



*Christmas  
Recipes*

*from Anna Lee Scott*

OTT, ANNA LEE  
Christmas

clbk 1988

wheat.\*  
Cookery

## FIRST! READ THIS PAGE

There are characteristic differences between a pastry flour and a bread flour—sometimes referred to as an all-purpose flour. A bread flour is milled from hard spring wheat and a pastry flour from soft wheat.

A bread flour is strong—high in gluten—to withstand the action of the yeast and is excellent for all yeast mixtures. But this strength is a handicap in the making of fine-textured cakes and flaky pastry.

The gluten in a pastry flour is more tender and delicate—and pastry flour is finer and lighter than a hard wheat flour.

It is easy to adjust your favourite hard wheat flour recipes to MONARCH Flour. For each cupful of hard wheat flour required in your old recipe, simply add  $2\frac{1}{3}$  tablespoonfuls when you use MONARCH Flour. This addition is required because, by actual weight, MONARCH Flour is lighter. In every pound of flour there is one cup more of MONARCH than of a hard wheat flour.

You will notice that you use appreciably less shortening for a paste of the desired richness when you bake with MONARCH because of its tender gluten content.

There are grades of pastry flour cheaper than MONARCH, but the only flour as good is another bag of MONARCH.

So, happy "bakeday" to you!

—ANNA LEE SCOTT



# Christmas Dinner Menu No. 1

FRUIT-JUICE COCKTAIL

ROAST STUFFED TURKEY, CHICKEN OR VEAL

GIBLET OR MILK GRAVY

CRANBERRY JELLY

BREAD SAUCE

RICED OR MASHED POTATOES

CREAMED CAULIFLOWER

BAKED SQUASH

MINCE PIE

CHEESE

COFFEE

FRUIT

NUTS

MINTS

1930's



## Christmas Dinner Menu No. 2

PINEAPPLE, GRAPEFRUIT AND CRANBERRY JUICE  
COCKTAIL

ROAST STUFFED GOOSE, DUCK OR CROWN OF PORK

BROWN GRAVY

SPICED APPLESAUCE OR SAUTEÉD OR  
BAKED RED APPLE SLICES

CANDIED SWEET POTATOES

BUTTERED BAKED ONIONS

ASPARAGUS SALAD WITH PIMIENTO RING

PLUM PUDDING

HOT SAUCE

COFFEE

FRUITS

NUTS

MINTS



## Christmas Dinner Menu No. 3

TOMATO JUICE COCKTAIL

TOASTED CHEESE-BACON FINGERS

ROAST STUFFED CROWN OF LAMB, BROWN GRAVY

MINT JELLY OR SAUCE      CURRANT JELLY

PAN-BROWNEED POTATOES

GREEN PEAS IN BEET SHELLS

JELLIED CRANBERRY-ORANGE SALAD

ICE CREAM

CHRISTMAS SHORTBREAD

COFFEE

FRUITS

NUTS

MINTS



# Buffet Christmas Supper

ASSORTED CHRISTMAS CANAPÉS  
AND HORS D'OEUVRES

COLD ROAST TURKEY OR CHICKEN  
COLD BAKED HAM

CRANBERRY JELLY      PINEAPPLE RINGS

ASPARAGUS TIPS

SHREDDED VEGETABLES JELLIED IN TOMATO

MAYONNAISE

HOT TEA BISCUITS

GRAPEFRUIT BAVARIAN

CHRISTMAS CAKE

COFFEE

PUNCH

MINTS

SALTED NUTS

FRUIT

# Appetizers

## TOMATO JUICE COCKTAILS

Use tomato juice (fresh or canned) or the strained juice of canned tomatoes. Season to taste, choosing flavour combinations from: sugar, salt, pepper, celery salt, onion juice, lemon juice, vinegar, condiment sauce, sauerkraut juice, sweet pickle, syrup, etc.

Serve very cold, over ice or frozen gingerale cubes, if desired; or serve with an equal quantity of chilled gingerale.

## FRUIT COCKTAILS

Use combinations of fruits which are fresh-flavoured and zestful, rather than sweet or substantial in character. Remove all skin, seeds, membrane, etc., from fruit; cut in neat dice or sections. Banana, fresh peach, pear, apricot and apple should be prepared only at serving time, or covered with an acid fruit juice and chilled until required.

Combine other fruits some time before serving, and chill until required.

Serve fruit cocktails very cold, in stemmed glasses, scooped-out shells of orange or grapefruit or in melon halves, etc.

When serving in glasses, pour the juice over the fruit, adding fruit juice of blending colour and flavour where desirable.

For garnish use red or green preserved cherries, bottled peeled grapes, mint or nasturtium leaves, sections of bright fruit or bits of red jelly.

(Fruits which are suitable include orange, grapefruit, pineapple, pear, tangerine, apple, grapes, melon—diced or in balls—strawberries, cherries, etc.).

## FRUIT JUICE COCKTAILS

Combine fruit juices in any desired proportion. Sweeten lightly, if necessary, with sugar syrup and serve very cold, diluting if desired, with gingerale. Or pour over frozen cubes of gingerale or fruit juice, ice cubes or cracked ice.

Suitable combinations—cranberry juice with grapefruit and pineapple juice; grapefruit and pineapple juice; orange, grapefruit, pineapple and white grape juice, with cherry in each glass.

## TOMATO CONSOMME

Combine . . . . . 1 cup brown stock  
or 1 bouillon cube or 1  
teaspoon meat extract dissolved in 1  
cup boiling water  
with . . . . . 1 cup tomato juice

Season to taste with . Salt, pepper, onion juice and condiment sauce

Heat to boiling and serve with crisp crackers, croutons or soup sticks.

## COCKTAIL SAUCE FOR SEA-FOODS

Combine thoroughly . 3 tablespoons catsup  
2 tablespoons chili sauce  
1 to 2 tablespoons grated horseradish  
¼ teaspoon salt  
1 teaspoon Worcestershire sauce  
3 drops tabasco sauce  
1½ tablespoons lemon juice

Mince very finely and add . . . . . 1 tablespoon green pepper  
1½ tablespoons celery

Chill sauce, and serve on sea-food, which has been suitably prepared, chilled and arranged in tiny stemmed glasses. Or serve the sauce in a small glass or scooped-out rind of half lemon centered in a plate of oysters or clams on the half shell, resting on a bed of ice.

For sea-food cocktails use flaked cooked fish (especially tuna, lobster and crab), bearded clams or oysters, broken shrimp (the black line removed).

## CANAPES AND OPEN SANDWICHES

Canapés that may appear equally well as an appetizer to dinner or luncheon, and as a smart form of open sandwich at any time, include types made as follows:

BASE.—Thin bread shapes (stars, bells, diamonds, fingers, rounds) toasted, sautéed or deep-fried; thin crisp crackers and wafers; fingers of Melba toast; large potato chips.

SPREADS.—Soft cheese with pimiento or relish additions; with nuts, olives, etc.; grated nippy cheese with cream or salad dressing, English mustard or a few drops Worcestershire sauce with fried bacon chopped and added; white cheese with chopped pimiento, chopped pickle, green pepper, olives, pistachios, in any combination; whole sardine, split anchovy, on green-tinted lemon butter; minced sautéed mushroom with pimiento garnish; white cheese with small piece pickled beet garnish; savoury fish or meat spread.

DECORATION.—For any of these—to be quickly and easily used—sliced stuffed olives; thin slices pickle or gherkin fans; pimiento or green pepper strips; chopped blanched pistachios or green-tinted chopped blanched almonds.



# Main Dishes

## ROAST CHICKEN, TURKEY, DUCK

Singe, prepare and stuff a cleaned chicken, turkey or duck. Truss, crossing strings on back of bird.

Brush top of chicken or turkey with soft butter or bacon dripping or place strips of thinly-sliced fat side bacon over breast and legs. Use butter or bacon dripping or neutral-flavoured shortening in pan for the frequent basting of the bird.

Sear bird in very hot oven, 500°F., and when browned, reduce heat to moderate, 325° to 350°F., by opening oven door a few minutes. Season with salt and pepper and roast, uncovered, basting frequently.

For chicken, allow 15 to 20 minutes per pound, with 20 minutes extra.

For duck, allow 20 minutes to the pound, with 20 minutes extra.

**STUFFINGS:**—For chicken or turkey, use breadcrumb stuffing with any of suggested variations; the milder flavours are considered more suitable for such delicate flesh.

For duck, use the more highly flavoured breadcrumb stuffing or a mashed potato stuffing or the Fruited Stuffing also given.

## MUSHROOM SAUCE

Sauté until tender... 1 cup sliced mushroom caps

in..... 3 tablespoons butter

Add to..... 1 cup hot brown sauce

Serve with any desired meat or poultry.

The mushroom stalks may be simmered until tender in boiling water, and the liquid from the mushrooms used to replace the boiling water in the brown sauce.

## ROAST GOOSE

Singe, prepare, stuff and truss bird. A breadcrumb stuffing with sage and onion seasoning may be used or a highly seasoned mashed potato stuffing or the Fruited Stuffing.

Truss bird to shape nicely, crossing the strings on the back only.

Pre-heat oven to 450°F. Place goose on rack in roasting pan, which has a close fitting cover (vent, if any, closed). Pour in ½ inch boiling water with one teaspoon salt, cover closely, place in oven, and steam goose 1½ hours. This will draw off the extra fat and make a fat bird delicate in flavour and digestible.

After steaming, take goose from pan, pour off water and fat, then return rack and goose to roaster, season well with salt

and pepper and cook, uncovered—using enough fat in pan with which to baste goose frequently. When skin is brown and crisp, reduce oven heat to 325°F., a rather slow oven, and roast until completely tender. Allow 20 minutes to the pound (counting steaming and roasting).

A brown stock gravy should be used with goose, and a fruit accompaniment such as applesauce, spiced apples or sautéed pineapple, should be served.

## STUFFING FOR CHICKEN, TURKEY, VEAL

The amount of this recipe is suitable for one chicken, a leg of veal, etc. Use three or four times the amount for a turkey, depending on the size.

Combine..... 3 cups breadcrumbs  
with..... 1 teaspoon salt  
                  ¼ teaspoon pepper  
                  2 tablespoons minced parsley

Work in..... 3 tablespoons butter or bacon dripping

Cut finely and add... 1 slice uncooked side bacon

If desired, beat and

add..... 1 egg

Egg is optional in stuffing for body cavity; it may be left more crumbly without egg, and egg added to a part of the mixture for crop cavity, so that its stuffing will slice smoothly with the breast.

**NOTE.**—If something more than these delicate flavourings is desired, a little minced onion may be added, with a small amount of mixed poultry seasonings or sage—but for delicate meats, this stuffing should not have such definite savours as that for duck or goose.

**VARIATIONS:**—The giblets (except liver, which may be tucked under wing for roasting) cleaned and simmered until tender, may be chopped and added to the stuffing if desired.

Chestnuts, boiled until tender and chopped, may be combined in anything up to equal parts with breadcrumb stuffing.

Oysters, bearded and whole (if small) or chopped, may be combined in anything up to equal quantities with breadcrumb stuffing.

Sausage meat may be partly cooked, broken and combined with breadcrumb stuffing; or raw sausage meat may be pressed from skin and used to fill crop cavity of chicken or turkey.

Chestnuts, boiled, mashed, seasoned and mixed with a little cream or beaten egg, may be used to fill the crop cavity of turkey or chicken—crumb stuffing being used in body cavity.





## MOCK DUCK, BARBECUE SAUCE

A shoulder of lamb may be shaped and skewered to represent a duck, if the blade bone is removed and the leg bone cut at the right place; a few ribs skewered at the sides form "wings", the blade makes a fan-shaped "tail" and cloves form "eyes". Or the boned, rolled and tied shoulder may be barbecued without the mock duck shaping.

Sear the meat in a very hot oven 550°F., then reduce to 325° to 350°F. and baste the meat frequently with the fat in the pan. When the cooking is about half done, pour all fat from pan and pour over the meat this Barbecue Sauce; cover closely and bake in a moderately hot oven, 350°F., basting the meat occasionally with the sauce until tender. Allow about 20 minutes per pound after searing. For the sauce:

Combine . . . . . 1 cup canned tomatoes  
  ½ cup chili sauce  
  1 cup boiling water  
  2 tablespoons condiment sauce  
  1 tablespoon finely-minced onion  
  1 teaspoon salt  
  ¼ teaspoon cayenne

Serve the sauce with the meat, which may be garnished with fresh parsley—good "feathers" if in mock duck form.

## STUFFING FOR DUCK, GOOSE, PORK

The amount of this recipe is suitable for one average duck, pork butt, etc. Increase three or four times or as required, for goose.

Combine . . . . . 3 cups soft bread-crumbs  
with . . . . . 3 tablespoons finely chopped onion  
  1 teaspoon salt  
  ¼ teaspoon pepper  
  1 teaspoon powdered sage  
Work in . . . . . 1 tablespoon butter or bacon dripping  
Add, if desired . . . . . 1 cup chopped raw apple

## SAVOURY CHRISTMAS PIE

This is the kind of hot dish which may be prepared with left-overs of poultry or meat, or with chicken or meat stewed for the purpose—an admirable dish for the informal Christmas supper and very easy to prepare.

Use as a filling any of the following:

1. Cold chicken, turkey, veal—combined with slightly diluted canned mushroom soup, or with medium-thick white sauce to which may be added sautéed

fresh or canned mushrooms, cooked celery or green peas, a very little minced green pepper or pimiento or both. Allow 1 cup sauce to 2 cups solids.

2. Left-over goose, duck, pork—with a savoury brown sauce; allow 1 cup sauce to 2 cups solids. Make sauce with giblet stock or stock made by simmering poultry bones when cooked meat has all been removed. Suitable vegetables may be added.

3. A stew of beef, kidney and beef, kidney, lamb, veal—with a well-seasoned gravy thickened by stirring in a paste of Monarch Pastry Flour smoothly mixed with cold water; stir and cook sauce until smoothly thickened, then pour over solids in deep pie dish.

## FRUIT STUFFING

(For Duck, Goose, Pork, Veal, Lamb)  
Heat in frying pan . . . ¼ cup butter or salad oil

Sauté in it until onion and carrot are tender. 1 ½ tablespoons minced onion  
  ½ cup shredded raw carrot

Add, combining well. ½ cup chopped celery  
  2 teaspoons salt  
  ⅔ teaspoon paprika

  ¼ teaspoon ground cloves  
  ⅔ cup drained, crushed, cooked pineapple  
  ½ cup sultana raisins  
  2 cups soft bread-crumbs (brown or white)  
  ⅔ teaspoon finely-minced parsley

## CROWN ROAST OF PORK OR LAMB

Have 2 loins of pork or lamb trimmed and skewered together as a crown roast.

Place meat on rack in roasting pan and sear at 500°F. (rib ends may be protected by pieces of raw potato). When well-browned, lower temperature to 325° to 350°F., and baste frequently with fat in the pan (additional pork dripping or shortening may be used with the fat of the meat—but no water). Allow 20 minutes to the pound, after searing, for lamb; 30 minutes to the pound after searing for pork; (allow a minimum of 2 hours for small roast of pork).

When crown is about half done, it may be taken from the oven and the centre

(Continued on next page)



filled with the Fruited Stuffing given; or roast may be completely cooked and after placing on platter, the centre filled with fluffy mashed potatoes or with green peas, peas and carrots, mashed squash, etc.

At serving time, remove potato from ends of ribs and slip small paper chop frills or a red cherry on each rib-end; or very small cored red apples may be slipped on rib-ends for the last half-hour of roasting time.

### A LA KING MIXTURES

Sauté until tender...  $\frac{3}{4}$  cup sliced mushroom caps

3 tablespoons finely-minced green pepper

in... 4 tablespoons butter

Remove mushrooms and pepper. Stir into fat and juice in pan.

Blend smoothly... 2 tablespoons Monarch Pastry Flour

$\frac{1}{2}$  teaspoon salt

$\frac{1}{4}$  teaspoon cayenne

with...  $\frac{1}{4}$  cup cold milk

Stir gradually into hot mixture and stir and cook until the sauce has thickened smoothly and no flavour of raw starch remains.

Stir thickened sauce

into... 1 beaten egg yolk

Stir and cook over hot water until egg thickens.

Add... 2 tablespoons finely-chopped pimiento  
few drops onion juice  
sautéed mushrooms and green pepper (prepared above)

Add choice of... 1 cup diced cooked poultry, white meat, chopped hard-cooked egg or flaked, cooked fish

Serve à la king mixture on hot toast, crisp crackers, in croûstades or cream puff shells or between and over hot tea biscuits, split and buttered.

### A LA KING SAUCE, SHORTCUT

Sauté... 1  $\frac{1}{2}$  tablespoons chopped green pepper  
1 teaspoon minced onion

in... 2 tablespoons butter

Stir into... 1 can cream of mushroom soup, beaten smooth

Place over hot water and stir in... about 3 tablespoons milk

Add... 2 tablespoons chopped pimiento

Make very hot, then add desired solids and serve as in preceding recipe.

### BROWN GRAVY

(For Chicken, Turkey or Roast Meats)

For each cupful of gravy required:

Pour fat slowly from pan in which meat or poultry has been cooked, retaining all brown sediment and for each cup of gravy reserve in roasting pan... 1  $\frac{1}{2}$  tablespoons fat

Blend smoothly into fat... 1  $\frac{1}{2}$  tablespoons Monarch Pastry Flour

Stir over direct heat until the flour has browned. Remove from heat and stir in... 1 cup giblet stock, brown stock or boiling water

Return to heat and stir and cook until smoothly thickened.

Season with... salt, pepper and if desired... few drops Worcestershire sauce (for meats)

Serve very hot.

**MILK GRAVY.**—Prepare as directed for Brown Gravy, but use milk or cream as half of the liquid.

**GIBLET GRAVY.**—Chop and add cooked giblets to Brown Gravy.

**CHESTNUT GRAVY.**—Chop and add cooked chestnuts to Brown or Milk Gravy.

**JELLY GRAVY.**—Dissolve  $\frac{1}{4}$  glass red currant jelly in each cupful Brown Gravy.

### BREAD SAUCE

Scald over hot water. 2 cups milk  
Cut in half... 1 large peeled onion  
and stick with... 6 or 8 whole cloves

Add onion to scalded milk and cook over hot water until onion is tender.

Add...  $\frac{1}{2}$  cup fine day-old breadcrumbs  
2 tablespoons butter, bit by bit

Season to taste with... Salt, pepper

Make very hot, remove onion, and serve sauce as an accompaniment for roast turkey or chicken.



# Salads and Vegetables

## ASPARAGUS SALAD WITH PIMIENTO BAND

In.....*crisp lettuce cups*  
arrange.....*drained cooked as-*  
*paragus tips*

Bind the group of asparagus tips with a strip of.....*canned pimiento*  
Garnish salad with.....*parsley or cress*  
and serve with.....*salad dressing*

## JELLIED TOMATO SOUP SALAD

Beat until smooth...1 *three-ounce package white cream cheese*  
Blend in.....3 *tablespoons cream*  
Soften.....1 *tablespoon gelatine*  
in..... $\frac{1}{4}$  *cup cold water*  
Heat to boiling..... $\frac{2}{8}$  *cup condensed tomato soup*

Dissolve soaked gelatine in hot soup; cool thoroughly and mix in the softened cream cheese with..... $\frac{1}{2}$  *cup thick salad dressing*

6 *tablespoons finely-cut celery*  
3 *tablespoons shredded raw carrot*  
3 *tablespoons finely-cut green pepper*  
 $\frac{1}{2}$  *teaspoon grated or scraped onion*

Turn into moistened moulds and chill until firm. Unmould in crisp lettuce, garnish with cress or parsley and serve with salad dressing.

## CAULIFLOWER AND BEET SALAD

Place.....*a flowerette of cooked cauliflower*  
in each individual...*lettuce cup*  
Around the cauliflower, arrange a ring  
of.....*sliced cooked beets*  
Garnish with.....*parsley or cress*  
and serve with.....*salad dressing*

## CRANBERRY SAUCE

Pick over, wash and drain.....4 *cups (1 pound) cranberries*  
Make a syrup of...2 *cups boiling water*  
 $1\frac{1}{2}$  *to 2 cups sugar*

Bring syrup to boil and simmer 5 minutes. Add cranberries, bring again to boil, and simmer without stirring until the cranberries are quite tender, and the skins have all burst (usually about 5 minutes). Cool. Chill to serve.

## CRANBERRY JELLY

Pick over, wash,  
drain.....8 *cups cranberries*  
Add.....3 *cups water*

Heat to boil and cook with occasional stirring until berries are very tender. Strain juice through 2 layers of cheese cloth.

To each.....2 *cups cranberry juice*

allow.....1 *cup warmed sugar*  
Bring cranberry juice to boil, add sugar and stir until dissolved. Bring to boil and simmer 5 minutes.

Remove from heat, let stand a few minutes, then skim and pour quickly. Chill until firm.

## CHICKEN OR TURKEY SALAD

Cut into neat dice and measure.....2 *cups cold chicken or turkey*

Sprinkle with.....*French dressing*  
and let stand 1 hour.

Add.....1 *to 2 cups finely-cut celery*  
 $1\frac{1}{2}$  *tablespoons each finely-chopped green pepper and pimiento*  
 $\frac{1}{8}$  *cup browned, chopped blanched almonds*

Mix lightly with...*thick salad dressing to moisten*

Taste and season if necessary with.....*salt, pepper*  
Add if desired.....1 *cup drained diced cooked pineapple*

Toss salad together very lightly, then heap into crisp lettuce cups. Garnish with cress or parsley and serve with cranberry jelly and salad dressing.

## BAKED BEETS

Scrub beets; do not pare; leave a short tail and 1 inch of stalk. Place beets in baking dish with 1 inch boiling water. Cover and bake in moderately hot oven, 375°F., until tender. (Use lower temperature if more convenient).

Remove from oven, rinse beets in cold water and slip off skins. Slice quickly into heated serving dish; if necessary, re-heat after peeling. Dress with salt, pepper, and butter.



## JELLIED CRANBERRY-ORANGE SALAD

Into.....1 ½ cups hot water  
 stir until dissolved...1 package lemon-  
 flavoured jelly  
 powder

Chill with occasional  
 stirring until as thick  
 as strained honey.  
 Pick over, wash, dry  
 and put through food  
 chopper.....2 cups raw cran-  
 berries

Add to partially  
 thickened jelly with..1 teaspoon grated  
 orange rind  
 ¼ fresh orange rind,  
 cut in slivers  
 pulp of 1 orange, cut  
 fine

Turn into individual moistened moulds  
 and chill until firm.

Unmould on crisp lettuce and serve  
 with cold meats; or serve with salad  
 dressing as a dinner salad or with whipped  
 cream dressing, as a salad-dessert.

## FRANCONIA PARSNIPS

Wash and peel even-sized parsnips.  
 Halve lengthwise or quarter if large.  
 Parboil for 10 minutes, then drain and  
 arrange around a partially-cooked roast  
 in the roasting pan. Season parsnips and  
 turn to brown richly. Bake until tender,  
 basting frequently with the fat in the pan.  
 Drain and use to garnish roast on hot  
 serving platter. (Parboiled parsnips may  
 be sautéed instead).

## CLUB SANDWICH

Toast lightly, and  
 butter.....4 slices of bread, ½-  
 inch thick

Cover first slice of  
 toast with.....lettuce (shredded)  
 sliced tomato  
 dressing

Cover with a toast  
 slice, then with.....sliced cooked chicken  
 or veal sautéed  
 chopped mush-  
 rooms (if desired)

Cover with a third  
 toast slice, then with *crisp bacon slices*  
 Close sandwich.

Serve at once with lettuce and olives or  
 gherkins. (Any suitable meat, vegetable  
 or relish may be used).

## CHESTNUTS WITH GREEN VEGETABLE

Boil peeled chestnuts until tender,  
 seasoning when half done. Drain and  
 shake over very low heat until dry.



Prepare green vegetable and boil until  
 tender (use asparagus, Brussels sprouts,  
 finely-shredded cabbage, broccoli or spin-  
 ach).

Combine chestnuts and green vegetable  
 in a heated serving dish. Dress with  
 melted butter and serve very hot.

For delicious luncheon or supper dish,  
 arrange alternate layers of the chestnuts  
 and green vegetable in a greased baking  
 dish. Cover each layer with medium-  
 thick white or cheese sauce. Sprinkle the  
 top with buttered crumbs, mixed with an  
 equal measure of grated cheese—or with  
 grated cheese alone. Sprinkle with pa-  
 prika. Bake in a moderately hot oven  
 (350°F.) until thoroughly heated and  
 golden brown.

## BUTTERED CAULIFLOWER

Trim stalks from a firm white cauli-  
 flower. Soak in salted water for at least  
 ½ hour. Separate if desired. Drain.

Cover cauliflower with boiling water  
 and cook rapidly until tender. Season  
 when half done. Drain and serve with  
 melted butter in a hot serving dish.

NOTE.—Cream sauce, cheese sauce and  
 Hollandaise are favourites with cauli-  
 flower.

## EASY POTATOES FOR ELABORATE MEALS

If there is a cook whose main pleasure  
 is preparing the dinner, potatoes may be  
 given one of the more time-taking types  
 of preparation. But where other import-  
 ant dishes require featuring, potatoes may  
 be attractively prepared in one of these  
 simple ways:

1. Boil or steam potatoes and press  
 through ricer into buttered baking dish  
 (the previous day, if desired). Dot top  
 with butter. Twenty minutes before  
 serving time, place in moderate oven to  
 heat through and brown top. Sprinkle  
 with paprika.

2. Boil or steam potatoes, mash and  
 beat very light with salt, pepper, a little  
 butter and heated milk or cream. Pile  
 lightly in buttered baking dish. Dust  
 with paprika. About twenty minutes  
 before serving, set in moderate oven to  
 heat through and brown top. The same  
 mixture, with 1 beaten egg added to 2  
 cups mashed potatoes, may be piped  
 through pastry bag or paper cornucopia  
 or dropped by large spoonfuls on greased  
 pan, brushed with butter, and delicately  
 browned in the oven.

3. Potatoes baked in their skins, pressed  
 to make mealy, opened with crossed slits  
 and butter and paprika added, are good  
 at all times.

4. Peeled potatoes, par-boiled or raw,  
 may be placed in a baking dish with fat  
 from the roasting pan, and cooked until  
 tender and deeply browned all over;  
 turn as required. Sprinkle with salt.

## CRANBERRY SHORTCAKE

Sift and measure . . . . . 2 cups *Monarch Pastry Flour*

Re-sift with . . . . .  $\frac{1}{2}$  teaspoon salt  
4 teaspoons baking powder

Cut in finely . . . . .  $\frac{1}{3}$  cup shortening

Mix lightly with . . . . . about  $\frac{3}{4}$  cup milk  
(enough to make soft dough)

NOTE.—An egg may be beaten and mixed with the milk, which should be reduced by about 2 tablespoonfuls in that case.

Turn out dough on slightly floured canvas or board and knead lightly with fingertips for about 10 seconds. Divide in two. Pat one piece to fit into greased pan, brush with soft butter, place second layer of dough over it and bake in a hot oven, 20 to 30 minutes. Have temperature at 425°F.

Split the warm shortcake, spread generously with soft butter and put together with well-drained cranberry sauce to which broken walnut meats or browned chopped almonds have been added. Top with more of the cranberry sauce and nutmeat mixture, and garnish with whipped cream, lightly sweetened and flavoured.

## CANDIED SWEET POTATOES

Scrub thoroughly and parboil for 10 minutes . . . . . 8 *medium-sized sweet potatoes*

Drain, pare while still hot; cut in halves or slices lengthwise.

Stir over low heat until dissolved . . . . .  $\frac{2}{3}$  to 1 cup brown sugar

with . . . . .  $\frac{1}{2}$  cup boiling water  
Add . . . . . 2 tablespoons butter

Arrange a layer of sliced, cooked potatoes in a greased casserole.

Sprinkle potatoes with . . . . . salt  
pepper

Arrange over the layer a very few . . . . . *thin lemon slices*

Cover with a second layer of potatoes; season and add a few more slivers of lemon. Repeat to use all potatoes.

Pour the syrup over the potatoes and bake in a moderate oven, 350°F. Baste frequently with the syrup; cook until the potatoes are soft and surface glazed and browned.

NOTE.—1 cup corn syrup or maple syrup may replace the brown sugar and water.

## SPICED APPLESAUCE

Wash and core, but do not pare . . . . . 6 *tart red apples*  
Cut apples in pieces and add . . . . .  $\frac{1}{2}$  cup meat stock or water

Simmer the apples until tender, with . . . . . 1-inch stick cinnamon  
3 cloves

Press apple pulp through a sieve and add . . . . . 1 tablespoon vinegar  
 $\frac{1}{2}$  cup sugar

Stir and heat until sugar dissolves. Tint, if desired, with pure vegetable colouring or red spiced candies. Chill thoroughly to serve.

## BAKED SQUASH

Wash . . . . . a *medium-sized Winter squash*

With a sharp knife, cut the squash into 4-inch squares. Remove the seeds and adhering membranes.

Warm . . . . .  $\frac{1}{4}$  cup molasses, maple syrup or yellow corn syrup  
and add . . . . . 1 tablespoon butter

Place the squash in a shallow baking dish and pour a small amount of the molasses or syrup-and-butter mixture over each square of squash.

Bake in a hot oven, 450°F., until the squash is tender (about 50 to 60 minutes). Baste often with the liquid that drips into the pan. Season when half-cooked. If the squash browns too quickly, cover during the latter part of the baking period with heavy paper.

Serve the squash in its skin with additional butter, if desired. The squash may be cooked for a longer period at lower temperature if this is more convenient.



# The Sweet Course

## MINCE PIE

Make Flaky Paste. Chill thoroughly. Line a shallow pie pan with the paste. Fill with your favourite mincemeat—homemade or commercially prepared. Taste the latter and perhaps make it more to your personal preference by adding a little of this or that spice. Arrange strips of paste about  $\frac{3}{4}$ -inch wide, in criss-cross fashion over the pie—the strips may lie flat or be twisted; secure them to rim of paste by touching with cold water and pressing layers together. Or use a top crust with perforations cut in it before it is adjusted to the pie. Crimp border.

Bake in a hot oven, 450°F., until the pastry is "set", then lower heat to 400°F. to finish baking.

## PLUM PUDDING

Wash and dry . . . . .  $\frac{1}{2}$  pound currants  
 Add . . . . .  $\frac{1}{2}$  pound seeded raisins  
     $\frac{1}{2}$  pound sultana raisins

Chop and add . . . . .  $\frac{1}{4}$  pound figs  
 Add . . . . .  $\frac{1}{2}$  cup finely-chopped suet

Split and add . . . . .  $\frac{1}{4}$  pound blanched almonds

Shave finely and add.  $\frac{1}{8}$  pound candied citron  
     $\frac{1}{8}$  pound candied orange and lemon peel

Combine mixture thoroughly.  
 Sift and measure . . . . . 1 cup plus 2 tablespoons Monarch Pastry Flour

Add to flour . . . . .  $\frac{1}{4}$  teaspoon salt  
     $\frac{1}{16}$  teaspoon baking soda  
     $\frac{1}{4}$  teaspoon baking powder  
    2 teaspoons cinnamon  
    1  $\frac{1}{4}$  teaspoons ground allspice  
     $\frac{3}{4}$  teaspoon grated nutmeg

and combine with . . . . .  $\frac{3}{4}$  cup sieved brown sugar

Combine this dry mixture thoroughly with fruit and nuts.

Beat . . . . . 3 large or 4 small eggs  
 and combine with . . . . .  $\frac{1}{4}$  cup orange or other fruit juice

Add wet mixture to other ingredients, mix thoroughly, turn into buttered mould or pudding bowl, filling not more than  $\frac{2}{3}$  full; cover and cook 4 hours in closely covered steamer.

## EGGLESS CHRISTMAS PUDDING

Sift once, then  
 measure . . . . .  $\frac{7}{8}$  cup Monarch Pastry Flour

Sift twice with . . . . .  $\frac{1}{2}$  teaspoon baking soda  
     $\frac{1}{2}$  teaspoon salt  
    1 teaspoon cinnamon  
     $\frac{1}{2}$  teaspoon mace  
     $\frac{1}{4}$  teaspoon each ground cloves, allspice, ginger

Add to mixture . . . . .  $\frac{1}{2}$  cup brown sugar  
     $\frac{1}{2}$  cup, scant, finely-minced suet

$\frac{1}{2}$  cup washed and dried currants  
     $\frac{1}{8}$  cup sultanas  
     $\frac{1}{3}$  cup seeded raisins  
    2 tablespoons shredded candied citron  
    2 tablespoons shredded mixed candied peel

$\frac{1}{8}$  cup blanched almonds  
     $\frac{1}{2}$  teaspoon grated lemon rind  
    1 teaspoon lemon juice

Add to mixture . . . . .  $\frac{1}{2}$  cup grated raw carrot  
     $\frac{1}{2}$  cup grated raw potato  
     $\frac{1}{2}$  cup grated raw apple

Combine thoroughly. Turn into greased pudding bowl, filling  $\frac{2}{3}$  full; cover or tie down with several layers waxed paper. Steam over rapidly boiling water about 3 hours.

## "COLD PLUM PUDDING"

To . . . . . 1 cup cooked Red River Cereal

add . . . . .  $\frac{2}{3}$  cup brown sugar  
     $\frac{1}{8}$  cup chopped dates  
     $\frac{1}{3}$  cup chopped walnuts  
     $\frac{1}{4}$  cup chopped dried uncooked apricots  
    or 3 tablespoons sliced candied or maraschino cherries  
    2 teaspoons chopped figs (optional)

Turn into wet individual moulds. Chill until firm. To serve, loosen mould with knife and invert on serving dish. Serve with a cold custard sauce or pouring cream, or garnish with a fluff of whipped cream and a halved red cherry.



### FLAKY PIE PASTE

Sift, then measure...  $3\frac{1}{4}$  cups *Monarch Pastry Flour*  
Re-sift with...  $1$  teaspoon salt  
Cut in finely...  $\frac{1}{2}$  cup shortening  
Mix lightly to a stiff paste with... cold water  
Use only enough water to make a paste which will hold together when mixed lightly.  
Measure and chill...  $\frac{1}{2}$  cup butter or shortening

Roll dough on lightly floured board or canvas to  $\frac{1}{4}$ -inch thickness. Cut half the chilled butter or shortening into small pieces and dot over the rolled-out sheet of paste. Dredge with flour and fold in thirds from sides and ends, to enclose as much air as possible. Re-roll to  $\frac{1}{4}$ -inch thickness, dot with remaining half of chilled fat, dredge with flour, fold and chill.

### BAKED APPLES STUFFED WITH MINCEMEAT

Wash...  $6$  medium-sized red apples

Remove cores to within  $\frac{1}{2}$  inch of bottom of apples. Slit skin  $1$  inch from top.

Stuff each apple with *Mince-meat*

Make a syrup of...  $\frac{1}{2}$  cup brown sugar  
 $\frac{1}{2}$  cup boiling water

Arrange apples in a greased baking dish. Pour in syrup and bake in a moderate oven ( $350^{\circ}$  to  $375^{\circ}$ F.) with frequent basting until the apples are tender.

### HOT PUDDING SAUCE

Combine thoroughly  $2$  tablespoons *Monarch Pastry Flour*  
few grains salt  
 $\frac{1}{4}$  cup granulated sugar

Stir in slowly...  $1$  cup boiling water

Stir and cook until smoothly thickened and until no raw starch flavour remains.

Remove from heat and add, bit by bit...  $1$  teaspoon to  $1$  tablespoon butter

Flavour with...  $1$  teaspoon vanilla, spice or non-alcoholic rum extract

#### VARIATIONS:

**BROWN SUGAR SAUCE.**—Replace the  $\frac{1}{4}$  cup white sugar by  $\frac{1}{2}$  cup brown sugar and use vanilla as flavouring.

**LEMON.**—Increase sugar to  $\frac{1}{2}$  cup and use  $1\frac{1}{2}$  tablespoons lemon juice and  $\frac{1}{2}$  teaspoon grated lemon rind as flavouring. Few gratings nutmeg may be added.

### CARAMEL SAUCE

(For Ice Cream and Puddings)

Combine...  $\frac{1}{2}$  cup butter  
with...  $\frac{1}{2}$  cup yellow corn syrup

Heat together to boil.

Beat smooth...  $1\frac{1}{3}$  cups caramelized sweetened condensed milk

Stir into boiling butter-and-syrup mixture.

Add...  $\frac{1}{8}$  teaspoon salt  
 $1$  tablespoon vinegar  
 $\frac{1}{8}$  teaspoon vanilla

Serve hot sauce on ice cream or on simple pudding. Specially delicious, hot or cold, when sprinkled generously with chopped browned almonds or Brazils.

### SALTED NUTS

Use fresh shelled nutmeats, which are as nearly whole as possible; blanch almonds and Brazils a few moments in boiling water, and slip off the skins.

Drop nuts, about  $\frac{1}{2}$  cupful at a time, into deep hot fat ( $390^{\circ}$ F.) and cook until lightly browned. Drain nuts from fat in a sieve, and spread out on a shallow pan which has been lined with crumpled absorbent paper. Sprinkle with salt, and dry in a very slow oven, turning occasionally if necessary.

Or spread prepared nuts in pan, sprinkle with cooking oil or melted vegetable fat and brown in a hot oven. Drain and salt.

### SMALL YULETIDE CAKES

With sharp cookie cutters or following a paper pattern with a pointed knife, cut appropriate shapes from a thin layer ( $\frac{3}{4}$ -inch thick) of close-textured cake—see "Batter for Small Frosted Cakes"; make bells, stars, diamonds, fir trees, crescents, rounds, etc.

Cover top and sides of each cake with any desired icing—leaving frosty-white, to carry any colourful decorations, or tinting icing red or green with pure vegetable colouring.

Decorate with halves or slivers of maraschino cherries, red or green candied cherries or candied pineapple, slivers of angelica, candied citron and peels; shredded coconut; tiny red candy "holly berries" with thin citron "leaves"; silver dragées, finely chopped blanched pistachio nuts, green tinted blanched almonds, etc.



## FROZEN FRUITED PUDDING

This is a mousse type, for refrigerator freezing.

Whip until the consistency of custard sauce (not stiff) . . . . .  $\frac{1}{2}$  pint heavy cream  
Fold in . . . . . 2 tablespoons white corn syrup  
2 tablespoons fruit sugar  
 $\frac{1}{8}$  cup drained pineapple dice  
 $\frac{1}{4}$  cup halved maraschino cherries  
1 banana, diced  
2 tablespoons finely shredded ginger  
2 tablespoons finely chopped brown blanched almonds

Turn into deep tray of mechanical refrigerator. Freeze.

NOTE.—Mixture may be packed to  $\frac{3}{4}$  fill a mould with a close-fitting cover, and buried in crushed ice and ice cream salt ( $\Delta$  parts ice to 1 part salt) to freeze. Renew packing as required.

## GRAPEFRUIT BAVARIAN CREAM

Make a syrup of . . . . .  $\frac{1}{2}$  cup sugar  
1  $\frac{1}{2}$  cups boiling water  
Add . . . . . 2 tablespoons gelatine which has been softened in . . . . .  $\frac{1}{2}$  cup cold water  
Stir until gelatine dissolves.  
Add . . . . . 1  $\frac{3}{4}$  cups canned grapefruit juice  
2 teaspoons lemon juice

Strain into moistened bowl and chill with occasional stirring until thick as strained honey. Beat frothy. Beat until stiff but not dry . . . . . 2 egg whites

Whip until thick . . . . . 1 cup heavy cream

Combine egg whites and whipped cream very thoroughly with the frothy gelatine mixture. Beat with a rotary beater until smooth.

Turn into moistened serving glasses which have been lined with grapefruit segments, if desired. Chill until firm and garnish for serving with a fluff of lightly sweetened whipping cream.

If desired, 1  $\frac{1}{2}$  cups of fresh grapefruit juice may replace the canned juice in which case the sugar should be increased to 1 cup.



## STUFFED ORANGES

Select . . . . . 6 even-sized, seedless oranges

Boil until tender, drain, cool, and cut in half. Scoop out about half of the pulp and combine with it . . . . .  $\frac{1}{2}$  cup chopped nutmeats  
 $\frac{1}{2}$  cup chopped candied cherries  
2 tablespoons finely-chopped candied ginger

and, if desired . . . . . 2 tablespoons sugar  
Fill the orange halves with the fruit and nut mixture. Place in a shallow pan.

Make a syrup of . . . . . 1 cup sugar  
 $\frac{3}{4}$  cup water  
Bring sugar and water to boil and simmer for about 10 minutes; pour over oranges in pan.

Glaze oranges in a hot oven, basting often with the syrup. Chill to serve and garnish with whipped cream and maraschino cherries.

## CHERRY OR GRAPEFRUIT LIME JELLY

Soften . . . . . 1 tablespoon gelatine in . . . . .  $\frac{1}{4}$  cup cold water  
Meantime, stir and heat to boil . . . . .  $\frac{1}{2}$  cup granulated sugar  
1 cup boiling water  
Add . . . . .  $\frac{1}{4}$  lemon rind, thinly shaved

Cover syrup and simmer gently for 5 minutes.

Dissolve softened gelatine in hot syrup and add . . . . .  $\frac{1}{4}$  cup lime juice  
Tint delicately with . . . . . Green vegetable coloring

Strain into moistened bowl and chill with occasional stirring until thick as strained honey. Arrange in large or individual moistened moulds . . . . . Drained grapefruit segments; or  
Royal Anne and Maraschino cherries

Fill moulds with the partially set lime jelly mixture. Chill until firm. To serve as salad, unmould jellies on crisp lettuce and garnish with dressing. To serve as dessert, unmould and garnish with whipped cream and fruit.

## FRUIT-FILLED SPONGE SHELL

For a light and delicate sweet course, hollow out a loaf-shaped sponge cake, fill with mixed fruits (pineapple, orange, grapes, canned peach, pear, apricot, cherries, etc.). Garnish with whipped cream.



## RICH DARK FRUIT CAKE

Wash, spread out on a flat pan, and dry in a very slow oven . . . . . 1 pound seedless raisins

1 pound sultana raisins  
1 pound currants

Separate and add . . . . . 1/2 pounds seeded raisins

Cut into small pieces . 1/4 pound green candied pineapple  
1/2 pound washed and dried candied cherries  
3/4 pound dates  
1/2 pound table figs

Shave thinly . . . . . 1/2 pound candied citron  
1/8 pound each candied lemon and orange peels

Cut in half . . . . . 1/8 pound blanched almonds  
1/8 pound shelled filberts

and add . . . . . 1/8 pound shelled pecans

Sift, then measure . . . 3 3/4 cups Monarch Pastry Flour

Re-sift with . . . . . 1/2 teaspoon salt  
2 teaspoons each ground cinnamon and grated nutmeg  
1/2 teaspoon each ground allspice, ginger and cloves

Sift all the dry ingredients together several times.

Cream until very soft. 1 pound butter

Blend in gradually . . . 2 cups finely granulated sugar

and cream until light and fluffy.

Beat in, one at a time. 12 eggs  
beating after each addition until very light.

Add . . . . . 1/2 cup fruit juice or red currant jelly  
and . . . . . 2 teaspoons vanilla

Sift the dry ingredients over the combined fruits and nuts; mix thoroughly to coat and separate all the fruits completely.

Turn the wet ingredients into the flour and fruit mixture, and combine very thoroughly. (Mix a large cake of this kind with the hands.)

Turn the cake into pans which have been lined with three layers of heavy greased paper, filling only 3/4 full.

Bake cakes in a slow oven, 275°F., for 3 to 4 hours. Time depends on size of pan.

Cool cakes when baked and store in closely-covered crock or box.

If the flavour of fig is not liked, the half pound figs may be replaced by dates or raisins.

## HARD SAUCE

Cream until very soft. 1/3 cup butter  
Blend in gradually . . . 1 cup fruit sugar

Cream until very light and fluffy.

Beat until stiff but not dry . . . . . 1 egg white

Fold egg white very thoroughly into butter and sugar mixture.

Flavour with . . . . . 3/4 teaspoon almond, spice, vanilla or non-alcoholic rum extract

Chill sauce thoroughly to serve.

## LIGHT FRUIT CAKE

Sliver very finely . . . 1 pound candied citron

Slice and add . . . . . 1/2 pound blanched almonds  
1 pound washed and dried red and green candied cherries  
1 pound light sultana raisins

Sift, then measure . . . 5 cups Monarch Pastry Flour

Sift with . . . . . 2 teaspoons baking powder  
1 teaspoon salt

Coat fruits and nuts with part of dry ingredients. Re-sift remaining dry ingredients several times.

Cream until very soft. 1 pound butter

Blend in gradually . . . 2 cups fruit sugar

and cream until light and fluffy. Beat until very light, then combine with butter and sugar . . . . . 8 large eggs

Combine and add . . . 2 tablespoons grated lemon rind  
2 tablespoons lemon juice

or add . . . . . 2 teaspoons vanilla or vanilla with almond extract

Beat dry ingredients gradually into butter-sugar-egg-mixture. Combine very thoroughly, then fold in the floured fruits and nuts. Turn into pans which have been lined with three layers of greased heavy paper, filling only 3/4 full. Bake in a moderately slow oven (325°F.). Time required—about 1 3/4 to 2 hours, depending on size and shape of pan.

This mixture is sufficient for 2 large tube pans, or 1 large tube pan and a square or oblong.



## CHRISTMAS SHORTBREAD

Cream until very soft.  $\frac{1}{2}$  pound butter  
Blend in gradually...  $\frac{2}{3}$  cup brown sugar  
Cream until light and fluffy.

Add lightly.....  $\frac{1}{2}$  cup chopped red  
and green candied  
cherries  
 $\frac{1}{2}$  cup sliced blanch-  
ed almonds

Sift and measure....  $1\frac{1}{2}$  cups Monarch  
Pastry Flour

Re-sift with.....  $\frac{1}{2}$  cup cornstarch  
 $\frac{1}{2}$  teaspoon salt

Mix dry ingredients gradually into  
butter-sugar-mixture, mixing with the  
hands when dough becomes thick.

Turn out onto a lightly floured board or  
canvas and knead in flour until cracks  
appear on the surface of the dough.

Pat out or roll to about one-third inch  
thickness. Cut into small oblongs. Bake  
on an ungreased sheet in a slow oven, 275°  
to 300°F., until delicately browned—  
about 40 minutes.

NOTE.—(1) Cherries and nuts may be  
omitted.

(2) The dough may be rolled between  
two layers of waxed paper to about 1/6-  
inch thickness, then stamped out in fancy  
shapes, decorated with a halved nutmeat  
or sliver of candied cherry and baked  
until delicately browned.

## BATTER FOR SMALL FROSTED CAKE

Cream until very soft. 9 tablespoons butter  
or butter and short-  
ening

Blend in gradually...  $\frac{7}{8}$  cup finely granu-  
lated sugar

Beat until very thick  
and light, and add... 4 eggs

Combine well.

Sift, then measure...  $1\frac{1}{2}$  cups Monarch  
Pastry Flour

Re-sift with.....  $\frac{1}{2}$  teaspoon baking  
powder  
 $\frac{1}{6}$  teaspoon salt

Add dry ingredients  
to first mixture alter-  
nately with..... 2 tablespoons milk  
combining after each  
addition.

Flavour with.....  $\frac{1}{2}$  teaspoon vanilla

Turn mixture into a well-greased and  
floured shallow pan, having batter about  
 $\frac{1}{2}$ -inch thick. Bake in a moderate oven,  
350°F., for 20 to 25 minutes. Or bake  
cakes in small fluted paper cups, filling  
the cups  $\frac{2}{3}$  full.



Cut the large sheet of cake when cold  
in desired shapes and frost and decorate  
as suggested below. Frost and decorate  
the cakes in paper cups without removing  
the paper.

## NUT-CHERRY MACAROONS

Add.....  $\frac{1}{6}$  teaspoon salt  
 $\frac{2}{3}$  teaspoon vanilla  
to.....  $1\frac{1}{2}$  cups sweetened  
condensed milk

Mix in..... 3 cups shredded coco-  
nut  
 $\frac{1}{2}$  cup halved candied  
cherries (red and  
green)  
 $\frac{2}{3}$  cup pistachios or  
halved filberts

Drop by spoonfuls on a greased baking  
sheet. Bake in a moderate oven, 350°F.,  
25 to 30 minutes. (About 3 dozen.)  
Remove from pan before cooling.

## UNUSUAL CHINESE CHEWS

Beat well..... 2 eggs  
Beat in gradually... 1 cup fruit sugar  
Add..... 3 tablespoons melted  
butter

Combine and add... 1 cup chopped stoned  
dates  
 $\frac{3}{4}$  cup chopped  
blanched almonds  
 $\frac{1}{4}$  cup chopped can-  
died cherries  
 $\frac{1}{4}$  cup chopped can-  
died pineapple  
3 to  $4\frac{1}{2}$  tablespoons  
finely-chopped can-  
died ginger

Sift, then measure...  $\frac{3}{4}$  cup Monarch Pas-  
try Flour

Re-sift with..... 1 teaspoon baking  
powder  
 $\frac{2}{3}$  teaspoon salt

Sift the dry ingredients into first  
mixture and combine very thoroughly.  
Turn into a well-greased 8-inch square  
pan and bake in a moderate oven (350°F.)  
about 45 minutes.

Cut in squares when cold; or if desired,  
cut in squares while still warm, roll lightly  
into balls between the palms of the hands  
and coat with fruit sugar.

These are remarkably delicious little  
cakes and keep very well.

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