ANDOVER NEWS

PUBLISHED WEEKLY
By J. HARVEY BACKUS & SON

OUR KEYNOTE:
"If There Is Not A Way, Cut A Way"

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ANDOVER, N. Y. ..... SEPT. 21, 1934

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Good Farming

AFTER everything has been done that it is possible to do toward bettering agriculture as a whole, there will be farmers who fail, just as there are failures in other lines of business.

Only those who farm intelligently and cautiously —work diligently and save reasonably can hope to prosper. Those who fall below these standards at best will barely make a living.

The tendency for farmers when prices are low—just as in any other business when times are dull—is to get discouraged and be careless. It is a false sense of values that prompts a farmer, when there is an over-production of what he has for sale, to take less pains and let the yield of his acres decline. Such a course leads to bankruptcy.

Whatever the price may be, the farmer who gets the largest return from his land is the most prosperous. The lower the price, the greater the need for efficiency in production. When prices are high, even mediocre yields are profitable and careless, inefficient methods in raising livestock will make money.

Therefore the more discouraging the price of farm products, the greater the necessity for good farming.

There is no panacea to make agriculture prosperous in the face of declining yields, and increasing producing costs. The surest method of cutting production costs is to increase yields from the land that is worked and follow the best approved plans for raising livestock. The farmer who disregards this law cannot be helped by anyone.

Many states have lifted the ban on speed evidently on the theory of what's the use.

Checking Infantile Paralysis

IF IT proves to be all that is claimed for it, the preventative for infantile paralysis developed by Dr. John A. Kilmer, will be one of the most important contributions to the welfare of mankind in many years.

The new treatment is a preventative and not a cure. It was created from a spinal fluid of monkeys and its effectiveness has been demonstrated in experiments on these animals followed by experiments performed by Dr. Kilmer on himself and his assistant.

Dr Kilmer has complete faith in his new discovery. In a public statement he says that he would not hesitate to use it on his own child.

The new vaccine will be thoroly tested to determine its efficiency and safety before it is put into general usage. It must be proven, among other things, that no ill effects will result from innoculation with the fluid and that it will meet all generally accepted standards of safe and easy treatment.

If the contentions of Dr. Kilmer are borne out in thoro tests, the world has been greatly enriched with this new gift of scientific genius, and the dreaded disease of infantile paralysis will be checked and perhaps finally annihilated.

A roaming hog, blamed for a recent auto accident, evidently was trying to live up to the reputation the road hogs have established.

Degeneracy

THOUGHTFUL people must be struck—and saddened by the current news dealing with crime. For a time the compelling fact was more increase in the number of criminal acts. Later events are tending to show that the character of the deeds of violence is changing in a manner that cannot but startle the balanced mind. In recent crime news there is evidence of a degeneration which must astound. Crime is something more than a simple violation of legal code when it descends into such depths. We who have long prided ourselves upon the fancied difference between the people of our country and those of older nations have been given something to think about that is worth while.

The criminal brutality demonstrated by proofs of degeneracy hitherto foreign to our records cannot be blinked at. Whether we have touched the right causes may be matter for doubt. But there is not the least question that we are swinging far from our old mental landmarks.

In making a brief survey of the differences between the new and the old-fashioned psychology the discriminating observer sees much more than a mere difference in the degrading character of the acts of the criminal minded. He sees a startling change in mentality everywhere. If among the changes he notes a cold-blooded indifference to old standards of the value of human life, he may set that down as merely incidental. For he has only to plot out his observations to see that mental operations are different among all men and women—and even children.

Opportunity Is Home Folk

THAT intangible and mysterious thing called Opportunity—about which so many essays have been written, so many sermons preached and so many poems inspired—is not a stranger who comes knocking at our door in disguise.

Neither is it a winged meteor that spreads its flaring stream of light across the heavens when least expected, and not an archangel that suddenly awakens us from our sleep to bring tidings.

Opportunity is just plain every day home folk.

It's as constant as the shadows that walk with us, and is always present in our affairs—regardless of vocation, position or circumstances.

Opportunity is not what may come to us tomorrow, but what we make out of today.

Average Mental Capacity

IF WE are honest with ourselves, we will all have to admit that we don't know much. But neither does anyone else, and in that there is great satisfaction. It's a comforting thought to turn over in the mind.

Knowledge is only relative, anyhow; so don't let it worry you if someone makes a display of knowing something about a particular subject about which you have no information. You know more about the job you are holding down and both of you would stand dumb before an Einstein or a man such as Edison was.

There are more books of facts than any person can absorb in a lifetime; in fact there is such a vast amount of information even in the newspapers that no one has the mental capacity to remember a very small part of it.

All any of us can do, then, is to eat the pie and leave the ice cream, or vice-versa, according to taste, leaving it to nature, or Providence, or our sub-conscious mind—whatever that may be—to bring us in contact with our greatest fields of usefulness.

The things that we actually know, by dint of experience, will always be few. The things that we assume to know, such as that the world is round and that light travels at a certain speed, are numerous. But the things that we do not know at all are beyond computation.

Another thing this country needs is some executives who can write their names so they can be read.

HOW, WHAT and WHY?

The Andover News has arranged with the Office of Information of the New York State colleges of agriculture and home economics to answer questions about problems of farm and home. If you enclose a self-addressed stamped envelope and mention the name of this paper, you will receive a direct reply to your query from the colleges. Do not ask more than one question in one letter or on one post card. Ask as many questions as you like, but make each one a separate communication.

Wants Quick-growing Tree

Mrs. C. D. A., Phoenix, writes: "In the past two years I have lost two trees near my home; one by high winds and the other thru winter killing. A third tree was uprooted a short time ago, and now I have no shade trees.

"I would like to replace the third tree with a clean quick-growing tree. It is to be planted by the side of the house and should not interfere with sewage pipes in the ground. Will you recommend a suitable tree?"

Donald Wyman of the department of horticulture answers: "Every quick-growing tree probably has weak wood and shallow roots, consequently a quick-growing tree is not the best tree suited to withstand high winds. I suggest, however, such trees as shagbark hickory or red or black oak. All of these trees have sturdy tap roots.

"I have sent you a copy of Cornell bulletin E-287 which tells about ornamental trees for New York State, their landscape value and care. This may suggest other trees.

Cooking Without a Cover

Miss M. S. S., asks: "Do vegetables lose vitamins when they are cooked in a container without a cover? Also, would cooking green vegetables in a covered container have any effect on their color?"

Professor Hazel M. Hauck of the college of home economics replies: "I would say that the use of a cover has little to do with the vitamin content of cooked vegetables.

"Ordinary cooking has little effect on vitamin A, altho long exposure to air, especially at high temperatures, will result in some loss. Vitamins B and G art partly lost in the cooking water. When possible the cooking water should be used.

"Vitamin C may also be lost in the cooking water, but it is more easily destroyed by exposure to air, except in certain acid foods such as tomatoes, than the other vitamins. A considerable amount of vitamin C is usually destroyed in cooking. The vacuum pack process used in commercial canning cuts down on this loss by excluding air, but the use of a cover in home cooking does not exclude air. Vegetables cooked for a short time are likely to be superior in vitamin content to long-cooked vegetables.

"Cooking green vegetables in a covered container does affect the color, as certain materials which would evaporate and escape are stopped by the cover. They have a bleaching effect."

Notice of Sale

Pursuant to a lien, I shall shall at the Kruger Garage, in the Village of Andover, New York, at ten A. M. on the 6th day of October, 1934, the following described property:

One Essex Super Six Coupe, 1928, Engine No. 771618, Serial No. 720858.

Said sale is held for the account of Edward Clancy.

39 H. W. KRUGER.

Notice of On-Premise License

NOTICE is hereby given that License No. B-2264 has been issued to sell beer at retail in a restaurant under the Alcoholic Beverage Control Law, in the Jordan block, Main street, Andover, Allegany county, New York, for on premises consumption.

MINNIE LAUTERBORN,
WILLIAM LAUTERBORN,
38 Andover, N. Y.

The rhinoceros of India has "armor plate," really heavy folds of skin, over its shoulders.

THE NATIONAL COOKING SCHOOL

(Continued from Page Three)

closely on a large baking sheet or flat pan.

Plain Muffins

2 cups flour
3½ teaspoons baking powder
½ teaspoon salt
3 tablespoons sugar
1 egg
⅞ cup milk
2 to 3 tablespoons melted shortening.

Combine according to general muffin method. Bake at 400 F.

Rich Muffins

¼ cup butter ¾ cup milk
¼ cup sugar 2 cups flour
1 egg ½ teaspoon salt
3 teaspoons baking powder.

Combine according to the muffin method, or by cake method after you have learned it. These muffins have a slightly different texture if made according to the cake method, which will come to you in Lesson 9. When you have learned both methods, try them out and compare them.

Variations of Muffins

Whole Wheat Muffins—Substitute 1 cup whole wheat flour for 1 cup white pastry flour in plain muffins; increase sugar to 4 tablespoons.

Fruit Muffins—Add ½ cup washed and dried currants, raisins, or chopped dates to plain or rich type muffins; add to dry ingredients before mixing in wet ingredients.

Savory Muffins—Reduce shortening and sugar in plain white muffins to 1 tablespoon each; add ½ cup diced cooked ham or chopped cooked bacon to dry ingredients, before adding the wet.

Cheese Muffins—Reduce sugar in plain white muffins to 2 tablespoons; cut shortening to 1 tablespoon and add ½ cup grated, sharp cheese to the dry ingredients before mixing in the wet.

Peanut Butter Muffins—In plain white muffins or rich white muffins, use only 2 tablespoons shortening and add ½ cup peanut butter to the wet ingredients before mixing with dry ingredients.

Fresh Fruit Muffins—Add ½ cup washed, dried blueberries, raspberries, strawberries or pitted red cherries to the dry ingredients before stirring in the wet ingredients.

Bran Muffins

2 cups flour
½ teaspoon salt
3½ teaspoons baking powder
¾ cup sugar
1½ cups bran
1 egg
3 tablespoons molasses
1 cup milk
½ cup melted shortening
1 cup stoned, chopped dates
½ cup chopped walnuts.

Combine according to Muffin Method, adding fruit and nuts to dry ingredients and the molasses to beaten egg. Bake in a moderate oven, 375 degrees F., 30 to 35 minutes. (These muffins are very rich and sweet.)

These muffins are given a different texture which makes them especially delicious, even when cold, if they are combined according to the cake method, which we shall give you in Lesson 9.

Nut Bread

2 cups flour
3½ teaspoons baking powder
½ teaspoon salt
½ cup sugar
1 cup milk
1 egg
2 tablespoons melted fat
¾ cup chopped nutmeats or ¾ cup chopped dates, figs, prunes, raisins or currants.

Mix by Muffin Method, adding nuts or fruits—or a combination of the two, if you like—to the dry ingredients. Turn into greased pans, let stand 20 minutes, then bake in a slow oven 300 degrees F., 45 to 60 minutes.

As hinted at the beginning of this lesson, the simpler muffin mixtures are only at their best served hot. For serving cold, I advise you to use cake batter, perhaps such useful cup-cake mixtures as you will find in the Easy Way Cook Book.

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TRY THIS NEW GAME!

Capt. Allan Innes-Taylor and two of the dogs that will take us to the Queen Maud Mountains, 500 miles away.

LITTLE AMERICA, ANTARCTICA, Sept. 4 (via Mackay Radio)—Labor Day was a real labor day with us. We labored from early in the morning until late at night at our work of getting ready for the tractor and dog sledge trips to the Queen Maud Mountains and the airplane flights of exploration we shall be taking in a month or so from now.

When I am not working on the tractors I am very busy assisting Stevenson Corey, of Winchester, Mass., our supply officer, in addition to my normal work with the aviation gang. My work with Harold June, Bill Bowlin, Paul Swan and Bill McCormack, the autogiro pilot from Lansdowne, Pa., has been extremely interesting. All the aircraft are being overhauled and prepared for big things in November. The engines were found in surprisingly good condition. The gasoline tanks have been cleaned and inspected and the overhaul work should be completed by September 10. This morning some of the crew1 returned from the Bay of Whales. Alton Wade, geologist, from West Hollywood, Calif., had his face and hands badly frostbitten when he was hauling a sledge in the face of a strong wind at from 40 to 50 degrees below zero. They didn't find any seals this time but Paul Siple and others have discovered some and we are trying to find out now if they stay here all winter or go away as we thought.

You remember, last week I told you about a fast new game I have developed and recommended that you try it some time when you want to commit suicide. Here's the dope. Bernard Skinner, of Winthrop, Me., who is called "Rip" because he is a real known parachute jumper, and I took out a sledge and a parachute the other day and decided to do some experimenting in "parachute transportation." George Grimminger, our assistant meteorologist, from Washington, D. C., joined us. We trekked up to the Barrier where the wind was blowing about 25 miles per hour. We fastened the parachute to the sledge and pulled the rip cord. Did we take off! I'll say we did! Grimmigger couldn't get on the sledge in time and was left behind. After about 30 yards Skinner was thrown off and I was left alone on the sledge skimming over the ice at a speed which I am willing to swear was 60 miles an hour. Anyhow, it was darn fast, too fast for comfort.

My flashlight had dropped out of my hand and there was I skimming along the hard packed snow at terrific speed in utter darkness. Some thrill! Secretly I can tell you I was scared to death. But not for long. Fortunately we all carry sheath knives. With a few slashes I cut the chute loose and eventually the sledge came to a stop. Skinner and Grimminger ran up all excited and breathless. In the gloom they had vaguely seen the chute fly loose and they thought I was attached to it. We found the parachute several hundred yards further along on the snow and salvaged it. But you can bet that we will equip the sledge with brakes before we try this new game again, which we expect to do shortly. If this idea appeals to you try it out next winter. You may break your neck but I guarantee you will have a new thrill.

Every day the sun is visiting us for a longer period and we are beginning to get accustomed to the light after the long months of total darkness. I never knew light was so important. Our dispositions are beginning to improve and I expect that when the sun is with us 24 hours a day we shall again be a happy little family.

Admiral Byrd is improving constantly after the weakness caused by his long isolation and the fumes from his stove. He is still out there in his hut with Dr. Poulter, Pete Demas and Army Waite but we expect him to return here some time within the next month to start the big exploration activities we came down here to perform. I expect to be able to tell you some very exciting things from now on, so if you have not yet joined our club now is a swell time to do it. There is no charge whatever for membership, nor for the big working map of the South Polar regions and membership card. Simply send a clearly self-addressed, stamped envelope to me at the American headquarters." Address Arthur Abele, President, Little America Aviation and Exploration Club, Hotel Lexington, 48th Street and Lexington Avenue, New York, N. Y.

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Notice to Creditors

Pursuant to an order of Hon. Walter N. Renwick, Surrogate of the County of Allegany, notice is hereby given to all persons having claims against the estate of James P. Cannon, late of the Town of Andover, N. Y., deceased, to present the same with proper vouchers thereof to the undersigned administrators at the Office of the Administrators at the James P. Cannon Company Store in the Village of Andover, N. Y., on or before the 20th day of January, 1935.

Dated July 9th, 1934.

SARA R. CANNON,
MARY ELIZABETH CANNON,
EDWARD R. CANNON,
Administrators

Crayton L. Earley,
Attorney for Administrators,
Andover, New York. 2

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THE ANDOVER NEWS

The National Cooking School

By Katherine Caldwell

THE SIMPLE BATTERS
From Pancakes to Muffin Mixtures

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

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

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

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

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

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

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

POUR BATTERS

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

To Make Mixtures Light

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

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

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

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

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

Two teaspoons baking powder will lighten one cup of flour.

You can count on each egg with air beaten in which you add to the mixture, to do the work of one-half teaspoon baking powder, and so you can use that much less powder than you would otherwise need.

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

When a mixture containing baking powder is heated, gas is created, and it expands much more quickly; larger bubbles are formed, which are better able to force their way upwards. So when we heat our batter, hundreds upon hundreds of these little gas bubbles begin to work their way up in it, and they force the flour mixture upwards (we say then that our mixture is "rising"); it is just as the hundreds and hundreds of tiny popovers were "popping" at once (tho more slowly). And all the time, the mixture is baking, so that soon it will begin to "set," to become delicately firm. When it has set sufficiently to hold its shape, in that puffed-up position it has been given by the materials that have made it light, we consider it "done." At once, we remove it from the heat. But if we take it out a little too soon, before the mixture has become strong enough to really support itself, it will shrink back, or, as we say "fall," and if we leave it too long, our finished product comes out more brown and dry than we want it.

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

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

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

This is the rule for baking soda:

One cup sour milk, buttermilk or molasses will take care of one-half teaspoon soda.

The equivalent amount of acid in fruit juices, small amounts of vinegar, etc., will have to be estimated.

Mixing the Pour Batter

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

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

GRIDDLE CAKES or PANCAKES
(With Sweet Milk)

2 cups flour
3½ teaspoons baking powder
½ teaspoon salt
1¼ cups milk
1 egg
3 tablespoons shortening.

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

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

GRIDDLE CAKES
(With Sour Milk)

2 cups flour
½ teaspoon salt
1 teaspoon soda
2 cups sour milk
1 egg
3 tablespoons shortening

Sift dry ingredients together; combine with liquids according to rule.

Variations—Add to either pancake batter one cup cooked corn, or diced cold chicken and corn; or sweetbread or chicken and fried mushrooms. Or use one cup whole wheat flour in place of one cup white flour, for whole wheat cakes. For thinner pancakes, add some sweet milk rather than increase the sour milk very much, because we would not add more soda and the additional "unemployed acid" might affect the cake's flavor.

PREPARED FLOUR PANCAKES

Add enough milk, or even water, to prepared flour to make a thin batter, and cook as directed for the Griddle Cake batter I have given you.

For a richer pancake, use a beaten egg as part of the liquid. (Nice for dessert pancakes.)

Because batter made with some prepared flours becomes thicker by standing, more liquid may be added to keep each batch of pancakes thin enough.

YORKSHIRE PUDDING

The genuine old Yorkshire Pudding is a good example of batter raised by the changing of a large amount of liquid into steam. Sift 2 cups flour with ½ teaspoon salt. Beat 3 eggs very light, combine with 2 cups milk and gradually stir into flour mixture until very smooth. Beat hard several minutes. Pour about one inch deep into a strongly heated, shallow baking pan, containing a little hot dripping from the roasting pan; bake 30 to 45 minutes, basting after it is well risen with some hot fat, from the pan in which beef is roasting.

Here is a modernized version, less a custard-like batter than the first one: sift together 1 cup flour, ½ teaspoon salt and 1 teaspoon baking powder; add 1 cup milk and 2 well-beaten egg yolks; fold in 2 whites beaten stiff. Bake same as first mixture, or in greased gem pans.

DROP BATTERS BY MUFFIN METHOD

The Drop Batters, as I have explained, are only about half as thin as the Pour Batters.

A Drop Batter gets its name because it is just the right thick one to drop nicely from a spoon.

We have two methods of making a Drop Batter:

1. The Muffin Method—
(a) Mix dry ingredients
(b) Mix liquids.
c) Combine them quickly.

This is the simplest method we have of mixing a batter.

Frankly, we feel that these muffins are best eaten hot from the oven; cold ones may be split and toasted.

2. The other method is the one that we follow for cakes that have shortening in them; we shall not discuss that method in this lesson, it is so important it requires a lesson to itself.

We shall now look at Muffin Batters. We use the same kind of ingredients for them, expect these ingredients to do the same work, and put them together in much the same way.

The difference lies in the thickness of the batters, and in the method of cooking.

For muffins, we use not only white flour, but also whole wheat flour, graham flour, bran, cornmeal, rolled oats, coarse grains like some of the interesting mixed breakfast cereals, any kind of cooked cereal—all of these can be worked into different muffin batters, once you understand muffin-making in a general way.

Here are the rules for putting an ordinary muffin mixture together:

1. Sift white flour, measure it, mix the other fine dry ingredients with it and sift them together into mixing bowl.
2. Mix in any coarse meal which should not be sifted—cornmeal, whole wheat flour, bran, etc.
3. Mix the liquids—milk, beaten egg and melted shortening.
4. Make a well in the center of the dry ingredients and pour the liquids into it.
5. With as few strokes as possible, combine the liquids and the dry materials. Leave the batter very rough—don't beat it or try to make it smooth. Add the flavoring while mixing. This is a very quick way to mix a batter—and perhaps it seems too casual to be successful; but blending muffin ingredients too carefully, when they are mixed this way, will only spoil the texture of the muffins.
6. Turn into greased muffin pans, making them two-thirds full and bake at about 400 degrees F. in a hot oven, about 20 to 25 minutes. (Time depends on exact mixture and on size of muffins, which may be very tiny or large "gem" size.)

By the way, I like to bake my finer muffins in little paper cake-cups that I buy in packages of a hundred. It is a good plan to set a paper cup in each pan—no greasing will be required and the pans will not need washing afterwards; also the paper cups keep muffins and cakes fresher. To bake many at once, however, just place paper cups

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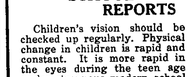
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