

# Bread Baking Made Easy

Robin Hood Rolled Dough Method



BY *Rita Martin*

**Robin Hood Flour Mills Limited**

MARTIN, RITA  
Bread...

Uncat \*  
Cookery  
ckbk 1796

# baking Success

*depends primarily on the flour you use*

**S**UCCESSFUL Home-makers all across Canada know that good wholesome bread can be made only from a thoroughly dependable flour. They know too, that for economy they must use a flour which has oven-spring—a flour that readily absorbs moisture—a flour strong in gluten and, at the same time, rich with the goodness of wheat flavour. And for health protection, that flour should be milled from washed wheat.

ROBIN HOOD FLOUR is, we firmly believe, the only flour that meets these requisites. Robin Hood Flour is thoroughly dependable—it is tested hourly in our modernly equipped laboratories by fully qualified chemists who make certain the high dependable quality is uniform always. Robin Hood Flour readily absorbs moisture, is economical to use and produces more loaves of really tasty, even-textured bread per bag.

Robin Hood Flour, the finest all-purpose Canadian Flour is "Milled from Washed Wheat" to safeguard your family's health.

Among women who bake, Robin Hood Flour is the overwhelming favourite, as proven in Baking Contests held throughout Canada over a three year period. In over ten thousand home-baking contests over eight thousand women who baked with Robin Hood Flour were awarded first prizes. This means better than 4 out of 5 women won first prizes. So if facts 'n figures govern your choice, here are the facts—and here are the figures.

The millers of Robin Hood Flour are so confident of the quality of this fine flour that they guarantee it unconditionally. With every bag of Robin Hood Flour you'll find a Money-Back plus 10% guarantee certificate—which all means that if, after two bakings with Robin Hood Flour you are not completely satisfied and thoroughly convinced it is the finest flour milled, your grocer will refund to you the full purchase price of the flour *plus 10%*.

Buy a bag of Robin Hood Flour. . . and make a batch of the tastiest bread . . . we think you'll agree with us that it's the finest bread you've ever had the joy of eating.

*Rita Martin*

Director, Home Service Department

**Robin Hood Flour Mills Limited**

**SPECIAL NOTE**

The entire contents, text and pictures, of this book is original material of which COPYRIGHT is registered in Canada

C 1949

# BREAD BAKING MADE EASY



BY *Rita Martin*

---

This simple, NEW Rolled Dough method makes 4 large, delicious loaves in 6 hours. No fuss with overnight rising.



---

## KNOCKING THE "KNACK" OUT OF BREAD-MAKING

---

IT'S about time that someone blew sky-high the old-fashioned notion that it takes "knack" to bake a good batch of bread.

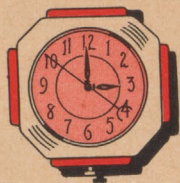
And someone has. For, as you turn the pages of this book . . . look at each easy-to-read picture section . . . follow the simple steps you take . . . you'll be amazed to discover that there's nothing "mysterious" about this age-old procedure. Now, bread-making is fun! You get good results every time, too!

Each and every step in bread-making is pictured and described for you in the following pages. You can't miss.

But this book does more than break down bread-making into its simple, easy-to-take steps, it presents a **NEW—MORE SIMPLE—WAY TO MAKE BREAD . . . DELICIOUS, WHOLESOME BREAD** that will be a joy to your heart to serve. And how your folks will eat up your crusty brown loaves!

Gone is all the bother and trouble . . . the prolonged clutter and responsibility of bread-baking spread over a couple of days. You don't have to start the day before to mix the dough. You don't have to let the dough rise overnight. You don't have to have any "knack" for baking. Follow directions and success is assured.

For, with this new 6-hour bread recipe, you begin from scratch at, say, nine in the morning . . . after breakfast dishes are done, and at three that afternoon . . . just six hours after you started, you take four lovely loaves of tempting bread out of the oven.



Could anything be simpler? Of course not!

Every step described and pictured in the following pages has been tested repeatedly . . . not only by one or two professional bakers . . . but by home bakers too. Housewives from coast to coast have tried out this 6-hour bread-baking recipe in their kitchens. And, they're all agreed that it is the greatest advance in home bread-making in many, many years.

Try it. We think you'll agree.



*Published for better, easier bread-making in the home, by*

**Robin Hood Flour Mills Limited**

*Millers of Robin Hood Flour*

MILLS AT CALGARY, MOOSE JAW, SASKATOON, HUMBERSTONE

NOTICE—This is a NEW method of making bread  
for which a patent has been applied for at Ottawa

# THE TEN IMPORTANT HIGH SPOTS IN "BREAD-BAKING MADE EASY"

This picture-index hits the 10 important high spots in the following picture pages. If you're an "old hand" at bread-baking, you can use it to look up steps you're interested in. But you will find this new method detailed in brief, on Page 20. If you've seldom made bread at home, this picture-index will introduce you to a grand new baking experience.

---

## High Spot No. 1

Assembling ingredients and utensils  
Time: 10 minutes  
See Pictures 1 to 3—Pages 6 and 7



## High Spot No. 2

Preparing materials  
Time: 15 minutes  
See Pictures 4 to 12—Pages 8, 9 and 10



## High Spot No. 3

Mixing and kneading  
Time: 15 minutes  
See Pictures 13 to 18—Pages 11, 12 and 13



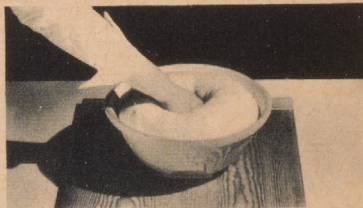
## High Spot No. 4

Rising  
Time: 120 minutes (2 hours)  
See Pictures 19 and 20—Page 13



## High Spot No. 5

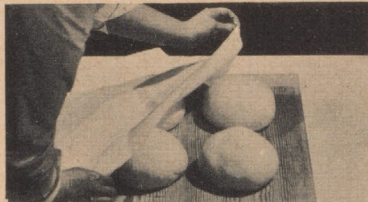
Preparing Dough  
Time: 10 minutes  
See Pictures 21 to 23—Page 14



---

### High Spot No. 6

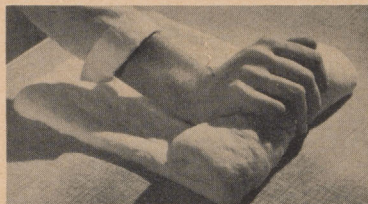
Resting  
Time: 15 minutes  
See Picture 24—Page 15



---

### High Spot No. 7

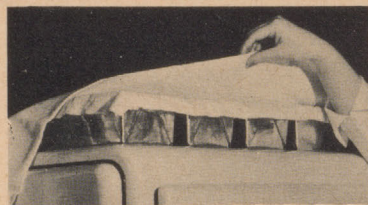
Shaping loaves  
(by Rolled Dough method)  
Time: 20 minutes  
See Pictures 25 to 29—Pages 15 and 16



---

### High Spot No. 8

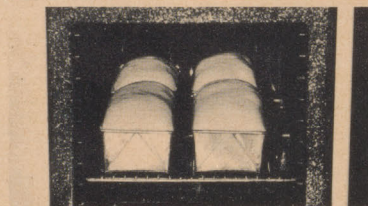
Loaves rising  
Time: 90 minutes  
See Picture 30—Page 17



---

### High Spot No. 9

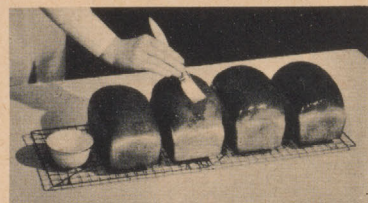
Baking  
Time: 50 minutes  
See Pictures 31 and 32—Page 17



---

### High Spot No. 10

Finishing  
Time: 5 minutes  
See Pictures 33 to 35—Pages 18 and 19

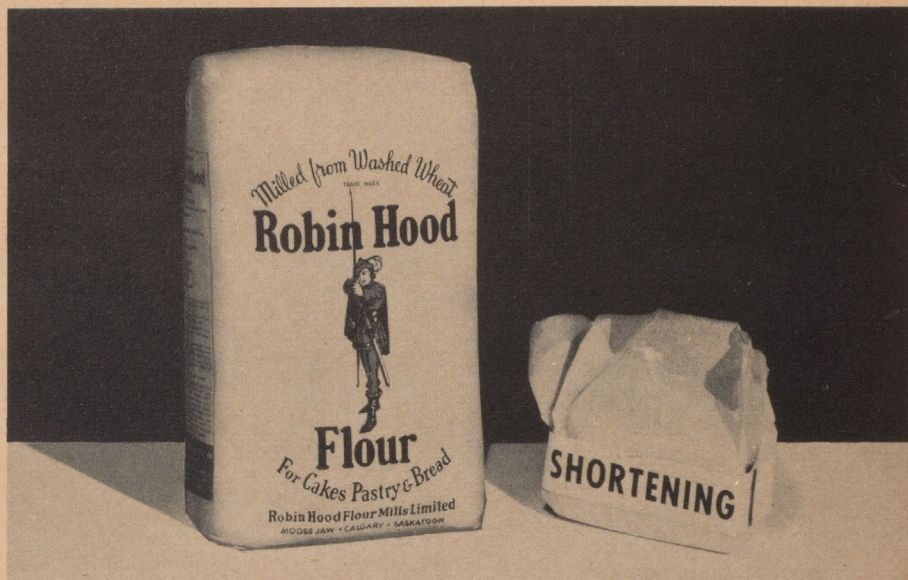


---

## SIMPLE—SURE

From the flour bag to the bread box — in less than 6 hours. For  $3\frac{1}{2}$  of the 6 hours nature does the work — you are free for other housework. The clock and the thermometer guide you to baking success . . . assure prize-winning, tempting loaves of bread from every baking. Only one secret concerns you — that is flour — ROBIN HOOD . . . the flour used by home bread-baking champions. So be certain you have dependable Robin Hood Flour, when you try this *simple, SURE* always-successful recipe for delicious golden home-made bread.

## ASSEMBLING INGREDIENTS AND UTENSILS



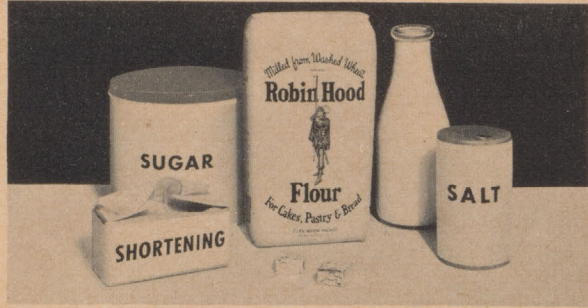
### 1

- (a) The temperature of the room is of *first importance* when making bread. The room should be warm enough to prevent dough from chilling while mixing, kneading and rising. Therefore, try to keep a thermometer hanging in the kitchen. If it registers between 75 and 85 degrees the dough will rise at room temperature. Best results will be obtained if room temperature of 75 to 85 degrees is maintained. No special "warm place" is required. You will have perfect results, if the same temperature is maintained throughout the whole process and dough placed away from drafts and extreme heat.
- (b) Have flour at room temperature. If flour is stored in cold place, allow ample time for it to come to room temperature before using.
- (c) Have shortening at room temperature too—soft enough to measure and blend into mixture—set it out along with flour, removing any wrappings.

*Famed for uniform high quality, Robin Hood Flour is used in more homes than any other brand.*



## 2



### STANDARD ROBIN HOOD BREAD RECIPE

Assemble all ingredients ready to be measured. The ingredients required are:

- |   |       |    |                                       |
|---|-------|----|---------------------------------------|
| 2 cups milk   | ..... | or | *4 cups all water, part potato water, |
| 2 cups cold water   | ..... |    | or combination of all three           |
| 2 compressed (quick) yeast cakes                                      | ..... | or | 2 packages of dehydrated yeast        |
| 4 teaspoons salt  |       |    | (fast rising dry yeast)               |
| 6 tablespoons granulated sugar  |       |    |                                       |
| 4 tablespoons soft shortening (butter, lard, or vegetable shortening) |       |    |                                       |
| 11 cups sifted ROBIN HOOD FLOUR                                       |       |    |                                       |

\*NOTE: Milk improves texture and quality of bread. Use of 2 cups recommended.

## 3



Assemble all utensils. This saves time and steps later. The following list includes all necessary equipment and utensils:

- |                                     |                                   |
|-------------------------------------|-----------------------------------|
| 2 standard measuring cups           | 1 square of clean cheesecloth or  |
| 1 large mixing spoon                | factory cotton, size of tea towel |
| 1 large mixing bowl                 | (a thin tea towel may be used in  |
| (3 to 4 quart size)                 | place of cloth)                   |
| 1 smaller bowl for flour            | 1 flat-sided kitchen knife        |
| 1 small bowl for yeast              | 1 flour sifter                    |
| 1 double boiler (for scalding milk) | 1 large clean tea towel           |
| 1 set of measuring spoons (table-   | 4 one-pound loaf pans or 3 large  |
| spoon included)                     | loaf pans                         |
| 1 pastry brush                      | Wax paper                         |
| 1 teaspoon                          | 1 rolling pin                     |

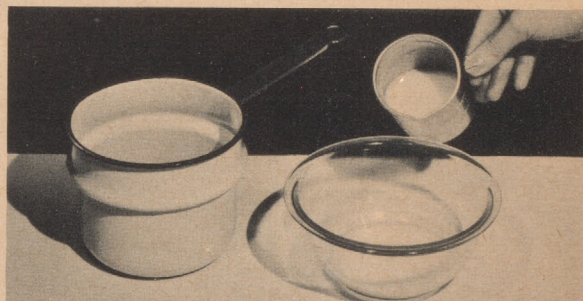
*Milled from Washed Wheat, Robin Hood Flour is a clean, pure, white flour—largest seller in all Canada.*

4



Pour 2 cups milk into top part of double boiler. Set over boiling water to scald. If double boiler is not available use saucepan set in larger saucepan partly filled with boiling water. Cover and place on stove. Heat until bubbles form around edge of milk. Remove from heat. *NOTE: Scalding of milk is doubly important if pasteurized milk is not available.*

5



Add 2 cups cold water to scalded milk. If all water or combination of water, potato water and milk used, heat to lukewarm. There should be 4 cups of liquid. Measure out 1 cup of this liquid and pour into small bowl. Let stand until lukewarm.

6



To test for lukewarm. Put a drop of liquid on inside of wrist over heavy veins. If liquid feels neutral—neither warm nor cold—it is lukewarm. Make this test several times to be sure.

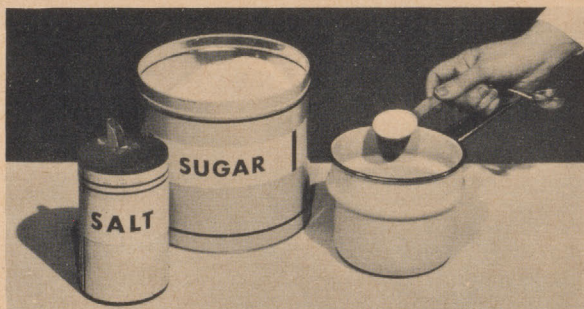
*Robin Hood Flour is a strong flour which absorbs maximum moisture and thus produces more loaves per bag.*

7



When 1 cup of liquid in bowl is lukewarm, crumble into it 2 compressed yeast cakes and blend. If dehydrated yeast is used, sprinkle it into the lukewarm liquid and add 1 teaspoon of sugar. (Dehydrated yeast should be allowed to stand for 15 to 20 minutes.)

8



To 3 cups of liquid remaining in top part of double boiler add 4 teaspoons salt and 6 tablespoons sugar. Mix and allow to stand until lukewarm.

9



Before measuring, sift flour into bowl or on to piece of waxed paper. The sifting of flour is important as it makes the flour uniformly light to measure. 11 cups of sifted Robin Hood Flour are required.

*Famed throughout Canada as the best flour for bread,  
Robin Hood Flour is equally good for cakes and pies.*

10



To measure, lift flour lightly in spoonful into cup.

11



Level off top of cup with straight edge of knife. Level measurements are essential for success.

12



Pour the 11 cups of flour into large mixing bowl and make a well in the centre of flour.

Every bag of Robin Hood Flour is guaranteed UNCONDITIONALLY—your Money Back, plus 10%, if it fails to satisfy.

13



By this time liquid (with salt and sugar added) should be lukewarm (See Step 6) then measure shortening into it. Shortening should be soft, but *not melted*.

14



Add dissolved yeast to lukewarm liquid and mix.

15



Pour blended liquids into well in flour.

*Robin Hood Flour, fine as silk, satin smooth, dependable, easy to handle, for bread, cakes, pastry.*

16



Stir with large spoon until liquid disappears (about one-half minute). Remove spoon and scrape off. Make sure your hands are clean before you start mixing by hand as in the next step.

17



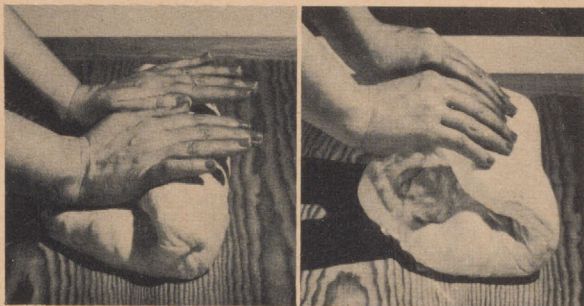
With one hand start mixing dough in bowl, using swinging rotary motion, gradually forming dough into one large, smooth ball. Continue for 5 minutes. By this time the dough will be smooth and come away readily from the inside of bowl.

At the end of 5 minutes, grease bake board or enamel-topped table. *No more flour should be added.*

Turn dough out on greased board or table and start to knead. Note the time and knead for 8 minutes.

*Besides being white and fine, Robin Hood Flour is so full of life it rises easily, a sign of good flour.*

18



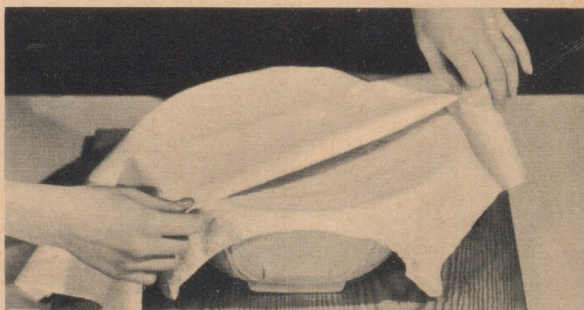
*KNEADING:* To knead dough, fold the outside edge of dough over on itself toward you, and push the dough away from you, using the heels of your hands. Turn dough quarter way round, fold over, push, using heels of hands. Repeat and continue using steady rhythm. If dough should stick a little, grease board again.

19



Watch clock—at end of 8 minutes stop kneading, grease mixing bowl lightly and put dough in to rise.

20



*RISING:* Cover bowl with cheesecloth or factory cotton slightly dampened with warm water. (Damp towel keeps dough moist.) Put tea towel on top.

Set to rise. Bowl should be away from draughts, preferably set on a high surface (temperature of room several degrees higher 5 feet from

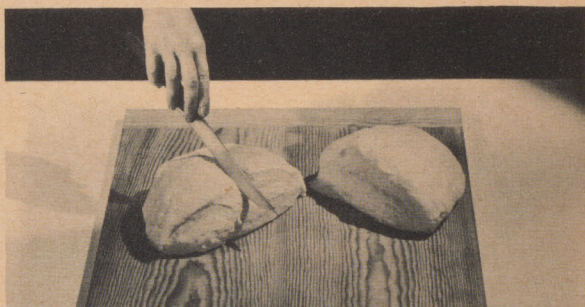
*Robin Hood Flour rises readily, maintains a firm texture, equally good for pastry and cakes as for bread.*

floor). When room temperature is 75 to 85 degrees dough will rise steadily. *Do not put on radiator or near hot stove.* Let rise for 2 hours, until doubled in bulk.



21

At the end of the rising period (2 hours) punch down dough in bowl using fist. Plunge hand into dough several times in centre to let gas escape. Fold dough from the outside to the centre punching down until dough is its original size.



22

**LOAF SHAPING:** Grease bake board *lightly* and turn out dough on board. Using sharp greased knife, cut dough into four even pieces. If baking pans are not uniform cut dough into suitable sizes for pans.



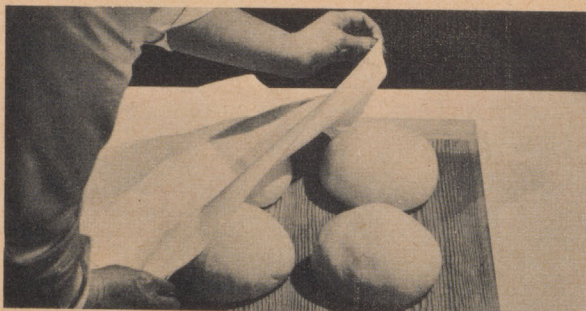
23

Form each piece of dough into a ball, turning cut surfaces under. Top and sides of ball should be smooth, no cut surfaces exposed. This prevents gas from escaping.

*For best results—for sure success the flour you use IS important — make it Robin Hood always.*

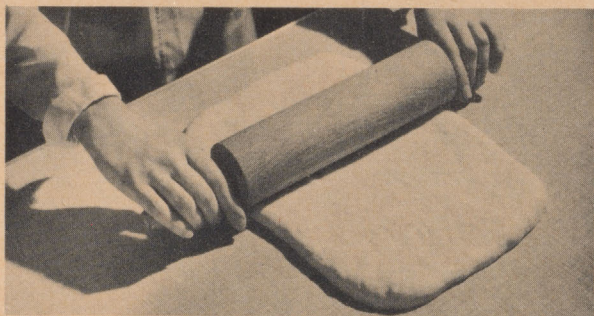


# 24



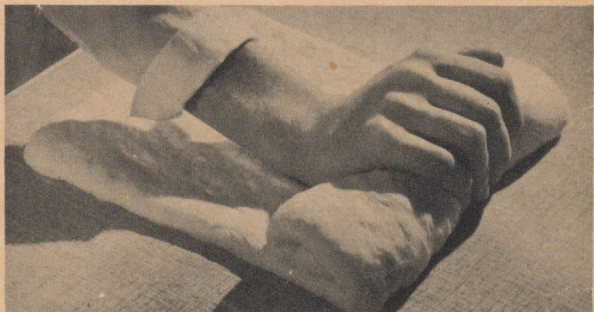
Cover balls of dough with towel and let stand for 15 minutes. This allows the dough to soften up a little and makes it easier to handle. While balls of dough are rising, grease bread pans. (New pans need heavier greasing first time used).

# 25



*Step 1.* With rolling pin, roll dough out to uniform thickness, stretching by hand to form rectangle approximately 9 x 12 inches. Make certain to break down all gas bubbles in the outer edge of the dough.

# 26



*Step 2.* From upper edge, roll dough toward you, jelly roll fashion, sealing dough with heel of hand after each roll of dough. (About four turns will bring you to last seal.) Be sure to seal final seam on bottom of loaf.

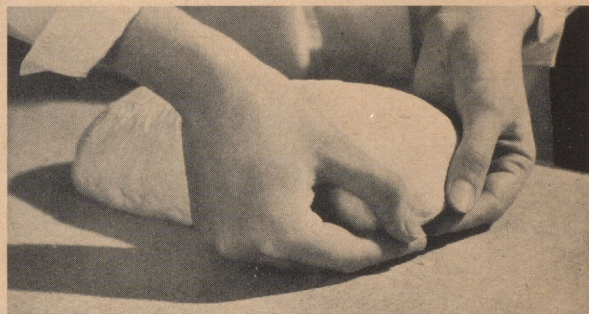
*Home bakers acclaim Robin Hood their choice—praise it for producing more loaves per bag than any other flour.*

27



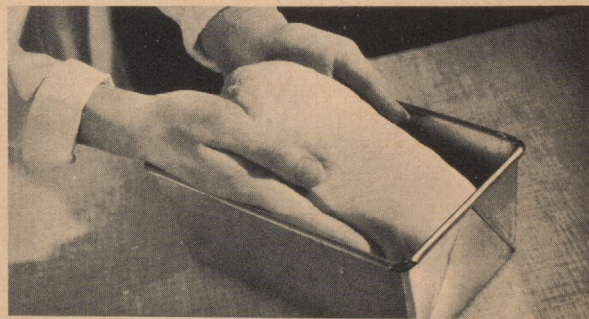
*Step 3.* Seal ends of loaf by using the side of the hand to get thin sealed strip.

28



*Step 4.* Fold sealed ends of loaf under, using fingers, as above. Avoid tearing dough.

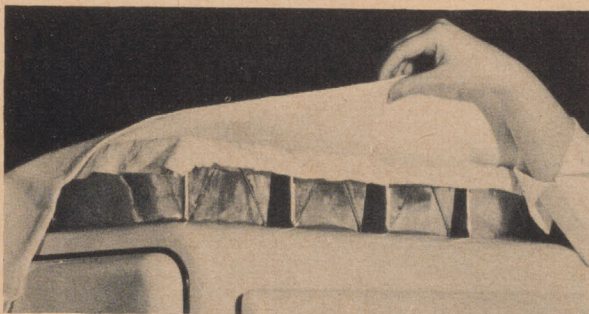
29



*Step 5.* Place shaped loaf, with seam side down, in well greased bread pan.

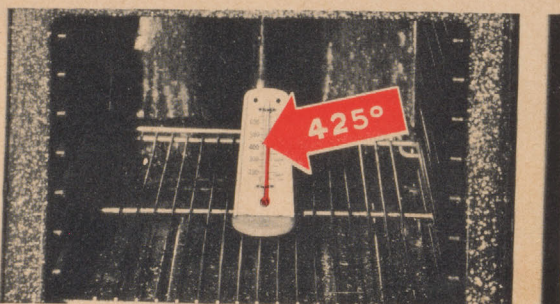
*The extra quality of Robin Hood Flour is evident to experienced bakers because of its fine texture.*

# 30



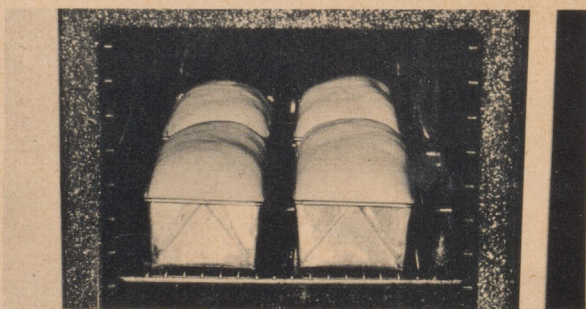
*LOAF RISING:* Shape remaining balls of dough into loaves. Cover pans with damp cloth and with tea towel on top. Put to rise. Let loaves rise at room temperature (75 to 85 degrees F.) for 1½ hours.

# 31



- (a) One half-hour before bread is ready to be baked, heat oven to 425 degrees (if 4 loaves are to be baked at one time) or to 400 degrees (if fewer loaves are to be baked).
- (b) If stove has no heat control use oven thermometer inside oven.

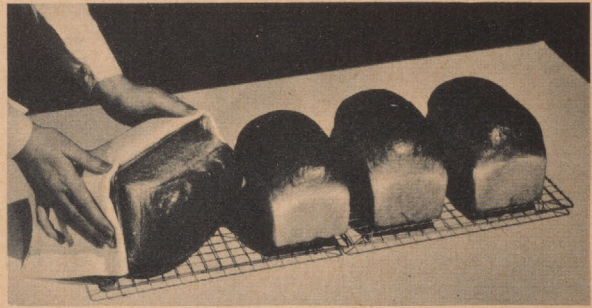
# 32



When bread has risen 1½ hours put pans in oven, leaving space around each pan so heat can circulate freely around pans.

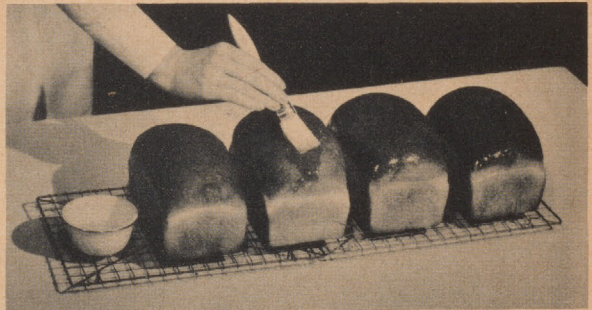
*Every bag of Robin Hood Flour is guaranteed UNCONDITIONALLY—your money back, plus 10%<sup>0</sup>, if it fails to satisfy.*

Bake bread at 425 degrees for 15 minutes then reduce heat to 400 degrees. If there is an automatic control on the oven set indicator back to 400°. If thermometer is inside oven, open door slightly for several minutes. Watch thermometer and when 400°, close oven and continue baking for 35 minutes. (*Bake for 50 minutes altogether.*) If half recipe is used and only 2 loaves baked, oven should be at 400 degrees when loaves are put in and kept at that temperature throughout. Ovens do not heat up or hold heat uniformly. You may have to adjust baking temperatures slightly. If baking properly loaves will start to colour in 7 minutes.



**33**

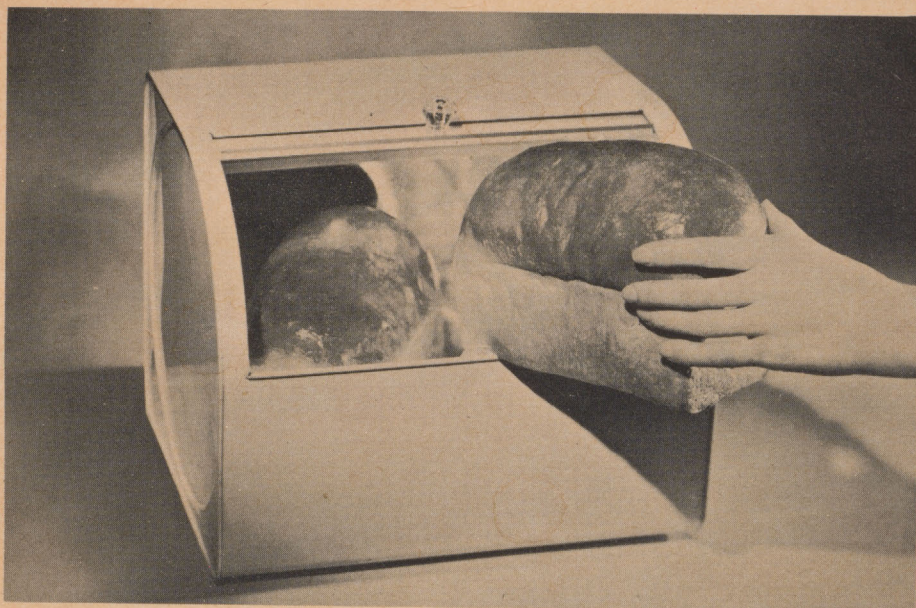
When bread is baked remove from pans and place on wire racks to cool.



**34**

While bread is still hot, brush the top of loaves with melted butter, or use a piece of clean cloth dipped in melted butter.

*Milled from Washed Wheat, Robin Hood Flour is a clean, pure, white flour—largest seller in all Canada.*



## 35

When bread is cold, place in a clean, ventilated bread-box.

This completes the step-by-step description for making prize-winning home-made bread.

---

We draw special attention that this patented **NEW** method of making bread eliminates a second rising, uses grease instead of flour on the make-up board, gives accurate, precise measurements and times, shows by 5 pictures exactly how to shape an attractive loaf. Every housewife and user of Robin Hood Flour is hereby authorized to use this *original NEW* method. Condensed version Page 20.

---

*Robin Hood Flour, fine as silk, satin smooth, dependable, easy to handle; for bread, cakes, pastry.*

# B R E A D B A K I N G M A D E E A S Y

## SHORT METHOD FOR EXPERIENCED BAKERS

(Makes four 1-pound loaves)

- |  |      |                                      |
|--|------|--------------------------------------|
| 2 cups milk.....   | } or | 4 cups all water, part potato water, |
| 2 cups cold water.....   |      | or combination of all three          |
| 2 compressed yeast cakes.....  | or   | 2 packages of dehydrated yeast       |
| 4 teaspoons salt.....  |      | (fast rising dry yeast)              |
| 6 tablespoons granulated sugar                                       |      |                                      |
| 4 tablespoons soft shortening (butter, lard or vegetable shortening) |      |                                      |
| 11 cups sifted ROBIN HOOD FLOUR                                      |      |                                      |

Be sure room temperature is 75 to 85 degrees

Scald milk. Add water. (If all water or a combination of water, potato water, and milk is used, heat to lukewarm.) Measure 1 cup of the liquid and let cool to lukewarm. Crumble yeast cakes into lukewarm liquid and blend until dissolved. Let stand 20 minutes and blend. To remaining 3 cups of liquid add salt and sugar. Mix and let stand until lukewarm. Sift flour. Measure into large mixing bowl. Make a well in centre of flour. Add shortening to lukewarm liquid containing sugar and salt. Add dissolved yeast and mix. Pour blended liquids into well in flour.

Stir until flour is dampened (about  $\frac{1}{2}$  minute). With one hand mix dough in bowl, forming dough into one large, smooth ball. Continue mixing for 5 minutes until dough is smooth and comes away readily from inside of bowl.

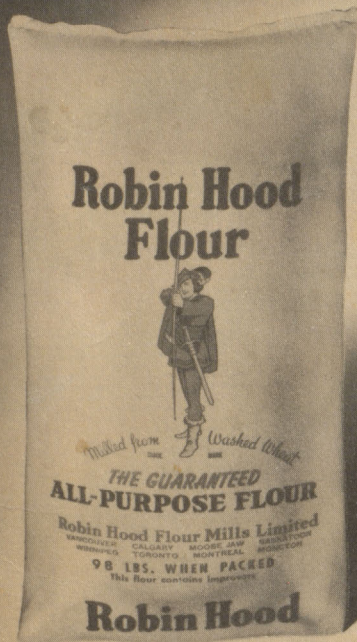
Turn dough out on greased board or table top. Knead dough for 8 minutes (See Instruction No. 18). Put dough in lightly greased mixing bowl. Cover with piece of slightly dampened cheesecloth or factory cotton. Put tea towel on top. Let rise at room temperature 75 to 85 degrees (See Page 13) for 2 hours until double in bulk. *No more flour should be added.*

Punch down dough. Turn dough out on lightly greased board. Cut dough into four even pieces with sharp greased knife. Form each piece of dough into a ball, turning cut surfaces under. Cover balls of dough with towel and let stand 15 minutes.

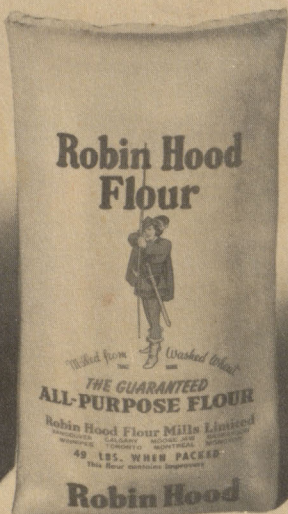
Shape into loaves. (See Pages 15 and 16.) Place each loaf in greased pan with seam of loaf on under-side. Cover pans with damp cloth and with tea towel on top. Let rise at room temperature for  $1\frac{1}{2}$  hours. (One half-hour before rising is finished pre-heat oven to 425 degrees F.)

Bake in moderately hot oven (425° F.) for 15 minutes, then reduce heat to 400° F. and continue baking for 35 minutes longer. Remove from pans and cool on wire racks.

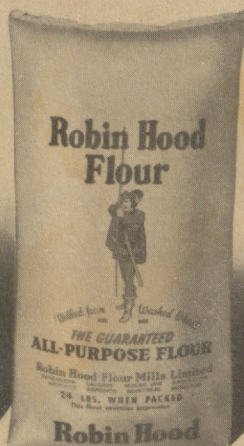
98 lbs.



49 lbs.



24 lbs.



7 lbs.



DRIVER 9296.3

\*TX769 M37 1940Z

**Robin Hood Flour** is packed in 5 sizes:—

98 lbs., cotton and paper bags

49 lbs., cotton and paper bags

24 lbs., cotton and paper bags

7 lbs., paper bags

5 lbs., paper bags

Naturally, in the large-size bags the flour costs less per pound, but in any size Robin Hood is the best flour buy, because it is always uniform—gives more loaves of bread per bag—is guaranteed to satisfy you completely, or we give you back the purchase price PLUS 10%.

**Robin Hood Flour** is sold by stores in every section of Canada

If your dealer cannot supply you, write our nearest office please

### **Robin Hood Flour Mills Limited**

VANCOUVER, CALGARY, SASKATOON, MOOSE JAW, WINNIPEG  
TORONTO, HUMBERSTONE, MONTREAL, QUEBEC, MONCTON

3351919  
McGILL LIBRARY





**Robin Hood Flour Mills Limited**