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## Beginning Baking : Extension Circular 9-111-2

Kathryn Cooley

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March 1952

E.C. 9-111-2

# BEGINNING BAKING



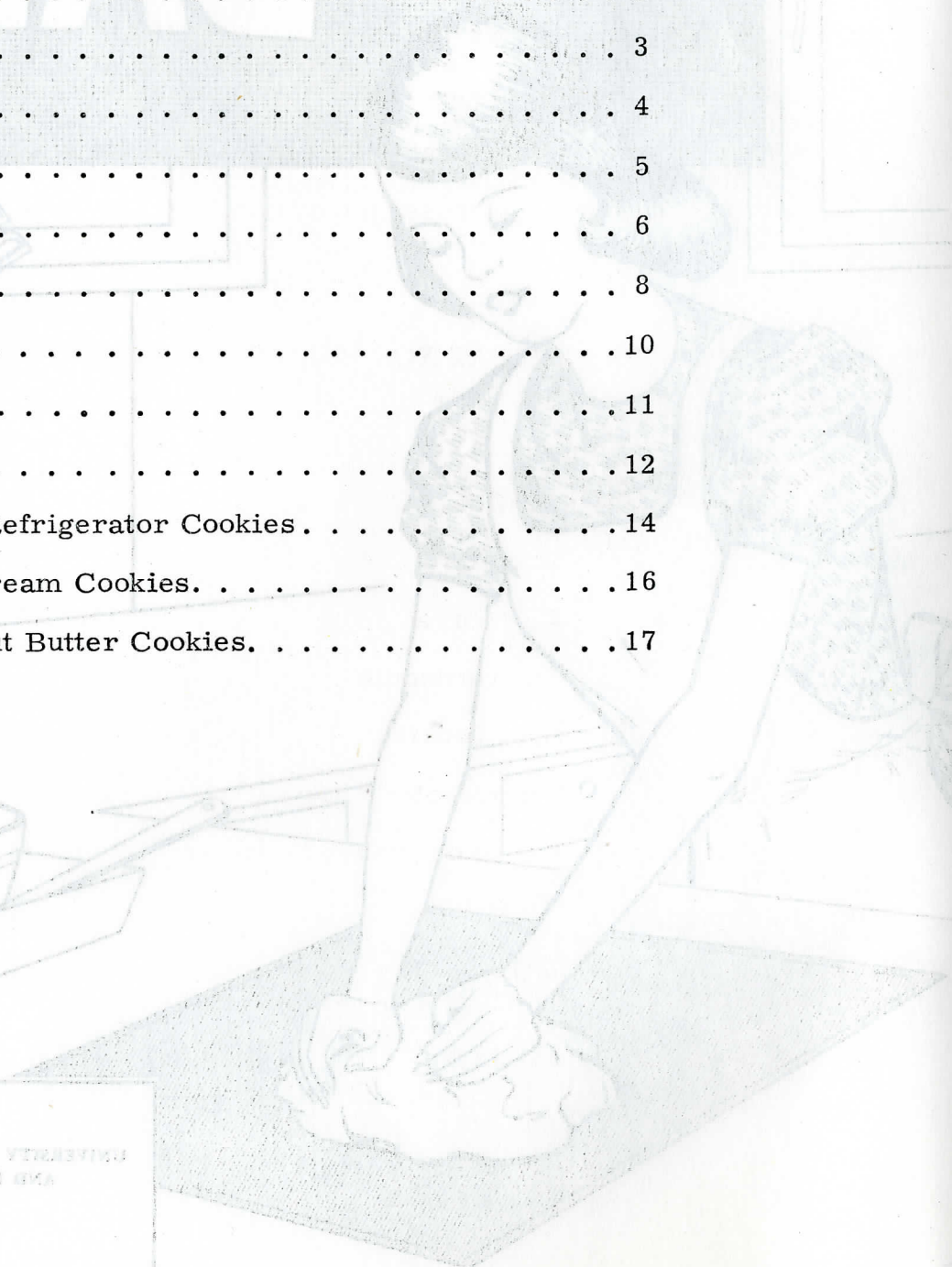
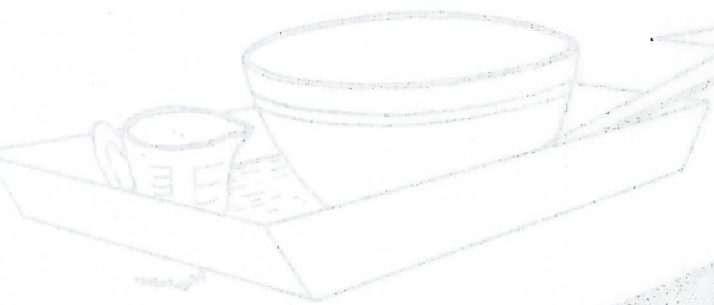
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UNIVERSITY OF NEBRASKA COLLEGE OF AGRICULTURE  
AND U. S. DEPARTMENT OF AGRICULTURE  
COOPERATING  
W. V. LAMBERT, DIRECTOR

C-1

# BEGINNING

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 EXTENSION SERVICE

# Beginning Baking

Kathryn Cooley  
Assistant Extension Nutritionist

Did you ever make mud pies? Do you remember how proud you were when mother pretended to eat them? Seems pretty silly now that you've outgrown such play! But real baking is even more fun. There's no pretending now when the family samples your hot biscuits, or the gang raids your cooky jar. First thing you know, people will say you can cook!

Beginning Baking is made up of recipes for quick breads and cookies. You'll make muffins, biscuits, cornbread and snickerdoodle, called quick breads because the baking powder makes them rise so quickly. You'll bake different kinds of cookies too. These recipes are easy to prepare and you'll learn to do many things that will help you later with more complicated baking. Of course, you want the food you make to be good. There are many keys to success. If you follow those in the book they will lead toward better baking.

## THIS IS WHAT YOU WILL DO IN BEGINNING BAKING

Bake .....	No. of Times
Muffins	2
Biscuits	2
Corn bread	1
Snickerdoodle	1
Drop cookies	3
Refrigerator cookies	3
Rolled or pressed cookies	2



The first key to your success is to---

**PLAN**

Think before you start to bake. You'll be surprised how many mistakes this saves you.

Plan your time. Quick breads taste best when hot. Have them ready to come out of the oven when it is time to eat.

Plan the amount. Sometimes you may want to make a recipe larger. Sit down with a paper and pencil and multiply by two. To make it smaller, take one half each amount. Be sure you don't leave out a single ingredient!

All set. Now---

**GET READY**

Read the recipe. This sounds easy, but it is very important. Find out what every word means before you start cooking.

How about you? Hands clean--hair under control--fingernails clean--wearing clean dress or apron?

Next---

Get your ingredients together. Put them on a tray or big cooky sheet.

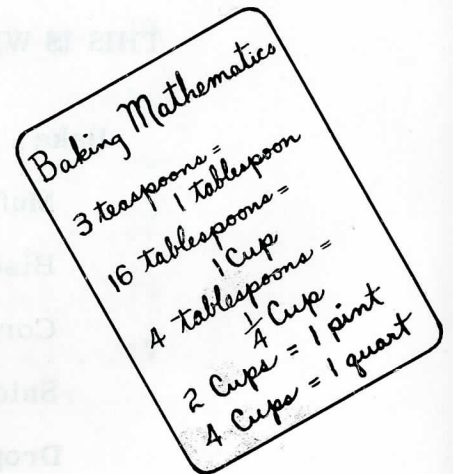
Collect the utensils you'll need. You won't want to stop in the middle of your mixing and hunt for a spoon!

Things you'll need to know about ingredients---

All-purpose flour - is made by blending many kinds of wheat. This makes a flour that has the right amount of something called gluten to be suitable for all kinds of baking.

Baking powder makes quick breads and cookies rise. Most baking powder is "double acting". Look for these words on the label. If you see the words "tartrate" or "phosphate" you know the baking powder is "single acting". You'll see that you use a different amount of single acting baking powder in the recipe. Note! when using single acting baking powder be sure to get the flour mixture into the oven at once!

Shortening is any fat or oil used for cooking. For the recipes in this book use any solid shortening: lard, vegetable shortening, butter or margarine.



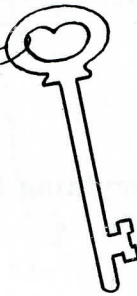
It's important to learn to ---

# MEASURE

Measuring is important. If you want your baking to be really good, you'll want to use the exact amounts of the ingredients. All recipes have been worked out for standard measurements. Don't be surprised at what happens if you don't use the right amounts.

## Utensils you'll need

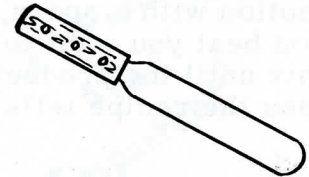
- Glass measuring cup for liquids
- Set of nested measuring cups for dry ingredients
- Measuring spoons - set of 4
- Spatula



### How to measure flour:

Sift flour onto square of waxed paper. Pile flour lightly into cup. Dip with a tablespoon. Don't dip the cup into the flour - nor shake the cup.

When the flour is piled high, level off with straight edge of spatula or knife. Push it off, don't pack it down.



### How to measure sugar:

Pack brown sugar firmly into a cup so that when it is turned out, the sugar holds its shape.

Measure white sugar like flour. Sift it only if the sugar is lumpy.



### How to measure fat:

Use nest of cups. Have fat at room temperature. Pack firmly into cup. Level off with straight-edged knife or spatula.



### How to measure liquids:

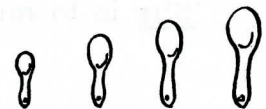
Use liquid measuring cup which has a rim above the 1 cup mark. That's so you won't spill the water or milk. Set it on the table and pour in the liquid. Now lean down so your eyes are level with the cup and you can tell when you have exactly the right amount.



### How to measure spoonfuls:

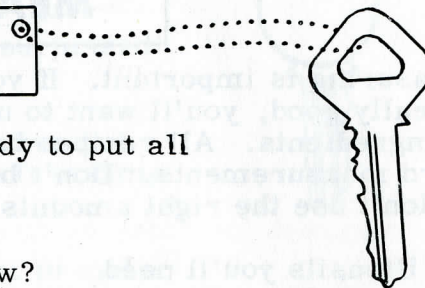
Dip the spoon into the ingredients and level off top with straight edge of a knife or spatula. Use tablespoon, teaspoon, 1/2 teaspoon, or 1/4 teaspoon.

To measure 1/2 tablespoon use 1 teaspoon and 1/2 teaspoon.



Your success depends on how you ---

**MIX**

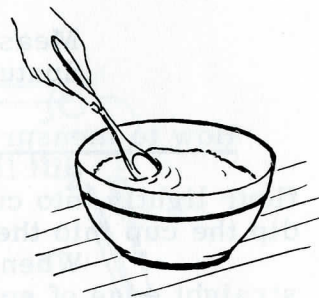


Everything is measured - now you are ready to put all together.

You want to mix - but the question is - How?

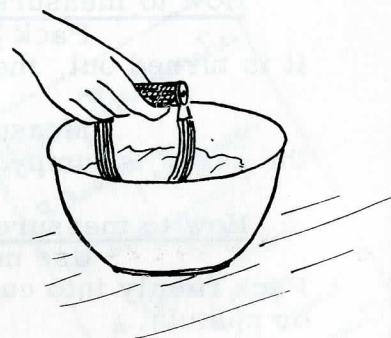
Mix means to put two or more ingredients together. There are many ways to mix. You'll be a better baker if you understand the language of mixing.

Beat means to mix with a vigorous over-and-over motion with a spoon, wire whip, or rotary beater. When you beat you want to get air into what you are making, so mix until the product is really light. But don't beat unless the recipe tells you to.



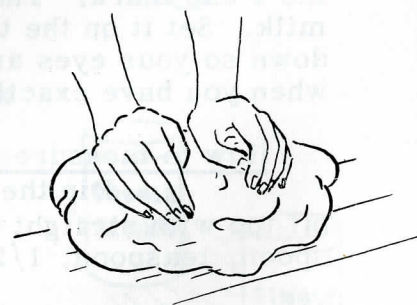
Cream is to soften fat by rubbing it against the bowl with a spoon, or beating with an electric mixer until light and creamy.

Cream together is to blend two ingredients such as shortening and sugar. Then beat vigorously until the mixture is light and fluffy and looks like whipped cream. (Your arm may get a little tired - stop and rest -- but don't give up!)



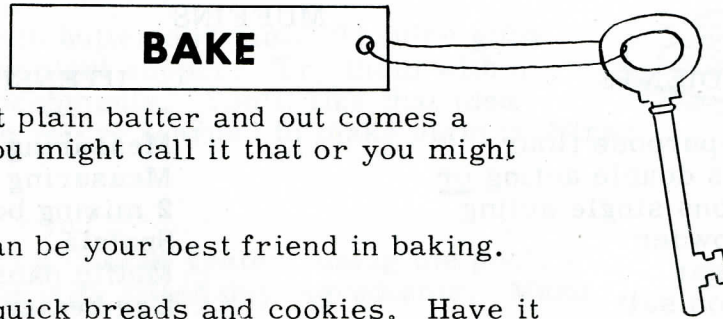
Cut in is to mix fat with dry ingredients. Use a fork, two knives, or best of all a pastry blender. This mixture will be lumpy.

Knead means to fold dough over toward you. Then press down away from you with the heel of your hand. Give dough a quarter turn and repeat.



Stir is to mix food materials with a circular motion.

Last of all, let's ---



Into the oven goes just plain batter and out comes a tasty muffin. Magic? You might call it that or you might just call it baking.

Know your oven--it can be your best friend in baking.

Preheat the oven for quick breads and cookies. Have it hot when it is time to put them in to bake. The best way is to start the oven when you start mixing.

Some people call good baking luck; but there is a reason!

Did you know?

Even the pans are important -

If the pan is dark colored the bread will probably be dark on the bottom.

Shiny tin pans usually mean a light colored bottom crust.

Too deep a pan may mean a pale top.

Where you put the pans is important too.

Follow the directions with your oven, but it is usually a good idea:

When baking one pan at a time to place it about the center of the oven.

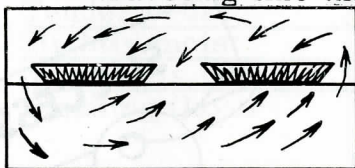
In placing pans on two racks to have them staggered so they aren't exactly on top of one another.

To keep the pans from touching the edge of the oven and each other.

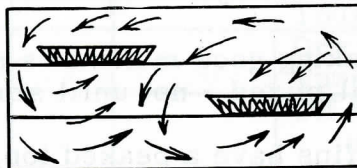
*The Pans Are Important!*

*Where You Put Them Is Important Too!*

If you could see the heat in your oven it would be traveling like this:



one rack



two racks

Remember, ovens were made to bake with the door closed. Don't peek in until it's almost time for the baking to be done!



## MUFFINS

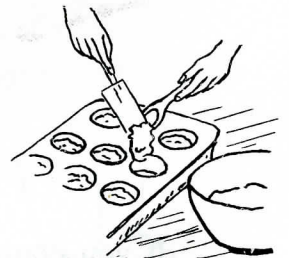
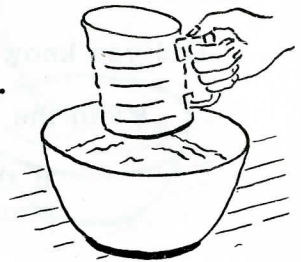
### INGREDIENTS

- 2 cups all-purpose flour
- 3 teaspoons double acting or  
4 teaspoons single acting  
baking powder
- 1/4 cup sugar
- 1/2 teaspoon salt
- 1 egg, at room temperature
- 1 cup milk, at room temperature
- 1/4 cup melted shortening

### UTENSILS

- Measuring cup
- Measuring spoon
- 2 mixing bowls
- Spatula
- Muffin pans
- Egg beater
- Liquid measure
- Mixing spoon
- Small pan for  
melting shortening

1. Set oven at 425° F. (hot).
2. Grease the muffin pans. Use waxed paper or a pastry brush.
3. Measure the sifted flour, baking powder, sugar and salt. Mix and sift into a large mixing bowl - these are the dry ingredients.
4. Beat the egg until it's foamy.
5. Measure the milk and add to the egg.
6. Melt the shortening. Be careful that it doesn't get too hot. Add to the milk-egg mixture.
7. Pour the milk and egg mixture into the dry ingredients all at once.
8. Stir until the dry ingredients are just dampened - about 20 stirs. The batter will be lumpy.
9. Dip the batter into the muffin pans with as little stirring as possible. Fill the pans 2/3 full.
10. Bake for 20 minutes or until the muffins are a golden brown.



This recipe makes 12 medium-sized muffins.

### Keys to Success in Making Muffins

The secret to making good muffins is not to stir too much. Stir just until mixed - not until smooth.

Overstirred muffins have a peaked top, long tunnels on the inside and may be tough.

Have eggs and milk at room temperature. If they're too cold, they'll make the melted shortening solid again.



## SERVING MUFFINS

Serve muffins hot with butter and jam. They're good for breakfast and Sunday night supper. Try them with a salad for afternoon refreshments. You'll like that idea for club meeting. When you've learned to make plain muffins, try some variations.



### Apple Muffins

Grate raw apple with a coarse grater, using the peel. Mix one cup grated apple with sifted dry ingredients. Make like plain muffins.

### Whole Wheat Muffins

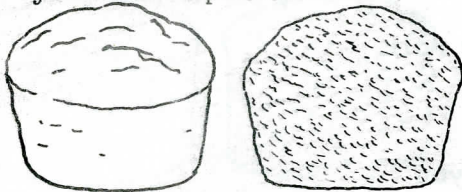
Use only one cup flour in muffin recipe. Measure, without sifting, 1 cup whole wheat flour. Add to sifted dry ingredients. Make like plain muffins.

### While the Muffins are Baking

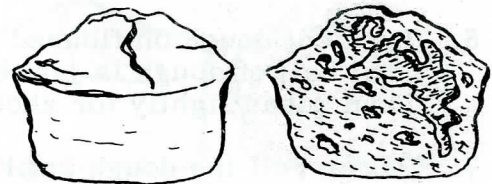
Now's the time to wash the dishes and put everything away. Yes, wipe off the table and sweep the floor, too. Be honest now, does the kitchen look as neat as before you started?

### HOW DID YOU DO?

Save out a muffin to check with the list below. Find out how well you did and what you can do better next time. Of course, you won't use your judging for table conversation or criticize what others have made. Check yourself to see how you can improve.



This



Not This

	Purple	Blue	Red	White	No Award	
Round, pebbly top						Top too smooth or peaked
Golden brown crust						Too pale or too brown
Medium size						Too small or large
Light and tender						Heavy
Tender crust						Tough crust
Slightly moist						Dry
No tunnels inside						Tunnels inside
Pleasing flavor						Off flavor - rancid fat, too much baking powder

### HOW CAN YOU DO BETTER NEXT TIME?

## BISCUITS

### INGREDIENTS

- 2 cups all-purpose flour
- 3 teaspoons double acting or  
4 teaspoons single acting  
baking powder
- 1/2 teaspoon salt
- 1/3 cup shortening
- 2/3 to 3/4 cup milk

### UTENSILS

- Measuring cup
- Measuring spoons
- Spatula
- Mixing bowl
- Flour sifter
- Pastry blender
- Liquid measure
- Fork
- Rolling pin
- Board or pastry cloth
- Baking sheet
- Biscuit cutter

1. Set oven at 425° F. (hot).
2. Measure sifted flour, baking powder and salt and mix all three together into a bowl.
3. Measure fat and cut into flour with pastry blender or two spatulas. Use light strokes and continue working until the mixture looks like coarse corn meal.
4. Measure 2/3 cup milk. For most kinds of flour this will be enough. Make a hole or well in the flour mixture and pour in the milk.
5. Mix with a fork until the dough is soft but not sticky. If dough is very stiff, add more milk.
6. Turn out dough on floured pastry cloth. Carefully roll until ball of dough is just barely covered with flour. Then knead lightly for about 12 strokes.
7. Pat or roll the dough until it is half the thickness you want the finished biscuit to be.
8. For round biscuits - cut with a floured biscuit cutter. For square biscuits cut with a knife. Press straight down. A twisting motion makes lop-sided biscuits.
9. Lift the biscuits with a spatula and place them 1/2 inch apart on unoled baking sheet.
10. Bake 12 to 15 minutes or until a golden brown.



This recipe makes 10-12 medium sized biscuits.

### Keys to Success in Making Biscuits

Some flours absorb more liquid than others. You'll learn by practice how much to use. If you always use the same kind of flour you will probably use the same amount of milk.



### MORE KEYS TO SUCCESS

Here's how to keep your biscuits from having a hard and floured crust. Knead and roll the biscuits on a pastry cloth. Sprinkle flour over the cloth and rub it lightly into the cloth. The biscuits won't stick and the flour won't show either. A cover on the rolling pin will help, too.

You can buy a pastry cloth or make one from heavy cloth like canvas. A heavy seed sack can be used when ripped and washed. To cover the rolling pin you can use a little child's white stocking with the foot cut out. You call this a "pastry sock".



### Biscuit Variations

#### Cheese Biscuits

Add 1/2 cup cheese to sifted dry ingredients. Make like plain biscuits.

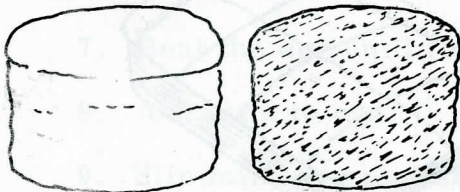
#### Orange Biscuits

Make like plain biscuits. Grate the yellow part of the rind from 1 or 2 oranges. Squeeze the juice from the orange. Dip a cube of sugar into the orange juice and press into top of biscuit. Sprinkle with orange rind. Bake as for plain biscuits.

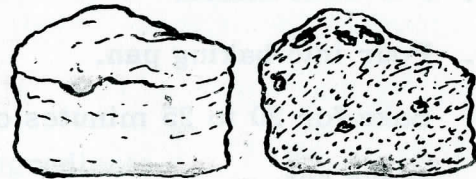
### HOW DID YOU DO?



Save out a biscuit and check yourself on the chart below.



This



Not This

### Purple Blue Red White No Award

Smooth, level top						Rough, sloping top
Straight sides						Bulging sides
Delicate golden brown						Too light or too dark
Volume about twice unbaked size						Flat and heavy
Moist and tender						Dry
Flaky						Tough or crumbly
Creamy white						Brown specks or yellow streaks
Crisp, tender crust						Hard or floury crust
Pleasing flavor						Off flavor--bitter

HOW CAN YOU DO BETTER NEXT TIME?

## CORN BREAD

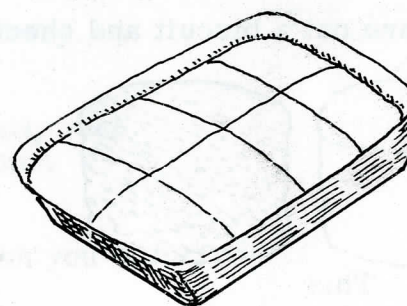
### INGREDIENTS

- 1 cup all-purpose flour
- 3 teaspoons double acting or
- 4 teaspoons single acting
- baking powder
- 1/2 teaspoon salt
- 1/4 cup sugar
- 1 cup yellow corn meal
- 1 egg
- 1 cup milk
- 1/4 cup melted shortening

### UTENSILS

- Baking pan (about 8 inches square)
- Flour sifter
- Measuring cups
- Measuring spoon
- 2 mixing bowls
- Spatula
- Egg beater
- Liquid measure
- Mixing spoon
- Small pan for melting shortening

1. Set oven at 400° F. (moderately hot).
2. Grease the pan.
3. Measure the sifted flour, baking powder, salt and sugar. Sift into a large mixing bowl.
4. Measure corn meal without sifting and mix with other dry ingredients.
5. Beat the egg until foamy.
6. Add the milk and melted shortening to the egg.
7. Pour the milk-egg mixture into the dry ingredients all at once.
8. Stir until mixed.
9. Pour into baking pan.
10. Bake for 20 to 25 minutes or until done.
11. Serve hot.



This recipe make 8 large pieces of corn bread.

### HOW DID YOU DO?

Score your quick bread with the chart below.

This	Purple	Blue	Red	White	No Award	Not This
Level, slightly rounded top						Uneven top
Even, golden brown crust						Too light or too dark
Light for size						Heavy
Moist, tender crumb						Dry and tough
Round, even cells						Tunnels
Good flavor						Off flavor

HOW CAN YOU DO BETTER NEXT TIME?

## SNICKERDOODLE

### TOPPING INGREDIENTS

- 1/4 cup sugar
- 1/2 teaspoon cinnamon
- 1 teaspoon butter

### INGREDIENTS

- 1 3/4 cups all-purpose flour
- 2 1/2 teaspoons baking powder
- 1/2 cup sugar
- 1/2 teaspoon salt
- 1/4 cup shortening
- 1 egg
- 3/4 cup milk

### UTENSILS

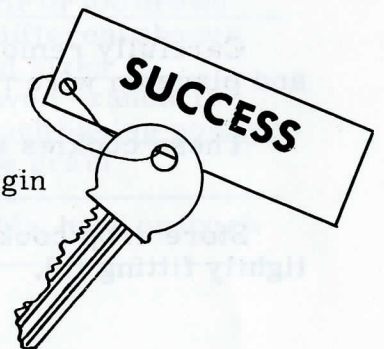
- 8 inch square pan
- Measuring cup
- Measuring spoon
- Flour sifter
- 2 bowls
- Pastry blender
- Egg beater
- Liquid measure

1. Make topping by mixing 1/4 cup sugar and 1/2 teaspoon cinnamon.
2. Cut in butter with a fork until the mixture makes coarse crumbs.
3. Set oven at 400° F. (moderately hot).
4. Grease the pan.
5. Measure sifted flour, baking powder, sugar and salt and sift together into a bowl.
6. Cut shortening into the flour as in making biscuits.
7. Beat the egg until foamy.
8. Add milk to egg.
9. Stir milk-egg mixture quickly into the dry ingredients.
10. Spread dough evenly into baking pan.
11. Sprinkle topping over dough.
12. Bake 20 to 25 minutes or until done.
13. Serve hot.

This recipe makes 8 large pieces.

### Keys to Success in Making Quick Breads

Quick breads are done when the crust is brown and they begin to shrink from the edge of the pan. To test further put a tooth pick into the center - if the bread is done, the pick comes out clean.



## VANILLA DROPS

### INGREDIENTS

- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup shortening
- 1 cup sugar
- 1 teaspoon vanilla
- 1 egg
- 1/2 cup milk

### UTENSILS

- Baking sheet
- Flour sifter
- Measuring cup
- Liquid measure
- Spatula
- Sifter
- Bowl
- Mixing spoon

1. Set oven for 400° F. (moderately hot).
2. Grease baking sheet.
3. Measure the sifted flour, baking powder and salt into the flour sifter.
4. Cream shortening until soft. Gradually add the sugar and beat until light and fluffy.
5. Add the vanilla.
6. Add the egg and beat well.
7. Sift in about 1/3 of the dry ingredients and stir until mixed. Then beat until smooth.
8. Pour in half the milk and stir until just smooth.
9. Stir in another third of the flour and beat until smooth. Then add the remaining milk and stir.
10. Stir in the remaining dry ingredients and beat until smooth.
11. Drop the cooky dough by teaspoons on the baking sheet about an inch apart.
12. Bake for 10 to 12 minutes or until a light golden brown on top.

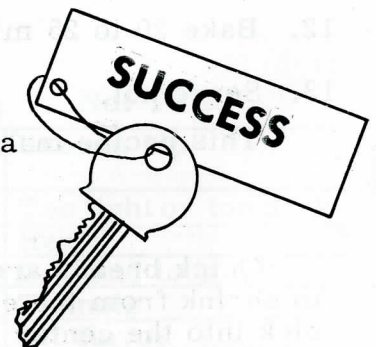
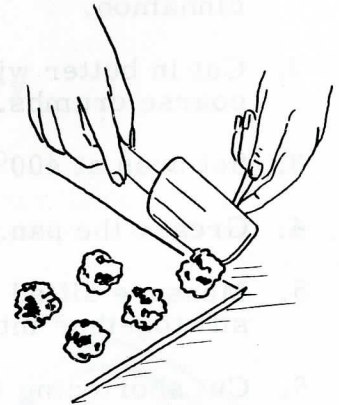
This recipe makes about 4 dozen 2 1/2-inch cookies.

#### Keys to Success in Making Drop Cookies

Carefully remove cookies from baking sheet with a spatula and place on wire rack to cool.

These cookies are only slightly rounded on top.

Store drop cookies in a cookie jar or casserole with tightly fitting lid.



MORE KEYS TO SUCCESS

You needn't wash the baking sheets between batches of cookies. Just scrape the sheets with a spatula or pancake turner.



Frosted Cookies

A little frosting will dress up these cookies. For special occasions you may want to add a bit of color, but be sure to keep the colors light.

Here's a real easy frosting:

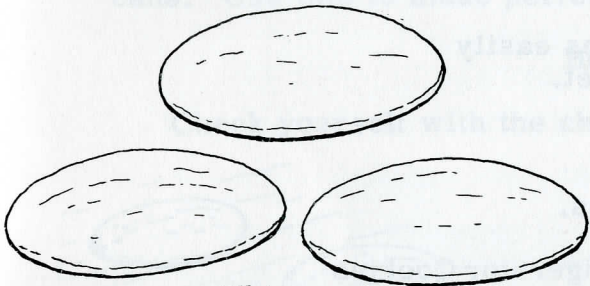
Butter Frosting

- 1 cup powdered sugar
- 2 tablespoons butter
- 1 tablespoon cream
- 1 teaspoon vanilla

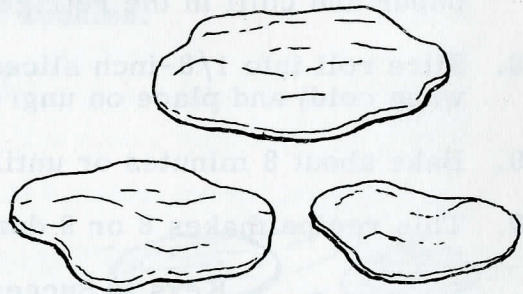
Sift the powdered sugar. Cream the butter until soft. Stir in half the sugar. Stir in the cream, vanilla and remaining sugar. Beat well. Spread on cookies.

HOW DID YOU DO?

Check your cookies on the chart below.



This



Not This

	Purple	Blue	Red	White	No Award	
Light brown color						Too pale or too brown
Uniform shape and size						Many different shapes and sizes
Sweet taste						Off flavor - rancid fat, too much baking powder
Fine grain and even texture						Coarse grain
Tender but holds shape						Crumbly, hard or tough

HOW CAN YOU DO BETTER NEXT TIME?



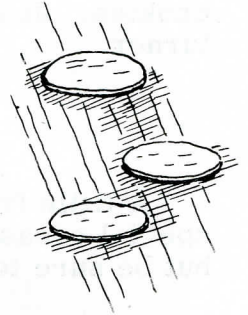
## BUTTERSCOTCH REFRIGERATOR COOKIES

### INGREDIENTS

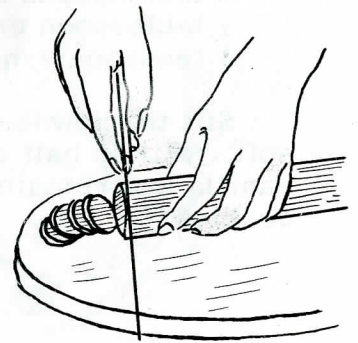
- 3 cups sifted flour
- 3 teaspoons double acting or  
4 teaspoons single acting  
baking powder
- 1/2 teaspoon salt
- 1 cup shortening
- 1 1/4 cups brown sugar, firmly  
packed
- 2 eggs
- 1 teaspoon vanilla

### UTENSILS

- Measuring cup
- Measuring spoons
- Four sifter
- Bowl
- Mixing spoon
- Sharp knife
- Baking sheet



1. Set oven at 400° F. (moderately hot) about 20 minutes before baking time.
2. Measure sifted flour, baking powder and salt.
3. Cream shortening until soft. Gradually add sugar and cream until light and fluffy.
4. Add the eggs one at a time and beat well after each egg.
5. Stir in the vanilla.
6. Gradually stir in the flour. Use your hands to work in the last bit, if you wish.
7. Shape into 2 rolls about 2 inches across. Wrap in waxed paper and chill in the refrigerator.
8. Slice roll into 1/8-inch slices (the dough slices easily when cold) and place on ungreased baking sheet.
9. Bake about 8 minutes or until done.
10. This recipe makes 8 or 9 dozen 2-inch cookies.



### Keys to Success in Making Refrigerator Cookies

Does the brown sugar seem a little lumpy? Put it through a sifter or sieve. You won't want lumps of sugar in the cookies.

Practice slicing cookies all the same thickness. Otherwise, thin ones may burn before thicker ones are done.

Be sure to remove the baked cookies from the sheet as soon as they come out of the oven. When cool store them in a loosely covered container. If the cookies should get soft you can put them in the oven for a few minutes to re-crisp.

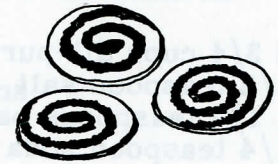
You need not bake all the cookies the same day. Wrap the dough and put it in the refrigerator. Then you can have fresh cookies when you wish.



REFRIGERATOR COOKY VARIATIONS

Date Pinwheels

- 1 cup chopped dates
- 1/2 cup sugar
- 1/2 cup water
- 1/2 cup chopped nuts



Cook dates, sugar and water until thick. Add nuts and cool.

Make plain butterscotch refrigerator cookies. Divide dough in half. Roll out until 1/4 inch thick. Spread with half of date filling. Roll like jelly roll. Make second roll. Chill. Slice and bake on greased baking sheet (400° - 8-10 minutes).

Nut Refrigerator Cookies

Mix 1/2 cup finely chopped nuts into cookies just before adding dry ingredients. Make as plain butterscotch refrigerator cookies.

Chocolate Refrigerator Cookies

Melt 3 squares of chocolate and mix with shortening-egg mixture. Make as plain butterscotch refrigerator cookies.

SHAPING REFRIGERATOR COOKIES

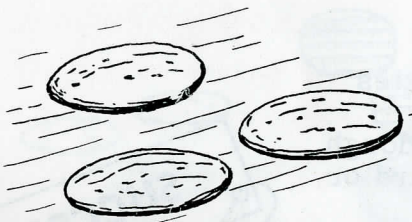
Usually you will shape your cookies by molding them in a roll and wrapping them in waxed paper. For special shapes you may want to try:

Square Cookies - Mold dough in butter carton. Chill, slice, and bake.

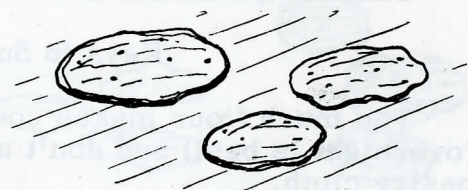
Round Cookies - Cut both ends from frozen fruit juice cans. Use this to make perfect circles of your cookies.

HOW DID YOU DO?

Check yourself with the chart below.



This



Not This

	Purple	Blue	Red	White	No Award	
Light brown color						Too pale or too brown
Uniform size and shape						Many different shapes and sizes
Rich appealing flavor						Off taste - too much baking powder-soda-rancid fat
Crunchy texture						Hard and dry
Crisp yet tender						Crumbly or tough

HOW CAN YOU DO BETTER NEXT TIME?

## ROLLED SOUR CREAM COOKIES

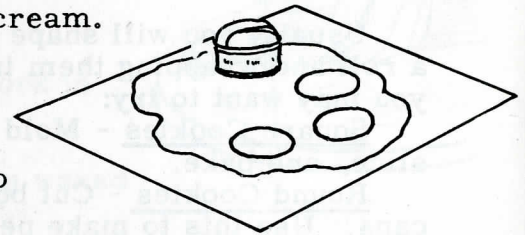
### INGREDIENTS

- 2 3/4 cups all-purpose flour
- 1/2 teaspoon salt
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon soda
- 1/2 cup shortening
- 1 cup sugar
- 1 teaspoon vanilla
- 1 egg
- 1/2 cup sour cream

### UTENSILS

- Four sifter
- Measuring cup
- Measuring spoons
- Bowl
- Mixing spoon
- Board or pastry cloth
- Rolling pin
- Cookie cutters
- Baking sheet
- Spatula

1. Set oven at 375° F. (moderate) about 20 minutes before baking time.
2. Measure sifted flour, salt, baking powder and soda and sift together.
3. Cream shortening until soft. Gradually add sugar and cream until light and fluffy.
4. Add vanilla and egg to creamed mixture and beat well.
5. Add sifted dry ingredients alternately with sour cream.
6. Wrap dough in waxed paper and chill thoroughly.
7. Roll about half of dough on lightly floured pastry cloth until 1/8 inch thick. (Roll thinner for crisp cookies).
8. Cut with cookie cutter. Place cookie on baking sheet and bake 10 to 12 minutes or until done. Roll and cut remaining dough.



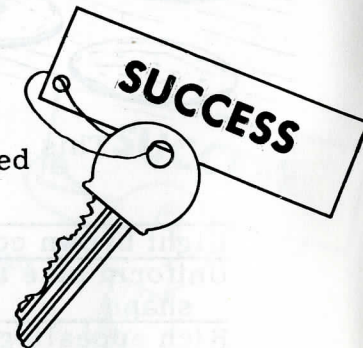
This recipe makes about 4 dozen 2-inch cookies.

### Keys to Success in Making Rolled Cookies

Too much flour makes cookies hard and tough. Chill dough (overnight is best) and don't use too much flour on the board or pastry cloth.

Like Grandma Used to Make - Old fashioned cookies are sprinkled with sugar. After rolling dough, sprinkle with sugar. Roll lightly with the rolling pin. Cut and bake.

Special Day Cookies - Use special cookie cutters for Easter, Christmas or Valentine's day. Sprinkle with colored sugar or cover with frostings.



## PRESSED PEANUT BUTTER COOKIES

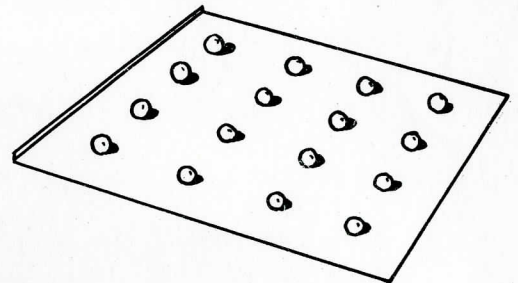
### INGREDIENTS

- 1 1/4 cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup shortening
- 1/2 cup peanut butter
- 1/2 cup brown sugar
- 1/2 cup granulated sugar
- 1 egg
- 1/2 teaspoon vanilla

### UTENSILS

- Flour sifter
- Measuring cup
- Measuring spoons
- Bowl
- Mixing spoon
- Baking Sheet
- Fork

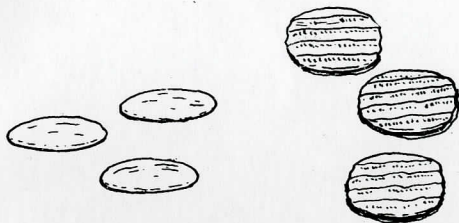
1. Set oven at 375° F. (moderate).
2. Measure flour, baking powder, and salt; and sift together.
3. Cream shortening and peanut butter until soft. Gradually add sugars and cream until light and fluffy.
4. Add egg and vanilla and beat well.
5. Stir flour mixture into creamed mixture and mix well.
6. Roll dough into balls about the size of walnuts.
7. Place 1 inch apart on ungreased baking sheet.
8. Flatten each cookie by pressing it with a fork.
9. Bake 12 to 15 minutes or until done.



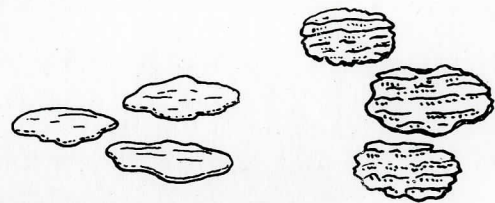
This recipe makes about 3 dozen 2 1/2-inch cookies.

### HOW DID YOU DO?

Check your rolled or pressed cookies with the chart below.



This



Not This

	Purple	Blue	Red	White	No Award	
Light golden brown						Too pale or too brown
Uniform size and shape						Many different sizes and shapes
A decided pleasing flavor						Off taste - too much baking powder or rancid fat
Crisp or soft texture						Hard and dry
Tender						Crumbly or tough

HOW CAN YOU DO BETTER NEXT TIME?