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## TRY A WHITE CHRISTMAS CAKE

Make Both Light and Dark Cakes This Year

(By Katharine Baker)

Variety is the spice of life, so in addition to the traditional dark Christmas cake, make a light one this year. Many people vow they get so much dark cake at Christmas time, they are glad it only comes once a year. On the other hand, there are many people who feel that heavy cake is just as much a part of Christmas as are trees and stockings.

Whichever way you feel about it, it is necessary to have a variety of cakes on hand because besides the tastes and preferences of your own family, you usually have to consider those of friends and relatives.

Most of us haven't even begun to think of Christmas yet, and that makes this the best time to bake your cake and forget about it. Don't put it off until you are so busy that it becomes a chore, because if you make it when you have leisure, it really can be a thrilling and exciting event from the buying of the fragrant ingredients to the wrapping and storing.

Because you will be putting more time and money into this special cake, be sure that you get the best ingredients you can buy. Don't let it all go to waste by using the wrong kind of flour or an inferior brand. And when you have the very finest fruits, flour and nuts, follow the recipe carefully and the cake is bound to be a success.

## Holiday Cake

1½ cups sifted cake flour  
1 teaspoon baking powder  
¼ teaspoon salt  
½ cup butter or shortening  
¾ cup sugar  
5 egg whites, unbeaten.  
¼ cup finely cut candied cherries  
½ cup finely cut citron  
½ cup seedless raisins  
½ cup chopped blanched almonds  
¼ cup coconut, premium shred  
½ teaspoon almond extract  
½ teaspoon vanilla

Sift flour, once, measure, add baking powder and salt, and sift together three times. Cream butter thoroughly, add sugar gradually, cream together until light and fluffy. Add egg whites, one at a time, beating very thoroughly after each. Add fruit nuts, coconut, and flavoring and mix well. Add flour, a small amount at a time, beating after each addition until smooth. Bake in loaf pan, 8x4x3 inches, which has been greased, lined with heavy paper, and again greased. Bake in slow oven, 300 degrees F. 1 hour and 15 minutes, or until done.

To store, wrap in waxed paper, and keep in airtight container. You can use your favorite almond icing, or, if you want a quick icing, just before using, the following frosting may be made. Mistletoe Frosting is suggested for the first half of the cake to be used before New Years.

2 egg whites, unbeaten  
1½ cups sugar  
5 tablespoons water  
1½ teaspoons light corn syrup  
1 teaspoon vanilla

Combine egg whites, sugar, water, and corn syrup in top of double boiler, beating with rotary egg beater until thoroughly mixed. Place over rapidly boiling water, beat constantly with rotary egg beater, and cook 7 minutes, or until frosting will stand in peaks. Remove from boiling water and add vanilla and beat until thick enough to spread. Makes enough frosting to cover tops and sides of two 9-inch layers, or top and sides of 8x8x2 inch cake, generously. Decorate with wreath of mistletoe, using silver dragées for berries and slices of angelica or citron for leaves and stems. Double recipe to make three 10-inch layers. A Holly frosting may also be made from the same recipe, except that candied cherries or small red candies may be used for berries.

## THE CHRISTMAS FRUIT CAKE

Make It Now and Get the Best Results

(By Katharine Baker)

It seems to happen to us every year and we are always as surprised as though it has never happened before when we discover that there are only a few more days until Christmas. Then comes the last minute rush of buying, tying up parcels, sending a card which we forgot to do before and all the hundred and one things that have to be done in order to make the Christmas season a successful and happy one.

Many housewives in fact, work so hard that they feel it's hardly worth all the bother. But a lot of the hectic rush of Christmas can be saved by planning in advance, and by making your cake now, you have more leisure to think of other things later. Besides, a really good cake needs three weeks in which to mellow. The rich and good ingredients which go into it must have time in which to blend and let the flavor permeate.

Here is a recipe which is easy to follow, and makes a beautiful big cake. It keeps well and that is a necessity when you think of the number of times during the Christmas season when you will be entertaining. Then when Christmas is over, if you have any of the cake left, it can be used to add a de luxe touch to meals and parties.

## Christmas Fruit Cake

1 pound sifted cake flour (4½ cups)  
1 teaspoon baking powder  
½ teaspoon cloves  
½ teaspoon cinnamon  
½ teaspoon mace  
1 pound butter or shortening  
1 pound brown sugar  
10 eggs, well beaten  
½ pound candied cherries  
1 cup honey, 1 cup molasses  
½ pound candied pineapple  
1 pound dates, seeded and sliced  
1 pound raisins, 1 pound currants  
½ pound citron, thinly sliced  
½ lb. candied orange, lemon peel  
½ pound nut meats, chopped  
½ cup sweet cider.

Sift flour once, measure, add baking powder and spices, and sift together three times. Cream shortening thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs, fruits, peel, nuts, honey, molasses and cider. Add flour gradually. Bake in four pans, 8x8x2 inches, lined with greased paper, in slow oven, 250 degrees F., 3 to 3½ hours. Makes 10 pounds fruit cake. Small loaves may be baked 2½ hours or until done.

To store, brush lightly with port or brandy, wrap in waxed paper and keep in airtight container. Or brush with grape juice, wrap and store.

TREATMENT OF  
INTESTINAL WORMS

(By Dr. Herman N. Bundesen, Former President American Public Health Association)

Nobody loves me, I'm going out in the garden and eat worms." I do not recall who first made that statement. But children do have worms in the lower intestine, and they do not eat worms to have this condition. They get it by eating some food containing the worm eggs.

Mothers often get the idea that because a child picks his nose or bites his nails, sleeps poorly, or grinds his teeth during sleep, he is suffering from worms. But these things are due to other causes, not to worms.

The various types of worms which grow in humans are tape worms, round worms and pin worms. There are many persons who seem to have pin worms. During the summer of 1936, John Bozicevich and his co-workers of the National Institute of Health, Washington, D.C., made a survey of a group of 200 boys attending a summer camp in Scotland Maryland.

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