

77 Winning Recipes

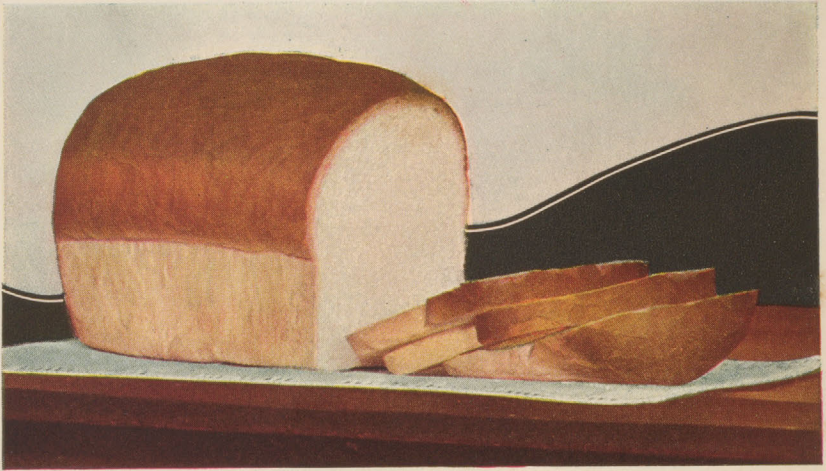
Home Tested Methods
for Making Cakes, Pastries and Bread



Every Recipe
Prepared and Tested
IN A HOME KITCHEN

Under the Supervision of

Robin Hood Mills Limited



The Story of this Home Made Loaf

(Recipe on page 27)

THIS delicious loaf of bread was home baked from Robin Hood flour. As soon as it was cool enough to handle, it was placed before a color camera and photographed. Notice how the camera has caught the creamy white texture and crispy brown crust so characteristic of bread made with Robin Hood flour.

Have you baked bread lately? Why not try the recipe at top of page 27 in this book and make some good home made bread?

Do Your Friends a Favor

IF YOU wish to do your friends a favor, send us their names and addresses and we'll be delighted to mail each of them a copy of "77 Winning Recipes." Simply write to us at nearest office shown here.

ROBIN HOOD MILLS LIMITED
MONTREAL-MOOSE JAW-CALGARY-VANCOUVER

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Your Complete Guide to Baking Success

WILL you accept this 40-page book as your complete guide to baking? You'll find it contains the most concise and clearly presented instructions for practical baking that you have ever used. Every recipe is selected and tested in a home kitchen for practical use under exactly the same conditions that exist in your own home.

You have tried recipes that "didn't work." Here we have prepared for you 77 choice, selected recipes that positively **WILL WORK**. In order to assure your success with them, each recipe was tried out with Robin Hood flour in a home kitchen. Pictures were then taken to show you that this cook book will give the results you have so long desired.

You will find each different kind of baked food classified under its proper head. For all practical purposes these recipes will meet your every-day needs. Here you have the best selection of cakes, pies, cookies, doughnuts and breads, all winners in their respective classes.

How This Book Was Illustrated

The illustrations shown in this booklet were not touched by an artist's brush. The baked products were brought right from the home kitchen to the photographer, placed before the camera and photographed in their true, natural colors. The grain, texture and color you see here are exactly what you may expect when you follow these recipes using Robin Hood flour.

Save on Flour

If you have used Robin Hood flour you know that it is the most economical flour on the market today. Thousands of housewives have found that it absorbs moisture readily and gives more loaves of better bread to each bag. For cakes and pastry it takes less flour for the same amount of shortening than any other flour you have ever used. Test these recipes with any ordinary flour, then with Robin Hood. The superior quality of Robin Hood will be apparent.

Insure Successful Baking

FIRST: *By using high quality, standard ingredients.*

IN ALL baked products, flour is the most important single ingredient, and its quality and proper use determine your baking results. Modern milling methods have produced in Robin Hood a perfect, "All-Purpose" flour. You can use it for everything with equal success.

You will note that all recipes call for "sifted" flour. This is very important, both from the standpoint of results and economy. Sift your flour once (two or three times is better), *before it is measured*. That is what these recipes mean by "3 c sifted Robin Hood flour." Use two sheets of paper and sift flour from one to the other; then pour from paper into cup and level with knife. Further sifting with other dry ingredients may be done after measuring, according to recipe method. Sifting cannot be overdone. It is easy to underdo it and then wonder why the "cake isn't light."

SECOND: *By accurate use of recipes.*

REMEMBER that the following recipes are based on:

- a. Sifting of all flour at least once *before measuring*.
- b. *Level* measurements of *all ingredients*.
- c. *Correct temperatures*.

With the exception of bread and products in which long beating or stirring is specified, it is a safe general rule to put ingredients together quickly and with as little handling or manipulation as possible. Have all utensils and ingredients ready before you start your recipe. Follow the prescribed method accurately and be rewarded by a finished product of which you may be proud.

Be Sure of Light, Fluffy Cakes

Please notice that we have especially emphasized the importance of *sifting the flour two or more times before measuring for your cakes*. You will be well rewarded for the few additional minutes you take in doing this. The natural high quality of Robin Hood flour plus careful sifting will give you the finest, lightest cakes and tea dainties that you have ever served at your table.

Cakes

THE most exacting test of an "All-Purpose" flour is how it performs in cake making. These recipes represent the two main classes of cakes; namely, sponge cakes and butter cakes. They are standard in use and have been carefully selected to fill every cake requirement of the average family. All of the points made in the introduction to these recipes are important in successful cake making. Following is the procedure which should be used in all cake making:

1. Have all your ingredients and utensils ready before you start to put your cake together. Use only first quality ingredients if you want a first quality cake. Poor flour will ruin a cake and poor shortening will ruin the best of other ingredients. All the care in mixing and baking that you can give will not save the finished product.

2. Use *level* measurements and *standard measuring cups* and *spoons* for all ingredients. Be sure to *measure* egg whites in making Angel Food and Sunshine cakes. Eggs vary greatly in size. Be sure to sift your flour, not once, but two or three times *before* you measure it. Several siftings with other dry ingredients after measuring are always in order and are often definitely specified in the recipes.

3. Mix ingredients carefully. Combine in the order given in the *method* and "beat" or "fold" *according to directions*. Remember that Sponge Cake pans should *not* be greased. Butter Cake pans should be greased with lard over which flour is sprinkled, using a bit of tissue paper or a brush reserved for that purpose. Many people like to line the tin, or at least the bottom of it, with waxed paper which insures easy removal from the tin.

4. Bake according to temperature directions as closely as possible. An oven thermometer or an oven with automatic heat control insures correct temperatures, but these are not always available. The following chart is included as a guide for those who must tell temperature by the "feel"

Cakes



(This Chocolate Layer Cake made with White Cake Recipe, Page 5)

of the oven. For your convenience, this comparative chart has been used in all recipes given in this book:

Slow Oven	- -	250° to 325°
Moderate Oven	- -	325° to 375°
Hot Oven	- -	375° to 425°
Quick Oven	- -	425° to 475°
Very Hot Oven	- -	475° to 525°

For best results the baking time should be divided into approximately four periods:

First period: Rising process begins.

Second period: Rising process continues and cake may begin to brown slightly.

Third period: Rising process is completed and cake continues to brown.

Fourth period: Baking is completed and this is usually shown by a slight shrinkage of the cake from the sides of the pan.

The housewife is familiar with many ways of testing the "doneness" of her cake. An infallible test is to insert a wire cake tester, which will come out clean if cake is thoroughly baked.

Cakes

It is a mistake to think that a cake may not be moved or the oven door opened after the cake has been put into the oven. The first ten minutes of baking should be undisturbed. After that any necessary looking at the cake or adjustment of its position to insure equal rising or browning may be done without endangering the result.

5. Almost as important as the mixing and baking is the proper handling of the cake directly after it comes out of the oven. Sponge cakes should be left in the tin, inverted on the tin handles or slips and allowed to remain for *one hour*. They should never be removed from the tin until thoroughly cold. Butter cakes should also be left in the pan and inverted on a cake rack, or some utensil that will keep them off the table surface for at least five minutes. Then a spatula or knife may be used, if necessary, to loosen the cake from the tin. Turn cake and allow it to become thoroughly cool before frosting or cutting. Never frost a hot cake.

In a word, a perfect cake is a combination of fine ingredients and skillful mixing and baking. *Accurate* use of these recipes will give you a perfect cake every time.

Why Your Cake is Better Baked Ahead of Time

It is well known that anything baked from a good all purpose flour *keeps better* and does not dry out so quickly as one baked with so-called cake or pastry flour.

Repeated tests in the home kitchen have shown that cakes made from Robin Hood flour are *actually better* in lightness, texture and flavor the day *after* baking—so bake your party cake the day before the party with perfect assurance that it will be not only as good, but *better*, than if you had been forced to “make the cake” in addition to all the necessarily “last minute” preparations.

White Cake

1 c sugar	3 tsp. B. P.
$\frac{1}{2}$ c shortening	3 egg whites
1 c milk	$\frac{1}{2}$ tsp. salt
$1\frac{3}{4}$ c sifted Robin Hood flour	1 tsp. vanilla

Cream sugar and shortening together. Add milk alternately with flour which has been sifted several times with the baking powder and salt. Add flavoring and mix well. Fold in well beaten whites of eggs. Put in two well greased layer cake tins and bake for 35 minutes in hot oven (375° F.).

Cakes



Lady Baltimore Cake

$\frac{1}{2}$ c shortening	5 tsp. B. P.
1 c sugar	6 egg whites, beaten stiff
1 c cold water	$\frac{1}{2}$ tsp. vanilla extract
$2\frac{3}{4}$ c sifted Robin Hood flour	$\frac{1}{4}$ tsp. almond extract

Cream shortening. Add sugar gradually. Add one-third cup of water then one cup of flour, beat thoroughly. Add another one-third cup of water and second cup of flour, beating thoroughly. Add remainder of water and last $\frac{3}{4}$ cup of flour, which has been thoroughly sifted with baking powder. Fold in egg whites, flavor and bake in two layers, preferably square pans in moderate oven (350° F.) for 15 minutes, and then increase heat (to 375° F.) for 15 minutes longer.

For filling and icing use "seven minute" recipe. To half of icing add $\frac{1}{2}$ c coarsely chopped nut meats, preferably pecans, and $\frac{1}{2}$ c chopped raisins and 2 tbsp. chopped candied cherries. Place this mixture between layers. On top of layer place remaining icing. Decorate with nut meats.

Sour Cream Cake

2 eggs (break into cup and fill cup with sour cream)	1 tsp. B. P.
1 c sugar	$\frac{1}{2}$ tsp. soda
$1\frac{1}{4}$ c sifted Robin Hood flour	1 tsp. vanilla
	$\frac{1}{8}$ tsp. salt

Put eggs, sour cream and sugar in bowl and beat with rotary beater until very light. Add vanilla. Add flour which has been sifted with baking powder and soda. Bake in hot oven (375° F.).

Cakes

Lord Baltimore Cake

$\frac{3}{4}$ c butter	$\frac{1}{2}$ tsp. lemon extract
1 c sugar	$\frac{1}{8}$ tsp. salt
2 c sifted Robin Hood flour	8 egg yolks (beaten until thick and lemon colored)
4 tsp. B. P.	$\frac{3}{4}$ c milk
1 tbsp. lemon juice	

Cream the butter, add the sugar and cream until very light and fluffy. Add the yolks and beat well. Add the milk and flour, the extract and lemon juice. Bake in two layers for 40 minutes in moderate oven (350° F.). Put together with orange filling between the layers and boiled frosting over all.

Cocoanut Cake

1 c sugar	$\frac{3}{4}$ c milk
$\frac{1}{2}$ c butter	3 eggs (beaten separately)
2 c sifted Robin Hood flour	$\frac{1}{2}$ c cocoanut
2 $\frac{1}{2}$ tsp. B. P.	

Soak the cocoanut in sweet milk for 1 hour, then squeeze as dry as possible. (The milk from which the cocoanut is taken may afterward be used for puddings.) Cream the butter and sugar. Add the yolks of the eggs and beat hard. Sift the baking powder with the flour, add the milk, then the flour. Fold in the whites of the eggs and the cocoanut. Bake in hot oven (375° F.). May be baked as loaf or layer cake. Boiled frosting, into which more cocoanut is beaten may be used to put the cake together.

Crumb Cake

1 c sugar	$\frac{1}{2}$ tsp. cloves
$1\frac{1}{2}$ c sifted Robin Hood flour	1 tsp. cinnamon
2 tbsp. shortening	1 tsp. B. P.
$\frac{1}{4}$ tsp. salt	

This is all rubbed together with the finger tips until thoroughly blended into crumbs. Take out $\frac{1}{2}$ cup of these crumbs to be put on the top of the cake and to the remainder add 1 cup sour milk, $\frac{1}{2}$ tsp. soda and 1 cup raisins. Put in oblong pan, making batter about 1 inch deep. Sprinkle the reserved crumbs over the top. Bake for 50 minutes in moderate oven (350° F.). Good either hot or cold.

Simple Fruit Cake

2 c sugar	$\frac{1}{4}$ tsp. salt
1 c butter	1 lb. raisins
1 c sour milk	1 c chopped nuts (may be omitted or quantity decreased)
1 tsp. soda	$\frac{1}{2}$ c sliced citron
2 $\frac{1}{2}$ c sifted Robin Hood flour	
1 tsp. cinnamon	
$\frac{1}{2}$ tsp. cloves	

Cream the butter and sugar until light and fluffy. Add the well beaten eggs, then the milk and the flour, into which the salt, spices and soda have been thoroughly sifted; add the fruit last. Put in loaf pan and bake one hour and 15 minutes in moderate oven (350° F.).

Cakes

Yolk Sponge Cake

$\frac{1}{2}$ c egg yolks (averages 7)	1 c sugar
$\frac{1}{2}$ c cold water	$1\frac{1}{4}$ c sifted Robin Hood flour
1 tbsp. lemon juice	$2\frac{1}{2}$ tsp. B. P.
$\frac{1}{2}$ tsp. grated rind	$\frac{1}{4}$ tsp. salt

Sift the dry ingredients three times (flour, baking powder and salt). Beat the yolks with a rotary type egg beater until thick and lemon colored (5 min.). Add the water and continue beating for 2 minutes more. Add the lemon juice and rind. Sift the sugar in gradually and beat 5 minutes more. Sift in the flour and gradually fold into the egg mixture. Bake in an ungreased tube pan for 50 minutes in a moderate oven (350° F.). Invert the pan and let the cake get cold. Frost or not as desired. An orange frosting blends well with this cake.

EGG WHITES may be kept for two days if put into a clean Mason jar, the cover screwed on tight and kept in the ice box.

Banana Cake

1 c sliced bananas. Do not pack tightly and be sure the banana is very ripe	1 c sour milk
$1\frac{1}{8}$ c sugar	2 c sifted Robin Hood flour
$\frac{1}{2}$ c shortening	$\frac{1}{2}$ tsp. soda
2 egg yolks	$\frac{1}{4}$ tsp. salt
	1 tsp. B. P.

Cream the shortening and sugar until fluffy. Add the bananas and beat very thoroughly. Add well beaten yolks, then the sour milk and sifted dry ingredients. Bake in a sheet or in two layers for 35 minutes in a moderate oven (350° F.). This cake stays moist well. Ice with boiled icing made with the two egg whites.

Jam Cake

1 c sugar	1 tsp. B. P.
$\frac{3}{4}$ c butter	$\frac{1}{2}$ tsp. salt
2 eggs	$\frac{1}{2}$ tsp. cinnamon
$\frac{3}{4}$ c sour milk or buttermilk	$\frac{1}{4}$ tsp. allspice
1 c jam (blackberry or strawberry)	$\frac{1}{8}$ tsp. cloves
2 c sifted Robin Hood flour	(if blackberry jam is used)
$\frac{1}{2}$ tsp. soda	Use no spice with strawberry jam

Cream the butter. Add the sugar and beat until fluffy. Add the egg yolks and beat thoroughly. Sift all dry ingredients together. Add the sour milk, then the flour. Then fold in the jam and stiffly beaten egg whites. Bake in layer pans in a moderate oven (350° F.) until fully risen, then increase the heat (to 375° F.) to finish baking. Put together with boiled icing or serve with whipped cream over it.

Cakes



Sunshine Cake

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|-----------------------|------------------------------|
| 1 c egg whites | Few drops orange extract |
| 1½ c granulated sugar | 1 c Robin Hood flour, sifted |
| ½ c egg yolks | twice before measuring |
| ¼ tsp. lemon extract | 1 tsp. cream of tartar |

Beat whites until stiff. Fold in sugar gradually, then yolks of eggs beaten till lemon colored. Add flavoring, and 2 tbsp. cold water. Fold in flour and cream of tartar. Bake one hour and 15 minutes in a moderate oven (350° F.) in tube pan. Ice with a cup powdered sugar moistened with one tablespoon warm cream and flavoring, two drops orange juice.

Robin Hood Angel Food

(This cake shown on cover)

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| 1¼ c egg whites. Eggs should be very cold | 1 tsp. flavoring, the combination of one-third each lemon, vanilla, and almond is very good. |
| 1¼ tsp. cream of tartar | 1 c Robin Hood flour sifted |
| ¼ tsp. salt | twice before measuring |
| 1½ c granulated sugar | |
| 2 tbsp. cold water | |

Beat egg whites with flat wire whip, add the cream of tartar and salt when egg whites are frothy. Continue beating until a point of the egg whites will stand upright, but not dry. Gradually beat in one cup of the sugar which has been sifted twice. Fold in the flavoring and the two tablespoons of cold water. Fold in the flour which has been sifted four times with the remaining ½ cup sugar. Pour into dry, ungreased pan and bake 55 to 60 minutes in slow oven (325° F.). Invert pan until cake is thoroughly cold. Remove it carefully from the pan and cover with a crock or large pan for twelve hours.

Cakes



Devil's Food Cake

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| 2 c brown sugar, roll out all lumps | $\frac{1}{2}$ tsp. baking powder |
| $\frac{1}{2}$ c butter | 2 eggs, beat separately |
| $\frac{1}{2}$ c sour milk | 1 square baker's chocolate |
| 2 c Robin Hood flour sifted twice before measuring | 6 tbsp. boiling water |
| | 1 tsp. soda |
| | $\frac{1}{2}$ tsp. vanilla |

Sift flour, baking powder and soda three times. Cream butter, add sugar and stir until creamy. Add egg yolks and beat in well. Stir in milk and flour alternately. Add flavoring and chocolate melted in boiling water and cooled. Fold in egg whites. Make two layers and bake in moderate oven (350° F.) for 15 minutes, then increase the heat (475° F.) and bake 10 minutes longer.

Chocolate Angel Food

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|------------------------------------|-----------------------------|
| 1 $\frac{1}{2}$ c egg whites | $\frac{1}{2}$ c cocoa |
| $\frac{1}{2}$ tsp. cream of tartar | 1 tsp. vanilla |
| $\frac{1}{4}$ tsp. salt | 1 c sifted Robin Hood flour |
| 2 c sugar | |

Sift flour three times before measuring.

Sift sugar and cocoa together four times.

Beat eggs until stiff but not dry. Add cream of tartar and salt when frothy, add the sugar and cocoa mixture carefully, about 2 tbsp. at a time and beat. When the sugar is all in, beat until it shines well. Now add one tbsp. cold water to which the vanilla has been added. Fold in the flour very carefully. Put in an angel food pan and bake one hour and 15 minutes in a slow oven (325° F.).

Reverse pan until cake is cold.

Cakes

Simple Sponge Cake

2 eggs	1 tsp. B. P.
$\frac{1}{4}$ tsp. salt	$\frac{1}{2}$ c milk
1 c sugar	1 tbsp. butter
1 tsp. flavoring	1 c sifted Robin Hood flour

Beat the eggs until very light and add salt, sugar, and flavoring. Be sure to sift flour once before measuring. Add flour and baking powder which have been sifted together. Stir in milk which is hot and to which has been added one tablespoon butter. Mix thoroughly and bake 30 minutes in a moderate oven (350° F.).

Royal Sponge Cake

$1\frac{1}{2}$ c granulated sugar	$\frac{1}{2}$ tsp. lemon extract
$\frac{1}{2}$ c water	$\frac{1}{2}$ tsp. almond extract
6 eggs	1 c sifted Robin Hood flour
$\frac{1}{2}$ tsp. cream of tartar	

Boil sugar and water until it spins a thread about three inches long. Pour over beaten egg whites in a fine stream and beat until the mixture cools. Stir in beaten yolks and flavoring, then fold in the flour with the cream of tartar and bake in an ungreased Turk's-head pan ten inches in diameter and four inches deep, for 1 hour and 20 minutes in a slow oven (325° F.).

Holiday Fruit Cake

1 lb. butter	$\frac{1}{2}$ lb. candied orange peel
1 lb. sugar	$\frac{1}{2}$ lb. candied lemon peel
1 lb. sifted Robin Hood flour	1 lb. blanched almonds
12 eggs	1 pint mild molasses
1 pint grape juice (or brandy)	1 tbsp. cinnamon
4 lbs. raisins	1 tbsp. mace
4 lbs. currants	2 nutmegs, grated
$\frac{1}{2}$ lb. citron	1 tbsp. cloves
	$\frac{1}{2}$ tsp. soda

Cream the butter and add the sugar, then add the egg yolks and beat well. Add the spices, molasses, grape juice, and one-third the flour. Add the fruit which has been dredged with some of the flour. Add the well beaten egg whites and then the rest of the flour, and the nutmeg. Last of all add the soda dissolved in tbsp. of hot water. Bake in hot oven (375° F.) three hours.

NOTE: Fruit cake is a holiday food and should be made *long in advance of its use and aged in stone jars*. The above recipe makes four single bread tin loaves. It may be divided to make any amount desired with no change in the recipe except exact division of amounts of ingredients. Fruit cakes nicely boxed make very attractive Christmas gifts.

Cakes

Icing Recipes

Icing for Chocolate Angel Food

1½ c sugar
1 c cream

2 squares chocolate
1 tsp. vanilla

Cook until it forms a soft ball in cold water. Cool in a pan of cold water and when cold beat 20 minutes.

Brown Sugar Frosting

¾ c brown sugar
½ c white sugar

1 egg, beaten slightly
3 tbsp. cream

Mix all and boil till it forms a soft ball in water. Beat until creamy enough to spread.

Seven Minute Icing

4 tbsp. water
1 c sugar

1 egg white

Put all ingredients in the top of a double boiler, under which water is boiling. Begin beating the frosting at once, using a rotary beater and continue for seven minutes. Remove from the heat and beat a few minutes. Flavor as desired.

Variation: Add twelve marshmallows when first removed from the fire and beat until the marshmallows are dissolved. This makes a fluffy frosting.

Chocolate Egg Frosting

2 egg yolks, beaten with fork in cup. Fill cup ½ full with milk.
1½ c sugar
1 square chocolate after frosting starts to boil

Boil just 7 minutes. Beat until thick.

Chocolate Frosting

4 tbsp. cream
1 whole egg, beaten

⅛ tsp. salt
1 tsp. vanilla

Pour over this 2 squares hot melted chocolate and add enough sifted, powdered sugar to spread well.

This frosting is especially nice for small cakes.

Orange Cream Filling

1 c sugar
2½ tbsp. Robin Hood flour
Grated rind of 1 orange

¼ c orange juice
½ tbsp. lemon juice
1 egg slightly beaten

Mix ingredients in order given. Cook in double boiler ten minutes. Cool partially and use.

Cakes



Marble Cake

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|----------------------------|--|
| $\frac{1}{4}$ c butter | $1\frac{3}{8}$ c sifted Robin Hood flour |
| $\frac{3}{4}$ c sugar | 3 tsp. B. P. |
| 2 eggs | $\frac{1}{4}$ tsp. salt |
| $\frac{1}{2}$ tsp. vanilla | $\frac{5}{8}$ c milk |

Cream shortening, add sugar and beat in the eggs. Add flavoring. The mixture should be very smooth. Mix and sift flour, baking powder and salt and add alternately with milk to first mixture, adding flour first and last. To one-half of this mixture add:

With Spice

- 3 tbsp. molasses
- $\frac{1}{4}$ tsp. each cloves, allspice and cinnamon

With Chocolate

- $1\frac{1}{2}$ squares Baker's chocolate, melted
- $\frac{1}{4}$ c milk; $\frac{1}{4}$ tsp. soda

Place spoonful of light and dark batter alternately in greased and floured single loaf bread tin. Bake forty minutes in moderate oven (350° F.).

Spice Cup Cakes

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|----------------------------|-----------------------------|
| $\frac{1}{2}$ c shortening | 2 c sifted Robin Hood flour |
| 1 c sugar | 1 c sour milk |
| 1 egg | $\frac{1}{2}$ tsp. cloves |
| 1 tsp. soda | 1 tsp. cinnamon |

Cream the shortening. Gradually add the sugar, beating the mixture with a spoon. When it is light and creamy, add the egg yolk which has been beaten until it is a light lemon color. Sift the flour, soda and spices together and add alternately with milk. Then fold in the stiffly beaten egg white. Bake in oiled muffin tins in hot oven (375° F.) for 20 min.

Every Day Cake

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|------------------------|--|
| $\frac{1}{4}$ c butter | 1 egg (unbeaten) |
| 1 c sugar | $\frac{1}{2}$ tsp. vanilla |
| $\frac{2}{3}$ c milk | $1\frac{1}{2}$ c sifted Robin Hood flour |
| | $2\frac{1}{2}$ tsp. B. P. |

Mix quickly after creaming butter and sugar slightly. Bake in moderate oven (350° F.) for 15 min., then increase heat (375° F.) for 15 min.

Cookies

Cookies

WHAT pantry is complete without a cookie jar full, at least just after baking, of crisp ginger cookies, or sugar coated white cookies, or some variety of the favorite "rock"? Cookies are such satisfactory things to make. Ingredients for them may be mixed in almost any order so long as they are *well* mixed. Cookies seldom "turn out badly." They are indeed a reliable member of the baked foods family.

Sliced Chocolate Cookies

1 c brown sugar	1 tsp. soda, dissolved in a little water
1 c granulated sugar	1 1/2 c almonds
1 c shortening	2 squares unsweetened chocolate
1 tsp. cinnamon	4 1/4 c sifted Robin Hood flour
1 tsp. salt	
1/2 c sweet milk	

Mix all ingredients together. Put almonds in last. Get whole almonds and blanch them twice, put them in the mixture whole. Knead mixture as you would bread. The mixture is very stiff. Shape into small oblong roll and set in ice box over night. In the morning slice with a thin sharp knife and bake in hot oven (400° F.). Slice very thin as they will rise a little.

Brown Sugar Cookies

2 c brown sugar	1 tsp. cinnamon
1 1/2 c shortening (3/4 c butter, 3/4 other shortening)	4 1/4 c sifted Robin Hood flour
3 eggs	2 level tsp. soda
1/2 c chopped almonds	1/4 tsp. salt

Mix quickly after creaming butter and sugar slightly. Roll into two rolls and let stand in ice box over night. In the morning slice and bake in hot oven (400° F.) for 10 minutes.

Sour Cream Cookies

2 c sugar	1/2 c butter and 1/2 c lard
3 eggs	1 c sour cream
1 tsp. soda	2 tsp. B. P.
	4 c sifted Robin Hood flour

Mix the sugar and shortening, add the eggs, then the soda, baking powder and cream. Add 4 cups flour. Flavor with vanilla or lemon. Roll out thin and cut. Bake in a hot oven (425° F.) ten minutes.

Cookies

Fruit Cookies

$\frac{1}{2}$ c shortening	2 tbsp. orange juice
1 c sugar	1 c chopped raisins
1 tsp. grated yellow rind of orange	2 c sifted Robin Hood flour
2 eggs, well beaten	2 tsp. B. P.
	$\frac{1}{4}$ tsp. salt

Cream sugar and shortening and add rind of orange. Mix well, add eggs, orange juice and raisins. Sift and mix dry ingredients and add to mixture. Roll thin and shape with a sharp cutter. Place on oiled sheet and bake in hot oven (375° F.).

Ice Box Cookies

$\frac{1}{2}$ c white sugar	$\frac{1}{2}$ tsp. soda
$\frac{1}{2}$ c brown sugar	$\frac{1}{2}$ tsp. cinnamon
1 c butter	$\frac{1}{8}$ tsp. salt
1 egg unbeaten	$\frac{1}{2}$ c chopped nuts
$2\frac{1}{2}$ c sifted Robin Hood flour	

Mix, knead and make into a roll about as large around as a water glass. Let stand in refrigerator over night. Slice paper-thin and bake in hot oven (375° F.).

Ginger Cookies

1 c molasses	$\frac{1}{2}$ c butter
1 tsp. soda	1 tbsp. ginger
$\frac{1}{2}$ c sugar	3 c sifted Robin Hood flour

Sift flour with the soda. Mix all ingredients thoroughly into a dough. Set dough on the ice over night. Roll thin and bake in hot oven (375° F.).

Orange Cookies

$\frac{1}{2}$ c shortening	$\frac{1}{4}$ c orange juice
1 c sugar	3 c sifted Robin Hood flour
Rind of orange	4 tsp. B. P.

Mix in order given, roll in sheets and cut thin. Bake on a buttered pan in hot oven (375° F.).

Drop Ginger Cookies

$\frac{1}{2}$ c shortening	4 c sifted Robin Hood flour
1 c brown sugar	1 tbsp. ginger
1 egg (large)	1 tsp. salt
$1\frac{1}{8}$ c sour milk	1 tsp. soda
1 c molasses	$\frac{1}{8}$ tsp. cinnamon

Mix in order given until of the right consistency to drop. Place by teaspoonsful on an oiled tin about two inches apart. Bake in hot oven (400° F.) for 12 minutes. This recipe will make four dozen.

Pies



Cocoanut Meringue Pie

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|-----------------------|---------------------------|
| 1 ½ c cocoanut | 1 tsp. salt |
| 1 pint milk | 1 tbsp. vanilla flavoring |
| 1 tbsp. melted butter | 3 eggs |
| ½ c sugar | |

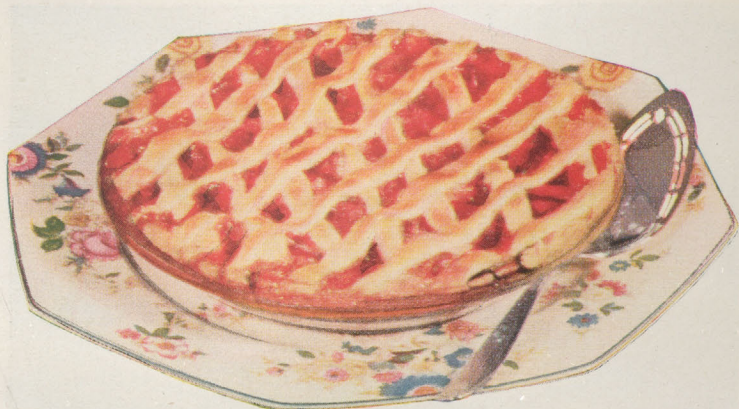
Separate the eggs and beat yolks until light; gradually add sugar and beat until light and lemon colored. Add butter. Stir in milk, salt and 1 cup of the cocoanut and add flavoring. Pour into a deep pie plate lined with plain pastry, and bake in a 400° F. oven 10 minutes. Reduce heat to 325° and bake until knife comes out clean. Remove from the oven, and while the pie is cooling, beat the whites of the 3 eggs to a stiff froth, adding 6 level tbsp. of sugar. Spread over pie, sprinkle with remaining cocoanut and set for 15 minutes in slow oven (300° F.). Best results are obtained in an electric oven if the air vent is closed while baking meringue.

Lemon Pie (with meringue)

- | | |
|---------------------------------|-------------------------------------|
| 3 tbsp. cornstarch | 1 tbsp. butter |
| 2 tbsp. sifted Robin Hood flour | ¼ c lemon juice |
| 1 c sugar | 1 tsp. grated lemon rind |
| ½ c cold water | ¼ tsp. salt |
| 3 eggs | Bake pastry shell with built up rim |
| 2 c boiling water | |

Mix cornstarch, flour, sugar, and cold water. Add slightly beaten egg yolks, and then boiling water. Cook 10 minutes in double boiler, add remaining ingredients. Add butter just before removing from stove. Let cool. Place in baked pastry shell. Cover with meringue made of beaten egg whites, and 6 level tbsp. of sugar and flavored with a few drops of lemon juice. Bake 15 minutes in slow oven (300° F.). This makes a thick pie.

Pies



Cranberry Pie

- | | |
|---------------------------------|--------------------------------|
| 1 c sugar | 1 tbsp. butter |
| $\frac{1}{2}$ c water | 2 eggs |
| 2 c cranberries | $\frac{1}{2}$ tsp. lemon juice |
| 2 tbsp. sifted Robin Hood flour | |

Boil sugar and water. Add cranberries and cook until they all pop. Add flour and butter. Cook 5 minutes. Add egg yolks and lemon juice. Cook in double boiler until it thickens. Cool. Place in pan lined with dough, cover with strips of crust, criss-cross, pressing ends firmly to lower crust. Bake in very hot oven (500° F.) for 10 minutes, decrease heat to 375° F. to finish.

Rhubarb Pie

- | | |
|-------------------|---------------------------------|
| 2 c diced rhubarb | 2 egg yolks |
| 1 c sugar | 2 tbsp. sifted Robin Hood flour |

Pour boiling water over rhubarb. Let stand a few minutes, then drain and add the sugar, beaten egg yolks and flour. Place in pastry lined pie plate. Bake in quick oven (450° F.) for 10 minutes. Reduce heat (to 325° F.) and finish baking. If desired, make a meringue of egg whites, $\frac{1}{2}$ c. sugar, 1 tsp. lemon juice and spread over top of pie. Let bake in oven for 10 minutes at 300° F.

Caramel Custard Pie

- | | |
|-------------------------------|------------------------------------|
| 8 tbsp. sugar | $\frac{1}{4}$ tsp. salt |
| $2\frac{1}{2}$ c scalded milk | $\frac{1}{2}$ tsp. vanilla extract |
| 3 eggs | |

Place half the sugar in a skillet and caramelize to a light brown. Add milk carefully so it won't boil over and stir until the caramel is dissolved in it. To remaining sugar add eggs. Beat slightly, add salt. Pour the milk mixture over eggs and sugar, stirring all the time; add vanilla. Pour into a pastry lined deep pie plate. Set in quick oven (450° F.) for 10 minutes. Reduce heat (to 350°) and bake 30 minutes.

Pies



Apple Pie

Tart apples
1 tsp. butter
 $\frac{1}{2}$ tsp. cinnamon

$\frac{2}{3}$ c sugar
 $\frac{1}{4}$ c sifted Robin Hood
flour

Line pan with pie crust. Fill with apples peeled, cored, and cut into eighths. (If cut in thin slices the filling will be mushy.) Cover with sugar, add $\frac{1}{4}$ c flour, and add butter cut into bits. Roll out upper crust, prick, moisten edge of pie with cold water, place crust on top and press edges together. Bake in very hot oven (500° F.) for 10 minutes, then decrease heat (to 375° F.) to finish.

A nice variation in the above recipe is made by rolling 6 teaspoons of grated cream cheese into the upper crust before placing it over the pie.

Chocolate Cream Pie

2 squares chocolate, grated
 $\frac{1}{4}$ c cornstarch
 $\frac{1}{8}$ tsp. salt

$\frac{1}{2}$ c sugar
2 c milk
1 tsp. vanilla

Mix ingredients, except vanilla. Cook until thick and smooth, stirring all the time. Cool, add the vanilla and pour into a baked pastry shell. Top with a meringue, set back in slow oven (300° F.) for 12 minutes. Cool and serve. It may also be topped with marshmallows and placed in the oven for a few minutes to brown. Another delicious way is to cool the filling in the pie shell and serve with whipped cream. This chocolate cream filling is also very good as a filling for cream puffs and eclairs.

Puddings

Steamed Puddings

DOWN through the ages, in song and story, puddings have been famous for "topping off the meal." They are as popular today as in the time of Dickens, who wrote of steamed puddings in his Christmas Carol.

Chocolate Pudding

1 egg	1 ½ squares bitter chocolate
½ c sugar	1 tbsp. butter
½ c milk plus 2 tbsp.	1 ½ tsp. B. P.
1 c Robin Hood flour	⅛ tsp. salt

Beat the egg, add the sugar and beat until very light. Melt the chocolate and the butter and add to the egg and sugar mixture. Add the milk, then the flour and baking powder which have been sifted together. One teaspoonful of vanilla may be added if desired. Put in a greased and floured mold, steam one hour. Serve with cream or following sauce:

SAUCE: 1 egg, 2 tbsp. melted butter, 2 c powdered sugar, 1 c whipped cream; ½ tsp. vanilla. Beat the egg well, add the sugar and then the melted butter. Let this stand one hour. Add whipped cream and vanilla last thing before using.

Raisin Pudding

⅓ c shortening	2 c Robin Hood flour
½ c sugar	¼ tsp. salt
½ c milk	4 level tsp. B. P.
2 eggs	1 c chopped raisins

Cream the sugar and shortening, add the egg yolks and beat well. Sift the flour, salt, and baking powder together and stir the raisins into this. Add the milk to the first mixture, then add the flour mixture and lastly the well beaten egg whites. Put in a well greased baking dish or individual cups and steam 45 minutes.

Serve with cream or the white of egg well beaten, sweetened, and with some tart fruit pulp stirred into it.

Molasses-Puff Pudding

1 egg	1 level tsp. soda dissolved in
2 tbsp. butter	½ c boiling water
2 tbsp. sugar	1 ½ c Robin Hood flour
½ c mild molasses or sorghum	

Put egg, butter, sugar, and molasses in mixing bowl and beat well. Then put hot water, soda and flour in and quickly stir together. Put into greased and floured mold and steam 1 ½ hrs. Serve with following sauce:

SAUCE: Cook together 1 cup boiling water and 1 ½ slightly rounded tablespoons flour sifted with ½ cup sugar until the flour is cooked. Then add 3 tbsp. lemon juice, 1 tbsp. butter, ¼ tsp. cinnamon, ¼ tsp. cloves, ¼ tsp. allspice and 1 scant tsp. vanilla.

Desserts



Desserts

WHAT shall we have for dessert? What home maker has not asked herself or her family this question hundreds of times? Of course, the complete answer for all the days of the year could not be contained in so small a volume as this, but you will find several answers below, which you and the family will enjoy.

Strawberry Shortcake

2 c sifted Robin Hood flour $\frac{1}{4}$ c shortening
5 level tsp. B. P. $\frac{7}{8}$ c milk
1 tsp. sugar

Sift all dry ingredients together. Cut shortening in with a knife as quickly and lightly as possible. Mix quickly with the milk and turn out on a lightly floured board. Pat into a flat thin shape. If individual shortcakes are desired, cut with a medium sized biscuit cutter. Bake in a very hot oven (475° F.) for 8 minutes. Decrease heat (to 450° F.) and bake for 7 minutes more. Place crushed berries between and whipped cream on top if desired. Garnish with large, perfect berries.

Banana Fritters

2 tsp. B. P. 1 egg
1 tbsp. powdered sugar 6 tbsp. milk
1 c sifted Robin Hood flour 1 tbsp. lemon juice poured on
 $\frac{1}{8}$ tsp. salt 3 bananas peeled and diced

Mix dry ingredients, beat egg and add milk to egg. Combine mixtures and add bananas. Drop by heaping teaspoons into deep fat and fry (at 375° F.) for four minutes. Serve hot with syrup or powdered sugar.

Desserts



Jelly Roll

- | | |
|---------------|----------------------------------|
| 3 eggs | 1 c sifted Robin Hood flour |
| 1 c sugar | $\frac{1}{2}$ tsp. lemon extract |
| 3 tbsp. water | 1 tsp. B. P. |

Beat egg yolks, sugar, and water until very light. Add stiffly beaten egg whites and fold in flour in which baking powder has been sifted. Flavor with grated rind of lemon or one-half teaspoon lemon extract. Bake in a long, shallow pan in a moderate oven (375° F.) for 15 minutes. Remove from pan while hot and place on a hot cloth. Spread with tart jelly and roll quickly, leaving cloth rolled over it until cold. Sprinkle with powdered sugar before serving. Serves seven or eight persons.

Cream Puffs

- | | |
|-------------------------------------|-------------------------|
| 1 c water | $\frac{1}{2}$ tsp. salt |
| $\frac{1}{2}$ c butter or margarine | 4 eggs |
| 1 c sifted Robin Hood flour | |

Bring water and butter to a boil, add flour and salt at once and stir until the mixture clears the sides of the pan. Remove at once and cool. Then beat in 1 egg at a time, and beat, preferably with a perforated spoon, until the dough no longer separates, before adding another egg. Drop from a tablespoon on oiled tin, two inches apart. Set in refrigerator for one hour. Set in very hot oven (500° F.) for 10 minutes. Reduce heat (to 325° F.) and bake 30 minutes longer. Fill with whipped cream or drained canned fruit and whipped cream.

Apple Dumplings

Make a baking powder biscuit dough, roll out about $\frac{1}{2}$ inch thick and cut in pieces about the size of a tea saucer. In the center of each put one-half an apple, a tbsp. sugar, a generous bit of butter, a dash of cinnamon. Fold the dough around the filling and place in a well greased pan. Put in a quick oven (475° F.) for 10 minutes. Pour over all a thin syrup of 1 cup boiling water and $\frac{1}{2}$ cup sugar and bake 30 minutes more, after reducing the heat (to 375° F.). Serve with hard sauce or cream, as desired.

Tea Dainties

Pineapple Delight

$\frac{1}{2}$ c shortening	3 tsp. B. P.
1 c sugar	$\frac{1}{2}$ tsp. salt
3 eggs	$\frac{2}{3}$ c milk
2 c sifted Robin Hood flour	1 tsp. vanilla

Cream sugar and shortening together and add well beaten eggs. Add sifted dry ingredients alternately with the milk. Add the vanilla and mix well. Grease a round pudding pan, or iron skillet and line with brown sugar about one-half inch deep. Dot with 3 tbsp. butter. Place in the pan slices of pineapple with maraschino cherry in center of each. Pour the cake batter over the mixture in the pan. Bake 15 minutes in moderate oven (350° F.). Serves 8 persons. Reverse on the plate so that pineapple is on top. Whipped cream may be used if desired.

Tea Dainties

WHO does not enjoy tea-time, that precious half hour or so of respite from the perplexities of the humdrum day? And what adds more to the charm of the tea table than that intriguing plate or basket of dainties from which one must keep taking "one more"?

Dominion Short Bread

4 c sifted Robin Hood flour	1 c butter
$\frac{1}{2}$ c brown sugar	

Mix flour and sugar together and add butter which has been warmed and beaten first on a plate with a knife till creamy. Knead smooth, roll out one-half inch thick, bake in moderate oven (350° F.) for one-half hour.

Cinnamon Toast

Cut stale bread one-fourth inch thick. Toast on both sides and butter while hot. Sprinkle with sugar and cinnamon and serve hot.

Maple toast may be made by adding maple sugar, shaved thin, to the hot buttered toast.

Boston Date Bars

1 lb. dates	$\frac{1}{8}$ tsp. salt
1 c walnuts and pecan meats	1 c sugar
$\frac{1}{2}$ c sifted Robin Hood flour	2 eggs well beaten
$\frac{1}{4}$ tsp. B. P.	$\frac{1}{4}$ c melted butter

Pit and cut dates in quarters, cut nut meats. Mix and sift flour, baking powder, salt and sugar. Add dates and nuts to flour mixture. Mix eggs and melted butter. Combine mixtures and spread $\frac{1}{2}$ inch in thickness, preferably in 9 by 9 inch pan. Bake in moderate oven (350° F.) for 35 minutes. When slightly cool, cut in bars, 1 by 3 inches long, and roll in powdered sugar.

Tea Dainties



The Tea Dainties in this basket were all made from the recipes given here.

Peanut Butter Dainties

1 c peanut butter
1½ c powdered sugar

4 egg whites (unbeaten)

Cream together and drop mixture in small spoonfuls on parchment paper. Bake in moderate oven (350° F.) for 20 minutes.

Sponge Baskets

Use your favorite recipe for sponge cake. Bake in muffin tins. Make handles by cutting angelica in long thin strips and steaming in the top part of the double boiler until flexible. Scoop out the cakes and fill with a mixture of:

1 c cream (whipped)
¼ c coarsely cut walnuts

¼ c chopped candied pineapple
¼ c chopped candied cherries

Rhubarb and Raisin Tart

1½ c finely chopped rhubarb
½ c finely chopped raisins
½ c sugar

¼ c finely chopped nuts
Robin Hood flour pastry

Roll pastry thin. Prick. Mix ingredients for filling. Cut with large cookie cutter. Place a spoonful in each. Moisten edges with water to press together. Bake in quick oven (425° F.) for 15 minutes.

Banbury Tarts

Chop 1 cup seeded raisins, add ½ cup cleaned currants, 1 cup sugar, 2 tbsp. cracker dust, 1 beaten egg, juice and grated rind of 1 lemon. Roll pie crust very thin, cut with cookie cutter. Lay on each a tablespoon of filling; wet edges of paste, fold each side over the middle to form pointed ovals, dust with granulated sugar and bake 20 minutes in moderate oven (350° F.).

Tea Dainties



Cherry Tarts

Fill tart pans lined with unbaked crust with pitted cherries. Sprinkle liberally with finely ground almonds and sugar. Bake 15 minutes in a hot oven (375° F.). Serve with Devonshire Cream.

Date, Nut and Cherry Cookies

$\frac{1}{2}$ c butter	$\frac{1}{2}$ c dates
$\frac{3}{4}$ c sugar	$\frac{1}{3}$ c candied cherries
3 eggs	$\frac{1}{2}$ tsp. vanilla
1 $\frac{1}{2}$ c sifted Robin Hood flour	1 tsp. B. P.
$\frac{1}{2}$ c walnuts	

Cream butter and sugar well, add yolks of eggs well beaten. Chop nuts, dates and cherries together. Add to B. P. and flour which have been sifted together. Stir into butter and sugar mixture. Add vanilla and stiffly beaten whites of eggs last. Drop on a greased baking sheet in very small quantities and 1 $\frac{1}{2}$ inches apart. Bake in moderate oven (350° F.) for 20 minutes.

Meringues

Whites of six eggs	1 tsp. vinegar
$\frac{1}{2}$ tsp. cream of tartar	2 c sugar
$\frac{1}{8}$ tsp. salt	

Beat eggs very, very stiff. Fold in the sugar and beat until the sugar is dissolved. Add the vinegar last. Put on cookie sheet, one tbsp. for each one. Bake 45 minutes to one hour in very slow oven (250° F.). Will make fifteen.

Bread

How to Make the Best Bread You Ever Ate

WHEN you make bread again follow exactly the same recipe you have been accustomed to use, if you wish, but for comparison use Robin Hood flour. Robin Hood is made from the finest hard spring wheat grown on the prairies of Western Canada. Its granular cell structure is preserved in the milling. It has a high gluten content. For these reasons you can use less flour and more water, baking a fine, large, flaky loaf of bread. Your bag of Robin Hood flour lasts longer and goes further than other flours. *Robin Hood gives you more loaves of better bread to each bag.*

In case you do not have a favorite bread recipe of your own we have included in this book three standard yeast bread methods which are especially and deservedly popular. Perhaps there are those, too, who make their own yeast. For them we give a fine old recipe for Everlasting Yeast which has stood the test of years.

10 Hints on Bread Making

1. **WARM THE FLOUR BEFORE USING.** This gives the yeast a better chance and is important.
2. **MAKE A SOFT DOUGH.** Robin Hood flour absorbs water freely. Care should be taken not to mix the dough too stiffly.
3. **WORK THE DOUGH** very thoroughly until smooth.
4. **SET THE DOUGH** where the temperature is even and warm. Do not let the cold air strike it.
5. **SUGAR STARTS THE FERMENTATION** and helps the yeast to do its work.
6. **SALT HOLDS THE FERMENTATION IN CHECK** so that the dough does not become worked out.
7. **BUTTER OR OTHER SHORTENING** improves the flavor, texture and nutritive qualities of the bread.
8. **KNEAD THE DOUGH WELL.** Let stand until double in size, then knead again.
9. **HAVE YOUR BREAD LIGHT** and the oven hot when you put it in. Bread should not brown for the first 10 minutes, and then only slowly.
10. **ALWAYS SEE THAT YOUR YEAST IS FRESH,** your flour warm before using, and that your dough is kept at an even temperature till the minute it is placed in the oven.

NOTE: USE MORE WATER than with ordinary flour. Robin Hood makes more loaves to each bag.

Bread

Bread

(Made with Dry Yeast and Potato Water)

(Contributed by a lady who has used Robin Hood flour for years and says she has never had a failure)

Pour water off boiling potatoes in evening. To three cups of this liquid, cooled to lukewarm (98° F.), add 1 dry yeast cake and ¼ cup sugar. Add 3 cups of flour and beat for 5 minutes. Let stand over night.

In the morning, have about 9 cups of warm flour ready. In 1½ cups water, dissolve 2 tablespoons sugar and 1 tablespoon salt. Add this solution to the batter after which add 1 tablespoon of melted lard. Then add remainder of flour and knead until dough is smooth, elastic, and does not stick to the hands. Set in warm place, cover with cloth, leave to rise until double in size.

Knead down and allow second rise (about half the time required for first rise). Then mould into loaves, put into greased pans and allow to rise again until double in size. Bake in a moderate oven (350° F.) for about one hour.

Standard White Bread Family Recipe

(Using Compressed Yeast)

4 c liquid (milk or milk and water) heated lukewarm (98° F.)	1 tbsp. salt
1 cake compressed yeast	4 tbsp. shortening (may be omitted)
4 tbsp. sugar	11 c sifted Robin Hood flour

Dissolve yeast in liquid and add sugar. Add one-half of the flour and beat thoroughly. Add melted shortening and remainder of flour gradually. Mix and turn out on board and knead until dough is elastic and comes freely from the board. Put in well greased bowl, cover and allow to rise (temperature 80° F.) until about double in bulk. This will take about two and one-half hours. Punch down and let stand 15 minutes. If desired, a second rising may be given, but this is not necessary. Flavor is sacrificed somewhat to texture by too much rising. Form into loaves to half fill well greased bread tins. Let rise until double in bulk, or till tin is about full. Bake in hot oven (425° F.) for 15 minutes, reducing heat to moderate (380° F.) for about 35 minutes longer.

Standard White Bread Family Recipe

(Using Everlasting Yeast)

1 c everlasting yeast	4 tbsp. shortening (may be omitted)
4 c liquid (milk or milk and water) heated lukewarm (98° F.)	1 tbsp. salt
	9 tbsp. sugar
	11 c sifted Robin Hood flour

Set yeast, milk, salt, sugar, with 1 cup flour at night. In the morning add the shortening melted, and ten cups of flour, and proceed as with method given for compressed yeast recipe.

Bread

Parker House Rolls

Turn white bread dough onto board. Take bits of the dough, according to size of roll desired, form into balls and flatten to about one-third to one-half inch in thickness. Make a deep crease through the center of each roll with floured knife handle. Brush with melted butter and fold one-half over the other at the crease. Press edges together and place in greased tin at least one-half inch apart. Cover with bread cloth and allow to rise until light, about half an hour. Bake in a moderately hot oven (400° F.) for twenty-five minutes.

White Nut Bread

3 c sifted Robin Hood flour	2 c milk
4 tsp. Baking Powder	1 c chopped nut meats
1 tsp. salt	1 c sugar
1 egg	

Mix and sift dry ingredients. Add milk slowly and then add well beaten egg. Beat thoroughly and add chopped nut meats which have been dredged with flour. Place in well greased tin and let stand 15 minutes. Bake one hour in a moderate oven (350° F.). This makes one large loaf.

Dark Nut Bread

(Variations of the Above Recipe)

A delicious loaf may be made for those who like the coarser flours by using:

1 $\frac{1}{3}$ c white flour and 2 c Robin Hood graham or whole wheat in place of 3 c white flour in the above recipe.

Or by using:

1 $\frac{1}{3}$ c white flour, 1 c bran, 1 c graham or whole wheat.

One-half cup each of chopped nuts and dates added to any of these variations make a delicious loaf.

Formula for Everlasting Yeast

One-half cake Yeast Foam for starter.

To 1 cup mashed potato add 1 tablespoon salt, 3 tablespoons sugar, 3 cups lukewarm water (98° F.) and add the yeast cake, broken, and 1 small teaspoon ginger the first time yeast is made. Allow to stand three days before using. Then when you wish to make bread, repeat formula except ginger and yeast cake. Keep in cool place. Use 1 pint of the mixture for starting bread, or all but 1 cup, which must be saved to start new yeast. Add whatever more wetting is necessary.

Cinnamon Rolls

2 cakes compressed yeast	1 tsp. salt
1 c milk scalded and cooled lukewarm (to 80° F.)	4 c sifted Robin Hood flour
2 eggs	$\frac{1}{4}$ c butter
	2 tbsp. sugar

Crumble yeast into bowl. Slowly add the milk and stir to soften the yeast. Add sugar, beaten eggs and salt. Add all the flour and mix well. Add melted butter and mix thoroughly. Turn out on floured board and knead into a smooth dough. Place in well greased bowl, cover and let rise until double in bulk, about 2 hours. Knead down and let rise 45 minutes. Roll out to $\frac{1}{2}$ inch thickness. Sprinkle dough with $\frac{1}{2}$ cup brown sugar and 1 teaspoon cinnamon. Roll as for jelly roll and cut in one inch pieces.

Butter a pan, using 6 tablespoons butter, then cover the butter with 2 cups brown sugar. Allow to rise 25 minutes. Bake in quick oven (425° F.) for 25 minutes. When done turn upside down. Do not remove pan for 1 minute, allowing butterscotch mixture to set.

Hot Cross Buns

1 pint milk	$\frac{1}{4}$ c shortening
1 yeast cake	2 egg yolks
6 c Robin Hood flour, sifted	1 c currants
$\frac{1}{2}$ c sugar	1 c chopped citron
1 tsp. salt	

Put milk, sugar, salt, crumbled yeast in bowl, beat with rotary beater until yeast is dissolved and ingredients well blended. Add 3 cups of Robin Hood flour and mix thoroughly. Let rise until double in bulk. Add the rest of the flour (3 cups), the egg yolks, the shortening, and the fruit. This makes a very soft dough. Mix until blended, turn onto a very lightly floured board, using not over 1 tablespoon of flour on the board. Knead until smooth. Put back in bowl, which has been washed and greased, turn the dough over in bowl until it is coated with a layer of fat. Let rise until double in bulk. Turn out and divide into 24 buns. Let rise until double in bulk, score in a cross with a very sharp knife, bake in a hot oven (375° F.) for 30 minutes. Brush surface with white of egg and return to oven to glaze. Pipe a cross of confectioner's frosting on each bun.

Butterscotch Bread

Roll out dough $\frac{1}{2}$ inch thick. Place in pan, cover, and let rise. Brush over with melted butter, and at 2 inch intervals make parallel rows of $\frac{3}{4}$ inch depressions. In depressions put bits of butter and fill with brown sugar. Sprinkle with two tablespoons brown sugar mixed with 1 teaspoon cinnamon and bake in a moderate oven (350° F.) for 35 minutes.

Sandwiches

Sandwiches

WHAT makes a picnic or a luncheon successful?—the sandwiches! A wide variety of breads are suitable, including white, graham, nut, orange and raisin. Butter is usually the only filling used with nut, orange or raisin breads. The bread should be cut thin and if crusts are to be removed, this should be done before slicing the bread.

Cream the butter as for cake, until it is of a soft creamy consistency. If possible, prepare the sandwiches just before they are to be served. If necessary to make them in advance, wrap in oiled paper and cover with a slightly dampened cloth.

Fillings

1. All kinds of meat, cut very thin, with lettuce leaves and with or without salad dressing.
2. Minced ham or chicken with pickles or chopped olives, if desired, moistened with dressing.
3. Chopped hard cooked egg and pickles or olives, salad dressing.
4. Cottage cheese, chopped nuts, and pickles or pimentos moistened with dressing.
5. Salmon or tuna mixed with pickles, lemon juice or onion, and moistened with dressing.
6. Soft cheeses mixed with chopped green peppers, pimentos, nuts, etc., and moistened with dressing.
7. Dates and walnuts and a bit of lemon juice mixed with cooked dressing or cream.
8. Jams and marmalades.
9. Maple sugar and chopped nuts and dressing.
10. Chopped peanuts and dressing.
11. Peanut butter mixed with chili sauce or orange marmalade or onion or chopped pickle or figs or dates or raisins or bananas.
12. Chopped figs moistened with salad dressing.
13. Chopped olives and celery moistened with salad dressing.
14. Sliced tomato and cucumber moistened with salad dressing.
15. Cream cheese and orange marmalade.
16. Cream cheese and shredded pineapple.

Ribbon Sandwiches

Stack alternate slices of dark and white bread, thinly buttered, cut crosswise of the loaf. Use 5 to 7 slices. Put a weight on the stack for about 30 minutes to make the sandwiches small and thin. A smooth filling may be used. Slice across the end of the stack. These are very attractive when served as a salad accompaniment.

Quick Breads

Quick Breads

SPEED and deftness in handling ingredients is perhaps nowhere more necessary than in the making of a light, tender baking powder biscuit. The following method applies to all recipes given on this subject and its correct use will insure a satisfactory result:

Baking Powder Biscuits

2 c sifted Robin Hood flour	3 tbsp. shortening
4 tsp. baking powder	$\frac{7}{8}$ c milk
$\frac{1}{2}$ tsp. salt	

Sift flour, salt, and baking powder together three times. Work the shortening into these dry ingredients lightly and quickly. Make a depression in the mixture and add all liquid at once. Stir quickly but carefully till flour is thoroughly moistened; then stir rapidly till the mixture follows the spoon in the bowl. This takes about twenty seconds. Turn onto a lightly floured board. Flour the hands lightly, and with the tips of the right hand fingers bring the back half of the dough forward over the front half. Press with the ball of the hand lightly, down and backward. Turn with the left hand and repeat kneading motion working very rapidly until dough is smooth. The quicker this whole process is completed, the better the result. Roll or pat to desired thickness and cut with floured cutter. Let stand for 15 minutes and bake in a very hot oven (475° F.).

Sour Milk Biscuits

It is often convenient to use sour milk instead of sweet milk for biscuits. A word of caution, however, is given in the use of soda. The "sourness" of milk varies and a general rule is to *decrease the amount of milk* as its sourness increases. The following recipe is based on moderately sour milk. Buttermilk makes excellent biscuits.

2 c sifted Robin Hood flour	2 tpsps. baking powder
$\frac{1}{2}$ tsp. salt	3 tbsp. shortening
$\frac{1}{4}$ tsp. soda	$\frac{7}{8}$ c moderately sour milk

Follow the method for baking powder biscuits, sifting salt, baking powder and soda with the flour.

Almond Biscuits

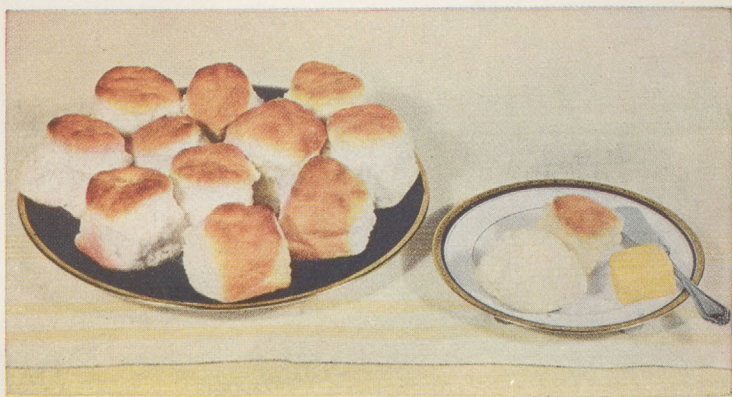
Take freshly baked baking powder biscuits two inches in diameter. Break them open, butter and spread with a spoonful of comb honey and a few toasted almonds. Put together and serve with hot coffee.

Cheese Biscuits

2 c sifted Robin Hood flour	5 tsp. B. P.
$\frac{1}{2}$ tsp. salt	1 tbsp. shortening
$\frac{7}{8}$ c milk	$\frac{1}{2}$ c grated cheese

Sift dry ingredients; rub in shortening; add milk and grated cheese. Drop on buttered tin and bake in hot oven (375° F.).

Quick Breads



Maple and Nut Biscuits

3 sifted Robin Hood flour	$\frac{1}{2}$ c shortening
3 tsp. B. P.	1 tsp. salt
Maple Sugar	Chopped nuts
Melted Butter	

Mix the flour with the salt and baking powder, work in the shortening and add enough milk to allow it to be rolled out into a long, narrow sheet. Brush with melted butter and sprinkle with chopped nuts and shaved maple sugar. Roll up like a jelly roll and cut into one and one-half inch pieces and bake in a hot oven (375° F.).

Orange Biscuits

2 c sifted Robin Hood flour	3 tbsp. shortening
1 tbsp. sugar	$\frac{7}{8}$ c milk or half milk and
$\frac{1}{2}$ tsp. salt	half water
5 tsp. B. P.	

Sift dry ingredients; add shortening and mix in with fork. Add liquid slowly to make soft dough. Turn out on floured board; roll or pat to one-half inch thick. Cut out with small biscuit cutter and put on greased pan. Press gently into the center of each biscuit a loaf sugar which has been dipped well in orange juice. Grate a little orange rind on each and bake in a quick oven (475° F.) for 15 minutes.

Crumpets

1 small tbsp. shortening, melted	1 tsp. sugar
1 egg	$1\frac{1}{2}$ tsp. B. P.
$\frac{7}{8}$ c milk	$1\frac{1}{8}$ c sifted Robin Hood flour
	$\frac{1}{2}$ tsp. salt

Beat lard, salt, egg and sugar together well; add milk and baking powder sifted with the flour. Beat all together well. Bake in muffin tins in a very hot oven (500° F.) for 10 minutes. The secret of success with these is quick making and baking.

Muffins

Muffins

MUFFINS are always delicious for breakfast, tea or supper. The batter may be kept over night in the ice box if desired, but if a slow action baking powder has been used, it will be necessary to add more of this ingredient before baking the remaining batter. Here, too, quickness in mixing ingredients is important. Following is the general method to be used with all muffin variations:

Plain Muffins

1 tbsp. sugar	1 tbsp. melted butter
$\frac{1}{2}$ tsp. salt	$1\frac{1}{2}$ c sifted Robin Hood flour
1 egg	3 tsp. baking powder
1 c milk	

Grease the muffin tins. Sift the flour, baking powder, sugar, and salt two or three times. Beat egg until foamy, put the carefully measured milk into the egg. Melt and add shortening to the milk and egg mixture. Turn the wet ingredients into the dry ones and quickly combine the two, stirring only enough to dampen dry ingredients. The batter will not be perfectly smooth. Fill muffin pans two-thirds full and place in a moderate oven (350° F.). At the end of five minutes increase the heat (to 425° F.) and bake 15 to 20 minutes more.

Date Muffins

$\frac{7}{8}$ c sifted Robin Hood flour	$\frac{1}{2}$ c chopped nuts
$1\frac{1}{2}$ c whole wheat flour	$1\frac{1}{2}$ c milk or water
4 tsp. baking powder	1 egg
1 tsp. salt	1 tbsp. melted butter
$\frac{3}{4}$ c chopped dates	1 tbsp. sugar

Sift salt, sugar and baking powder with the white sifted flour. Add to whole wheat flour with dates and nuts and stir. Add unbeaten egg, butter and liquid and mix, stirring as little as possible, to get smooth dough. Put into well oiled muffin tins and bake in a hot oven (425° F.) for one-half hour.

Rolled Oats Muffins

$\frac{1}{4}$ c shortening	1 c Robin Hood Rapid Oats
$\frac{1}{4}$ c sugar	$\frac{1}{2}$ tsp. salt
1 egg	4 tsp. baking powder
1 c sifted Robin Hood flour	1 c milk

Cream the shortening and add the sugar gradually. Add the well beaten egg. Take the flour which has been sifted twice before measuring, and sift together with the salt and baking powder. Add the milk and then the flour and Rapid Oats as quickly as possible. Bake 25 minutes in a hot oven (400° F.).

Popovers



Popovers

POPOVERS are popular for breakfast or supper. They are delicious when served piping hot with plenty of butter, and jam or marmalade if desired.

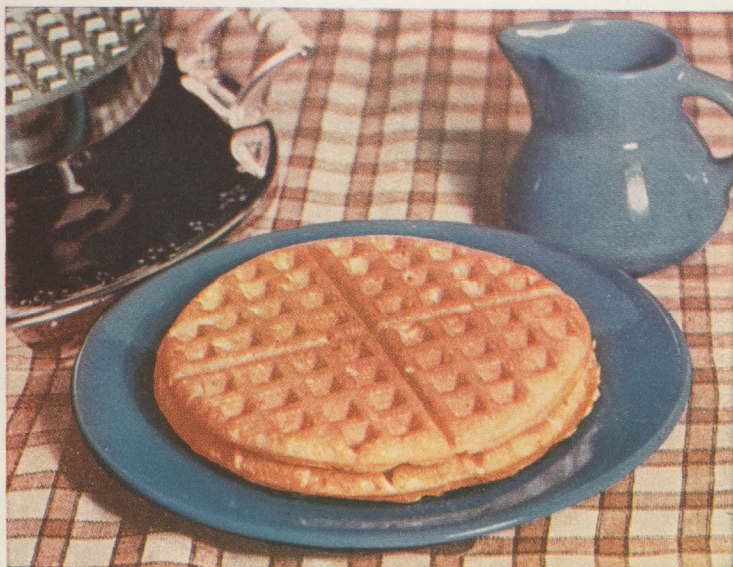
Popovers

1 c Robin Hood flour, well-sifted before measuring	2 eggs
$\frac{1}{2}$ tsp. salt	1 c milk

Heat deep muffin pans and grease well, using part butter for flavor. Put pans in oven to get piping hot while mixing batter. Beat eggs *very thoroughly* and add the milk. Add the flour and salt to egg and milk mixture. Beat for five minutes, with rotary beater. Pour into sizzling hot pans and bake in a very hot oven (475° F.) for 15 minutes. Decrease temperature (to 375° F.) and bake 30 minutes longer.

The mixture must not stand one minute after mixing before pouring into the hot pans.

Waffles



Waffles and Griddle Cakes

*T*HE success of griddle cakes and waffles lies largely in the condition of the surface on which they are baked. Keep your griddle or waffle iron very clean; grease well all but aluminum griddles, and never put batter on a cool or half-heated surface. The griddle should be hot, and the cakes or waffles turned but once. If a new griddle is used, first temper it by greasing liberally and heating thoroughly so that the fat burns onto the surface. If necessary, repeat the process till batter may be applied without sticking. Soapstone or aluminum griddles should not be greased.

Southern Waffles

2 c milk	$\frac{1}{2}$ tsp. salt
2 eggs	4 tsp. baking powder
$\frac{1}{2}$ c butter	3 c sifted Robin Hood flour
1 tbsp. sugar	

Add the milk to the sifted flour, salt, baking powder and sugar. Beat well and add the egg and shortening. Beat thoroughly and bake in hot irons. If sour milk is used instead of sweet add $\frac{1}{2}$ teaspoon soda to the milk and 2 teaspoons baking powder to the flour and salt.

Doughnuts

Griddle Cakes

3 c sifted Robin Hood flour	2 c milk
4 tsp. baking powder	1 egg
1 tsp. salt	2 tbsp. melted butter
1 tsp. sugar	

Mix and sift dry ingredients; beat egg, add milk, and pour slowly into first mixture. Beat thoroughly and add melted butter. Drop by spoonful on an oiled hot griddle. When puffed, full of bubbles, and cooked on edges, turn, and cook on other side. Begin cooking cakes at once or more baking powder will be required.

Sour Milk Griddle Cakes

1 c sour milk	1 tsp. sugar
1 $\frac{1}{8}$ c sifted Robin Hood flour	$\frac{1}{4}$ tsp. soda
1 egg	1 tsp. baking powder
$\frac{1}{2}$ tsp. salt	

Stir the sour milk into 1 cup of flour and let stand till morning. When ready to make the cakes, beat the egg thoroughly, and add $\frac{1}{8}$ cup of flour sifted with the salt, sugar, baking powder and soda. Mix well and bake on hot griddle.

Doughnuts

IT MAY be with morning coffee, or with a picnic lunch, or at supper, according to your taste; but one thing is sure, and that is that when you want a doughnut, nothing else quite takes its place. Of course, filled doughnuts and crullers really belong to the yeast bread family of foods, but they *look* like doughnuts, and some people think they are better than the baking powder variety. Just one word of warning. Be sure of the temperature of your frying fat. You will find a thermometer for accurate testing a good investment. If you do not have a thermometer test temperature of deep fat by dropping in a cube of bread. If the bread browns in 1 minute the fat is right for use. Never let the fat smoke. This indicates too hot temperature for successful frying.

Filled Doughnuts

Turn Parker House roll dough on floured bread board and roll out in rectangular shape $\frac{1}{4}$ inch thick. Brush dough with water, place one and one-half tsp. of jelly on half of the dough 3 or 4 inches apart. Fold the second half over the first. Cut out with a round cookie cutter and let rise until light or double in bulk. Fry in deep fat (360° - 370° F.) for 6 minutes, turning for even browning as with plain doughnuts. Drain on unglazed paper and roll in a mixture of powdered sugar and cinnamon.

Doughnuts



Plain Doughnuts

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|--------------------|--|
| 2 tbsp. shortening | $\frac{1}{8}$ tsp. nutmeg |
| 1 c sugar | 3 tsp. B. P. |
| 2 eggs | $\frac{1}{2}$ tsp. salt |
| 1 c milk | $3\frac{3}{4}$ c sifted Robin Hood flour |

To shortening add half of sugar and cream slightly. Beat eggs into mixture, then add remaining sugar and milk. Add nutmeg, baking powder and salt to three cups sifted flour. Sift again and mix thoroughly. Add to first mixture with remaining $\frac{3}{4}$ cup flour to make a soft dough. Roll into one-third inch thickness. Shape with cutter. Fry in deep fat (360° - 370° F.) for 3 minutes, turning as soon as they are well browned on under side.

Chocolate Doughnuts

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|---------------------|-------------------------------------|
| 1 c sugar | 4 tsp. B. P. |
| 2 squares chocolate | 3 c sifted Robin Hood flour |
| 1 egg | 1 tsp. vanilla |
| 1 tsp. salt | $\frac{2}{3}$ c chopped nut meats |
| 1 c milk | Grated rind of $\frac{1}{2}$ orange |

Beat egg and sugar together with spoon and add melted chocolate. Sift the dry ingredients together, saving out a little flour to mix with the nut meats. Add the flour mixture alternately with milk and then stir in the nuts, vanilla and grated orange rind. Roll, cut and fry in deep fat (360° - 370° F.) as for plain doughnuts.

Crullers

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| 1 pint bread dough | $\frac{1}{2}$ c sifted Robin Hood flour |
| 1 egg | $\frac{1}{3}$ c sugar |
| 2 tbsp. shortening | $\frac{1}{8}$ tsp. mace |

To bread dough, which should be ready to shape into loaves, add remaining ingredients, using spatula for mixing. Let rise until double in bulk. Roll to $\frac{1}{4}$ inch thickness and cut into doughnuts. Let stand 5 minutes. Fry in deep fat (360° - 370° F.) 5 minutes.

Oats Sweets



Rolled Oats Sweets

A FINE grade of Rolled Oats imparts a delicious flavor to many baked products. Sweets made from them may be eaten by both children and adults with the knowledge that real food value has been combined with toothsome flavor. You will find Robin Hood Rapid Oats especially adapted for use with these home tested recipes, because of the delicious "PAN-DRIED" flavor.

Robin Hood Rocks (Drop Cookies)

2 c Robin Hood Oats	1 c chopped nuts
2 eggs	1 tsp. B. P.
1 c shortening	1 tsp. cinnamon
2 c sifted Robin Hood flour	1 tsp. nutmeg
1 c sugar (white or brown)	$\frac{1}{4}$ tsp. cloves
2 tbsp. milk	$\frac{1}{2}$ tsp. salt
1 c chopped raisins	

Cream butter. Add sugar and slightly beaten eggs and milk. Combine with sifted dry ingredients. Drop by spoonful, one inch apart, on an oiled pan. Bake in a hot oven (400° F.) for about 10 minutes. Recipe makes about 4 dozen.

Oats Sweets

Robin Hood Rapid Oats Shortbread

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|---------------------------|------------------------------|
| 2 c Robin Hood Rapid Oats | Vanilla or few drops almond, |
| $\frac{1}{2}$ c butter | according to taste |
| 2 tbsp. sugar | |

Add sugar to oats, then rub the butter in with oats and sugar. Grease tin well and spread mixture one-half inch thick. Bake in slow oven (300° F.) for 30 to 40 minutes. Let stand in tin 20 minutes before removing.

Robin Hood Oat Cookies

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|------------------------------|----------------------------|
| 2½ c Robin Hood Oats | 2 tsp. B. P. |
| 1 c brown sugar | $\frac{1}{2}$ c sweet milk |
| 2½ c sifted Robin Hood flour | or |
| 1 c shortening | $\frac{1}{2}$ tsp. soda |
| 1 tsp. salt | $\frac{1}{2}$ c sour milk |

Cream the fat and sugar. Add sifted dry ingredients alternately with the milk. Roll thin. Cut. Bake in hot oven (400° F.) about 7 minutes. Recipe makes 6 to 7 dozen cookies.

Robin Hood Oat Crisps (or Macaroons)

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|-------------------------|-------------------|
| 2½ c Robin Hood Oats | 1 c sugar |
| 2 eggs | 2 tsp. B. P. |
| 2 tbsp. melted butter | Few drops vanilla |
| $\frac{1}{8}$ tsp. salt | |

Beat eggs until light. Add sugar gradually. Stir in remaining ingredients. Drop by spoonful one inch apart on an oiled pan. Bake in a moderate oven (325° F.) for 20 minutes. Recipe makes about 2 dozen.



Special for Christmas

Queen Victoria's Plum Pudding

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|---------------------------------------|---|
| 1 c raisins | $\frac{1}{4}$ c thinly sliced candied |
| 1 c currants | lemon peel (about $\frac{1}{8}$ lb.) |
| 1 c chopped suet | $\frac{3}{4}$ c brown sugar |
| 2 c bread crumbs | $\frac{3}{4}$ c Robin Hood flour |
| $\frac{1}{2}$ c walnut meats cut fine | 2 tsp. B. P. sifted in flour |
| $\frac{1}{2}$ c thinly sliced citron | 3 eggs |
| (about $\frac{1}{8}$ lb.) | $\frac{3}{4}$ c milk (if the bread crumbs |
| $\frac{1}{4}$ c thinly sliced candied | are dry the milk will have |
| orange peel (about $\frac{1}{8}$ lb.) | to be increased accordingly) |

Mix the dry ingredients together, add the milk and eggs, stir well. Put in greased molds and steam six hours. Serve with your favorite pudding sauce.

Easy to Win Prizes on Home Baking With Robin Hood Flour

*T*HE YEAR 1930 again recorded sweeping victories for Robin Hood flour at Canadian Home Baking Contests. In open competition for the best home baked bread, cakes and pastry, made with any kind of flour, the following prizes were won with Robin Hood flour at Canadian Exhibitions:

225 Prizes In All

GOLD MEDAL

For Best Loaf of Bread at the Calgary Exhibition.

TWO SILVER MEDALS

Sweepstakes for Best Loaf of White Bread, also Best Loaf Wholewheat Bread, at Calgary Exhibition.

103 FIRST PRIZES

Second and third prizes too numerous to mention also were carried off by women who baked their entries with Robin Hood Flour. These prizes were won at the Exhibitions held at Calgary, Edmonton, Regina, Saskatoon, Prince Albert, North Battleford, Yorkton and Brandon. The awards represented outstanding supremacy in over 40 varieties of home baked products, including white bread, rolls, buns, fruit cake, layer cake, angel cake, etc.

Each year an increasing number of prize winners at Canadian Exhibitions credit their success to Robin Hood Flour. At the judges' table or in the home, there is no surer way to win praise for your bread, cakes and pastry than to make them with Robin Hood. The Positive "MONEY-BACK PLUS 10%" Guarantee assures your complete satisfaction.

Your dealer handles Robin Hood Flour. If he is temporarily out of it ask him to get it for you. Order a bag of Robin Hood Flour today and try the delicious recipes contained in this book. A treat is in store for you.

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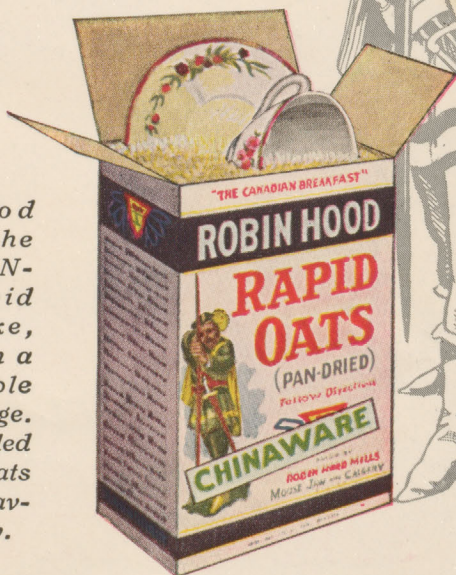
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What is the "PAN-DRIED" Process?

EVERY woman knows that *Hot, Cooked* oats porridge is the most nourishing food for old and young—but the oats should be "PAN-DRIED". The scientific "PAN-DRIED" process of making porridge oats, as developed by Robin Hood Mills Limited is adapted from an old Scotch formula. This is a method of pre-cooking in the hull which retains the valuable food elements of the oats and improves the flavor exactly as baking improves the flavor of a potato. Dealers in quality products can supply you.

Robin Hood Rapid Oats, the genuine "PAN-DRIED" rapid cooking flake, NOW comes in a modern "Double Sealed" package. The flavor is sealed in, keeping the oats fresh and full flavored indefinitely.



Robin Hood Rapid Oats

3533870



Robin Hood FLOUR

**Positive "MONEY-BACK" Guarantee
Protects You**