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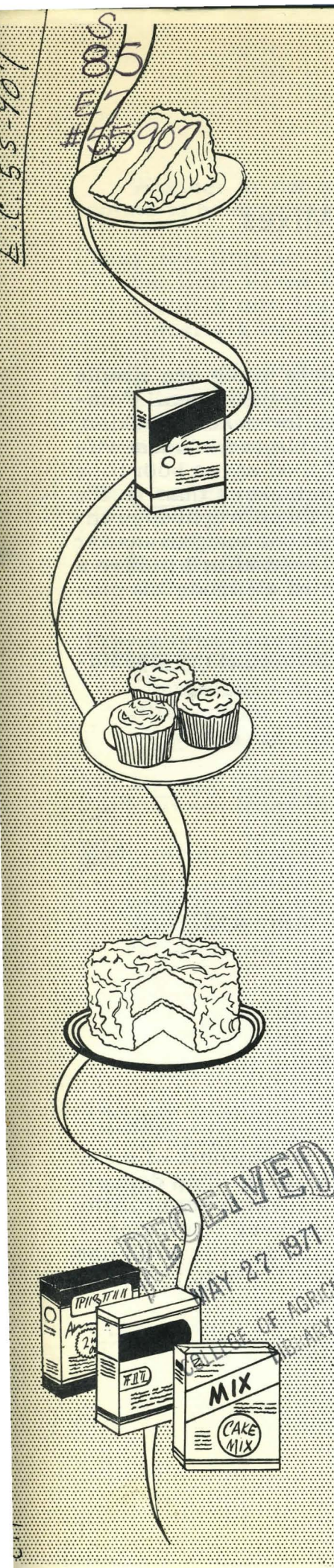
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Let Others Help You With CAKE MIXES

EXTENSION SERVICE
UNIVERSITY OF NEBRASKA COLLEGE OF AGRICULTURE
AND U. S. DEPARTMENT OF AGRICULTURE
COOPERATING
W. V. LAMBERT, DIRECTOR

Let Others Help You With Cake Mixes

Today, household help has taken a new form. Modern products which are simple and easy to use have helped to take the place of the "hired girl" in the home. Commercially prepared food such as TV dinners, meat pies, mixes for cakes, cookies, pies, puddings, and other almost ready-to-eat products are available to the housewife through her grocery store. This partially or entirely prepared food saves both time and energy for busy housewives and is available to more homemakers than is the proverbial "maid." Despite all, questions arise: "Should I use these prepared products?", "Should I use a cake mix?". The problem is an involved one and the answer may be slightly different for every housewife. Since many could not afford to hire a maid for helping in the kitchen, it may be that they cannot afford all kinds of commercially prepared foods.

Questions on the use of commercially prepared cake mixes involve many considerations:

- (1) Is it best use of time?
- (2) Are the money costs too high?
- (3) Are the appearance, texture and taste desirable?
- (4) Does the family situation allow use of cake mixes -
 - (a) as a busy or part-time housewife with little time for specials?
 - (b) as persons of limited strength or ability?
 - (c) as those who just want to release time from routine work (in order that they may join in more family activities or participate in community affairs to a greater extent)?

Mixes, A Wartime Development

Mixes came into importance during World War II. Wartime employment of many homemakers along with rationed fat and sugar, created a large market. This demand stimulated research and the home economist responded with the development of many new commercially prepared products. Postwar days found homemakers continuing to use in ever-increasing numbers these new time and work savers. Today research has resulted in not only a vast number of mixes with possible variations, but also improvement in quality and flavor of the basic product.

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Use of Mixes - Individual Choice

Whether or not to use cake mixes is an individual choice. There are a number of points to be considered in the use of a mix:

They are time savers: Tests by Consumers Union, a nonprofit organization, found the time saved by making a cake from a prepared mix rather than a recipe, was about 15 minutes. Mixes have a greater edge when wash-up and put-away time of utensils is included.

They are work savers: Sifting of flour and measuring of a number of ingredients is eliminated with use of a mix. One bowl only is required. However, too little mixing, incorrect oven temperature, and other factors may still result in an unsuccessful cake.

They are convenient: With prepared mixes, one is saved the necessity of storing ingredients used only occasionally (as molasses for gingerbread cake) or remembering to buy ingredients not normally used (as buttermilk for devil's food cake). Some products do not require even the usual milk or eggs but can be made only with addition of water.

They may be excellent buys: The average cost of a two-layer devil's food cake (8-inch layers) made from a mix is usually 35-37 cents plus cost of eggs or milk. This comparison with cost of an entirely homemade product will vary with market conditions of the locality. Each homemaker is advised to compare prices for her own situation (see page 7).

Not all cake mixes are alike: Product acceptability varies with mixes. Wide variation has been found in texture, shape, crust, flavor and color.

Wide variety available: Today a wide variety of cakes are available through mixes. Some companies have introduced such variations as orange cake and cherry nut cake in package form, as well as the basic white, yellow, devil's food and angel food mixes. Special low-calorie mixes have been put on the market. Considerable variation may also be made with the basic mix cakes.

Variations on Basic White Cake Mix (Egg whites only added)

Chipped Chocolate Cake 1/: Fold into the batter 2 squares shaved sweet, semisweet, or unsweetened chocolate (2 ounces = about 1/2 cup).

Peppermint Candy Cake 1/: Fold into the batter 1/3 cup finely crushed peppermint stick candy.

White Nut Cake 1/: Fold into the batter 1 cup finely chopped nuts just before pouring into pan.

Cherry-Nut Cake 1/: Add to the batter, with the first egg white, 1/2 cup finely chopped nuts and 1/2 cup chopped maraschino cherries, well drained.

1/ Courtesy Betty Crocker's "Good and Easy Cook Book," General Mills, Inc.

Variations on Basic Yellow Cake Mix
(Whole eggs added)

Try any of the additions for the Basic White Cake Mix, listed on preceding page.

For egg-added mixes:

Banana Cake 1/: Stir $\frac{1}{8}$ teaspoon soda into the mix before adding liquid. Use only $\frac{1}{3}$ cup water and add $\frac{1}{3}$ cup mashed very ripe bananas in first mixing period. In place of second $\frac{1}{2}$ cup water add, in 4 parts, $\frac{2}{3}$ cup mashed bananas.

Orange Cake 1/: In place of water, use 1 cup frozen orange juice (diluted as directed on can). Or fold 1 tablespoon grated orange rind into the batter.

Peanut Butter Cake 1/: Add 1 tablespoon peanut butter with the first $\frac{1}{2}$ cup water. Fold in $\frac{1}{2}$ cup finely chopped peanuts.

Maple Nut Cake 1/: Add $1\frac{1}{2}$ teaspoon maple flavoring with the water, and add $\frac{1}{2}$ cup finely chopped nuts with the first egg.

For milk-added mixes:

Banana Cake 2/: Mix batter in usual way, decreasing second measurement of milk to $\frac{1}{3}$ cup. Substitute $\frac{1}{2}$ cup mashed ripe banana for last $\frac{1}{3}$ cup milk.

Applesauce Cake 2/: Substitute $\frac{2}{3}$ cup applesauce for last $\frac{2}{3}$ cup milk.

Variations on Basic Chocolate Devil's Food Cake

Mocha Devil's Food Cake 1/: Stir 3 tablespoons powdered coffee into the mix before adding liquid. Or add 1 cup cold strong coffee in place of water.

Fudge Nut Cake 1/: Fold into the batter $\frac{2}{3}$ cup finely chopped nuts.

Pep-o-mint Devil's Food Cake 1/: Fold into the batter $\frac{1}{4}$ teaspoon peppermint extract or 2 drops oil of peppermint.

Variations on Basic Spice Cake

Quick Prune Cake 1/: Stir into the batter $1\frac{1}{2}$ cups cut-up, pitted, well drained, cooked prunes (easily cut with coarse blade of food chopper) and $\frac{1}{3}$ cup finely chopped nuts.

Black Walnut Spice Cake 1/: Fold into the batter $\frac{2}{3}$ cup finely chopped black walnuts.

1/ Courtesy Betty Crocker's "Good and Easy Cook Book," General Mills, Inc.

2/ Courtesy Pillsbury Mills, Inc.

For egg-added mixes:

Mocha Spice Cake 1/: In place of water, use 1 cup cold coffee. If you use powdered instant coffee, dissolve 2 tablespoons of it in 1/2 cup boiling water, then fill cup with cold water. Coffee must be cold when added to mix.

Pumpkin Walnut Cake 1/: Stir 1/2 teaspoon soda into the mix before adding water. In place of second 1/2 cup water, add 1 cup crushed pumpkin (canned). Fold in 1/2 cup finely chopped nuts.

Applesauce Cake 1/: Stir 1/4 teaspoon soda into the mix before adding water. In place of second 1/2 cup water, add 1 cup thick applesauce (sweetened or unsweetened). Fold in 1/3 cup chopped nuts.

For milk-added mixes:

Banana Spice Cake 2/: Mix batter in usual way, decreasing second measurement of milk to 1/3 cup. Substitute 1/2 cup mashed ripe banana for last 1/3 cup milk.

Applesauce Spice Cake 2/: Substitute 2/3 cup applesauce for last 2/3 cup milk.

Date Nut Cake 2/: Simmer 1/2 cup dates, chopped, in 1/2 cup water 5 minutes. Cool. Mix batter in usual way, decreasing second measurement of milk to 1/3 cup. Substitute date mixture for last 1/3 cup milk. Fold in 1/2 cup chopped nuts.

Variations on Basic Angel Food Cake

Cherry-Nut Angel Food Cake 1/: At the last, fold in gently 1/2 cup chopped maraschino cherries, drained on paper towel, and 1/2 cup chopped nuts.

Confetti Angel Food Cake 1/: At the last, gently fold in 1/4 cup tiny colored candies, such as 100's and 1000's. (The candies melt into the cake, making a rainbow of colors.)

Coconut Angel Food Cake 1/: At the last, gently fold in 1 cup finely shredded coconut.

Mocha Angel Food Cake 1/: Mix 1 tablespoon powdered instant coffee with the flour mixture.

Maple Nut Angel Food Cake 1/: Omit almond extract and vanilla and use 1 teaspoon maple flavoring. Gently fold in at the last 1/3 cup finely chopped pecans.

Marble Angel Food Cake 1/: Omit almond extract and use 2 teaspoons vanilla. Divide batter into 2 parts. Into one half of batter, fold gently 2 tablespoons sifted cocoa. Drop spoonfuls into pan alternating white and chocolate batter. Cut through batter several times with spoon.

Try Variety in Form

Bake and serve your mix-cakes as well as regular homemade cakes in different ways to give your family something special to talk about at dessert. Or amaze your club group with new, easily prepared eye-catchers and breath-takers.

1/ Courtesy Betty Crocker's "Good and Easy Cook Book," General Mills, Inc.

2/ Courtesy Pillsbury Mills, Inc.

- (1) Cupcakes: decorate appropriate to season or occasion.
- (2) Layer cake: an appetite teaser, tall and high with rich creamy frosting.
- (3) Loaf cake: a real time saver, frosted lightly to stay fresh a longer time.
- (4) Upside down cake: easily prepared dessert, use plain mix with pineapple, cherries, peaches, etc. to name a few of the favorites. Measure out 1/2 of the mix for one 8-inch layer of the cake.
- (5) Short cake served with fresh fruits and whipping cream: use one-half of recipe of white or yellow cake mix. This is perfect with the fruits of the season.
- (6) Flat sheet cake frosted and cut into finger bars: a rich butter frosting topped with coconut or nuts. Just the accompaniment for a cup of coffee.
- (7) Base for ice cream pie or Baked Alaska: a layer of cake piled high with ice cream. Delicious! Try various flavor combinations of cake and ice cream. For a more special treat, top with meringue --- for details see your favorite Baked Alaska recipe.

Help Yourself with Your Own Mix

Housewives have alternatives to the cake mix. They may use their regular cake recipes or they may prepare their own basic cake mix in large quantities. Savings in time and money will all go to the homemaker who makes her own mix. Let's examine the homemade mix:

MAKE-YOUR-OWN Cake Mix 3/

Small Recipe		Large Recipe		Cost
12 1/2 cups		24 1/2 cups		For Large Recipe
Shortening, soft (not lard or butter)	2 cups	4 cups	2 cups per pound, 3 pounds, @ $\div 6 =$	_____
			cost per cup	_____
Cake flour	6 1/2 cups	1 box (2 3/4 pounds)		_____
Sugar	4 cups	8 cups	2 cups per pound, 5 pounds, @ $\div 10 =$	_____
			cost per cup	_____
Baking powder	1/4 cup	1/2 cup	1/2 pound = 1 cup @ $\div 2$ (for 1/2 cup)	_____
Salt	1 tablespoon	2 tablespoons		.01

Total cost for Basic Mix

Divide by 7.5 for cost per cake _____

Hand-Mixing Method:

Pour the cake flour into a large mixing bowl or pan, or onto a large sheet of paper. Blend in the sugar, baking powder, and salt. Cut in the shortening with a pastry blender or the fingers, until the mixture is fine, dry and powdery. (A few slightly larger particles of shortening are to be expected.) Once or twice during the blending period, mix lightly by hand to distribute ingredients evenly and to break up clumps that may have formed.

Machine-mixing Method:

Use a large mixing bowl or pan and the detached beater head of the electric mixer. Chill the measured shortening well (at least 1/2 hour in the refrigerator). Using low speed, blend the cake flour, sugar, baking powder, and salt with electric mixer. Add the shortening. Beat at low speed until the mixture is fine, dry, and powdery (about 2 1/2 minutes). Halfway through the mixing period, stop beating and blend the mix lightly by hand to distribute the ingredients evenly. Caution: Do not overbeat lest the mixture becomes compact and difficult to measure.

Storage:

Store the Make-Your-Own Cake Mix in a closed container in a cool place on the kitchen shelf. Before each use, stir the mix lightly to prevent packing during measurement.

Selected Recipes for use of MAKE-YOUR-OWN Cake Mix 3/:

Sunrise Cake:

Yield: Two 8-inch layers

3 1/4 cups Make-Your-Own Mix
(do not pack)

3/4 cup milk
1 teaspoon vanilla
2 eggs

Place the mix in a bowl. Add 1/2 cup milk. Beat 2 minutes at medium speed on electric mixer, or 300 strokes by hand. Throughout mixing time keep batter scraped from sides and bottom of bowl with rubber scraper. Scrape bowl and beaters. Add remaining milk, vanilla, and eggs. Beat 2 additional minutes at medium speed on electric mixer, or 300 strokes by hand. Scrape bowl and beaters. Pour equal amounts of batter into cake pans (bottoms lined with paper). Bake in moderate oven (375°) about 25 minutes

Sunrise Spice Cake:

Yield: Two 8-inch layers

Use Sunrise Cake recipe. Before the first addition of milk, blend the following ingredients with the 3 1/4 cups of Make-Your-Own Cake Mix:

1 teaspoon cinnamon
1/4 teaspoon nutmeg

1/4 teaspoon cloves

Pour equal amounts of batter into cake pans (bottoms lined with paper). Bake in a moderate oven (375°) about 25 minutes.

Moon Glow Cake:

Yield: Two 8-inch layers

3 1/4 cups Make-Your-Own Cake Mix
(do not pack)

1 cup milk
1 teaspoon vanilla
2 egg whites

Combine and bake following instructions for "Sunrise Cake."

Dusty Dawn Cake:

Yield: Two 8-inch layers

3 cups Make-Your-Own Cake Mix
(do not pack)
1/3 cup cocoa
1/3 cup boiling water

1/4 teaspoon soda
1/2 cup milk
1 teaspoon vanilla
2 eggs

Pour the boiling water over the cocoa. Stir to blend. Place the mix and soda in a bowl. Blend. Add the milk and vanilla. Beat 2 minutes at medium speed on electric mixer or 300 strokes by hand. Throughout mixing time keep batter scraped from sides and bottom of bowl with rubber scraper. Scrape bowl and beaters.

Add the eggs and the cocoa-water mixture. Beat 2 additional minutes at medium speed on electric mixer or 300 strokes by hand. Scrape bowl and beaters. Pour equal amounts of batter into cake pans (bottoms lined with paper). Bake in a moderate oven (375°) about 28 minutes.

Compare Costs of Commercial and Homemade Mixes

Cost per Cake with Commercial Mix:

Cost per Cake with Homemade Mix:

Initial Cost of Mix.

Initial Cost of Mix
per cake.

Added eggs or milk ...

3/4 cup milk.

Total.

2 eggs.

Total.

Today the housewife in need of "help" will find in cake mixes the time and energy savers which she needs. Keeping a supply of mix (either commercial or homemade) on hand for family use proves most valuable for times when there is an unexpected demand on the homemaker such as special company, or when the homemaker wants to release time for other activities. Mixes have become important as a part of the emergency shelf. The high quality cakes with ever so many ways of attractive tasty variation are a part of the new form of "maid service" which homes now enjoy.

(Prepared by Mrs. Lois O. Schwab, homemaker, former Instructor of Home Economics.)