ANDOVER NEWS

PUBLISHED WEEKLY
By J. HARVEY BACKUS & SON

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

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Sixteen Years After

ON NOVEMBER 11, community, state and nation will pause to commemorate the event of sixteen years ago when the roar of the guns along the Western front was stilled—Armistice Day, 1934. Programs for the observance of the anniversary will be as varied and different as are the different sections of the country, indicative of the fact that the years are kindling new interests among the veterans and their families.

Commemoration of the day serves a two-fold purpose in paying tribute to those who served their country and in re-dedicating the nation to the cause of peace and world-wide justice. It is a day for rejoicing that the terrible conflict was ended before the entire world was brought to ruin, and that as many were spared as were.

The anniversary in 1934 does not serve to stimulate much optimism over maintaining the ideals and purpose for which America participated in the war. The great conflict has been termed the "war to end war" and for a few years afterward it was hoped that this was going to prove true but such illusion has been discarded by all. It is now apparent that the war was merely a serious outburst of the bitterness and greed that still prevails. Idealistic inovations of settling disputes such as the League of Nations and the World Court have failed to overcome the fear and suspicion that have mounted to most alarming proportions since 1918. Europe is a hotbed of unrest and antagonism, armed to the teeth. Disputes and threats, along with occasional armed invasion, hold sway in the East. The clouds of war are ominous.

The anniversary of the day that brought to a close the death grapple in France and other parts of the world should encuorage our adherence to American principles. It should strengthen our demand for peace but it should also intensify our determination to assure adequate preparedness for national defense. We should be sure that we are ready to meet whatever may come in the way of a threat to our sovereignty of international rights.

There is still ample work to be done in American ization Alien doctrines should have no place in our affairs. Organized propaganda in behalf of dissident elements abroad should be sternly suppressed The United States should not tolerate the programs of so-termed friends of this and that foreign country or organization. The privileges of residence here should be restricted to those who become American citizens and that allegiance should terminate other sentimental ties for former countries.

The one nice thing about not owning an automobile is that you don't have to spend your time throwing out all the hand bills and circulars that are dropped in it while your car is parked.

A true test of honesty is returning from a vacation trip without a hotel towel.

Next to bad news, airplane is the fastest manmade thing yet.

There is always something to take the joy out of life. If it isn't hunger, then it is indigestion.

Every town has citizens who are useful as good examples and for no other purpose.

Indian Summer

THE time of year approaches when versifiers rhyme "haze" with "days" and wind up their offerings with a tribute to Indian summer.

Just when the season starts and ends, whether it is continuous or an interrupted series of manifestations, is something that furnishes endless argument. Webster's dictionary says that Indian summer is a period in autumn or early winter characterized by calm and a haze. It says:

"Indian summer, a period of warm or mild weather late in autumn or early winter, usually characterized by a clear or cloudless sky and by a hazy or smoky appearance of the atmosphere, especially near the horizon. The term is commonly applied to such a period occurring in October or more commonly in November. The name is of American origin, the reason for it being unknown."

Research has shown, however, that the name was in general use in 1784 in the New England states.

John Doddridge's "Notes on Indian Wars from 1763 to 1783," a passage identifying Indian summer as a warm, hazy time "after the apparent onset of winter." The season struck terror to the early settlers, he said, because it usually meant another visit from bands of savage Indians.

Indian summer does not mean now the coming of the Indians; instead it causes a feeling akin to spring fever, a lazy time of year with nature at peace, with the outdoors calling and with the year getting ready to die as gracefully and with as little fuss as possible.

Indian summer is just another one of those splendid seasons intended for a better understanding of life.

It all depends on the viewpoint. Some people call rocks "stumbling blocks" and others "stepping stones."

The old auto may get dirty terribly easy, but after all, the hardest thing to keep clean is a reputation.

Drivers Should Watch Roads

SOFT shoulders on the highways and shoulders that are below the level of the slab are responsible for many accidents. It is essential to safety that the shoulders of main roads be kept on a level with the roadway and in good condition.

Unless this is done and the road is perfectly level to the outer edge, one precaution needs to be observed by drivers, which is usually ignored by inexperienced drivers. If the car is forced over until the two right wheels are off the road, the safe procedure is to let the wheels stay off the slab until the speed has been reduced to a point where they may safely be brought back.

It is the natural impulse of the green driver who is forced to the shoulder to bring the car immediately back without slackening speed. This is dangerous. The car brought violently to the slab under such conditions is apt to be out of control even if a wheel is not caught by the concrete ridge.

Several bad accidents have been caused by zig-zagging of a car that was turned abruptly onto the pavement after being partly on the shoulder. These might have been avoided if the driver had kept the car straight with the two wheels on the shoulder until it was going slowly enough to permit it to be turned safely back into the paved portion of the road.

If a girl can't make any headway with all of the beauty agents available today, she might as well turn to intellectual pursuits.

The old music box may have had its drawbacks, but there was no announcer between records who tried to be funny.

Statistics show that worrying kills more people than bandits, but we would rather take our chances with the former.

So far no sculptor has ever carved a statue of a man with his feet laid upon his desk.

Two is company, three is a crowd and four is the average load for a two-passenger automobile.

The National Cooking School

(Continued from Page Three)

the great divisions into which all our cakes fall, are very delicate and light in texture. They are not rich, because a real member of the sponge family does not contain any fat. The true sponge cake is entirely moistened by eggs, and depends on the eggs also (or the air beaten into the whites and yolks) to make it light. There are few ingredients in a real sponge cake—it is the method of mixing it, and the baking, that are chiefly responsible for its character and its success.

The true sponge cake sometimes calls for more eggs than we want to use, so we have worked out also "modified sponge cakes." In these we use some liquid besides eggs, and some additional leavening material.

Yellow sponge cakes are made with both yolks and whites of eggs. White sponge cakes, which we call Angel Food or Angel Cakes, are made with whites only.

To Mix Yellow Sponge Cake

1. See to heating of oven. Gather all ingredients and utensils on work table.
2. Separate yolks from white of eggs.
3. Beat yolks until thick and lemon-colored.
4. Beat about half of the sifted measured sugar into yolks gradually, and continue beating for 2 minutes (adding lemon juice and rind when used.)
5. Beat egg whites until stiff, but not dry. I like to use a deep platter and a wire whisk, rather than the Doven beater, for sponge cakes.
6. Gradually beat the second half of the sugar into the egg whites.
7. Carefully fold the egg whites and egg yolks together, using a cut-down, lift-up and fold-over motion. Make just as few strokes as possible to combine them, because the air must be kept in the beaten eggs.
8. The pastry flour must be sifted once before measuring; then sifted about 5 times with the salt, (important!
9 Sift flour over egg mixture, a little at a time and fold it in lightly.
10. Fold in flavoring with last of flour, when extract is used—and still use as few strokes as possible to combine flour with egg mixture.
11. Turn batter into sponge cake pan with funnel in center, or narrow shallow loaf pan or a square or oblong pan for a single rather thick layer.

I did not say to prepare pans, as for butter cakes, because it is better to use a pan that has never been greased. After use, pan should be washed and dried carefully. If pan has been previously greased, grease it and flour it as for butter cakes.

Ingredients for True Sponge

Four eggs, two-thirds cup sugar, ½ teaspoon lemon rind, two-thirds lemon juice, two-thirds cup pastry flour, or 9⅔ tablespoons hard wheat flour, one-fifth teaspoon salt. Follow directions for putting batter together.

Variations

Chocolate—Melt 1 square chocolate, stir carefully into the yolk-and-sugar mixture before folding in the egg whites. Omit lemon juice and rind.

Spiced Sponge Cake—Sift two-thirds teaspoon cinnamon, ¼ teaspoon nutmeg, one-sixth teaspoon each clove and allspice, with the flour. Omit the lemon juice and rind.

To Mix White Sponge Cake
(Angel Food)

Since no yolks are used, all of the sifted sugar is gradually beaten into the stiffly beaten egg whites, salt and cream of tartar; the other dry ingredients, sifted five times, are folded in gradually; the flavoring is folded in with last measure of flour.

Ingredients for White Sponge or Angel Cake

Two-thirds cup egg whites (5 to 7 eggs), ¾ teaspoon cream of tartar, one-sixth teaspoon salt, ¾ cup fruit or fine granulated sugar, ½ cup pastry flour or 7 tablespoons hard wheat flour, 2¼ tablespoons cornstarch, ¾ teaspoon vanilla.

Variations:

Spiced Angel Cake—With the flour sift two-thirds teaspoon cinnamon, ½ teaspoon nutmeg, one-sixth teaspoon each cloves and allspice; complete as Angel Food. Frost with white confectioners' icing, and dust over the top a little with cinnamon.

Angel Nut Cake—Fold in ½ cup very finely chopped walnuts, blanched almonds, Brazils or filberts with last measure of flour. Complete as Angel Food.

Fruited Angel Cake—Fold in ½ cup washed, dried currants with the last measure of flour. Complete as Angel Food.

Baking a Sponge Cake

The rules are exactly the same as for baking butter cakes, but oven temperature is lower and must be very carefully watched, as too much heat will ruin a sponge mixture. A true yellow or white sponge is baked in a slow oven, 300 degrees, 60 minutes or longer, according to depth.

The tests for complete baking are the same.

Care of Sponge After Baking

Do not remove cake from pan, but turn it upside down over cooling rack and let cake hang suspended in the pan until cold; protect from draughts. When cold, loosen cake with spatula or knife and shake out gently.

MOCK SPONGES AND ROLLS

A mock sponge is lighter in texture than the one wet entirely with eggs, replaces part of the eggs with other liquid, 2 tablespoons for each egg; and ½ teaspoon baking powder or its equivalent is used to replace the leavening power of each egg.

These cakes are put together a little differently from the two true sponge cakes.

To Make Mock Sponges

1. Line pans with greased paper, if for jelly roll; grease and flour, otherwise, as for butter cakes.
2. Separate whites from yolks of eggs.
3. Beat yolks until thick and lemon-colored.
4. Put aside two tablespoons sugar for each egg white, then gradually beat remainder of measured sugar into yolks.
5. Slowly stir liquid into yolks and sugar, combining well.
6. Beat whites till stiff, but not dry, and gradually beat in sugar reserved for them.
7. Fold whites into yolks with as few strokes as possible—just enough so that no white shows separately.
8. Sift flour, measure it and resift with salt.
9. Sift and fold flour gradually into egg mixture.
10. Sift in baking powder with last measure of flour.
11. Turn into prepared pans and bake as directed—in the special directions for a recipe, or in those for true sponge cakes. Temperature is higher, however—325 F. to 350 F.

JELLY ROLL

True or mock sponge mixtures may be used for jelly roll. Bake in a shallow layer. Immediately after taking from oven, remove roll from pan on paper, or damp towel; trim off all crusty edges, spread with filling and roll up at once, while still warm (if allowed to cool, cake would "break" when rolled.) Wrap in a damp towel . If baked in lined tins, invert on a damp towel, pull off paper, trim, spread and roll.

Fillings include any of cake fillings or frostings, jelly or jam, thickened fruit juices, thick fruit purees—with additions of nuts, etc., when desirable.

Ingredients for Mock Sponge or Jelly Roll

Three eggs, 1 cup sugar, 6 tablespoons hot water, 1 cup pastry flour or ⅞ cup hard wheat flour, 1⅛ teaspoons baking powder, ¼ teaspoon salt, ½ teaspoon vanilla.

Put together according to instructions for Mock Sponge or Jelly Roll.

And that just makes a good start on the fascinating subject of cake making. But in the Easy Way Cake Book, you will find big cakes, little cakes, rich cakes, cheap cakes—but all such good cakes! Have you secured your copy?

A DISH FOR THE WEEK

Snappy fall weather, after the leaves have fallen, reminds many persons of the king of fall fruits, the apple.

Besides delicious desserts, apples used in different forms are attractive additions to the main course of a meal. Apple ham casserole is a good example.

Apple Ham Casserole

Select a slice of ham one inch thick, rub it well with brown sugar, and place it in a baking dish. Stick two cloves into the ham, and add one tablespoon of onion juice. Peel, core and quarter some tart apples, and cover the ham with them. Sprinkle the apples with four tablespoons of brown sugar, and dot them with one tablespoon of butter, cut into bits. Add one cup of boiling water, and bake the ham in a covered dish until it is tender.

Cream potatoes, cabbage salad with a dash of paprika, and gingerbread goes well with the apple ham casserole, says the New York State college of home economics. And, of course, milk for all.

When cattle are removed this fall, plan to harrow the pasture to scatter the droppings. This will result in more uniform grazing next year. Fall is a good time, also, to remove brush and tree growth from pastures.

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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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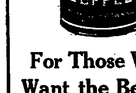

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The National Cooking School

By Katherine Caldwell

CAKE MAKING

We use the word "cake" in many ways, but when we study how to make the different types of cake, we have to separate cakes in general into particular families. I think it will serve our purpose if we consider that there are two real cake families, and that there are muffins, which might be said to belong to one of them, and cookies, which are also related.

In this lesson, we will discuss the two great cake families.

1. Butter cakes—in which we use some butter or other fat, and in most types some leavening material like baking powder or soda to make the flour light.

2. Sponge cake—in which eggs supply the principal liquid and also serve the purpose of making the mixture light, because of the air which we beat into them. They contain no fat.

I will tell you exactly what is important in making each of these types of cake—and show you why they are different.

But first I will tell you what is necessary to make successful cakes of any kind:

General Rules for Cake Making

1. Choose ingredients of good quality.
2. Use a standard eight-ounce measuring cup and real measuring spoons.
3. Make all measurements level.
4. Follow a tested and approved recipe.
5. Read ingredients and method before starting—and follow it exactly until you know enough about cake making to alter it safely.
6. Bring all ingredients and utensils needed to work table before starting to mix cake. Prepare pans for butter cakes by greasing carefully, sprinkling with flour, and shaking well to coat evenly; then shake out loose flour.
7. Follow method step by step. Combine cake carefully and thoroly, beating as instructed—but do not beat too much or you will develop the gluten in the flour and make cake tough.
8. Bake cake carefully and at the exact temperature given. Have a thermometer or oven control if possible and be sure oven is heated, ready for cake to go in immediately that it is mixed.

Until you have a thermometer, test oven by sprinkling a little flour in a pan and browning it. See in Lesson 1, how to judge temperature by time required for browning. Do not jar cake while in oven and avoid lowering oven heat by constantly opening the oven.

9. Treat cake carefully after baking. Don't cool it in a draught. Turn butter cakes out on a wire cooling rack and cool cakes of the sponge family in their pans, letting them hang upside-down until cold.

Cake-Making Equipment

Measuring spoons and cup (it is advisable to have two measuring cups, one for dry ingredients and one for wet); a spatula or linger knife; mixing bowls (when buying, always choose bowls that sit firmly on the table; it is a good plan to have some bowls broad in the bottom, and some with narrow bottoms, so that a small amount of material won't spread too thinly when you are beating with rotary egg beater, for instance); a wooden mixing spoon—I also like a wooden fork, the cheap salad serving fork is good—for creaming cake mixtures. A good flour sifter is very helpful—if you haven't one, shake dry ingredients thru a wire sieve, holding it high; an egg beater is necessary—it is well to have both a double Dover and a wire spoon-shaped beater; a wire cooling rack keeps cakes from "sweating"—perhaps you have a close-set broiling rack you could use. Useful, tho not absolutely necessary, are a pastry brush, and a rubber dish scraper (which scrapes batter very cleanly from bowls, wasting none.)

Choosing Ingredients

Flour—Flours of different types (soft wheat and hard wheat) have different proportions of gluten and different degrees of thickening power. The soft wheat flour, lower in gluten, is intended only for cake and pastry making. Cake recipes based on the use of pastry or cake flour should be adapted when hard wheat flour is used by measuring 2 level tablespoons less hard wheat flour for each cupful of pastry flour called for.

Sugar—Unless otherwise directed, use medium granulated sugar for cake-making; when finely pulverized or fruit sugar is wanted, or brown sugar, or icing sugar, the directions will say so.

Baking Powder—Buy a good, standard baking powder—you use so little in each cake, yet that little can waste your expensive ingredients if it is poor. Always keep tightly covered.

Spices—Buy in small quantities, because only fresh spices have full flavor. Keep closely covered in tins.

Fat—It is the shortening we use that makes cakes of the "butter cake" family tender; any pure fat of neutral flavor will do this; butter will add its own good flavor as well as tenderness. Sometimes we use part butter and part white shortening; and in spice cakes, and others where flavor is not delicate, we can even use carefully rendered lard or dripping sometimes.

Eggs—Fresh eggs or dependable stored eggs are important; they should be of average size. It is sometimes safer to measure them—as we do the whites for angel cake, for instance.

Milk—Unless otherwise stated, fresh whole milk is intended. If substituting evaporated milk, (unsweetened) it should be diluted with an equal quantity of water. Powdered milk should be used according to package directions.

Flavorings—It is cheaper in the end, and you get better results, if you buy pure flavoring extracts. You may also buy safe vegetable coloring to tint icings, etc.

BUTTER CAKES

In Which Shortening Is Used

All cakes in which some fat or shortening is used, belong to what has long been called the "butter cake" family, altho butter need not be the actual shortening used, in these modern days. In these batters, there is usually some liquid in addition to egg (except in very rich cakes like pound cakes). The batters are made light in most cases by what we call "leavening materials"—by baking powder, or by baking soda used along with an acid (like sour milk, buttermilk, molasses or cream of tartar); and sometimes the eggs only, with a great deal of air beaten into them, are depended upon for lightness.

To Mix Butter Cake

1. See to proper heating of oven. Arrange all utensils and supplies on table and prepare tins.
2. Cream fat thoroly, using the wooden fork I have recommended or a wooden spoon. Gradually work the sugar into the fat and cream until light and fluffy—this is necessary to give fine texture to cake.
3. Beat eggs well and combine thoroly with butter and sugar. Sometimes we just beat the egg yolks very light and add at this point—keeping the whites to be beaten and added at the end.
4. Sift flour once, then measure it; sift again, several times, with the salt added. This is very important—it makes the flour light and airy and so helps to give texture to the cake. It is convenient to sift the flour from one rather large sheet of paper to another—it is easy to set the sifter on one sheet of paper and put the flour into it from the other. Most experienced cooks sift their baking powder or soda with all of the flour, and this is all right for those who work quickly; but for the beginner, it is better to add the leavening material after more of the work has been done, so that none of its action will be wasted. But don't forget it!
5. Add part of the flour to the fat-sugar-egg mixture—about ¼ of the flour at a time. Stir until smooth being sure that you lift all the mixture from sides and bottom of the bowl.
6. Add a little liquid, and stir it in. Then continue to add flour and liquid alternately, with flour the final addition.
7. Before adding the last measure of flour, mix the baking powder (if held until this time) or soda well with it and sift them in together.
8. Stir in the flavoring—and in a batter for which the egg whites were held out separately, beat them until stiff, but not dry, and fold them into the batter with a gentle, cut-down, lift-up and fold over motion. Incorporate completely.
9. Pour batter into prepared tins and draw it well to sides and corners with rubber scraper or spoon.
10. For any of your plain butter cakes, either shallow or loaf shape, "pound" the tin about a dozen times by raising it about an inch and letting it fall to the table. This has the effect of knocking out the larger air bubbles which, when they expand in the oven, cause big airholes in the cake. Don't do this if there are fruit or nuts in the cake, however, because it would send them to the bottom. And do not do it with a rich pound cake mixture either, because with no other leavening, it is depending altogether on the air in the mixture to make it light.

Baking a Butter Cake

1. Put into oven, already raised to right heat, as soon as combined. If any delay is forced, cover pans and put in refrigerator.
2. In the average oven, it is best to have the rack about midway between top and bottom, to insure even baking of the cake. Ovens differ, however, so you will have to find by experience just how high to have your pans for best results.
3. Do not jar cake during baking, by banging oven door, etc.
4. Do not open door for first ten minutes, and after that, briefly.
5. You know your cake is completely baked when:
(a) it begins to shrink from sides of pan—don't wait for a complete shrinkage.
(b) all "hissing" or "singing" sound has stopped.
(c) a clean straw, knitting needle, toothpick or cake-tester, thrust into center of cake, comes out dry.
(d) gentle finger pressure in center of cake leaves no permanent impression.

Care After Baking

1. When butter cake is removed from the oven, let it stand, still in its pan, for 5 minutes on the wire cooling rack, before removing the cake from the pan.
2. Loosen cake around edge with spatula or knife; place cooling rack oven pan and invert both; if cake does not settle on the rack, shake it gently to free it from the pan. If it sticks, place a cold damp cloth over bottom of tin—this will make a little steam inside and loosen the cake.
3. Cool cake on its rack—keeping it out of draughts, because too sudden change of temperature might make cake shrink.
4. As soon as cake is cold, fill and frost it (if it is to be frosted and filled) before surfaces get crusty. Suggestions for decorating cakes will be given with the frostings.

Now Make Your Cake

It is understood, as a point of honor between every student and myself, that the lesson has been studied well up to this point, before there is any attempt to actually make a cake!

Now I am going to give you a simple butter cake mixture, in which you can apply everything that you have learned about making it.

Standard Butter Cake

Following exactly your Rules for Cake Making, assemble the utensils and ingredients required.

½ cup shortening
⅞ cup granulated sugar
2 eggs
¼ cup milk
1½ cups pastry flour or 1 cup and 5 tablespoons hard wheat flour.
¾ teaspoon salt
2 teaspoons baking powder
½ teaspoon vanilla.

Cream shortening very light and gradually work in the sugar. Cream until the sugar is nearly dissolved in the fat. Beat eggs until very light, add to mixture and beat again.

Sift flour before measuring, then measure 1¼ cups and sift from paper to paper with the salt several times. Add a little flour to the butter-sugar-egg mixture, mix well, add a little milk and add alternately until you have only one measure of flour left. Mix baking powder with it well and sift into the batter. Beat mixture a few moments, add vanilla, and scrape batter into your prepared pans. This mixture will make two small layers or one nice square or oblong cake.

Bake in moderate oven, 350 degrees F., for 45 to 60 minutes for square or loaf (depending on depth) —375 for 20 to 30 minutes for layers.

Variations of Standard Butter Cake

Flavorings — Use different extracts, or grated lemon or orange, rind, or coffee essence, or maple flavoring.

Chocolate Cake—Melt 1½ ounces bitter chocolate over hot, but not boiling water, add 1 tablespoon butter. Stir into butter-sugar-egg mixture before adding dry ingredients.

Spice Cake—Sift with flour one teaspoon cinnamon, ¼ teaspoon each ground cloves, allspice, nutmeg and ginger.

Light Raisin or Date Cake—Place ¾ cup washed and dried raisins or currants or stoned chopped dates with the measured flour in the sifter. Sift the flour thru; add flavored fruit to the batter, just before placing in tins.

Nut Cake—Flour ¾ cup chopped walnuts, almonds, hickory or hazel nuts as in preceding recipe. Add to the batter just before baking.

Orange Cake—Add 2 tablespoons grated orange rind to the batter in place of vanilla. Put together with orange frosting or filling and cover with orange icing.

Fresh-Fruit Drop Cakes—Flour ¾ cup washed, dried blueberries or strawberries or pitted red cherries as above. Add to the batter just before baking. Fill individual paper cake-cups or muffin tins two-thirds full with batter. Bake at 375 degrees. (See the Easy Way Cake Book for dozens of attractive cakes you can make when you have learned what is in this lesson.)

The same batter may be maked in small loaf pans—not too deep.

Chopped and floured fruits, nutmeats, candied fruits, candied ginger coconut, may be added.

You may sprinkle surface of batter with finely chopped nuts or cherries or with mixed sugar and spice.

After baking, cake may be sprinkled with icing sugar and not frosted, if it is to be eaten at once.

The next lesson teaches you to make fillings and frostings of all types, which give great variety. Jam, jelly, conserve or fruit butter makes a good filling.

There will be many kinds of cakes in the Easy Way Cook Book, which I strongly advise you to get—it is completely filled with cake recipes that have been worked out for the special use of the student—for anyone who is interested in making delicious large or small cakes.

SPONGE CAKES

The sponge cakes, the second of

(Please Turn to Page Two)

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