

**THE BATTLE CREEK COOK
BOOK: A COLLECTION
OF WELL TESTED RECIPES**

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The Battle Creek Cook Book: A Collection of Well Tested Recipes by Mich. Battle Creek

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MICH. BATTLE CREEK

**THE BATTLE CREEK COOK
BOOK: A COLLECTION
OF WELL TESTED RECIPES**

THE BATTLE CREEK COOK BOOK

A COLLECTION OF

WELL TESTED RECIPES

SELECTED BY

THE WOMEN OF THE
FIRST CONGREGATIONAL CHURCH
BATTLE CREEK, MICH.

"He Hath Never Fed of the Dainties that Are Bred in a Book"

BATTLE CREEK, MICH.
ELLIS PUBLISHING COMPANY
1922

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Believing in women

Copyright, 1922
By the Women of the First Congregational Church
Battle Creek, Michigan

Prayer Book, 1922
C. B. Smith

When You Make Cake



Nothing gives such wonderful results in home made cake as Swans Down Cake Flour! Try it in any good recipe. You can have lighter, whiter, finer, better cake—pie crust—pastry, just as you long to have it.

Swans Down costs only a few cents for each cake made and yet it saves all the costly waste of cake disappointments.

Swans Down has been the grocers' choice for 25 years.

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Established 1886

Also manufacturers of Swans Down Wheat Bran, Nature's Laxative Food.

SWANS DOWN

Prepared (Not Self-Rising)

CAKE FLOUR

Preferred by Housewives for 25 years

Try This Cake Recipe

DELICIOUS SWANS DOWN CAKE

$\frac{1}{2}$ cupful butter, or substitute	3 teaspoonfuls baking powder
1 cupful sugar	$\frac{1}{2}$ teaspoonful salt
$\frac{1}{2}$ cupful milk	1 teaspoonful vanilla
3 cupfuls SWANS DOWN CAKE FLOUR	3 egg whites

Cream butter, gradually add sugar, creaming mixture well. Sift flour once, measure, add baking powder and salt and sift three times. Add the flour and milk alternately to the creamed butter and sugar, beating batter hard between each addition of flour and milk. Add vanilla extract. Fold in the stiffly beaten egg whites and bake in a loaf or two layers in a moderate oven. Ice as desired.

Before attempting to make any cakes in this book, read this article. It may prevent a cake failure, thereby saving the waste of ingredients. These are the four most important steps in cake-making, and if followed carefully will help you to make really, good cake.

SELECTING INGREDIENTS

A good cake cannot be made with poor ingredients. For the best results choose only the purest materials obtainable. Cake is a food that contains the most nutritive elements, such as eggs, butter, milk, sugar, flour, etc. Cake is more delicate than bread and needs a more delicate flour. This flour is Swans Down Cake Flour, soft, white, and velvety, made especially for cake and pastry making. Swans Down costs but a few cents more per cake and yet it insures against disappointment and costly cake failures. Lighter, whiter, finer, better cakes if you use Swans Down.

MEASURING

All ingredients called for in any good recipe must be accurately mixed and all measurements should be level. This is necessary in order to obtain the same results in each baking. The standard one-half pint measuring cup should be used and the recipe followed exactly.

CAREFUL MIXING

It is necessary in successful cake making that all ingredients be perfectly measured and utensils and cake tins be ready before beginning to mix the cake. Always beat the shortening to a cream before adding any sugar. Add sugar gradually, creaming the mixture meanwhile. Add a little sifted Swans Down Cake Flour, with baking powder added, then a little milk and so on alternately until all the flour and milk are used. Beat the batter, never stirring, after each addition of flour and milk. Add flavoring. The stiffly-beaten egg-whites should be next folded in very carefully if recipe calls for same. Work quickly, but carefully, in mixing your cake.

CORRECT OVEN HEAT

The heat of oven for cake making is of very great importance. There are some general guides for temperature which may be profitably observed. All thin layer, small cakes and cookies require a hot oven (350-400°F). Thick layer and cakes baked in a loaf require a moderate oven (325-375°F) while sponge cakes and angel cakes require a slow oven (250-300°F). Fruit cakes require even a slower oven (200-250°F).

The helpful hints above are taken from "Cake Secrets," an authoritative booklet on cake making by Janet McKenzie Hill, editor of American Cookery Magazine. You are welcome to a copy full of original recipes, directions, illustrations—for 10c sent to Igleheart Brothers, Evansville, Indiana, Department C. I. Best grocers everywhere have Swans Down Cake Flour. If you cannot get it, write us. Use it in your cake and pastry making.

Always use Swans Down Cake Flour in all cake recipes given in this book and elsewhere. It insures lighter, whiter, finer cakes.

TABLE OF CONTENTS

	PAGE
Soups.....	1
Fish and Oysters.....	10
Meats.....	17
Sauces for Meats.....	26
Poultry and Game.....	28
Vegetables.....	34
Bread.....	45
Breakfast and Tea Cakes.....	51
Luncheon and Side Dishes.....	58
Salads.....	71
Pastry and Puddings.....	82
Desserts and Creams.....	104
Cake.....	117
Jellies and Conserves.....	142
Pickles.....	148
Confectionery.....	158
Table of Weights and Measures.....	164

KELLOGG'S BRAN

*MAKES the best bran muffins you ever ate—
and they help keep you healthy*

Kellogg's Bran is not only ready to eat—a brand-new cereal food made of bran—but because of its unusual goodness and choice flavor it is away ahead of ordinary brans for making bread, muffins, gems, pancakes, etc.



Kellogg's Bran Muffins

Cream $\frac{1}{4}$ c. sugar, and shortening size of an egg, together. Add to this one egg, 1 c. sour milk (or sweet milk), 1 c. Kellogg's Bran, $1\frac{1}{4}$ c. flour, 1 level tsp. soda (or 2 tsp. baking powder if sweet milk is used), Pinch Salt. Mix well.

This will make twelve large delicious muffins.

Muffins made with Kellogg's Bran—whether you use your own recipe or follow the one on the package—are not only light and tempting, but they have a rich, palatable taste. This is because we keep the nutlike flavor in the bran as we krumble it, and bring out a sweet, pleasing flavor besides.

Millions of people have welcomed Kellogg's Bran. For them it makes a pleasure instead of a distasteful task of eating bran in some form every day to avoid constipation.

CAUTION—Be sure to get the genuine. Ask your grocer for Kellogg's Bran. Remember the name **KELLOGG'S**. You only get the wax-tite package bearing the signature of

W. K. Kellogg

SOUPS

"Ceres presents a plate of vermicelli;
For love must be sustained like flesh and blood;
While Bacchus pours out wine, or hands a jelly;
Eggs, oysters, too, are amatory food."

Stock For Soups

Stock for soups is made from meat or bones, or of cooked joints of meat (omitting the fat—this would give a tallowy flavor to the soup), to which may be added chicken, turkey, beef, or mutton bones, well broken up. Put all this in cold water without salt; let it come slowly to boiling point, then skim well; set it back and let it simmer gently for six hours, until the meat is in shreds. Rapid boiling hardens the fiber of the meat, and the savory flavor escapes with the steam. Add a little pepper and salt, strain into a stone jar, let it cool, and remove all the grease. This stock will keep for many days in cold weather, and from it can be made all the various kinds of soups.

White Soup

A knuckle of veal, 2 turnips, 1 carrot, 2 tablespoons of whole pepper, 2 tablespoons of ground rice or farina. Boil and strain through a sieve. Beat the yolks of three

WALK OVER SHOES ARE GOOD SHOES
BUTCHER-BLACK CO.