

Angel Food (Swans Down)

1 cup flour	$1\frac{1}{4}$ t. cream of tartar
$1\frac{1}{2}$ cups sugar	1 t. vanilla
$1\frac{1}{4}$ cups egg whites (10-12)	
$\frac{1}{4}$ t. salt	$\frac{1}{4}$ t. almond ext.

sift flour once, measure, add $\frac{1}{2}$ cup sugar and sift together 4 times. Beat egg whites and salt with rotary egg beater. When foamy add cream of tartar & continue beating, until eggs are stiff enough to holdup in peaks but not dry. Add remaining sugar, 2 tablespoons at a time, beating with beater after each addition until sugar is just blended. Fold in flavoring. Sift about $\frac{1}{4}$ cup flour over mixture. fold in lightly repeat until all is used. (over)

Turn into ungreased 10" angel food pan. Cut gently through batter with knife to remove bubbles. Bake in slow oven (325) 1 hour. Remove from oven & invert pan 1 hour or until cake is cold.

Mrs. Thompson: For variety add 1 cup black walnuts after cake is in pan.