

COOKING

WITH

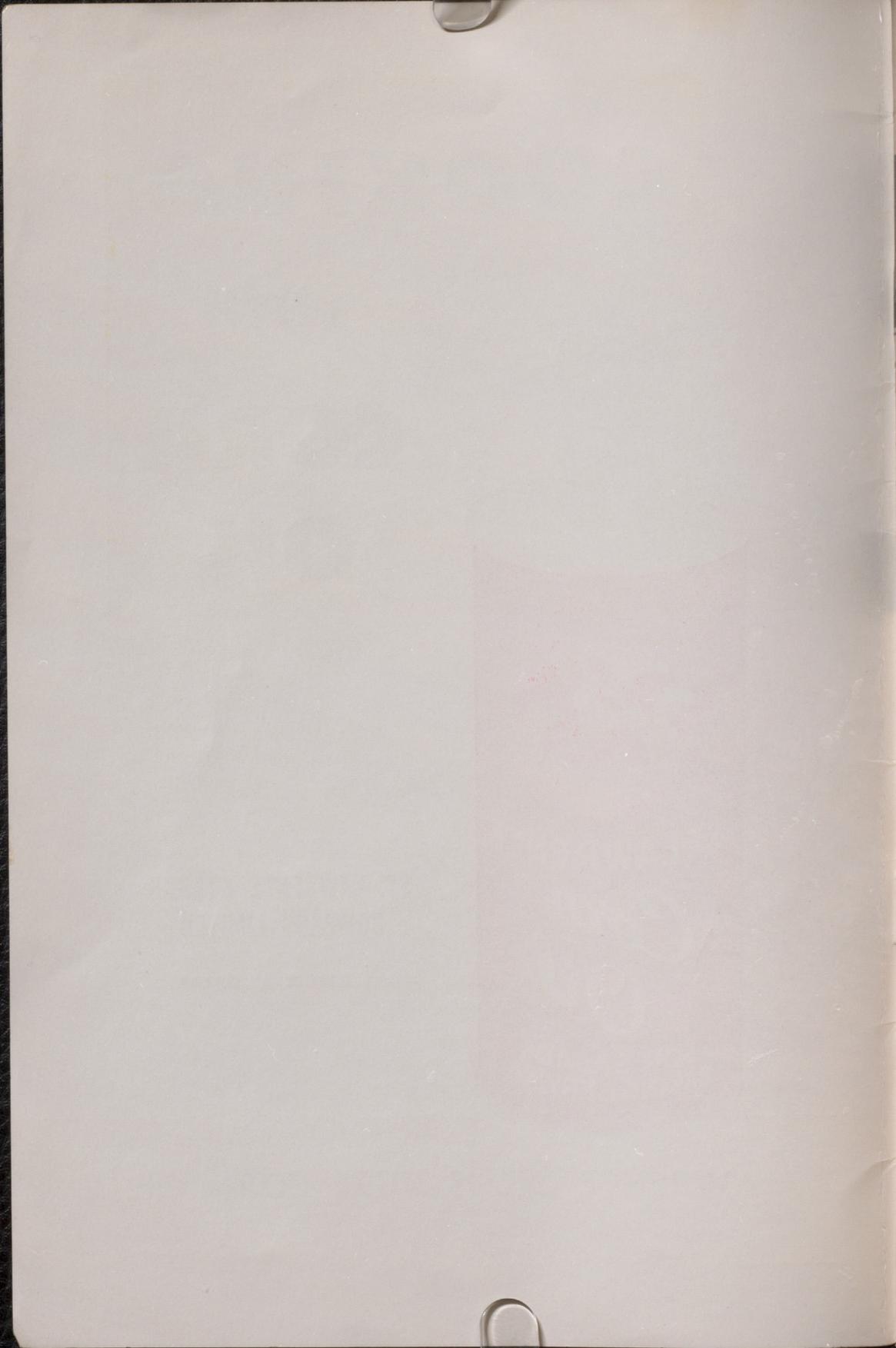
CORN OIL



ST. LAWRENCE STARCH
COMPANY LIMITED

PORT CREDIT ONTARIO

ST. LAWRENCE OIL IS **PURE** CORN OIL!





Dear Homemaker;

The St. Lawrence Starch Company Limited hopes you will enjoy using these proven recipes developed in our new modern test kitchen, and page three will indicate many additional uses.

St. Lawrence Oil is made from golden corn and, in addition to being a peerless shortening, is perfect for deep-fat frying and the finest of salad oils.

If your doctor has suggested that you reduce the amount of saturated fats in your diet, St. Lawrence Oil should be the answer to your shortening problem, as the role of corn oil in lowering blood cholesterol levels in humans has been receiving considerable prominence in recent months due to research in the field of nutrition.

Yours very truly,

Joan Norris

Home Economist.

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ST. LAWRENCE *Corn Oil*

in the Easy Pouring Container



fulfills the modern cook's wish for

- **A Healthful Food for the Family**
- **Time-Saving Methods**
- **Ease of Preparation**
- **Economy**
- **Insured Success in Her Product**

EASY TO PREPARE — pastry, tea biscuits, cakes, cookies, breads, cream puffs, with a minimum of equipment. The task of "creaming" is omitted and there is no problem in measuring this liquid shortening.

EASY TO USE — in your own favourite recipes by substituting in equal quantities and following the general methods used in this book.

Try These Time-Saving Ideas:

TRICKS WITH A MIX — To any Cake Mix except angel cakes add $\frac{1}{4}$ CUP OF ST. LAWRENCE OIL without altering the amount of liquid added. Improves flavour and shelf-life of all cake varieties.

To 2 cups of Biscuit Mix used for tea biscuits, breads, shortcake and muffins add 2 TBSP. ST. LAWRENCE OIL.

For rich PANCAKES AND WAFFLES, CRUMB CAKE AND SCONES, add 2 TBSP. ST. LAWRENCE OIL to the 2 cups biscuit mix, following your other package directions and added ingredients.

TIME-SAVERS — To prepare *cake tins* for cakes, other than chiffon and wherever a greased tin is required, brush ST. LAWRENCE OIL lightly over the bottom of the tin, fit a piece of wax paper into the bottom and brush the wax paper lightly with ST. LAWRENCE OIL.

Prepare *jelly moulds* by brushing very lightly with ST. LAWRENCE OIL. The jellied mixture turns out easily onto your plate.

Brush with ST. LAWRENCE OIL the rim of the saucepan you use for candy making. This prevents the candy from boiling over onto the stove.

When using BEE HIVE GOLDEN CORN SYRUP and ST. LAWRENCE OIL in a recipe, measure the oil first, the corn syrup then pours easily from the cup.

DURHAM CORN STARCH added to a salt shaker prevents salt hardening. Use $\frac{1}{2}$ tsp. corn starch to $\frac{1}{4}$ cup salt.

Lightly brush your wooden salad bowl with ST. LAWRENCE OIL before adding salad ingredients. Rub the bowl with a clove of garlic if desired.

SAUTÉ mushrooms, green peppers, tomatoes, corn, celery and onions in a small amount of ST. LAWRENCE OIL for best results.

FOR AN EGG-WHITE MERINGUE TOPPING that is easily cut and forms high peaks which do not shrink, use BEE HIVE GOLDEN CORN SYRUP for part of the sweetening. For two egg whites use 2 tbsp. BEE HIVE GOLDEN CORN SYRUP and 2 tbsp. white sugar. Add the corn syrup when the egg whites form soft peaks. Then gradually add the sugar. Continue beating until stiff and glossy. Bake in a moderately hot oven (375° F.) for about 15 minutes.

CINNAMON TOAST

Mix together

$\frac{1}{2}$ cup BEE HIVE GOLDEN CORN SYRUP 1 tsp. Cinnamon

Spread on hot toast.
Makes enough for 8 slices of toast.

BEE HIVE GOLDEN CORN SYRUP makes an excellent topping for ice cream, cereals and fruits.

SIMPLE GLAZE

$\frac{1}{2}$ cup BEE HIVE GOLDEN CORN SYRUP $\frac{1}{4}$ cup Water

Combine and bring just to rolling boil. Spread this glaze over fruit cakes and quick breads.

The following tested recipes require careful level measurements to ensure a successful product each time they are made.

CREAM SOUP

(Smooth and creamy, served as the basis of a lunch or supper).

Cook and sieve raw vegetables or put left-over vegetables through a coarse sieve.

2 tbsp. St. LAWRENCE OIL	2 cups Milk or Water
2 tbsp. DURHAM CORN STARCH	2 cups Vegetable stock or
1 tsp. Salt	cooking water and pulp
Few grains Pepper	

Heat milk over low heat until small bubbles appear. Blend Durham Corn starch and seasonings with St. Lawrence Oil. Add to milk, keep heat low, stirring constantly to obtain a smooth mixture. Place over hot water. Stir constantly until thick. Cover and cook five minutes longer to thoroughly cook the starch. Add the vegetable stock and pulp. Serve hot.

HOME STYLE TOMATO SOUP

2 tbsp. ST. LAWRENCE OIL	3 Bay Leaves
2 tbsp. DURHAM CORN STARCH	1 tsp. Parsley
1 tsp. Salt	¼ tsp. Chervil
½ tsp. Pepper	¼ tsp. Celery Salt
2 cups Tomato stock and pulp	¼ tsp. Marjoram
(canned or fresh)	1 small Onion
2 cups Water	

Blend Durham Corn Starch, St. Lawrence Oil, salt, pepper and celery salt in the upper portion of the double boiler. Add water slowly, stirring to obtain a smooth mixture. Place over hot water, stir constantly until thick. Place on lid and allow to cook five minutes. Put tomatoes through coarse sieve and combine with juice to make up two cups. Heat tomato stock and pulp. Add bay leaves, onion, parsley, chervil and marjoram. Just before serving, add hot tomato mixture to cooked cream sauce, stirring carefully around rim of the pot. Remove onion from soup. Serve immediately and garnish with whipped cream or a parsley sprig. For a clear soup, combine spice and herbs in a tied cheese-cloth bag and remove before serving. Serve in bouillon cups. Yield: 4-6 servings.

Pour BEE HIVE CORN SYRUP over ice cream and top with chopped nuts. Children love this quick, good tasting sundae.

MEATS

Use St. Lawrence Oil for broiling, pan broiling, frying and braising.

TASTY MINCED STEAK PIE

"Meal-in-a-Dish Favourite"

¼ cup ST. LAWRENCE OIL	1 20 oz. tin Tomato Juice
1½ lbs. Round Steak minced	1 large tin of Spaghetti
2 medium Onions (diced)	or
1 Green Pepper (diced)	8 oz. of drained cooked Spaghetti
1 10 oz. tin sliced Mushrooms	1 tsp. Salt
or	Single crust of Cheese Pastry
1 lb. fresh Mushrooms (sliced)	

Brown onions in ¼ cup ST. LAWRENCE OIL in an electric frying pan at 300° F. or in a heavy iron frying pan at medium heat. Add the minced round steak and salt. Brown slightly at 360° F. or medium high heat.

Add tomato juice, green pepper and mushrooms. Simmer for ½ hour. Add spaghetti and mix. Pour into a round oven casserole dish (8½ inches in diameter) or a rectangular oven casserole dish (approximately 10" x 5" x 4"). Top with cheese pastry, slashed with a knife to allow the escape of steam. Bake at 450° F. for 12-15 minutes. Serves 6.

FRYING

Deep fat fry or pan fry thinly cut round steak, veal steak and chops, liver and pork chops.

TO PAN FRY

Brown meat in a small amount of St. Lawrence Oil, then continue to cook, uncovered, at a reduced temperature, turning occasionally.

TO DEEP FRY

Remove all excess surface moisture from the meat. Just before frying, the meat may be rolled in flour, breaded or dipped in batter to dry the surface, minimize fat absorption and decrease the loss of moisture. Deep fat fry meats in St. Lawrence Oil at a temperature of 350° F. to 375° F. for 8 to 10 minutes. Serve plain or with Spanish Sauce (recipe below).

BRAISING

Braise pot roasts, swiss steaks, pork and veal chops, steaks and patties. The flavour of these meats is developed by flouring, marinating, or adding herbs, spices or vegetables to be cooked with the meat.

TO BRAISE

Steaks, chops, short ribs, brisket. Dip meat in well seasoned flour, brown on both sides in a small amount of St. Lawrence Oil in a heavy frying pan. Add half cup of liquid (water, tomato juice or soup stock). Cover the pan tightly and cook at 300° F. in oven or on top of the stove until tender. More liquid should be added as required.

TO BRAISE A POT ROAST

Add two tbsp. St. Lawrence Oil to a heavy iron or aluminum pan with a tight-fitting lid. Brown the meat (floured if desired). Season. Add no more than one cup of liquid (water, tomato juice or soup stock). Put a rack under the meat. Cover. Reduce the temperature and cook until the meat is tender. If the meat is to be oven cooked, brown at 500° F. and continue cooking at 300° F. until tender.

SWISS STEAK

2 lbs. Round Steak	Dash Pepper
1/3 cup Flour	3 tbsp. ST. LAWRENCE OIL
2 tsp. Salt	1 Small Onion, Sliced
2 1/2 cups Water or 2 tins Tomato Juice	

Wipe steak thoroughly with a clean, damp cloth. Add the salt and pepper to the flour and pound it into the meat using the edge of a heavy saucer. Heat the St. Lawrence Oil to a moderately hot temperature in a heavy pan and brown the steak thoroughly on both sides. Add sliced onion and a half cup of the water or tomato juice, cover tightly and place in a slow oven (300° F.) for about 1 1/2 hours or until very tender. Add remaining water or juice gradually to prevent pan from going dry. Serve meat in its own gravy.

MEAT LOAF

1 1/2 lbs. Ground Beef	1 tbsp. Worcestershire Sauce
1/4 cup Rolled Oats	1 Egg slightly beaten
1 cup finely chopped Onion	1 tbsp. DURHAM CORN STARCH
1/4 cup Tomato Juice	1 tbsp. ST. LAWRENCE OIL
2 tbsp. Catsup	1 tsp. Salt

Combine first 6 ingredients in a bowl. Mix together last 4 ingredients and mix into meat mixture. Spread into a lightly oiled loaf pan. Bake in a moderate oven 350° for 1 hour.

Makes 4 servings.

Alternative Method

Shape loaf and place in 2 tbsp. St. Lawrence Oil in electric fry pan. Brown at 340° and turn to other side. Continue to brown for two minutes. Turn heat to 220° and cook for 50 minutes covered. Cut new peeled potatoes in strips 1/4" thick and fry in pan with meat loaf for 50 minutes.

SWEET AND SOUR FRIED SPARERIBS

2½ lbs. Spareribs	3 tbsp. Soy Sauce
6 tbsp. ST. LAWRENCE OIL	½ tsp. Salt
¼ cup Vinegar	1 cup Water
2 tbsp. DURHAM CORN STARCH	1 cup Pineapple Bits
¼ cup Sugar	

Cut strips into pieces having one bone and some meat on each piece. Heat St. Lawrence Oil in large frying pan, add a single layer of cut ribs and fry 10 minutes, stirring until browned on all sides. Keep hot while frying the rest of the ribs. Remove ribs from the pan. Pour off all but about 1 tbsp. of the St. Lawrence Oil and add the combined vinegar, Durham Corn Starch, sugar, Soy sauce, salt and water. Cook about one minute stirring constantly until thick and clear. Add pineapple and browned ribs. Cook over low heat until the meat pulls away from the sides easily. Serves five or six.

SPANISH SAUCE

1½ cups canned Tomatoes	½ tsp. Sugar
1 tbsp. Onions	½ tsp. Mustard
3 tbsp. diced Carrots	Few grains Cayenne Pepper
3 tbsp. Celery, diced	½ tsp. Salt
1 tbsp. Water	¾ tbsp. ST. LAWRENCE OIL
¾ tbsp. DURHAM CORN STARCH	Few grains Pepper

Sauté diced onions, carrots and celery in St. Lawrence Oil in kettle 10 minutes. Add canned tomatoes and heat. Mix dry ingredients, combine with water gradually. Stir constantly until thick and continue cooking slowly, approximately 20 minutes until flavour is well developed. Serve immediately.

HAM GLAZE

¾ cup BEE HIVE CORN SYRUP	1 tsp. Dry Mustard
½ cup Brown Sugar	

Take the ham from the oven about ½ hour before it is completely cooked. Pour fat from the pan, remove skin, score using a strip of paper for a guide in making diagonal lines. Stud with whole cloves. Pour glaze over ham, continue baking at 325° for 30 minutes, basting occasionally with glaze in the pan.

Serve pancakes, waffles, fritters, cereal and toast with BEE HIVE CORN SYRUP for extra flavour.

BEE HIVE CORN SYRUP poured over french toast and bacon strips is a popular lunchtime dish.

FISH

Bake, pan fry and deep fat fry fish fillets, steaks and whole fish using St. Lawrence Oil.

TO PAN FRY

Fish Fillets:

Thaw frozen fish

Wipe fish with a damp cloth. Bread with flour, cornmeal, cracker crumbs or fine dry bread crumbs. Dip fish in milk or beaten egg diluted with 1 tbsp. of milk. Then dip in breading material. Repeat this process.

Preheat a heavy frying pan containing $\frac{1}{4}$ cup to $\frac{1}{2}$ cup St. Lawrence Oil. Add fish, fry at medium high temperature until golden brown on underside, turn with a pancake turner, brown other side. Fry only until easily flaked with a fork and still moist. Serve at once garnished with lemon slices and parsley or a sauce.

TO BAKE

Bake fresh or frozen fillets in oiled baking dish. Pour over fish a topping of

2 tbsp. Lemon Juice	$\frac{1}{2}$ tsp. Salt
2 tbsp. minced Parsley	$\frac{1}{8}$ tsp. Pepper
$\frac{1}{4}$ cup ST. LAWRENCE OIL	

Bake 1 inch fillets for 10 minutes in a very hot oven (500° F.) Allow 10 minutes for each inch of thickness. For frozen fish allow about double the time recommended for fresh fish (20 min. per inch of thickness).

TO DEEP FRY

Use a deep saucepan with a basket to fit and a thermometer to clip on the side of the saucepan. An electric deep fat fryer is ideal. Fillets, smelts, fish cakes and shellfish are excellent deep fried. Cut fish into serving-size pieces. Coat with a breading or batter and fry in St. Lawrence Oil at 375° F. Because of its high smoke point St. Lawrence Oil is preferable for deep fat frying. Maintain a temperature of 375° F. Fish is cooked when it takes on whitish appearance, when the juices are milky and when the flesh is easily pierced by a fork and will separate into flakes. DO NOT overcook.

BATTER FOR DEEP FRYING FISH

$1\frac{1}{2}$ cups Flour	2 Eggs, well beaten
1 tbsp. Baking Powder	1 cup Milk
1 tsp. Salt	

Add milk to beaten eggs and beat. Add dry ingredients and mix until smooth.

STUFFED FISH FILLETS

6 Fish Fillets ¼ tsp. Salt
 2 tbsp. ST. LAWRENCE OIL ⅛ tsp. Paprika

Set oven at 450° F. Oil a shallow baking pan. Arrange 3 fillets in the bottom of the pan. Spread each with vegetable stuffing. Top with remaining 3 fillets. Sprinkle with St. Lawrence Oil, salt and paprika. Serve with lemon slices.

VEGETABLE STUFFING

3 slices Bread 3 tbsp. ST. LAWRENCE OIL
 1 small Onion 1¼ tsp. Salt
 2 small Carrots ⅛ tsp. Pepper
 ¾ cup Canned Tomatoes ¼ tsp. Marjoram, Tarragon
 ½ cup Chopped Mushrooms and Chervil

Remove crusts from the bread, cut into small cubes to make 2 cups. Peel, thinly slice onion, shred carrots. Drain tomatoes, add onions and chopped mushrooms to the heated corn oil and cook until tender. Add to bread the remaining ingredients.

Stuff whole WHITE FISH with:

2 cups Bread Crumbs ¼ cup Tomato Juice
 1 tsp. Salt 1 tbsp. Chili Sauce
 1 tsp. Pepper ½ tbsp. finely minced Onion
 ¼ tsp. Poultry Seasoning ⅛ cup Chopped Sweet Pickle
2 tbsp. ST. LAWRENCE OIL

Bake on cookie sheet at 400° F. Allow about 15 minutes for a 1 inch thickness, 25 minutes for a two inch thickness and 30 minutes for a 3 inch thickness. Test as above for doneness.

BARBECUED FISH

1 lb. fillets of Sole 2 tbsp. BEE HIVE GOLDEN CORN
 ¼ cup ST. LAWRENCE OIL SYRUP
 ½ large Onion diced ½ tsp. Salt
 1 cup Tomato Juice ½ tsp. Tarragon
 2 tbsp. Vinegar ½ tsp. minced Parsley
¼ cup Bread Crumbs

Sauté onions in heated ST. LAWRENCE OIL in a frying pan. Add tomato juice, vinegar, BEE HIVE GOLDEN CORN SYRUP, salt and tarragon. Simmer for 20 minutes. Place fish fillets in casserole. Sprinkle with parsley. Cover with tomato and onion sauce. Top with bread crumbs. Bake in a very hot oven, 500° F. for 10 minutes. Serves 4.

POULTRY

ROAST TURKEY

Liberalily brush the singed, washed and dried turkey with ST. LAWRENCE OIL. Place in a moderate oven 350° F. to 375° F. and allow to brown (approximately 30 minutes). When the turkey is a golden brown colour, remove from the oven. Make a drop-batter using one cup of all-purpose flour, unsifted, for every half cup of water. Make enough to cover the whole bird. Spread this batter over the turkey, coating the legs generously. Continue roasting the required length of time in a 325° F. oven. When the turkey is cooked, remove the hardened cooked batter and the turkey is ready for the table.

For a 5 to 8 lb. turkey, cook 3½ to 4 hours

For an 8 to 12 lb. turkey, cook 4 to 4½ hours

For a 12 to 16 lb. turkey, cook 4½ to 5½ hours

For a 16 to 20 lb. turkey, cook 5½ to 7 hours

For a 20 to 24 lb. turkey, cook 7 to 8½ hours

TURKEY STUFFING

(Stuffs a 12 lb. turkey)

4 cups Bread Crumbs (one day old)	½ tsp. Pepper
⅓ cup ST. LAWRENCE OIL	1 tbsp. Lemon Juice
¼ cup Onion (minced)	1 tbsp. Parsley
1 cup Chopped Celery and Celery Leaves	⅓ cup finely sliced Mushroom browned in St. Lawrence Oil
2 tsp. Salt	

Add minced onion to St. Lawrence Oil and cook until yellow, stirring occasionally. Stir in some of the bread crumbs. Heat, stirring, to prevent excessive browning. Turn into a deep bowl and mix in lightly celery, salt, pepper, lemon juice and minced parsley. Stuff turkey loosely as stuffing expands during roasting.

GOLDEN FRIED CHICKEN

2 lb. (approximately) Chicken Pieces	1 tsp. Salt
½ cup DURHAM CORN STARCH	½ tsp. Paprika
	½ cup ST. LAWRENCE OIL

Heat ST. LAWRENCE OIL in fry pan at 360° or for about 3 minutes at high heat.

Wash chicken pieces in cold water. Drain and dry.

Measure DURHAM CORN STARCH, salt, paprika into paper bag.

Put chicken pieces into paper bag and shake well to thoroughly coat each piece with corn starch mixture.

Place coated chicken carefully in the heated ST. LAWRENCE OIL and brown on all sides at Medium high heat, 360°. Takes about 10 minutes.

Cover fry pan and cook for about 20 minutes more at a low heat.

Remove chicken to an oven dish and bake in moderate oven 350° for about 20 minutes or until chicken is tender when tested with a fork.

CHICKEN OR TURKEY PIE

2 to 3 cups cooked Chicken or Turkey cut small	½ tsp. Salt
4 medium sized cooked Potatoes cut into eighths	¼ tsp. Pepper
1 cup Green Peas, cooked	½ cup Chicken Stock
1 tsp. minced Onion	½ cup Milk
1 tsp. chopped Parsley	2 tbsp ST. LAWRENCE OIL
	1 tbsp. DURHAM CORN STARCH
	½ tsp. Curry Powder if desired

Arrange chicken and vegetables in baking dish. Make a cream sauce of ST. LAWRENCE OIL, DURHAM CORN STARCH and seasonings added to heated chicken stock and milk. When thickened pour over chicken mixture. Cool slightly, cover with single crust pastry recipe rolled 1/4" to 1/3" thick. Bake in hot oven 450° F. for 15-20 minutes. Serve immediately.

WHITE SAUCE

"Smooth and creamy, the basis for cream soups, creamed vegetables, meats, eggs, fish and fowl, casserole dishes, gravies, croquettes, soufflés and blanc manges".

Thin White Sauce

(For cream soups)

1 tbsp. DURHAM CORN STARCH
1 tbsp. ST. LAWRENCE OIL
2 cups Milk, Water or Vegetable Stock
½ tsp. Salt

Medium White Sauce

(For creamed foods, casserole dishes)

1 tbsp. DURHAM CORN STARCH
1 tbsp. ST. LAWRENCE OIL
1 cup Liquid
½ tsp. Salt

Thick White Sauce

(For croquettes, soufflés, blanc manges)

2 tbsp. DURHAM CORN STARCH	1 cup Liquid
2 tbsp. ST. LAWRENCE OIL	½ tsp. Salt

Method

Scald the liquid in the top of double boiler.

Mix together DURHAM CORN STARCH, ST. LAWRENCE OIL, and salt. Add hot liquid to this gradually. Return to top of double boiler, and stir constantly over direct heat until smoothly thickened. Continue to cook over boiling water until there is no taste of raw starch (about 5 minutes). Serve piping hot.

Vary the white sauce with the addition of grated cheese, nutmeg, paprika, lemon juice, Worcestershire Sauce, onion juice, chopped parsley or chopped chives.

VEGETABLES

FRENCH FRIED CAULIFLOWER

ST. LAWRENCE OIL for Frying
1 Egg, well beaten
 $\frac{2}{3}$ cup Milk

1 cup All Purpose Flour
2 tsp. Salt
1 medium sized Cauliflower

Heat **ST. LAWRENCE OIL** to 375° F. Mix milk into beaten egg. Add flour and salt and beat until smooth. Separate cauliflower into flowerets. Dip into batter. Fry in heated **ST. LAWRENCE OIL** for 4 to 5 minutes. Drain and serve. Makes 4 to 5 servings.

Try frying carrots, parsnips and corn the same way. Sprinkle with salt and pepper and serve piping hot.

Cut up fruit or vegetable. Add to, or dip in batter. Drop into hot deep oil and fry at 375° F. until golden brown (about 4 minutes). Drain on paper towels. Serve hot with **BEE HIVE GOLDEN CORN SYRUP** or gravy.

To bake potatoes, brush with St. Lawrence Oil, pierce with a fork, place in a hot oven 450° F., bake for 40 minutes.

Combine vegetables with a smooth and creamy white sauce to add texture variation to your meal.

FRENCH FRIED ONION RINGS

Fritter Batter

6 medium Onions

ST. LAWRENCE OIL for frying

Slice onions about $\frac{1}{4}$ inch thick, separate into rings. Dip 5 or 6 rings at a time into fritter batter, then lower into St. Lawrence Oil heated to 375° F. and fry 2 to 3 minutes, or until golden brown, turning occasionally. Drain and serve.

FRENCH FRIED POTATOES

6 to 8 firm medium sized Potatoes

ST. LAWRENCE OIL for frying

Heat **ST. LAWRENCE OIL** to 390°. Peel and wash potatoes. Cut into strips $\frac{1}{4}$ " wide and $\frac{1}{4}$ " thick. Drain and dry well. Drop into **ST. LAWRENCE OIL** in deep frying basket. Fry until golden brown, about 10 minutes. Serve hot with salt and vinegar.

For GLAZED VEGETABLES, parboil carrots, turnip, or sweet potatoes in a small amount of water for about $\frac{1}{2}$ the cooking time. Drain and place in a shallow baking dish.

Cover with a syrup of $\frac{1}{2}$ cup **BEE HIVE CORN SYRUP**

2 tbsp. **ST. LAWRENCE OIL**

Bake in a moderate oven, 350° for $\frac{1}{2}$ hour or until tender, basting frequently. Serve immediately.

PAKISTAN STYLE RICE

2 cups Boiling Water	1 cup Sautéed Peanuts
1½ tsp. Salt	2 tbsp. ST. LAWRENCE OIL
1 cup Rice	1 tsp. Parsley
1 or 2 Cinnamon Sticks	½ tsp. Ground Black Pepper
1 medium Onion, finely chopped	½ tsp. Curry

Bring water and salt to a rolling boil. Pour in rice and add cinnamon sticks. Cover with a tight fitting lid, turn heat down to low and cook for 14 minutes. Meanwhile, saute peanuts in heated ST. LAWRENCE OIL. Remove from fry pan and drain on a paper towel. Saute onions in fry pan. When cooking time for rice is completed remove from the heat and gently stir in the remaining ingredients with a fork. Serve hot with fried chicken.

BAKED BEETS

3 cups coarsely shredded Raw Beets (5-6 medium beets)	¼ cup ST. LAWRENCE OIL
½ tsp. Salt	2 tbsp. White Wine Vinegar
	1 tbsp. Water

Place grated beets in an oiled casserole dish. Add salt. Pour corn oil, vinegar and water over beets. Cover and bake for 25-30 minutes at 350° F. Serve hot.

EGG COOKERY**SCRAMBLED EGGS**

1 tbsp. ST. LAWRENCE OIL	⅛ tsp. Salt
1-2 tsp. grated Onion (optional)	⅛ tsp. Paprika
3 Eggs	3 tbsp. Milk

Beat together St. Lawrence Oil, eggs, salt and milk. Pour into a cold frying pan or shallow saucepan. Turn heat to low. When eggs begin to thicken break into shreds with a fork, or stir with a wooden spoon for creamy eggs. Garnish with a dash of paprika.

CHEESE SOUFFLE

¼ cup ST. LAWRENCE OIL	¼ lb. sharp, spreading Cheese
2 tbsp. DURHAM CORN STARCH	4 well-beaten Egg Yolks
½ tsp. Salt	4 stiffly-beaten Egg Whites
1 cup Milk	

Measure and mix together Durham Corn Starch and salt. Add St. Lawrence Oil to the corn starch mixture and blend until smooth. Gradually add the milk. Heat over boiling water, stirring until thick and smooth. Remove from the heat and add sliced cheese. While the cheese melts, beat the egg yolks. Gradually stir the hot sauce into the egg yolks. Beat egg whites until they are stiff but not dry. Fold in the cheese sauce with a rubber scraper. Pour into an ungreased 2-quart casserole. Make a crown by cutting a circle through the batter 1 inch in from the edge of the dish. Bake in a slow oven 325° F. for approximately 1 hour. Serve immediately. Yield: About 6 servings.

BREADS

QUICKBREADS

"Quick and even easier to make using ST. LAWRENCE OIL"

ORANGE-DATE NUT LOAF

Three complimentary flavours blend to give light and moist tea snack.

1½ cups All-purpose Flour	1 tsp. Salt
4 tbsp. DURHAM CORN STARCH	1 tsp. Baking Powder
1 tsp. Baking Soda	¾ cup chopped Nutmeats
½ cup Boiling Water	¼ cup ST. LAWRENCE OIL
1 Egg	1 cup chopped Pitted Dates
¾ cup Brown Sugar	½ cup Orange Juice

Pour boiling water and orange juice over chopped dates. Allow to cool. Beat egg well. Add sugar gradually, beating after each addition. Add salt and vanilla. Combine this mixture with dates. Add sifted dry ingredients — flour, DURHAM CORN STARCH, baking soda and baking powder to chopped nutmeats. Add to date mixture. Beat in ST. LAWRENCE OIL. Mix well. Bake in oiled loaf pan (10" x 5" x 2½") at 325° F. for 50 minutes to 1 hour.

DOUGHNUTS

Follow directions carefully for light, golden brown doughnuts.

5¼ cups All-purpose Flour	3 Eggs
¼ cup ST. LAWRENCE OIL	1 cup Milk
2 tbsp. Baking Powder	⅛ tsp. Nutmeg
1 tsp. Salt	⅛ tsp. Cinnamon
1 cup Sugar	

Sift and measure all-purpose flour. Sift two more times with baking powder. Thoroughly beat eggs and combine with sugar, salt and ST. LAWRENCE OIL, mixing until very light and fluffy. Add milk and flour mixture to other ingredients and combine using 80 strokes, roll the dough ¼" - ⅜" thick. Cut with doughnut cutter. Place in deep hot oil at 345-355° F. Cook each doughnut for 3 minutes (1½ minutes for each side). Time carefully. Remove from oil with egg lifter. Drain on brown paper towels on a cake rack. Roll in sugar if desired. Yield: 2½ dozen doughnuts.

NO MELTING NECESSARY. In any recipe requiring a melted shortening substitute using the same quantity of ST. LAWRENCE OIL.

SALADS AND SALAD DRESSINGS

It takes an artist to make a good salad and it's the dressing that makes the salad a masterpiece.

Choose garden fresh fruits and vegetables in quantities for immediate use.

Immediately rinse greens in cold water, drain and store in a covered container. Chill all ingredients before the salad is tossed together and do not combine ingredients until serving time.

Toss the salad materials lightly with a spoon and fork. Do not crush or over-mix the ingredients.

Garnish, if you wish, with parsley sprigs, mint or watercress, stuffed olives, pickles, pimento, chives or green pepper rings.

ST. LAWRENCE FRENCH DRESSING

With a dash of garlic

$\frac{1}{3}$ cup ST. LAWRENCE OIL	$\frac{1}{2}$ tsp. Mustard
2 tbsp. Vinegar	1 tbsp. BEE HIVE CORN SYRUP
$\frac{3}{4}$ tsp. Salt	f. g. Cayenne
Garlic	1 tsp. Paprika
2 $\frac{1}{2}$ tbsp. Catsup	

Combine all the ingredients. Shake well before pouring over your salad. This dressing is excellent poured over tossed greens, tomatoes or lettuce wedges. Makes 2/3 cups dressing.

HEARTY SPRING SALAD

Place in a jar and set aside
for several hours.....

$\frac{1}{4}$ cup ST. LAWRENCE OIL
1 clove Garlic
2 cups stale bread cubes or dry toast cubes.

Place in a large bowl in order

6 cups fresh Salad Greens	1 tsp. Worcestershire Sauce
(lettuce, spinach, green onions, chives, parsley)	$\frac{1}{2}$ tsp. freshly ground Pepper
3 medium sized Raw Carrots, grated	1 $\frac{1}{2}$ tsp. Salt
4 or 5 sliced Radishes	$\frac{1}{4}$ cup grated Cheddar Cheese or grated Parmesan Cheese
2 tbsp. ST. LAWRENCE OIL	1 beaten Egg
	3 tbsp. Vinegar

Toss the salad well, making sure all ingredients are thoroughly mixed. Mix in the bread cubes lightly after dipping them in the garlic oil. Serve immediately.

MARINATED MUSHROOMS

Wash fresh mushrooms and cut into slices. Marinate in French Dressing. If you like, add chopped chives, onion juice and chopped parsley to the French Dressing. Serve plain or on lettuce as an appetizer.

POTATO SALAD

4 medium sized Potatoes, cooked	½ Cucumber peeled and chopped
2 hard cooked Eggs	1 tsp. Salt
½ cup chopped Celery	2 tbsp. French Dressing
¼ cup grated Onion	¼ cup plain or sour cream
2 tbsp. chopped Parsley	Mayonnaise
2 tbsp. chopped Chives	

Cook the potatoes in their skins, then refrigerate until cold, remove the skins and dice. Remove the shells from the eggs and chop very finely. Combine potatoes and eggs with remaining ingredients and thoroughly mix in dressings. Store in a covered container in the refrigerator until serving time.

For a hearty main course salad, add about 1 cup of chopped bologna or other luncheon meat to the potato salad and thoroughly mix in.

Makes 4 servings.

SOUR CREAM MAYONNAISE

1 tbsp. Icing Sugar	3 tbsp. Vinegar
1 tsp. Dry Mustard	½ cup Sour Cream
1 tsp. Salt	2 tbsp. grated Blue Cheese
2 Egg Yolks	(optional)
1 cup ST. LAWRENCE OIL	2 tbsp. Onion Soup mix (optional)

Mix together icing sugar, mustard, salt, egg yolks and 2 tbsp. ST. LAWRENCE OIL. Beat well. Continue beating and add corn oil very slowly, alternately with vinegar. Add sour cream and mix thoroughly. Mix in bleu cheese if desired. For a special flavour, add onion soup mix. Beat until smoothly combined. Excellent with shredded cabbage or lettuce wedges.

APPLE SALAD

3 large eating Apples	1 tbsp. Cream
2 tbsp. Mayonnaise	Lettuce cups, chilled
2 tbsp. BEE HIVE CORN SYRUP	

Wash, pare and finely slice apples into narrow slivers. Combine with remaining ingredients and serve cold in a bed of lettuce cups.

SALAD COMBINATIONS

Compose a salad of tossed greens from varieties of fresh lettuce, beet and celery tops, spinach leaves, shredded cabbage, endive, sliced cucumber, green onions, parsley, watercress and green peppers. Toss with French Dressing and top with quarters of fresh red tomatoes.

Marinate tomato and cucumber or onion slices in French Dressing. Serve on a lettuce leaf with a spoonful of French Dressing.

Combine orange and grapefruit sections in a lettuce cup and serve with Fruit Salad Dressing. Garnish with a mint leaf.

SHRIMP SALAD

$\frac{3}{4}$ tsp. Salt	1 8 oz. tin or 2 cups
$\frac{1}{4}$ tsp. freshly ground Black Pepper	cleaned Shrimps
$\frac{1}{4}$ tsp. Mustard	1 finely sliced medium sized
$\frac{1}{4}$ tsp. Paprika	Green Pepper
$\frac{1}{3}$ cup ST. LAWRENCE OIL	$1\frac{1}{2}$ cups diced Celery
2 tbsp. Vinegar	$\frac{1}{2}$ cup diced Cucumber
1 tbsp. Catsup	$\frac{1}{2}$ cup sliced stuffed Olives
1 tbsp. BEE HIVE GOLDEN CORN SYRUP	2 large Tomatoes, sliced Parsley

In a cup combine salt, pepper, mustard and paprika. Add ST. LAWRENCE OIL gradually, stirring to combine with ingredients. Add vinegar, catsup and BEE HIVE GOLDEN CORN SYRUP. Mix well with a fork. Chill on ice until ready to serve.

Put shrimps in a sieve or colander and allow cold water to run over them for a few minutes.

Place shrimps in bottom of wooden salad bowl. Pour dressing over them. Cut into the bowl, green pepper, celery, cucumber and onion. Toss over and over so that every part of the salad gets the benefit of the seasoning. Refrigerate until ready to serve.

Serve in crisp lettuce cups and top with sliced red tomatoes. Garnish with parsley sprigs.

OR

Fill a tomato aspic ring mould and serve with cold meats and potato salad.

SALAD ACCOMPANIMENTS**APPLE MUFFINS**

Recipe for Tea Muffins (Page 23) **2 tbsp. White Sugar**
5 medium Apples **1 tbsp. Cinnamon**

Prepare recipe for Tea Muffins. Peel, core, and chop up 2 medium apples. Fold into muffin batter. Pour batter into lightly oiled muffin tins. Fill $\frac{2}{3}$ full. Peel, core and slice remaining apples into thin wedges. Dip into cinnamon mixture and place 3 wedges in the top of each of the muffins. Bake at 425° for 15 to 20 minutes. Serve warm. Makes 12 muffins.

TOAST POINTS

Cut bread into small strips or points. Brush with ST. LAWRENCE OIL and sprinkle with garlic salt, grated blue cheese, or parmesan cheese. Broil for 3 minutes in the oven. Serve hot.

GARLIC BREAD

Slice French or Italian bread diagonally to within quarter of an inch of the bottom crust. Do not cut right through. Combine half tsp. garlic powder with $\frac{1}{4}$ cup ST. LAWRENCE OIL. Spread each side of each slice with the oil mixture. Place on a baking sheet and heat in a very hot oven for 10 to 15 minutes. Serve hot and break off a slice to eat with tossed salad.

FRENCH DRESSING

2 tbsp. fine granulated Sugar	few grains Cayenne
1 tbsp. Dry Mustard	1 tin (15 fluid ozs.) (2 cups)
4 tsp. Salt	ST. LAWRENCE OIL
½ tsp. Pepper	½ cup Vinegar

Measure the sugar into a quart jar and add the mustard, salt, pepper and cayenne, pour in the ST. LAWRENCE OIL and vinegar. Cover jar securely and shake vigorously until well blended. Store in a cool place and shake dressing thoroughly before using.

Yield: About 2½ cups dressing.

Vary this French Dressing with the addition of grated blue cheese, catsup, chili sauce, chopped chives, grated onion or your favourite herbs and spices.

MAYONNAISE

2 tsp. granulated Sugar	2 Egg Yolks
2 tsp. Dry Mustard	1 tin (16 fluid ozs.) (2 cups)
1¼ tsp. Salt	ST. LAWRENCE OIL
⅛ tsp. Curry Powder	¼ cup Vinegar
Very few grains Cayenne	2 tbsp. Boiling Water

Combine the sugar, mustard, salt, curry powder and cayenne. Beat the egg yolks until thick and light; very gradually beat in about 3 tablespoons of the ST. LAWRENCE OIL; beat in dry ingredients. Beat in, a little at a time, the remaining ST. LAWRENCE OIL alternately with the vinegar. As the mayonnaise thickens, the oil and vinegar may be added a little more quickly and in larger amounts. Beat mayonnaise well, then beat in the boiling water, a little at a time. Turn into a clean, dry, wide-mouthed jar, cover closely and store in refrigerator.

Yield: About 3 cups dressing.

FRUIT SALAD DRESSING

Juice of 1 Lemon	⅛ tsp. Salt
½ cup Fruit Juice (Peach, Pear, Cherry, Pineapple)	1 Egg
1 tbsp. DURHAM CORN STARCH	¼ cup Sugar

Mix lemon juice, fruit juice, salt and DURHAM CORN STARCH in the top of a double boiler. Cook over hot water until it thickens, stirring all the time. Mix egg and sugar and add to cooked mixture. Cook 3 minutes longer. Cool.

Yield: About ¾ cup dressing.

MUFFINS

BRAN MUFFINS

1 cup All-purpose Flour	½ tsp. Vanilla
½ tsp. Salt	1-2 tsp. Orange Rind (optional)
⅛ tsp. Nutmeg, grated	¼ cup Sour Milk
1 cup Bran	1 tsp. Baking Powder
¼ cup Sugar (brown)	½ tsp. Baking Soda
⅓ cup ST. LAWRENCE OIL	1 Egg
½ cup Milk	½ cup Raisins or Dates

Sift and measure flour. Re-sift with salt, sugar, baking powder, baking soda. Add orange rind. Stir in bran. Combine sour milk, St. Lawrence Oil, sweet milk, egg (beaten). Combine dry and liquid ingredients with a few swift strokes, add raisins (half cup). Oil tins, fill tins 2/3 full. Bake 15-20 min. 425° F. oven. Remove from tins. Makes 12 medium muffins.

BANANA BRAN MUFFINS

1 cup All Purpose Flour	1/3 cup ST. LAWRENCE OIL
½ tsp. Salt	¼ cup BEE HIVE GOLDEN CORN SYRUP
⅛ tsp. Nutmeg	½ cup Milk
1 tsp. baking powder	½ tsp. Vinegar
½ tsp. Baking Soda	1 Egg
2 tbsp. Brown Sugar	2 Ripe Bananas
1 cup Bran	

Set oven at 425°.

Sift and measure flour. Resift with salt, nutmeg, baking powder, and baking soda. Add brown sugar and bran.

Combine all liquid ingredients with well-beaten egg.

Add liquid ingredients to dry ingredients with a few swift strokes.

Add mashed bananas and blend into batter.

Pour into oiled muffin tins and fill 2/3 full.

Bake for 15-20 minutes.

Makes 20 small muffins.

TEA MUFFINS

1¾ cups All-purpose Flour	¾ cup Milk
½ tsp. Salt	1 Egg
3 tsp. Baking Powder	¼ cup ST. LAWRENCE OIL
¼ cup Sugar	

Sift flour with salt, baking powder and sugar. Mix milk, egg and ST. LAWRENCE OIL. Add all at once, stir just until dry ingredients are moistened. Fill oiled or greased muffin pans two thirds full and bake in hot oven 400° F. 25 minutes or 425° F. 15-20 minutes. Yield: 1 dozen.

COOKIES

SUGAR COOKIES

Temperature 375°

Time 10 minutes

3 cups sifted Cake Flour	1 Egg, well beaten
¼ tsp. Baking Soda	2 tbsp. BEE HIVE CORN SYRUP
1 cup White Sugar	1 tsp. Vanilla
1 cup ST. LAWRENCE OIL	

Sift together flour, soda and sugar. Combine ST. LAWRENCE OIL, egg, BEE HIVE CORN SYRUP and vanilla. Pour into flour and mix well.

Roll into balls; press with a fork to flatten onto ungreased baking sheet.

Bake, allow to cool for 2 minutes and remove with a spatula from the baking sheet.

Makes about 6 dozen cookies.

DATE-ORANGE DROP COOKIES

1½ cups Sifted Pastry Flour	¼ cup BEE HIVE GOLDEN CORN SYRUP
1 tsp. Baking Powder	1 Egg, well beaten
½ tsp. Salt	1½ tsp. grated Orange Rind
½ cup cut-up pitted Dates	½ tsp. Vanilla
6 tbsp. ST. LAWRENCE OIL	
½ cup Granulated Sugar	

Sift dry ingredients and mix in dates. Cream together St. Lawrence Oil, sugar and Bee Hive Golden Corn Syrup. Add egg, rind and vanilla. Add dry ingredients and mix well. Drop on oiled cookie sheet and bake at 350° F. about 15 minutes. Remove from the pan before cool. Yield: About 3 dozen cookies.

CHOCOLATE CHIP OATMEAL COOKIES

2 cups Pastry Flour or 1¾ cups All-purpose Flour	1 cup lightly packed Brown Sugar
½ tsp. Salt	1 tsp. Baking Soda
½ cup Coconut	1 tsp. Vanilla
2 cups Rolled Oats	¼ cup Boiling Water
1 cup ST. LAWRENCE OIL	½ package Chocolate Chipits

Sift flour and salt. Mix in rolled oats and coconut. Mix ST. LAWRENCE OIL and brown sugar. Dissolve baking soda in boiling water. Stir into Oil and sugar mixture. Add vanilla. Add flour and salt. Stir in Chipits. Drop onto baking sheet and flatten with a fork dipped in cold water. Bake at 350° F. for 12 to 15 minutes. Yield: 6 dozen cookies.

CAKES AND FROSTINGS

The popular chiffon cake is light, moist and so easy using the liquid shortening, ST. LAWRENCE OIL. The following never-fail recipe for chiffon cake has been tested many times in our kitchen and is always a favourite with the taste panel. Variations are almost unlimited. Those we have included are extra special in taste and eye appeal so try them uniced or with the accompanying SNOW-DRIFT FROSTING.

Always use the best quality ingredients for your cakes. Use ST. LAWRENCE OIL, the pure corn oil wherever a shortening is required.

Your ingredients should be at room temperature before mixing begins so remove the milk and eggs from the refrigerator at least two hours beforehand. Egg whites beat up to a much larger volume if they are warm and this makes all the difference in a chiffon cake.

Accurate measurements are particularly important in cake making in order to turn out a perfect product every time. Always sift flour before measuring.

The size of the cake pan is most important, making the difference between a cake of good volume and one that is undersized. Use the size of cake pan recommended in the recipe for successful results.

CHIFFON CAKE

1½ cups Cake Flour (sifted)	2 Egg Yolks
½ cup White Sugar	6 tbsp. Water
1½ tsp. Baking Powder	1 tsp. Vanilla
½ tsp. Salt	4 Egg Whites (½ cup)
¼ cup ST. LAWRENCE OIL	¼ cup White Sugar

Sift together cake flour, baking powder, salt, half cup sugar. Add ST. LAWRENCE OIL, egg yolks, water and vanilla. Beat for 2 minutes or 300 strokes by hand.

Beat egg whites until they form soft peaks. Gradually add white sugar and continue beating until the whites are very stiff and glossy.

Fold the beaten egg whites into the cake batter gently and thoroughly. Pour into an ungreased tube cake pan 8½" in diameter x 3½" in height. Bake in a moderate oven 350° F. for 30 minutes.

Suspend inverted cake pan so that the surface of the cake does not touch anything. Allow to cool completely before removing from the pan.

PARTY CHIFFON CAKE RECIPE

Double the ingredients used in the above recipe.

Add all the sugar (1½ cups) to the sifted dry ingredients. Beat the egg whites (7 or 8) with ½ tsp. cream of tartar. Bake in an ungreased tube pan with a 10" diameter and 4" deep for 55 minutes at 325° F. and 10 minutes at 350° F.

CHERRY - NUT CHIFFON

Follow the recipe for chiffon cake. For 3 tbsp. water substitute 3 tbsp. maraschino cherry juice in the recipe for chiffon cake. Add ¼ cup drained cherries, very finely chopped and ¼ cup finely chopped nuts to the egg white meringue. Fold in gently but thoroughly. Fold this meringue into the cake batter.

Serve with Pink Almond Frosting.

BANANA - NUT CHIFFON

Follow the recipe for chiffon cake, but decrease the water to 2 tbsp. Add ¾ cup very ripe mashed bananas to the sifted dry ingredients. Fold ½ cup finely chopped nuts into the egg white meringue. Serve as is or with whipped cream or Snow-Drift Frosting.

CHOCOLATE-MALTED CHIFFON

Follow the recipe for chiffon cake, but decrease the cake flour to 1 cup and add 2 tbsp. cocoa and 2 tbsp. chocolate malted milk flavouring. Increase the ST. LAWRENCE OIL to 6 tbsp. and the water to half cup. Serve with Snow-Drift Swirl Frosting.

SPICE CHIFFON CAKE

Follow the recipe for chiffon cake, but add the following spices: 1 tsp. cinnamon, ½ tsp. mace, ½ tsp. allspice, ¼ tsp. ginger, ¼ tsp. cloves. Add ½ cup BEE HIVE GOLDEN CORN SYRUP to the dry ingredients and decrease the water to 2 tbsp. Serve plain or with whipped cream.

ORANGE CHIFFON CAKE

Substitute ¼ cup frozen orange juice concentrate for 4 tbsp. water, or substitute fresh orange juice for all the water. Serve with Lemon Glaze or Lemon Snow-Drift Frosting.

MARBLE CHIFFON CAKE

3 tbsp. Cocoa
¼ cup White Sugar

¼ tsp. Soda
¼ cup Water

Combine these ingredients in a saucepan and bring to the boil.

Make a plain chiffon cake large recipe using ½ cup water. Divide the batter and add the chocolate mixture to ½ of the batter, folding in gently until it is an even brown colour.

Pour plain and chocolate batters alternately into the ungreased pan.

Serve with chocolate swirl frosting.

WHITE SNOW-DRIFT FROSTING

**½ cup BEE HIVE GOLDEN CORN
 SYRUP**

½ cup White Sugar

2 tbsp. Water

2 Egg Whites

½ tsp. Vanilla

In a saucepan heat BEE HIVE GOLDEN CORN SYRUP, white sugar and water to a temperature of 242° F. or just past the soft ball stage. (The syrup forms a thin thread).

Beat the egg whites until they form soft peaks, then gradually add the heated syrup, beating continuously until they form stiff peaks. Add the vanilla and beat it in thoroughly.

Frost the cooled cake using a spatula or spoon. Swirl the frosting to form peaks.

PINK ALMOND FROSTING

Follow the recipe for WHITE SNOW-DRIFT FROSTING, substituting 2 tbsp. maraschino cherry juice for 2 tbsp. water. Substitute 1 tsp. almond extract for ½ tsp. vanilla. For deeper pink add a few drops of red food colouring. Decorate with toasted almond slivers.

For CHOCOLATE SWIRL FROSTING

Heat 1 oz. of semi-sweet chocolate with 1 tbsp. ST. LAWRENCE OIL. Swirl over the White Snow-Drift Frosting.

For LEMON SNOW-DRIFT FROSTING

Substitute 2 tbsp. lemon juice for 2 tbsp. water. Add 1 tbsp. grated lemon rind.

LEMON GLAZE

**2 tbsp. BEE HIVE GOLDEN CORN
 SYRUP**

1 tbsp. ST. LAWRENCE OIL

2 tbsp. Lemon Juice

½ tsp. grated Lemon

1 cup Icing Sugar (sifted)

Heat corn syrup and oil. Add to icing sugar and stir until smooth. Add juice and rind, blending well.

WHITE LIGHTNING CAKE

1¼ cups Cake Flour	1/3 cup ST. LAWRENCE OIL
1½ tsp. Baking Powder	1/3 cup Milk
½ tsp. Salt	2 Eggs
2/3 cup White Sugar	1 tsp. Vanilla

Bake this cake in a moderate oven 350° for about 35 minutes.

Sift together cake flour, baking powder and salt. Separate egg whites from yolks. Beat the egg whites until they form soft peaks. Gradually add ¼ cup sugar and beat until whites are stiff and glossy.

Add egg yolks, ST. LAWRENCE OIL, remaining sugar, milk and vanilla to the flour mixture. Beat for 2 minutes. Pour the batter over the beaten egg whites and fold in gently but thoroughly.

Spread into an 8" by 8" by 2" cake pan and bake in a preheated oven. Frost when cool with maple cream icing.

MAPLE CREAM ICING

½ cup BEE HIVE GOLDEN CORN SYRUP	⅛ tsp. Salt
1½ cups Brown Sugar	2 tbsp. ST. LAWRENCE OIL
½ cup Light Cream	1 tsp. Vanilla

Heat all the ingredients to the soft ball stage (238° F.). Allow to cool. Beat until stiff and creamy for spreading.

BUTTERSCOTCH ICING

½ cup Brown Sugar	1 cup Icing Sugar
2 tbsp. Milk	3 tbsp. Butter
2 tbsp. BEE HIVE CORN SYRUP	

Combine brown sugar, milk, and BEE HIVE CORN SYRUP in a saucepan and heat through but do not bring to the boil.

Add icing sugar and beat until smooth. Add butter 1 tbsp. at a time, while beating.

Put bowl in ice water and continue beating until thick enough to spread.

CHOCOLATE SATIN ICING

1½ cups Icing Sugar	1 Egg, slightly beaten
1 tbsp. Hot Water	4 tbsp. Butter
2 tbsp. BEE HIVE CORN SYRUP	¼ tsp. Rum Extract
2½ oz. Unsweetened Chocolate, Melted	

Blend icing sugar, hot water, BEE HIVE CORN SYRUP into chocolate. Beat ½ of egg into chocolate mixture, then beat in remaining egg.

Beat in butter, 1 tbsp. at a time. Blend in extract. Place bowl in a pan of ice water and beat until ready to spread.

PINEAPPLE UPSIDE-DOWN CAKE

¼ cup ST. LAWRENCE OIL **5 Pineapple Slices**
½ cup BEE HIVE GOLDEN CORN
SYRUP

Combine the first two ingredients and beat with a fork. Pour into a prepared cake pan and fit in the pineapple slices.

1 Egg	¼ cup ST. LAWRENCE OIL
½ cup White Sugar	½ cup Pineapple Juice and Water
1¼ cups Cake Flour	1 tsp. Vanilla
1½ tsp. Baking Powder	¼ cup BEE HIVE GOLDEN CORN
¾ tsp. Salt	SYRUP

Beat the egg white until it forms soft peaks. Gradually add BEE HIVE GOLDEN CORN SYRUP and continue beating until the meringue is stiff and glossy.

Sift and measure the cake flour. Sift together cake flour, baking powder, salt and sugar. Add the ST. LAWRENCE OIL, egg yolk, vanilla and pineapple juice. Beat for 2 minutes or 250 strokes by hand.

Fold in the egg white meringue. Pour into a cake pan 8" x 8" x 2" and bake in a moderate oven of 350° F. for about 40 minutes or until golden brown.

ORANGE SPICE TEA CAKES

1 pkg. White Cake Mix	¼ tsp. Ginger
1 cup Orange Juice	½ cup Chopped Dates (Optional)
¼ cup ST. LAWRENCE OIL	1 Egg if required in
½ tsp. Cinnamon	mix instructions
¼ tsp. Mace	

Add spices and ½ cup orange juice to the cake mix. Beat for 1 minute. Add egg at this point if required and beat 1 minute.

Pour in ST. LAWRENCE OIL and remainder of orange juice and beat for 1 more minute. Fold in dates.

Pour into lightly oiled pyrex custard cups or muffin tins. Bake at 325° for 25 to 30 minutes.

Let cool for 5 minutes. Remove from tins and serve plain or with orange icing.

FUDGY BROWNIES

½ cup ST. LAWRENCE OIL	½ cup BEE HIVE GOLDEN CORN SYRUP
2 oz. Unsweetened Chocolate	
2 Eggs	¾ cup All-Purpose Flour
½ tsp. Salt	½ tsp. Baking Powder
¾ cup White Sugar	¾ cup chopped Nuts
1 tsp. Vanilla	

Melt chocolate in ST. LAWRENCE OIL. Beat eggs until light. Add salt and sugar gradually. Continue beating. Add melted chocolate, ST. LAWRENCE OIL, BEE HIVE GOLDEN CORN SYRUP and vanilla. Sift together and add flour and baking powder. Beat until mixed. Fold in chopped nuts and pour into an oiled 8" x 2" square pan. Bake at 350° for 30-35 minutes. Cool slightly. Cut into squares.

DATE-OATMEAL SQUARES

¾ cup ST. LAWRENCE OIL	1½ cups Rolled Oats
¾ cup Brown Sugar	½ tsp. Soda
1¾ cups All-Purpose Flour (sifted)	½ cup chopped Walnuts (optional)

Filling

½ lb. Dates	½ cup Water
¼ cup BEE HIVE GOLDEN CORN SYRUP	1 tbsp. Lemon Juice

Cook first three ingredients together until thickened. Add vanilla and lemon juice and allow to cool.

Mix together flour, rolled oats, soda, chopped walnuts and brown sugar. Add ST. LAWRENCE OIL and mix thoroughly with a fork. Put half of this mixture into the bottom of an ungreased 8" x 8" x 2" cake pan. Spread the cooled date mixture over this and top with the remaining oatmeal mixture. Pat down. Bake in a moderate oven 350° F. for about 30 minutes.

BUTTERSCOTCH SQUARES

½ cup ST. LAWRENCE OIL	¼ tsp. Baking Powder
1 cup Brown Sugar	¼ tsp. Salt
1 Egg	½ cup chopped Nuts
1 cup plus 2 tbsp. Cake Flour	1 tsp. Vanilla

Mix thoroughly ST. LAWRENCE OIL, brown sugar, and egg. Sift together flour, baking powder and salt. Add gradually to the former mixture. Add chopped nuts and finally the vanilla. Bake 20 minutes at 350° F. in an oiled cake pan 8" x 8" x 2". Cut into 1" squares. Cool.

PIES AND PASTRY

MINUTE MAGIC PASTRY

"Tender, Flaky and Easy"

Sift together:

COVERED PIE

2 $\frac{1}{3}$ cups sifted Pastry Flour or
2 cups sifted All-Purpose Flour
1 tsp. Salt

SINGLE CRUST

1 $\frac{1}{4}$ cups sifted Pastry Flour or
1 cup sifted All-Purpose Flour
 $\frac{1}{2}$ tsp. Salt

Combine and add to dry ingredients:

$\frac{1}{2}$ cup ST. LAWRENCE OIL
 $\frac{1}{4}$ cup Water

$\frac{1}{4}$ cup ST. LAWRENCE OIL
2 tbsp. Water

Mix gently with a fork until dry ingredients are moist. Place dough on a sheet of wax paper, sealed to the working surface by dampening the table lightly (this prevents the paper from slipping during the rolling). Cover the dough with a second sheet of wax paper, and with a rolling pin roll the dough out to fit the pie pan. Peel off top layer of wax paper. Place pie pan over pastry and invert so that pie dough is evenly placed in the pan.

Pull off the wax paper, and trim.

Bake single crust in a hot oven 450° F., for 10 to 12 minutes or until a light golden brown.

Bake covered pie in a moderately hot oven 425° F. for 40 to 45 minutes.

APPLE PIE

6-7 medium Apples
 $\frac{1}{2}$ cup Sugar
2 tbsp. DURHAM CORN STARCH
 $\frac{1}{2}$ tsp. Cinnamon

$\frac{1}{4}$ tsp. Nutmeg
 $\frac{1}{3}$ cup BEE HIVE GOLDEN CORN
SYRUP
1 tbsp. Lemon Juice

Make enough pastry for one covered pie. Pare, core and slice 6 to 7 medium tart apples into the unbaked pastry shell. Mix together the sugar, DURHAM CORN STARCH, BEE HIVE GOLDEN CORN SYRUP, cinnamon, nutmeg and lemon juice. Pour this mixture over the apples and top with pastry. Bake in a hot oven 450° F. for 15 minutes. Turn heat down to 350° F. and bake for 30 minutes.

LEMON MERINGUE PIE

Make a single crust of the above recipe. Allow to cool.

MERINGUE

Beat 3 egg whites until stiff, but not dry. When the egg whites form soft peaks gradually add 2 tbsp. of white sugar, beating after each addition. Beat stiff and spread into peaks over lemon filling, sealing pastry edges with meringue. Bake in 325° F. oven for 20 minutes or until golden brown.

For a glossy meringue substitute 3 tbsp. of BEE HIVE GOLDEN CORN SYRUP for the sugar. DO NOT VARY THE METHOD.

LEMON FILLING

5 or 6 tbsp. DURHAM CORN STARCH	2 tbsp. ST. LAWRENCE OIL
¼ tsp. Salt	¼ tsp. Vanilla
¾ cup Sugar	1 tsp. Lemon Rind
1¾ cups Water	⅓ cup Lemon Juice
	3 Eggs

Combine the carefully measured Durham Corn Starch, salt and sugar in the top section of the double boiler. Gradually stir in boiling water. Cook over direct heat, stirring constantly, until smoothly thickened. Cover and cook over boiling water, stirring occasionally for 8 minutes. Beat egg yolks slightly. Gradually stir part of hot mixture into beaten egg yolks. Return egg mixture to top of double boiler and cook, stirring constantly 2 minutes. Remove from the heat, stir in St. Lawrence Oil, vanilla and lemon rind. Slowly stir in lemon juice. Cool to lukewarm without stirring. Turn filling into prepared pie shell.

CREAM PUFFS

1 cup Boiling Water	1 cup Pastry Flour
½ cup ST. LAWRENCE OIL	4 Eggs

Add ST. LAWRENCE OIL to boiling water in saucepan, heat to boiling. Add flour all at once, stir until smooth. Stir and cook over low heat until moisture leaves sides of the pan. Cool, add unbeaten eggs, one at a time. Beat until smooth after each egg is added. Chill. Using oiled tablespoon for measuring, place dough 2 inches apart on oiled baking sheet. Bake at 425° F. In 10 minutes reduce temperature to 350° F., and bake 20 to 25 minutes. Cool, cut open at one side, fill with cream filling.

Yield: 12 large cream puffs or 3 dozen small bouchées.

CREAM FILLING

1 cup Milk	1 Egg
½ cup Sugar	1 tsp. ST. LAWRENCE OIL
¼ tsp. Salt	½ tsp. Vanilla
2 tbsp. DURHAM CORN STARCH	

Heat milk. Mix Durham Corn Starch, sugar, and salt. Stir part of the hot milk into the Durham Corn Starch mixture. Stir into remaining milk in the double boiler. Cook over hot water, stirring until thick and well cooked (about 8 minutes). Beat egg, add milk and Durham Corn Starch mixture, return to double boiler and cook, stirring constantly for one minute. Remove from heat, add ST. LAWRENCE OIL and vanilla. Cool.

HOLIDAY FAVOURITES

HOT CROSS BUNS

2 pkgs. Dry Yeast	¼ tsp. Salt
⅓ cup Water	3½ to 4 cups All-Purpose Flour
⅓ cup scalded Milk	½ to 1 tsp. Cinnamon
½ cup ST. LAWRENCE OIL	3 Eggs
⅓ cup White Sugar	⅔ cup Currants

Soften the active dry yeast in warm water. Combine milk, ST. LAWRENCE OIL, sugar and salt. Cool to lukewarm. Sift together one cup of the flour and the cinnamon, stir into milk mixture. Add eggs, beat well. Stir in softened yeast and currants. Add remaining flour to make a soft dough. Cover with damp cloth and let rise in warm place until double (about 1½ hours). Punch down, roll or pat out to half inch on lightly floured surface. Cut in rounds with 2½ inch biscuit cutter, shape in buns. Oil two 8" x 8" x 2" square pans; place nine buns in each. Using scissors snip the top of each bun to form a cross. Cover and let rise in a warm place until almost double (45-60 minutes). Brush tops with milk.

Bake at 375° F. for 15 to 20 minutes or until done.

BEST CHOCOLATE CAKE

3 oz. Unsweetened Chocolate	1 Egg, Well Beaten
½ cup Milk	⅔ cup White Sugar

Combine these ingredients and cook over low heat until thickened stirring constantly.

2 Egg Yolks	2 cups Cake Flour
2 Egg Whites	1 tsp. Baking Soda
½ cup ST. LAWRENCE OIL	½ tsp. Salt
1 cup White Sugar	⅔ cup Milk
1 tsp. Vanilla	

Beat egg whites until they form soft peaks. Gradually add about ¼ cup white sugar and beat until stiff but not dry.

Combine egg yolks and ST. LAWRENCE OIL. Gradually add remaining sugar, beating until light and fluffy. Add vanilla.

Sift together flour, baking soda, and salt. Add to egg mixture alternately with milk. Beat after each addition until smooth. Blend in chocolate and fold in egg whites gently but thoroughly.

Pour into 2 -9" layer cake pans and bake in a moderate oven 350° for 25 to 30 minutes.

Allow the layers to cool slightly; remove from the pans and spread icing between layers, then ice the top and sides.

ENGLISH PLUM PUDDING

1 cup scalded Milk	¼ cup Canded Cherries
2 cups Bread Crumbs	¼ cup Currant Jelly
¾ cup Brown Sugar	2 tbsp. DURHAM CORN STARCH
3 Eggs	½ tsp. Salt
⅓ cup ST. LAWRENCE OIL	1 tsp. grated Nutmeg
1 cup Seeded Raisins	1½ tsp. Cinnamon
½ cup Seedless Raisins	1 tsp. Mace
½ cup Currants	1 tsp. Ground Cloves
½ cup Citron	1 tsp. Ginger (ground)
½ cup Almonds	½ tsp. Baking Soda

Scald bread crumbs in milk. Cool, add egg yolks, lightly beaten, and ST. LAWRENCE OIL. Sift dry ingredients together and add to fruit and almonds. Add this to the first mixture and blend well. Beat egg whites with salt until stiff. Fold beaten egg whites lightly into raisin mixture. Pour batter into a greased pudding mould. Cover closely with foil and steam for 4 hours.

BEE HIVE PUDDING SAUCE

⅓ cup BEE HIVE GOLDEN CORN SYRUP	¼ cup Cold Water
⅓ cup Brown Sugar	¾ cup Boiling Water
2½ tbsp. DURHAM CORN STARCH	1 tbsp. ST. LAWRENCE OIL
¼ tsp. Salt	½ tsp. Vanilla

Thoroughly mix Bee Hive Golden Corn Syrup, Durham Corn Starch, brown sugar and salt. Slowly add cold water to make a smooth paste. Add boiling water and cook over boiling water until thickened. Continue cooking until there is no taste of raw starch. Remove from the heat, add St. Lawrence Oil and vanilla. Serve hot or cold.

SHORTBREAD COOKIES

"Better 'n Butter"

½ cup Yellow or Brown Sugar	1½ cups Pastry Flour
½ cup Butter	1 cup DURHAM CORN STARCH
½ cup ST. LAWRENCE OIL	

Cream butter and yellow sugar until very smooth and creamy. Add ST. LAWRENCE OIL and continue creaming. Add sifted flour and DURHAM CORN STARCH and mix well. Drop the batter from a teaspoon onto an ungreased cookie sheet or chill for ½ hour, roll into balls and press with a fork. Bake in a moderate oven, 350° F. for 10 to 12 minutes. Yields 4 dozen shortbread cookies.

For CHOCOLATE SHORTBREAD COOKIES, add 2 tbsp. of cocoa to the batter.

MINCE TARTS

2 tbsp. ST. LAWRENCE OIL	½ cup BEE HIVE GOLDEN CORN SYRUP
1 cup cooked Lean Beef	1 tsp. grated Orange Peel
2 cups chopped Apples	1 tsp. grated Lemon Peel
½ cup Seeded Raisins	Juice of 2 Lemons
½ cup Seedless Raisins	½ tsp. Mace
¼ cup Currants	¾ tsp. Nutmeg
½ cup Apple Juice	½ tsp. Cloves
1 cup Brown Sugar	¼ tsp. Ginger

Brown beef in ST. LAWRENCE OIL. Mix together other ingredients. Make the covered pie pastry. Line tart shells or muffin tins with rounds of pastry. Top with a pastry round or star. Bake in 400° F. oven for 30 - 40 minutes. Yield: Mincemeat for two pies or one dozen large tarts.

MOCK CHERRY PIE

2½ tbsp. DURHAM CORN STARCH	¼ cup Orange Juice
¾ cup Sugar	¾ cup Raisins
½ cup BEE HIVE GOLDEN CORN SYRUP	2 cups Halved Cranberries
½ cup Water	⅓ tsp. Almond Extract

Mix DURHAM CORN STARCH, sugar, water, orange juice and BEE HIVE GOLDEN CORN SYRUP in a saucepan. Add raisins and cranberries. Bring to a slow boil. Boil gently until thickened and clear (about 10 minutes). Pour into "Minute Magic Pastry" shell. Cover with top pastry. Bake in 425° F. oven for 20 - 25 minutes.

TURKEY SALAD IN BOUCHÉES

Perfect Party Delicacy

TURKEY SALAD

2 cups cooked Turkey	¼ cup chopped Green Pepper
1 cup Celery (diced)	1 cup ST. LAWRENCE Mayonnaise
¼ cup toasted Almonds	(See page 18)
¼ cup French Dressing	½ tsp. Salt
⅓ cup chopped Pimento	Paprika

Marinate turkey and celery in French Dressing. Add other ingredients and mix with mayonnaise. Put salad in bouchées.

BOUCHÉES

Make Cream Puff recipe. Place 1 tsp. of the Cream Puff batter one inch apart on an oiled baking sheet. Bake for 10 minutes at 400° F. and 20 minutes at 350° F. Cool and add turkey or chicken salad.

BUTTER TARTS

1 cup BEE HIVE GOLDEN CORN SYRUP	¼ cup chopped Walnuts
½ cup White Sugar	¼ cup Currants
3 tbsp. ST. LAWRENCE OIL	1 tsp. Vinegar
3 Eggs	1 tsp. Vanilla

Combine BEE HIVE GOLDEN CORN SYRUP, sugar and ST. LAWRENCE OIL in a saucepan and allow to boil quietly for 5 to 10 minutes. Beat eggs. Mix the nuts and currants with eggs. Add the boiled sugar mixture, vanilla and vinegar.

Bake ST. LAWRENCE OIL TART SHELLS for 5 minutes at 425° F. Add filling to tart shells and bake an additional 25 minutes at 350° F. Makes 24 medium tarts.

DREAM CAKES

1¼ cups Pastry Flour	1/3 cup ST. LAWRENCE OIL
¼ cup White Sugar	1 tbsp. Water

Combine sifted flour, white sugar, water and ST. LAWRENCE OIL. Mix with a fork and pack into the bottom of an 8" square cake pan.

Bake in a moderately hot oven of 400° for 10 minutes. Cool.

2 Eggs	¼ cup Cake Flour
¾ cup Brown Sugar	½ tsp. Baking Powder
¼ cup BEE HIVE CORN SYRUP	¼ tsp. Salt
1 tsp. Vanilla	1 cup chopped Nuts
	1½ cups Coconut

Beat eggs. Pour in BEE HIVE CORN SYRUP and add brown sugar. Mix thoroughly.

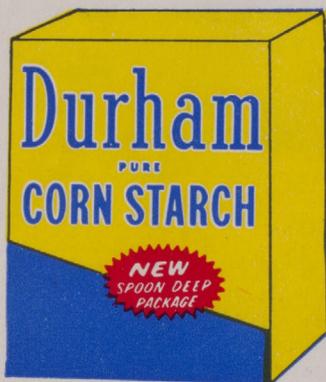
Sift together dry ingredients and add to egg mixture. Mix in nuts, coconut and vanilla. Spread this on top of the pastry mixture after it is cooked and cooled.

Bake at 325° for 30 minutes or until slightly browned. Cool and cut into squares.

CHEESE PASTRY

Add ½ cup of grated cheddar cheese to the single pie crust recipe of MINUTE MAGIC PASTRY (page 31). Roll out as described on page 31.

Fry Eggs in 1 tsp. ST. LAWRENCE OIL for each egg.



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