-ups.—After the first rising, roll half of the dough into a 9- by 18-inch rectangle. Spread with deviled ham using two cans of ham, 4 1/2 ounces each.

Starting with the longer side, roll tightly and seal edges.

Cut into 18 one-inch slices and place cut side down on a greased baking sheet.

Let rise until double in size (about 1 hour).

Bake at 400°F. (hot oven) about 20 minutes or until brown. Makes 18 roll-ups. About 125 calories per roll-up.

Honey buns.—Melt 2 tablespoons butter or margarine; stir in 1/2 cup honey. Divide mixture into 12 greased muffin tins.

Sprinkle 1/2 cup chopped nuts evenly over honey mixture.

After first rising of yeast roll dough, shape one-half of dough into 12 rolls and place on honey-nut mixture in pans.

Let rise until double in size.

Bake in a preheated oven at 375°F. (moderate) 18 to 20 minutes until golden brown.

Invert pan on rack and let cool a few minutes before removing buns. Makes 12 honey buns. About 205 calories per bun.

Rich rolls or refrigerator rolls.

—Use 1/3 or 1/2 cup butter or margarine for the fat in the basic recipe. Use 1/2 cup sugar and 2 eggs.

If desired, let dough rise in covered bowl overnight in refrigerator.
Enjoy Rolls In a Variety of Shapes

Prepare roll dough as directed in recipe on page —. After first rising, shape dough in any of shapes described here. Bake in a preheated oven at 400 ° F. (hot) 12 to 15 minutes.

**Twin rolls or lucky clovers.**—Shape 24 rolls as directed in basic recipe. Place in greased muffin tins. With scissors, cut each roll in half for twin rolls or in quarters for lucky clovers.

**Twisted rolls.**—Divide dough into 24 pieces. Shape each piece into a rope about 6 inches long. Twist dough to make a bowknot (illustration a), a figure 8 (illustration b), or a spiral roll (illustration c).

**Crescents.**—Divide dough in half. Roll each half into a 12-inch circle. Cut into 12 pie-shaped pieces. Beginning with wide end, roll tightly. Seal point well. Curve rolls slightly to form crescents when placing on greased baking sheets.

**Fan-tans.**—Divide dough in half. Roll each half into a rectangle about 10 by 16 inches. Cut into five strips about 2 inches wide. Stack strips evenly, one on top of each other. Cut into 12 pieces. Place cut side down in greased muffin tins.
Make dough into rolls and let rise in a warm place.

Second rising will take longer if dough is cold. Makes 24 rolls. About 125 calories per roll.

Holiday bread.—Before adding last cup of flour to rich roll dough, work in \( \frac{3}{4} \) cup chopped candied fruit, \( \frac{1}{2} \) cup raisins, and \( \frac{1}{2} \) cup chopped almonds.

Add \( \frac{1}{4} \) cup chopped candied cherries and 1 teaspoon grated lemon rind, if desired.

After the first rising, shape the dough into two loaves.

Place on greased baking sheet.

Let rise until double in size.

Bake in a preheated oven at 350° F. (moderate) for 40 to 45 minutes until browned.

Blend 1 cup confectioner's sugar, \( \frac{1}{2} \) teaspoon vanilla, and 1 tablespoon milk.

Spread over tops of hot loaves.

Cool on rack. Each loaf makes 12 slices. About 190 calories per slice.

Batter bread
1 loaf, about 16 slices

Flour, unsifted .............. 2\( \frac{1}{2} \) cups
Sugar .......................... 2 tablespoons
Salt ............................ 1 teaspoon
Yeast, active dry .............. 1 package
Milk ............................ 1 cup
Shortening .................... 2 tablespoons
Egg ............................ 1

Thoroughly mix the flour, sugar, salt, and yeast in a large bowl.

Heat milk and shortening until warm (shortening does not need to melt).

Add egg to flour mixture.

Stir in milk.

Beat very hard for 300 strokes or until the batter leaves the sides of the bowl.

Scrape batter down from sides of bowl, cover, and let rise in warm place until double in size (\( \frac{1}{2} \) to 1 hour).

Grease one loaf pan, 9- by 5- by 2\( \frac{1}{2} \) inches.

Stir batter down until almost its original size. Place in loaf pan.

Let rise until double in size (\( \frac{1}{2} \) to 1 hour).

Preheat oven to 350° F. (moderate).

Bake 40 minutes or until lightly browned.

Remove bread from pan immediately and cool on rack.

Calories per slice: About 105.

Cakes, Cookies, and Frostings

Chocolate cake

Two 8-inch layers or one 9- by 12-inch cake, 12 servings

Cake flour, unsifted .......... 2 cups
or
All-purpose flour, unsifted ..... 1\( \frac{1}{4} \) cups
Sugar .......................... 1\( \frac{1}{2} \) cups
Salt ............................ 1 teaspoon
Soda ............................ 1 teaspoon
Softened butter, margarine, or shortening ............... 1/2 cup
Chocolate, unsweetened, melted ...................... 3 ounces
Eggs ............................ 2
Vanilla ........................ 1 teaspoon
Sour milk or buttermilk ........ 1 cup

Preheat oven to 350° F. (moderate).

Grease and flour two 8-inch layer pans or one 9- by 12- by 2-inch cakepan.

Mix dry ingredients thoroughly.
Blend in fat, chocolate, eggs, vanilla, and one-half of the milk; beat 2 minutes at medium speed with a mixer or 300 strokes by hand.

Add remaining milk; beat 2 minutes longer in mixer or 300 additional strokes by hand.

Pour into pans.

Bake 25 to 35 minutes until cake surface springs back when touched lightly.

Cool cake on a rack a few minutes before removing from pan.

When cool, frost if desired.

**NOTE:** To make sour milk, mix 1 tablespoon vinegar or lemon juice with enough sweet milk to make 1 cup. Let stand 5 minutes.

**Calories per serving:** About 285 without frosting.

*For fewer calories, use only 1 1/4 cups sugar and 1/3 cup fat. About 245 calories per serving without frosting.*

**VARIATION**

*Spice cake.*—Omit chocolate and add 1 teaspoon cinnamon, 1/2 teaspoon nutmeg, and 1/4 teaspoon cloves to the dry ingredients in basic recipe. About 250 calories per serving without frosting.

**Brownies**

*Makes 16 two-inch squares*

Chocolate, unsweetened ...... 2 ounces
Shortening, butter,
  margarine or oil .......... 1/2 cup
Sugar ......................... 1 cup
Eggs, slightly beaten .......... 2
Flour, unsifted ................ 1/2 cup
Salt .......................... 1/2 teaspoon
Vanilla ...................... 1 teaspoon
Nuts, chopped ................. 1/2 cup

**Preheat oven to 350°F. (moderate).**

Grease an 8-inch square baking pan.

Melt chocolate and fat together over very low heat. Cool slightly.
Mix sugar with eggs, then add chocolate mixture. Mix well.

Blend in the remaining ingredients.

Spread batter in pan.

Bake 30 to 35 minutes until brownies begin to leave sides of pan. A small imprint will remain when center is lightly touched.

Cool in pan on rack.

**Calories per brownie:** About 135.

*For fewer calories, use only 2/3 cup sugar and 1/4 cup nuts. Or omit nuts entirely. About 105 calories per brownie with nuts, 95 calories without nuts.*

**Sponge cake roll**

*8 servings*

Cake flour, unsifted ........ 1 cup
All-purpose flour, unsifted 1 cup less 2 tablespoons
Baking powder ............. 1 teaspoon
Salt ........................ 1/4 teaspoon
Eggs ....................... 3
Sugar ...................... 1 cup
Water ..................... 1 1/2 cup
Vanilla .................. 1 teaspoon
Confectioner’s sugar ........ 1/4 cup
Filling ................ As desired

**Preheat oven to 375°F. (moderate).**

Line a 15- by 10- by 1-inch pan with foil or heavy paper; grease.

Mix flour, baking powder, and salt thoroughly.

Beat eggs about 5 minutes until thick and lemon colored and heavy
peaks cling to lifted beater. Beat in sugar 1 tablespoon at a time. Slowly blend in the water and vanilla.

Gently blend or fold in dry ingredients only until batter is smooth.

Pour into pan.

Bake 12 to 15 minutes, just until center is firm when lightly touched.

Place a sheet of foil or waxed paper on a rack; sprinkle with about three-fourths of the confectioner's sugar. Turn cake onto foil or paper.

Peel foil or paper from cake and quickly trim away any crusty edges.

Cool on rack.

Spread cake with a filling, as desired (see NOTE).

Starting with the narrow edge, roll cake. Place seam down. Sift remaining confectioner's sugar over top.

NOTE: For the filling, use jelly or jam. Or use whipped dessert topping or sweetened, flavored whipped cream alone or with fresh blueberries or sliced, sweetened strawberries (well drained). Or fill a chilled roll with slightly softened ice cream and place in freezer until used.

Calories per serving for cake alone: About 190.

VARIATIONS

Sponge cake.—Pour batter into ungreased 10-inch tube pan, making the batter higher at the edges than at the center. Bake 30 minutes. Invert cake to cool. Makes 12 servings. About 125 calories per serving.

Lemon or lemon-poppy seed roll. — In place of \( \frac{1}{4} \) cup water in basic recipe, use 2 tablespoons lemon juice plus water to total \( \frac{1}{2} \) cup. Add 1 tablespoon grated lemon rind and 2 tablespoons poppy seed, if desired, when adding liquid. Makes eight servings. About 190 calories per serving for cake alone.

For a delightful dessert, serve sponge cake roll (recipe p. 16) topped with fresh strawberries.
Fill with whipped topping or sweetened whipped cream (p. 20) and top with lemon glaze.

To make glaze, mix 1 cup confectioner's sugar, ½ teaspoon grated lemon rind, 1 teaspoon lemon juice, and 1 tablespoon milk. About 65 calories per serving for the glaze alone.

**Pound cake**

*24 servings*

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butter or margarine</td>
<td>¾ cup</td>
</tr>
<tr>
<td>Sugar</td>
<td>1 ½ cups</td>
</tr>
<tr>
<td>Eggs</td>
<td>3</td>
</tr>
<tr>
<td>Vanilla</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Almond or lemon extract</td>
<td>¼ teaspoon</td>
</tr>
<tr>
<td>Cake flour, unsifted</td>
<td>2 ½ cups</td>
</tr>
</tbody>
</table>

or

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>All-purpose flour, unsifted</td>
<td>2 ½ cups</td>
</tr>
<tr>
<td>Baking powder</td>
<td>½ teaspoon</td>
</tr>
<tr>
<td>Salt</td>
<td>½ teaspoon</td>
</tr>
<tr>
<td>Milk</td>
<td>¾ cup</td>
</tr>
</tbody>
</table>

*Preheat oven to 350°F (moderate).*

**CALORIE CUTTERS**

Most of the cakes included in this bulletin are only moderately rich. Ingredients cannot be changed enough to lower calories appreciably without changing the eating quality of the cake. Whenever possible, however, directions for making cakes with fewer calories are given.

You can also reduce the calories in a serving of cake by omitting frosting and filling and by cutting the cake into smaller pieces.

Try dusting the top of a fresh cake with confectioner's sugar instead of using a frosting. Or serve sliced or diced fruit as a topping for cake instead of a rich frosting.

Grease and flour a 10-inch tube pan.

**Yellow cake**

*Two 8-inch layers or one 9- by 12-inch cake, 12 servings*

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>Cake flour, unsifted</td>
<td>2 cups</td>
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</tbody>
</table>

or

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>All-purpose flour, unsifted</td>
<td>1 ¼ cups</td>
</tr>
<tr>
<td>Sugar</td>
<td>1 ¼ cups</td>
</tr>
<tr>
<td>Baking powder</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Salt</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Softened butter, margarine,</td>
<td>½ cup</td>
</tr>
<tr>
<td>or shortening</td>
<td></td>
</tr>
<tr>
<td>Eggs</td>
<td>2</td>
</tr>
<tr>
<td>Vanilla</td>
<td>1 ½ teaspoons</td>
</tr>
<tr>
<td>Lemon extract</td>
<td>½ teaspoon</td>
</tr>
<tr>
<td>Milk</td>
<td>¼ cup</td>
</tr>
</tbody>
</table>

*Preheat oven to 375°F (moderate).*

Grease and flour two 8-inch layer pans or a 9- by 12- by 2-inch cake pan.

Mix dry ingredients thoroughly.

Blend in fat, eggs, flavorings, and one-half of the milk; beat 2 minutes at medium speed with a mixer or 300 strokes by hand.

Add remaining milk; beat 2 minutes longer in mixer or 300 additional strokes by hand.

Pour batter into pans.
Bake 25 to 35 minutes until cake surface springs back when touched lightly.
Cool cake on a rack a few minutes before removing from pan.
When cool, frost if desired.
Calories per serving: About 240 without frosting.

**VARIATION**

*White cake.*—Use white shortening for the fat and 4 egg whites in place of whole eggs in yellow cake recipe. Reduce vanilla to 1 teaspoon and use ¼ teaspoon almond extract instead of lemon extract. About 230 calories per serving without frosting.

**Broiler frosting**

*For 9- by 12-inch cake, 12 servings*

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Softened butter or margarine</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Brown sugar, packed</td>
<td>½ cup</td>
</tr>
<tr>
<td>Light cream</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Flaked coconut</td>
<td>1 cup</td>
</tr>
</tbody>
</table>

*Preheat broiler.*
Mix ingredients well.
Spread on top of baked cake.
Broil until bubbly, about 3 minutes.

*NOTE:* Chopped nuts may be used in place of coconut. Or use a combination of nuts and coconut.
Calories per serving of frosting: About 115.

**Decorator's white frosting**

*For two 8-inch layers, 12 servings*

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shortening, white</td>
<td>½ cup</td>
</tr>
<tr>
<td>Milk</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Salt</td>
<td>¼ teaspoon</td>
</tr>
<tr>
<td>Vanilla</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Confectioner's sugar</td>
<td>About 2 cups</td>
</tr>
</tbody>
</table>

Combine first four ingredients.
Add 1 cup confectioner's sugar and beat well.

Beat in enough remaining sugar to make a frosting of good spreading consistency.
Spread on cooled cake.

*NOTE:* Food coloring may be added to frostings, if desired.

To decorate a cake, place frosting in a pastry bag and force through tube in design wanted.

Calories per serving of frosting: About 130.

**VARIATIONS**

*Yellow frosting.*—Use soft butter or margarine instead of shortening. About 130 calories per serving of frosting.

*Chocolate frosting.*—Add 1 or 2 ounces of melted unsweetened chocolate when blending ingredients. About 145 calories per serving of frosting with 1 ounce chocolate, 155 with 2 ounces chocolate.

*Pineapple frosting.*—Use ½ cup drained, crushed pineapple instead of milk. Use lemon juice in place of vanilla, if desired. It will take about 3 cups of confectioner's sugar. About 175 calories per serving of frosting.

**Easy caramel frosting**

*For two 8-inch cake layers, 12 servings*

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butter or margarine</td>
<td>½ cup</td>
</tr>
<tr>
<td>Brown sugar, packed</td>
<td>1 cup</td>
</tr>
<tr>
<td>Salt</td>
<td>¼ teaspoon</td>
</tr>
<tr>
<td>Milk</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Confectioner's sugar</td>
<td>About 2 cups</td>
</tr>
<tr>
<td>Vanilla</td>
<td>½ teaspoon</td>
</tr>
</tbody>
</table>

Cook fat, brown sugar, salt, and milk until sugar is dissolved.
Cool slightly.
Beat in enough confectioner’s
sugar to make frosting of good spreading consistency. Add vanilla.

Spread on cooled cake.

Calories per serving of frosting: About 215.

For fewer calories, use only 1/2 cup fat. About 195 calories per serving.

**Whipped topping for cake**

*For 9- by 12-inch cake, 12 servings*

Whipped topping mix ....... 1 envelope

or

Whipping cream ............ 1/2 pint

Sugar (for whipped cream) .. 1 tablespoon

Vanilla ................. 1/2 teaspoon

Prepare topping mix according to package directions; add vanilla. Or whip cream and add sugar and vanilla.

Spread on cooled cake.

Calories per serving: About 35 with topping mix, about 75 with cream.

**VARIATIONS**

*Cherry almond topping.* — Omit vanilla. Fold 1/4 cup chopped drained maraschino cherries, 1/4 cup chopped almonds, and 1/2 teaspoon almond extract into whipped topping or whipped cream. Spread on cooled cake.

*Chocolate-marshmallow topping.* — Omit sugar if using whipped cream. Fold 1 ounce shredded semisweet chocolate and 1 cup miniature marshmallows into whipped topping or whipped cream. Spread on cooled cake.

*Coconut topping.* — Use 1 cup flaked coconut. Fold half of the coconut into whipped topping or whipped cream. Spread on cooled cake. Sprinkle the rest of the coconut over the frosted cake.

*Peppermint topping.* — Omit sugar and vanilla. Fold 1/2 cup crushed peppermint candy into whipped topping or whipped cream. Add red food coloring, if desired. Spread on cooled cake.

Calories per serving for flavored toppings: With topping mix, cherry almond and chocolate-marshmallow, about 60; coconut, 75; peppermint, 55. With whipped cream, cherry almond and chocolate-marshmallow, about 100; coconut, 110; peppermint, 95.

**Ginger snaps**

*5 dozen cookies*

<table>
<thead>
<tr>
<th>Softened butter or margarine</th>
<th>3/4 cup</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sugar</td>
<td>1 cup</td>
</tr>
<tr>
<td>Egg</td>
<td>1</td>
</tr>
<tr>
<td>Molasses</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Flour, unsifted</td>
<td>2 cups</td>
</tr>
<tr>
<td>Baking soda</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Salt</td>
<td>1/2 teaspoon</td>
</tr>
<tr>
<td>Cloves</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Ginger</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Sugar</td>
<td>As needed</td>
</tr>
</tbody>
</table>

Preheat oven to 375°F. (moderate).

Grease two large baking sheets.

Mix fat, 1 cup of sugar, and egg together until creamy. Stir in molasses.

Mix remaining dry ingredients (except sugar). Stir into molasses mixture and mix well.

Roll dough into balls three-fourths to 1 inch thick.

Roll balls in granulated sugar, and place about 2 inches apart on baking sheets.
Bake 10 to 12 minutes until lightly browned.
Remove from pan while warm. Cool on rack.
NOTE: If preferred, omit cloves and cinnamon and increase ginger to 1 tablespoon.

Calories per cookie: About 55.
For fewer calories, use only 1/2 cup fat and 3/4 cup sugar. Do not roll cookies in sugar. About 45 calories per cookie.

VARIATIONS

* Raisin snaps.—Use the basic recipe, adding 1/2 cup raisins to the batter before making into balls. About 60 calories per cookie.
* Coconut snaps.—Use the basic recipe, adding 1 cup coconut to the batter before making into balls. About 65 calories per cookie.

Rolled sugar cookies
5 dozen cookies

- Flour, unsifted ........ 2 cups
- Sugar .................. 1 cup
- Baking powder .......... 1 teaspoon
- Salt ..................... 1/2 teaspoon
- Softened butter, margarine, or shortening .......... 1/2 cup
- Milk .................... 2 tablespoons
- Egg .................... 1
- Vanilla ................ 1 teaspoon

Mix dry ingredients thoroughly. Add remaining ingredients. Mix just until well blended. Chill thoroughly.

Preheat oven to 375° F. (moderate).

Roll out part of the dough at a time on a lightly floured surface to one-eighth inch thickness. Keep rest of dough refrigerated until ready to roll out.

Cut with floured cutter. Place on ungreased baking sheets.

Press remaining pieces together for rerolling; handle as little as possible.

Bake about 10 minutes until lightly browned.

Remove from baking sheets while hot.

NOTE: For easier hand mixing, mix the sugar, fat, and egg together until creamy. Mix the dry ingredients and stir into creamy mixture with remaining ingredients.

Calories per cookie: About 45.
For fewer calories, use only 3/4 cup sugar. About 40 calories per cookie.

VARIATIONS

* Refrigerator sugar cookies.—Form dough into rolls 11/2 inches thick and about 6 inches long. Cover with moisture-resistant wrapping. Chill thoroughly or freeze the dough. Cut into thin slices. Sprinkle with cake decors, with a cinnamon-sugar mixture, or with nuts before baking, if desired.

* Painted cookies.—Add enough food coloring to one egg yolk to make a vivid color. Decorate tops of cookies with mixture before baking.

Tea cookies
8 dozen small cookies

- Softened butter or margarine ........ 1 cup
- Sugar ...................... 3/4 cup
- Salt ...................... 1/4 teaspoon
- Egg .................... 1
- Flour, unsifted ............ 2 1/4 cups
- Vanilla .................. 1 teaspoon

Preheat oven to 375° F. (moderate).

Grease baking sheets.
You can make a variety of pretty tea cookies from the basic recipe on page 21.

Mix fat, sugar, salt, and egg until creamy.
Blend in flour and vanilla.
Shape dough into balls or ovals about three-fourths inch in diameter.
Place on baking sheet and flatten.
Dough may be shaped with a cookie press, if preferred.
Bake about 12 minutes or until lightly browned.

Calories per cookie: About 35.

VARIATIONS

Coconut-lemon cookies. — Use only 3/4 cup fat in basic recipe. Add 1 cup flaked coconut before adding the flour. Using recipe for lemon frosting (this page), frost baked cookies or make sandwich cookies with lemon icing between two cookies. About 35 calories per cookie without frosting, 50 frosted, or 100 per sandwich.

Chocolate cookies. — Use only 3/4 cup fat in basic recipe. Stir 2 ounces melted, cooled unsweetened chocolate into creamed mixture.

Bake 8 to 10 minutes. Use peppermint frosting (below), if desired. About 35 calories per cookie without frosting, 45 frosted.

Festive cookies. — Omit lemon rind from lemon frosting recipe (see below). Color as desired. Using a cake decorator, decorate plain cookies.

Lemon frosting for cookies
Makes 1 1/3 cups
Confectioner's sugar ........ 1 1/3 cups
Softened butter or margarine ...... 1/4 cup
Lemon juice ................ 4 teaspoons
Lemon rind, grated ........ 1/2 teaspoon
Vanilla ....................... 1 teaspoon
Salt .......................... Few grains

Beat all ingredients together until creamy and smooth.

Calories per teaspoon: About 20.

VARIATION

Peppermint frosting. — Use milk in place of lemon juice in basic recipe. Omit lemon rind and vanilla. Add five drops peppermint extract. About 20 calories per teaspoon.

Pies and Pastries

Baked pastry shell
8- or 9-inch pastry shell, 6 to 8 servings
Flour, unsifted ............... 1 cup
Salt .......................... 1/2 teaspoon
Shortening or lard .......... 1/2 cup
Cold water .................. About 2 tablespoons

Preheat oven to 450° F. (very hot).

Mix flour and salt thoroughly.
Mix in fat only until mixture is
crumbly. A pastry blender, two table knives, or a fork may be used for mixing.

Add a little water at a time while blending lightly. Dough should be just moist enough to cling together when pressed.

For easier handling, cover dough tightly and let stand a few minutes.

Shape dough into a ball.

Roll out on a lightly floured surface until the dough is at least an inch wider all around than the pie pan.

Fold dough in half for easier lifting and centering in pie pan. Smooth pastry into place, lifting edges as necessary to eliminate air bubbles.

Trim off irregular edges leaving about one-half inch beyond edge of pan; fold under to edge of pan. Shape edge into plain or fancy rim, as desired.

Prick bottom and sides well with a fork before baking.

Bake 12 to 15 minutes until golden brown. Cool before filling.

Calories per serving: About 170 for one-sixth pastry shell; 125 for one-eighth pastry shell.

For fewer calories, use only \( \frac{1}{4} \) cup fat. About 145 calories for one-sixth pastry shell, 110 for one-eighth pastry shell.

VARIATIONS

Pastry shell filled before baking.

—Do not prick the pastry. Fill and bake as directed in pie filling recipe.

Pastry for two-crust pie.—Double the recipe for baked pastry shell. Form dough into two balls, one slightly larger than the other. Roll out larger ball and fit into pie pan. Roll remaining dough for top crust; make small slits to let steam escape during baking. Put
filling into pastry lined pan and top with second crust. Fold edges of pastry under and press together firmly to seal. Bake as directed in pie recipe.

**Oil pastry**

*Two 8- or 9-inch pastry shells, 6 to 8 servings each*

- Cooking oil ................. ½ cup less 1 tablespoon
- Water ........................ ¼ cup
- Flour, unsifted .............. 1½ cups
- Salt ........................... ¾ teaspoons

Preheat oven to 425° F. (hot).

Have oil and water at room temperature. Shake them together in a sprinkler. See illustration.

Mix dry ingredients.

Shake sprinkler as you sprinkle oil mixture into the dry ingredients while blending with an electric mixer at lowest speed. Mix for 3 minutes.

Or stir oil and water mixture into the dry ingredients with a fork.

Shape dough into a ball.

Roll out half of the ball between

---

**CALORIE CUTTERS**

Calorie values for servings of pie in this section are based on the regular pastry recipe given on this page. You can reduce the number of calories in a serving of these piecrusts by using less fat or by making the crust with oil (see chart below).

One-crust pies may be filled pie shells or deep-dish pies with top crusts only. Since these take only half as much pastry as two-crust pies, they can help you cut calories.

Calories in filled pie shells can be cut by omitting meringues. You save 50 calories per serving for one-sixth of a pie, 40 calories per serving for one-eighth of a pie. You can always lower calories in a serving of pie simply by cutting a smaller piece.

Savings in calories per serving of pastry made with less fat or with oil follow.

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</tr>
<tr>
<td>Made with oil</td>
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two sheets of wax paper until the dough is at least an inch wider all around than the piepan.

Put rolled dough into piepan, lifting edges as necessary to eliminate air bubbles.

Trim off irregular edges leaving about one-half inch beyond edge of pan; fold under to edge of pan.

Shape edge of dough with fingers or press lightly to the pan with tines of fork.

Prick bottom and sides well with a fork before baking.

Bake 12 to 15 minutes until golden brown.

Cool before filling.

Calories per serving: About 135 for one-sixth of pastry shell, 100 for one-eighth.

VARIATIONS

Pastry shell filled before baking.—Do not prick the pastry. Fill and bake as directed in recipe for pie filling.

Pastry for two-crust pie.—The recipe for oil pastry makes two crusts. To roll out, see directions for two-crust pie on page 23.

Fresh peach pie

9-inch pie, 6 to 8 servings

Pastry for two-crust

9-inch pie (pp. 23, 25). . . . . . 1
Peaches, pared, sliced . . . . . 4 cups
Sugar .......................... ¾ cup
Cornstarch ........................ 1 tablespoon
Lemon juice ........................ 1 tablespoon, if desired

Preheat oven to 400°F (hot).

Prepare pastry.

Mix peaches lightly with other ingredients in a bowl. Put filling into pastry-lined pan.

Top with second crust. Fold edges of pastry under and press together firmly to seal.

Bake 50 to 60 minutes until browned.

NOTE: Vary the flavor by adding ¼ teaspoon cinnamon. Omit lemon juice.

Calories per serving: About 485 for one-sixth pie, 365 for one-eighth pie.

VARIATIONS

Apple pie.—Use 6 cups pared, sliced cooking apples, ¾ cup sugar, and 1 tablespoon cornstarch. Omit lemon juice if apples are tart. Sprinkle apples with ½ to 1 teaspoon cinnamon.

Blueberry pie.—Use 4 cups fresh blueberries, ¾ cup sugar, ¼ cup cornstarch, and 2 tablespoons lemon juice.

Cherry pie.—Use 4 cups fresh pitted red sour cherries, 1¼ cups sugar, and 2 tablespoons cornstarch. Omit lemon juice. Add 1/8 teaspoon almond extract, if desired.

Italian plum pie.—Use 4 cups fresh, sliced plums, 1 cup sugar, and 2 tablespoons cornstarch. Omit lemon juice. Add ½ teaspoon cinnamon, if desired.

See chart on page 26 for calories per serving of these variations.

Deep-dish cherry pie

6 to 8 servings

Pastry for 1-crust

(9-inch, see p. 22) . . . . . . . . . 1
Cherries, pitted red sour ... 2 cans, 16 ounces each
Sugar ......................... 1¾ cups
Cornstarch ........................ 3 tablespoons
Almond extract, if desired ........ ¼ teaspoon

Preheat oven to 400°F (hot).
Approximate calories per serving of two-crust and deep-dish fruit pies

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Prepare pastry. Roll out in a square shape to cover a 9- by 9- by 2-inch pan. Make small slits to let steam escape during baking.

Mix ingredients together lightly. Put mixture into pan.

Top with crust.

Bake 60 minutes or until crust is browned.

See chart above for calories per serving.

VARIATIONS

Apple deep-dish pie.—Use 6 cups pared, sliced cooking apples, ¾ cup sugar, 1 tablespoon cornstarch, and 1 tablespoon lemon juice. Omit lemon juice if apples are tart. Omit almond extract. Sprinkle apples with ½ to 1 teaspoon cinnamon.

Blueberry deep-dish pie.—Use 6 cups fresh blueberries, 1 cup sugar, ½ cup cornstarch, and 3 tablespoons lemon juice. Omit almond extract.

Peach deep-dish pie.—Use 6 cups fresh peaches, pared and sliced, 1 cup sugar, 3 tablespoons cornstarch, and 1 tablespoon lemon juice, if desired. Omit almond extract.

Italian plum deep-dish pie.—Use 6 cups fresh, sliced plums, 1½ cups sugar, 3 tablespoons cornstarch, and ½ teaspoon cin-
namon, if desired. Omit almond extract.

See chart above for calories per serving of deep-dish pie variations.

Lemon meringue pie

9-inch pie, 6 to 8 servings

Baked pastry shell, (9-inch, see p. 22) .................................. 1
Sugar .................................. 1 cup
Cornstarch ................................ ½ cup
Salt .................................. ¼ teaspoon
Water .................................. 2 cups
Egg yolks, beaten .................. 3
Butter or margarine ............... 2 tablespoons
Lemon rind, grated .............. 2 teaspoons
Lemon juice ......................... ½ cup
Meringue (p. 28) .................. 1 recipe

Prepare pastry.

Mix sugar, cornstarch, and salt in a saucepan. Gradually stir in water.

Cook over medium heat, stirring constantly, until thickened. Cook 1 minute longer.

Stir a little of the hot mixture into the egg yolks; then stir yolks into remaining hot mixture. Cook 1 minute longer, stirring constantly. Overcooking may thin the mixture.

Remove from heat. Blend in fat, lemon rind, and juice.

Pour warm filling into pie shell, top with meringue, and bake im-
Immediately. See meringue recipe on page 28.

NOTE: For this recipe, use only clean eggs with no cracks in shells.

Calories per serving: About 445 for one-sixth pie, 330 for one-eighth pie with meringue.

For fewer calories, omit the meringue. Set pan of pie filling in cold water to cool quickly, stirring occasionally. Pour filling into shell and refrigerate immediately. About 360 calories for one-sixth pie, 265 for one-eighth pie.

QUICK METHOD

This filling may not be quite as creamy as one made by the regular method.

Mix sugar with unbeaten egg yolks in saucepan; blend in cornstarch.

Gradually stir in milk.

Cook until thickened, stirring constantly. Simmer 1 minute longer.

Stir in remaining ingredients.

Overcooking may thin mixture.

VARIATIONS

Banana cream pie.—Put half the warm vanilla cream filling into a 9-inch pastry shell.

Slice two bananas onto the filling and top with the rest of filling and meringue. Bake as directed for meringue. About 435 calories for one-sixth pie, 330 for one-eighth pie.

Chocolate cream pie.—Increase the sugar in vanilla cream filling to ¾ cup. Coarsely cut 1 ¼ ounces unsweetened chocolate into cream filling before cooking. About 495 calories for one-sixth pie, 375 for one-eighth pie.

Coconut cream pie.—Add 1 cup flaked coconut with the fat and
vanilla to the hot vanilla cream filling. About 485 calories for one-sixth pie, 365 for one-eighth pie.

Strawberry cream pie.—Omit meringue on vanilla cream pie and use the following topping. Blend ½ cup sugar and 1 tablespoon cornstarch in saucepan. Add 2 teaspoons lemon juice and 1 cup strawberries. Mash the berries. Cook, stirring constantly, until very thick. Cool.

Stir in 1 cup sliced strawberries and spread on top of pie. About 425 calories for one-sixth pie, 320 for one-eighth pie.

Meringue for pies

For 9-inch pie, 6 to 8 servings

Egg whites 3
Salt ¼ teaspoon
Sugar ½ cup

Preheat oven to 350°F. (moderate).

Beat egg whites until foamy. Add salt and beat until soft peaks form. Add sugar gradually, beating constantly. Continue to beat until stiff peaks form.

Pile meringue on warm pie filling. Spread onto crust edge to help prevent shrinking.

Bake 15 to 20 minutes until lightly browned.

NOTE: For this recipe, use only clean eggs with no cracks in shells.

Calories per serving: About 50 for meringue on one-sixth pie, 40 for meringue on one-eighth pie.

VARIATION

Meringue shells.—Increase sugar in meringue recipe to ¾ cup. Add ¼ teaspoon cream of tartar with the salt. Shape into six mounds on heavy brown paper on baking sheet.

Using back of a spoon, form a hollow in the center of each mound.

Bake at 250°F. for 1 hour. Turn off heat and let cool in oven. Serve with fresh fruit or ice cream. About 105 calories per meringue shell without filling.

Cream puffs

12 large or 15 medium-size puffs

Water 1 cup
Butter or margarine ½ cup
Salt ¼ teaspoon
Flour, unsifted 1 cup
Eggs 4

Preheat oven to 425°F. (hot).
Grease a large baking sheet.

Heat water, fat, and salt in a saucepan to a rolling boil.

Stir in flour all at once.

Reduce heat and continue stirring vigorously just until mixture leaves sides of pan and makes a ball-like mass. Remove from heat. Cool until just warm.

Beat in eggs, one at a time, until mixture is smooth.

Drop from tablespoon onto baking sheet about 2 inches apart.

Bake 35 to 40 minutes until browned and quite firm to the touch. Walls must be rigid to prevent collapse on removal from oven.

Cool on rack.

NOTE: Split cream puffs on side and fill with cream pie filling (p. 17), ice cream, or whipped cream. Sift confectioner's sugar over puffs or serve with a chocolate glaze.

Calories per cream puff: About 105 calories for unfilled medium-
size puff, 180 calories with cream pie filling. About 130 calories for unfilled large puff, 225 calories with cream pie filling.

**VARIATIONS**

*Eclairs.*—Shape the batter into thick 1-inch wide strips on baking sheets. Make 12 or 15 eclairs, as desired. Slice tops from baked, cooled eclairs, and fill with cream pie filling (27). Replace tops and add chocolate glaze (opposite). About 105 calories for an unfilled medium-size eclair, 235 with cream pie filling and glaze. About 130 calories for a large unfilled eclair, 295 with cream pie filling and glaze.

*Tiny appetizer puffs.*—Drop batter by teaspoonfuls onto a baking sheet about 1 inch apart, making about 5 dozen puffs. Bake about 25 minutes until done. Fill cooled puffs with meat or fish salad. About 25 calories for unfilled puff.

**Chocolate glaze**

*For 12 or 15 cream puffs or eclairs*

<table>
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<td>Chocolate, unsweetened</td>
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<tr>
<td>Butter or margarine</td>
<td>1 tablespoon</td>
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<tr>
<td>Milk</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Corn sirup</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>Vanilla</td>
<td>¼ teaspoon</td>
</tr>
<tr>
<td>Confectioner’s sugar</td>
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Melt chocolate and fat together over low heat; remove from heat. Add milk, corn sirup, and vanilla. Stir in confectioner’s sugar and beat until smooth.

*Calories per serving:* About 70 for one-twelfth of recipe, 55 for one-fifteenth of recipe.
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