



THE FIVE ROSES

**YOUNG CANADA
BAKE-OFF COOKBOOK**

prize-winning bake-off recipes... year round fun party ideas...
full details on the Big '65 Young Canada Bake-Offs



Go Out On The Town—At Home!

Have a fling — have a picnic — have a ball! Here are some new ideas from the Five Roses Kitchens for year round parties. Parties that are easy to plan, easy to carry out, and sure to be successes.

For one thing, we've featured some of the prize-winning recipes from the 1964 Five Roses Bake-Offs. They're fun, they're different . . . and you know they're good because they've been picked out of hundreds of entries.

Make 1965 your year to entertain . . . your year to enjoy yourself . . . and your year to enter a prize-winning recipe in the 1965 Five Roses Bake-Off! Full details on the biggest Bake-Off ever on Page 12.

We hope this new Five Roses Young Canada Bake-Off Cookbook will help your imagination take off — win compliments from the crowd, or win prizes in the Five Roses Young Canada Bake-Offs!

Pauline Harvey,
Director, Five Roses Kitchens
Box 6089, Montreal, P.Q.

P.S.—See Page 12 for full details on the
3rd Annual Young Canada Bake-Off.



Mother's Day Surprise

Let mother laze on Mother's Day morning. Plan this surprise breakfast the night before, and treat her like a queen on HER day!

GOURMET COMPOTE

2 cups drained, cooked prunes
1 fresh grapefruit, sectioned
2 fresh oranges, sectioned

1 (15 oz.) can pears
Brown sugar
Lemon slices

Arrange layers of fruit (except lemon) in 1½ quart casserole. Sprinkle each layer sparingly with brown sugar. Bake in a moderate oven (350°F.) 30 minutes.

Arrange lemon slices over fruit and bake 10 minutes longer. Remove lemon slices and serve hot or cold.

Yield: 6 to 8 servings.

WAFFLE WHIZZES

1¼ cups Five Roses
Pre-sifted Flour
2 teaspoons baking powder
½ teaspoon salt

1 tablespoon sugar
1¼ cups milk
4 tablespoons salad oil
2 egg yolks, well-beaten
2 egg whites

Stir Five Roses Flour, baking powder, salt and sugar together. Combine milk and salad oil with beaten egg yolks; add to dry ingredients and stir only until blended. Beat egg whites until stiff but not dry; fold into batter. Cook on hot waffle iron.

(For crisp waffles, use 2 tablespoons more fat and cook longer).

Yield: 4-6 servings.

VARIATIONS:

Bacon Waffles: Sprinkle small bits of bacon, cooked or uncooked over waffle batter after filling waffle iron.

Cheese Waffles: Use 3 tablespoons of salad oil instead of 4. Add ½ cup grated cheese to waffle batter.

Chocolate Waffles: Increase sugar to ¼ cup; add ¼ cup cocoa with dry ingredients; add ¼ teaspoon vanilla to batter.

This is good as a dessert, served with ice cream.

Corn Waffles: Reduce milk from 1¼ cups to 1 cup. Add 1 - 15 oz. can cream style corn to batter. Cook until thoroughly dry.

Apple Waffles: Add 1 cup sliced and peeled apples to batter.

Blueberry Waffles: Add 1 cup fresh or frozen blueberries to batter.

Banana Waffles: Slice 1 or 2 bananas and add to batter.

VALENTINE HEART THROB

A heavenly after-dinner party with your own romantic decorations... and food that will make the party take wings!



LOVERLY FROSTING

1 cup sugar
 $\frac{1}{8}$ teaspoon cream of tartar
Few grains salt

1 egg white, unbeaten
 $\frac{1}{3}$ cup boiling water
 $\frac{1}{2}$ teaspoon vanilla

Few drops red food coloring

Mix all ingredients together (except vanilla and food coloring) in top of double boiler; stir to dissolve sugar.

Set pan over boiling water and beat with rotary beater until stiff enough to stand in peaks.

Remove from heat; add vanilla and food coloring, continue beating until stiff enough to spread.

Yield: Enough for two 8 or 9 inch layer cakes.

Note: It is preferable to use an enamel or pyrex double boiler. The beating will take longer if a rotary hand beater is used instead of an electric beater.

PARADISE PUNCH

1 can (48 oz.) Fruit Punch
1 tablespoon dried mint leaves

2 bottles (6 oz.) ginger ale
Lemon slices

Mix fruit punch and dried mint leaves together.

Chill for 1 hour or until ready to use; remove mint leaves with a strainer.

When ready to serve, add ginger ale, lemon slices and ice cubes.

Yield: 10 servings. Double recipe according to number of servings needed.

SWEETHEART CAKE

¾ cup Five Roses Pre-sifted Flour	4 eggs, separated
2 tablespoons cornstarch	¾ cup sugar
2 teaspoons baking powder	1 tablespoon lemon juice
Few grains salt	¼ cup cold water
	2 teaspoons grated lemon rind

Stir Five Roses Flour, cornstarch, baking powder and salt. Beat egg yolks until thick and pale yellow, gradually beat in sugar.

Stir in lemon juice, cold water and lemon rind.

Fold in dry ingredients.

Beat egg whites until stiff but not dry; fold into batter. Bake in 2 ungreased heart shaped pans in a moderate oven (325°F.) 30 to 35 minutes or until top of cake springs back when lightly touched with finger.

Invert pan and let cake hang until cool.

Loosen cake with spatula and shake from pan.

Frost with 'Lovely' pink frosting.

Decorate with heart-shaped candies.

HEARTBEAT COOKIES

1½ cups Five Roses	½ cup butter
Pre-sifted Flour	½ cup sugar
1½ teaspoons baking powder	1 egg yolk, beaten
¼ teaspoon salt	3 tablespoons milk
	½ teaspoon vanilla

Stir Five Roses Flour, baking powder and salt together. Cream butter; add sugar gradually, beating between additions. Add egg yolk; mix well. Add dry ingredients alternately with milk; add vanilla. Chill dough thoroughly. Roll ¼-inch thick on lightly floured board; cut with heart-shaped cookie cutter. Bake on an ungreased cookie sheet in a moderate oven (375°F.) 5 - 8 minutes.

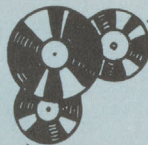
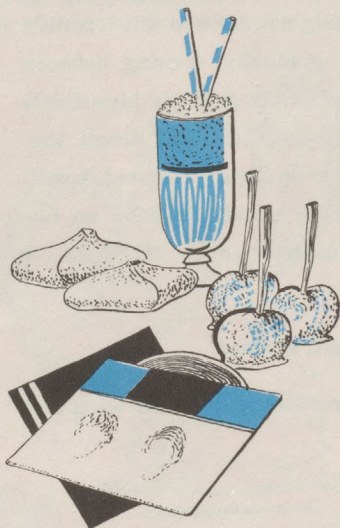
Yield: 2 dozen heart-shaped cookies.

Note: If desired, ice the cookies with butter icing and decorate.

DISCOTHEQUE

MOP-HOP

Beg or borrow as many new records as you can — and dance, dance, dance! In between dances, delight big appetites with these party snacks!



SHAKES

BANANA MILKSHAKE

1 cup cold milk 1 ripe banana

Slice banana into a bowl and beat with rotary beater until creamy. Add milk; mix thoroughly. Serve cold.
Yield: 1 large serving.

CHOCOLATE MILKSHAKE

Omit banana. Add 2 tablespoons chocolate syrup. Mix well with rotary beater.

STRAWBERRY MILKSHAKE

1 cup milk 2-3 tablespoons strained strawberries 2 teaspoons sugar
Crush strawberries and press through a coarse sieve. Combine with milk and sugar; beat well. Serve cold.
Yield: 1 large serving.

APPLE FRUGS

4 cups sugar ½ teaspoon cream of tartar
2 cups boiling water Few drops red food colouring
18-20 medium-size apples

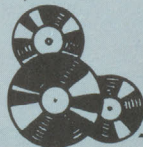
Mix sugar, boiling water and cream of tartar in top of double boiler. Bring slowly to boiling point over medium heat, stirring constantly. Boil without stirring until syrup reaches 310°F. or changes to a yellow color; **watch carefully.**

Wash off any sugar which may adhere to sides of saucepan, using a wet cloth wrapped around handle of wooden spoon or index finger.

Remove from heat and place in pan of hot water during dipping. Use firm, clean, medium-size apples; insert a wooden skewer in stem end of each.

Dip in hot syrup to cover apples; hold over pan until dripping stops. Place on waxed paper until set.

Yield: Enough syrup for 18-20 apples.



PINEAPPLE CRUSTIES

PASTRY:

2¼ cups Five Roses
Pre-sifted Flour
1 teaspoon salt

¾ cup plus 2 tablespoons
shortening
About ⅓ cup water

FILLING:

1 (15 oz.) can Pineapple
chunks well drained
½ cup brown sugar

½ teaspoon cinnamon
3 tablespoons butter or
margarine

Mix Five Roses Flour and salt together.

Cut ⅔ of the shortening into the flour with a pastry blender or 2 knives until mixture is the consistency of cornmeal. Cut in remaining shortening until the consistency of the mixture resembles large peas. Sprinkle water, a tablespoon at a time, tossing quickly with fork until dough sticks together. Form pastry into a flat disc. Roll out into a large rectangle (about 18" x 12") ⅛" thick on a lightly floured board; cut into 3-inch squares. Mix sugar, cinnamon and butter together. Place one pineapple chunk in centre of each pastry square; sprinkle with some of the sugar mixture. Bring the 4 corners of each square together and press the ears together to seal. Brush with milk if desired.

Place on ungreased baking sheet and bake in a hot oven (425°F.) 15 to 20 minutes or until golden brown.

Yield: 24 crusties.

Recipe by Carmen Brown, Quebec.
Five Roses Young Canada Bake-off 1964
Adapted by Five Roses Kitchens.

BEATLE BAKES

½ cups Five Roses Pre-sifted
Flour

½ cup sugar
1 egg yolk, beaten
3 tablespoons milk
½ teaspoon salt
1 tablespoon instant
chocolate

1½ teaspoons baking powder
¼ teaspoon vanilla
½ cup butter

Stir Five Roses Flour, baking powder and salt together.

Cream butter; add sugar gradually, creaming well.

Beat in egg yolk.

Add dry ingredients alternately with milk; stir in vanilla.

Blend in instant chocolate with ½ cup dough; set aside.

Place teaspoonfuls of dough on ungreased cookie sheets; flatten with floured fingers to form circles about 2½ inches in diameter and ⅛ inch thick.

Decorate with chocolate dough to make "beatle" faces and wigs. Bake in a moderate oven (375°F.) 10 - 12 minutes or until lightly browned.


Yield: 16 - 18 medium size cookies.

Note: On halloween, decorate the cookies to resemble goblins.

Recipe by Glenda Deegan, Ontario.
Five Roses Young Canada Bake-off 1964
Adapted by Five Roses Kitchens.

GRAD-RAG FLING

Post-Prom informal dinner to top off the evening of the year. You'll go to the head of the class for entertainment honours!



TOSSED ALMOND SALAD

Prepare crisp salad greens and chill. Just before serving, toss with Italian salad dressing and sprinkle with slivered, blanched almonds.

GRADUATION CAKE

3 egg whites	1½ cups Five Roses Pre-sifted Flour
3 egg yolks	1 teaspoon baking powder
⅔ cup cold water	¼ teaspoon salt
1¼ cups sugar	1 teaspoon vanilla

Beat egg whites until stiff but not dry; set aside.

Beat egg yolks and water until 3 times original size.

Add sugar, Five Roses Flour, baking powder and salt to egg yolk mixture; beat well.

Fold in egg whites and vanilla.

Bake in an ungreased 10-inch tube pan in a slow oven (300°F.) 50-60 minutes.

Allow to hang upside down to cool; remove from pan and frost as desired and decorate with graduation theme.



TOP-HONOURS LASAGNA

1 medium onion, finely chopped	1 teaspoon dried oregano
1 clove garlic, minced	$\frac{3}{4}$ cup water
2 tablespoons olive oil	2 eggs
1 lb. ground beef	1 pkg. (10 oz.) frozen chopped spinach (optional)
1 can (10 oz.) sliced mushrooms	1 cup creamed cottage cheese
1 can (7½ oz.) tomato sauce	$\frac{1}{3}$ cup grated Parmesan cheese
1 can (6 oz.) tomato paste	1 lb. lasagna noodles, cooked and drained
2 teaspoons salt	
1 pkg. (12 oz.) Mozzarella cheese, sliced	

Sauté onion and garlic in 1 tablespoon of oil; add ground beef and break apart; cook until brown.

Blend in mushrooms (including mushroom liquid), tomato sauce, tomato paste, 1 teaspoon of the salt, oregano and water; simmer 15 minutes.

Mix 1 of the eggs with the thawed spinach, cottage cheese, Parmesan cheese, remaining oil and salt. Beat the second egg slightly and toss with the cooked lasagna.

Pour half of the meat sauce in an oblong baking pan (9 x 13 inches) and cover with a layer of half of the

lasagna. Spread all the cottage cheese mixture over the lasagna; then cover this with the remaining lasagna. Top with remaining meat sauce.

Bake in a moderate oven (350°F.) 45 minutes; arrange strips of Mozzarella cheese on top and bake 15 minutes longer. Serve hot.

Yield : 8 servings.

To double recipe : Repeat procedure twice. Use 2 smaller pans if another 9 x 13 inch pan is not available.

Note : This recipe may be made the night before. Prepare Lasagna but do not bake it. Cover and store in refrigerator until ready to bake.

GRAPE DELIGHT

1 48-oz. can grape juice	1 30-oz. bottle of gingerale Lemon or lime sherbet
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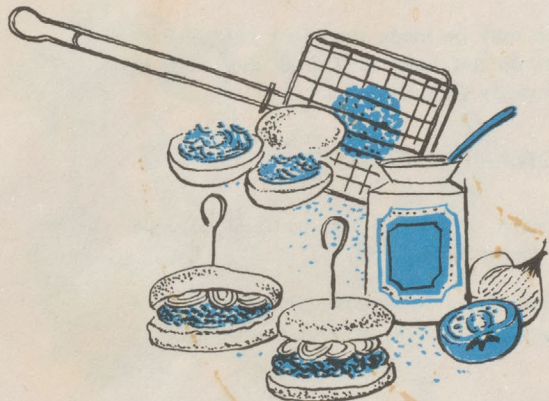
Mix grape juice and gingerale together. Pour into punch cups and add 1 scoop of lemon or lime sherbet. Serve immediately.

Yield : 18 punch-cup servings.



YOUNG CANADA DAY PICNIC

The first long weekend of the year — have a picnic! Prepare a picnic box for each guest — let them carry and cook their own out-door fare.



DOUBLE-DATE SQUARES

1½ cups Five Roses
Pre-sifted Flour
½ teaspoon baking soda

1½ cups rolled oats
1½ cups brown sugar
1 cup butter

Date Filling

1 lb. dates
¾ cup hot water

¼ cup sugar
Pinch of salt

1 teaspoon vanilla

Prepare filling first.

Combine dates, hot water, sugar and salt together in a saucepan. Cook over medium heat until dates are soft and water is absorbed; add vanilla and let cool.

Stir Five Roses Flour and baking soda together; add to rolled oats and brown sugar and mix well.

Work in butter with fork until mixture is crumbly.

Spread ½ the mixture in bottom of a greased 9-inch square pan and pat down; cover with cooled date filling.

Pat ½ of remaining mixture on top; then sprinkle over lightly with remainder.

Bake in moderate oven (350°F.) 20 to 25 minutes.

Note : For thinner date squares use a larger pan, 9 x 13 inches.



BIG COUNTRY BURGERS

2 lb. ground beef	2 teaspoons salt
1-2 eggs, slightly beaten	$\frac{1}{4}$ teaspoon pepper
2 teaspoons prepared mustard	Salad Oil or Barbecue Sauce

Mix ground beef, egg, mustard, salt and pepper together; divide into 16 equal portions.

(Add extra egg, only if necessary to bind mixture together.) Shape each portion into 2½-inch round patties.

Wrap in heavy waxed paper or aluminum foil and keep cool until needed.

Brush both sides with salad oil or barbecue sauce and place on grill.

Broil over hot coals about 10 minutes; turn; broil 10 more minutes or until done to desired stage.

Serve on buns with relish, ketchup, mustard, tomato slices or onion slices. (Let each guest make their own.)

Yield: 16 patties.

CARAVAN EGGS

6 hard cooked eggs	Dash of onion powder
$\frac{1}{4}$ teaspoon salt	Dash of pepper
$\frac{3}{4}$ teaspoon prepared mustard	2 to 3 drops Worcestershire Sauce
2 tablespoons mayonnaise	Paprika, parsley, or chives

Cut hard-cooked eggs in half, lengthwise.

Remove yolks carefully and force through a coarse sieve. Add next 6 ingredients and beat until smooth and fluffy. (Add more mayonnaise if necessary, as amount will depend on size of yolks.)

Heap into egg whites. Do not pack or pat surface smooth. Sprinkle with paprika, parsley or chives.

Keep in cool place until ready to serve.

Yield: 12 halves.



PRE-GAME WARM-UP

Before the game starts (or after it is over), this is the sure-winning way to warm up the crowd!



"RAH-RAH-RAH" HONEY CAKE

1 cup honey	2 teaspoons baking powder
3 eggs	2 $\frac{2}{3}$ cups Five Roses
1 cup sugar	Pre-sifted Flour
$\frac{1}{2}$ cup salad oil	1 cup cooled coffee
$\frac{3}{4}$ teaspoon salt	1 teaspoon baking soda

Mix honey, eggs, sugar and salad oil together; beat until smooth.

Stir salt, baking powder and Five Roses Flour together.

Dissolve baking soda in cooled coffee.

Add dry ingredients and coffee to honey mixture; beat until smooth.

Pour into two greased and lined 8-inch square cake pans or one 9 x 13 inch cake pan.

Bake in a moderate oven (325°F.) 50-60 minutes.

Topping: Top with whipped cream and sliced peaches.

Recipe by Connie Rybka, Ontario
Second Prize Winner, Five Roses Young
Canada Bake-off, 1964.

Adapted by Five Roses Kitchens.



WINKS

- | | |
|---------------------------------------|--------------------------------------|
| 2 cups Five Roses
Pre-sifted Flour | 2 eggs |
| 1 teaspoon baking powder | ¼ cup milk |
| ½ teaspoon baking soda | 1 teaspoon vanilla |
| ½ teaspoon salt | 1 cup chopped dates |
| ¾ cup shortening | ⅓ cup chopped maraschino
cherries |
| 1 cup sugar | 2½ cups cornflakes |

Stir Five Roses Flour, baking powder, baking soda and salt together.

Cream shortening; add sugar gradually, beating well. Add eggs, milk and vanilla; beat well.

Blend in dry ingredients, mixing well; stir in dates and cherries.

Shape into balls, using a teaspoonful of dough for each. Crush cornflakes and roll each ball in the cornflakes. Place on greased baking sheet; top each with ¼ cherry.

Bake in a moderate oven (375°F.) 10-12 minutes.

Yield: About 5 dozen.

Recipe by Pauline McCardle, P.E.I.
National Winner, Five Roses
Young Canada Bake-off 1964
Adapted by Five Roses Kitchens.

"HERO" CHEESE-FRANKS

- | | |
|-----------------|-------------------------------|
| 6 hot dog rolls | Cheddar cheese, thinly sliced |
| Butter | 1 large onion, thinly sliced |
- Cut 2 slices lengthwise in each roll to within ½-inch from bottom; butter both sides of cut slices.
Sauté onion in butter until tender and lightly browned. Insert a thin slice of cheddar cheese and onion in each cut.

Bake in a hot oven (425°F.) 10 minutes or until cheese melts; sprinkle with snipped parsley.

Note: These may be prepared ahead of time and baked when needed.

COFFEE MOCHA

- | | |
|----------------------------------|---|
| 3 tablespoons sugar | 1 square (1 oz.)
unsweetened chocolate |
| ¼ cup powdered instant
coffee | Pinch of salt |
| 1½ cups water | 3 cups milk |
| | Whipped cream |

Combine sugar, coffee, water, chocolate and salt in saucepan.

Stir over medium heat until chocolate melts; simmer 4 to 5 minutes, stirring constantly. Add milk gradually; heat and stir until hot. Remove from heat and beat until frothy.

Serve hot in cups and spoon whipped cream on each.

Yield: 3 to 4 servings.

Note: Recipe may be doubled.





ENTER THE '65 FIVE ROSES YOUNG CANADA BAKE-OFFS

- Q. Are you between the ages of 13 and 18 inclusive ?
- Q. Have you a favourite recipe you bake at home ?

Easy To Enter! Entering is as easy as answering "yes" to the two questions above. As simply as that you could qualify for this year's Five Roses Young Canada Bake-Offs join in the fun and excitement and share in the many awards. Just send us your favorite recipe and entry form.

If you are selected! If your submission is selected by the judges as one of the ten best in your Province, you will be invited, along with a parent or authorized chaperon, expenses-paid,

to attend a Provincial Bake-Off which will be held at an Eaton's Store in your Province.

What You Will Bake! At the Bake-Off in your Province, you will be asked to bake your favourite recipe, plus a "control" recipe (see pages 15 and 16) selected by the Bake-Off Committee.

The winners in each Province will go on to the National Bake-Off which will be held in Eaton's Store, Toronto, May 8th, 1965.

OVER 400 FIVE ROSES YOUNG CANADA AWARDS!

THE NATIONAL CHAMPION WINS

a **\$1500.00** Educational Grant*
and a Silver Rose Bowl Trophy

*(Or a \$1,000.00 Canada Savings Bond and Trophy)

\$200.00 CANADA SAVINGS BOND

awarded to first runner-up

\$100.00 CANADA SAVINGS BOND

awarded to second runner-up

TEN PROVINCIAL CHAMPIONS WIN

SILVER SERVING TRAYS!
\$100.00 CANADA SAVINGS BONDS!

90 RUNNERS-UP WIN

\$25.00 CASH AWARDS!

110 EXPENSE-PAID TRIPS FOR TWO!

Return transportation to Provincial Bake-Offs, hotel accommodations and meals will be provided by Five Roses for 100 girls — 10 from each Province — and parent or authorized chaperon. The ten Provincial winners will be brought to Toronto, expenses paid, for the National Bake-Off!

TEN PIECES OF GLAMOROUS LUGGAGE!

Ten lucky girls, the winners of the Provincial Bake-Offs, will be presented with a glamorous piece of luggage for their trip to Toronto!

330 AWARDS OF MERIT!

Special framed citations will be awarded to 330 girls across Canada whose entries are deemed merit-worthy!

BAKE-OFFS AT EATON'S COAST-TO-COAST

EATON'S VIKING ELECTRIC RANGES and other Eaton appliances have been selected as official equipment for the Bake-Offs. All baking needs will be supplied.

St. John's, Nfld	March 27th	Charlottetown, P.E.I.	April 10th
Vancouver, B.C.	March 27th	Regina, Sask.	April 10th
Halifax, N.S.	April 3rd	Moncton, N.B.	April 23rd
Edmonton, Alta.	April 3rd	Winnipeg, Man.	April 23rd
Hamilton, Ont.	April 3rd	Montreal, P.Q.	April 24th

NATIONAL BAKE-OFF — TORONTO, MAY 8th

SIMPLE RULES FOR ENTERING

1. Each entry must include a favourite recipe (it must call for a minimum of half a cup of any Five Roses Flour).
2. Mail entry to Five Roses Young Canada Bake-Offs, P.O. Box 6333, Montreal. All entries must be received by Midnight, February 26, 1965.
3. Send as many entries as you wish but include only one entry per envelope.
4. Recipes will be judged by qualified home economists on the basis of originality, imagination, general appeal and presentation.
5. Follow these rules in sending your recipe :
Print clearly or type on one side of the paper only. Put your name and address at the top of each page. Submit your recipe in the following order :
 - 1) List ingredients giving exact measurements.
 - 2) Give method of preparation including baking time and oven temperature.
 - 3) Give pan sizes.
 - 4) Give total time for preparation and baking.
6. Entrants must be Canadian residents, female, between the ages of 13 and 18 inclusive as of May 9, 1965.
7. To become eligible, all entries must comply with the above rules. No correspondence will be entered into. For winners list write : Five Roses Young Canada Bake-Offs, Box 6089, Montreal. Winners will be contacted by phone or mail.

ENTRY FORM

I wish to enter the Five Roses Young Canada Bake-Offs. I have enclosed my favourite recipe.

Name

Address Phone

City of Town Province

Birthday
(date) (month) (year)

Mail to :

FIVE ROSES YOUNG CANADA BAKE-OFFS,
Box 6333, Montreal.

FIVE ROSES FLOUR

Canada's Most Respected Name in Baking

BAKE-OFF CONTROL RECIPES

Start practising now! Winners will be asked to bake ONE of these recipes in the 1965 Five Roses Bake-Offs!

POPPY SEED TWISTS

3½ cups Five Roses Pre-sifted Flour	½ teaspoon salt
8 teaspoons baking powder	½ cup butter
	¼ cups milk

GLAZE

1 egg yolk, slightly beaten	1 tablespoon milk
Poppy Seeds	

Stir Five Roses Flour, baking powder and salt together. Cut in butter with pastry blender or two knives, until mixture is crumbly.

Add milk gradually, tossing with fork, until mixture holds together and comes away from sides of bowl. Knead on lightly floured board for a few minutes.

Break dough into 32 equal-size pieces; roll each piece into a round pencil-like strip, 6 inches long.

Tie each strip into a knot and place on a greased baking sheet. Mix slightly beaten egg yolk and milk together, then brush tops with this egg-milk mixture and sprinkle with poppy seeds.

Bake in a hot oven (425°F.) 15 minutes or until lightly browned.

Yield: 32 twisties.

LEMON LOAF

½ cup shortening	1½ cups Five Roses Pre-sifted Flour
1 cup sugar	
2 eggs	½ teaspoon salt
Grated rind of 1 lemon	1 teaspoon baking powder
	½ cup milk

GLAZE

Juice of half a lemon	¼ cup sugar
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Cream shortening; beat in sugar gradually.

Add eggs, beating well; stir in rind.

Mix Five Roses flour, salt and baking powder together. Blend in dry ingredients alternately with milk; mixing well.

Bake in a greased 8½ x 4½ x 2½ inch loaf pan in a moderate oven (350°F.) 50 - 60 minutes.

Remove from oven and glaze immediately.

Let cool thoroughly before slicing.

QUICK CHERRY CAKES

1½ cups Five Roses Pre-sifted Flour	⅓ cup shortening
½ teaspoon salt	½ cup milk
¼ teaspoon baking soda	1 egg
2 teaspoons baking powder	2 egg yolks
¾ cup sugar	1 tablespoon orange juice
	1 teaspoon orange rind
	¾ cup chopped glacé cherries

Stir Five Roses Flour, salt, baking soda, baking powder and sugar together in a large mixing bowl; blend in shortening and milk.

Beat two minutes with rotary or electric beater, scraping sides of bowl during beating.

Scrape beater and bowl well; add egg, egg yolks, orange juice and rind and beat for 2 more minutes.

Dust chopped cherries with 1 tablespoon flour; fold into batter.

Pour into greased muffin pans or paper baking cups and bake in a moderate oven (375°F.) 20-25 minutes.

Yield: 20-24 medium size cup cakes.

Frost and decorate as desired.

CORNMEAL MUFFINS

1 cup Five Roses Pre-sifted Flour	1/4 cup sugar
2 1/2 teaspoons baking powder	1/2 cup cornmeal
1/2 teaspoon salt	1/4 cup butter
1/4 teaspoon baking soda	1 egg, beaten
3/4 cup milk	1/4 cup molasses

Stir Five Roses Flour, baking powder, salt, baking soda, sugar and cornmeal together.

Melt butter and combine with beaten egg, molasses and milk. Add butter mixture to dry ingredients; stir only enough to dampen flour.

Fill greased muffin tins 2/3 full.

Bake in a moderate oven (375°F.) 12 to 15 minutes.

Yield: 10-15 medium-size muffins.

BUTTERSCOTCH MERINGUE PIE

PASTRY:

1 1/2 cups Five Roses Pre-sifted Flour	1/2 teaspoon baking powder
1/2 teaspoon salt	1/2 cup shortening
	1/3 cup ice-cold water

Butterscotch Filling:

6 tablespoons Five Roses Pre-sifted Flour	2 cups scalded milk
3/4 cup sugar	3 egg yolks
1/2 teaspoon salt	3 tablespoons butter
	1/2 teaspoon vanilla

PASTRY:

Prepare pastry first. Mix Five Roses Flour, salt and baking powder together. Cut in shortening with 2 knives or pastry blender. Add water, a little at a time, using just enough to bind mixture so that dough can be patted lightly to form a ball. Shape dough into a round disc and roll on a lightly floured board to form a circle 1/8 inch thick and an inch larger than pie plate. Fit gently into 8-inch pie plate. Trim edges, allowing 1/4 - 1/2 inch extra all around. Fold edges under and press pastry to rim of pie plate; flute. Prick pastry well all over with a fork. Bake at 450°F.

10-12 minutes or until lightly browned. Cool before adding filling.

FILLING:

Mix the 6 tablespoons Five Roses Flour, brown sugar and salt thoroughly in top of double boiler. Add 1 cup of the scalded milk and stir over direct heat until smooth; add remaining milk, then place over boiling water.

Cook, stirring constantly until thick and smooth (about 5 minutes); continue cooking for 10 minutes longer, stirring frequently. Beat egg yolks thoroughly; stir in a little of the hot mixture into beaten yolks, then pour back all at once into double boiler, stirring quickly. Cook for 3 minutes longer, stirring constantly. Remove from heat, add butter and vanilla and stir until mixed. Pour into cooled pastry shell.

MERINGUE:

When filling is cool, make meringue. Beat 3 egg whites until stiff but not dry; gradually add 6 tablespoons of sugar, beating between additions. Beat until mixture holds its shape. Pile gently on cooled pie filling. Bake at 350°F., 7-10 minutes or until peaks of meringue are lightly browned.

NUTTY CHOCOLATE SQUARES

1 cup Five Roses Pre-sifted Flour	1 cup brown sugar
1/4 teaspoon baking soda	1 egg
1/4 teaspoon salt	1 teaspoon vanilla
1/3 cup butter	1/2 cup semi-sweet chocolate chips
	1/2 cup chopped walnuts

Stir Five Roses Flour, baking soda and salt together. Cream butter; gradually beat in brown sugar. Add egg and vanilla; beat well.

Add dry ingredients to creamed mixture; mix well.

Stir in chocolate chips and chopped nuts.

Spread mixture on a greased 7 1/2 x 11 1/2 x 1 1/2 inch pan.

Bake in a moderate oven (350°F.) 20-25 minutes.

Cut in squares while warm.

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COUPON

FIVE ROSES GUIDE TO GOOD COOKING



Please send a copy of
THE FIVE ROSES GUIDE TO GOOD COOKING

to:

Name
(Please Print)

Address

Mail this coupon with 50c for each copy to: Cook Book Dept.,
Lake of the Woods Milling Co. Ltd., Toronto or Winnipeg.

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