

USE SOUR MILK AS SUBSTITUTE TO CUT WASTE

Adaptable to Any Recipe Except for Special Textures.

So many women who ask how to use sour milk in baking want to know if it can be substituted for sweet milk in any recipe. That gets a yes and no answer—yes, except in recipes where special texture is sought.

Milk that has just turned will need a small amount of soda to neutralize it and enough baking powder to make the mixture rise. An eighth to a quarter of a teaspoon of soda to a cup of slightly soured milk and the usual amount of baking powder called for in the recipe using sweet milk should be used when sour milk is substituted.

The acidity of the milk must be considered, so when milk is thick and definitely sour the method is to use one-half teaspoon soda for one cup of sour milk; in that event, omit one teaspoon cream of tartar or two teaspoons baking powder.

Soda Isn't Best Leaven

Baking soda by itself is not ordinarily to be recommended as a leaven, although it often is used alone and satisfactorily, too, in making ginger breads, spice and chocolate cakes and cookies.

There's always the question as to whether soda should be used dry and sifted with the dry ingredients or mixed with liquid and added the last thing before baking. Most old-fashioned cooks mix the soda with a liquid and nearly every modern scientific cook to a woman sifts it with the dry ingredients. There's argument for both sides. If you mix soda with liquid you do lose some of its potency because a certain amount of the leavening gas escapes before it has a chance to act on the mixture to be baked. But you don't run any risk of having tiny blisters or brown spots through your food.

If you mix and sift the dry ingredients very thoroughly, repeating the process several times until you are sure that the soda is evenly distributed through the flour, you will find the result satisfactory and you will gain the full benefit of the soda as a leavening agent.

Follow the Rules

Many of the old recipes used enough extra soda to allow for the loss before it was added to the batter or dough, so if you are using a recipe that tells you to dissolve the soda in part of the liquid it's a good idea to follow the rules.

If you are substituting sour milk for sweet in a recipe, then mix the soda thoroughly with the dry ingredients and proceed as usual.

Sour milk makes delicious fine-textured cakes and breads that seem to stay moist longer than those made with sweet milk. More than this, a cup or less of sour milk is so much waste unless it is used in baking.

Dropped Fruit Cookies

Three eggs, 1½ cups light brown sugar, 1 cup butter, 4 tablespoon sour milk, ½ teaspoon soda, 2 teaspoons baking powder, 3½ cups flour, ½ teaspoon cinnamon, 1 cup chopped nuts, ½ cup seedless and chopped raisins, ½ cup chopped currants, ½ cup raisins.

Cream butter and sugar and add ½ cup flour. Add eggs well beaten and mix well. Add sour milk. Mix and sift flour, salt, soda and cinnamon several times and add to fruit and nuts. Mix thoroughly and drop from tip of teaspoon onto greased and floured baking sheet. Bake 10 minutes in a moderate oven (350 degrees F.) for 10 or 15 minutes.

Graham Muffins

These are splendid for breakfast or are delicious toasted and served with sald for luncheon.

One egg, 1 cup sour milk, 3 tablespoons melted butter, 2-3 teaspoon soda, 1 teaspoon salt, 1 tablespoon sugar, 1½ cups graham flour, 4 tablespoons white flour, 1 teaspoon baking powder.

Beat egg well. Add sugar, salt, melted butter and milk. Mix and sift flour, baking powder and soda and mix thoroughly with graham flour. Add to first mixture and mix. Bake in muffin rings in hot oven (375 degrees F.) for 10 or 15 minutes.

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BLUEBERRY PIE HAS NO PEER AS DESSERT



Fresh berry pies are the rare treat of summer. If they are made with a top crust smaller than the pie, the tendency to boil over in baking is reduced.

Adds Food Value to Meals That Are Light in Calorie Count.

It's the berry pie season and the whole family can rejoice. Rich juicy raspberries, blueberries or blackberries between flaky, golden crusts—where is the dessert that is finer?

Canned berries, of course, may be used, but the berry pie supreme is to be had only when the berries themselves come fresh and ripe from the bushes.

Fruit pies of all varieties make splendid summer desserts when the rest of the meal is light. A wedge of apple pie with a glass of milk is a satisfying luncheon for a busy office worker. Berry pies with whipped cream are hearty enough to top off dinners in which the meat course is light. The ethereal concoctions known as chiffon pies can be served for party desserts.

Desirable on Cool Days
Berry pies made with eggs are excellent to follow vegetable dinners. They are more desirable on cool days than hot, but you will find many a summer menu that needs just this type of dessert to finish it.

Plain berry pies are suitable desserts to serve with fish dinners. Broiled fish, creamed potatoes, corn-on-the-cob, tomato and cucumber salad and berry pie is a most appetizing summer dinner.

Remember that berry pies, like all fruit pies, will boil over if they have half a chance. I think berry pies and rhubarb pies are the worst offenders. Be sure to use a deep pie dish, build the crust up well around the edge, and press the two edges firmly together. Watch the pie while baking and as soon as the filling begins to boil, reduce the heat. This will cook the fruit and

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