

said here, especially as there is so much to be said of the other kinds of cakes.

Class 2.—Cakes raised with Chemicals.—A good many people have a great scorn for cakes made with baking-powder, etc. Some of these cakes are, however, very good, and they are said to be wholesome and digestible. An advantage belonging to them is, that they are not so likely to be spoilt if made by inexperienced cooks, as are cakes raised either with yeast or eggs. In all cakes made with chemicals the idea is the same—an alkali is mixed with an acid; thus an effervescence is produced, and the bubbles raise the cake. Understanding this idea, we see how necessary it is that cakes raised with chemicals should be put into the oven immediately after the chemicals are set to work. If they are not, the air bubbles go down, and their power is gone. By all means, therefore, when we are making a cake with chemicals, we should be most particular not to mix the same until the oven is ready, and until we know that the cake can be baked at once. When cakes made thus are a failure, the reason almost invariably is, either that the cake has not been baked instantly, or that the oven has not been hot enough. The easiest way of introducing baking-powder is to mix it with the flour in the first instance. If, however, the cake cannot be made at once, the powder should be left till last.

The various chemicals used in raising cakes amount on the whole to very much the same thing, and it is generally safe to substitute one for the other, so long as we know the strength. Thus, with good baking-powders we generally calculate that a teaspoonful of powder is needed for each pound of material, and that half a teaspoonful of cream of tartar and a quarter of a teaspoonful of carbonate of soda are equivalent to a teaspoonful of baking-powder. The danger associated with the use of soda, however, is, that it varies so much in purity, and if one gets even a little too much of it, the taste is at once evident. Too much baking-powder also makes cakes coarse, open, and crumbly.

In making cakes, the employment of sour-milk is not rancid—milk helps to make cakes light. It is to be remembered, however, that sour milk and fresh milk should not be used together. Also, if sour milk is used, soda also should be used, instead of baking-powder.

In the majority of cakes raised with baking-powder, eggs are also used; but not in numbers sufficient to dispense with powder. Sometimes the butter is creamed—that is, beaten with a spoon or with the hand until it looks like cream; sometimes it is rubbed into the flour. When rubbed in, the cake is firmer and more solid; when creamed, the cake is light and somewhat spongy. The difference in method produces a difference of result.

Here are recipes for cakes raised with baking-powder and its equivalents, and eggs.

Sultana Cake.—Rub a quarter of a pound of butter (or two ounces of butter and two ounces of clarified dripping) into ten ounces of flour. Add two teaspoonfuls of baking-powder, two ounces of castor sugar, one ounce of finely-shred candied peel, four ounces of sultana raisins, and the grated rind of a lemon. Mix the dry ingredients thoroughly. Beat the yolks of two eggs with half a gill of milk, and stir into the flour, etc. Have the whites ready whisked to a stiff froth, add them lightly, turn into a well-greased mould, and bake for about an hour and a half in a good oven.

Seed Cake.—Follow the same recipe, but use a teaspoonful of caraway seeds instead of the raisins and the candied peel.

Walnut Cake.—Use a gill measure for a cup. Put a cupful of white sugar and half a cup of butter into a basin, and beat them together till they look like cream. Add gradually two cup-

fuls of flour which have been mixed with two teaspoonfuls of baking-powder, twenty-five drops of essence of vanilla, and half a pint of peeled walnuts or hazel nuts cut small. Have ready whisked, and introduce last of all, the whites of four eggs which have been whisked till firm. Bake in a shallow tin. This cake can be covered with fondant icing, and half the nuts can be sprinkled over the icing before it hardens.

Lemon Cake.—Follow the same recipe, but flavour with grated lemon rind and an ounce of finely-shred citron.

Cocoa-Nut Cake.—Follow the same recipe, but use three teaspoonfuls of desiccated cocoa-nut instead of the chopped nuts.

One, Two, Three, Four Cake.—The Americans are very fond of a cake called sometimes by this name and sometimes Cup Cake. In American books we are always coming upon it, and it is much approved in this country also. Like the two recipes already given, it can be followed for a number of cakes by simply varying the flavour. The formula is—One cup of butter, two cups of sugar, three cups of flour, four eggs, two teaspoonfuls of baking-powder, and a cupful and a half of milk. The method is—Beat the sugar and butter to cream; add the yolks of the eggs and the milk; then the flour mixed with the baking-powder, and last, the whites of the eggs whisked till firm. The flavours (chopped nuts, dried or candied fruits, spices, etc.), should be put in after the cake is made. Made plain, and baked in shallow tins, this cake can have fruit jelly put between two layers, and then it becomes Jelly Cake.

Feather Cake is another cake well-known in American homes, and there are individuals who declare that it went over from England with the *Mayflower*. The formula is—One tablespoonful of butter, one cupful of sugar, one cupful and a half of flour, half a cupful of milk, two eggs, and a teaspoonful of baking-powder. Beat butter and sugar together and a little milk; add flour and baking-powder a little at a time; lastly, the eggs, beaten very well. Bake in a hot oven.

Lemon Feather Cake.—Follow the above recipe, and flavour with the grated rind of a lemon. Cakes flavoured with lemon rind keep well.

Orange Feather Cake.—Flavour with the grated rind of an orange instead of a lemon, and introduce orange juice in place of part of the milk.

Family Cake is very similar. Cream together three ounces of butter and a quarter of a pound of sugar. Add two eggs, three quarters of a pint of flour mixed with a small teaspoonful of baking-powder, and six tablespoonfuls of milk. Flavour with nutmeg, currants, raisins, or almonds.

Chocolate Cake.—Beat half a pound of butter and four ounces of castor sugar to cream. Add two ounces of ground rice, four ounces of flour mixed with two ounces of baking-powder, the yolks of six eggs well beaten, and half a pound of chocolate, grated and dissolved in two tablespoonfuls of water. Last of all introduce the whites of the eggs beaten till stiff. Pour into a greased tin, and bake in a moderate oven about an hour and a half.

Ginger-bread.—Put half a pound of treacle, six ounces of brown sugar, and six ounces of butter into a saucepan to get hot. Add of the fire (because the soda will make the liquid rise) half an ounce of soda. Have ready, thoroughly mixed, a pound and a quarter of sifted flour, two ounces of blanched and chopped almonds, three quarters of an ounce of grated ginger. Beat the two mixtures well together, and squeeze in last of all the juice of a lemon. Bake in a shallow tin (never in an ordinary cake tin) in a slow oven. When half done, brush over with milk and sugar.

Class 3.—The third class of cake is raised with eggs only, and here success depends chiefly upon correct beating, mixing, and baking. A great many people think cakes of this sort are exceedingly extravagant. They are less so, however, than at first sight appears. For one thing, a cake made without yeast or baking-powder keeps well. A first class pound cake, for instance, if left with the greased paper used in baking still round it to keep in the flavour, and if stored in a dry tin with a well fitting lid, will keep good for weeks. For another thing, good cake is much more satisfying than plain cake—no one could possibly eat very much at once. Besides, we have to remember, that after all cake is an extra, and having decided to make it, we might as well take a little pains with it, and make it worth having. The difference in money cost between plain cake and "better" cake is not very much; the chief difference is in the time and labour bestowed upon the making. Of the superiority of the one over the other there is no question.

Fine cake is of two sorts—the cake that is good because it is rich, and the cake that is good because it is light. Of the first, Pound Cake, of the second, Sponge Cake, may be taken as the type.

The **Pound Cake**, as its name implies, is made with a pound weight of each of the chief ingredients; that is, a pound of white sugar, a pound of flour, a pound of butter, eight eggs, a pinch of salt, and some flavouring. The flavouring may consist of either the rind of two oranges or two lemons, or half a pound of currants or sultanas (with either of which may be used a little chopped candied peel and grated nutmeg), or three quarters of a pound of almonds blanched and chopped, dried, warmed, and floured. Eight eggs, it should be understood, when they are large, are equivalent to a pound of flour; if small, ten eggs would be needed. It is, however, most important that the eggs should be fresh; no amount of beating will make stale eggs satisfactory. In warm weather the eggs may be laid in cold water for a few minutes before beating, and the addition of a pinch of salt will help the whites to froth. All the ingredients must be brought together, weighed, and made ready before the mixing commences. The eggs must have the yolks separated from the whites, and the latter must be whisked with a pinch of salt till firm. The butter must be put into a cloth and have the water squeezed from it. The cake is best mixed in an earthenware bowl. Beat the butter till it looks like cream. (If the cake is made in winter, when butter is hard, it may be warmed a little to soften it, but never so much so as to oil it.) Add the sugar gradually, and beat between every addition. Next add the yolks of eggs one at a time, and a tablespoonful of brandy or a little sherry, and a few drops of rose-water if approved. Beat again, and be sure that every egg yolk is thoroughly incorporated before another is added. Now put in the flour and, last of all, the whites of eggs. If the batter should become too stiff, a little of the whisked whites must be put in between, and the mixture must be well beaten. For pound cake, however, the batter should be stiff. The bulk of the whites, however, should for a plain pound cake be thrown in last of all, and they should be mixed in thoroughly and no more. When fruit or almonds are used these ingredients should be introduced after the whites, and lightly stirred in just enough to mix—no more.

One word should be said about the movement in beating a cake. Not stirring but beating is required; therefore the hand or spoon should go, not round and round the bowl, but the batter should be brought up from the bottom with every stroke, the aim being to drive air into the cells. The air thus introduced will expand as it gets hot, and the cake will be made light thereby. Towards the last the

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