A GUIDE TO Good Cooking

with

FIVE ROSES FLOUR

A GUIDE TO GOOD COOKING

BEING A COLLECTION OF GOOD RECIPES

carefully tested and approved under supervision of

PAULINE HARVEY

to which have been added recipes chosen
from the contributions of over fifteen thousand
users of

FIVE ROSES ALL PURPOSE
VITAMIN ENRICHED FLOUR
THROUGHOUT CANADA

•

Together with many economical and time-saving cookery suggestions
of value to the modern housekeeper.

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TWENTIETH EDITION
revised, 1962

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MONTREAL • WINNIPEG

GRATEFUL DEDICATION

OF

THIS NEW EDITION OF
OUR COOKBOOK IS
MADE TO

CANADIAN HOUSEWIVES

FROM EVERY PROVINCE

WHOSE CONTRIBUTIONS
TO THE CONTENT OF THIS
BOOK HAVE HELPED MAKE
IT A NECESSITY IN
THOUSANDS OF KITCHENS
THROUGHOUT OUR GREAT
LAND

COUPON

for the

FIVE ROSES

"A Guide
To Good Sauces"

COUPON

for the

**FIVE ROSES
COOK BOOK**

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A GUIDE TO GOOD COOKING

IS AN ALL-CANADIAN COOK BOOK

THE Five Roses Cook Book is in tune with the strong movement to use Canadian materials and Canadian products. Just as Five Roses Vitamin Enriched Flour is made of the best Western Canadian Hard Spring Wheat, *"A Guide To Good Cooking"* is made and printed in Canada by Canadian printers. Canadian housewives can also help their country by insisting on Canadian-made goods and Canadian-grown foodstuffs. Follow this golden rule and insist on Five Roses Vitamin Enriched Flour. You will reap the benefits and safeguard the results of your cooking.

• • • • •

COOK BOOK DEPT.
Lake of the Woods Milling Co. Limited
Toronto, Ont.

or

COOK BOOK DEPT.
Lake of the Woods Milling Co. Limited
Winnipeg, Man.

• • • • •

Five Roses is the favourite in more than one million Canadian homes, not because it makes the most bread per bag or the best bread, but because it is steady, regular, dependable. Only one thing costs the miller more than quality, and that is the same quality all the time. Isn't it worth a lot to know that YOUR flour is sure, reliable, trouble-proof? Note the fourfold uniformity of FIVE ROSES VITAMIN ENRICHED FLOUR, in strength, colour, flavour and yield. It never fails.

• • • • •

NO-SIFT HOME-BAKING SHORTCUT

You know, there are very few short cuts to good home-baking. Women who take pride in their baking know that it requires time plus loving care to turn out really light, golden-crusted bread, or tender, even-textured cakes.

But with Five Roses Flour, there is one short cut you can take. You see, Five Roses Flour is *pre-sifted* through silk before it reaches your kitchen shelf. This means you need not sift at all. Of course, if you'd rather sift, follow your own recipe exactly. Five Roses Flour will continue to give you delicious results.

Pre-sifting through silk is just one of the things that makes Five Roses the fine, consistently dependable flour you trust.

Five Roses "No-Sift" Measuring Instructions

For all your baking: Use 2 level tablespoons less from each cup of flour your recipe calls for; OR ¼ of a cup less flour for every 2 cups.

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Designed by the Advertising Department of Lake of the Woods Milling Company, Limited

Introduction

It has been a great many years since Lake of the Woods Milling Co., Ltd. published their first Cook Book — in fact nearly 60 years ago. At that time, in order to publish a Cook Book which would be most practical to the Canadian housewife, we asked for and received recipes from women all over Canada. These were tested and compiled in our first Cook Book. The wisdom of this policy has been fully justified and the Five Roses Cook Book has become a household name.

In 1930 it was decided to revise the Cook Book and bring it up to date and another appeal was made to Canadian women for suggestions. The result of the thousands of replies which were received was "A Guide To Good Cooking" published in 1931.

Now with the advent of Vitamin Enrichment it has become necessary to again revise our Cook Book. New recipes have been added, the old ones revised and some more helpful cooking hints have been added.

What does Vitamin-Enriched flour mean to you as a housewife? Simply this . . . that you can now give your family more nutritious meals — and help them to obtain a better balanced diet through the use of Vitamin-Enriched flour.

What is Enrichment? Enrichment is the addition to white flour, of three of the B-vitamin group, thiamine, riboflavin and niacin, as well as the mineral, iron. Flour with its body-building proteins and energy-giving carbohydrates has always been the world's most economical energy food. Now it provides protective values as well.

Why is Enrichment needed? Diets may be inadequate in certain vitamins such as the B-group and in iron.

The Enrichment of flour will provide an additional safeguard against this lack of a great many people.

Will Enrichment affect your recipes? Enriched flour in no way alters the flavour, colour or other physical characteristics of your favourite recipes and does not change the baking behaviour of the flour. The only difference is the hidden advantage of added food values. There is no change in the quantities of flour called for in any recipe when you use vitamin-enriched flour.

Does Enrichment change the calorie value of flour? No. Enriched flour gives extra values only in the form of vitamins and minerals. The calorie count remains unchanged. This means it is no more fattening than unenriched flour.

Are vitamins destroyed by baking and cooking? There is no appreciable loss. Compensation was made for a slight thiamine loss when establishing the standards.

It must be borne in mind that all the recipes in this book have been worked out for use with Five Roses Vitamin Enriched Flour and if properly followed will give splendid results. They are not, however, designed for use with flours of inferior quality and are absolutely unsuited for so-called SPECIAL or PASTRY FLOURS.

All the colour illustrations in this book are photographic reproductions of foods prepared from actual recipes as they appear in the text.

Some of the dishes shown appear to be expensive and elaborate and would be if purchased ready made, but by following the recipes given, the housewife can reproduce them at an astonishingly small cost.

We wish to thank the many women who have helped us compile this book and without whose assistance such a work would never have been possible. We have not given the names of contributors, as in many cases several suggestions have been combined in one recipe.

Advertising Department,

LAKE OF THE WOODS MILLING CO., LIMITED

Two Methods For Taking Out The Printing From Cotton Flour Bags

1. Wet the bag in warm water.

2. Spread out on a flat surface and soap all lettering well with laundry soap.

3. Then put into a solution composed of:

   2 Quarts of Warm Water

   1 Cup of Javel or Javex

   and let soak for 1 hour.

4. After the soaking period is up, lift the bag out of the solution with a stick and put into washing machine and wash as usual. If the washing is done by hand, the material should be rinsed first in warm water, preferably by agitating with a stick, to remove excess bleaching solution. Although not unduly strong, the solution may affect the skin if hands are exposed to it.

Note: — Best results will be obtained if the solution is made up fresh for each occasion. The quantity given will be sufficient to soak two 100-pound or four 50-pound bags at one time.

A slight indication of lettering may in some cases be noticeable after this treatment, but it will mostly disappear when exposed to sunlight.

Should it be necessary to repeat the operation, give only 15 minute treatment, as excessive exposure to this type of solution will weaken the fabric.

2nd Method:

First soak in cold water — then with green face soap — rub over lettering, roll up, and let stand overnight. Next day rinse in cold water, again soap any lettering, put into a vessel, cover with hot or cold water and boil for about 10 minutes. Result, beautiful white cotton.

To Plan Economical Well-balanced Meals

Here are a few simple rules to help you plan well-balanced meals for your family. The following foods should be eaten every day:

1. Milk — children: 1½ pints to 1 quart.

   adults: ½ to 1 pint.

2. One serving of citrus fruit or tomatoes or their juices

   and

   one serving of other fruit.

3. At least one serving of potatoes

   and

   at least two servings of other vegetables, preferably leafy, green or yellow and frequently raw.

4. Cereals and bread — one serving of whole grain cereal

   and

   at least four slices of bread (whole wheat, brown or white) with butter.

5. Meat and fish — one serving of meat, fish, poultry or meat alternates, such as beans, peas, nuts, eggs or cheese.

   Use eggs and cheese at least three times a week each.

   Use liver frequently.

6. A fish liver oil, as a source of vitamin D, should be given to children and expectant mothers and may be advisable for other adults.

MEASURING, MIXING AND BAKING

All measuring should be done with standard cups and standard spoons. Aluminum and glass measuring cups, and sets of measuring spoons consisting of tablespoon, teaspoon, ½ teaspoon and ¼ teaspoon may now be purchased for a few cents and should be in every kitchen.

Use the aluminum cup for measuring dry ingredients. The glass cup is more convenient than the aluminum cup for measuring liquids.

In this book "ONE CUPFUL" always means a standard eight-ounce cup — level full. An ordinary tea or coffee cup will not produce satisfactory results. A "SPOONFUL" always means a standard measuring spoon — level full.

MEASURING FLOUR AND OTHER DRY INGREDIENTS

Unless you prefer the No-Sift method as outlined on Page 5, flour should be sifted once before measuring. One cup of flour — scooped from bin or barrel may contain from 1¼ to 1½ cups of sifted flour.

Bran, Whole Wheat and Graham Flour are not sifted. They are stirred lightly — then measured.

TO MEASURE A SPOONFUL

Take up all the spoon will hold, then level with a knife. To measure ½ spoonful, level off a heaping spoonful with knife, then cut lengthwise through the centre, discarding one-half.

TO MEASURE A CUPFUL

Sift flour into mixing bowl. Place heaping spoonsful of the sifted flour lightly in cup. Fill to overflowing without jarring or tapping. Level with a knife.

Sugar is measured like flour. Fruit sugar and icing sugar are sifted before measuring. Granulated sugar is not sifted except when it is to be used in a cake. Brown sugar is sifted after it is measured; to measure brown sugar pack it tightly into measuring cup.

To measure ⅞ cupful—measure 1 cupful—then remove 2 level tablespoons.

TO MEASURE BUTTER, LARD, ETC.

These fats may be measured by weight, tablespoonsful or cupfuls. When using cup or spoon for measuring, the fat should be pressed down firmly to ensure accurate measurement.

To measure less than 1 cup of fat, pour cold water (the amount being the difference between the amount of fat called for in recipe and 1 cup) into measuring cup and add fat until water reaches the top of cup. For example, if ¼ cup shortening is desired, pour ¾ cup cold water into cup, add shortening until water reaches top and pour off water before using shortening.

MEASURING LIQUIDS

Fill cup or spoon with all it will hold. When measuring thick mixtures — such as molasses — level spoonsful are obtained by levelling with a knife.

TABLE OF KITCHEN MEASURES

(All Measurements are Level)

1 saltspoon	= ¼ teaspoon		1 cup	= 8 ounces	
3 teaspoons	= 1 tablespoon		2½ cups	= 1 Imperial pint	
16 tablespoons	= 1 cup		5 cups	= 1 Imperial quart	

Fractions of Cupsful

⅞ cup = 14 tablespoons	½ cup = 8 tablespoons
¾ cup = 12 tablespoons	⅓ cup = 5⅓ tablespoons
⅔ cup = 10⅔ tablespoons	¼ cup = 4 tablespoons
⅛ cup = 2 tablespoons	

TABLE OF EQUIVALENTS

Eggs

8 to 10 egg whites	= 1 cup
10 to 14 egg yolks	= 1 cup
4 to 6 whole eggs	= 1 cup

Milk

For 1 cup of fresh sweet milk in batters the following may be used:

½ cup of evaporated milk and ½ cup water . . . *or*

1 cup of sour milk and ½ teaspoon of baking soda and omit 2 teaspoons of baking powder . . . *or*

1 cup of buttermilk and ½ teaspoon of baking soda and omit 2 teaspoons of baking powder . . . *or*

1 cup of skim milk and 2 tablespoons of fat.

Cocoa and Chocolate

For 1 ounce of chocolate use 4 tablespoons of cocoa and ½ tablespoon of fat.

For ¼ cup of cocoa use 1 ounce (square) of chocolate and omit ½ tablespoon of fat.

Sugar

For 1 cup granulated sugar any one of the following may be used:

1 cup brown sugar well packed . . . *or*

¾ cup honey and reduce the liquid by 3 tablespoons . . . *or*

1½ cups molasses and reduce the liquid by ½ cup . . . *or*

2 cups corn syrup and reduce the liquid by ⅔ cups . . . *or*

1½ cups maple syrup and reduce the liquid by ¾ cup.

Proportions for Leavening Agents

Baking Powder

Use 1½ teaspoons to each cup of flour for phosphate and tartrate baking powders.

Use 1 teaspoon to each cup of flour for S.A.S. phosphate baking powder (double-action).

Baking Soda

½ teaspoon to 1 cup sour milk.
½ teaspoon to 1 cup molasses.
½ teaspoon with 1 teaspoon of cream of tartar

} is equal to 1 teaspoon of tartrate baking powder.

Fats

For 1 cup of butter any one of the following may be used:

1 cup of shortening . . . *or*

⅞ cup of lard.

Substitute for Candied Orange Peel — Orange marmalade.

Substitute for Orange or Lemon Extract — Grated orange or lemon peel.

Substitute for Meat Stock — One bouillon cube dissolved in 1 cup boiling water, or 1 cup canned consomme = 1 cup meat stock.

Substitute for Oatmeal — Rolled oats put through food chopper.

Substitute for Cornstarch — Two level tablespoons Five Roses Vitamin Enriched Flour = 1 level tablespoon cornstarch, in cream fillings, custards and sauces.

Substitute for Cake Frosting — Mixture of sugar and cinnamon, sprinkled on cake batter before baking.

Substitute for Macaroon Crumbs — Stale cake crumbs, sprinkled with granulated sugar and almond extract and lightly browned in oven.

REFERENCE BOOKLETS

Free bulletins, offering practical information on health, sanitation and other subjects have been prepared by the Dominion Government. Other valuable household bulletins are available dealing with practically every branch of cookery. For a complete list of bulletins write to Information Service, Department of Agriculture, Ottawa.

FOOD EQUIVALENTS

Note: — The equivalents given are not exact. They are merely a guide for the convenience of the home cook.

Almonds (shelled)	1 lb.	=	3 cups
Baking Powder (tartrate)	1 oz.	=	3 tablespoons
Baking Powder (phosphate)	1 oz.	=	2½ tablespoons
Bread Crumbs (fairly stale)	1 lb.	=	4 cups (packed)
Butter	1 lb.	=	2 cups
"Butter size of an egg"	¼ cup	=	4 tablespoons
Butter	1 oz.	=	2 tablespoons
Cheese (Canadian grated)	1 lb.	=	4 cups
Chocolate (unsweetened)	1 lb.	=	16 squares
Chocolate (unsweetened)	1 square	=	1 oz.
Chocolate (unsweetened grated)	1 oz.	=	5 tablespoons
Cocoa (breakfast)	1 lb.	=	4 cups (approx.)
Citron Peel — (candied shredded) (Lightly packed in cup)	1 lb.	=	4½ cups (approx.)
Coconut (shredded)	1 lb.	=	6 cups
Coconut (desiccated)	1 lb.	=	4½ cups
Currants (dried)	1 lb.	=	3 cups (rounded)
Dates	1 lb.	=	2½ cups
Eggs (whole)	1 cup	=	4 to 6 eggs
Eggs (whites)	1 lb.	=	8 to 10 whites
Eggs (yolks)	1 cup	=	10 to 14 yolks
Figs	1 cup	=	3 cups
Flour (Five Roses Enriched) (Sifted before measuring)	1 lb.	=	3¾ cups
Flour (graham)	1 lb.	=	4½ cups
Gelatin (granulated)	1 oz.	=	2½ tablespoons
Lard	1 lb.	=	2 cups
Lemon (juice of 1)		=	3 to 4 tablespoons
Lemon or Orange Peel (candied)	1 lb.	=	4 cups (ground)
Meat (cooked and ground)	1 lb.	=	2 cups (packed)
Mustard (ground)	1 oz.	=	4 tablespoons
Nutmeg (grated)	1 nutmeg	=	2½ tablespoons
Oats (rolled)	1 lb.	=	5½ cups
Oatmeal	1 lb.	=	3 cups (approx.)
Oranges (juice of 1)		=	4 to 5 tablespoons
Potatoes	1 lb.	=	3 to 4 (med. size)
Raisins (seedless)	1 lb.	=	3 cups (rounded)
Salt	1 oz.	=	2 tablespoons (approx.)
Spice (ground)	1 oz.	=	4 tablespoons
Suet (chopped)	1 lb.	=	4 cups (packed)
Suet (chopped)	1 oz.	=	About ¼ cup
SUGARS			
Brown Sugar (Depending on moisture in sugar)	1 lb.	=	2¾ to 3 cups
Granulated Sugar	1 lb.	=	2 cups
Fruit Sugar (powdered)	1 lb.	=	2¾ cups
Icing Sugar (confectioners') (Icing and fruit sugars sifted before measuring)	1 lb.	=	3½ cups

MIXING

The method used for putting ingredients together is important in cookery. Rules for mixing, given with each type of recipe, should be followed carefully.

When Beating Eggs

A "well-beaten egg" is one which has been whipped until foamy and slightly thickened. A "well-beaten yolk" is one whipped until thick and lemon-coloured. A "well-beaten white" is one whipped until the bowl containing the white can be inverted without spilling the contents. Egg whites should not be whipped after they reach this stage, particularly when they are to be used in a cake.

There are three ways of combining ingredients — stirring, beating and cutting-and-folding.

To Stir

Mix by using a circular motion — widening the circles until ingredients are blended.

To Beat

Turn ingredients over and over, continually bringing the under part to the surface — thus making mixture smooth and enclosing air — which makes the mixture light.

To Cut-and-Fold

This method is an important one, and is used to introduce one ingredient into another ingredient or mixture. Put spoon or egg-whip down through foods, turn it under the mass, then bring it up vertically. Repeat until mixing is complete. Cutting-and-folding prevents the escape of air or gasses that have already been introduced into mixture. This method is used when adding stiffly-whipped egg whites or whipped cream to a mixture. It has much to do with the texture of fine cakes — particularly angel and sponge cakes.

BAKING

Correct temperature is the secret of nearly all successful cooking. Many foods which have been well-mixed are spoiled in the oven. When the home-oven is not equipped with thermometer, a portable oven thermometer should be used. This type of thermometer is now reasonably priced and will save many times its cost in improved cooking.

Other thermometers, useful in top-stove cookery, are the fat and the sugar thermometers. The former is used for deep-fat frying and the latter when making frostings, candies, jellies and jams.

CARE OF FLOUR

To properly care for flour after it leaves the mill is the duty of the grocer and the housewife. A few hints in this connection may be of use. Flour should always be stored in a dry place. It will keep in excellent condition for several months at a temperature of 70°F. or under. It will lose its strength if kept in a hot place. As flour will absorb odours quickly, it should be kept away from anything which has a strong odour, such as onions, coal oil, tar products, etc. If flour is stored in a cold place during the winter months, a sufficient quantity for each baking should be placed where it can be thoroughly warmed through before mixing into dough.

KITCHEN HINTS

1. To make sour cream add 2 teaspoons lemon juice or 1 teaspoon of vinegar for each cup of cream.
2. To make sour milk add 2 tablespoons of lemon juice or vinegar to each cup of sweet milk.
3. To keep scalding milk from scorching rinse the pan with hot water before using.
4. To whip evaporated milk place a can of milk in freezing unit of refrigerator until partially frozen. Pour contents into a very cold bowl, add 1 tablespoon lemon juice to ⅔ cup milk and whip as cream.
5. To divide an egg beat slightly and measure with a tablespoon.
6. To prevent meringue on pies from shrinking spread meringue on filling so that it touches the sides of pastry all around the edge; bake 15 to 20 minutes in a slow oven (225°F.).
7. To glaze the top of rolls, pastry, etc., brush before baking with slightly-beaten egg white and 1 tablespoon milk.
8. To clarify fat add slices of potato to melted fat and fry until potato is brown. It will absorb foreign flavours and collect some of the sediment.
9. To keep brown sugar from becoming hard place in a glass jar and cover tightly.
10. To moisten brown sugar which has already hardened place a slashed apple in jar with sugar or place on one side in a container, arrange slice of very moist bread on other side, cover tightly.
11. To keep cut fruits from discolouring sprinkle with lemon or pineapple juice.
12. To prepare crumbs from dry bread force through food chopper or place dry bread in a small cloth sack and crush with rolling pin.
13. To grease pans easily mix ½ cup shortening and ¼ cup flour to a smooth paste. Spread thinly on pans. Keep a supply of the mix in a covered dish to use when needed.
14. To keep corn meal from lumping moisten with cold water before adding to boiling water.
15. To make a smooth thickening of flour and water place in small jar, cover tightly and shake well.
16. To remove odours from jars and bottles pour a solution of water and dry mustard into them and let stand for several hours, then rinse in hot water.
17. To keep a bowl from slipping on a work surface place it on a folded wet towel.
18. To test heat of a griddle place a few drops of water on griddle and if water scatters it is hot enough to brown food.

TEMPERATURE CHART

Very Slow Oven	**250° to 300°F.**
Slow Oven	**300° to 325°F.**
Moderate Oven	**325° to 400°F.**
Hot Oven	**400° to 450°F.**
Very Hot Oven	**450° to 550°F.**

TO TEST OVEN TEMPERATURES WITHOUT A THERMOMETER

Sprinkle a small amount of flour in a pan and place in heated oven, leave 5 minutes.

If flour is a delicate brown	the oven is slow	250° to 325°F.
If flour is a golden brown	the oven is moderate	325° to 400°F.
If flour is a deep brown	the oven is hot	400° to 450°F.
If flour is a deep dark brown	the oven is very hot	450° to 500°F.

BAKING TIMES AT PREHEATED OVEN TEMPERATURES

	TEMPERATURE (Fahrenheit)	TIME (Minutes)
BREADS		
Baking Powder Biscuits	450°	12 to 15
Bread — loaves	400° to 425°	30
rolls	400° to 425°	15 to 20
Coffee Bread and Cake	375° to 400°	20 to 25
Corn Bread	400°	30
Fruit and Nut Bread	350°	60
Muffins	425°	30
Popovers	450° then 350°	20 20
CAKES		
Angel Food	325°	1¼ hours
Butter Cakes — layer	350°	25
square	325°	60
Cake Mixes	350°	30 to 35
Cup Cakes	350°	20 to 25
Fruit Cake	275° to 300°	1½ to 4 hours
Gingerbread	350°	45
Jelly Roll	350°	20
Pound Cake	275° to 325°	1 to 2¼ hours
Sponge Cake	325°	60
Tortes	350°	20 to 40
Upside-Down Cake	350°	50
COOKIES		
Fruit, Molasses or Chocolate	325° to 350°	12 to 15
Other Drop or Rolled	375° to 400°	8 to 12
Other Refrigerator (sliced)	400°	8
Lady Fingers	350°	10 to 12
Macaroons	300°	30
MERINGUES	275°	45 to 60

BAKING TIMES AT PREHEATED OVEN TEMPERATURES (Continued)

PASTRY	TEMPERATURE (Fahrenheit)	TIME (Minutes)
Pie Shells	400°	15
Two-Crust Pies	425° then 350°	10 30 to 40
Tarts	450°	10 to 15
Turnovers	450°	15
Puff Pastry	450° to 500°	10
Cream Puffs and Eclairs	450° then 350°	15 20

GENERAL COOKING TERMS

Bake — To cook by dry heat, usually in an oven.

Baste — To moisten roasting meat or other food while baking by pouring melted fat, drippings or sauces over it.

Batter — A mixture of liquid and flour that can be beaten or stirred.

Beat — To make a mixture smooth and introduce air by a brisk regular motion that lifts the mixture over and over.

Blanch — To pour boiling water over a food, then drain and rinse with cold water. Used to whiten or to remove skins.

Blend — To mix two or more ingredients so that each loses its identity.

Boil — To cook in liquid, usually water, in which large bubbles rise rapidly and continually so that all of the liquid is agitated.

Broil — To cook by exposing the food directly to the heat.

Braise — To cook meat by searing in fat, then simmering in a covered dish in a small amount of moisture.

Caramelize — To heat dry sugar or foods containing sugar until light brown and of a caramel flavour.

Combine — To mix ingredients.

Cream — To work foods until soft and fluffy. Usually applied to shortening and sugar.

Dough — A mixture of liquid and flour that is stiff enough to be handled or kneaded.

Dredge — To coat with flour.

Glaze — To coat with a thin sugar syrup that has been cooked to the crack stage.

Knead — To manipulate with a pressing motion plus folding and stretching. Usually applied to bread dough.

Lard — To place strips of fat into or on top of lean meat or fish.

Poach — To cook slowly in hot liquid to cover.

Scald — To heat liquid to a temperature just below the boiling point. A thin skin forming over milk indicates sufficient heating.

Score — To cut lightly so as to mark with lines.

Simmer — To cook in liquid, usually water, at a temperature below boiling. Small bubbles are formed and rise slowly but the liquid is practically motionless.

Cereals and Cereal Dishes

Bulk, uncooked cereals should be given a prominent place in meal planning. They are rich in vitamins and minerals; they furnish energy in an easily assimilated form. For the amount of nutriment they contain, they are among our cheapest foods.

Cereals in variety are an important part of the child's meals. Cook them fresh every day, and serve them frequently; do not look upon them as only a breakfast food. Ready-to-serve cereals have become popular and are handy for use during warm weather, but on sharp mornings or for the little folks' supper steaming bowls of rich, smooth Wheat Hearts, oatmeal, or cornmeal mush are more suitable.

When well cooked, cereals are easily digested and possess an appetizing, nutty flavour. Long, slow cooking is required to develop the full flavour of cereals, therefore a double boiler or fireless cooker is necessary for satisfactory results. Wheat Hearts and Rolled Oats are manufactured by the makers of Five Roses Vitamin Enriched Flour. Besides making excellent porridge they can be used for many other attractive dishes, some recipes for which are given in this chapter.

Buying and Storing Cereals

In hot weather, it is wise to buy cereals, particularly whole grain, in small quantities. The cereals should be examined frequently to make sure they are in good condition.

All cereals should be kept tightly covered in a cool, dry place, protected against insects and vermin. Glass sealers are excellent for storing bulk cereals. Store packaged cereals, tightly covered, in their own containers.

To Cook Cereals

Start cooking cereals in top of double boiler over direct heat. To prevent boiling over, lightly grease upper 2 inches of saucepan in which cereals are cooked.

Sprinkle cereal gradually into the boiling, salted water, stirring constantly to prevent lumping. Keep water boiling to prevent cereal becoming sticky.

Boil 3 to 5 minutes. Finish cooking over boiling water.

TIMETABLE FOR COOKING CEREALS

	CEREAL (Cup)	WATER (Cup)	SALT (Teaspoon)	TIME
Rolled Oats (regular)	1	3	¾	1 hour
Rolled Oats (quick cooking)	1	3	¾	10 mins.
Farina, Wheat Hearts, Semolina	1	6	1½	30 mins.
Oatmeal	1	4	1¼	1 hour
Cracked Wheat	1	4	1	2 hours
Rolled or Flaked Wheat	1	3	1	1 hour
Macaroni and Spaghetti	1	4	1	20 mins.
Noodles	1	4	1	15 mins.

WHEAT HEARTS CEREAL

1 cup cereal
5 cups boiling water
1½ level tsps. salt

Add salt to boiling water in top of double boiler. Measure cereal, then allow it to gradually sift through the fingers into bubbling water. Stir briskly until mixture boils. Cook over direct heat for 5 minutes, then place in double boiler, cover and cook for 45 minutes, stirring occasionally. This amount will yield about 5 cupsful of porridge, or sufficient for 5 or 6 persons.

CRACKED WHEAT

1 cup Cracked Wheat
3½ to 4 cups boiling water
1 tsp. salt

When porridge is to be cooked overnight, use larger amount of water. Add salt to boiling water. Stir in Cracked Wheat slowly. Cook over direct heat for 5 minutes, stirring occasionally to prevent burning. Place in double boiler or fireless cooker and finish cooking — for 2 hours or longer. The flavour of Cracked Wheat porridge is delicious when it is allowed to cook overnight.

For variety, chopped dates, raisins or figs may be added to the breakfast porridge during the last 10 minutes of cooking, or fruit may be sprinkled over each serving. Brown sugar, scraped maple sugar, maple syrup and honey all add flavour to porridge.

FRIED WHEAT HEARTS CEREAL

Mould hot left-over cereal in a long, narrow pan or 1 pound baking powder tin which has first been dampened with cold water. Slice ½ inch thick, dip slices in Five Roses Vitamin Enriched Flour, then fry in a little hot butter or bacon fat. Serve with maple syrup.

BAKED CEREAL WITH CHEESE SAUCE

Shape left-over cooked cereal into flat cakes. Place in greased baking dish, dot each cake with a bit of butter, sprinkle with grated cheese. Bake in a slow oven until the cheese is crisp. Serve with Cheese Sauce or Tomato Sauce.

WHEAT HEARTS CHEESE SLICES

3 cups cooked cereal
1½ cups grated cheese
½ tsp. paprika
½ tsp. Worcestershire Sauce
Salt, pepper and celery salt

Add cheese and seasonings to hot, cooked cereal and cook in a double boiler for 10 minutes longer. Mould in oblong pan and chill. Cut in slices, dip in Five Roses Vitamin Enriched Flour, fry in hot butter or bacon fat until delicately browned. Serve with Tomato Sauce, page 125. One or 2 eggs may be combined with this mixture.

WHEAT HEARTS SCRAPPLE

1 cup cooked meat (left-over cooked sausage, lean pork, ham or bacon)
2 cups hot cooked cereal
Salt, pepper and poultry seasoning

Add meat to hot, cooked cereal. Season to taste with salt, pepper, poultry seasoning and, if desired, a little scraped onion. Chill in 1 pound baking powder tins (wet with cold water), or in long narrow pans. Slice ½ inch thick, coat both sides with Five Roses Vitamin Enriched Flour. Fry in hot fat until golden brown.

Shredded codfish or left-over fish may be used instead of meat. Poultry seasoning is omitted from fish cakes, and 1 egg, 1 tablespoon of butter and a little minced parsley are added.

TO COOK MACARONI, SPAGHETTI AND NOODLES

Gradually add macaroni, spaghetti or noodles, whole or broken in short lengths, to a large amount of rapidly boiling salted water. Cook rapidly until tender. When done, drain and rinse by letting hot water run through it for a minute, and again drain thoroughly.

WHEAT HEARTS USED IN DESSERTS

MOULDED CEREAL WITH FRUIT

Pour hot cooked cereal into individual moulds or custard cups rinsed with cold water. Chill thoroughly. Turn out on serving plates. Serve with stewed figs, sliced canned peaches or canned berries.

LEMON CEREAL PUDDING

To 1½ cups of cooked cereal add ¾ cup sugar, ⅓ cup lemon juice and 1 tablespoon butter. Stir over hot water until smooth. Mould in custard cups. When set, turn out and serve with cream and sugar.

BAKED CEREAL PUDDING

2 cups cooked cereal
1 tsp. vanilla
2 cups milk
½ cup (or more) of sugar
2 eggs, separated
1 can or pint of sliced peaches
1 cup puffed raisins

Add vanilla and milk to hot, cooked cereal. Beat egg yolks slightly with sugar and combine with cereal mixture. Drain peaches and keep juice for sauce. Place peaches and raisins in greased baking dish, cover with cereal and egg mixture. Bake at 350°F. about 40 minutes. Make a meringue of the 2 egg whites and 3 tablespoons of sugar. Pile on pudding, and return to oven until lightly browned.

LEFT-OVER WHEAT HEARTS AND CRACKED WHEAT

Left-over porridge may be added to muffin or pancake batters, to steamed-pudding mixtures, to yeast bread doughs and quick-bread batters. If left-over porridge is stiff, add a little hot water to it and beat well with a fork before adding to dough or batter.

Left-over porridge is always an addition to the soup kettle. It thickens the soup, adds food value and flavour.

We appreciate the fact that from time to time certain problems may arise with regard to home cooking and baking. For this reason we are pleased to remind you that our Kitchen Director, MISS PAULINE HARVEY, will always be most pleased to help you.

ADDRESS ALL LETTERS TO HER . . . AT ➧ **Box 6089, Montreal, P.Q.**

Yeast Breads

A good loaf of bread is of medium size with a rounded top and straight sides; it has a medium brown crust free from cracks; the grain is fine and even with slightly elongated air cells and has no cracks or lumps visible; the crumb should feel moist and elastic to the touch.

INGREDIENTS:

Flour — Flour is the chief ingredient in all breads. Wheat flour is superior to all other flours for bread making because it contains gluten which is the substance which gives the dough its elastic quality, so that it can expand and hold within it the gas bubbles formed by the yeast. Although bread flour is the flour used by bakers, the most commonly used flour for making bread in the home is All Purpose Flour. Five Roses All Purpose Vitamin Enriched Flour contains enough gluten to make exquisitely light rolls and breads. The following recipes were developed for use with Five Roses All Purpose Vitamin Enriched Flour. When Whole Wheat or Graham Flour, Rye, Corn or other cereals are substituted for part of the Wheat Flour, the amount of Wheat Flour used will vary with the amount and type of substitution.

Liquid — The liquids most commonly used in yeast breads are water, milk, potato water or a combination of milk and water. The milk may be fresh, evaporated or dried. Fresh milk must always be scalded for bread making to destroy undesirable microorganisms which will cause sour or inferior bread.

Yeast — Yeast is the leavening agent used in bread making. It is a tiny plant or cell which transforms the dough into a delicious porous structure, which we call bread. The yeasts most commonly used are compressed yeast, dry granular yeast and the new quick acting dry granular yeast.

Compressed Yeast is often called "fresh yeast" and is quick acting. It is very perishable and must be kept refrigerated. A fresh cake is grayish-tan in colour and should be firm and springy to the touch and should break with a clean sharp fracture without undue crumbling. When stale it turns brown and develops a strong "off" odour.

Dry Granular Yeast is yeast in the inactive dry state and is usually in the form of tiny granules or pellets. It requires several hours of soaking in lukewarm water to renew the activity of the yeast cells. It need not be refrigerated.

The New Quick Acting Dry Granular Yeast acts as quickly as the compressed yeast. It must be soaked in lukewarm water with a little sugar for 10 minutes before using. For one yeast package use ½ cup of water and 1 teaspoon sugar. It need not be refrigerated.

Be sure to use this type of yeast before the expiry date stamped on package as it loses strength in storage.

THE RECIPES CONTAINED HERE HAVE BEEN ADAPTED TO THE USE OF COMPRESSED YEAST OR TO THE NEW FAST RISING DRY GRANULAR YEAST.

The amount of yeast to use depends upon the time allowed for rising. The following table gives the proportions for yeast and liquid to use for bread to be made in from 3 to 14 hours.

AMOUNTS		APPROXIMATE TIME FOR DIFFERENT STEPS		
YEAST PKG. or CAKE	LIQUID CUPS	FERMENTATION TIME HOURS 1st RISING	IN PAN	BAKING TIME MINUTES
¼	2	overnight (12)	1	30 to 40
1	2	3	1	30 to 40
2	2	1½	1	30 to 40

How fast fermentation takes place depends upon the temperature, the kind and amount of yeast food present. Yeast reacts at a temperature of 80° to 85°F.

Salt — Salt gives flavour to bread and helps control fermentation. One to 1½ teaspoons of salt per cup of liquid or per pound of flour is the usual proportion. Care must be taken not to add too much salt, for too much salt hinders growth of the yeast.

Sugar — Sugar adds flavour and food value to bread. It also aids browning and hastens fermentation.

Fat — Fat makes the bread tender, helps to increase its volume and improves the keeping quality. One teaspoon to 1 tablespoon per cup of liquid or per pound of flour is the usual proportion in plain bread or rolls. Any fresh sweet fat may be used: lard, shortening, cooking oils or butter.

Eggs — Most fancy breads and rolls contain whole eggs or egg yolks. When egg is added to yeast doughs the cell structure becomes more delicate and the crust becomes thin, crisp and somewhat flaky. Eggs also give a rich flavour and a deep creamy colour to the crumb.

TEMPERATURE

Temperature is an extremely important factor in bread making. The temperature at which yeast ferments best is 80° to 85°F. and it is also the temperature at which good dough develops most satisfactorily, and so it is desirable to have the dough in this temperature range when set to rise. Care must be taken to see that all ingredients and utensils are at room temperature. The best way to know the temperature of ingredients or dough is by using a thermometer. If no thermometer is available, test the temperature of the liquid by allowing a few drops to fall on the inside of the wrist. The liquid should feel neither cool or warm. Care must also be taken that none of the ingredients or the dough becomes hot or too warm or the yeast will be killed.

KEEPING THE DOUGH WARM

If at the right temperature when mixed, the rising bread may be kept so in one of the following ways:

1. The bowl of sponge or dough may be wrapped in a clean, warm blanket or in a number of separate sheets of newspaper.
2. The rising bread may be set on a shelf, about 1½ to 2 feet above the stove, radiator or other source of heat. It must not become too warm since this would kill the yeast.
3. In the daytime the bowl of rising bread may be set in a pan of tepid (not hot) water, a little warm water being added occasionally to keep it at the desired temperature.

4. One or two large pasteboard boxes with lids may be used. Take two of different sizes, put one inside the other and pack space between them (including the bottom) with crumpled paper. Put the bowl of dough in the inner box and cover with both lids.

STEPS IN MAKING BREAD

Mixing

Straight-Dough Method — Soften the yeast in a small amount of water and sugar for 10 minutes. The amount to use is ½ cup of water and 1 teaspoon of sugar per cake or package of yeast.

Scald the milk and add the fat, sugar and salt; let cool until lukewarm. Stir in softened yeast. Add half the flour and beat with a spoon until almost smooth and very elastic; the batter should fall from the spoon in sheets. Add the rest of the flour gradually using just enough to prevent sticking to either the boards or hands.

Sponge Method — This method is for dry yeast only. Soften the dry yeast in water for 20 to 30 minutes. Add half the fat, sugar and salt; let cool until lukewarm. Add half the flour. Beat thoroughly. Cover and set in a warm place until spongy and doubled in bulk. It will take from 2 to 12 hours depending upon the amount of yeast used and temperature at which the sponge is kept. Then stir down the sponge. Add cooled scalded milk and the rest of the fat, sugar and salt. Gradually stir in the rest of the flour, adding just enough to make a dough which can be easily handled.

Kneading

A good dough holds almost all the gas manufactured by the yeast cells. In order to form a good dough, thorough mixing of the flour and liquid is necessary. Kneading is one of the best ways to accomplish this thorough mixing.

Kneading consists of folding the dough over on itself towards you, pushing it lightly with a sort of rocking motion with the heel of the hand away from you and then making a quarter turn and repeating the process rhythmically until the surface of the dough feels satiny and smooth. To make a good dough usually requires from 8 to 10 minutes of kneading.

Rising

When the dough is smooth and satiny, it is rounded up into a smooth ball, and put into a lightly greased bowl large enough to let it double in bulk without overflowing. To prevent the formation of a thin crust on top, turn the ball of dough over in the greased bowl to coat the entire surface with fat. Cover and set in warm place away from drafts to rise. When the dough is light, punch down. Punching down is accomplished by plunging the hand into the dough and folding the edges towards centre. The dough is then turned in the bowl so that the smooth side of the ball is up; cover and allow to rise again until double in bulk.

Moulding

When the dough is ready for moulding into loaves, it is kneaded down and divided into as many portions as there are to be loaves. Cover with a towel and let rest 10 minutes. Flatten each piece of dough and roll to an oblong. Roll dough as for a jelly roll and place seam side down in loaf pan.

Baking

The baking of bread not only "sets" the gluten and stops the fermentation but it also brings out the delicious flavour.

Baking temperatures for yeast breads range from moderate (350°F.) to hot (450°F.). For most home ovens, a moderately hot temperature (400° to 425°F.) gives excellent results for plain bread. For a lighter crust 425°F. may be used for the first 15 minutes and then the temperature is reduced to 350°F. for the remainder of the baking period. Rolls are best when baked at 425°F. for the entire time. Richer doughs are best baked at moderate temperatures of 350° to 375°F.

Baking time depends on the size of the loaves, as well as on the temperature used. A pound loaf usually bakes satisfactorily in 30 to 40 minutes at 400° to 425°F. Rolls bake in 15 to 25 minutes at 425°F. depending upon their size.

When bread is done it shrinks slightly from the sides of the pan, and sounds hollow when thumped lightly.

Refrigerator Bread and Rolls

Bread dough can be stored in the refrigerator for 4 days and longer if greased and well covered. Place dough in refrigerator immediately after mixing or after first rising. Punch down dough after rising; it will require occasional punching to keep it down. Grease surface, cover with waxed paper, then a damp cloth and place in refrigerator. Break off only enough dough as needed for bread or rolls, shape and place in the pans; allow to rise until double in bulk.

Care of Bread After Baking

Remove the loaves at once from the pans and place side down on a wire rack. When cool, wrap in wax paper and store in a clean, well aired bread box. Never keep bread wrapped in cloth, as the cloth will absorb moisture and give an unpleasant taste to the bread.

SPONGE METHOD

1 cake dry yeast
2 cups lukewarm water
2 cups milk
4 tsps. salt
¼ cup sugar
2 tbsps. shortening
12 cups Five Roses Enriched Flour (about)

Crumble yeast in lukewarm water and let stand 20 to 30 minutes. Add half the sugar, salt and shortening. Add 4 cups of flour to form a thick batter, beating until smooth. Cover and let rise in a warm place overnight. Stir down risen sponge in the morning. Scald milk and add rest of the sugar, salt and shortening; cool to lukewarm and add to the sponge. Add rest of the flour gradually, mixing thoroughly. When the dough is moderately stiff, turn out on lightly floured board, knead until smooth and satiny. Place in lightly greased bowl, cover and let rise in warm place until double in bulk. Punch down and let rise again. Divide into 4 equal portions, round each into a ball, cover and let rest 10 minutes. Mould into loaves. Place in greased pans. Let rise until doubled in bulk. Bake in moderately hot oven (400°F.) for 30 to 40 minutes. Yield — 4 one pound loaves.

STANDARD BREAD RECIPE

2 cups milk
¼ cup sugar
2 tbsps. shortening
2 cups water
2 tbsps. salt
1 pkg. fast rising dry granulated yeast or 1 cake compressed yeast
½ cup lukewarm water
1 tsp. sugar
12 cups Five Roses Enriched Flour (about)

Add the ½ cup lukewarm water and 1 teaspoon of sugar to yeast and let stand 10 minutes. Scald milk and add sugar, salt and shortening; add water, cool to lukewarm. Add yeast to cooled milk mixture. Add half the flour and beat with a spoon until almost smooth. Add rest of the flour gradually, mixing it in thoroughly and using just enough flour to prevent sticking. When dough is stiff, turn out on lightly floured board and knead until smooth and satiny. Shape into a smooth ball. Place in greased bowl, cover and let rise in a warm place until double in bulk. Punch down. Let rise again. When doubled in bulk again, divide into 4 equal portions. Round each into a smooth ball. Cover and let rest 10 minutes. Mould into loaves. Place in greased pans. Let rise until double in bulk. Bake in moderately hot oven (400°F.) for 30 to 40 minutes. Yield — 4 one pound loaves.

Variations for Standard or Sponge Bread Recipe

1. **Bran Bread** — Use ¼ cup molasses in place of sugar and 2 cups bran. 10 cups of Five Roses Vitamin Enriched Flour.
2. **Whole Wheat Bread** — Use half Five Roses All Purpose Vitamin Enriched Flour and half Five Roses Whole Wheat Flour.
3. **Currant Bread** — When shaping the loaf knead in 1 cup of cleaned dried currants.
4. **Raisin Bread** — After first rising add 3 cups raisins and 1 cup sugar.
5. **Cheese Bread** — Add 1½ cups grated cheddar cheese, mixing it in with the last of the flour to be added.
6. **Rye Bread** — Use brown sugar in place of white sugar. Add 6 cups of Five Roses Vitamin Enriched Flour and then add enough rye flour to make a dough stiff enough to knead.
7. **Three Hour Quick Method** — Use 2 packages of fast rising dry granulated yeast and dissolve in 1 cup of lukewarm water; reduce the 2 cups of water called for in the recipe to 1½ cups.

CRACKED WHEAT BREAD (Using Fast Rising Dry Yeast)

1 envelope fast rising dry yeast
3 cups Cracked Wheat
10 cups Five Roses Enriched Flour
1 tbsp. salt (slightly more than level)
4 tbsps. lard or shortening (melted)
4 tbsps. sugar (slightly more than level)
5½ cups water or water and scalded milk cooled to lukewarm
2 tbsps. molasses

Dissolve 1 teaspoonful of the sugar in ½ cup of lukewarm water, add the contents of 1 envelope of yeast and let stand 15 to 20 minutes.

Dissolve the remainder of the sugar, salt, shortening and molasses in the remaining 5 cups of hot liquid (water, or water and milk). Cool to lukewarm, add yeast mixture and stir, working in the flour and cracked wheat (well mixed) till the dough is dry enough to knead without sticking to the hands. Knead well for 10 minutes until dough is smooth.

Set in greased covered bowl in a warm place free from draughts to rise for about 1¼ hours, or until double in bulk.

Fold or punch down, form in a ball, place back in covered bowl and let rise again until fully doubled in bulk (about 1 hour).

Mould into loaves, let rise in pans for 1 hour covered with light cloth, or until the loaf has risen to about double its size in the pan.

Bake in moderate oven 50 to 60 minutes.

If desired, the cracked wheat may be softened by soaking for 15 minutes in lukewarm water and draining off prior to adding it to the dough mixture. This will result in a softer biting bread than when the cracked wheat is added in its natural state.

ORANGE NUT BREAD

- 1¼ cups scalded milk
- ¼ cup sugar
- 1½ tsps. salt
- 2 tbsps. shortening
- 1 yeast cake
- ½ cup lukewarm water
- 1 tsp. sugar
- 1½ cups Graham Flour
- 2 cups sifted Five Roses Enriched Flour
- ⅓ cup chopped nut meats
- ½ cup fine slices of thin yellow orange rind

Soften the yeast in ½ cup of lukewarm water and 1 teaspoon of sugar for 10 minutes. Place scalded milk, sugar, salt and shortening in a mixing bowl; cool to lukewarm and add yeast. Add one cup of Graham Flour and 1 cup of Five Roses Vitamin Enriched Flour to yeast mixture. Beat thoroughly. Add nut meats, orange rind and remaining flour. Beat until mixture is elastic. Brush top with melted fat, cover and let rise until double in bulk. Stir down and fill greased loaf pan. Brush top with melted fat and cover; let rise until double in bulk. Bake in moderate oven 350°F. for 30 to 45 minutes.

COCOA BREAD (1 Loaf)

- 1 cup plain bread sponge
- ⅔ cup tepid milk or water
- 1 tsp. salt
- ⅓ cup sugar
- 2 tbsps. shortening
- 4 tbsps. cocoa
- About 2¼ cups Five Roses Enriched Flour, or enough to make a medium soft dough
- ⅔ cups raisins or nuts, if desired

Dissolve salt and sugar in lukewarm liquid and blend with bread sponge. Add softened shortening, cocoa and flour. Mix and knead as for Plain Bread, keeping dough a trifle softer. Lastly, work in raisins or nuts dusted with flour. Let rise, shape into loaf, let rise again and bake same as Plain Bread.

ORANGE BREAD

- 1 cake compressed yeast
- ¼ cup lukewarm water
- 1 tbsp. sugar
- ½ cup boiling water
- ½ cup orange juice
- ⅓ cup sugar
- ¼ cup melted shortening
- 1½ tsps. salt
- 2 egg yolks or 1 whole egg
- ⅓ cup candied orange peel
- About 4 cups Five Roses Enriched Flour

Add the 1 tablespoon of sugar to lukewarm water; add yeast, broken in pieces, and let stand until yeast is soft. Mix orange juice and boiling water; when lukewarm, add yeast and 1½ cups Five Roses Vitamin Enriched Flour. Beat until smooth. Stand in warm place until light and full of bubbles. Add salt, beaten egg, remainder of sugar, shortening, orange peel, and enough Five Roses Vitamin Enriched Flour to make a dough that can be kneaded. Knead well. Let rise until double in bulk. Turn onto moulding board; mould as desired, in rolls or loaves. Place in bread pans or greased baking sheet, cover and let rise until double in bulk. Bake in moderately hot oven (375° to 400°F.). Raisins may be added, if desired.

HEALTH BREAD

- 1 cake compressed yeast
- ¼ cup lukewarm water
- Pinch of sugar
- 1 cup boiling water
- 1 cup scalded milk
- 2½ cups Five Roses Enriched Flour
- 3 cups Whole Wheat Flour
- ⅓ cup wheat germ
- 1 tsp. salt
- 1 tbsp. sugar
- 2 tbsps. molasses
- 2 tbsps. melted (not hot) shortening

Soften the yeast in the ¼ cup lukewarm water, to which a pinch of sugar has been added. Add the combined milk and water which have been first allowed to become lukewarm. Add Five Roses Vitamin Enriched Flour, and mix thoroughly. Cover and let rise in warm place. When mixture is light and full of bubbles, add salt, sugar, molasses, melted shortening, Whole Wheat Flour and wheat germ. (Slightly more or less Whole Wheat Flour may be required.) The dough should be fairly soft but not sticky. Knead to make smooth. Cover with cloth and lid, let rise until double in bulk. Divide in two. Form each ball of dough into a large "bun" and place on a greased pie plate. Cover with clean towel and let rise until doubled. Bake in moderate oven (360° to 375°F.).

CRUSTY ROLLS

- 1 cup boiling water
- 2 tbsps. shortening
- 1 tbsp. sugar
- 1 tsp. salt
- 1 pkg. fast rising dry yeast
- 3½ cups Five Roses Pre-Sifted Flour
- 2 egg whites
- Cornmeal

Combine boiling water, sugar and salt; cool to lukewarm. Sprinkle yeast over cooled water mixture, stir and let stand 10 minutes. Add 1 cup Five Roses Pre-Sifted Flour and shortening, beat until smooth. Fold in stiffly beaten egg whites; beat thoroughly. Add remaining flour to make a soft dough. Turn out onto lightly floured board and knead until smooth and satiny, about 10 minutes. Let dough rise until double in bulk, approximately 1½ hours. Punch down; let rise until double in bulk, approximately ¾ hour. Punch down and divide into 14 equal portions; let rest 10 minutes. Shape into rolls; place 2 inches apart on a greased baking sheet, which has been sprinkled with corn meal; let rise until double in bulk, approximately 30 minutes. Bake in 450°F. oven for 20 minutes. Have a large pan of boiling water on the floor of the oven during the baking.

BRIOCHE

- ½ cup milk
- ⅓ cup butter
- 1 pkg. fast rising dry yeast
- ½ cup lukewarm water
- 3 egg yolks
- ¼ cup sugar
- ¼ tsp. grated lemon rind
- 3 cups Five Roses Enriched Flour

Scald milk, add butter and cool to lukewarm. Soften yeast in lukewarm water, add sugar and let stand 10 minutes. Add yeast to lukewarm milk, add egg yolks, lemon rind and 1½ cups Five Roses Vitamin Enriched Flour. Beat thoroughly for 10 minutes. Add rest of flour, mix well. Let rise until double in bulk. Punch down, grease top well and chill in refrigerator overnight. Butter heavy muffin pans and fill ⅓ full. Let rise double in bulk. Bake at 375°F. for about 15 minutes.

TOPPINGS FOR BREAD OR ROLLS

1. Sprinkle caraway or cardamon over unbaked dough which has first been brushed with melted butter.
2. Mix ½ cup sugar with 1 teaspoon cinnamon, sprinkle over top of unbaked dough.
3. Combine ¼ cup flour, ½ cup sugar, ¼ cup butter and 1 teaspoon cinnamon over top of unbaked dough.

Rolls and Fancy Breads

Yeast rolls and fancy breads are made by the same general method as loaves of bread. They usually contain more sugar and fat and often egg.

STANDARD ROLLS

- 2 cakes compressed or 2 pkgs. fast rising granular yeast
- 1 cup lukewarm water
- 2 tsps. sugar
- 2 cups milk
- 1 tbsp. salt
- ¼ cup sugar
- ⅓ cup shortening
- 8 cups sifted Five Roses Enriched Flour (about)

Soften yeast in 1 cup of lukewarm water and 2 teaspoons of sugar for 10 minutes. Scald milk and combine with salt, sugar and shortening. Cool to lukewarm; add yeast. Add half the flour and beat until smooth. Add rest of flour gradually, mixing it thoroughly and adding just enough to prevent sticking. Turn out on lightly floured board. Cover dough and let it rest for 10 minutes. Knead until dough is smooth and elastic. Shape into a smooth ball, place in a clean greased bowl. Cover and let rise in warm place until double in bulk. Shape as desired and place on a greased pan; brush with melted butter. Cover and let rise until double in bulk. Bake in hot oven (425°F.) 15 to 25 minutes. Makes approximately 4 dozen rolls.

WHOLE WHEAT ROLLS

Use half Five Roses Whole Wheat and half Five Roses Vitamin Enriched Flour.

Method of Shaping Rolls

Plain — Cut off small, uniform pieces, fold under until top is smooth and dough is round. For crusty rolls place 1 inch apart on baking sheet; for tall soft rolls place close together so that they touch.

Cloverleaf — Form dough into small balls. Dip each in melted butter and place 3 balls in each section of a greased muffin pan.

Crescent — Roll ball of dough into a circular shape about ¼ inch thick. Cut in pie-shaped pieces. Brush with melted butter and roll up, beginning at the wide end. Curve into crescents on greased baking sheet.

Parker House — Roll dough ¼ inch thick, cut with floured 2-inch cutter and make line just off centre of each round with dull side of a knife. Brush with melted butter; fold each over so that top overlaps the bottom. Press edges together at crease. Place rolls 1 inch apart.

Finger Rolls — Shape small pieces of dough into balls, roll with palm of hand to desired thickness, keeping them smooth and uniform in size. Place 1 inch apart on baking sheet.

BREAKFAST WREATHS

- 2 yeast cakes
- 1 cup lukewarm milk
- 4 cups sifted Five Roses Enriched Flour
- 1 cup butter
- ½ cup sugar
- 2 eggs
- 1 tsp. salt
- ½ tsp. cinnamon
- ¼ cup chopped nuts
- ½ cup raisins
- 2 tbsps. chopped candied citron
- 2 tbsps. chopped candied orange peel

Dissolve yeast in lukewarm milk. Add 1 cup of flour to the yeast and mix well. Cover bowl and allow to rise in a warm place until light, approximately 30 minutes. Cream the butter, add the sugar and continue to cream until light and fluffy. Add eggs one at a time and beat after each addition. Beat in the yeast mixture. Add remaining 3 cups of flour which has been sifted with the salt and cinnamon. Add nuts, raisins, citron and orange peel and mix well. Place the dough in a greased bowl, cover and allow to rise in a warm place until it is double in bulk. Place on a floured board and knead until smooth and elastic. Roll dough to ½ inch thickness and cut in narrow strips. Flour hands and roll strips between palms until 8 inches long. Braid the strips 3 at a time. Shape into a wreath. Let rise half an hour. Bake in a moderate oven 350°F. for 30 minutes. Frost with confectionery sugar.

BASIC SWEET DOUGH FOR SWEET ROLLS AND FANCY BREAD

2 cakes of compressed or
2 pkgs. fast rising dry granular yeast
1 cup lukewarm water
2 tsps. sugar
1 cup milk
¼ cup butter
1 tsp. salt
½ cup sugar
2 eggs beaten
1 tsp. grated lemon rind
6 cups sifted Five Roses Enriched Flour

Soften the yeast in 1 cup lukewarm water and 2 teaspoons of sugar. Scald milk, add butter, sugar and salt. Cool to lukewarm and add yeast. Add half the flour to make a thick batter. Add eggs and lemon rind; beat well. Add enough flour to make a soft dough. Turn out on a lightly floured board and knead until satiny. Place in a greased bowl until double in bulk. When light, punch down. Let rise until double in bulk. Bake at 375°F. Yield — 2 sweet breads or 3 dozen rolls.

BOHEMIAN BRAID

When foundation dough is light, divide half the dough into 9 portions. Roll each portion into a long roll. Braid 4 rolls loosely and place on a greased baking sheet. Then braid 3 rolls and place on top of the first braid. Turn last 2 portions together and place on top. Cover. Let rise until double in bulk. Bake at 357°F. for 45 minutes. Brush with confectionery sugar and sprinkle with chopped nuts.

SWEDISH TEA RING

When foundation sweet dough is light, divide in half and roll each half out to a rectangular sheet about ½ inch thick and three times as long as wide. Brush with melted butter and spread with brown sugar and cinnamon. Roll up jelly roll fashion. Shape into a ring on a greased cookie sheet. With scissors cut through ring almost to the centre, in slices about 1 inch thick. Turn each slice on its side. Brush with melted butter. Let rise until double in bulk. Bake at 375°F. for 30 minutes. Frost with confectioner's sugar and sprinkle with chopped nuts.

DOUGHNUTS

When making foundation dough add ½ teaspoon of nutmeg with the flour. When dough is light, roll ½ inch thick and cut with a doughnut cutter. Let rise to double in bulk. Fry in deep fat at 375°F. for 3 minutes on each side. When cool, roll in sugar. Yield — 3 dozen doughnuts.

CURRANT BUNS

Make sweet dough as directed, adding 1 cup raisins or currants when kneading first time. When light turn onto lightly floured board. Divide in pieces size of an egg. Shape into smooth balls. Place close together in lightly greased tin. Brush

tops with butter. Cover well. Let rise until fully 2½ times original size. Bake about 20 minutes in moderate oven (375°F.) first, reduce later to 350°F. Glaze tops before removing from oven with ½ cup milk sweetened with 1 tablespoon sugar.

Spiced Currant Buns — Add cinnamon to taste.

HOT CROSS BUNS

Prepare same as Spiced Currant Buns. When half risen in pans, cut two gashes at right angles across tops of buns. Let rise until 2½ times original bulk. Bake same as Currant Buns. While still warm, fill gashes with white frosting.

YORKSHIRE TEA CAKES

Make sweet dough as directed, adding 1 cup seedless raisins when kneading first time. Add also, the grated rind of 1 lemon. When dough has fully doubled in bulk, turn onto kneading board and cut in pieces the size of a tea cup. Shape lightly into large, round buns. Place on moulding board, several inches apart, cover and let stand for 20 to 30 minutes, then gently pat out with rolling pin until the size of small bread-and-butter plates. Place on greased baking sheet. Let rise until more than doubled in bulk. Bake in a moderately hot oven (400°F.) reducing the temperature to 375°F. after first 10 minutes.

BUTTERSCOTCH ROLL

Make sweet dough as directed. When light, turn onto floured board. Roll gently into rectangle ¼ inch thick, 15 inches wide, any length. Brush with butter, sprinkle with sugar and cinnamon. Roll up as for Jelly Roll, pressing down last edge firmly. Cut in 1 inch slices. Butter bottom and sides of muffin tins — using a generous amount of butter; sprinkle thickly with brown sugar. Place rolls, cut side down, in prepared pans. Let rise until fully doubled. Bake about 25 minutes in moderate oven (325° to 350°F.). When baked, remove from pans at once, and cool bottom-side up. The work of rolling the dough may be simplified by dividing the dough in 2 portions before rolling.

Fruit or Nut Butterscotch Rolls (also known as Swedish Rolls) are made by sprinkling the prepared dough with chopped nuts, raisins and citron in addition to the butter, sugar and cinnamon. Then roll, cut and bake as directed.

Chelsea Buns are made in the same way, using a generous quantity of sultana raisins in the filling.

PECAN ROLL

Prepare dough same as for Butterscotch Rolls, adding raisins and currants before rolling. Prepare a heavy pan, melting in it 3 tablespoons of butter, then coating thickly with brown sugar. Strew thickly with pecan meats, placing the nutmeats with the broken side up. Cut dough in 1 inch slices, place cut side down in pan, allowing plenty of room for expansion. Cover, and let rise until doubled in bulk. Bake same as Butterscotch Rolls. Remove from pan as soon as baked. Recipe will make 2 Pecan Rolls.

BOHEMIAN ROLLS

Make sweet dough as directed, using 3 eggs, ½ cup butter and ½ cup sugar, with flavouring of mace and grated lemon rind. When dough is light, turn on to board. Cut off pieces size of small apples. Shape each piece in palm of hand, handling as lightly as possible. When nicely rounded, place balls of dough on kneading board — leaving a space of several inches between each one. Let stand for 20 minutes. Arrange on oiled pan, allowing room for expansion; brush

with melted butter, sprinkle with sugar, cinnamon and a dash of mace; gently press a hollow in centre of each and fill with apricot jam or marmalade. Let rise again until slightly more than double their original size. Bake in a hot oven to start (400°F.), reducing the heat at the end of 5 minutes to 350°F. When baked, sprinkle generously with icing sugar.

REFRIGERATOR ROLLS

1½ cups milk, scalded
2 yeast cakes or 2 pkgs. fast rising dry granular yeast
½ cup sugar
2 tsps. salt
2 eggs, well beaten
6 cups sifted Five Roses Enriched Flour
⅓ cup shortening, melted

Scald milk and allow to cool to lukewarm. Dissolve yeast in ½ cup of cooled scalded milk and ½ cup sugar for 10 minutes. Add remaining milk, salt, eggs and 3 cups of flour to the yeast. Beat vigorously until well blended. Add shortening and beat well. Stir in rest of flour to make a soft dough. Turn dough out onto a lightly floured board, knead dough until smooth and elastic. Flatten dough out onto a thin sheet, place between two towels and lay directly on the metal rack in the refrigerator to chill thoroughly. Then quickly shape into a ball and place in a clean greased chilled bowl, turn once to bring greased surface to top. Cover tightly with waxed paper and a lid to fit bowl and place in refrigerator again until ready to use. Remove the required amount from the refrigerator as needed. Let stand until dough warms to room temperature. Then form into desired shaped rolls. Place in greased pans, cover and let rise in a warm place until double in bulk. Bake in moderate hot oven (400°F.) for 10 to 12 minutes. Makes 3 dozen medium size rolls.

TO FRESHEN STALE BREAD OR BUNS

Rinse INSIDE of paper bag with cold water. Place in the bag not more than 6 buns, rolls or slices of bread. Twist top of bag to close tightly, rebake in moderate oven (375°F.) for 15 minutes. Serve at once.

BUTTERED CRUMBS

Melt 1½ tablespoons butter, add ⅓ cup stale crumbs, mix over slow heat till butter is distributed. Use on scalloped dishes, macaroni and cheese, etc.

CROUTONS

Spread left-over slices of bread sparingly with butter. Cut in ½ inch cubes, place in shallow pan, bake in moderate oven until delicately browned. If desired, sprinkle with cheese before baking. Serve with soup.

TOASTED BREAD BOXES (Croustades)

Cut fairly stale bread in 2½ inch slices. Trim off the crusts and cut out the middle portion, leaving square boxes open at the top. Brush on all sides and bottom with melted butter, place in moderately hot oven and bake to a delicate brown. Fill with any creamed mixture, and serve while hot. If made before they are required, the Croustades should be reheated before filling.

CREAM TOAST

Toast ½ inch slices of white bread, butter and cut in strips. Place alternate layers of toast and sliced hard-cooked egg in serving dish. Pour over well-seasoned White Sauce No. 2 (recipe page 123), and serve very hot.

FRENCH TOAST

2 eggs
4 tbsps. milk
⅛ tsp. salt
5 slices of bread

Beat the eggs slightly, add milk and salt. Dip bread in mixture, 1 slice at a time. Drain and fry in deep hot fat (390°F.). When golden brown, drain and serve with maple syrup or jelly.

MELBA TOAST

Remove crusts from very thin slices of white bread. Bake bread in a moderate oven (350°F.) until lightly browned.

CINNAMON OR NUTMEG TOAST

Slice bread ¼ inch thick. Remove crusts, cut in finger strips. Cream together ¼ cup butter and 3 tablespoons of sugar mixed with ½ teaspoon of cinnamon or nutmeg. Toast bread on one side; spread mixture on other side and toast under flame until butter is melted. If a broiler is not available, toast both sides of bread before spreading with the mixture.

FLOUR MIXTURES

Flour mixtures are combinations of liquid and flour. They are classed as batters and doughs. This classification is based upon the proportion of flour to liquid.

A batter is a flour mixture which can be beaten with a spoon. There are 2 kinds, pour and drop.

A dough is a flour mixture which is too stiff to stir and must be kneaded or cut. Doughs may be either soft or stiff.

BATTERS AND DOUGHS

CLASSES	PROPORTIONS LIQUID	PROPORTIONS FLOUR	CONSISTENCY	EXAMPLES
Batters				
Pour	1 part	1 part	pours in steady stream	popovers, pancakes
Drop	1 part	2 parts	breaks into drops when poured	muffins quick breads
Doughs				
Soft	1 part	3 parts	sticky to touch	tea biscuits
Stiff	1 part	4 parts	firm to touch	pastry

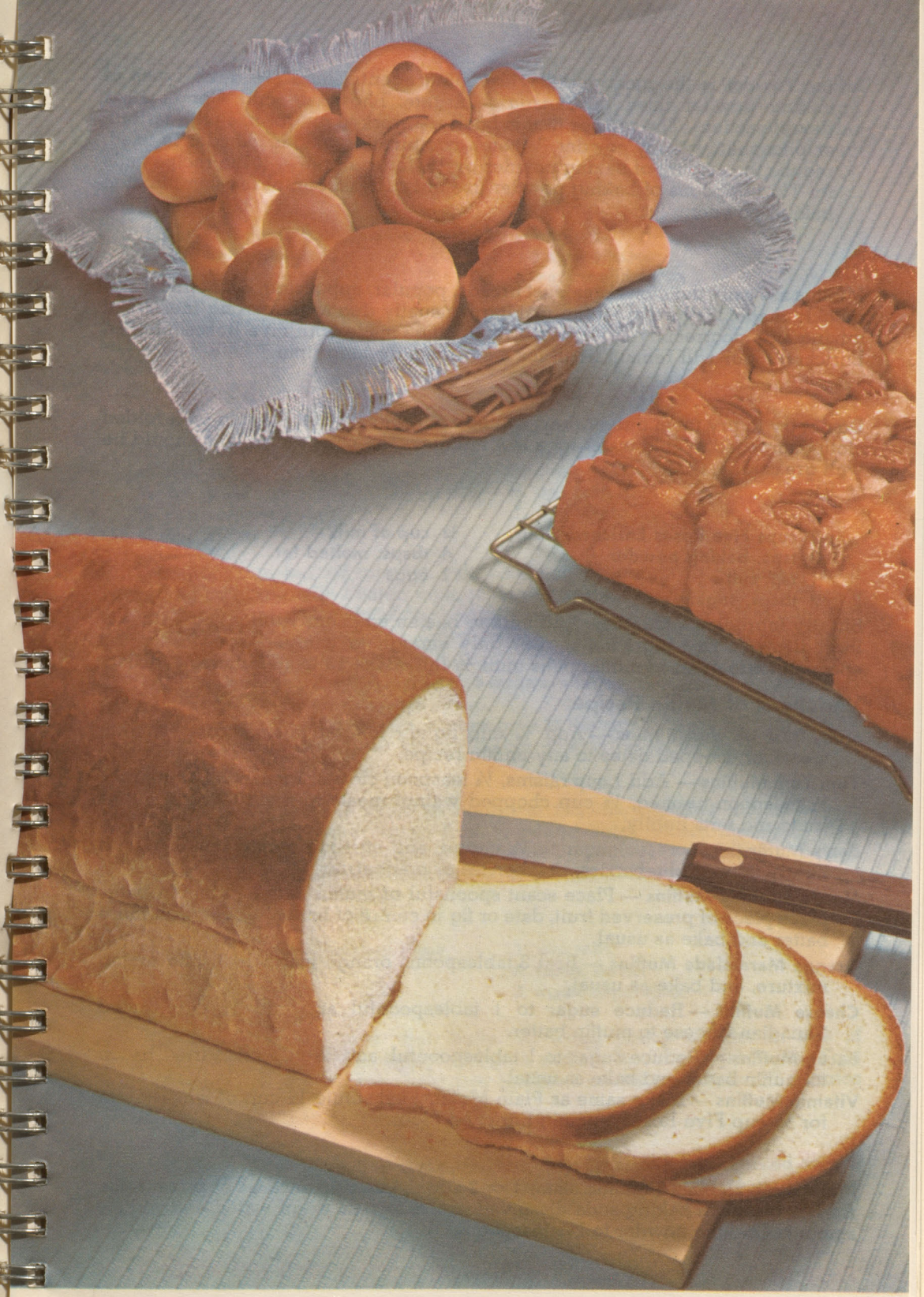
Leavening Agents:

Flour mixtures may be leavened in various ways. Agents most frequently used are steam, air and carbon dioxide gas.

Steam is formed when water is heated. Thin batters, as popovers, are leavened in this way.

Air is commonly introduced by beating mixture, adding eggs to mixture and then beating or adding beaten egg whites.

Carbon Dioxide Gas is produced by baking powder, or soda with acid, as sour milk, molasses or cream of tartar. General proportions for baking powder and soda are given on pages 11 and 12.



Loaf White Bread, Pecan Roll and Rolls

Baking Powder is the most popular leavening agent. There are three types of baking powder used in Canada — Tartrate, Phosphate and Combination (double-action). The recipes in this book are worked out for use with tartrate or phosphate baking powder. When a combination baking powder is used, reduce the amount of baking powder by ⅓, for example — if the recipe calls for 1½ teaspoons of baking powder use only 1 teaspoon of the combination baking powder.

MUFFINS

Muffins are truly delicious breakfast breads, popular, appetizing, economical and quickly made. Failure in muffin making is usually due to the wrong method of mixing and incorrect oven temperature. Muffins made with Five Roses Vitamin Enriched Flour will remain fresh for a surprisingly long time.

WHEN MUFFINS STICK TO PANS

Do not try to pry them out, or they will be apt to break. Set the pan on a folded cloth dampened in cold water for a few minutes. The pans for muffins should be well greased.

PLAIN MUFFINS

2 cups Five Roses Enriched Flour
3 tsps. baking powder
1 tsp. salt
2 tbsps. sugar
¾ cup of milk
4 tbsps. melted fat
2 eggs

Sift dry ingredients together. Add milk to beaten eggs and melted fat. Add wet ingredients to dry ingredients. Stir only enough to dampen flour. Drop by spoonsful into greased muffin pans until ⅔ full. Bake 15 to 20 minutes at 400°F.

Variations of Muffin Recipe

Fruit, Date or Nut Muffins — Add ¾ cup lightly floured raisins, chopped nutmeats, or chopped dates to any muffin recipe.

Yum Yum Muffins — Add 1 cup raisins, ¼ teaspoon cloves, 1 teaspoon cinnamon, ½ teaspoon nutmeg, ½ cup chopped walnut meats to muffin batter. Flour fruits and nuts lightly.

Berry Muffins — Increase sugar to ½ cupful, and stir into muffin batter ¾ cup lightly floured blueberries, raspberries or cranberries.

Mary's Surprise Muffins — Place scant spoonsful of muffin batter in muffin pans, place piece of preserved fruit, date or fig in centre of batter. Cover with more batter and bake as usual.

Orange Marmalade Muffins — Beat 3 tablespoons orange marmalade into muffin mixture, and bake as usual.

Cheese Muffins — Reduce sugar to 1 tablespoonful and add ½ cup grated Canadian Cheese to muffin batter.

Bacon Muffins — Reduce sugar to 1 tablespoonful; add ½ cup crisp fried bacon to muffin batter and bake as usual.

Vitamin Muffins — Make same as Plain Muffins, substitute ½ cup of wheat germ for ½ cup Five Roses Vitamin Enriched Flour.

SOUR MILK MUFFINS

Make same as Plain Muffins, using 1 or 2 eggs. Use sour instead of sweet milk. Add ½ teaspoon baking soda dissolved in 1 teaspoon warm water, and reduce amount of baking powder to 1½ teaspoons.

WHOLE WHEAT MUFFINS

Make same as Plain Muffins, using 1 or 2 eggs. Use 1 cup Five Roses Vitamin Enriched Flour and ¾ cup Five Roses Whole Wheat Flour instead of 2 cups Five Roses Vitamin Enriched Flour. Increase baking powder slightly. The amount of Five Roses Whole Wheat Flour may be increased slightly and ¼ cup molasses and a few grains of soda added.

BRAN MUFFINS

1 cup Five Roses Enriched Flour
1 tsp. baking soda
1 tsp. salt
2 cups bran
1 cup milk
½ cup molasses
1 egg, well beaten

Sift together the flour, baking soda, salt and then add bran. Mix milk, molasses and egg together. Add wet ingredients to dry ingredients. Bake 30 minutes at 400°F.

CORNMEAL MUFFINS OR JOHNNY CAKE

1 cup Five Roses Enriched Flour
2½ tsps. baking powder
⅓ tsp. salt
¼ tsp. soda
½ cup cornmeal
¼ cup butter
¼ cup sugar
1 egg yolk
¼ cup molasses or honey
¾ cup cold milk
1 egg white

Sift together flour, baking powder, salt, soda and sugar; stir in cornmeal. Melt butter and combine with beaten yolk, molasses and milk. Add wet ingredients to dry ingredients. Stir only enough to dampen flour. Beat egg white until stiff and lightly fold into first mixture. Fill pans not more than ⅔ full, as mixture rises considerably. Bake at 375° to 400°F.

If desired, mixture may be baked in a square shallow pan, cut in squares, and served warm with honey or maple syrup.

In making cornmeal muffins and corn breads the prime cause of failure is in getting mixture too dry. After mixing, batter should be rather thin. Cornmeal swells considerably in baking.

Bacon Corn Bread — Make same as cornmeal muffins, omitting molasses and using only 1 tablespoon sugar. Add ¼ pound bacon which has been fried crisp, then cut in small pieces. Bacon must be cold before adding to batter. Sprinkle a little chopped bacon on top, and bake as usual.

ENGLISH SALLY LUNN

2 cups Five Roses Enriched Flour
1 tsp. salt
1 tbsp. sugar
4 tsps. baking powder
1 cup milk
4 tbsps. butter
3 eggs, separated

Sift dry ingredients 3 times. Rub butter in, using pastry blender or tips of fingers. Beat egg yolks thoroughly, add milk and stir into dry ingredients. Fold in stiffly whipped egg whites. Pour into buttered muffin tins. Bake 30 minutes at 400°F.

A NICE SUMMER SANDWICH

Day-old Plain, Fruit Muffins or Bran Muffins may be sliced thin, spread with a layer of cream cheese, decorated with chopped nuts or bit of cherry, and served instead of cake with summer fruit desserts.

ORANGE RAISIN MUFFINS

- 2 cups sifted Five Roses Enriched Flour
- ¾ tsp. baking soda
- ½ tsp. salt
- ⅓ cup sugar
- ½ cup raisins
- 1 egg
- ⅓ cup orange juice
- ½ tsp. grated orange rind
- ⅔ cup sour milk
- ⅓ cup shortening, melted

Sift together flour, baking soda, salt and sugar; add raisins. Combine well beaten egg, orange juice, rind, sour milk and melted shortening. Turn wet ingredients into dry ingredients. Mix only until dry ingredients are dampened. Fill greased muffin tins ⅔ full. Bake at 425°F. for 30 minutes.

TEA BISCUITS

A good biscuit dough is one of the most versatile mixtures in cookery. It may be served in some form for breakfast, dinner, luncheon, supper, and for snacks. It may save the day when the bread supply runs out. Enriched with slightly more butter and sugar and the addition of fruits or nutmeats, it is an appetizing, economical substitute for more expensive cakes. Biscuit dough is the foundation for numerous boiled and baked puddings. The same dough is the foundation of the "Southern" type of shortcake; it may be used for dumplings, and may serve as pastry for the top of the steak or steak-and-kidney pie. One of the widest-known cookery schools in the world recommends hard-wheat flour for all baking powder biscuit mixtures.

Biscuits made with Five Roses Vitamin Enriched Flour are light and tender. They will remain fresh for days. Accurate measurements have much to do with the fine texture of biscuits. If liquid or flour is measured carelessly, the dough may be too dry or too moist. Too moist a biscuit dough is difficult to handle, it will fail to rise to its proper height, and biscuits will be "bready". Too firm a dough will fail to rise to its proper height, and biscuits will be tough. Recipes in this book have been carefully worked out for use with Five Roses Vitamin Enriched Flour.

TO MIX AND BAKE BISCUITS

1. Mix and sift dry ingredients.
2. Cut in shortening, using 2 knives or a pastry blender, or rub it in with tips of fingers.
3. Make a hollow in the centre of dry ingredients; add liquid slowly, to make a soft dough. When all the liquid has been added, stir dough rather vigorously until it comes freely from the side of bowl — only 5 or 6 strokes of the spoon should be necessary. Dough should be soft but not sticky.

Too much or too rough handling of the dough will make biscuits tough, of small volume and compact texture. Too little mixing will cause biscuits to flatten in baking, instead of rising.

When dough is to be used for biscuits, liquid is used in the proportion of 1 cup of milk to 2 cups of sifted Five Roses Vitamin Enriched Flour, and the dough is kneaded VERY lightly for a FEW SECONDS, on a lightly floured board. This helps to distribute the baking powder, giving it a chance to act completely and evenly through the dough. When dough is made rich by a larger amount of butter, or is used for making fancy biscuits and rolls, it is not kneaded, but is merely patted out or rolled gently with rolling pin. A slightly smaller proportion

of liquid is used in these richer mixtures — ⅞ of a cup of milk to 2 cups of Five Roses Vitamin Enriched Flour being the usual proportion.

When dough is smooth, pat it out or roll gently with rolling pin to desired thickness. Except in the case where the dough is to be kneaded, a mere dusting of flour will be required on the board. Too much flour will put on a coating that will hide the true flavour of the mixture and ruin the appearance. Cut dough with floured cutter and place on greased pan.

One of the secrets of light, delicate biscuits is a HOT OVEN. Bake at 450°F. for 12 to 15 minutes, after which the biscuits should be well risen and lightly browned.

STANDARD BISCUIT DOUGH

2 cups Five Roses Enriched Flour
4½ tsps. baking powder
½ tsp. salt
3 tbsps. shortening (butter, lard or shortening)
⅞ to 1 cup of milk (see Note)

Note: — Use 1 cup milk, and knead lightly when dough is to be used for biscuits. To be used for fancy biscuits or whirls, use only ⅞ cup of liquid. ⅞ cup is 1 cup less 2 tablespoons.

Cream of Tartar and Soda Biscuits — Use 2 teaspoons of cream of tartar and 1 teaspoon of soda instead of baking powder.

Sour Milk Biscuits — Reduce baking powder to 2 teaspoons, add ½ teaspoon soda, stirred into sour milk or buttermilk just before combining with dry ingredients. An oven of at least 450°F. is necessary for these biscuits.

Sweet Cream Biscuits — Omit shortening, use ¾ cup skim milk and ½ cup thick cream instead of the amount of milk specified in recipe.

Emergency Biscuits — This is an extremely useful recipe, as the biscuits may be mixed and baked in a jiffy. Add an extra ¼ cup of milk to biscuit dough. Drop dough by spoonsful on buttered baking sheet or in muffin tins, and bake as directed. Sugar, spices, raisins, currants, nuts, etc., may be added. One or 2 eggs may be used, in which case the amount of liquid should be reduced 2 tablespoons for each egg.

To Vary the Biscuit Dough

1. **Whole Wheat Biscuits** — Substitute 1 cup Whole Wheat for 1 cup of Five Roses Vitamin Enriched Flour specified in recipe. Use ¼ cup shortening. One tablespoon of molasses may be added.
2. **Orange Biscuits** — Add a little grated orange rind to flour for biscuit dough. Pat out, cut with small biscuit cutter. Dip small cubes of loaf sugar in orange juice, press 1 cube into centre of each biscuit. Bake at 425°F. 15 minutes.
3. **Fruit or Nut Biscuits** — Use ½ cup sugar, and add ¾ cup raisins, currants, or nuts. For a deeply coloured glazed top, brush over with yolk of egg mixed with a little water, and, if desired, sprinkle with sugar before baking.
4. **Peanut Butter Biscuits** — Omit shortening. Add ¼ cup peanut butter.
5. **Jelly Tea Cakes** — Add ¼ cup sugar. Pat out dough, cut with biscuit cutter; make depression in centre of each and place in it a small spoonful of jelly, jam or marmalade. Bake as directed.
6. **Cheese Biscuits** — Use only 1 tablespoon shortening and add ½ cup grated cheese.

ENGLISH CREAM SCONES

- **2 cups Five Roses Enriched Flour**
- **3 tsps. baking powder**
- **½ tsp. salt**
- **1 tbsp. sugar (or more)**
- **¼ cup butter or shortening**
- **½ cup thin cream or rich milk**
- **2 eggs**

Beat eggs until light. Keep out a little of the egg white to brush over tops of scones. Add eggs to milk or cream. Finish mixing same as Standard Biscuits. Pat to ¾ inch thickness; cut in squares or triangles, brush over with egg white, sprinkle with sugar, and bake at 450°F. Delicious when split, spread with butter and strawberry jam and served hot.

WHIRLS

This type of biscuit is an appetizing variation of biscuit dough and an economical substitute for cake.

Use Standard Biscuit Dough mixture, increasing shortening to ⅓ cup, and using only ⅞ cup of milk. Do not knead this dough. Roll dough into rectangular shape, spread with any desired filling, roll as for jelly roll, beginning at the edge nearest you. Cut in 1 inch slices, using a very sharp knife. Place cut-side down in well-greased muffin tins or on greased pan. Bake at 425°F. for 15 to 20 minutes. Remove from pans as soon as baked.

For a butterscotch finish, prepare pans as follows: spread thickly with butter, then a generous layer of brown sugar. Chopped nuts and raisins may be dropped in before placing in the slices of dough. This produces a syrupy finish on biscuits, which are inverted when baked.

Butterscotch Whirls — Spread dough with ⅓ cup each of butter and brown sugar, then roll, cut and bake as directed.

Fruit and Nut Whirls — Made by spreading the butter-sugar mixture with a generous layer of raisins or nuts, with or without spices. When Fruit and Nut Whirls are baked in muffin pans prepared with butterscotch mixture, they are Chelsea Buns.

Orange Whirls — Made by adding grated rind of orange to biscuit dough, then spreading dough with Orange Cake Filling.

Cheese Whirls — Spread dough with softened cream cheese, instead of butter and sugar mixture.

HOME MADE BISCUIT MIX

- **8 cups sifted Five Roses Enriched Flour**
- **1 cup dry milk powder**
- **¼ cup baking powder**
- **3 tsps. salt**
- **1 cup shortening**

Sift together flour, dry milk, baking powder and salt three times. Cut or rub in shortening until thoroughly mixed. Lift mix lightly into glass jars or tin cans without packing. Close tightly and store on pantry shelf.

To Use — Measure 1 cup of biscuit mix into bowl and add enough water to make a soft dough, about ⅓ cup. Turn onto a lightly floured board and knead for a few seconds. Pat or roll to desired thickness and cut with a floured cutter. Bake at 450°F. 12 to 15 minutes. Makes 6 medium size biscuits.

DOUGHNUTS

The wholesomeness of doughnuts depends upon how they are made. Cracking of the surface of the doughnut and consequent soaking of fat will lessen their digestibility. If doughnuts are made with Five Roses Vitamin Enriched Flour and are mixed and fried correctly, they will not absorb fat and will be as light and delicate inside as though they had been baked in the oven.

Cracks in doughnuts may be caused by too much shortening or too much flour in the dough. They may be due to too low temperature of the frying fat.

Keep dough as soft as possible. A generous amount of flour may be used on the board. The flour that clings to the dough has no stiffening effect, but helps with browning. This extra flour should not be worked into the dough, however. Fry doughnuts at 375°F. until brown on one side, then turn over. Cook only a few at a time.

ONE-EGG DOUGHNUTS

3 tbsps. shortening
⅔ cup sugar
1 egg
3 cups Five Roses Enriched Flour
¾ tsp. salt
1 tsp. grated nutmeg
4 tsps. baking powder
⅔ cup milk
1 tsp. vanilla extract

Sift dry ingredients. Cream shortening with half the sugar; beat the egg until light, add remaining sugar, beating between additions. Combine butter and egg mixtures. Add vanilla. Add sifted dry ingredients alternately with milk, to make a dough that is soft but not sticky. Cover bowl and chill 1 hour before rolling. Dust the board generously with flour; press or roll the dough to ¼ inch thickness. Dip cutter in flour before cutting the dough. Cut and fry as directed. When fried, sprinkle with fine sugar.

The flavour of doughnut mixture may be varied by the addition of cocoa syrup, melted unsweetened chocolate, coconut, spices or grated lemon or orange rind.

Two-Egg Doughnuts — Use 2 eggs; reduce milk to ½ cup and baking powder to 3 teaspoons.

Three-Egg Doughnuts — Use 3 eggs; increase shortening to ⅓ cup. Use only 5 tablespoons of milk and 2½ teaspoons baking powder.

SOUR MILK DOUGHNUTS

1 egg
1 egg yolk
½ cup sugar
½ cup sour milk or buttermilk
2 cups Five Roses Enriched Flour
¼ tsp. nutmeg
½ tsp. salt
2 tsps. baking powder
¼ tsp. baking soda
2 tsps. melted butter
½ tsp. lemon extract

Dissolve soda in sour milk immediately before adding it to dry ingredients. Make as directed for One-Egg Doughnuts.

JELLY DOUGHNUTS

Roll doughnut mixture thinner than usual; cut with a small cookie cutter. Place a small spoonful of jam or jelly in centre of half the rounds. Cover with remaining rounds, pinch edges together, and fry as directed.

QUICK BREADS

Quick breads are breads and bread-like mixtures which are made up and baked at once. These mixtures are usually made light by a leavening agent which acts quickly — doing away with the long waiting necessary when yeast is used.

QUICK HEALTH BREAD (Eggless)

- 2 cups Five Roses Enriched Flour
- 2 tsps. baking powder
- 1½ tsps. salt
- 2 level tsps. baking soda
- 2 cups Whole Wheat Flour
- 1 cup bran
- ¼ cup honey, syrup or molasses
- 3 cups (or less) sour milk or buttermilk

Mix and bake as directed for Plain Muffins, page 34. Allow batter to stand in warm place for 20 minutes before baking. Oven 350°F. Time 1 to 1¼ hours. Yield, 2 loaves. 1 cup oatmeal may be substituted for 1 cup of whole wheat. The oats lend a very appetizing flavour.

QUICK HONEY BREAD

- 1 cup Five Roses Enriched Flour
- 3 level tsps. baking powder
- ½ tsp. salt
- 1 cup Whole Wheat Flour
- ½ cup honey
- 1 cup milk
- ⅛ tsp. baking soda

Combine honey and milk, then mix as directed as for Plain Muffins, page 34. Dissolve soda in 1 teaspoon warm water and add it at the last. Allow this mixture to stand in warm place 20 minutes before baking. Bake at 350°F. 1 hour. Yield, 1 loaf of medium size. May be cut the day it is made.

PEANUT BUTTER BREAD

- 2 cups Five Roses Enriched Flour
- 4 tsps. baking powder
- ¼ cup sugar
- ½ tsp. salt
- ½ cup peanut butter
- 1⅓ cups milk

Mix as directed for Plain Muffins, page 34, lightly rubbing the peanut butter into flour mixture. Bake at 325° to 350°F. 1 hour.

For a richer Peanut Butter Bread, with a more cake-like texture, use 2 eggs. Reduce baking powder to 3 teaspoons and milk to 1 cup. Increase sugar to ½ cup. Raisins may be added if desired.

STEAMED BROWN BREAD

- 2 tbsps. molasses
- 2 tbsps. brown sugar
- 2 cups buttermilk or sour milk
- 1 cup Five Roses Enriched Flour
- 2 cups Graham Flour
- ½ tsp. salt
- 3 tsps. baking powder
- 1 tsp. baking soda, dissolved in 1 tbsp. warm water

Combine molasses, sugar and sour milk. Sift flour, salt and baking powder, add Graham Flour. Combine wet and dry ingredients, add soda dissolved in warm water, mix well. Pour into well-greased 1 pound baking powder tins, filling tins only ⅔ full. Cover tightly and steam 2½ hours. Uncover and place in moderate oven to dry top of bread, for 15 to 20 minutes.

FAVOURITE NUT BREAD

- 2 cups Five Roses Enriched Flour
- 3 tsps. baking powder
- ¾ tsp. salt
- ½ cup brown sugar
- 1 egg, well beaten
- 1 cup sweet milk
- ¼ cup melted shortening
- 1 cup chopped nuts
- 1 cup seedless raisins (optional)
- ¼ tsp. baking soda, dissolved in 1 tsp. warm water

Mix as directed for Plain Muffins, page 34, adding dissolved soda last. Allow batter to stand in pans for 20 minutes before baking. Bake at 350°F. about 1 hour.

FAVOURITE DATE AND NUT BREAD

- 1 cup chopped dates
- 1 level tsp. soda
- ¾ cup boiling water
- 1 egg
- ¾ cup light brown sugar
- 1 tsp. salt (scant)
- 1 tsp. vanilla
- 1½ cups Five Roses Enriched Flour
- 1 tsp. baking powder
- ¾ cup chopped walnut meats (optional)
- ¼ cup melted shortening (optional)

Stone and cut dates, place in bowl, add soda, pour over boiling water. Mix well and let stand until cool. Beat egg until light, add sugar gradually, beating between additions. Add salt and vanilla, combine with date mixture. Add sifted dry ingredients. Add melted, cooled shortening and chopped walnuts. Mix well. Pour into well-greased bread pan and bake at 300° to 325°F. 1 to 1¼ hours.

DARK HEALTH BREAD

- 2 cups Five Roses Enriched Flour
- 1 tsp. salt
- 3 tsps. baking powder
- 2 cups Whole Wheat Flour
- 1 egg
- 1 cup brown sugar
- ¼ cup molasses
- 2 cups sour milk
- 3 tbsps. melted shortening
- 1 cup chopped dates
- ½ cup walnut meats
- 1 level tsp. soda dissolved in 1 tbsp. hot water

Add a little of the measured flour to combined fruits and nuts. Sift remaining flour with baking powder and salt; add Whole Wheat Flour and sugar. Finish as directed for Plain Muffins, page 34, adding dissolved soda last, beating only enough to combine ingredients. Bake 1 to 1¼ hours at 325°F. Yield — 2 small loaves.

ORANGE HONEY BREAD

- Rind of 2 oranges
- Pinch of salt
- ¼ cup water
- 1 cup honey
- 3 cups Five Roses Enriched Flour
- 4 tsps. baking powder
- ½ tsp. salt
- 1 egg, well beaten
- 1 cup milk
- ½ cup nutmeats
- ¼ cup shortening
- ½ tsp. soda dissolved in 1 tbsp. water

Put rinds through food chopper, using coarse cutter. Add ⅛ teaspoon of baking soda, cover with water, and cook for 30 minutes. Drain, and discard liquid. To the peel add the ¼ cup of water, pinch of salt and honey. Simmer until as thick as marmalade. Beat egg, add milk. Sift dry ingredients. Add milk mixture to dry ingredients a little at a time, beating between additions. Add orange mixture, which has been allowed to cool to lukewarm. Add dissolved soda, shortening and floured nuts. Stir only enough to combine ingredients. Pour into well-greased bread pans. Let stand in a warm place for 20 minutes. Bake at 350°F. for 1 to 1¼ hour.

EGGLESS GINGERBREAD

- 3 cups Five Roses Enriched Flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- ½ tsp. salt
- 1 tsp. ground ginger
- 1 tsp. cinnamon
- ½ cup shortening
- 1 cup brown sugar
- 1 cup light molasses
- 1 cup boiling water
- 1 cup seedless raisins
- If desired, grated nutmeg

Line shallow pan with paper; grease well. Sift flour, baking powder, soda, salt and spices. Add raisins. Cream shortening, add sugar and mix well; add molasses, then add boiling water. Combine dry and liquid ingredients and beat well. Pour into prepared pans. Bake at 325°F. for 40 to 50 minutes. Yield — 2 sheets of gingerbread 8 x 12 inches.

PRIZE GINGERBREAD

- ½ cup shortening
- 1 cup brown sugar
- 2 eggs
- ½ cup molasses
- ½ tsp. salt
- ½ tsp. cinnamon
- ½ tsp. nutmeg
- ½ tsp. ginger
- 1 tsp. baking powder
- 2 cups Five Roses Enriched Flour
- ⅔ cup boiling water
- 1 tsp. soda

Cream shortening and sugar; add molasses, salt, nutmeg and cinnamon. Pour boiling water over 1 level teaspoon of baking soda and add to first mixture. Add flour, which has been sifted with baking powder and ginger, add eggs, well beaten. Beat well. Line tin with heavy paper. Bake at 325° to 350°F., 40 minutes.

OLD-TIME ENGLISH GINGERBREAD (Hard Gingerbread)

- 3 eggs, well beaten
- 1 cup granulated sugar
- 1 cup shortening
- 3 cups Five Roses Enriched Flour
- 1 tbsp. ginger
- 1 cup light molasses
- ½ tsp. baking soda
- 1 tsp. baking powder

Melt sugar, molasses and shortening over low heat. When thoroughly melted, add beaten eggs and flour, which has been sifted with baking powder, soda and ginger. Mix well. Bake at 325°F. 30 to 40 minutes. If gingerbread becomes hard, place in a covered crock. It will soften in a day.

GINGERSNAPS I

From old Five Roses Cook Book. Included by special request.

- 1 cup molasses
- 1 cup sugar
- 1 cup shortening
- 1 tsp. soda
- 1 tsp. ginger
- 1 tsp. salt
- ½ cup boiling water
- Five Roses Enriched Flour

Mix together in the order given, using enough Five Roses Vitamin Enriched Flour to make a soft dough. Do not roll. Pinch off pieces the size of marbles and roll with the hands. Place about 1 inch apart in pans and bake in a 350°F. oven until the right shade is obtained (about 8 minutes). The gingersnaps will spread in baking.

GINGERSNAPS II

- 1 cup molasses
- 1 cup sugar
- ½ cup shortening
- 3 tsps. ginger
- 2 tsps. cinnamon
- 1 cup cream, thin
- 4¾ to 5 cups Five Roses Enriched Flour
- 3 tsps. baking powder
- 1 tsp. salt

Cream molasses, sugar, shortening and spices. Add cream, flour, salt and baking powder. Let dough stand for several hours or overnight in a cool place. Roll out very thin. Cut with a small cookie cutter. Bake at 375°F. 5 to 7 minutes. The crispness of the cookies will depend largely on how thin the dough is rolled and how evenly the baking is done.

Variations

Gingerbreads may be varied. Raisins, nuts, peel, coconut, chopped dates, cherries, candied ginger, or melted unsweetened chocolate may be added to the batters. Batter may be baked in layers then put together with any desired filling. Hot gingerbread, cut in squares, may be served with a sauce as dessert. When blueberries are in season, 1 cup of berries, floured with 3 tablespoonsful of Five Roses Vitamin Enriched Flour, may be added to the Eggless or Prize Gingerbread batter to make Blueberry Gingerbread. The Gingerbread batter may be used as the foundation for Steamed or Baked Pudding and for Upside-Down Pudding, pages 108, 110 and 111.

Pancakes, Griddle Cakes Popovers

When they are well made, pancakes are light and wholesome, with no soggy, uncooked portion in the centre. There are three popular types of pancakes: the thick, bready kind; the moist, thin kind, and the spongy kind, which is rolled before serving.

Savory Pancakes are suitable for use as the main dish for luncheon or supper. Small portions of left-over cooked meats and vegetables may be utilized in the Savory Pancakes. In this type of pancake, the sugar is omitted, and the mixture is seasoned with onion juice or grated onion, salt, pepper and any other seasoning desired. Poultry seasoning is sometimes added to the meat pancakes. Cook the Savory Pancakes slightly slower than ordinary pancakes. The secret of light, tender pancakes lies in the cooking.

To Fry Pancakes

We say "fry"; actually, the pancakes are baked, not fried. Use a heavy iron or aluminum frying pan or griddle. The pan should be hot enough to allow drops of cold water sprinkled on its surface to keep their shape for a few seconds. If the drops spread out on the griddle the temperature is too low; if they break up and evaporate immediately, the temperature is too high. Too cool a griddle will produce pancakes which have failed to rise to their proper height and which will not be tender; too hot a griddle will brown pancakes before centre is cooked. Do not allow pan to become hot enough to cause the fat to smoke. By adding a small amount of melted shortening to the pancake batter, you will produce a mixture which is less likely to stick to pan.

Cook the pancakes until they are filled with bubbles; they are then ready to turn. Turn and bake the other side. Serve as hot as possible, with syrup, honey, jam, jelly, or fruit juices. Do not turn the pancakes more than once while they are baking.

Pancake batter may be mixed at night and fried in the morning, in which case neither soda or baking powder should be added until immediately before cooking.

STANDARD RECIPE FOR PANCAKES

1½ cups Five Roses Enriched Flour
3 tsps. baking powder
½ tsp. salt
3 tbsps. sugar
1 egg
3 tbsps. melted butter
¼ tsp. vanilla
1¼ cups milk

Whole Wheat or Graham Pancakes — Use ¾ cup Five Roses Vitamin Enriched Flour and ¾ cup Graham or Whole Wheat Flour.

Mix and sift dry ingredients. Add Whole Wheat or Graham Flour if these are included. Beat egg thoroughly; add milk.

Make a "well" in centre of dry ingredients. Slowly add the egg and milk mixture. Add melted butter and flavouring. Mix only enough to make mixture smooth.

Try a little on hot griddle.

Fry as directed.

When a thicker pancake is preferred, use slightly less milk. For Savory Pancakes, omit sugar and vanilla.

SOUR MILK PANCAKES

Make same as Standard Pancakes, using sour milk or buttermilk. Reduce baking powder to 1½ level teaspoons; add 1 level teaspoon of soda dissolved in a teaspoon of warm water.

BLUEBERRY PANCAKES

Make Standard Pancake mixture, increasing sugar to ⅓ cup. Reduce milk to 1 cup. Add 1 cup floured blueberries. Bake slower than plain pancakes. Serve piled with melted butter and layers of brown sugar between pancakes.

APPLE PANCAKES

Make Standard Pancake batter, adding to it ¼ teaspoon grated nutmeg, 1 cup grated raw apple and ⅓ teaspoon soda dissolved in 1 teaspoon warm water. Reduce milk to 1 cup. Serve with baked tenderloin or ham.

BANANA PANCAKES

Make Standard Pancake batter, adding to it ¾ cup mashed banana and a few grains of pepper. Reduce sugar to 2 teaspoonsful and milk to 1 cup. Serve with baked or broiled sausage.

PRIZE WHOLE WHEAT PANCAKES

1½ cups Five Roses Enriched Flour
4½ tsps. baking powder
1 cup Five Roses Whole Wheat or Graham Flour
2 tbsps. sugar
½ tsp. salt
1¾ cups sweet milk
2 well beaten eggs
¼ cup molasses or honey
Few grains of soda
¼ cup melted shortening

Mix same as Standard Pancakes. Slightly more milk may be required, as Five Roses Whole Wheat Flour differs in thickening quality. Cook slightly slower than plain pancakes. Chopped dates or nuts may be added to mixture.

FRENCH PANCAKES

3 egg yolks
1 tbsp. sugar
¼ tsp. salt
1 cup milk
¾ cup Five Roses Enriched Flour
1 tbsp. melted butter
3 egg whites
Jelly or orange juice

Beat egg yolks until thick and lemon-coloured. Add sugar, salt and ½ cup milk. Sift flour; add to egg mixture with remaining milk and butter. Fold in stiffly-whipped egg whites. Bake as directed, making cakes a little larger than is usual for pancakes. Spread each cake with currant jelly and roll while hot. Place on a platter, arranging them with the lapped side down to prevent spreading. Sprinkle with powdered sugar and serve at once. Delicious for special occasions.

¾ cup stale crumbs
¾ cup milk
¼ cup Five Roses Enriched Flour
¼ cup granulated sugar
1½ tsps. baking powder
¼ tsp. salt
1 egg (separated)
2 tbsps. melted butter

Soak breadcrumbs and milk for 30 minutes. Sift flour, baking powder and salt. Add sugar. Beat egg yolk and add to milk and crumbs, then add sifted dry ingredients. Add butter, fold in stiffly-whipped egg white. Cook as directed.

CEREAL PANCAKES

These pancakes provide an excellent use for left-over cooked cereal. If porridge is cold and jelly-like, mash it thoroughly before adding to batter.

Place ¾ cup of mashed cereal in a bowl; add 1 well-beaten egg and ¾ cup of milk. Beat smooth. Mix and sift ½ cup Five Roses Vitamin Enriched Flour and 2 teaspoons of baking powder. Add 2 tablespoons of sugar. Salt may be required, depending on the amount used in cereal. Add dry ingredients to cereal mixture. Beat well. Cook as directed.

It is impossible to give exact amount of milk required, as this will vary according to the softness of cereal. Slightly more or less than the specified ¾ cup may be required.

Home Made Syrups for Pancakes (See Pages 115 and 116)

SOUR MILK GRIDDLE CAKES

1 cup Five Roses Enriched Flour
½ tsp. salt
⅓ tsp. baking soda
¾ cup thick, sour milk
1 well-beaten egg
1 tbsp. melted fat

Sift together flour, salt and soda. Add sour milk, egg and melted fat. Beat. Drop by spoonsful on hot griddle. When risen, full of bubbles, and cooked on edges, turn and cook other side. Serve immediately.

WAFFLES

1¼ cups Five Roses Enriched Flour
2 tsps. baking powder
⅔ tsp. salt
1 tbsp. sugar
1 cup milk
2 egg yolks, beaten thick
4 tbsps. melted fat
2 egg whites, beaten stiff

Sift together flour, baking powder, salt and sugar. Combine milk and melted fat with beaten egg yolks. Combine mixtures. Stir only until blended. Fold in egg whites. Cook on hot waffle iron. For crisp waffle, use 2 tablespoons more fat and cook longer.

Variations

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

Cheese Waffles — Use 3 tablespoons of fat and add ½ cup grated cheese to waffle batter.

Chocolate Waffles — Use ¼ cup of sugar and add ¼ cup of cocoa and sift with dry ingredients; add ¼ teaspoon of vanilla.

Corn Waffles — Reduce milk to ¾ cup and add 2 cups of cream style corn. Bake until thoroughly dry.

GINGERBREAD WAFFLES

2 cups Five Roses Enriched Flour
1 tsp. soda
1 tsp. salt
¼ tsp. nutmeg
¼ tsp. cloves
½ tsp. cinnamon
½ tsp. ginger
⅓ cup shortening
¼ cup sugar
1 cup molasses
1 egg unbeaten
1 cup sour milk

Sift together flour, soda, salt and spices. Cream shortening and sugar; gradually blend in molasses. Stir in ½ cup of dry ingredients. Beat in egg. Alternately add remaining dry ingredients and milk. Bake in waffle iron at low heat. Makes 20 portions.

TO MAKE POPOVERS

⅞ cup Five Roses Enriched Flour
¼ tsp. salt
2 eggs
1 cup milk
1 tbsp. melted butter

Iron, cast aluminum, oven glass or earthenware gem pans or custard cups should be used, as these materials hold heat well. Be sure oven is HOT before mixing popovers. Grease gem pans or custard cups well, using butter for flavour. Put pans in oven to heat while preparing the batter.

Sift salt and flour into mixing bowl. In separate bowl beat eggs until thick, combine with milk. Make a hollow in centre of flour, and gradually stir in milk and egg mixture. Add melted butter. Beat hard for 1 minute, using rotary egg beater. Pour into sizzling hot pans and bake 45 minutes, starting at 450° to 475°F. for the first 15 minutes, then decreasing to 350°F. to finish baking. Remove from oven and from pans as soon as baked. Serve at once. If the inside of the popovers is too moist, or, if they collapse on cooling they have not been baked long enough. Serve with maple syrup, orange pudding sauce, or fill with strawberries and whipped cream.

This batter is used for **Yorkshire Pudding**. Pour some of the roast dripping into a shallow pan, heat in oven, then pour in popover batter to ½ inch depth. Bake like popovers. When well puffed baste once or twice with beef dripping from the roast.

Cakes

There are only two general classifications of cakes: **Butter Cakes** which contain shortening and **Sponge or Angel Food Cakes** which do not. Cakes made with Five Roses Vitamin Enriched Flour are light and tender; their flavour is of the finest and their keeping quality is unsurpassed.

Butter Cakes, including most layer cakes as well as pound cakes and fruit cakes, make up the largest group. They may be baked in layers, loaves, sheets of various thickness and cup cakes.

Sponge and Angel Food Cakes are usually baked in tube pans, which allow for more uniform heat penetration during the long, slow baking. Sponge cakes can also be baked in layers, as for Boston Cream Pie, and in thin sheets for jelly or cream roll.

Important Steps in Cake Making

1. Select the best quality ingredients. Use only the finest materials. Use Five Roses Vitamin Enriched Flour, fresh eggs, a good quality shortening and a reliable brand of baking powder. Use fine sugar. Coarse sugar does not blend with other ingredients. If sugar is coarse, sift it. The coarse particles may be used for sweetening stewed fruit.
2. Choose a well balanced tested recipe. Each recipe in this chapter has been carefully tested.
3. Assemble both ingredients and mixing equipment before starting to mix the cake. This insures that all necessary ingredients are on hand and that it will not be necessary to delay the mixing at a critical point while hunting for some missing piece of equipment or ingredient.
4. Have all ingredients at room temperature.
5. Light oven before starting to work, so that the oven will be at the correct temperature when the cake is ready for the oven.
6. Measure ingredients accurately. Exact measurements are fundamental to success with all modern tested recipes, and even greater than usual care needs to be taken with cakes, because their success depends largely on an accurate balance between the various ingredients. Read pages 9 and 10 for rules for proper measuring of ingredients.
7. Use good mixing technique.
8. Follow proper baking procedures by using pans of correct size, accurate baking temperatures (see page 16 for testing oven heat), efficient arrangement of pans in the oven and the required length of time for baking.

METHOD FOR MIXING CAKES WITH AN ELECTRIC MIXER

1. Be sure that all ingredients are at room temperature.
2. Measure shortening, sugar, egg yolks and flavouring into larger mixer bowl.
3. Turn mixer to next to lowest speed and cream ingredients until very light and fluffy. This will take from 5 to 10 minutes and should produce a very light spongy mass. Scrape the sides during the mixing to assure that all portions will be mixed thoroughly.
4. Meanwhile, sift flour, measure and resift with the baking powder and salt. Measure milk or other liquid ingredients.

5. Turn mixer to the lowest speed and add sifted dry ingredients and liquid alternately, beginning and ending with flour and beating well after each addition. Scrape the sides and bottom of the bowl twice during the mixing.
6. Beat egg whites separately if desired (whole eggs may be added in Step 2).
7. Stop beater, scrape sides and bottom of the bowl thoroughly. Add egg whites and turn on lowest speed until egg whites are thoroughly incorporated — about 1 minute.
8. Turn into cake pans. The standard cake pans and their usual sizes are: Layer pan (round) 8″ diameter, 1½″ high; Square pan — 8″ x 8″ x 2″; Loaf pan — 9″ x 4″ x 3″; Shallow (or jelly roll) pan — 13″ x 9″ x 1″; Tube pan — 10″ diameter, 4″ high.

To Mix and Bake Sponge and Angel Cakes

In the two main sponge type cakes, angel food and true sponge, the only leavening is the air incorporated into the beaten eggs or egg whites. Therefore the main problem is to beat the maximum amount of air into the whole eggs or the whites, and then handle them very lightly so that most of this air will be retained. Expansion of this air during baking makes the cake light. If air is lost in mixing, the cake will be heavy and too compact in texture.

1. **True Sponge Cake** — Sift and measure flour and resift it with salt. Beat egg yolks (or whole eggs) until they are very thick and pale yellow. Gradually beat in sugar and flavouring. Fold in flour mixture, gradually cutting and folding but not beating. If eggs have been separated, fold in beaten egg whites carefully until well blended. Pour into ungreased tube pan or jelly roll pan lined with waxed paper. Bake at 325°F.
2. **Angel Food Cake** — Sift and measure flour, mix with ½ the sifted sugar and sift together. Have egg whites at room temperature and sift salt and cream of tartar over them and beat until just stiff, not dry. Add flavouring and gradually beat in rest of sugar; fold in flour-sugar mixture carefully but thoroughly. Pour into ungreased tube pan and bake at 300° to 325°F.

When baked both sponge and angel food cakes should be cooled completely in the inverted pan. If the cake is cooled upright or removed from the pan while warm, the delicate cell walls will not have time to become firm and the cake will collapse under its own weight.

STANDARD SPONGE CAKE

6 eggs, separated
1 cup fine sugar (scant)
1 tbsp. lemon juice
1 tbsp. cold water
Grated rind of ½ lemon
1 cup Five Roses Enriched Flour
Few grains of salt

Mix and bake as directed, temperature 325°F., for about 1 hour.

For a Chocolate Sponge Cake, substitute ¼ cup sifted breakfast cocoa for ¼ cup of flour.

SPONGE CAKE No. II

4 eggs, separated
1 cup sugar (scant)
1 tbsp. lemon juice
¼ cup cold water
¾ cup Five Roses Enriched Flour
2 tbsps. cornstarch
2 tsps. baking powder
Few grains of salt
Grated rind of ½ lemon or orange

Mix as directed. Bake at 325° to 350°F. for 40 to 50 minutes if baked in loaf or tube pan; 30 to 40 minutes at 350°F. if baked in layers.

JELLY ROLL

Taken from old Five Roses Cook Book and reprinted by special request.

- **3 eggs**
- **1 cup sugar (scant)**
- **2 tbsps. milk**
- **1 cup Five Roses Enriched Flour**
- **2 tsps. baking powder**
- **¼ tsp. salt**
- **1 tbsp. lemon juice**
- **Grated rind of ½ lemon or orange**
- **Fruit jelly**

Mix as directed for Sponge Cakes. Grease a long shallow pan. Batter should not be more than ¼ inch deep. Bake 12 minutes at 325° to 350°F., watching closely, as it bakes quickly. Remove from oven, turn onto a cloth, quickly cut off the side crusts, spread with softened jelly, and roll quickly. Wrap in cloth to keep in shape. Work quickly or cake will crack. Prize Cake, page 54 with shortening omitted may be used for Jelly Roll.

VICTORIA SANDWICH

Use Sponge Cake mixture, or use Prize Cake or Gold Cake mixture, page 54 and 55. Bake in 2 layers using fairly large pans. When cake is cool, split layers through centre, spread with lemon filling, black currant jam, or other jam or preserve. Place top in position, sprinkle with icing sugar. Each layer will make a sandwich.

ANGEL CAKE

Taken from old Five Roses Cook Book and reprinted by special request.

- **11 egg whites**
- **1½ cups powdered sugar**
- **1 cup Five Roses Enriched Flour**
- **1 tsp. cream of tartar**
- **1 tsp. vanilla**
- **Pinch of salt**

Beat egg whites and salt until foamy, add cream of tartar, and beat until stiff but not dry. Sift flour and sugar 4 or 5 times, and fold carefully into beaten whites, using a wire whisk. Fold in vanilla. Bake in unbuttered angel cake tin 1 hour or slightly longer, temperature 300° to 325°F. Do not open oven door until cake has been in the oven at least 30 minutes. When cake is baked, cool like Sponge Cake. If desired, the mixture may be flavoured with finely grated lemon or orange rind instead of vanilla.

BOSTON CREAM PIE

Bake ½ a recipe of Sponge Cake (page 48) in 1 buttered 8-inch layer cake pan lined in the bottom with thin, plain paper. Bake at 425°F. for 12 minutes. Cool in pan on a cake rack for 5 minutes. Remove from pan, strip off paper, split cake to make 2 layers. Spread Cream (page 65) or Lemon (page 67) Filling between layers. Sprinkle powdered sugar over the top.

Method for Mixing Butter Cakes

Practically all Butter Cakes are mixed by the same method. Eggs are usually added whole, one at a time, beating well after each addition. When eggs are separated, the whites are beaten until they form firm peaks and then folded in at the last.

1. Preheat oven. Grease cake tins lightly and then dust with Five Roses Vitamin Enriched Flour or line bottoms with wax paper.
2. Sift and measure flour. Sift flour and dry ingredients (baking powder, baking soda, salt and spices) together once.
3. Cream shortening until fluffy. Add sugar gradually, beating between additions. Cream until light and fluffy.

4. Add eggs, or egg yolks, one at a time, beating well after each addition until light and fluffy.
5. Add dry ingredients alternately with liquid, beginning and ending with flour. Each portion of flour must be beaten into mixture before adding more liquid. When flour has been added, beat the mixture only enough to make smooth. DO NOT OVERBEAT.
6. Add flavouring.
7. When eggs have been separated, fold in stiffly beaten whites at the last.
8. Pour at once into prepared pans. With mixing spoon, push the batter well to the sides of pans, so the cake will bake with an even top.
9. Bake on centre rack of oven, at temperature given with each cake recipe. Do not open oven door until cake has baked for ⅓ of full baking time. When cake is ¾ baked, turn to bake evenly.
10. When baked, remove from oven. Invert on cake rack. Allow cake to stand 5 minutes, then lift off the tin. Should cake stick, wring a cloth out in cold water, press it over the bottom of tin, allow it to stand for 2 minutes, after which cake should drop out without further trouble.

A cake that is correctly baked should shrink from side of pan; it should be an even brown colour and should spring back when centre is touched with the finger. A toothpick or long darning needle inserted in the centre should come out clean. Cakes made with Five Roses Vitamin Enriched Flour should be baked to a rich golden shade.

If cake should burn on the bottom, allow cake to cool, then grate off the burned portion, using a lemon grater.

Dryness in cake is usually caused by too much flour, too much baking powder, or over-baking. Cakes made with Five Roses Vitamin Enriched Flour will be light but moist, and will remain fresh.

Sogginess is usually caused by too much fat or sugar, by undercooking or by too little flour. A coarse-grained and heavy cake is sometimes caused by too little beating.

STANDARD ONE-EGG CAKE

1¾ cups Five Roses Enriched Flour
3½ tsps. baking powder
½ tsp. salt
⅓ cup butter or shortening
1 cup sugar (scant)
1 egg
Flavouring
1 cup milk

Mix as directed. Bake for 25 minutes at 375°F.

STANDARD TWO-EGG CAKE

2 cups Five Roses Enriched Flour
3½ tsps. baking powder
½ tsp. salt
½ cup butter or shortening
1 cup sugar
2 eggs
Flavouring
1 cup milk

Mix as directed. Bake for 25 minutes at 375°F.

STANDARD THREE-EGG CAKE

1¾ cups Five Roses Enriched Flour
3 tsps. baking powder
½ tsp. salt
½ cup butter or shortening
1 cup sifted sugar
3 eggs, separated
1 tsp. vanilla
⅔ cup milk

Mix as directed. Fold the stiffly whipped egg whites in at the last. Bake at 350° to 375°F. for 25 minutes.

Varying the Standard Cake Recipes

Once the home cook has perfected the art of making a simple Butter Cake, she may produce variety by the use of different flavouring extracts, spices, dried fruits, etc., as well as by the use of different cake fillings and frostings given on pages 65 to 71.

BANANA CREAM CAKE

Bake Standard 1-, 2- or 3-Egg Cake in layers. When cold, put layers together with a cream filling to which chopped walnut meats and mashed banana have been added. Frost with boiled frosting.

BUTTERSCOTCH CAKE

Flavour Standard 1-, 2- or 3-Egg Cake mixture with caramel syrup. Bake in 2 layers. Fill with Butterscotch Filling and frost with a thick layer of Mocha Frosting.

BURNT LEATHER CAKE

Flavour cake same as for Butterscotch Cake. Bake in layers. Put layers together with Caramel Filling and frost with Caramel Frosting.

COCONUT LAYER CAKE

Bake 1-, 2- or 3-Egg Cake mixture in 2 layers. Spread Seven-Minute Frosting between layers and on top and sides of cake. Sprinkle each layer and outside with shredded coconut while frosting is soft.

COFFEE LUNCHEON CAKE

Mix standard 1-, 2- or 3-Egg Cake mixture and pour into a shallow pan. Have ready a mixture of ¼ cup butter, ½ cup brown sugar and ½ cup Five Roses Vitamin Enriched Flour, rubbed to crumbs. Sprinkle on top of batter, then dust with cinnamon. Bake at 350°F. for 25 minutes; raise oven to 400°F. for last 5 minutes. To serve, cut in squares.

COFFEE NUT CAKE

Mix Standard 1-, 2- or 3-Egg Cake mixture, omitting milk and using 2 tablespoonsful less of coffee than the amount of milk specified in recipe. Flavour with vanilla and add ¾ cup chopped nutmeats sprinkled with 2 tablespoonsful of Five Roses Vitamin Enriched Flour. Bake in a shallow, paper-lined pan, in moderate oven (375°F.). Frost with Mocha or Butter Frosting, and sprinkle generously with chopped nutmeats. Cut in squares.

LEMON CREAM CAKE

Make Standard 1-, 2- or 3-Egg Cake mixture and flavour with grated lemon rind. Bake in layers. Put together with Lemon Filling; frost with Boiled or Seven-Minute Frosting. For special occasions, use Prize Cake or Gold Cake mixture.

MAPLE CREAM CAKE

Flavour the Standard 1-, 2- or 3-Egg Cake mixture with a few drops of maple flavouring. Bake in 2 layers. Put together with Cream Filling, and frost with Maple Boiled Frosting.

MARBLE CAKE

Make Standard 1-, 2- or 3-Egg Cake mixture. To ½ of batter add 1 square of melted unsweetened chocolate. Place light and dark mixtures in alternate spoonsful in well-greased pan. Bake at 350° to 375°F. Frost with Surprise Frosting, made by first frosting the cake with Boiled Frosting, allowing this to become firm, then pouring over the mixture a thin layer of melted unsweetened chocolate.

Dark Fruit Cake, Pound Cake, Light Fruit Cake.

Lemon Cream Cake and Fancy Iced Cakes

ORANGE CAKE I

Flavour Standard 1-, 2- or 3-Egg Cake mixture with 1 tablespoon of finely grated yellow portion of orange rind, and bake in 2 layers. Put together with Vanilla or Orange Filling. Frost with Orange Frosting.

ORANGE CAKE II

Make 3-Egg Cake, Prize Cake or Gold Cake mixture, substituting orange juice for ½ the amount of milk specified in recipe; flavour with 1 tablespoonful of finely grated yellow portion of orange rind. Bake in layers. Put together with Orange Filling; frost with Orange Frosting.

ORANGE SQUARES

Make same as Orange Cake II. Bake in shallow pan. When cool spread with Orange Frosting, sprinkle with coconut, and cut in squares.

PEACH CHOCOLATE CAKE

Flavour Standard 1-, 2- or 3-Egg Cake mixture as desired, and bake in 2 layers. Put together with a filling made by mashing 1 large peach with enough icing sugar to make of spreading consistency. Frost top and sides of cake with Chocolate Frosting.

WHIPPED CREAM PINEAPPLE CAKE

Bake Standard 3-Egg Cake, Prize Cake or Gold Cake mixture in 2 layers. Whip ½ pint of heavy cream until stiff. Add 2 tablespoons of powdered sugar and a few drops of vanilla; add 1 cup well-drained canned crushed pineapple. Mix well. Pile between layers of well-chilled cake; spread on top of cake and serve immediately.

CHILD'S PARTY CAKE

Bake Standard 3-Egg Cake, Prize Cake or Gold Cake mixture in layers. Put together with any desired filling; frost with Plain or Boiled White Frosting or Japanese Frosting coloured a delicate shade.

Cut a slice from tops of candied cherries, and place cut-side up on the cake, using the number of cherries corresponding with child's age. In each cherry, set a tiny red candle. Light the candles before taking the cake to the table. Or, as a change from the candles, put one candle in the centre of cake. Round the cake place small brightly-coloured sticks of candy. Later, the little guests may be given the candies to eat.

PRIZE CAKE (Cake Mixture for Special Occasions)

1¾ cups Five Roses Enriched Flour
¾ tsp. baking soda
1½ tsps. cream of tartar
¼ tsp. salt
2 whole eggs
2 egg yolks
1 cup sifted sugar
⅔ cup of milk
Flavouring
⅓ cup melted butter

Sift flour before measuring, combine with baking soda, cream of tartar and salt. Sift 4 times. Beat eggs and egg yolks together until thick and lemon-coloured; add sugar gradually, while beating constantly. Add flour and milk alternately, beginning and ending with flour. Beat only enough to make smooth. Add melted butter and flavouring. Turn into buttered and floured shallow pan or layer cake tins. Bake 35 to 40 minutes at 350°F. rising gradually to 375°F.

This mixture produces a light, delicate cake resembling Sponge Cake. When baked in a sheet, it may be cut in numerous shapes, frosted and decorated, to make a very superior type of little cake for receptions, weddings and other special occasions. (See Reception Cakes, page 59.)

GOLD CAKE

- ½ cup shortening
- 1 cup sifted sugar
- 6 egg yolks
- 1½ cups Five Roses Enriched Flour
- ¼ tsp. salt
- 1 tsp. baking soda
- 2 tsps. cream of tartar
- 2 tsps. of orange rind
- 2 tbsps. orange juice
- ½ cup milk

Beat yolks until thick and lemon-coloured, then mix as directed for Butter Cakes, pages 49 and 50.

STANDARD WHITE CAKE

- ½ cup shortening or butter
- 1 cup sugar
- 1¾ cups Five Roses Enriched Flour
- 3 tsps. baking powder
- 3 egg whites
- ⅞ cup of milk
- 1 tsp. vanilla or other extract
- ½ tsp. salt

Cream shortening with sugar to a light fluffy mass; stir in alternately the milk and sifted dry ingredients. Fold in stiffly whipped egg whites. Flavour as desired. Pour into well-greased layer cake tins and bake at 350°F. for 30 minutes.

DOLLY VARDEN CAKE

Make Standard White Cake mixture, adding 1 cup of raisins, and 1 cup of shredded citron peel floured with 3 tablespoonsful of Five Roses Vitamin Enriched Flour. Bake in layers. Put together and frost with Japanese Frosting.

LADY BALTIMORE CAKE

Make Standard White Cake mixture, or, if a yellow cake is desired, use Prize Cake or Gold Cake mixture. Bake in 3 rather small layers. Make Boiled Frosting. To ½ the frosting add ¼ cup each of chopped raisins, figs, dates, nuts and cherries. Spread the Fruit Frosting between the layers; cover top and sides of cake with Plain Frosting. Garnish as desired.

PINEAPPLE CAKE

Bake Standard White Cake mixture in square pan about 8 x 8 x 3 inches deep. Bake 50 to 55 minutes at 350°F. When cold, cover with chilled Pineapple Filling, then frost with Boiled Frosting. This is a soft cake suitable for use as a dessert.

CHOCOLATE CAKES

To melt chocolate for cakes, grate it or cut in small pieces. Place in cup or bowl, set in a pan of warm, not hot, water until quite soft. Chocolate Cakes, unless otherwise stated, are mixed as Butter Cakes. Melted chocolate is added to the butter-sugar-egg mixture.

FUDGE CAKE

- 1¾ cups Five Roses Enriched Flour
- ½ tsp. salt
- 1½ tsps. baking powder
- ½ tsp. baking soda
- ½ cup butter
- 1 cup sugar
- 2 squares unsweetened chocolate, melted
- ½ cup boiling water
- 2 eggs
- ½ cup milk
- 1 tsp. vanilla

Mix as Butter Cake, adding melted chocolate and boiling water mixture to the butter-sugar mixture before adding eggs. Bake in layer cake tins at 350°F. for 30 minutes. When cool, put together with Fruit or Date Filling, and frost with Maple Boiled Frosting.

HILDA'S CHOCOLATE CAKE

- ¾ cup butter
- 2 cups sugar
- 4 eggs (beaten separately)
- 1 cup milk
- 2½ cups Five Roses Enriched Flour
- 4½ tsps. baking powder
- ½ tsp. salt
- 2 tsps. vanilla
- 1 tsp. allspice
- ½ tsp. mace
- 1 square melted unsweetened chocolate

Mix same as Butter Cake. To ½ the batter add the allspice, mace and chocolate. Bake in 4 layers, making 2 layers each of the light and dark cake. Put together in alternate layers and frost with Boiled Frosting, to which 4 tablespoonsful of grated unsweetened chocolate have been added. Bake at 350°F. for 25 to 30 minutes.

CRUMB CAKE

- 2 cups Five Roses Enriched Flour
- ¾ cup butter
- 1 cup granulated sugar

Rub flour, butter and sugar to crumbs. Take out 1 cup of crumbs for top of cake. Mix the remainder with

- 1 egg
- 1 cup sour milk
- ½ tsp. soda
- 2 tsps. baking powder
- 1 tsp. cloves
- 1 tsp. cinnamon
- 1 cup raisins
- 1 cup currants

Pour mixture into a well-greased, fairly shallow pan, cover top with the 1 cup of crumbs. Bake at 375°F. for 25 minutes.

SPICED APPLE CAKE (Also known as Applesauce Cake)

- 1½ cups Five Roses Enriched Flour
- ½ tsp. salt
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. nutmeg
- 1 tsp. cinnamon
- ½ tsp. allspice
- ½ cup shortening
- ¾ cup brown sugar
- 1 egg
- 1 cup applesauce
- 1 cup raisins

Flour raisins with 1 tablespoon of the measured flour. Mix same as Butter Cake, adding the sifted dry ingredients to the batter alternately with applesauce, a little at a time. Fold in raisins. Bake in a greased 8 inch square pan at 350°F. for 40-50 minutes.

ONE-EGG CHOCOLATE CAKE

- 1½ cups Five Roses Enriched Flour
- ½ tsp. baking soda
- 2 level tsps. baking powder
- ¼ cup cocoa
- ¼ tsp. salt
- ⅓ cup butter
- 1 cup sugar
- 1 egg
- 1 cup sour milk

Sift cocoa with dry ingredients, then make same as Butter Cake (pages 49 and 50). Bake at 350°F. for 25 to 30 minutes in greased and lined layer cake pans or a 9 inch square pan.

This is a delicious and a very economical cake. It may be baked in paper cases or muffin tins, or in a shallow pan, then cut in squares. It may be used as the foundation for steamed or baked cup puddings, for cottage pudding or upside-down cake.

CHERRY CAKE

- 1¾ cups Five Roses Enriched Flour
- 2 tsps. baking powder
- ½ tsp. salt
- ½ cup butter
- 1 cup sugar
- 2 eggs
- 1 cup glace or maraschino cherries, well drained
- ½ cup milk
- ½ tsp. almond extract

Halve the cherries, sprinkle with a little of the measured flour. Mix same as Butter Cake (pages 49 and 50). Fold in cherries at last. Bake in a greased and lined loaf pan (9 x 5 inches) at 350°F. for 50 to 55 minutes.

SPANISH BUN (Spice Cake)

- 2 cups Five Roses Enriched Flour
- 3 tsps. baking powder
- ¼ tsp. salt
- 1 tsp. nutmeg
- 2 tsps. cinnamon
- 1 tsp. ginger
- ¾ cup shortening
- 1½ cups brown sugar
- 3 eggs, separated
- 1 cup milk

Mix same as Butter Cake (pages 49 and 59). Bake in shallow greased pan at 375°F. for about 30 minutes. If desired, add 1 cup floured dates, and reduce milk to ⅞ cupful.

For a meringue topping, use 3 yolks and only 1 white in cake. When cake is baked, make a meringue of the 2 egg whites and ⅓ cup of brown sugar. Spread on top of cake, return to oven (275°F.) and continue to bake until meringue is lightly browned.

DATE CAKE I

- 1 cup evaporated milk
- 1 tbsp. vinegar
- 1¾ cups Five Roses Enriched Flour
- 1 tsp. soda
- 1 tsp. cinnamon
- ½ tsp. cloves
- ⅛ tsp. salt
- ½ cup butter
- 1 cup sugar
- 1 egg
- 1 lb. dates
- 1 cup nutmeats

Add vinegar to evaporated milk. Sift flour, then measure. Resift with remaining dry ingredients. Finish as directed for Butter Cakes, pages 49 and 50. Add dates and nuts with last portion of flour. Bake 1 hour in loaf cake tin lined with waxed paper at 350° to 375°F.

PRIZE DATE AND ORANGE CAKE

- ½ cup butter
- 1 cup fine sugar
- 1 egg
- ½ cup chopped walnuts
- 1 cup chopped dates
- Grated rind of 1 orange
- 2 cups Five Roses Enriched Flour
- 1 tsp. baking powder
- 1 cup sour milk
- 1 tsp. baking soda dissolved in 1 tsp. lukewarm water
- Juice of 1 orange mixed with ½ cup granulated sugar — for top of cake

Mix same as Butter Cake (pages 49 and 50). Dissolve soda in warm water and add with walnuts, dates and orange rind to batter at the last. Bake cake for 30 minutes at 350°F. in a shallow pan. Have ready orange juice and sugar, mixed together. When cake is baked, pour this sugar and orange mixture over top, and let stand for several minutes before removing from pan.

HONEY PLUM CAKE

½ cup shortening
½ cup brown sugar
½ cup honey
1 egg
⅞ cup milk
1¾ cups Five Roses Enriched Flour
½ tsp. soda
½ tsp. salt
1 tsp. baking powder
½ tsp. each of ginger, cinnamon, nutmeg and cloves
1 cup, or more of raisins, currants, peel or nuts, or a mixture

Mix and bake same as Butter Cake (pages 49 and 50), first flouring fruit and nuts with a little of the sifted flour. Bake at 350°F. for 30 minutes.

PRIZE ORANGE CAKE

½ cup butter
1 cup granulated sugar
1 egg
2 eggs, separated
½ cup sour milk
1 fairly large orange
1 cup seedless raisins
2 cups Five Roses Enriched Flour
1½ tsps. baking powder
¼ tsp. salt
½ tsp. soda dissolved in 1 tsp. hot water

Squeeze juice of orange, and add to milk. Put remainder of orange through food chopper, together with raisins. Mix same as Butter Cake (pages 49 and 50), adding minced orange rind and raisins and stiffly whipped egg whites at the end. Bake in layers at 350°F. for 30 minutes. Put layers together with Orange Filling, and frost with Orange Frosting.

ENGLISH POUND CAKE

2 cups butter
2 cups sugar
9 eggs
1 teaspoon vanilla
3½ cups sifted Five Roses Enriched Flour
½ teaspoon cream of tartar
½ teaspoon salt
½ teaspoon mace

Cream butter thoroughly. Gradually add sugar, a small amount at a time. Cream and beat thoroughly. Beat in eggs one at a time, beating well after each addition. Add vanilla. Sift together the dry ingredients. Gradually add to first mixture, mixing only until ingredients are thoroughly blended. Grease two 9″ x 5″ loaf pans and line with heavy waxed paper. Pour the batter into pans and bake in 325°F. oven for about 1 hour.

Miscellaneous Cakes

An ordinary Butter Cake or Sponge Cake batter may be used as the foundation for many types of appetizing little cakes. The cakes may be baked in muffin tins, in tiny cake tins, in paper cake cases or the batter may be baked in a shallow pan, and the sheet of cake cut in desired shapes.

LITTLE CHERRY CAKES

Use Standard 3-Egg Cake, Prize Cake or Gold Cake mixture adding to it ¾ cup glace cherries cut in small pieces and sprinkled with flour. Bake in paper cases or muffin pans in a fairly hot oven, 375° to 400°F.

LITTLE SPICE CAKES

Make Spanish Bun mixture, page 57, and bake in muffin tins. Frost with Butter or Coffee Frosting.

WHIPPED CREAM CAKES

Make 3-Egg Cake, Prize Cake or Gold Cake mixture, pages 50, 54 and 55, or use a Sponge Cake batter. Bake in small pans which have been well-greased and floured with Five Roses Vitamin Enriched Flour. Bake in moderate oven. When cool, split open and fill with stiff whipped cream, flavoured with sugar and vanilla. Put lightly together, and brush with Confectioner's or Japanese Frosting, flavoured as desired. These are delicious for special occasions.

RECEPTION CAKES

Bake Prize Cake mixture (page 54) in a shallow pan. When cold, cut in squares, diamond shapes or rounds. Cut each cake in 3 slices, and put slices together with softened jelly, or, cut a small hole in top of cakes, fill with Almond Paste, Lemon Flling, Butter Frosting, or jelly or jam. Cut a tiny "lid" from the portion removed and use it to cover the filling. Ice as desired.

When making cakes of a variety of colours for wedding receptions or other affairs, make up a double quantity of Japanese or Boiled Frosting, divide it in portions, and colour each portion a different shade. Mocha, Butter, and Chocolate Frostings may be made up in small quantities and used for greater variety. The Japanese Frosting may be coloured pale pink, rose, green, yellow, or orange, using simple food colourings.

To frost the tiny cakes, hold the cake in the left hand, with the index finger and thumb on top and bottom of cake. Smear the frosting on all sides, dip sides in coconut, and set cake on cake rack or plate. Brush frosting over top and sprinkle top with any desired cake decoration. If desired, pipe a border of the frosting round the top edge of cake.

Finely chopped almonds, coloured mauve, green, yellow and pink, tiny coloured candies, coloured sugar and candied rose leaves and violets may be purchased in small amounts, for a few cents per package. These may be used to produce delightful effects.

MOCHA CAKES

Bake Sponge Cake, Prize Cake or Gold Cake mixture (page 48, 54 and 55) in a shallow pan. When cold, cut in desired shapes. Split cakes through centre and put together with softened jelly. Brush Mocha Frosting over sides, and roll in coconut. Brush top with frosting, and pipe a border round top of cakes. Put a very small spoonful of red jelly in the centre.

LITTLE LEMON CAKES

Bake cake same as Mocha Cakes. Cut in desired shapes, split and put slices together with Lemon Filling. Frost all over with Boiled or Japanese Frosting, roll in coconut.

PEANUT SQUARES

Bake a sheet of cake same as for Mocha Cakes. Cut in desired shapes, split, spread with Cream Filling or Butter Frosting. Put slices together, brush over outside with Butter Frosting, and roll in chopped peanuts.

CHOCOLATE SURPRISE CAKES

Make Fudge Cake (page 55) or 1-Egg Chocolate Cake batter (page 56) and bake in muffin tins. When cold, scoop out a little of the centre of each cake. Fill with Date Filling. Cut lids from removed portions, place on top, cover with Mocha Frosting. Roll sides of cake in coconut and garnish top with a whole nutmeat.

ALMOND CUP CAKES

1¾ cups sifted Five Roses Enriched Flour
2 tsps. baking powder
½ tsp. salt
¾ cup sugar
½ cup milk
2 eggs
⅓ cup melted butter
1 tsp. vanilla
½ cup finely chopped almonds

FROSTING

¼ cup butter
2 cups sifted icing sugar
¼ cup milk
1 tsp. vanilla
¼ cup coarsely chopped almonds

Sift together flour, baking powder, salt and sugar. Beat together the milk, eggs and melted butter. Add wet ingredients to dry ingredients and beat 1 minute. Add chopped almonds and vanilla. Beat 1 minute. Pour into greased muffin tins. Bake at 350°F. 20 minutes.

For Frosting — Cream butter, add vanilla; beat in icing sugar and milk alternately. Spread on cakes.
Brown coarsely chopped almonds in oven. Sprinkle over cakes.

APRICOT GLAZE

1 cup dried apricots
2½ cups water
2½ cups sugar

Place apricots and water in 1½ quart saucepan, and boil uncovered for 10 minutes. Force through a sieve, should have 2 cups puree; if not, add enough water to make puree up to 2 cups. Return to saucepan and add sugar, bring to boil and boil gently, stirring constantly, until puree is thick as marmalade. Cool.

Christmas and Fruit Cakes

Making Christmas Cakes

The ageing of fruit cake, plum pudding and mince meat might be compared to the ageing of wine. Time seems to put mellow deliciousness into them that no art can imitate. All rich fruit cakes should be prepared long enough ahead for them to ripen to moist, spicy lusciousness. The richer the cake is in fruits, the longer the time required for ripening.

Preparing Ingredients

The actual labour of making Christmas Cakes will seem considerably lighter if the ingredients are prepared the day before the cakes are to be baked.

Remove stems of currants and raisins, wash them lightly, and drain well. Cut citron peel in thin slices, then in narrow strips. Chop lemon and orange peel in wooden chopping bowl or put through the food chopper. (Break up any sugar from the candied peel and use it for sweetening stewed fruit. Never put it into your cake mixture.) Blanch almonds. Pit dates, then cut in small pieces, using scissors or a knife.

Mixing the Cakes

Before starting to mix cakes, prepare cake pans by lining them with 2 thicknesses of heavy paper. Grease well.

Assemble all ingredients, then weigh or measure the amounts required.

Sift flour, measure, then sift again with salt, baking powder, soda and spices.

Combine fruit and nuts, dust with a little of measured flour.

Beat shortening until creamy and light; add sugar gradually, beating between additions. Then add eggs, unbeaten, one at a time, beating each one in thoroughly before adding next. If mixture curdles, add a little of measured flour, then continue to add the eggs. Add flavouring, if any.

Add dry ingredients and liquid (if any) alternately. If no liquid included in recipe, add flour gradually, beating between additions.

Add prepared fruits and nuts. Citron peel is placed on batter, in layers, as batter is put into pans; almonds, cut in slivers, are also added in this way.

Fill prepared pans about ⅔ full.

Baking the Christmas Cakes

Home cooks, who fear that they may burn their cakes, sometimes first steam the cake, then dry it in a slow oven. Rich wedding cakes, particularly large cakes used for the bottom of a tier, are frequently steamed before baking. The steaming process, however, has a tendency to produce a pudding-like texture. We prefer baked cakes. A very slow oven is required; 275° to 300°F. for very rich cakes. Time and temperature required has been given with each of the recipes.

If your oven has a tendency to burn foods on the bottom, place fruit cakes on a second pan in which a little sand or kitchen salt has been spread.

Rich fruit cakes must be tested by pressing the surface lightly with finger tips; if cake feels firm and does not retain imprint of finger, it is done. Remove from oven, invert on a wire cake cooler for a few minutes before removing tin,

then lift off tin and allow the cake to become cool before storing away to ripen. Store in a covered crock or tin box in which 1 or 2 quartered apples have been placed. Cover tightly and keep in a cool place.

LIGHT FRUIT CAKE

- 5 cups Five Roses Enriched Flour
- ½ tsp. salt
- 1 tsp. baking powder
- 2 cups butter (1 lb.)
- 2 cups granulated sugar
- 9 eggs
- 3 cups bleached sultana raisins
- 4 cups citron peel (cut in strips)
- 2 cups blanched and sliced almonds
- 1½ cups glace cherries, cut in halves
- Grated rind and juice of lemon

Mix and bake as directed, temperature 275° to 300°F. for from 3 to 3½ hours. Yield — two 4″ x 10″ x 3″ cakes.

TUTTI FRUTTI CHRISTMAS CAKE

- 4½ to 5 cups Five Roses Enriched Flour (See note)
- 2 tsps. baking powder
- 1 tsp. salt
- 1 nutmeg, grated
- 1 tbsp. cornstarch
- 1½ cups butter
- 1 cup granulated sugar
- 7 eggs
- 1 lb. glace cherries, cut in halves
- 2 cups citron peel, cut in strips
- 1½ lbs. sultana raisins
- ½ lb. bleached sultana raisins
- 6 ozs. blanched and shredded almonds
- 1 cup crab-apple jelly
- 1 cup thick pineapple jam, or ¼ lb. chopped candied pineapple
- ½ cup brandy, wine or fruit juice
- 1 tsp. each of vanilla and almond extract
- ¼ tsp. rosewater

Note: — The amount of flour required will depend on the softness of the apple jelly and pineapple jam. Use smaller amount of flour, adding the extra ½ cupful only if batter seems to be rather thin.

Home-made jelly and jam should be used. Jams and jellies made with commercial pectin are not suitable for use in this cake.

Mix and bake as directed, adding unbeaten eggs, one at a time. After adding eggs to butter and sugar mixture, add a little of the measured flour, then beat in jelly and jam. Bake at 275° to 300°F. for 3 to 3½ hours.

When this cake cools, it will seem much too crisp. However, it softens as it ripens, and at the end of 4 to 6 weeks it will be moist and delicious if stored. Yield — two 4″ x 10″ x 3″ cakes. Will keep a year or longer.

A FAVOURITE CHRISTMAS CAKE

- 1 cup butter
- 1 cup sugar
- 5 eggs
- ½ lb. walnut meats
- ½ lb. dates
- ¼ lb. candied cherries
- 1½ lbs. seeded raisins
- 1 lb. currants
- 2 ozs. candied ginger
- ¼ lb. candied pineapple
- ½ lb. mixed peel, shredded
- ¼ tsp. allspice and cinnamon
- ⅓ cup strong cold coffee
- ¼ cup grape juice or jelly
- 1½ tsps. baking powder
- 3 cups Five Roses Enriched Flour

Pour coffee over mixed fruits and allow to stand 3 hours. Mix as directed on page 61. Steam slowly for 5 hours, then dry cakes slowly in moderate oven, or bake 3½ to 4 hours at 275° to 300°F. Yield — two 4″ x 10″ x 3″ cakes.

DARK FRUIT CAKE

- 1 lb. seedless raisins
- ¾ lb. sultana raisins
- ¼ lb. mixed peel
- ½ lb. currants
- ¼ lb. candied pineapple
- ¼ lb. candied cherries
- ½ cup grape juice
- 1 cup chopped almonds
- ¼ tsp. salt
- 2 cups Five Roses All Purpose Flour
- 1 cup shortening
- 1 cup brown sugar
- 6 eggs
- ½ cup molasses
- 2 tsps. cinnamon
- 2 tsps. allspice
- ¼ tsp. baking soda
- 2 ozs. unsweetened chocolate, melted
- 2 tbsps. hot water

Combine fruits. Pour grape juice over fruit and let stand overnight. Add almonds and dredge fruit and nuts with ½ the flour. Combine remaining flour with salt, cinnamon, allspice and baking soda, and sift 3 times. Cream shortening and sugar until fluffy. Add eggs one at a time and continue to cream. Add molasses. Add sifted dry ingredients alternately with fruit mixture. Add melted chocolate and hot water. Blend thoroughly. Pour into greased paper lined pans. Bake for 3 hours at 300°F. Yield — two 4″ x 10″ x 3″ cakes.

YORKSHIRE SPICE CAKE

- 3½ cups Five Roses Enriched Flour
- 4 tsps. baking powder
- ½ tsp. salt
- ¼ nutmeg, grated
- 3 cups currants
- 1 cup raisins
- ¾ cup mixed chopped peel
- ¾ cup shortening
- 1½ cups brown sugar
- 3 eggs
- 1 cup sweet milk

Mix and bake as directed on page 61, in moderately slow oven, 325°F. for 1½ to 2 hours. Yield — one 8″ x 8″ x 3″ cake. In the North of England this cake is popular all the year round. It is economical and keeps well.

RICH WEDDING CAKE

- 1 lb. butter
- 2 cups maple sugar
- 10 eggs
- 2 tbsps. rich cream
- 1 cup black currant jelly
- ¼ cup rose water
- Juice of 1 lemon
- 3 lbs. seeded raisins
- 1 lb. currants
- 2 lbs. dates
- 1 lb. figs
- 1 lb. candied cherries
- 2 small apples, finely chopped
- ¼ lb. preserved ginger
- 1 lb. mixed peel
- ½ lb. blanched and sliced almonds
- ½ lb. walnut meats
- 2 tsps. cinnamon
- 1 tsp. cloves
- 1 tsp. vanilla
- 5 drops each pineapple and orange extract
- 3½ cups Five Roses Enriched Flour
- 2 level tsps. baking soda

Mix as directed (page 61). Bake at 250° to 275°F. for 6 hours or steam for 5 hours, then dry in a slow oven. Yield — three cakes, 12″, 9″ and 6″ in diameter.

BOILED FRUIT CAKE (Bachelor's Cake)

Into a fairly large saucepan put 2 cups seedless raisins, 1 cup brown sugar, 1 cup hot water, ½ cup dripping or butter, ½ teaspoon salt, ½ teaspoon cinnamon,

½ teaspoon ground nutmeg, and ¼ teaspoon ground cloves. Bring to boiling point and simmer exactly 6 minutes. Cool to lukewarm, add 1¾ cups Five Roses Vitamin Enriched Flour sifted with 1 teaspoon baking soda. Mix well, flavour with 1 teaspoon of vanilla, and turn into 9″ x 4″ cake tin lined with 2 thicknesses of paper. Bake at 325°F. for 1½ to 2 hours. Invert, and cool in the tin. Store for at least a week before cutting. This cake will remain moist for months.

To Decorate a Cake

Tint Ornamental Frosting or Butter Frosting with vegetable colouring or add melted chocolate. Force the frosting through a decorating tube to make designs. Designs may also be made with candied fruits, gumdrops, nut meats, coloured candies, coconut, chocolate bits. See also page 71.

To make a Paper Pastry Tube — Use stiff sheet paper, 8 x 11 inches and roll into a funnel, fasten with gummed tape. Cut off as much of the tip as is necessary for size of opening desired.

Cake and Pie Fillings

Cake and pie fillings made with Five Roses Vitamin Enriched Flour are smooth, rich and wholesome. An almost endless variety of appetizing and interesting pies and cakes may be produced by the use of different fillings.

RAISIN FILLING

2 cups ground raisins
½ cup brown sugar
⅛ tsp. salt
2 tbsps. cornstarch
1 cup water

Mix raisins, brown sugar, salt and cornstarch together and gradually add water, mixing well. Cook until thickened, stirring constantly. Cool before using.

PRUNE OR FIG OR APRICOT FILLING

1 cup chopped, cooked prunes, figs or apricots
¼ cup sugar
2 tsps. grated orange rind
½ cup chopped nuts (if desired)
¼ tsp. salt

Mix all ingredients. Cook over low heat, stirring until sugar is dissolved.

STANDARD CREAM FILLING

This recipe will make an amount of filling sufficient for 1 pie of average size. When required for filling a layer cake, only ½ the recipe is needed.

6 tbsps. sugar
6 tbsps. Five Roses Enriched Flour
⅛ tsp. salt
2 cups milk
2 egg yolks
1 tbsp. butter (optional)
1 tsp. vanilla

A filling made with 6 level tablespoons of Five Roses Vitamin Enriched Flour, when cold is stiff enough to be cut without running. When a soft Fruit Cream Filling is desired, only 5 tablespoonfuls of Five Roses Vitamin Enriched Flour is required.

Sift sugar, flour and salt. Scald milk in top of double boiler. Add hot milk to sifted dry ingredients a little at a time, stirring between additions. Mix well. Return to double boiler and cook until thickened, stirring constantly. When thick, cover saucepan and cook for 20 minutes longer.

Beat egg yolks slightly, add to them a little of the hot mixture, mix well, return to double boiler and stir for 2 minutes. Remove from fire, add flavour and (if used) 1 tablespoon of butter.

When filling is to be used in a pie shell, it may be piled into shell while warm, but if to be used as a cake filling, the cream must be chilled before spreading.

This filling may be varied by the use of different flavouring extracts, chopped fresh or canned fruits or chopped nuts may be added. Three, or even 4 egg yolks may be used when a richer filling is desired. Cream may be substituted for milk.

COFFEE CREAM FILLING

Make Cream Filling, substituting 1 cup of thin cream and 1 cup of coffee infusion for the 2 cups of milk specified in recipe. Flavour with vanilla.

CARAMEL FILLING

Flavour Cream Filling with ¼ cup Caramel Syrup (page 115). Omit vanilla.

BUTTERSCOTCH FILLING

Cook ¼ cup of butter and ¾ cup of brown sugar until melted, but do not allow the mixture to burn. Add 2 cups of milk, and set at back of stove until sugar is melted. Make Standard Cream Filling, substituting 2 cupfuls of butterscotch flavoured milk for 2 cups of milk and the sugar specified in recipe.

WHITE MOUNTAIN FILLING

Make Standard Cream Filling as directed, using only 5 level tablespoonfuls of Five Roses Vitamin Enriched Flour and 1½ cups of milk. Flavour with vanilla. When filling is quite cold, fold it into 1 cup stiffly whipped cream.

FRENCH VANILLA CREAM

1½ cups milk
3 egg yolks
⅓ to ½ cup sugar
¼ cup Five Roses Enriched Flour
1 tbsp. butter
¼ tsp. salt
1 tsp. vanilla extract

Make same as Standard Cream Filling.

CHOCOLATE CREAM FILLING

Sweeten Cream Filling with ⅔ cup of sugar and add 2 squares of melted unsweetened chocolate. For Whipped Cream Chocolate Filling, fold 1 cup of whipped cream into the Chocolate Filling after it is cold.

PINEAPPLE CREAM FILLING

Make Cream Filling, increasing sugar to ½ cup and substituting 1 cup of juice from canned pineapple for 1 cup of milk specified in recipe. When filling is removed from fire, fold in ½ cup drained canned crushed pineapple and 2 teaspoons lemon juice.

ORANGE FILLING

1½ cups boiling water
⅔ cup sugar
6 level tbsps. Five Roses Enriched Flour
A few grains of salt
Grated rind of 1 orange
½ cup orange juice
1 tbsp. lemon juice
2 egg yolks
2 tbsps. butter

Make same as Lemon Filling. Milk may be used instead of water to make Orange Cream Filling.

WHIPPED CREAM FRUIT FILLING

Combine 2 cups of whipped cream, 1 stiffly whipped egg white, ⅓ cup of fruit sugar, ½ cup crushed drained fresh or canned fruit and ½ teaspoon vanilla. Spread between layers of cake which is to be served on same day. Top with whipped cream.

COFFEE WHIPPED CREAM FILLING

Boil together 1 cup black coffee and ¾ cup sugar, until volume is reduced to ½ a cup. Let cool. It should now be a rather thick syrup. Gradually beat this syrup into 1 cup heavy whipped cream.

FRUIT FILLING

- ¾ cup evaporated milk
- ¼ cup water
- ¼ cup sugar
- ¼ cup each of chopped dates, figs and raisins
- ½ cup chopped nuts
- 1 tsp. vanilla

Mix milk and water in double boiler, add sugar. Stir until sugar is dissolved, add fruits. Cook until thick. Cool, add vanilla and nutmeats.

DATE FILLING

- ½ lb. chopped dates
- ½ cup cold water
- 2 tbsps. brown sugar
- Grated rind of ½ orange
- 2 tbsps. orange juice
- 1 tsp. lemon juice

Cook dates, water, orange rind and sugar in a small saucepan, over a moderate heat until thick and smooth; remove from fire, add fruit juices, mix well. Cool before spreading.

A NEW FILLING

Place unopened can of sweetened condensed milk in boiling water to cover. Boil steadily for 2 hours. The result will be a caramel frosting or filling, all ready to spread.

LEMON FILLING

- 2 cups boiling water
- 3 tbsps. lemon juice
- Grated rind of 1 lemon
- 2 egg yolks
- ¾ cup granulated sugar
- 6 level tbsps. Five Roses Enriched Flour
- ¼ cup butter

Scald lemon rind with water, then proceed same as for Standard Cream Filling. Beat lemon juice and butter into mixture after it is removed from fire.

When lemon juice is not available, add an extra 3 tablespoonfuls of water, and enough citric acid to produce the desired acidity.

RICH LEMON BUTTER

- 1 cup sugar
- 2 lemons
- ¼ cup butter
- 3 eggs

Use juice of 2 lemons and grated rind of 1. Mix ingredients together and cook in double boiler until mixture is thick as honey. Put in jars and tie down when cold. Use for filling tarts.

Cake Frostings

A good frosting adds to the flavour of a cake and helps to keep it fresh and moist, preserving it 3 or 4 times longer than if it were not encased in this air-tight covering.

CONFECTIONERS' FROSTING

Sift 2 cups icing sugar. Very slowly add boiling water to make right consistency to spread, add flavouring. Cream or fruit juices may be used instead of boiling water.

PINEAPPLE FROSTING

Stir 2 tablespoons canned pineapple juice and 1 tablespoon of lemon juice into 1 cup sifted icing sugar. Mix smooth.

PLAIN FROSTING

1 egg white
½ tsp. vanilla
2 tbsps. milk
½ tsp. lemon juice
Sifted icing sugar

Beat egg white until stiff; add milk. Add sifted sugar to make of spreading consistency. Beat thoroughly, add flavouring.

Fruit juices may be used instead of milk. Vanilla may be omitted and grated orange or lemon rind used instead.

BUTTER FROSTING

Cream ¼ cup butter, gradually add sifted icing sugar to make of spreading consistency. During creaming and beating add 3 tablespoons thick cream or evaporated milk, a few drops at a time. Flavour and colour as desired. This is a very useful and quickly made icing.

For Cocoa Butter Frosting, add ¼ cup cocoa. Maple syrup may be substituted for cream. Orange or lemon rind may be added.

MOCHA FROSTING

3 tbsps. very strong hot coffee
2 tbsps. butter
3 tbsps. cocoa
1 cup sifted icing sugar

Add butter to coffee; when melted, stir in cocoa, blending smooth. Add icing sugar, a little at a time, mixing smooth. The frosting should be soft enough to spread easily.

JAPANESE FROSTING

½ cup butter
2 egg whites
2 cups sifted icing sugar
Flavouring and food colouring

Cream butter, gradually add ½ cup sugar. Beat smooth. Beat egg whites until stiff, gradually add 1 cup of sugar. Combine mixtures, and continue adding icing sugar until of spreading consistency. The frosting should be stiff enough to hold its shape. This is a delicious frosting and one which may be tinted delicate shades for use on little fancy cakes.

PEANUT BUTTER FROSTING

Add 1 tablespoon strong coffee and 2 tablespoons peanut butter to ½ cup sweetened condensed milk. Blend well. Add gradually 1½ cups sifted icing sugar, or sufficient to make of spreading consistency.

CHOCOLATE FROSTING

Melt 2 squares of unsweetened chocolate, add 1 teaspoon butter and 3 tablespoons of hot water. Mix well. Cool. Add 1¼ cups sifted icing sugar and ½ teaspoon vanilla. Beat thoroughly. If desired, 3 tablespoonsful of evaporated milk may be used instead of the hot water. Cocoa Syrup (page 115), with the addition of icing sugar, may be used as Chocolate Frosting.

FUDGE FROSTING

Cook 1 cup granulated sugar, 1 cup brown sugar, 1 cup milk or water and 2 squares unsweetened chocolate until mixture forms a soft ball when tried in cold water. Add 1 tablespoon butter and 1 teaspoon vanilla. Remove from fire, let stand until almost cold, beat until creamy.

ORANGE FROSTING

Grated rind of 1 orange
3 tbsps. orange juice
1 tbsp. lemon juice
1 tbsp. butter
Icing sugar

Mix ingredients together, adding sifted icing sugar to make of spreading consistency.

SOUR CREAM FROSTING

Boil 2 cups sugar and 1 cup sour cream until mixture reaches soft ball stage. Cool. When nearly cold add ½ teaspoon maple flavouring, a pinch of salt and ½ cup chopped walnut meats. Beat until creamy.

BROWN SUGAR FROSTING

2 cups light brown sugar
¾ cup evaporated milk
½ cup water
1 tbsp. butter
¼ tsp. vanilla
¼ tsp. salt

Combine sugar, milk, water, butter and salt. Bring to boiling point and stir constantly until sugar is dissolved. Boil without stirring until mixture reaches the soft ball stage. Cool to lukewarm. Add vanilla. Beat vigorously until creamy and stiff enough to spread.

BOILED FROSTING

2 cups granulated sugar
⅓ cup corn syrup
⅓ cup water
2 egg whites
1 tsp. vanilla

Cook sugar, corn syrup and water until syrup will spin a long thread when dropped from the tines of a silver fork. Remove from fire. Have ready stiffly whipped egg whites. Pour hot syrup slowly onto the egg whites while beating constantly. Add vanilla and beat until mixture is almost cold, is creamy to the taste, and will hold its shape when spread on cake.

Grated lemon or orange rind, or almond flavouring may be used instead of vanilla; chopped nuts, chopped dried fruits, or coconut may be added.

CHOCOLATE BOILED FROSTING

Add 3 squares melted unsweetened chocolate to the boiled frosting, after the cooked syrup has been poured over the beaten egg whites.

COFFEE BOILED FROSTING

Make Boiled Frosting, substituting ⅓ cup strong coffee infusion for the ⅓ cup of water specified in recipe.

HONEY FROSTING

1 cup granulated sugar
¼ cup cold water
¼ cup honey
1 egg white

Make same as Boiled Frosting, using honey in place of corn syrup.

SEVEN-MINUTE FROSTING

1 egg white, unbeaten
⅛ tsp. cream of tartar
⅓ cup boiling water
1 scant cup of sugar
Few grains of salt
Vanilla

Place sugar, salt, cream of tartar and boiling water in top of double boiler, place over boiling water, add unbeaten egg white, beat mixture with a rotary egg beater. Beat until thick and smooth. Remove from fire and add flavouring.

Coffee may be substituted for hot water.

To test Seven-Minute and Boiled Frostings, cut with a silver knife; frosting should retain the clean cut. If it runs together, it has not been cooked long enough. Cook it until you can obtain this test. All boiled frostings require longer cooking on damp, heavy days than they do on dry days.

MAPLE SEVEN-MINUTE FROSTING

¾ cup thick maple syrup
⅛ tsp. cream of tartar
2 level tbsps. granulated sugar
1 egg white, unbeaten
Flavouring

Make same as Seven-Minute Frosting. This recipe will make a sufficient amount of frosting for filling and icing a fairly large layer cake. It is delicious.

BROWN SUGAR SEVEN-MINUTE FROSTING

1¼ cups brown sugar
¼ tsp. cream of tartar
1 egg white, unbeaten
¼ cup boiling water
Flavouring

Make same as Seven-Minute Frosting. This frosting is known as "Caramel Frosting" and "Sea Foam Frosting".

ORNAMENTAL FROSTING

Put two unbeaten egg whites into a large bowl with ½ cup of sifted icing sugar. Beat vigorously for 10 minutes; add another ½ cup of sifted sugar, and beat again. Add ¼ teaspoon of cream of tartar. Continue adding sifted icing sugar and beating until mixture will hold its shape when forced through a bag and tube.

ALMOND PASTE

Blanch 1 pound of almonds, dry them well, then grind to a smooth paste. Mix with an equal quantity of sifted icing sugar and a few grains of salt. Beat 1 egg and add gradually to almond-sugar paste. Turn out on kneading board and knead to make smooth, adding more sugar and egg if necessary. If the paste is not to be used at once, wrap in double thickness of heavy waxed paper and store in a cool place until required.

To Frost Christmas Cakes

Christmas Cakes are usually topped with a 1 inch layer of Almond Paste and then decorated with Ornamental Frosting. The cake is usually inverted, in order to procure a flat surface for the paste. When the cake has a rounded top, and will not set flat on plate, cut off a thin slice, to make it set evenly. Brush cake with white of egg to make the paste stick well.

Almond Paste as well as the sides of cake may be decorated with flutings of Ornamental Frosting. If you have had no experience with work of this kind, practise on an inverted cake tin. Frosting can be scraped off and used again. A metal icing set, which consists of metal case and 6 tubes of different shapes, may be purchased for about one dollar and is very useful for decorating every-day desserts, salads and little cakes.

Decorate top of Holiday Cake with garlands of "holly", cutting leaves from slices of citron, stems from angelica and using tiny red candies for berries. "Mistletoe" may be formed on a pale green frosting, using tiny white candies for berries, citron for leaves and angelica for stems. A light, wholesome cake for the children's Christmas can be frosted with Boiled or Japanese Frosting and decorated with tiny Christmas trees cut from thin slices of citron peel. If the peel is pale in colour, smear the back of each "tree" with a little green frosting.

How to Use Vegetable Colourings

Vegetable colouring may be purchased in liquid or powdered form. The colouring should be added a little at a time, mixing thoroughly after each addition, until the desired shade is obtained. Add colouring to the ingredients in the liquid state, that is, before whipping or freezing. To tint solid foods, such as fruits, eggs, add the colouring to water or syrup and place the food in the coloured solution until it becomes the right shade.

To Colour Sugar or Coconut — Add few drops of vegetable colouring to sugar or coconut, toss with fork until each piece is coated; allow to dry before using.

Cookies

Cookie-making is not the tedious task it once was. The oldtime cook rolled her dough, cut the cookies, then rolled the scraps again — all of which took up much time. The modern housewife frequently makes her cookies without benefit of rolling pin, by forming the dough into rolls, chilling it, and slicing off portions as cookies are required.

Five Roses Cookies are rich and unusually tender. The doughs may be varied almost endlessly. Raisins, candied cherries, sliced peel, grated chocolate, coconut, chopped nuts, etc., may be added to the dough, and the flavour varied with spices and different flavouring extracts.

To make a variety of cookies, and at the same time lessen the work, double or treble the recipe for Standard 1-Egg Cookies or Butterscotch Cookies. Divide dough into 4 portions. Bake 1 lot plain, mix some nuts with another portion, flavour the third portion with chocolate, and in the fourth use raisins, peel, coconut, cherries or other fruit. If desired, frost the plain cookies with Chocolate Frosting, and the chocolate cookies with Plain Frosting.

Cookie dough should be kept as soft as can be handled. The softer the dough, the more tender the cookies. After mixing the dough, allow it to stand in a cold place until thoroughly chilled. This chilling process will harden the fat, preventing stickiness; the moisture will be absorbed and the dough will not take up so much flour during the rolling process. Chilling is particularly necessary with mixtures containing a large amount of shortening.

To Mix the Cookies

Sift dry ingredients. Cream shortening, add sugar gradually, beating between additions. Add eggs and mix well. Add dry ingredients alternately with liquid (if any). Fold in nuts and fruits. When there is no liquid in recipe, add the dry ingredients a little at a time, mixing well after each addition.

Rolled Cookies — Chill dough thoroughly. Roll to about ⅛ inch thickness. Cut as desired. Bake at 375° to 400°F. When baked, place on cookie cooler and do not pile until cookies are cold.

Ice Box Cookies — Form dough in cookie-size rolls, then wrap dough in heavy wax paper. Or, mould the dough in a small bread pan. Chill for several hours (overnight if possible). Cut in ⅛ inch slices, arrange on greased cookie sheet. Bake same as Rolled Cookies.

Quick Cookies — When there is not time for chilling the dough, pinch off small pieces of the cookie dough and place on greased cookie sheet, spacing them some distance apart. Flatten each with a floured fork. Bake at 375°F.

STANDARD ONE-EGG COOKIES (Sugar Cookies)

- **½ cup butter or other shortening**
- **½ cup sugar**
- **1 beaten egg yolk**
- **3 tbsps. milk**
- **1½ cups Five Roses Enriched Flour**
- **1½ tsps. baking powder**
- **⅛ tsp. salt**
- **½ tsp. vanilla**

Mix as directed; make Rolled or Ice Box Cookies. Bake as directed.

BUTTERSCOTCH COOKIES

1 cup butter
2 cups light brown sugar
2 eggs, unbeaten
3½ cups Five Roses Enriched Flour
½ tsp. salt
1 tsp. baking soda
½ tsp. baking powder
1 tsp. vanilla

Note: — When eggs are expensive, use only 1, and add 2 tablespoons of milk.

Sift soda with flour, baking powder and salt. Mix as directed. Chill the mixture VERY thoroughly, as the dough is soft and difficult to handle otherwise. Make Rolled or Ice Box Cookies, rolling or cutting the dough very thin. Place on greased baking sheet, decorate as desired, and bake at 375° to 400°F.

For a cookie that is less sweet, use 1½ cups brown sugar.

Delicious cookies for special occasions are made by adding ½ cup each of glace cherries, walnut meats and raisins, and ¼ cup each of cut citron and candied ginger, all put through the mincer. Mix well with the dough, mould, wrap, chill, cut and bake as directed.

DATE COOKIES

Make Butterscotch Cookie mixture, cut it in small cookie shapes and bake in a moderate oven (375°F.). Put together with Date Filling, page 67.

RECEPTION DAINTIES

Make Standard 1-Egg Cookie Mixture. Chill thoroughly, roll to ⅛ inch thickness. Cut in 2 inch squares, place ½ teaspoon of jam on each square; fold corners as for turnovers, pinch edges together; prick with a fork. Bake at 375°F. When baked sprinkle with icing sugar.

DATE AND NUT COOKIES

To ½ the Butterscotch Cookie mixture add ¼ cup evaporated milk and 1 cup each chopped walnuts and dates mixed with ¼ cup Five Roses Vitamin Enriched Flour. Roll, wrap, chill, slice, and bake as directed. Temperature, 400°F.

PINWHEEL COOKIES

Make Standard 1-Egg Cookie mixture. Divide dough in halves. To ½ add 1 square of melted unsweetened chocolate or ¼ cup cocoa. Roll white dough into a thin rectangular sheet, then roll chocolate mixture into a sheet the same size. Place chocolate dough over the white and gently press together. Roll up as for jelly roll, into a tight roll about 2 inches in diameter. Set in the ice box for several hours to become firm. Then cut in thin slices, using a VERY sharp knife. Bake at 375°F. for 10 minutes.

CHOCOLATE COOKIES

Flavour the 1-Egg Butterscotch Cookie mixture with 2 squares of melted unsweetened chocolate and add 1 tablespoon of milk.

SOUR MILK COOKIES

Make 1-Egg Cookies. Substitute sour milk for sweet milk. Reduce baking powder to 1 level teaspoon, and add ⅛ teaspoon soda.

PERFECTION COOKIES

Make Standard 1-Egg Cookie mixture, using 3 egg yolks instead of 1. Omit milk. Add to mixture chopped glace cherries and nuts. Chill. Roll very thin. Decorate as desired, and bake at 375° to 400°F.

SOUR CREAM COOKIES

- **1 cup shortening**
- **2 cups brown sugar**
- **1 egg, well beaten**
- **1 cup sour cream**
- **½ tsp. baking soda**
- **4½ cups Five Roses Enriched Flour**
- **1 tsp. baking powder**
- **⅛ tsp. salt**

Mix as directed, adding sour cream after eggs. Place spoonsful on cookie sheet, spread with a fork dipped in flour. Bake at 375°F.

BUTTERBALLS

- **1 cup butter**
- **½ cup sugar**
- **2 egg yolks**
- **2¾ cups Five Roses Flour**
- **¼ tsp. salt**
- **1 cup finely chopped nuts**
- **2 egg whites**
- **Jelly**

Mix first 5 ingredients as directed on page 72. Shape dough into balls the size of a walnut. Roll in slightly beaten egg white and then in chopped nuts. Place on greased cookie sheet. Make an indentation in middle of cookie, bake at 325°F. for 25 minutes. When cool fill centre with jelly.

WREATH COOKIES

- **1 cup butter**
- **¼ cup sugar**
- **1 egg**
- **1 tsp. lemon extract**
- **1 tsp. grated lemon rind**
- **1 tbsp. light cream**
- **2¼ cups Five Roses Enriched Flour**
- **1½ tsps. baking powder**
- **¾ tsp. salt**
- **1 tsp. milk**
- **Green cherries**
- **Red cherries**

Cream butter and sugar. Beat egg, reserve 1 teaspoon of egg; add rest of egg to creamed mixture. Add lemon extract, lemon rind and cream. Mix well. Sift together flour, baking powder and salt. Add flour. Mix well. Chill. Roll ⅛ inch thick on lightly floured board. Cut with a round cutter and cut out the centre. Bake at 375°F. for 10 minutes. Mix the 1 teaspoon egg with 1 teaspoon milk. Brush egg-milk over ½ each cookie and garnish with pieces of red and green cherries. Makes 3 dozen cookies.

ICE BOX COOKIES

- **2½ cups sifted Five Roses Enriched Flour**
- **1 cup brown sugar**
- **⅔ cup butter or margarine**
- **1 egg**
- **½ cup glace cherries**
- **½ cup blanched almonds**
- **½ tsp. almond extract**
- **½ tsp. baking soda**

Cream brown sugar and butter. Add slightly beaten egg and beat well. Sift flour and baking soda together; add to batter and beat well. Cut glace cherries in quarters, chop almonds and add to mixture. Add almond extract. Form into a roll, wrap in waxpaper and chill until hard. When hard slice thinly with a sharp knife and bake at 350°F. until golden brown. Makes 6 dozen cookies.

FOUNDATION FILLED COOKIES

- ½ cup shortening
- 1 cup sugar
- 1 egg, beaten
- 1 tsp. vanilla
- ¼ cup milk
- 3½ cups sifted Five Roses Enriched Flour
- 3 tsps. baking powder
- ½ tsp. salt

Cream shortening, add sugar and cream together. Add vanilla and beaten egg and beat. Sift together dry ingredients and add alternately with milk to creamed mixture, beating until well blended. Work dough with hands until smooth. Chill at least 15 minutes before rolling out. Roll ⅛ inch thick and cut with round cutter. Put a teaspoon of filling in centre of one cookie and cover with another. Press edges together. Bake at 375°F., 10 to 15 minutes. Makes 2½ dozen cookies.

MINCEMEAT COOKIES

Use 1 cup mincemeat to fill centres of Foundation Filled Cookies.

PRESSED COOKIES

- ½ cup butter
- ½ cup sugar
- 2 cups Five Roses Flour
- 1 egg
- ½ tsp. baking powder
- Juice 1 lemon

Cream butter and sugar, beat in the egg, add flour, baking powder and lemon juice. Dough should be fairly stiff, add extra flour if necessary. Put through a cookie press. Bake at 350°F. for 10 minutes.

Chocolate Press Cookies — Omit lemon juice and add 1 ounce of melted unsweetened chocolate.

DROP COOKIES

Drop Cookies can be mixed in a few minutes. The little cakes are just the thing for the children's lunch boxes or to keep on hand for emergencies.

Drop Cookies require a soft dough, and should not be made too large. Almost any cookie dough, with about ¼ cup of milk added, may be used for Drop Cookies. When the cookie recipe is one which calls for a large amount of shortening, the amount of shortening should be reduced for Drop Cookies, otherwise cookies will flatten in baking.

STANDARD DROP COOKIES (Rich Drop Cookies)

- ⅔ cup shortening
- 1 cup brown sugar
- 2 eggs, well beaten
- 2 tbsps. milk
- 2 cups Five Roses Enriched Flour
- 1 tsp. baking powder
- ¼ tsp. soda
- ¼ tsp. salt
- ½ tsp. vanilla
- 1½ to 2 cups nuts or dried fruits

One-Egg Drop Cookies — Increase the milk to ½ cup and reduce the shortening to ½ cup.

Sift dry ingredients. Cream shortening; add sugar gradually, beating between additions. Add eggs, and mix well. Add dry ingredients alternately with liquid. Fold in fruits and nuts. Add vanilla. Drop dough in small spoonsful on buttered baking sheet, spacing to allow for spreading. Cakes will be more uniform in size if they do not touch in baking. Bake at 375° to 400°F.

HERMITS, OR ROCK CAKES

Add to Standard Drop Cookie mixture: 1 cup raisins, ½ cup coconut, 1 teaspoon cinnamon, ½ teaspoon cloves, ½ teaspoon nutmeg and 1 cup chopped nutmeats.

CHOCOLATE NUT DROP COOKIES

- **½ cup shortening**
- **1¼ cups brown sugar**
- **2 eggs, well beaten**
- **2 squares melted unsweetened chocolate**
- **2 tbsps. milk**
- **1 tsp. baking powder**
- **2 cups Five Roses Enriched Flour**
- **¼ tsp. soda**
- **⅓ tsp. salt**
- **½ tsp. vanilla**
- **1 cup chopped nutmeats**

Mix as Standard Drop Cookies. Bake at 375°F.

DATE AND ALMOND DROP COOKIES

Add to Standard Drop Cookie mixture: ½ cup chopped almonds and 1½ cups chopped dates. Flavour with ½ teaspoon each of almond and vanilla extract.

CHERRY AND ALMOND DROP COOKIES

Add to Standard Drop Cookie mixture: 1 cup glace cherries, cut in quarters, and ¾ cup chopped blanched almonds. Flavour with almond extract. Peanuts may be substituted for the almonds, in which case vanilla extract is used instead of almond extract.

CHRISTMAS DROP COOKIES

Add to Standard Drop Cookie mixture: ½ cup sliced citron peel, 1 cup bleached sultana raisins, ½ cup glace cherries and ½ cup sliced blanched almonds. Flavour with 1 teaspoon almond extract.

MARMALADE DROP COOKIES

Add to Standard Drop Cookie mixture: ½ cup stiff orange marmalade, and reduce amount of milk slightly.

OATMEAL DROP COOKIES

Make Standard Drop Cookie mixture using only 1½ cups Five Roses Vitamin Enriched Flour. Add 1 cup rolled oats, 1 cup chopped dates, ½ cup walnut meats, if desired, a little cinnamon, and increase soda to ½ teaspoon.

COCONUT DROP COOKIES

Stir into Standard Drop Cookie mixture 1 cup shredded coconut.

FRUIT PATTY CAKES

Make Standard Drop Cookie mixture, adding to it 1½ cups mixed raisins, peel and chopped nuts, and 2 tablespoonsful extra milk. Flavour with almond extract or ½ teaspoon of cinnamon. Drop by spoonsful in patty pans or paper cases. Bake at 375° to 400°F.

MOLASSES COOKIES

- **½ cup shortening**
- **⅓ cup brown sugar**
- **1 egg**
- **½ cup molasses**
- **¼ cup milk**
- **2 cups sifted Five Roses Enriched Flour**
- **½ tsp. salt**
- **½ tsp. ginger**
- **½ tsp. cinnamon**
- **1 tsp. baking soda**

Cream shortening and sugar. Add egg, molasses and milk. Sift together flour, salt, ginger, cinnamon and baking soda. Add flour to creamed mixture, beat well. Drop from a spoon onto a greased cookie sheet and bake for 10 minutes at 400°F.

HONEY NUTLETS

- 3½ cups Five Roses Enriched Flour
- 1 tsp. baking powder
- 1½ tsps. baking soda
- 1 tsp. salt
- 1 tsp. cinnamon
- 1 cup butter
- 1 cup honey
- 1 cup brown sugar
- 2 eggs, well beaten
- 1 cup chopped nutmeats

Sift dry ingredients. Cream butter, add honey and sugar and beat well; add eggs, mix well. Add dry ingredients a little at a time. Add nuts last. Drop by small spoonsful onto a greased pan and bake at 375°F. These must be watched closely, as they burn easily. The recipe will make a large number of cookies. They keep well in a covered tin box.

HONEY NUTLETS II (Uncooked)

Put through food chopper 1 pound of dates and 1 pound of pecan or walnut meats. Mix together dates and ½ the nuts, moistening mixture with 3 tablespoons honey and 1 tablespoon lemon juice. With a teaspoon, cut off pieces of the mixture and roll into small balls, then roll the balls in the remainder of the chopped nuts.

LACE COOKIES

- 1 cup molasses
- 1 cup shortening
- 1 cup sugar
- 2 cups sifted Five Roses Enriched Flour
- 1 tsp. baking powder
- ½ tsp. baking soda

Sift together Five Roses Vitamin Enriched Flour, baking powder and baking soda. Boil molasses, shortening and sugar together for 1 minute. Remove from the fire and add sifted dry ingredients and mix well. Set bowl in a pan of hot water to keep batter from hardening. Drop ½ teaspoon of mixture onto a greased baking sheet, 3 inches apart. Bake in moderate oven (325°F.) until brown. Cool slightly, remove from pan and roll over handle of wooden spoon while warm.

SQUARES

WALNUT SLICES

- 1¼ cups Five Roses Enriched Flour
- ¼ cup brown sugar
- ½ cup butter

Pastry — Mix ingredients together and press crumbs into a shallow greased pan about 8 x 12 inches, or use 2 square layer cake tins about 7 x 7 inches in size. Bake at 375°F. until mixture commences to brown. Remove from oven and cool to lukewarm.

Meringue Mixture — Make as follows: Beat 2 egg whites stiff; add 1¼ cups brown sugar, ½ teaspoon baking powder, 2 level tablespoons Five Roses Vitamin Enriched Flour, ½ cup coconut and 1 cup walnut meats. Spread mixture evenly on top of pastry. Return to a slow oven (300° to 325°F.) and bake until the meringue mixture is delicately browned. Cut while warm in finger-size slices, and allow to cool in the pan. Store in a covered box. Will keep for weeks.

This mixture may be varied as desired for

Date-Meringue Fingers — Omit coconut and add 1 cup chopped dates.

Peanut-Fingers — Omit the coconut and walnut meats; use only ¾ cup brown sugar and add 1 cup chopped roasted peanuts. Chopped raisins, cherries, almonds, etc., may be used to vary the filling.

Shortbreads, Press Cookies, Butter Balls, Meringues, Chinese Chews, Refrigerator, Lace Cookies, Brownies, Hermits, Chocolate Nut Drops, Honey Nutlets and Pinwheels

CHINESE CHEWS

- ⅔ cups Five Roses Enriched Flour
- 1 tsp. baking powder
- ¼ tsp. salt
- ¾ cup fruit sugar
- 1 cup chopped dates
- 1 cup chopped walnuts
- 2 well-beaten eggs
- ½ tsp. vanilla extract

Mix and sift flour, baking powder and salt. Beat eggs until foamy, add sugar, vanilla, dry ingredients. Beat well. Fold in dates and walnuts. Spread about ½ inch thick on a well-greased cookie sheet. Bake for 25 minutes at 325°F. Cut in small squares, roll into balls, then dip in sugar.

TUTTI FRUTTI SQUARES

- ¾ cup Five Roses Enriched Flour
- ½ tsp. salt
- 1 tsp. baking powder
- 2 eggs
- ¼ cup melted butter
- ¾ cup sugar
- 1 cup chopped nuts
- 1 cup sliced dates
- ¼ cup sliced candied citron
- ¼ cup sliced candied orange peel
- ¼ cup sliced candied cherries

Measure and sift flour, salt and baking powder together. Beat eggs and gradually beat in sugar. Stir in nuts and fruit. Add melted butter. Stir in dry ingredients. Spread mixture in well greased paper lined shallow baking pan. Bake at 325°F. for 30 minutes. Remove from pan and peel off paper. When cool cut in squares and roll in confectionery sugar.

PRIZE SHORTBREAD

- 1 cup unsalted butter
- ½ cup fruit sugar
- 1 egg yolk
- ¼ tsp. salt
- Five Roses Enriched Flour (about 2¼ cups)

Soften butter slightly, but do not allow it to become oily. Stir in sugar, salt and egg yolk, using a wooden spoon. Add flour, a very little at a time, until mixture is too stiff to work with spoon. Turn onto floured board and knead lightly, drawing in flour all the time until the lump just BEGINS TO CRACK. Divide in two. Pat out on 2 ungreased pie plates. Pinch edges and prick all over with a fork. Bake at 325° to 350°F. until delicately browned. Allow shortbread to cool on the plate.

DATE SHORTBREAD (Matrimony Cake)

- 1½ cups Five Roses Enriched Flour
- ½ tsp. baking soda
- 1 tsp. baking powder
- ¼ tsp. salt
- 1 cup butter
- 1 cup brown sugar
- 1½ cups coarse oatmeal
- Date Filling (page 67)

Sift flour, baking powder, soda and salt. Rub in butter with tips of fingers. Add sugar and oatmeal. Mix well. Spread ½ the crumbs in a greased shallow pan (about 8 x 14 inches). Pat to smooth. Cover with cooled Date Filling, spreading evenly, then cover with remaining crumbs. Pat to smooth. Bake at 325°F. for 30 to 35 minutes. Increase heat slightly and bake for a few minutes longer, to lightly brown mixture. Cut in squares while hot and allow shortbread to cool in pan.

CHOCOLATE BROWNIES (Also known as Fudge Squares)

- ½ cup butter
- 1 cup granulated sugar
- 2 ozs. melted unsweetened chocolate
- 2 eggs, well beaten
- ½ cup Five Roses Enriched Flour
- ½ cup chopped walnut meats

Cream butter. Add melted chocolate; mix well. Stir in sugar; blend well. Add well-beaten eggs and mix well. Blend in flour and add the chopped nuts. Pour batter into a greased 8 or 9 inch square pan, spreading evenly. Bake at 350°F. 25 to 30 minutes.

Mark off squares while warm. Cool before cutting and leave in pan.

YORKSHIRE PARKIN

5 cups rolled oats
1⅓ cups corn syrup
½ cup butter
2 tsps. ginger
½ tsp. baking soda
2 tbsps. brown sugar
1 tbsp. milk

Rub butter into rolled oats, add ginger and sugar. Add corn syrup and soda dissolved in milk. Mix all together and bake in a 14″ x 9″ tin lined with paper. Bake at 325°F. for about 40 minutes.

MERINGUES AND MACAROONS

Meringues are divided into two families: the soft kind, used to garnish pies, puddings and other desserts, and the hard kind.

SOFT MERINGUE (For Topping Pies, Puddings and other Desserts)

2 egg whites
Few grains of salt
4 level tbsps. fine sugar
¼ tsp. vanilla

Beat egg whites with rotary beater until bowl can be inverted without spilling. Sprinkle sugar and salt over the top of the eggs, add vanilla, and continue beating until the mixture is fine-grained and quite stiff. Pile meringue unevenly on dessert or pie, and bake at 300°F. until delicately browned.

HARD MERINGUES

3 egg whites
A few grains of salt
1 cup powdered sugar, or
¾ cup fine granulated sugar
½ tsp. vanilla

Beat egg whites until full of air bubbles and white; sprinkle sugar and salt over the top, ⅓ at a time, beating in every lot with about 12 revolutions of the beater. Beat mixture until stiff enough to hold its shape when dropped from a spoon. Add vanilla. If nuts or fruits are added, they should be carefully folded into mixture. Place on ungreased letter paper on a pan and bake in a SLOW oven, 275°F., until delicately browned. The meringues require drying rather than baking.

If meringues stick to paper, lay paper on a cloth wet in cold water. They should drop off without further trouble.

Variations

Coconut Macaroons — Add 1½ cups coconut and 1 teaspoon vanilla.

Date and Nut Macaroons — Add 1½ cups chopped dates and ¾ cup chopped almonds; flavour with almond extract and colour a delicate pink. Walnut meats may be used instead of almonds.

Fruity Macaroons — Add 1 cup chopped walnuts, ½ cup chopped figs and ½ cup raisins.

Cherry and Almond Macaroons — Add 1 cup glace cherries and ½ cup almonds. Flavour with almond extract.

CHOCOLATE COCONUT MACAROONS

Mix 2 squares melted unsweetened chocolate with 1 15-oz. can sweetened condensed milk. Add ½ pound desiccated coconut. Mix thoroughly. Add 1 teaspoon of vanilla. Drop on greased pan 1 teaspoonful at a time, placing the little cakes about 1 inch apart. Bake at 350°F. until delicately browned.

Plain Coconut Macaroons — Omit the chocolate and use 1 pound instead of ½ pound of coconut.

RAGGED ROBINS

2 egg whites
½ cup granulated sugar
1½ cups cornflakes
½ cup chopped dates
½ cup chopped walnut meats
1 tsp. vanilla extract

Add sugar gradually to stiffly beaten egg whites, beating between additions. Add vanilla, cornflakes, dates and walnut meats. Mix thoroughly. Drop by small spoonsful onto oiled baking sheet. Bake at 350°F.

ALMOND MACAROONS

Work together 1 pound of almond paste and 1 cup of sugar on a smooth board. Add whites of 3 eggs gradually, and work until mixture is perfectly smooth. Shape on a tin baking sheet covered with buttered paper, spacing the macaroons ½ inch apart. Bake 15 to 20 minutes at 325°F. If liked soft, they should be lightly baked. After removing from oven, invert paper and wet with a cloth wrung out in cold water. Macaroons will slip off easily.

ORANGE NUT CRISPS

½ cup sugar
⅓ cup butter
1 cup sifted Five Roses Enriched Flour
Grated rind of 1 orange
Grated rind of 1 lemon
1 egg, separated
1 cup chopped nuts (walnuts, pecans or peanuts)

Cream sugar and butter together well. Work in Five Roses Vitamin Enriched Flour, orange rind, lemon rind, and egg yolk. Work together thoroughly with your hands. Make into 24 small balls. Roll in slightly beaten egg white, then in chopped nuts. Place on greased cookie sheet and flatten them with a fork to about ¼ inch thick. Bake in moderate oven (350°F.) 15 minutes.

We appreciate the fact that from time to time certain problems may arise with regard to home cooking and baking. For this reason we are pleased to remind you that our Kitchen Director, MISS PAULINE HARVEY, will always be most pleased to help you.

ADDRESS ALL LETTERS TO HER . . . AT ➧ **Box 6089, Montreal, P.Q.**

Pies and Pastries

Good pastry has a blistery, pebbled surface that promises flakiness. It is tender, easily cut with a fork, but not crumbly. The colour is delicate golden brown, with a little richer brown at the edge. It is always rolled fairly thin so the entire crust, bottom as well as rim, will be crisp and fragile.

Pastry making is not a difficult art. Although this is one of the branches of cookery which frequently baffles the beginner, the cause of failure is usually due to the cook's ignorance of a few simple but important rules. When these rules are observed, a light, tender pastry will result.

Five Important Rules

1. Have all ingredients as cold as possible.
2. Handle mixture lightly and carefully.
3. Use correct amount of water.
4. Chill rich pastries before baking.
5. Bake at correct temperature.

Temperature Chart for Baking Pastry

Puff Pastry — Use a very hot oven (450° to 500°F.). Place paste close to bottom of oven. Lower heat to 375°F. after paste has risen to its full height.

Pie Shells — Bake shells for cream pies, lemon pies, etc., in a hot oven (400°F.). Bake tart shells at the same temperature.

Shells Filled with an Uncooked Filling — Unbaked shells, filled with mixtures of milk and eggs (custard and pumpkin pies), should be baked in a hot oven (450°F.) for the first 10 minutes, then in a moderate slow oven (325°F.) for remaining time.

Double Crust Fruit Pies — Bake in a hot oven (450°F.) for 10 minutes, then at 325° to 350°F. for remaining time, until filling is cooked.

Kinds of Pastry

Pastry may be divided into 2 general classes:

1. **Plain Pastry** — Used for pies, tarts, etc.
2. **Puff Pastry** — Used for patty cases, fancy pastries, tarts, etc.

Plain pastry is again divided into two types, the "short" and the "flaky". Practically the same recipe is used for making both types, the difference in texture being obtained by the use of different methods of mixing.

To make the "short" type, the whole amount of shortening is added to the flour. The result is a smooth, tender pastry of rather cookie-like texture.

To make the "flaky" type, only ½, or even less, of the shortening is added to the flour. The paste is made up and is then rolled, dotted with bits of shortening, folded, rolled again and dotted with more shortening until all the shortening has been used. The result is a very light pastry, which bakes in thin, tender flakes and resembles puff pastry.

Shortening for Pastry

The flakiness of pastry will depend upon the kind and amount of fat used. Butter is necessary for puff paste. All butter pastries possess a finer flavour than pastries made with a substitute. However, lard and the commercial shortenings now on the market are popular for everyday use. They are cheaper than butter and produce light, tender pastry.

About ⅓ as much shortening as flour is the usual proportion for everyday pastries; ½ as much shortening as flour is used for richer pastries for tart and pie shells and for the tops of deep fruit pies; a still larger proportion of shortening is used for puff pastry.

A not-too-rich pastry should be used for the undercrust of fruit pies.

To Bake Pastry

The baking of pastry is almost as important as the handling of the dough. The oven should be hot enough to make it rise quickly. When the pastry is fully risen, the temperature is reduced for the remainder of the baking time. If the oven is too hot the top of pastry will become scorched before the pastry is risen to its full height; if it is not hot enough, the pastry will become heavy and sodden. The shortening in pastry should cook so rapidly that the flour has no chance to become oily.

A hot oven is especially important for puff pastries and rich flaky pastries. Layers of cold air have been incorporated into the crust, and the heat of the oven is necessary to expand this air quickly, and so make the crust light.

STANDARD PLAIN PASTRY I

1½ cups Five Roses Enriched Flour
½ tsp. salt
½ tsp. baking powder
½ cup shortening
About ⅓ cup ice cold water

Enough pastry for 1 two-crust pie of average size, or 1 pie shell and 6 tarts.

For richer pastry, increase shortening to ⅔ cup. The amount of water required will depend on the type of shortening used.

Sift flour, salt and baking powder. Mix in shortening with tips of fingers or 2 knives. Add water, a little at a time, using just enough to bind mixture. Collect all moistened particles into a ball of dough. With as little handling as possible, form dough into a round disk. Place disk on a slightly floured board. The dough should be soft enough not to break when it is rolled; it should be stiff enough not to stick to board. Handle pastry as lightly as possible. Kneading will toughen it.

Roll dough from the centre outward — always rolling with a light even pressure, to a thickness of ⅛ to ¼ inch. Line pie plates, tart shells, etc., and bake as directed.

STANDARD PLAIN PASTRY II (2-Crust Pie)

1½ cups sifted Five Roses Enriched Flour
¾ tsp. salt
½ cup shortening
¼ cup ice water

Sift flour and salt into a bowl. Take out ⅓ cup of flour and mix with ¼ cup of water to form a paste. Cut shortening into remaining flour until the pieces are the size of small peas. Add flour paste to the fat-flour mixture. Mix dough until it forms a ball. Divide dough into 2 equal parts.

RICH FLAKY PASTRY

2 cups Five Roses Enriched Flour
⅓ tsp. salt
¼ tsp. baking powder
⅓ cup lard
½ cup (or more) butter
About 9 tbsps. water

Sift flour, salt and baking powder. Rub in lard, using tips of fingers, 2 knives, or pastry blender. If fingers are used, the touch must be quick and light. If hands are warm, heat of fingers is sufficient to soften fat, causing it to saturate the flour instead of merely coating it. Mix until flour resembles coarse meal. Add ice-cold water a little at a time, using just enough to bind mixture. Roll pastry as directed in recipe for Standard Plain Pastry. Dot with bits of butter, fold once, pressing edges together, dot with more butter, and fold again. Roll. Repeat with more butter, folding edges towards the centre. Repeat until all butter has been used. If pastry becomes sticky while being rolled, chill it for a moment or two before proceeding. If possible, chill this pastry overnight.

FIVE ROSES PUFF PASTRY

1 lb. of butter (2 cups)
3¼ cups Five Roses Enriched Flour
About 1¼ cups ice water

Wash butter; reserve 3 tablespoonsful, and shape remainder in a circular piece. Work 3 tablespoonsful of butter into flour, mix to a dough with ice water, knead 5 minutes, cover and let stand for 5 minutes. Pat with rolling pin, and roll ¼ inch thick — keeping corners square. Place butter in centre of one side of pastry, fold the other side over butter — pressing edges closely together. Fold one end over butter, the other end under butter. Turn ¼ way round, pat with rolling pin, lift, roll, fold in 3 layers, and turn. Repeat 4 times, chilling between pans of ice or in refrigerator when necessary. Fold the last time in 4 layers. Chill once more, then roll to ¼ inch thickness and cut as desired.

This is a delicious pastry. It will rise to form 6 to 8 times its original thickness in baking. It must be baked in a very hot oven (see Temperature Chart, page 17).

To Shape Puff Paste Patties — Roll paste to ¼ inch thickness. Shape with a cutter first dipped in flour. With a smaller cutter, cut half-way into each patty. Chill thoroughly. Place on baking sheet covered with 2 thicknesses of paper, then bake as directed. If patties are baking too quickly, slip a pan under the baking sheet. Turn baking sheet frequently in order that patties will rise and bake evenly. When patties are baked, carefully remove the round, cut piece from the centre, using a sharp, pointed knife. Scoop out a little of the inside portion of the patty, to make a generous hollow for the creamed food or other filling to be used.

CHEESE PASTRY

In making Cheese Pastry, use Plain Pastry I or II (page 83), reducing shortening by 1 tablespoon. Add ⅓ cup grated sharp cheese. Stir grated cheese into fat-flour mixture and continue as far as Plain Pastry. Particularly delicious for apple pies.

HOT WATER PASTRY (2-Crust Pie)

⅔ cup shortening
7 tbsps. boiling water
2½ cups sifted Five Roses Enriched Flour
1 tsp. salt

Place shortening in bowl, add water and beat with rotary beater or fork until cooled and creamy. Sift flour, measure and resift with salt, then add flour all at

once to shortening and stir until well mixed. Shape into a ball and proceed as for Plain Pastry.

GRAHAM CRACKER PIE CRUST

1½ cups Graham Cracker crumbs
2 tbsps. sugar
1 tsp. Five Roses Enriched Flour
¼ cup melted butter

Lay crackers between 2 sheets of waxed paper and crush with rolling pin to make fine crumbs. Add remaining ingredients and mix well. Press firmly into buttered pie plate to make an even layer of uniform thickness and a rim of symmetrical shape. Bake at 350°F. for 10 minutes. Chill at least 45 minutes before filling with pre-cooked filling.

To Shape Pastry for Pies

To make shells for 1-Crust Pies — Roll paste to thickness of slightly more than ⅛ inch, making it 1 inch larger than pie plate. Fold pastry and place loosely on plate, pressing well into sides of plate, being careful not to enclose air. Never stretch pastry to make it fit the plate. Fold back pastry at edge, bringing a double fold into upright position on rim of plate. Flute by pressing with edge of thumb or use floured fork. Prick paste well. Bake as directed. (Temperature Chart on page 17.)

Home-cooks who have difficulty in baking pie shells on the inside of pie plate are sometimes more successful when they bake paste on the OUTSIDE of plate. Place inverted plate on baking sheet, cover neatly with rolled paste; finish with a neat edge. Prick well. Bake as directed. When baked, carefully remove shell from plate. If inside of shell seems in the least underbaked, place it on baking sheet and return to oven for a few minutes to dry out inside of shell.

2-Crust Pies — Line pie plate as directed for 1-Crust Pies. Trim off excess paste with a sharp knife or scissors. Fill crust with desired filling. Roll paste for top of pie, making it slightly smaller and thinner than bottom crust. Fold paste and slash fold to make a vent. Moisten edge of bottom crust with cold water. Lift top crust into position. Press crusts carefully together around the rim; trim off any excess paste and, if you wish, crimp edge with a fork or the edge of the thumb. Bake as directed in Temperature Chart, page 17.

SWEET PASTRY SHELLS FOR CREAM PIES

Made without rolling. This recipe will make pastry sufficient for 2 pie shells of average size.

2 cups Five Roses Enriched Flour
⅔ cup butter (or more)
1 egg
½ tsp. baking powder
⅓ cup fruit sugar
About 2 tbsps. milk
Few grains of salt

Sift flour, salt and baking powder. Rub in butter, using tips of fingers. Add sugar. Beat egg slightly, add milk. Make a "well" in the centre of flour mixture, and stir in egg, mixing only enough to make a soft dough. Divide dough in 2 portions. Place 1 portion on a greased pie plate. With fingers or a fork, gently spread paste until plate is lined with a thin layer of it. Make as smooth as possible. Use remainder of paste to line a second pie plate. Bake at 375° to 400°F. When baked, fill with any creamed filling for pies. This is a crisp, appetizing type of paste resembling cookie dough.

When paste for any 1 pie shell is required, use 1 cup flour, ⅓ cup butter, 1 egg, 2½ tablespoons sugar, a few grains of salt and ⅛ teaspoon baking powder.

When desired for lining patty tins for tarts, omit milk, chill mixture very thoroughly, then roll a small portion at a time.

This type of pastry will not bulge in baking.

INDIVIDUAL PIES

Individual Cream Pies are becoming more and more popular. They are easily made and are most appetizing in appearance. Savory Tarts are popular for either Sunday night buffet supper or party snacks. A very satisfactory type of shell may be made by covering inverted patty tins with rich paste which has been rolled as thin as possible. Bake shells in a very hot oven. These may be kept on hand and re-heated as required. The rich flaky pastry may be used for making tart shells that resemble puff pastry creations. Bake paste on the bottom of rather large patty tins; prick it well before baking. When delicately browned, remove from the oven, slip the shells off tins, turn them right side up. With a very sharp knife gently cut out the centre of the top layer of pastry in each shell to make a hollow of generous size. Return shell to oven for a few minutes to slightly dry out the inside portion. Fill with any creamed mixture suitable for patties. See Patties and Savory Tarts, page 135, and Creamed Foods, page 131.

Pie Fillings

CREAM PIES

Cream pies are wholesome and appetizing but sometimes too expensive for the average purse. The Five Roses Cream Filling is economical, as it calls for only 2 egg yolks. It is smooth and delicate and may be varied in an almost endless number of ways.

FIVE ROSES CREAM FILLING (See Page 65)

MERINGUE TOPPING FOR CREAM PIE

When a Meringue Topping is desired, beat 2 egg whites until stiff; gradually add 4 tablespoons of fine sugar, beating between additions. Beat until mixture will hold its shape, using a rotary egg-beater. Pile unevenly on top of pie. Bake at 275° to 300°F. until peaks of meringue are lightly browned.

Shredded coconut may be mixed in with meringue or sprinkled over the top before browning.

WHIPPED CREAM TOPPING FOR PIES

Sweeten stiffly whipped cream with powdered sugar and flavour with vanilla extract. Pile evenly on filling, when filling has become quite cold. Garnish with bits of maraschino cherry, small spoonsful of red jelly or chopped nuts.

BANANA CREAM PIE

Make Cream Filling as directed. Bananas may be sliced into pie shell and topped with filling; filling may be poured into shell and bananas sliced over the top; or, bananas may be chopped and added to filling before pouring it into shell. Top pie with Meringue or whipped cream.

BUTTERSCOTCH PIE

Cook ¼ cup butter and ¾ cup brown sugar until sugar is melted, but do not allow to burn. Add to mixture 2 cups of milk. Let stand at back of stove until sugar is melted in milk. Make Cream Filling as directed, using this 2 cupfuls of butterscotch-flavoured milk instead of 2 cups of milk specified in filling recipe. If a not-too-sweet filling is desired, omit sugar specified in Cream Filling recipe. Pour filling into a baked pie shell and top with meringue or whipped cream. This filling makes very appetizing individual pies for special occasions.

For Butterscotch Banana Pie or Butterscotch Peach Pie, slice peaches or bananas into pie shell before pouring in the filling. Top with whipped cream.

CHOCOLATE CREAM PIE

Add to Cream Filling 2 squares of melted unsweetened chocolate and increase sugar to ½ cupful. Pour into baked shell and top with whipped cream. Or flavour filling with cocoa syrup.

COFFEE WHIPPED CREAM PIE

Make Cream Filling, using 1 cup strong coffee infusion and 1 cup thin cream instead of 2 cups milk. Pour filling into a baked pie shell. Top with whipped cream. Nuts may be added to filling.

LEMON PIE

Lemon Pie will always be a favourite 1-crust pie. Make Lemon Filling as directed on page 67. Filling may be used in several ways.

1. Pour filling into baked pie shell; top pie with meringue.
2. Beat 2 egg whites and fold into cooked filling. Pour filling into pie shell. Bake in a moderate oven until tips of filling are brown.

ORANGE PIE

Make Orange Filling as directed on page 66, and pile into baked pie shell. Top with meringue or whipped cream.

PEACH CREAM PIE

Make Cream Filling as directed on page 65. Half fill baked pie shell with filling. Press halved canned or fresh peaches into filling but do not have custard come over top of fruit. Fill cavity in each peach with 1 teaspoon of currant jelly, then top each peach with whipped cream. Serve very cold.

PINEAPPLE CREAM PIE

Make Pineapple Cream Filling as directed on page 66. Pile into baked and cooled pie shell; top with meringue or whipped cream.

OTHER FRUIT CREAM PIES

Other pleasing combinations of Cream Filling and fruit are dates and nuts added to Cream Filling; Lemon Cream Filling and sliced peaches; Lemon Cream Filling with sliced bananas; Cream Filling with sliced oranges; almond-flavoured Cream Filling with sliced peaches or halved cherries.

JELLY PIES

Make a gelatin mixture, using a jelly powder or a simple lemon jelly mixture. Allow mixture to cool until it begins to thicken. Whip until light; fold into it chopped fruit and allow the mixture to stand until thick. Pile into a thoroughly chilled baked pie shell and top with sweetened whipped cream.

CUSTARD PIES

To make Custard Pies and other 1-crust pies with an uncooked filling, line pie plate with pastry and place in a cold place to allow for evaporation of moisture from shell and a crusting over of dough before baking. Soggy Custard and Pumpkin Pies are easily avoided if this point is observed and the oven carefully regulated. Flour crust very lightly. Shake out any loose flour, then pour in custard of pumpkin mixture, and place at once in oven. Bake as directed. Time and temperature for baking are given on page 82. Bake pie until filling is firm enough not to stick to a test knife inserted in centre of pie.

RICH CUSTARD FILLING FOR PIE

2½ cups hot milk
⅓ cup sugar
2 whole eggs
2 egg yolks
A few grains of salt
½ tsp. vanilla

Beat sugar, eggs, egg yolks and salt until perfectly smooth. Add hot milk gradually and stir in vanilla. Pour into unbaked shells and bake as directed for Custard Pie on page 82.

This mixture may be flavoured with almond, chocolate or caramel. Grated orange rind may be added, and ¼ cup of orange juice substituted for ¼ cup of milk.

BAKEWELL PIE

Line a pie plate with pastry. Spread over it strawberry jam or other preserves drained of juice. Mix Custard Filling as directed in preceding recipe. Add 1 cup soft breadcrumbs and increase sugar to ½ cup. Pour into pie shell and bake as directed for Custard Pie on page 82. When cold top with whipped cream.

RHUBARB CUSTARD PIE

2½ cups cut rhubarb
2 egg yolks
1 cup sugar
2 tbsps. Five Roses Enriched Flour
1 tbsp. melted butter

Beat egg yolks to a thick froth; gradually add sugar, flour and butter. Add rhubarb, cut in ½ inch pieces. Pour into uncooked pastry shell and bake like Custard Pie. When baked, top with a meringue made of egg whites. If desired this mixture may be baked between 2 crusts.

LEMON CHIFFON PIE

¾ cup granulated sugar
2 eggs, separated
2 tbsps. Five Roses Enriched Flour
Juice and rind of 1 lemon
1 cup milk
2 tbsps. butter

Mix together all ingredients except egg whites. Beat egg whites until stiff, add a pinch of baking powder. Fold into lemon mixture, pour into unbaked pie shell and bake like Custard Pie.

Orange Chiffon Pie — Reduce sugar to ⅔ cup and lemon juice to 2 teaspoonsful. Omit lemon rind and add juice and grated rind of 1 orange. This mixture may be used for tarts.

SOUR CREAM PIE

1 cup thick sour cream
½ cup sugar
1 cup chopped raisins
1½ tbsps. Five Roses Enriched Flour
2 eggs, separated
1 tsp. cinnamon
Few grains of nutmeg
Few grains of salt

Mix together raisins, sugar, flour, salt and spices; add to sour cream. Mix and add well-beaten yolks. Whip egg whites stiff, fold into mixture, and bake same as Custard Pie. The whites may be omitted from mixture, and used for a meringue to top pie.

PRIZE PUMPKIN PIE

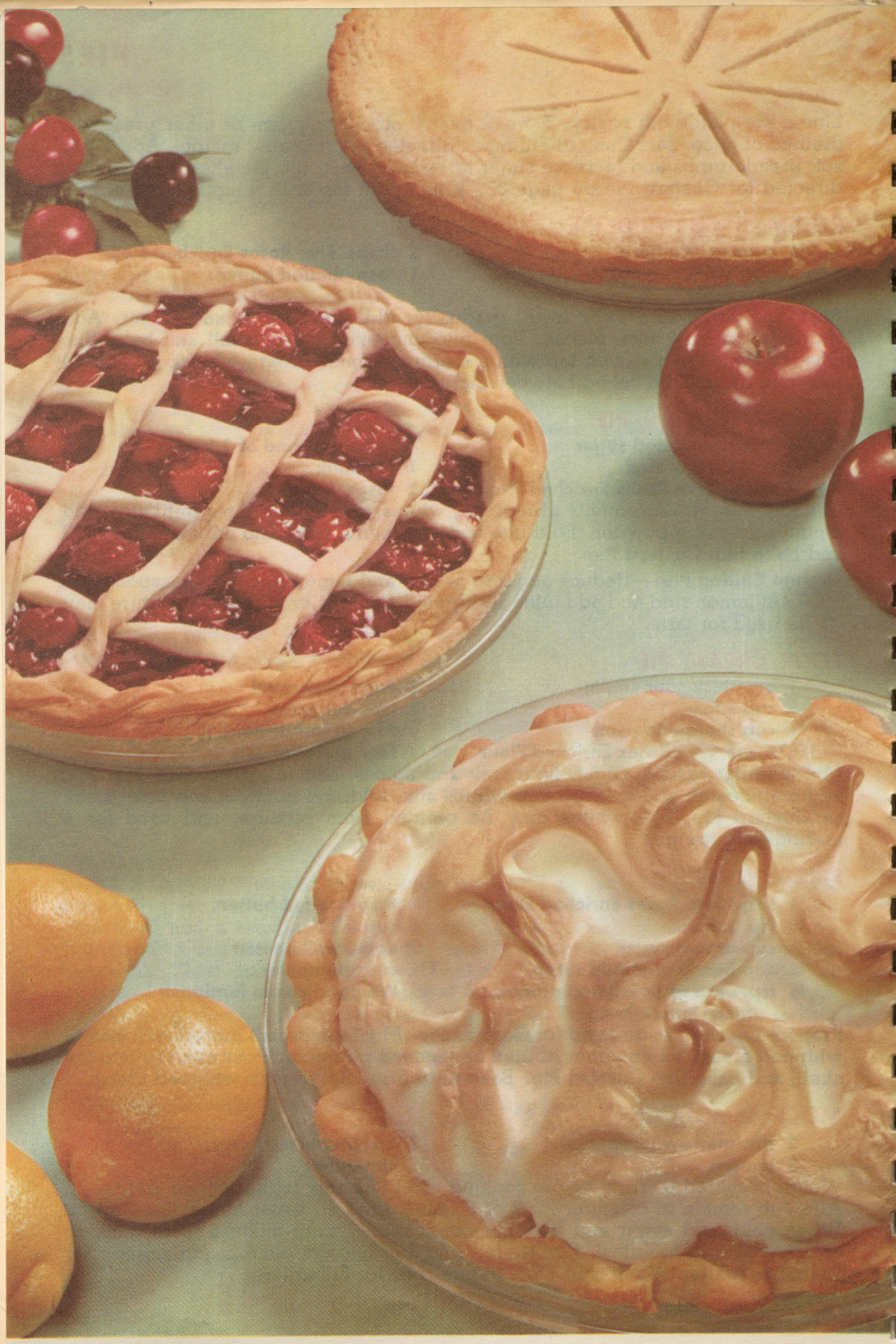
1 tbsp. Five Roses Enriched Flour
½ tsp. salt
¼ cup brown sugar
¼ cup honey or maple syrup
½ tsp. each of powdered ginger, mace and nutmeg
1 tbsp. melted butter
1 cup milk
2 eggs, well beaten
1½ cups pumpkin
Whipped cream (optional)

Prepare pie shell as directed for Custard Pie. Mix together all ingredients except whipped cream, using either canned or steamed pumpkin. Pour mixture into the shell, and bake like Custard Pie. Bake until firm. Serve with whipped cream.

MOCK LEMON CURD

2 lbs. marrow (prepared)
3 lemons
2 lbs. granulated sugar
½ cup butter

Weigh prepared marrow before cooking. Boil or steam it, then strain and mash. Allow to remain in colander for 2 or 3 hours, until all water has drained away. When cold, add sugar and butter; simmer gently until mixture is as thick as cream (about 30 minutes). Add grated rind and juice of lemons and simmer for 5 minutes longer. When cool, store in jars. Use for filling tarts.



Lemon Meringue, Cherry and Apple

TWO-CRUST PIES

QUICK APPLE PIE

Wash apples, remove cores and put through food chopper, using a coarse knife. Mix apples with sugar to taste and, if desired, a dash of nutmeg or cinnamon. Fill and cover pie, bake as directed. One cup seedless raisins may be added, together with a little cider for moisture.

Date and Apple Pie — Chopped dates may be combined with apples.

RAISIN PIE

Pour boiling water over 1½ cups of seedless raisins. Let stand until cool. Drain and save the water poured off. Into raisins mix ¾ cup granulated sugar, ½ teaspoon salt and 2 tablespoons of Five Roses Vitamin Enriched Flour. Pour into prepared pie plate lined as directed; sprinkle with juice of 1 lemon, a grating of lemon rind, and ½ cup of water in which raisins were cooked. Dot with butter, using 1½ tablespoons altogether, cover with top crust, and bake as directed on page 82.

FRUIT PIES

A fruit pie is baked first for a short time in a hot oven to quickly bake the pastry, so that juices as they cook out of fruit will not soak pastry. Care should be taken to seal the 2 pastries together at the edge so juice is held within pie and does not flow over the edge.

BERRY PIES

From 3 to 4 cups of berries will be required for a pie of average size. Mix with the berries ¼ cup Five Roses Vitamin Enriched Flour, with sugar to taste. Pile into pastry-lined pie plate; dot with a few bits of butter; cover with top crust, and bake as directed on page 82. A little lemon juice may be sprinkled over berries to bring out the flavour.

STRAWBERRY PIE

Line a deep pie plate with Five Roses pastry and bake it. Cool and fill with whole, fresh strawberries, that have been well drained of their wash water. Sprinkle with ⅓ cup granulated sugar. Then mash enough other strawberries to make 1 cup and to this add ½ cup sugar and 2 tablespoons cornstarch which has been mixed with ½ cup cold water. Cook this mixture, stirring constantly, until it thickens; then place over hot water and cook for half an hour. Strain over berries in pie shell and chill. This can be served plain or with whipped cream.

GREEN TOMATO PIE

Cut in slices 1½ pounds green tomatoes; stew in syrup made by boiling 1½ cups of sugar with 1½ cups of water for 5 minutes. Add grated rind of 1 lemon and 1 scant teaspoon of cinnamon. Cook until tomatoes are transparent. Add ½ cup seeded raisins and cook for a few minutes longer. Use between 2 crusts.

MINCE PIES

Mincemeat, like Plum Puddings and Christmas Cakes, should be made several weeks before required, and allowed to ripen. The 3 mincemeat recipes which follow are quite different in flavour. Each is a delicious mincemeat of its kind, and each is a prize-winning recipe.

COOKED MINCEMEAT

- 1 lb. seeded raisins
- 1 lb. suet
- 1 lb. apples
- ¾ lb. mixed peel
- ¼ lb. blanched almonds (all chopped)
- 1 lb. currants
- 1 lb. brown sugar
- 2 cups apple cider
- ½ tsp. mace
- ½ tsp. cinnamon
- 1 wineglass of brandy

Boil cider until reduced to ½ the quantity. Add raisins, suet, apples, peel, currants and sugar. Cook slowly for 1 hour. Add the almonds, spices and brandy. Mix well. Store in sterilized fruit jars, and use as required. This will keep a year or more, and is less rich than the usual uncooked mincemeat.

MINCEMEAT OF UNUSUAL FLAVOUR

- 2 cups finely minced lean cooked beef
- 2 cups fresh beef suet, chopped fine
- 3 qts. chopped sour apples
- 1 cup grape or apple jam
- 2 cups peach jam
- 2 pts. grape juice
- 3 cups brown sugar
- 1 lb. seedless raisins
- 1 lb. seeded raisins
- 1 lb. currants
- 1 lb. mixed chopped peel
- Grated rind of 2 oranges
- Grated rind of 2 lemons
- 1 tbsp. salt
- 1 tbsp. cinnamon
- ½ tsp. mace
- Few grains ground cloves

Trim meat and simmer in a small amount of water until tender. When cool, put through food chopper. Chop fruits. Mix all ingredients together and simmer gently for 1 hour. Store the mixture in sterilized jars.

MINCEMEAT WITHOUT SUET

- 2 cups butter (1 lb.)
- 1 lb. currants
- 1 lb. raisins
- 1½ lbs. chopped apple
- 1 lb. mixed peel
- 1 tbsp. cinnamon
- 1 nutmeg, grated
- 1 lemon, juice and rind
- 1½ lbs. of sugar

Clean fruits and chop apples, raisins and peel. Stir in currants, sugar, butter, spices and lemon juice and grated rind. Pack in jars until ready to use. This mixture does not require pre-cooking. It contains no butcher's meat and uses butter in place of suet. It is wholesome and appetizing.

DEEP FRUIT PIES

Deep fruit pies are always popular, and are more wholesome than fruit pies made with a bottom crust.

Deep Apple Pie — Pare apples and cut in eighths. Place in a deep earthenware baking dish in which a handless cup or pie funnel has been placed (under which the juice will collect). Sprinkle with ¾ cup granulated sugar and, if desired, a sprinkling of nutmeg. Dot with bits of butter.

Inside the top of dish place a strip of paste completely around sides. Moisten this strip of paste with cold water. Cover top of pie with good rich paste in which several vents have been cut. Trim off surplus paste, then crimp with a fork or side of thumb. Bake at 450°F. for the first 10 minutes; reduce temperature to 350°F. and continue baking until apples are soft.

Other Deep Fruit Pies are made this way.

Tarts

Either plain or flaky pastry may be used for lining patty tins for tarts. A new and very appetizing type of tart is made with cookie dough. Both the 1-Egg and Butterscotch Cookie mixtures given on page 72 and 73 may be used for tarts. These doughs are quite soft, therefore they must be thoroughly chilled before rolling. Roll only a small portion of dough at a time.

PRIZE BUTTER TARTS

- ⅓ cup butter
- 1 cup sifted brown sugar
- 2 tbsps. milk or cream
- ½ cup currants
- 1 egg, beaten
- 1 tsp. vanilla
- Pastry

Mix ingredients together and place spoonsful of the mixture in patty tins which have been lined with rich pastry cookie dough. Bake in a hot oven (450°F.) for 8 minutes; reduce temperature to 350°F. and bake until pastry is delicately browned.

Taffy Tarts — Use the same mixture with currants omitted.

BANBURY CAKES

- 2 tbsps. butter
- ¼ cup sugar
- ½ cup chopped mixed peel
- 1 egg
- 1 oz. cracker crumbs
- ¾ cup currants
- Few grains of allspice
- Pastry

Beat butter to a cream, add sugar, then add well-beaten egg. Add remaining ingredients and mix well. Cut rounds of rich pastry and place spoonsful of this mixture in the centre of half of them; moisten edges, cover with a second round of pastry. Seal edges carefully. Brush over with milk, prick tops, sprinkle with fine sugar, and bake at 425°F. for 15 minutes.

MAID OF HONOUR TARTS

Line patty tins with rich pastry. Cream 2 tablespoons of butter, add 1 cup fine sugar gradually, beating between additions. Add 1 well-beaten egg, 1 cup chopped walnut meats and ¼ teaspoon vanilla. Place a spoonful of mixture in pastry-lined patty tins and bake like Butter Tarts. If desired, a little jam or jelly may be placed in each shell before adding nut mixture.

PEACH TARTLETS

Cover inverted patty tins with flaky pastry and bake as directed on pages 82 and 83. When shells are cool, place ½ a canned peach in each, hollow side up. Fill cavity with jam or jelly and top with whipped cream.

ENGLISH CHEESE CAKES

- ½ cup cottage cheese
- 1 cup seeded raisins
- 2 egg yolks
- ¾ cup sugar
- 1 lemon
- Salt

Rub cheese through sieve. Beat sugar and egg together, add grated rind and juice of lemon, the raisins and the cheese. Place spoonsful in pastry lined patty tins. Bake same as Butter Tarts.

ALMOND PINEAPPLE RICE CAKES

- ¼ cup butter
- ¼ cup fruit sugar
- 2 eggs, well beaten
- ½ tsp. almond flavouring
- ⅓ cup ground rice
- ½ tsp. baking powder
- Few grains of salt
- ⅓ cup chopped almonds
- Pastry
- Pineapple or other jam

Line patty tins with rich pastry; place a small spoonful of jam in each. Cream butter, add sugar gradually, add eggs. Mix and sift ground rice, baking powder and salt and add to first mixture. Add flavouring and nuts. Place a spoonful in each tart. Bake same as Butter Tarts.

Spoonsful of ordinary Cake Batter may be used instead of the ground rice mixture. These are known as McGinty's.

ALMOND MERINGUE TARTLETS

Line patty tins with rich pastry; place a very small spoonful of jelly or raspberry jam in each, and bake at 450°F. until tarts are ½ baked. Remove from the oven and place in each 1 spoonful of the following mixture:

- ¼ cup ground almonds
- 1 egg
- ⅓ cup powdered sugar
- ¼ tsp. almond extract

Put sugar and almonds in a bowl. Beat almond flavouring into egg, then work egg into nut and sugar mixture. Bake at 350°F. until filling is delicately browned. Coconut may be substituted for almonds.

PINEAPPLE ROUNDS

Cut flaky or puff pastry in circles and bake in a hot oven. When pastry is cold, whip rich cream until stiff, sweeten it slightly and flavour with vanilla. To ½ the cream add chopped, drained, canned pineapple. Place a spoonful of the fruit cream on ½ the circles of pastry; cover with second piece of pastry; top with sweetened and flavoured whipped cream and serve at once.

OTHER TART FILLINGS

Lemon, Butterscotch, Orange and other appetizing tarts may be baked, using the fillings suggested on pages 65 to 67. Other interesting tarts may be baked, using as the filling the mixture suggested in recipe for Walnut Slices, page 77.

For Strawberry Jelly Tarts, use the jelly mixture given for Jelly Pie, page 88.

CREAM PUFFS AND CHOU PASTRY

Chou pastry is the pastry from which Cream Puffs and Chocolate Eclairs are made. Five Roses Chou Pastry is easily made, and possesses possibilities undreamed of by the average home cook. Tiny choux shells may be used as dainty confections for afternoon tea; larger shells may be used as containers for salads, as containers for hot creamed foods and for light, dainty desserts. Once you have discovered how easily you can make these little shells in your own kitchen, you will no longer hesitate to introduce a new note to your party refreshments and to add variety to the family meals.

The recipe for the Chou Pastry was one of the most popular ones in the old Five Roses Cook Book.

FOUNDATION RECIPE FOR CHOU PASTRY

1 cup Five Roses Enriched Flour
½ cup butter
1 cup boiling water
3 or 4 eggs

Use 4 eggs when eggs are plentiful.

Have water boiling. Add butter to water in a small, smooth saucepan, and place over heat. When butter is melted, and while mixture is boiling vigorously, dump in flour — all at once. Stir rapidly until mixture makes a ball that comes away from the sides of pan. Do not overcook. Overcooking will make the mixture greasy and heavy and will cause flour and fat to separate.

Remove pan from fire. Then add eggs, unbeaten, one at a time. Beat each one in thoroughly before adding the next. The secret of tenderness in cream puffs is long and patient beating. A good rule is to beat the batter until you can cut through it with a clean steel knife without anything sticking to the blade. DO NOT BEAT EGGS BEFORE ADDING THEM. THIS IS IMPORTANT.
Grease a cookie sheet or shallow baking pan. Form paste in desired shapes and of desired size. Cream puff shells are shaped with the handle of a spoon, forming dough as nearly circular as possible, slightly heaping mixture in centre. Place heaps of paste a few inches apart to allow for expansion. About 1 tablespoon of mixture will be required for the large puffs; 1 teaspoonful will be sufficient for the tiny ones. To shape Eclair Shells, use a pastry bag with a plain tube, or a large funnel of strong paper. Shape paste ¾ inch wide and 3½ inches long.

BAKING THE PUFFS

The secret of making this pastry is in the baking process. Bake at 425°F. for 30 minutes or until well risen and set. Then reduce heat to 325°F. until puffs are dry.

When baked, place puffs on a wire cake rack until they are quite cold, first slitting each one with a very sharp knife in one of the natural divisions made by the expanding dough, to allow the steam to escape instead of softening the shell. Later, puff may be filled through this hole.

VARYING THE PASTRY

When Chou Pastry is to be used for making shells for desserts, a little grated lemon or orange rind and a few grains of sugar may be added to paste. Grated cheese and paprika are sometimes added to paste when it is to be used for shells for savoury creamed foods.

ECLAIR SHELLS FOR SALADS

Shape paste same as for Cream Puffs or Eclairs. When puffs are cool, carefully slice off the top, using a very sharp knife. The case is then filled with a delicately flavoured salad mixture. Suitable combinations are:

1. Cheese and nut salad.
2. Cheese, date and raisin salad.
3. Cottage or cream cheese and olive salad.
4. Lobster salad.
5. Shrimp salad.
6. Chicken and celery salad.

Shells must not be filled with the salad until immediately before serving, for the pastry must be crisp and dry. Top meat and fish salads with a rose of mayonnaise.

Well-drained fruit salad mixtures may be served in the shells. Top the salad with a rose of whipped cream. Like the savory salad mixtures, the fruit mixtures must not be placed in the shells until immediately before serving time.

CREAMED FOODS SERVED IN ECLAIR SHELLS

Almost any hot creamed savory mixture may be served in Cream Puff or Eclair Shells. Creamed chicken, eggs, oysters, lobster, shrimp, mushrooms, sweetbreads, etc., are all suitable fillings.

CREAM PUFFS

When shells are cold, make a hole in one of the natural depressions, and fill the puff with sweetened and flavoured whipped cream. Let a little of the whipped cream show at one side of each puff; sprinkle top of puff with icing sugar. When fresh fruits are in season, strawberries, peaches and other fruits may be chopped, sweetened and added to the whipped cream used for filling the puffs.

PARTY PUFFS

Make tiny choux shells. When cold, fill with peach or other jam; top with Orange Frosting.

CHOCOLATE ECLAIRS

Split Eclair Shells and fill with French Cream Filling, page 66. Frost with Chocolate Frosting, page 69.

COFFEE ECLAIRS

Split Eclair Shells and fill with Coffee Cream Filling, page 65. Frost with Coffee Frosting.

ICE CREAM PUFFS

Cut tops off puffs; fill with vanilla ice cream; replace tops. Pour over the puffs crushed and sweetened strawberries, raspberries or peaches, or, when fruits are not in season, pour over Maple or Chocolate Sauce. The Ice Cream Puffs served with hot Fudge Sauce, and sprinkled with chopped walnut meats or pecans are very appetizing.

CREAM PUFF SWANS

To make the swan neck and head, shape the Cream Puff mixture on a greased baking sheet in the shape of an S, making the top of the S thicker (the head) than the bottom. Remove from the oven after 15 minutes of baking. After the Cream Puff has been filled, insert a head, cutting a hole if necessary. The tops that have been cut off to permit filling may be cut in two and replaced to simulate lifted wings.

Cold and Frozen Desserts

Desserts offer an excellent opportunity to balance an otherwise poorly balanced meal. A fruit dessert can furnish the much-needed quota of mineral salts in a meal made up of carbohydrate and protein foods, while at other times a good pie or boiled pudding will provide the necessary calories to balance a meal made up of lighter foods.

CORNSTARCH PUDDING (Foundation Recipe)

2 cups scalded milk
¼ cup sugar
¼ cup cornstarch (4 tbsps.)
Few grains of salt
¼ cup cold milk
Flavouring

The amount of cornstarch given will make a mixture stiff enough to mould. When a soft cornstarch mixture is desired, or when eggs are to be used, only 3 level tablespoons of cornstarch are required.

Mix sugar, salt and cornstarch with cold milk. Add a little hot milk; stir well, return to double boiler. Stir over boiling water until mixture thickens. Cover and cook for 20 to 30 minutes, stirring occasionally. Cool slightly before adding flavouring. Pour into cold wet moulds, or combine with fruit. To serve the moulded puddings, unmould and use sweetened cooked fruit, cream, whipped cream, jelly or jam as a sauce.

For a richer pudding, use only 3 tablespoons of cornstarch. Cook pudding as directed. Before removing from fire, add a little of hot mixture to 1 or 2 slightly-beaten egg yolks. Return to double boiler and cook for 3 minutes longer. Remove from fire. The stiffly-whipped egg whites may be folded into the mixture before moulding.

Variations

Chocolate Cornstarch Pudding — Add 1 square chocolate, melted, to above recipe and increase the sugar to ⅓ cup.

Chocolate Cream Pudding — Make Chocolate Cornstarch Pudding. Cool slightly then fold in a stiffly-beaten egg white.

Fruit Cornstarch Pudding—Stir 1 cup of any desired fruit into Cornstarch Pudding when it begins to set. Cherries, pineapple or prunes are a good choice.

MERINGUE FRUIT PUDDING

Make Cornstarch Pudding mixture, adding 2 egg yolks. Flavour with vanilla. When lukewarm, turn into a shallow pudding dish, cover with jam or sliced canned fruit, top with meringue made of the 2 egg whites and 4 tablespoons of fine sugar. Place in a slow oven to lightly brown meringue. Chill before serving.

LEMON SNOW (Also known as Delhi Pudding)

2 cups boiling water
¼ cup cold water
⅔ cup sugar
4 tbsps. cornstarch
3 tbsps. lemon juice
2 tsps. grated lemon rind
2 egg whites

Add finely-grated lemon rind to boiling water. Make pudding same as Cornstarch Pudding. When cooked, remove from fire, add lemon juice and fold in

stiffly-whipped egg whites. Pour into cold, wet moulds. Unmould when firm, and serve with vanilla-flavoured Custard Sauce. For Custard Sauce, use left-over egg yolks and make as directed on page 114.

HONEY ORANGE PUDDING

- 3 tbsps. cornstarch
- A few grains of salt
- ½ cup cold milk
- ¾ cup scalded milk
- 1 egg yolk
- ¼ cup honey
- ½ cup orange juice
- 1 tbsp. lemon juice
- 1 tsp. grated orange rind
- 1 egg white
- 2 tbsps. fine sugar

Mix cornstarch and salt with cold milk; add to hot milk in top of double boiler. Stir mixture constantly until it thickens. Cover and cook for 20 minutes longer, stirring occasionally. Slightly beat egg yolk and combine with honey. Add a little hot liquid. Return to double boiler, add orange juice, lemon juice and grated rind. Cook for 1 minute longer. Remove from fire. Add egg white, which has been whipped until stiff and combined with the 2 tablespoons of sugar. Pour into serving dishes and chill before serving.

SOFT CUSTARD (Boiled Custard)

- 2 egg yolks
- 1 whole egg
- 2 to 4 tbsps. sugar
- Few grains of salt
- 2 cups scalded milk
- Flavouring

Combine egg yolks and egg and beat slightly. Add sugar and salt. Mix well. Add a little hot milk; mix well and return to double boiler. Cook until mixture lightly coats spoon, stirring constantly. Remove from fire, strain and cool. Add flavouring when cold.

JELLIED CUSTARD

Soften 1 tablespoon of granulated gelatin in ½ cup cold milk and dissolve it in the hot Soft Custard mixture. Flavour and mould as desired.

BAVARIAN CREAM

Make Jellied Custard. When mixture begins to set, fold into it 1 cup of stiffly-whipped cream. Mould as desired.

FLOATING ISLAND

Make Soft Custard as directed. Flavour with vanilla extract. Beat the 2 left-over egg whites and sweeten them with 4 tablespoons of fine sugar. Pour custard into a shallow serving dish; dot with large spoonsful of the meringue mixture. Decorate each "island" with a small spoonful of red jelly.

DATE CUSTARD

Spread 2 cups of cut dates in bottom of shallow serving dish. Pour over them the hot Soft Custard mixture, flavoured with vanilla. Let stand 6 hours or overnight. Before serving, top with sweetened and flavoured whipped cream. Garnish with bits of red jelly.

ORANGE CUSTARD

Scald several strips of orange rind in 2 cups of milk; strain out rind and use milk to make Soft Custard mixture, using ¼ cup of sugar. Peel, quarter and thinly slice 3 sweet oranges. Arrange orange in shallow dish, pour over custard mixture, top with meringue made of the 2 egg whites and 4 tablespoons of fine sugar, and brown lightly in a slow oven. Chill thoroughly before serving.

TRIFLE

Make Soft Custard mixture as directed. Flavour with almond or vanilla and sweeten with ¼ cup of sugar. Chill before using.

Cut sponge or other light cake in thin slices; put slices together, sandwich fashion, with a thin layer of raspberry jam or currant jelly between. Cut in narrow strips and arrange in serving dish first a layer of the cake sections, then a sprinkling of sherry wine or fruit juice. Over this arrange a layer of sliced peaches or other fruit, then more cake and wine or fruit juice. Pour the chilled custard over all. Top with sweetened and flavoured whipped cream.

The Trifle may be garnished with maraschino cherries, silver dragees, candied violets or rose leaves, or strips of blanched almonds to make an attractive effect for Christmas or other special occasions.

GELATIN MIXTURES

The usual proportion of gelatin is about 1 level tablespoon of gelatin to 2 cups of liquid. The amount of gelatin is increased slightly for jellied meats and soups and when large pieces of fruit are to be moulded. Slightly increase the amount of gelatin during warm weather.

Directions for Making Gelatin Dishes

1. Soak gelatin in cold water until swollen and soft. Allow about 4 tablespoons water to 1 tablespoon gelatin.
2. Dissolve soaked gelatin by adding hot liquid or by placing over hot water, stirring as necessary.
3. Mix well with remaining ingredients.
4. To unmould — Run tip of sharp-pointed knife around edge of jelly. Dip mould in warm, not hot, water to depth of jelly, for a moment. Then place serving plate on top and invert quickly.

STANDARD FRUIT JELLY MIXTURE

1 tbsp. gelatin
¼ cup cold water
¼ cup boiling water
2 tbsps. to ½ cup sugar
1½ cups other liquid or fruit juice

Soften gelatin in cold water; add to hot water and stir over boiling water until gelatin is dissolved. Add sugar and stir until dissolved. Remove from fire. Add remaining liquids or fruit pulp. Mix thoroughly and pour into cold wet moulds.

The amount of sugar required will depend on the acidity of the fruit juices.

JELLIED WHIPS

To make a jelly whip, allow the jelly mixture to become thick but not stiff. Beat with a rotary egg beater until mixture is light and foamy. Mould as desired. Stiffly-whipped egg whites or whipped cream may be folded into the Jelly Whips before moulding.

SPANISH CREAM

1 tbsp. granulated gelatin
½ cup cold milk
2½ cups scalded milk
3 egg yolks
⅓ cup sugar
Few grains of salt
3 egg whites
Flavouring

Soften gelatin in cold milk. Make a soft custard of the milk, egg yolks, sugar and salt. Dissolve softened gelatin in hot custard. Remove from fire, carefully fold in the stiffly-whipped egg whites, add flavouring and pour into individual moulds. Chill until firm. To serve, unmould and garnish with whipped cream.

The Spanish Cream may be flavoured with melted unsweetened chocolate, cocoa or caramel syrup, butterscotch, almond or vanilla. It may be coloured delicate shades of pink, yellow or green, using pure food colourings. Chopped canned peaches, drained crushed pineapple or cut maraschino cherries may be placed in the bottom of moulds before pouring in the cream mixture.

FRENCH PEARS

Cover halved canned pears with orange juice and chill thoroughly. Drain pears and arrange on dessert plates. Surround with well-chilled vanilla flavoured Custard Sauce and garnish with grated orange rind and wafer-thin slices of orange.

COLD FRUIT PUDDING

1 tbsp. gelatin
¼ cup cold water
1 can or pint of cherries
Stale white bread

Soften gelatin in cold water. Drain juice from cherries; add water to make 1¾ cups. Bring to boiling point, add gelatin and stir until dissolved. Remove from fire. Cut bread in VERY thin slices and remove crusts. Dip slices of bread in gelatin mixture and use them to line a bowl or mould. Do not overlap edges of bread. When mould or bowl is lined, empty in cherries, then very carefully add remaining gelatin mixture. Cover top with more slices of bread. Place bowl in a cold place until mixture is firm. Before unmoulding, carefully trim off any portions of bread which may rise above jelly mixture. (Do not attempt to remove these while the mixture is soft.) Unmould pudding on serving plate, cut in slices and serve with chilled, vanilla-flavoured Custard Sauce.

If difficulty is experienced when unmoulding pudding, wrap bowl or mould in a cloth wrung out in hot water. Let stand only a few seconds. Unmould at once before jelly has time to melt.

PINEAPPLE CHARLOTTE

1 tin sliced pineapple
¼ lb. marshmallows
2 cups whipped cream
Pecan or walnut meats

Combine quartered marshmallows and cubed pineapple drained from its liquid. Let stand 6 hours or overnight. Before serving, fold in whipped cream and add nuts. Pile high in sherbet glasses and garnish as desired. If desired, canned pineapple "tid bits" may be used instead of slices.

PEACH PYRAMIDS

Cut sponge cake or other plain cake into squares and spread with red jelly. Drain halved canned peaches and pour a spoonful of the syrup over each piece of cake. Roll peach halves in desiccated coconut and place, rounded side up, on prepared cake. Garnish with whipped cream.

BANANA MARSHMALLOW APPLES

Bake apples as directed (page 105). When tender, fill cavity with a piece of banana and place a marshmallow on top of each. Place in a moderate oven until marshmallows begin to melt and are lightly browned. Remove from oven, place on individual serving plates. Pour syrup over top. Chill before serving.

ICE BOX ROLLS

Crush ½ pound Graham Crackers. Mash 4 bananas. Chop ¾ cup stoned dates and ¼ cup nuts. Cut ¼ pound marshmallows in quarters. Mix all together with orange juice to make a compact roll. Shape evenly, roll in wax paper and chill overnight. To serve, cut in slices and garnish with whipped cream.

FRUIT WHIPS

Steam fruit until tender, or cook in a very small amount of water. If canned fruit is used, drain it. Rub fruit through a sieve. To ½ cup of stiff fruit pulp add a few drops of lemon juice and sugar to taste. Fold in stiffly-whipped whites of 2 eggs very gradually. Pile in serving dishes, chill and serve with cold vanilla-flavoured Custard Sauce.

Peaches, apricots, plums, rhubarb and apples, cooked and rubbed through a sieve, or bananas, strawberries or raspberries may be used.

BUTTERSCOTCH RICE

1 tbsp. granulated gelatin (scant)
¼ cup cold water
2 cups cooked rice
1 cup thin cream
1 cup brown sugar
3 tbsps. butter
Whipped cream

Add cream to rice and reheat in top of double boiler. Soak gelatin in cold water. Cook brown sugar and butter together until mixture is a rich brown shade, but do not allow to burn. Add sugar mixture to rice, and heat until sugar is melted. Add softened gelatin and heat until gelatin is melted. Mix well. Turn into large or individual moulds and chill until firm. To serve, unmould and garnish with whipped cream.

CHOCOLATE RICE WHIP

1 cup milk
¼ tsp. salt
1½ squares unsweetened chocolate
2 egg yolks
5 tbsps. sugar
1 cup cooked rice
½ tsp. vanilla
2 egg whites
½ cup whipping cream

Combine milk, salt and grated chocolate. Heat in top of double boiler until chocolate is melted. Add slightly beaten egg yolks and sugar. Cook until mixture coats spoon, stirring constantly. Add rice and vanilla. Remove from fire. Chill. Before serving fold in stiffly-whipped egg whites and whipped cream. Pile in serving glasses.

DESSERTS WITH CAKE FOUNDATIONS

PRINCESS PUDDING

Princess Pudding is merely another name given to a fruit shortcake which is made with sponge or other light cake instead of biscuit dough. This dessert may be put together in several ways:

1. Bake cake batter in a shallow pan. When cold, cut in 3-inch squares. Split, put together with any desired fruit. Top with whipped cream.
2. Bake cake in layer cake tins. Put layers together with a thick filling of fruit between. Top with whipped cream. Garnish with fruit.
3. Bake batter in muffin tins. When cakes are cold, scoop out the centre of each; fill with prepared fruit and top with whipped cream.

Sweetened fresh peaches or bananas flavoured with orange rind and juice, canned sliced peaches or apricots, strawberries or raspberries, sweetened and mixed with whipped cream are a few of the fruits used for filling this type of pudding.

For the cake batter, use Sponge, 3-Egg, Prize or Gold Cake, pages 48 to 55.

ICE CREAM SANDWICH

Cut circles or squares of sponge or other light cake, allowing 2 pieces to each serving. Put pieces together with a thick layer of stiff ice cream. (Flatten ice cream well before placing on top.) Garnish with sweetened and flavoured whipped cream or with Chocolate or Butterscotch Sauce.

WASHINGTON CREAM PIE (Also known as Boston Cream Pie)

Make ½ the recipe for Standard Cream Filling, page 65.

When filling is cold, mix it with ½ cup of stiffly-whipped cream and flavour with vanilla. Bake a Butter Cake in a fairly deep round tin. When cake is cool, split through centre and fill with Cream Filling. Place top in position, sprinkle with icing sugar, and serve with whipped cream or with crushed fruit or berries, sweetened to taste.

WITCHES BONNETS

Cut squares of Chocolate or Sponge Cake, then shape round with a cookie cutter. Ice thinly with Chocolate Frosting on Chocolate Cake, Coloured Frosting on the Sponge Cake. Just before serving, place a cone of ice cream in the centre of each piece of cake. Pour Marshmallow Syrup on chocolate ice cream and Chocolate Sauce or Cocoa Syrup on vanilla ice cream. Garnish around bottom with piping of whipped cream.

ICE BOX PUDDING

Ice Box Pudding, also known as Ice Box Cake, has become very popular. It may be made in several ways.

1. Line a mould or pan with split lady fingers, arranging them with rounded side out. Fill centre with desired filling. Chill 24 hours. To serve, turn out, garnish with whipped cream and sliced fruit or candied or maraschino cherries.
2. Bake Sponge Cake or other light cake in bread pan or loaf cake tin. When cold, cut in thin slices. Use slices to line a mould, bowl or bread pan. Pour in desired filling and chill for 24 hours. Turn out, cover top and sides with whipped and sweetened cream. Pipe a border of the cream round the top of cake, and garnish as desired.
3. Bake Sponge Cake or other light cake mixture in a round tin. When cold, carefully cut out the centre of cake. Place cake shell in cake tin in which it was baked, open side up. Fill with any desired filling. Chill for 24 hours. To serve, turn out and cover top and sides with sweetened whipped cream. Garnish as desired.

Jellied custard mixtures, fruit jelly mixtures combine with whipped cream, and cornstarch mixtures may be used for filling these cakes.

ICE CREAM PUDDING

Make a cake shell as directed in Ice Box Pudding No. 3. Fill shell with fairly firm ice cream. Spread top and sides with whipped cream, garnish as desired, and serve at once.

ORANGE ICE BOX PUDDING

Prepare a Sponge Cake or lady-finger shell, as directed under "Ice Box Puddings", using method No. 1, 2 or 3. Make filling as follows:

1 cup water
½ cup sugar
1 tbsp. gelatin
1 tbsp. lemon juice
½ cup orange juice
Pulp of 1 orange, shredded
1 cup whipping cream
¼ lb. marshmallows
1 cup chopped nuts

Boil water and sugar for 20 minutes; soak gelatin in cold water to cover, for 5 minutes, add to boiling syrup together with lemon juice. Strain. Add orange juice and pulp, and chill until mixture commences to thicken. Beat until light; add whipped cream mixed with quartered marshmallows. Beat thoroughly to combine.

Place mixture in prepared mould or cake shell, placing first a layer of the orange mixture, then a layer of crumbled Sponge Cake or lady fingers, and so on until mould is full. Chill thoroughly. Before serving, turn out of mould, cover with a ½ inch layer of sweetened and flavoured whipped cream and garnish as desired. This is a delicious dessert for special occasions.

If desired, the Prize or Gold Cake mixtures may be used for this pudding.

FROZEN DESSERTS

Frozen mixtures require more sugar and flavouring than the usual dessert as taste is less acute when the mouth is chilled.

Freezers are of two main types, those in which a dasher fitted into a can is turned by means of a crank and the freezing units provided by mechanical refrigerators. Mixtures frozen in the latter need only occasional stirring but require a longer time to freeze. It is more difficult to secure a smooth product with unstirred mixtures.

Before using an ice cream freezer of the dasher type, scald can, cover and dasher. Fit parts together to be sure they run smoothly before pouring in mix.

The proportion of salt to ice to use for freezing ice cream is 8 parts of ice to 1 part salt; and to pack the ice cream for hardening use 4 parts of ice to 1 part salt.

MAPLE MOUSSE

1 cup scalded milk
2 egg yolks
Few grains of salt
½ cup maple syrup
2 egg whites
½ tsp. vanilla extract
1 cup whipped cream

Pour scalded milk slowly over slightly-beaten egg yolks and salt; turn into upper part of double boiler and stir constantly over hot water until the mixture coats the spoon; remove from fire, strain and add maple syrup. Cool thoroughly, add vanilla. Turn into a small freezer, and freeze to a mush; open freezer, add the stiffly-whipped egg whites and the cream, whipped until stiff. Continue freezing until stiff. After freezing, repack in ice and salt and allow the Mousse to ripen several hours before serving.

Chopped walnut or pecan meats may be added.

LEMON MILK SHERBET

Lightly grate a lemon to obtain very fine gratings of yellow portion only. Add to ½ cup lemon juice mixed with 2 cups of granulated sugar, and let stand until

sugar is dissolved. Add to a mixture of 4 cups of rich milk and 1 cup of thin cream. Freeze in the usual way. This is delicious. It is wholesome and economical and is easy to make.

RHUBARB MILK SHERBET

Cut up 1 quart of rhubarb. Pour over 1 cup of hot water and cook until rhubarb is soft. Rub through a fairly fine sieve. To 1¼ cups of the rhubarb puree add ¾ cup sugar, and stir until sugar is dissolved. Add slowly to 1 quart of rich milk. Freeze in the usual way. If the rhubarb is very acid the milk will curdle. This is rather unsightly, but does not impair the quality or appearance of the sherbet after it is frozen.

FRUIT VELVET

1 pint rich milk
Juice of 2 lemons
1½ bananas
2 peaches
1½ to 2 cups sugar

Mix milk and sugar together; add slowly to lemon juice. Peel peaches and bananas and put them through a coarse sieve; add to milk. Pour into chilled freezer and freeze slowly for 20 minutes, or until firm. Then pack in ice and salt to ripen.

ORANGE ICE CREAM

1 pkg. orange jelly powder
2 cups hot water
Juice of ½ lemon
½ cup orange juice
Grated rind ½ orange
½ cup sugar
1 cup rich milk
1 cup cream

Dissolve jelly powder in hot water; add fruit juices and rind. Dissolve sugar in this hot liquid. Allow mixture to cool, but not set. Add milk and cream and pour into a chilled freezer. Freeze in the usual way. If desired, whipped cream may be added to the mixture when it is half frozen.

Hot Desserts

FIRM CUSTARD (Baked Custard)

Mix same as Soft Custard (page 98), using 2 egg yolks and 2 whole eggs instead of 2 yolks and 1 whole egg. Instead of cooking mixture in a double boiler, pour it into buttered large or individual moulds. Set moulds in a pan containing about 1 inch of water. Bake at 325°F. until custard is firm. To test it, run a sharp knife into centre. The knife should come out clean.

This method of baking is known as "oven poaching" and is used for many milk and egg mixtures. At no time should the oven become hot enough to boil the water in the outer dish.

Firm custards may be flavoured with melted, unsweetened chocolate, cocoa syrup, caramel syrup, butterscotch, orange, lemon, almond or vanilla. Coffee may be substituted for 1 cup of milk specified in recipe.

BEST BAKED APPLES

6 large red apples
1 cup sugar
2 cups water

Core apples and peel ⅓ way down from stem end. Add skins and cores to water and boil for 10 minutes; discard skins and cores and add sugar to water. Boil 5 minutes. Place apples in a pan with a closely-fitting cover, add syrup, cover with lid and cook over a very low heat until apples are tender but unbroken. If syrup boils rapidly, the apples will break up. Keep syrup at simmering point. Baste frequently with syrup. When tender, remove to individual serving dishes, pour the syrup over the top, and chill before serving.

Apples may be baked in a moderate oven instead of on top of the stove. Apples may also be stuffed. Fill cavities with a mixture of brown sugar and cinnamon, chopped figs, ginger, chopped dates, or left-over jam or preserves. Maple syrup may be used instead of sugar syrup.

DESSERTS WITH A BISCUIT DOUGH FOUNDATION

An ordinary biscuit dough, made slightly richer than usual, may be used as the foundation for an almost endless number of light and wholesome puddings and desserts. There are few desserts more appetizing than a fragrant old-time Pandowdy or crisp, buttery Shortcake made from Five Roses Vitamin Enriched Flour.

SHORTCAKE DOUGH

2 cups Five Roses Enriched Flour
4 tsps. baking powder
½ tsp. salt
1 tbsp. sugar
⅓ cup butter or other shortening
⅞ cup milk
Fruit

Mix and sift dry ingredients. Work in shortening with tips of fingers or 2 knives. Add sugar. Add liquid gradually. Mix with a knife to a soft dough. Toss on floured board. Roll lightly to ½ inch thickness. Bake in a large sheet or cut with a cookie cutter for individual shortcakes. Bake at 450°F. 12 to 15 minutes. Yield — 1 large or 6 individual shortcakes.

Note: — For complete directions for making biscuit doughs, see page 36.

TO MAKE THE SHORTCAKE

When the Shortcake Dough is baked, split it and butter the lower portion. Put sweetened fruit between layers and on top. Garnish with whipped cream.

Fresh strawberries and other berries, canned or fresh peaches and apricots, bananas, stewed rhubarb and stewed blueberries are a few of the fruits which may be used for filling Shortcakes. Serve warm.

OLD TIME PANDOWDY

Prepare apples, peaches, berries, cherries or other fruit in the usual way, or use canned fruit partially drained from syrup. Spread a generous layer in bottom of baking dish. Add spice if desired, and add sugar to fresh, uncooked fruits. Roll Shortcake Dough to fit baking dish. Use it to blanket fruit, pressing moistened edges of paste to rim of baking dish. Bake at 450°F. for the first 10 minutes. Reduce temperature to 375°F. and continue baking until fruit is tender, about 25 to 30 minutes in all. Serve with rich cream or pudding sauce.

BAKED APPLE TURNOVERS (Also known as Apple Dumplings)

Make Shortcake Dough as directed. Roll dough to ¼ inch thickness. Cut in squares. Pare and core medium-sized apples, place one on each square of dough. Fill cavity in apple with sugar, bits of butter and a dash of cinnamon. Pinch edges together closely. Bake in a buttered pan as directed for Pandowdy.

SWEET DUMPLINGS

Like the Shortcakes, these dumplings are made from a simple biscuit dough.

2 cups Five Roses Enriched Flour
4 tsps. baking powder
½ tsp. salt
2 tbsps. shortening
2 tbsps. sugar
1 cup milk

Mix and sift dry ingredients. Work in shortening with tips of fingers or 2 knives. Add liquid gradually. Mix with a fork to a soft dough.

The Fruit Dumplings may be made in two ways: —

1. Take dough up in spoonsful and drop lightly on top of boiling sweetened fruit. Cover closely and boil for 12 to 14 minutes. Do not uncover while boiling. Serve as soon as cooked, using fruit as sauce for dumplings. Spiced stewed apples, stewed blueberries, rhubarb and cherries are a few of the fruits suitable for this dish.
2. Use only ⅞ cup of milk. Roll dough to ¼ inch thickness. Cut in rounds 4 inches in diameter. Place a spoonful of chopped, sweetened fresh or canned fruit in centre of each round. Moisten edges and bring together, pinching to seal well. Drop into boiling syrup and boil in a tightly-covered saucepan on top of the stove for 12 to 14 minutes, or bake at 425° to 450°F. Use enough syrup to ½ cover dumplings.

Chopped apples, stoned and cooked prunes, cooked figs and drained canned peaches or apricots may be used for filling dumplings.

If desired, spices, nuts, raisins, dates, etc., may be added to dumpling dough to be cooked by method No. 1.

For a sweet syrup, use 1 cup of Butterscotch Syrup (recipe page 116) diluted with ¾ cup of water.

For a fruit syrup, cook ¼ cup butter, 1 cup brown sugar, the juice of ½ lemon and 1 orange and 1½ cups of water for 5 minutes, add dumplings.

Do not place dumplings too close together. Leave plenty of room for them to rise.

ORANGE MARMALADE DUMPLINGS

2 cups granulated sugar
1½ cups water
2 tart oranges
Dumpling dough
Marmalade

Mix sugar, water and grated rind and juice of oranges. Boil 5 minutes. Flavour dumpling dough with a little grated orange rind, and moisten with only ⅞ cup of milk. Roll to ¼ inch thickness. Cut in rounds. Place a spoonful of marmalade in centre of each round. Pinch edges together. Have syrup boiling in a shallow baking pan. Drop dumplings into syrup and bake at 425° to 450°F. for 15 to 20 minutes.

CRUMBLY CRUST (Quick Pie)

Fruit of any kind
½ cup butter
½ to 1 cup brown sugar
¾ cup Five Roses Enriched Flour
Spices if desired

Cover bottom of a 10 inch pan with a 1 inch layer of any desired fruit prepared in the usual way. Cream butter, add sugar gradually. Mix in flour and rub to a crumbly mixture. Spread crumbs over top of fruit and bake at 325° to 350°F. until fruit is tender. Spices may be added to crumbs or fruit.

COTTAGE PUDDING

Use the 1-Egg, 2-Egg or 3-Egg Butter Cake mixture, or a Gingerbread or Chocolate Cake batter. Bake batter in a shallow pan. Cut in squares while warm and serve with Vanilla, Lemon or Foamy Orange Sauce, or with stewed fruit.

When fresh berries are in season, use slightly less liquid in cake batter and add 1 cup of floured blueberries or raspberries, to make **Berry Cottage Pudding.**

FRUIT COBBLERS

Use any of the cake batters specified for Cottage Pudding. Place a generous layer of chopped sweetened fruit in bottom of buttered pudding dish; pour in cake batter. Bake at 375°F. Serve with any hot pudding sauce.

DUTCH APPLE CAKE

Use Standard 1- or 2-Egg Cake batter, and decrease amount of liquid to ¾ cup. Pour batter into a shallow, well-greased baking dish. Peel and core apples; cut in eighths. Place in rows on batter with sharp edge pressed in slightly. Sprinkle generously with sugar and cinnamon. Bake at 350°F. until batter is baked and fruit is tender. Serve hot, cut in squares, with Lemon Sauce.

Peaches or Apricots may be substituted for the apples.

FRUIT BETTYS

2 cups prepared fruit
1½ cups soft breadcrumbs
½ to 1 cup sugar
1 lemon, grated juice and rind
2 tbsps. butter
¼ cup water or fruit juice
Cinnamon or nutmeg (optional)

Place in greased baking dish alternate layers of buttered crumbs, prepared fruit, sugar, bits of butter, sprinkling of spices, sprinkling of lemon juice and rind, then more crumbs, fruit, etc., with buttered crumbs on top. Pour over the water or fruit juice and bake at 350°F. Cover pudding for first 20 minutes. Bake 45 to 50 minutes.

Apple, apple and banana, rhubarb, rhubarb and banana, peach, peach and raspberry, apricot, blueberries and raspberries are fruits which may be used. The amount of sugar required will depend on fruit used.

UPSIDE-DOWN PUDDING

Use a Butter Cake, Chocolate Cake, Gingerbread or Sponge Cake batter. Melt 3 tablespoons of butter in a heavy iron or aluminum pan; add brown sugar to form a generous covering on bottom and sides of pan. Set at back of stove to partially melt sugar.

Cover bottom of pan with a layer of any desired fruit, pour cake batter over top, and bake in a moderate oven. When baked, invert on large serving dish and serve with whipped cream or hot pudding sauce.

Pineapple, blueberries, peaches, apricots, apples and rhubarb may be used in this pudding. A very delicious Pineapple Upside-Down Pudding may be made with a Sponge Cake batter. Arrange slices of canned pineapple on butter and sugar mixture in pan; fill in between fruit with walnut or pecan meats and raisins; pour over the Sponge Cake batter and bake at 325° to 350°F. When baked, invert on serving dish, place a cherry in centre of each slice of pineapple and serve with whipped cream.

Stewed rhubarb and Gingerbread batter make a very pleasing combination for Upside-Down Pudding.

BREAD PUDDING

1¼ cups stale (not dry) crumbs
2 cups scalded milk
2 tbsps. butter
Few grains of salt
3 to 5 tbsps. sugar
2 eggs
½ tsp. vanilla
Currants or raisins (optional)

Mix together crumbs, sugar, salt and butter; pour over hot milk; cover and set aside to become lukewarm. Add slightly-beaten eggs or egg yolks and vanilla. Turn into buttered baking dish and bake at 325°F. for 1 hour, or until pudding is fairly firm in centre. Serve hot or cold, with cream, top milk or a sweet sauce. When eggs are scarce, use 1.

If the oven is allowed to become too hot, mixture will curdle.

This pudding mixture may be flavoured with melted, unsweetened chocolate, cocoa or caramel syrup, butterscotch, grated lemon or orange rind or with spices. Raisins, currants, chopped figs, dates or nuts may be added.

QUEEN OF PUDDINGS

Make Bread Pudding mixture as directed, using 2 egg yolks. When baked remove from oven, spread jam or jelly over top of pudding. Make a meringue of the 2 egg whites and 4 tablespoons of fine sugar. Pile meringue roughly on top of pudding and return to a slow oven (350°F.) to lightly brown. Serve hot or cold.

ORANGE SOUFFLE PUDDING

3 eggs
1 cup scalded milk
½ cup sugar
1 cup breadcrumbs
Grated rind of 2 oranges
⅔ cup orange juice
2 tsps. lemon juice

Mix milk, crumbs, sugar, and rind. Add fruit juices slowly. Add well-beaten egg yolks. Fold in stiffly-whipped egg whites. Bake at 325°F. for 45 to 60 minutes, or until pudding is firm in the centre. Serve with cream.

ANGEL FRUIT PUDDING

- 1 cup chopped dates
- 1 cup chopped nutmeats
- 3 eggs, well-beaten
- 1 cup sugar
- 6 tbsps. Five Roses Enriched Flour
- 1 tsp. baking powder
- Few grains of salt

Add sugar to eggs and mix well. Add dry ingredients and finely-chopped dates and nuts. Mix well and pour into a shallow buttered baking dish. Bake at 300°F. for 30 minutes. Cut in squares and serve with whipped cream. May be served hot or cold. A very rich dessert.

DAFFODIL MERINGUE

- 3 tbsps. quick-cooking tapioca
- ½ cup honey
- 2 cups boiling water
- 2 tbsps. lemon juice
- 3 eggs
- 1 tbsp. butter
- Pinch of salt

Moisten tapioca with cold water and stir it into boiling water. Add salt. Cook until clear. Beat yolks of eggs, add honey, lemon juice and butter and stir slowly into tapioca mixture. Cook over hot water until mixture thickens — about 20 minutes. Pour into a buttered baking dish, add a little candied lemon peel. Cover with a meringue made of egg whites and 4 tablespoons of honey. Bake in a slow oven until delicately browned.

CREAMY RICE PUDDING

- 4 tbsps. rice
- ⅓ cup sugar
- ½ tsp. salt
- 2⅓ cups evaporated milk
- 1½ cups water
- ½ tsp. nutmeg
- Raisins if desired

Wash rice, add sugar, salt, milk and water. Pour into a buttered baking dish and add a sprinkling of nutmeg. Bake from 2 to 3 hours at 250° to 350°F. stirring several times during the first hour to prevent rice from settling at the bottom.

This is the old-fashioned creamy pudding which has a delicious flavour because of the long, slow cooking. Lemon rind may be substituted for nutmeg.

Steamed Puddings

The old-time cook made her puddings heavy with suet; she tied the puddings in a floured cloth and boiled them in water. The result was a heavy indigestible mass with a soggy, doughy outer covering. Puddings of this type are a thing of the past. The modern cook frequently uses a light Five Roses biscuit dough for the foundation of her puddings. She steams the puddings in covered moulds or boils them in smooth bowls covered with waterproof paper. Her puddings are as light and dry as baked ones.

To Steam Puddings

In order to produce light, tender puddings, they must be carefully steamed. Butter both the mould and the cover. Fill mould only two-thirds full of pudding mixture, to allow ample room for the pudding to rise. Strong wrapping paper is better than wax paper for tying down puddings. Grease paper well and stretch it over bowl. Tie firmly with string. When the mould is fitted with a lid, stretch a piece of greased paper over the pudding before fitting on the lid.

If a steamer is not used, rest bowl or mould on an inverted pie plate or rack so that the steam can get all round the pudding. The water in the steamer must be boiling when the pudding is placed in it and it must not be allowed to stop boiling for one moment while pudding is cooking. If more water must be added, be sure that it is boiling.

Remove pudding from mould as soon as it is taken from steamer. When puddings are to be stored for future use, cool quickly, then put them away in a covered container in a cold, dry place. To use return to mould or bowl and steam for 1 or 2 hours.

Well-washed 1 pound coffee tins, and even tobacco tins, may be used as moulds when other moulds are not available. Grease the tins well and fill only two-thirds full of the mixture before covering.

If desired, 3 to 4 puddings of different flavour may be cooked at one time. Make up the necessary amount of pudding batter. Add figs to one portion of batter, dates to another, raisins and currants to another and marmalade to another. Steam puddings all at one time, each in a separate mould or bowl. Reheat puddings as required. They may be steamed in the wash-boiler.

STEAMED PUDDINGS WITH A BISCUIT DOUGH FOUNDATION

A simple Five Roses biscuit dough may be used as the foundation for numerous appetizing and wholesome puddings.

FIVE ROSES PUDDING MIXTURE

2 cups Five Roses Enriched Flour
4 tsps. baking powder
½ tsp. salt
3 or more tbsps. sugar
3 or more tbsps. butter or other shortening
1¼ cups milk

Note: — When the pudding is one for which the dough must be rolled, use only 1 cup milk.

Sift dry ingredients. Mix in shortening with tips of fingers or 2 knives. Add sugar. Add milk gradually, mixing with a fork to make a stiff batter. Use as desired.

Additions of raisins, nuts, currants, peel, ginger, dates, figs, melted unsweetened chocolate, cocoa syrup, marmalade, treacle, etc., may be made to mixture.

Spotted Dick, Date, Fig or Ginger Puddings — Add raisins, currants, dates, figs or chopped ginger to the pudding mixture, with or without spices, and steam for 2 hours in large or individual moulds. Fill moulds only two-thirds full.

Black Currant, Apple, Rhubarb, Marmalade or Treacle Pudding — The dough may be used in 3 ways.

1. Place fruit or syrup in bottom of greased bowl, spread pudding mixture over top, tie down and steam as directed, for 2 hours.
2. Line greased bowl with mixture, using a pliable knife to spread evenly; half fill with fruit or syrup, cover with pudding mixture, tie down and steam for 2 hours.
3. Use only 1 cup of milk when making dough. Roll to ¼ inch thickness and use dough to line a well-greased bowl. Half fill with fruit or syrup, cover with a round of dough, sealing edges well, tie down and steam 2 hours.
4. Roll the dough same as in No. 3. Cut in rounds; place alternate rounds of dough and layers of jam, fruit or syrup in greased bowl till bowl is two-thirds full. Tie down and steam for 2 hours.
5. Roll dough same as for No. 3, spread with jam, syrup or marmalade, then roll like jelly-roll. Tie loosely in a cloth, and steam 2 hours. This latter is known as **Roly-Poly Pudding.**

TAFFY COATING FOR THE PUDDINGS

Coat the inside of pudding bowl with a mixture made of 2 tablespoons of butter and ¼ cup brown sugar. When pudding is steamed, it will be coated with a rich taffy-like syrup. This is particularly appetizing when used with rhubarb, apple, black currant, peach and date puddings. Invert puddings when serving.

SAILOR'S DUFF

¼ cup butter
¼ cup brown sugar
1 egg
½ cup molasses or syrup
2 tbsps. milk
1½ cups Five Roses Enriched Flour
Pinch of salt
1 tsp. baking powder
½ tsp. baking soda dissolved in
1 tbsp. boiling water

Beat ingredients together well, then add ½ cup boiling water. Mix and pour into a well-greased mould. Cover and steam for 1½ to 2 hours. Ginger to taste, and 1 cup seedless raisins make a pleasing addition to mixture.

EGGLESS SUET PUDDING

1¼ cups sour milk
½ cup corn syrup or treacle
1 cup Five Roses Enriched Flour
⅓ tsp. salt
1½ cups stale breadcrumbs
1 cup chopped suet
2 tbsps. brown sugar
1 tsp. baking soda
1 tbsp. boiling water
1 cup currants or raisins
1½ tsps. mixed spices

Mix and sift flour, salt and spices. Add crumbs, suet, sugar and fruit. Mix milk and syrup and warm slightly; beat well and add to dry ingredients. Add soda dissolved in warm water. Mix well. Two-thirds fill buttered moulds or bowls. Tie down and steam 2 hours. This is a light, delicate pudding.

Dates, figs, peel, chopped ginger or other fruits may be used instead of currants and raisins. For a richer pudding add 1 to 2 eggs. Melted unsweetened chocolate or cocoa syrup may be added to make a **Steamed Chocolate Pudding.**

CHRISTMAS PUDDINGS

Plum puddings should be made at least a month before required so that puddings have time to mellow.

PRIZE PLUM PUDDING

- 1¼ cups Five Roses Enriched Flour
- ½ tsp. cinnamon
- ½ tsp. nutmeg
- ¼ tsp. ground mace
- ¼ tsp. cloves
- ½ tsp. salt
- 1½ cups stale breadcrumbs
- 1½ cups shredded suet
- 1½ cups sugar (brown)
- 1 cup sultana raisins
- 1 cup muscatel raisins
- ¾ cup seeded raisins
- 1 cup currants
- 1 cup chopped figs
- 1½ cups chopped peel
- ¾ cup almonds, blanched and cut in slices
- 1 cup halved glace cherries
- ½ cup strained honey
- 4 eggs, well beaten
- ½ cup fruit juice, wine or brandy
- Between ½ and ⅔ cup of milk
- ½ tsp. baking soda dissolved in 1 tbsp. of warm water

This pudding is delicious!

The amount of milk will depend on the staleness of crumbs.

Mix ingredients in order given. Two-thirds fill well-buttered moulds or bowls. Cover with strong paper, tie down with pudding cloth and steam for 5 hours. To reheat, steam for about 2 hours.

CARROT PUDDING

- 1 cup grated raw carrot
- 1 cup grated raw potato
- 1 cup Five Roses Enriched Flour
- 1 cup white sugar
- ¾ cup seeded raisins
- ½ cup currants
- ½ cup butter or other shortening
- ½ tsp. cloves
- ½ tsp. nutmeg
- ½ tsp. cinnamon
- 1 tsp. soda

If desired, ¾ cup chopped suet may be used instead of the shortening.

Grate carrot and potato. Measure and set aside. Cream butter, add sugar and blend well. Add carrot and ½ potato, and mix well. Sprinkle fruits with flour and add to first mixture. Add flour and spices, which have been sifted together. Dissolve soda in remaining ½ cup of potato and add it at the last. Mix lightly together. Pour into buttered bowls. Tie down and steam for 3 hours.

Sweet Sauces for Desserts

A good sauce adds a festive touch to the simplest puddings. Liquid sauces made with Five Roses Vitamin Enriched Flour are smooth, delicate and flavourful.

VANILLA SAUCE (Five Roses Pudding Sauce)

2 tbsps. of butter
2 tbsps. Five Roses Enriched Flour
1¼ cups rich hot milk
A few grains of salt
3 to 4 tbsps. sugar
¾ tsp. vanilla

Melt butter, stir in flour and mix well. Add warm milk gradually; stir over direct heat until mixture thickens. Add sugar and salt. Cover tightly and cook in top of double boiler for 10 minutes longer, stirring occasionally. Remove from fire and add flavouring.

The flavour of this sauce may be varied by the addition of melted unsweetened chocolate, caramel or cocoa syrup, orange, lemon or almond extracts. To make a rich, foamy type of sauce, add 1 or 2 slightly-beaten egg yolks to the mixture 2 minutes before it is removed from fire. Before serving, add flavouring and fold in stiffly-whipped egg whites.

When adding egg yolks, add a little hot liquid to the yolks, then return to double boiler to finish cooking.

LEMON SAUCE

½ cup sugar
1 tbsp. cornstarch
2 tbsps. lemon juice
A few grains of salt
2 tbsps. butter
1¼ cups boiling water
Grated lemon rind

Grate off a little lemon rind and add to water; boil for 5 minutes. Mix together cornstarch, sugar and salt. Add water gradually, stirring constantly. Return to saucepan and cook until thickened. Remove to low heat and cook 5 minutes longer. Remove from fire, add lemon juice and butter. Serve hot.

Orange Sauce — Use orange rind instead of lemon rind; reduce sugar to ⅓ cup and lemon juice to 2 teaspoons. Add ¼ cup orange juice.

Fruit Sauce — Make same as Lemon Sauce, using only ¼ cup of sugar and 2 teaspoons of lemon juice. Use 1 to 1¼ cups of syrup drained from canned fruit instead of water.

FOAMY ORANGE SAUCE

2 egg whites
Few grains of salt
⅔ cup powdered sugar
1 large orange
Juice of ½ lemon

Beat whites of eggs and salt until very stiff; add sugar slowly. Beat well; add grated rind and juice of orange and juice of lemon. Serve with any hot pudding. Very appetizing with Cottage Pudding.

CUSTARD SAUCE

1½ cups milk
2 egg yolks
3 tbsps. sugar
Few grains of salt
½ tsp. vanilla or other flavouring

Scald milk in top of double boiler. Mix egg yolks with sugar and salt and beat slightly. Add a little hot milk to egg yolks, mix well, return to top of double boiler and stir until mixture coats spoon. Remove from fire, strain and cool. Add flavouring when cold.

Cocoa or caramel syrup, lemon, orange or almond extracts may be used for flavouring.

HOT BUTTERSCOTCH SAUCE

1 cup brown sugar
½ cup granulated sugar
2 tbsps. corn syrup
1 cup heavy cream

Mix together brown and white sugar and corn syrup. Cook to the medium-firm ball stage, as for fudge. Remove from fire, let stand until almost cold, stir in 1 cup heavy cream. If sauce is not allowed to cool slightly it will become thin when cream is added.

HARD SAUCE

1 tbsp. butter
1 cup powdered sugar
1 tbsp. sweet cream
1 egg white
½ tsp. vanilla extract

Cream together butter, sugar and cream. Add vanilla as you stir. When creamed, add stiffly-whipped white of egg. When well mixed, add 3 more tablespoons of sugar. Beat well. Pile in a glass dish, and serve with Christmas, Date and other rich Fruit Puddings. The sauce may be flavoured with grated nutmeg or cinnamon.

OLD-TIME BRANDY SAUCE

2 eggs
1 cup powdered sugar
3 tbsps. brandy

Beat egg yolks until thick and lemon coloured; add one-half sugar gradually, beating between additions. Beat egg whites until stiff, add remaining sugar a little at a time, beating between additions. Fold egg white mixture into yolk mixture. Add brandy. Sherry or vanilla or grated nutmeg may be substituted for brandy.

FRESH STRAWBERRY SAUCE

Cream ⅓ cup of butter, add 1 cup powdered sugar, a little at a time; mix well between additions. Add ⅔ cup of fresh strawberries, a few at a time; beat between additions until well blended. Delicious with cottage or other plain pudding.

ITALIAN MERINGUE

1½ cups sugar
½ cup water
2 egg whites
1 cup whipped cream

Stir sugar and water together in saucepan until sugar dissolves. Cook without stirring until mixture spins a long thread when dropped from tines of a silver

fork. Pour slowly over well-beaten egg whites, beating constantly. Continue beating until cool. Fold in stiffly-whipped cream. Spread thickly over any desired pudding. This is frequently used with jellied fruit desserts, rice-and-fruit puddings and to top dessert fruit salads.

QUICK HONEY SAUCE

Add a little finely-grated lemon or orange rind to ⅔ cup of honey. Mix with ½ cup of top milk or cream, and pour over boiled rice, cottage pudding or other simple fruit pudding.

PINEAPPLE CREAM SAUCE

Mix ½ cup grated fresh or canned pineapple with ¼ cup fruit sugar and let stand for 1 hour. Just before serving, fold in 1 cup whipped cream.

CARAMEL SYRUP

Melt ¼ cup of granulated sugar in a small, smooth saucepan and allow to brown slightly. Slowly add ½ cup boiling water. Stir until caramel is dissolved. Add another ½ cup of sugar and continue cooking until the consistency of syrup. Store in a jar and use as required. Use for flavouring pies, puddings, sauces, etc.

BUTTERSCOTCH FLAVOURING

Cook together 2 tablespoons of butter and ¼ cup of brown sugar and use for flavouring milk puddings, sauces, etc.

COCOA SYRUP

½ cup breakfast cocoa
½ cup cold water
¼ cup boiling water
½ cup granulated sugar
1 tsp. vanilla

Mix cocoa and cold water to a paste. Add boiling water and sugar. Boil 3 minutes; stir to prevent burning. When almost cold, add vanilla and pour into a scalded 1 pint sealer. Store in a cold place and use as required. Use for flavouring puddings, pie fillings, sauces, cakes, cookies and beverages.

CHOCOLATE SAUCE I

Cocoa Syrup may be used as a hot or cold Chocolate Sauce, on desserts and ice cream.

CHOCOLATE SAUCE II

Heat 1 cup evaporated milk in double boiler and let cook for 5 minutes; cool, set in refrigerator to become thoroughly chilled. Whip like cream. When stiff, add 4 tablespoons powdered sugar and 2 teaspoons cocoa.

CHOCOLATE SAUCE III

5 squares unsweetened chocolate
2 cups boiling water
1¾ cups sugar
¼ cup corn syrup
½ tsp. salt

Melt chocolate over hot water; add boiling water and cook over direct low heat, stirring constantly until smooth and thick, about 2 minutes. Add sugar, corn syrup and salt and cook briskly for 5 minutes, stirring occasionally. Cool. Pour into a clean glass jar. Cover jar and store in the refrigerator or ice box.
To use — As sauce on ice cream.

MOCK MAPLE SYRUP

2 cups light brown sugar
1 cup boiling water
½ tsp. maple flavouring

Add boiling water to sugar, bring to boiling point and cook 5 minutes. Remove from fire, add flavouring and mix well. Store in a covered jar.

BUTTERSCOTCH SYRUP

This syrup may be used as a pancake accompaniment, or as a sauce for desserts. The syrup must be slightly warm for serving, otherwise the butter will rise to the top and form a fatty layer.

Mix together 1 cup brown sugar and 1½ tablespoons of butter; stir in a smooth saucepan over a moderate heat until sugar is melted and bubbling. Do not allow mixture to darken. Add 1 cup of boiling water and a second cupful of brown sugar; bring to boiling point and cook until sugar is melted — about 10 minutes. Remove from fire. Flavour with ½ teaspoon maple flavouring or with vanilla.

ORANGE SYRUP

2 cups granulated sugar
¾ cup orange juice
1 cup diced orange

Boil sugar and orange juice until it forms a thick syrup. Cool and add diced orange. Serve with pancakes.

LEMON SYRUP

½ cup corn syrup
½ cup water
Grated rind of ½ lemon

Cook together for 20 minutes. Strain and serve hot. For orange syrup, use grated rind of ½ orange instead of lemon rind.

Beverages

Rules for Coffee Making

1. Fresh coffee is the first prerequisite for good coffee.
2. Buy coffee of the proper grind for the type of pot to be used and buy in fairly small quantities — no more than enough for a week.
3. Fresh water is necessary for good coffee. Always start with freshly drawn cold water. Water that has been preheated or drawn from the hot water faucet may impart an undesirable taste to the brew.
4. An immaculately clean coffee maker is the fourth requirement. Be sure that the coffee maker, of whatever type — drip, vacuum, percolator or silex — is kept perfectly odorless and clean by washing with hot soapy water and scalding with clear water thoroughly after each using.
5. Measure coffee and water accurately.

Proportions for Coffee

Proportions of coffee suggested for 1 cup of water vary with strength desired. They are approximately as follows:

Weak	1 tablespoon
Medium	2 tablespoons
Strong	3 tablespoons
After-dinner	4 tablespoons

ICED COFFEE

For iced coffee, make coffee in the regular manner for the type of coffee maker used, but use double the amount of coffee. Pour freshly made hot coffee into tall glasses filled with ice cubes. Fine flavoured iced coffee cannot be made with regular strength coffee or with left-over coffee.

CHOCOLATE SYRUP

5 squares unsweetened chocolate
2 cups boiling water
1¾ cups sugar
¼ cup corn syrup
½ tsp. salt

Melt chocolate over hot water; add boiling water and cook over direct low heat, stirring constantly until smooth and thick, about 2 minutes. Add sugar, corn syrup and salt and cook briskly for 5 minutes, stirring occasionally. Cool. Pour into a clean glass jar. Cover jar and store in the refrigerator or ice box.

To use — For hot chocolate or cold chocolate milk, allow 1 tablespoon of syrup to a cup of milk.

HOT CHOCOLATE

2 squares unsweetened chocolate
1⅓ cup boiling water
Pinch of salt
1 qt. scalded milk
⅓ cup sugar
½ tsp. vanilla

Melt chocolate over hot water; slowly add boiling water, stirring continuously to obtain a smooth paste. Add sugar and salt to hot milk; combine with chocolate syrup, stir thoroughly and continue cooking 5 minutes over boiling water. Add vanilla, whip for a minute with a rotary beater and serve steaming hot. Addition of marshmallows or whipped cream makes a richer drink.

CHOCOLATE SHAKES

Put 2 or 3 tablespoons Cocoa Syrup, cracked ice and 1¾ cups cold milk in a quart fruit jar. Tighten lid with rubber band and shake well. Serve at once.

Frosted Chocolate Shake — Put 1½ tablespoons Cocoa Syrup, ⅓ glass of milk and a large scoop of ice cream in a glass. Add soda water. Stir well and serve.

COCOA

3 tbsps. cocoa
3 tbsps. sugar
¼ tsp. salt
¾ cup boiling water
1 qt. scalded milk
¼ tsp. vanilla

Mix cocoa, sugar and salt and blend to a smooth paste with boiling water. Bring to boil and cook for 1 minute, stirring constantly, to form a syrup. Add scalded milk and heat to scalding over boiling water. Remove from heat and add vanilla. Whip with a rotary beater until frothy and serve steaming hot.

Rules for Tea Making

1. Choose a good grade of tea of the variety your family likes.
2. Allow ½ teaspoon tea for each cup to be brewed.
3. Place tea in a clean, scalded china, earthenware or glass tea pot.
4. Pour over it the required amount of vigorously boiling water — the water should be freshly boiled — cover pot and let stand 2 to 5 minutes.
5. Stir thoroughly and serve at once by pouring through a strainer into cups.

ICED TEA

Prepare a strong brew as directed for hot tea. Pour the freshly made hot tea through a strainer directly over ice cubes or cracked ice in tall glasses or a pitcher. It is best to make hot tea very strong, since it may be diluted easily by melting ice. Serve with lemon wedges, sugar and a sprig of mint if desired.

SPICED APPLE CIDER

1 qt. sweet apple cider
8 whole cloves
8 whole allspice
1 cinnamon stick
¼ cup brown sugar
Few grains of salt

Put cider into saucepan, add spices, salt and sugar; cover and heat very slowly to boiling point. Heat should be so low that it takes cider about ½ hour to come to a boil. Remove from heat, strain and serve hot.

Fruit beverages are wholesome and particularly refreshing during warm weather. If you keep on hand a bottle or two of home-made fruit syrup and a box of Five Roses Ice-Box Cookies or Drop Cakes, you will be ready to refresh your hot and tired family, your friends who may drop in, tired and dusty from motoring, or the children's friends who may clamour into the kitchen for "something cold to drink".

The use of a simple sugar syrup for sweetening fruit beverages will be found a distinct saving in time as it blends better and more quickly with the other ingredients.

PLAIN SUGAR SYRUP

2 cups granulated sugar
1 cup water

Mix sugar and water. Stir up from the bottom while bringing to boiling point. Allow mixture to boil 5 minutes without stirring. When cool, bottle and keep in a cool place. Use for milk shakes and fruit beverages.

Delicious Sandwiches

It is a far cry from the old-time sandwiches which our mothers made by slipping a slice of meat between 2 pieces of bread. The modern sandwich may be 1, 2, or even half a dozen slices, and the filling anything from grated carrot to pate-de-foie gras.

It is not mere chance which causes some sandwiches to remain fresh much longer than others. Five Roses Vitamin Enriched Flour, because of its uniform quality and strength, possesses unusual absorptive quality; bread made with Five Roses Vitamin Enriched Flour will remain fresh for an unusual length of time.

Rules for Making Sandwiches

1. Cream butter until soft and pliable.
2. Prepare filling or fillings.
3. Cut bread. Use the 2 slices of bread that lie next to each other in the loaf so that the sandwiches will have even edges and be easier to cut and wrap.
4. Line up the slices of bread in pairs on cleared working space.
5. Spread butter on all the bread, a short flexible-bladed spatula being the best utensil to use.
6. Spread filling on alternate rows of bread with spatula. Make all of 1 sandwich variety at the same time, then proceed to next filling.
7. Cover each filled slice with corresponding slice of bread.
8. Stack 2 or 3 sandwiches and cut them all at once with sharp bread knife.
9. Label and wrap each variety of sandwich individually to prevent odors from mingling.

RIBBON SANDWICHES

Use 2 slices of brown bread and 1 of white, or 2 of white and 1 of brown. When putting slices together, alternate slices of white and dark bread. Cut slices ¼ inch thick, put together with creamed butter or other soft filling. Wrap tightly in a damp cloth and press under a weight. Cut in ¼ inch slices just before serving.

CHECKERBOARD SANDWICHES

Butter 4 ribbon sandwiches liberally, 2 on both sides and 2 on 1 side. Press together as for Ribbon Sandwiches so end shows a whole-wheat strip directly over a white one. Place under a weight. Chill until butter sets. Cut into ¼ inch slices.

ROLLED SANDWICHES I

Remove all crust from sandwich loaf and wrap in damp towel. Let stand 1 hour. Cut in very thin slices, spread with butter and, if desired, a soft filling. Roll, fasten with a toothpick, and wrap in a damp cloth until serving time. Remove toothpick before serving. Tiny celery hearts or sprigs of cress may be placed in a butter sandwich roll.

TOASTED ROLLED SANDWICHES

Make same as Rolled Sandwiches I, spreading slices with softened jelly or marmalade. Roll, fasten with toothpick. Toast in a quick oven. Remove toothpick and serve hot.

ROLLED SANDWICHES II

Prepare bread same as for Rolled Sandwiches I. Slice lengthwise of loaf, cutting as thin as possible. A straight blade carving knife will be found more satisfactory for this purpose than the usual saw-tooth bread knife. Spread with butter and soft filling. Roll like jelly roll, making roll as firm as possible. Wrap rolls in a damp cloth and put in a cold place until serving time. Slice each roll in thin rounds. Arrange on serving plate. Softened cream cheese, anchovy paste and other soft pastes are suitable. A smooth filling MUST be used so that bread will not break when rolled.

OPEN FACE SANDWICHES

Open faced sandwiches are served at afternoon teas and receptions. They consist of a single ⅜ inch slice of bread cut into any desired shape. Stars, hearts, diamonds, crescents and squares are popular. These are spread with creamed butter, then with filling and decorated. Most suitable materials for these are white or brown bread, cream cheese, jam, olives, chopped parsley and pimentos and hard-cooked eggs. Borders of chopped pimento or similar materials are pleasing. A centre garnish may be used if desired.

CLUB SANDWICHES

Arrange lettuce, crisp bacon, sliced tomato, and mayonnaise on slice of buttered toast. Cover with another slice of toast. Make second layer of lettuce, sliced chicken, and mayonnaise. Cover with a third piece of toast. Garnish with parsley, olives or pickles. Serve while toast and bacon are hot. Bread may be toasted on one side only. Toasted side is then placed uppermost. Such a sandwich is a suitable main dish for lunch or supper.

SANDWICH LOAF

⅔ sandwich loaf bread
½ cup creamed butter
Fillings as suggested
2 cups cottage or cream cheese
Thin cream

Filling I — lettuce and tomatoes with mayonnaise.

Filling II — chopped or ground meat with pickle.

Filling III — cream or sliced cheese.

Remove crusts from bread. Cut loaf lengthwise into 4 slices, parallel with bottom of loaf. Spread bread with butter on both sides except bottom and top slices which are spread on 1 side. Spread bottom layer with lettuce, tomato and mayonnaise. Cover second layer with meat and pickle mixture, and top layer with cheese. Chill for 1 hour. Then, cover entire loaf with cottage or cream cheese which has been mixed to a smooth paste with thin cream. Decorate top with bits of parsley or pimento. Slice into 2-inch slices.

SAVORY FILLINGS

1. Chopped celery and hard-cooked egg, moistened with mayonnaise.
2. Brown or white bread, cream cheese and chopped nuts, with lettuce.
3. Brown or white bread, chopped celery and olives.
4. White bread, minced ham and tomato catsup filling.
5. Finely-chopped left-over chicken, worked to a smooth paste with a little butter and a spoonful of cream. Season to taste.
6. Finely-chopped onion and cream cheese, with crisp lettuce.

7. Finely-chopped left-over roast beef or boiled ham, seasoned with minced Spanish onion and salt.
8. Left-over baked beans, mashed, seasoned with chopped celery and salt and moistened with salad dressing. Use brown or white bread.
9. Equal parts of chicken and ham, finely-minced and seasoned with curry powder.
10. Minced beef, with finely-chopped pickle or relish.
11. Sardines made to a paste with lemon juice.
12. Beef loaf with catsup.
13. Cottage cheese with chopped olives.
14. Crab meat pounded to a paste with lemon juice, salt, pepper, nutmeg and a pinch of curry, with one-third as much butter as crabmeat.
15. Cold cooked veal, finely-minced and mixed with tomato sauce or catsup.
16. One cup of cold roast chicken or other fowl, 3 olives, 1 pickle. Mince all fine and moisten with mayonnaise.
17. Tuna fish, celery and mayonnaise.
18. Chopped corn beef, celery and watercress.
19. Chopped bacon and eggs.
20. Chopped liver and bacon.
21. Chopped chicken giblets and egg.
22. Spread on bread a thin layer of grated horse-radish; on this place a thin slice of roast beef, then a slice of fresh tomato.
23. Eggs, sliced or chopped, well-seasoned, flavoured with mayonnaise or meat sauce.

SWEET FILLINGS

1. Chopped dates, seasoned with grated lemon peel and cinnamon.
2. Prunes, chopped with half the quantity of walnuts, seasoned with lemon juice.
3. Large figs, cut in halves.
4. Figs and nuts, chopped.
5. Chopped nuts and raisins.
6. Orange marmalade.
7. Two tablespoons sugar, 2 tablespoons cocoa and 1 tablespoon hot water; stir until smooth; add chopped nuts.
8. Maraschino cherries, nutmeats and coconut.
9. Chopped dates and cream cheese.
10. Peanut butter and candied ginger.
11. Maple sugar and chopped nuts.
12. Graham, Nut, Orange or Date Bread with apricot or peach jam filling, or filling of cream or cottage cheese.
13. Cut thin slices of date, raisin, or white bread and trim in rounds. Spread evenly with warm fudge. Let stand a few minutes, then cover with a second slice. Spread top with creamed butter and sprinkle with chopped peanuts or walnuts.
14. For children's parties. Put squares of date bread together with a sweet filling. On top of each sandwich put a small portion of frosting. Before this hardens, affix to it an animal cracker in an upright position.

HOT SANDWICHES

Hot sandwiches may be made of bread toasted on one or both sides, or the finished sandwich may be sautéd in hot butter.

WESTERN SANDWICH

1 small onion
2 tbsps. butter
½ cup chopped ham
4 eggs

Chop onion fine, put in frying pan with butter, stir and cook 2 minutes. Add ham and eggs. Cook and stir until eggs coagulate. Season with salt and pepper. Spread between slices of buttered toast. Serve very hot.

HOT ROAST BEEF SANDWICH

Cut thin slices of rare left-over roast beef and reheat in left-over gravy. Do not allow gravy to boil. Place on buttered slices of bread toasted on outside only. Sprinkle with salt, pepper and dash of horseradish. Cover with more bread, and serve with hot gravy. If desired, garnish with slices of Spanish onion.

HOT CHEESE SANDWICH

½ cup grated nippy cheese
1 egg, well beaten
¼ tsp. mustard
1 tsp. Worcestershire sauce
¼ tsp. salt
Bacon and rounds of bread

Cream cheese; add egg and seasonings and spread on bread cut ½ inch thick. Place a slice of bacon on each round, bake in quick oven till bacon is done. Serve with a green salad.

BISCUIT SANDWICHES

If desired, hot baking powder biscuits may be used as the foundation for hot sandwiches, instead of bread.

SAUTEED SANDWICHES

Do not toast bread. Make sandwiches, using a savory filling. Dip in mixture of milk and eggs, saute in hot butter or bacon fat, garnish as desired, and serve very hot.

Sauces, Gravies and Dressings

Savory sauces are useful for adding zest and flavour to dishes which lack distinctive flavour. Sauces which have been thickened with Five Roses Vitamin Enriched Flour are rich and smooth.

A medium-thick white sauce, known as White Sauce No. 2, is used as the foundation for an almost unlimited number of savory sauces used for meats, fish and vegetables.

There is no mixture in cookery so universally used as White Sauce. It is the foundation for Croquettes, Souffles and Souffle Omelets. It is used in Cream Soups. A White Sauce of medium thickness is the foundation of an endless number of savory meat, vegetable and fish sauces, salad dressings and sweet sauces for puddings. The same sauce is used for creamed dishes.

White sauce may vary in consistency. It may be thin, medium, medium-thick or thick, but it is always made in the same way. Butter and flour MUST be cooked together in order to make a sauce of satisfactory flavour and consistency. The common method of heating milk, thickening it with flour and then adding a chunk of butter will require the same amounts of ingredients, but it will produce a sauce that is inferior in every way.

Each type of White Sauce is numbered. The recipes may be easily memorized if one will bear in mind the fact that the number of the sauce always corresponds with the number of tablespoons of butter and Five Roses Vitamin Enriched Flour required to make 1 cup of sauce. Every ambitious cook should memorize these proportions. With a thorough understanding of the making of these sauces, the home-cook has at her command a whole army of appetizing dishes ready to help her out when something nourishing, wholesome, economical and easily made is required for luncheon or supper.

THE FOUR SAUCES

White Sauce No. 1 — (Thin White Sauce) Used for making cream soups. For each cup of liquid add — 1 tablespoon butter, ½ teaspoon salt, other seasoning as desired, 1 tablespoon Five Roses Vitamin Enriched Flour. Yield — 1 cup of sauce.

White Sauce No. 2 — (Medium White Sauce) Used for creamed dishes and for sauces for vegetables, meat, fish, salads and puddings. For each cup of liquid add — 2 tablespoons butter, ½ teaspoon salt, other seasoning as desired, 2 tablespoons Five Roses Vitamin Enriched Flour. Yield — 1 cup of sauce.

White Sauce No. 3 — (Souffle Sauce) Used for Souffles and Souffle Omelets. For each cup of liquid add — 3 tablespoons butter, ½ teaspoon salt, other seasoning as desired, 3 tablespoons Five Roses Vitamin Enriched Flour. Yield — 1 cup of sauce.

White Sauce No. 4 — (Thick White Sauce) Used for Croquettes. For each cup of liquid add — 4 tablespoons butter, ½ teaspoon salt, other seasoning as desired, 4 tablespoons Five Roses Vitamin Enriched Flour. Yield — 1 cup of sauce.

Note: — Liquid may be either milk or ½ milk and ½ vegetable water.

To Make the Sauce

Melt butter in a small, smooth saucepan. Stir in flour and cook and stir for from 3 to 5 minutes after mixture bubbles. Add liquid gradually. Cook over direct heat, while stirring constantly, until mixture is thick and smooth. Seasonings may be added with flour or after sauce is cooked.

By cooking flour and butter together, the flavour is improved very greatly and the danger of lumping is lessened. Cooking bubbling butter and flour for several minutes removes all danger of starchy taste, and makes further cooking unnecessary after the mixture thickens.

When Five Roses Vitamin Enriched Flour is used and the method carefully followed, a sauce of satiny smoothness and delightful flavour will result. Sauce made with Five Roses Vitamin Enriched Flour will not separate on standing.

When eggs or egg yolks are added to sauce, make sauce as directed; add a little of the hot liquid to slightly beaten eggs, mix well. Return to saucepan and cook 1 minute longer.

This sauce may be varied as desired.

Cream Sauce — Use thin cream instead of milk.

Cheese Sauce — Add 2 to 4 tablespoons of grated cheese.

Egg Sauce — Add 2 hard-cooked eggs chopped in coarse pieces.

Foamy Egg Sauce — Add 1 egg yolk; fold in the stiffly-whipped egg white after sauce is removed from fire. Serve at once.

Asparagus Sauce — Add 1 egg yolk and ½ cup cooked or canned asparagus tips.

Parsley Sauce — Add 1 tablespoon parsley.

Curry Sauce — Add ¼ to ½ teaspoon curry powder.

Horse-radish Sauce — Add 1½ tablespoons grated horse-radish.

Veloute Sauce — Heat 1 cup of milk in the top of double boiler and add to it a little celery, carrot and a tiny bit of bay leaf. Cook for 20 minutes. Strain, and use the milk for making the White Sauce No. 2.

Sauce Allemande — Same as Veloute Sauce, with 1 egg yolk added.

Bechamel Sauce — Cook 1 tablespoon each of chopped carrot, onion and celery in the butter that is to be used for making the sauce. Do not allow the butter to brown. Remove the vegetables, add flour and finish making the sauce as directed. For Yellow Bechamel Sauce, add 1 egg yolk.

Mock Hollandaise Sauce — Season the sauce with pepper and cayenne. Add 1 or 2 egg yolks. When sauce is thick, add ¼ cup of butter, a bit at a time, and 1 tablespoon lemon juice.

Drawn Butter Sauce — Same as Mock Hollandaise Sauce, made with water instead of milk.

Hot Tartar Sauce — Same as Mock Hollandaise, with 1 stiffly-whipped egg white folded in just before serving.

Cucumber Sauce — Use water instead of milk. Add ½ tablespoon of vinegar and ¼ cup chopped cucumber.

Mushroom Sauce — Make sauce as directed, using brown stock or water in which bouillon cubes have been dissolved, instead of milk specified in recipe. Season with salt, pepper, 1 teaspoon onion juice and add ½ cup sauted mushrooms.

Creole Sauce — Add 3 tablespoons minced onion, 4 tablespoons chopped green pepper, fried in butter, to ½ cup of White Sauce No. 2, add 1 tin of tomato soup. Make very hot before serving.

SPANISH SAUCE

- 4 strips of bacon
- 1 chopped onion
- ½ green pepper, chopped
- ⅛ tsp. pepper
- 2 cups tomatoes
- 4 chopped olives

Cook bacon in frying pan; when light brown, remove and chop in small pieces. Add onions and pepper to fat in pan and cook until slightly brown. Add tomatoes and cook until thick. Add chopped bacon and olives just before serving. Serve with omelet or other egg or left-over meat dishes.

TOMATO SAUCE

- 1 slice onion
- 3 tbsps. bacon fat
- 2 tbsps. Five Roses Enriched Flour
- ¼ tsp. salt
- ⅛ tsp. pepper
- 1½ cups canned tomatoes
- 2 cloves
- A bit of bay leaf
- Celery leaves or celery salt

Cook onion until yellow in bacon fat, add flour, salt and pepper and cook until light brown. Add canned tomatoes, cloves, bay leaf and celery and cook 5 minutes. Rub through a strainer and serve very hot. Omit cloves, if desired.

BROWN SAUCE

- 2 tbsps. butter
- 2½ tbsps. Five Roses Enriched Flour
- ½ tsp. salt
- 2 tsps. chopped onion
- 1 cup liquid

Fry onion in butter. When pale yellow, add flour and stir and cook until mixture is brown. Add seasonings and liquid and cook until smooth and thick. Sauted mushrooms may be added, to make Brown Mushroom Sauce.

For liquid, milk, brown meat stock or water in which bouillon cubes have been dissolved may be used.

COLD TARTAR SAUCE

Beat ½ cup heavy cream until stiff, add ⅛ teaspoon salt and a few grains of paprika. Fold in ¼ cup mayonnaise. Just before serving, add 2 tablespoons chopped pickle. Serve with cold fish dishes and fish salads.

SAVORY SAUCE FOR STEAKS AND CHOPS

Mix together 1 cup thick tomato catsup, ½ cup thick sieved apple sauce and ½ cup Worcestershire Sauce. Beat with an egg beater or shake in a jar with a tightly-fitting cover. Serve with broiled lamb chops, fried chicken, broiled steaks, etc.

LEMON BUTTER

Mix together ¼ cup butter and 1 to 2 tablespoons of lemon juice. Add salt and pepper to taste and form in balls. Chill and serve with steaks or chops.

PARSLEY BUTTER

Melt 2 to 4 tablespoons of butter directly over fire and add 1 to 3 teaspoons finely-chopped parsley. Serve poured over new potatoes, asparagus tips, or other young tender vegetables.

BREAD SAUCE

- 1 cup soft breadcrumbs
- 2 cups milk
- 1 onion, finely chopped
- ⅛ tsp. paprika
- 1 tsp. salt
- 2 tbsps. butter
- 4 tbsps rich cream

Mix breadcrumbs, milk, onion, paprika and salt in top of double boiler and cook until boiling, place over hot water and cook 5 minutes longer, stirring constantly to make mixture as smooth as cream. Add butter and stir until butter is melted. Add cream and serve at once.

CRANBERRY JELLY

Cook 1 quart of cranberries with ½ cup of water until berries burst. Mash pulp through a sieve, add 2 cups of sugar and cook until smooth. Pour into a bread pan to cool. This jelly may be diced or cut with fancy cutters to garnish turkey platter.

GRAVY THAT WILL NOT LUMP

After roasting or sauteing meat, pour off all fat in pan. Allow 1 tablespoon of fat and 1 tablespoon of Five Roses Vitamin Enriched Flour and 1 cup of water for each cup of gravy. Return to pan required amount of fat and flour. Mix and stir until mixture bubbles, add boiling water and stir constantly until mixture is smooth and thick. Add seasonings. When gravy of a darker shade of brown is desired, use 1½ tablespoons of flour, and allow fat and flour to brown slightly before adding water.

When thicker gravy is desired, increase proportion of fat and flour.

When making gravy for chicken or turkey, cover heart, liver and gizzard with water, bring to boiling point and simmer 3 hours. Use broth for making gravy. For giblet gravy, add cooked minced giblets to gravy.

FAVOURITE CHICKEN DRESSING

1 cup cracker crumbs
⅓ cup butter
⅓ cup boiling water
Salt, pepper, powdered sage, summer savory or marjoram

Melt butter in water, and pour over cracker crumbs, to which seasonings have been added. This dressing may be used for stuffing pork tenderloin and other meats.

PRIZE STUFFING FOR TURKEY OR CHICKEN

Chicken or turkey giblets
2 slices salt pork
1 large onion
1 boiled potato
2 stalks of celery
10 crushed and rolled crackers
⅛ tsp. pepper
1 tsp. salt
1 tsp. sage
The giblet broth
1 egg, well-beaten

Cook giblets in salted water until very tender. Put them through food chopper. Put pork, onion, potato and celery through chopper, add ½ minced giblets, cracker crumbs, seasonings, and enough giblet broth to moisten mixture. Add egg, and more seasonings if necessary. Stuff fowl with mixture. Use remainder of minced giblets for gravy.

APPLE STUFFING FOR GOOSE OR DUCK

3 cups stale bread
2 tbsps. melted butter
1 tsp. salt
¼ tsp. pepper
1 small onion, finely minced
2 large apples, cut in thick slices

Combine ingredients and stuff bird.

UNCOOKED DRESSING

Soak enough dried bread in cold water to make 2 cups when squeezed out. Fry 1 finely-chopped onion in 2 tablespoons of butter. When brown, add 1 teaspoon of salt, a few grains of pepper, ½ teaspoon of summer savory and 1½ teaspoons of Worcestershire Sauce. Blend all together over a low heat. Add a very little stock, if desired. Press water gently from bread and crumble it into pan. Toss lightly until fluffy. Press gently into a greased bowl. When chilled, cut in thin slices and serve with cold meat.

CINNAMON APPLES

These make an attractive garnish for roast goose. Select small, tart apples, pare and core, but keep them whole. Bring to boiling point 1 cup of cider and 1 cup of sugar; cook 5 minutes and add 1 teaspoon cinnamon. Pour over apples and bake slowly until tender but not broken, basting occasionally. Drop a spoonful of tart jelly in each apple and arrange around goose with sprigs of parsley.

Soups

CREAM SOUPS

Five Roses Cream Soups are nourishing, economical and easy to make. With breadstuffs, a fruit dessert and a beverage they form a satisfying meal.

THE BASIS FOR CREAM SOUPS

The basis for Cream Soups is a thin White Sauce, (White Sauce No. 1) .

1 tbsp. butter
1 tbsp. Five Roses Enriched Flour
1 cup milk, cream, vegetable water or stock

Season with salt, pepper, bay leaf, onion, celery seed or parsley. Yield — 1 cup sauce.

Melt butter, add flour and cook for 3 minutes after mixture bubbles. Add liquid gradually, and cook over direct heat, while stirring constantly, until mixture is thick and smooth. Add seasonings.

To this sauce, from ½ to 1 cup of puree of any of the following vegetables may be added, to make a nourishing and appetizing Cream Soup:

Asparagus, potato, tomato, pea, corn, carrot or dried peas, beans or lentils.

Note: — Puree means any vegetable boiled or steamed and rubbed through a sieve or colander.

SEASONING THE SOUPS

The seasoning of the Cream Soups is important. We suggest the following for:

Tomato Soup — Onion, peppercorns, celery or celery seed and bay leaf.

Potato Soup — Onion juice, salt, pepper, celery salt, cayenne and parsley.

Asparagus Soup — Salt, pepper, paprika and a grating of cheese.

Celery Corn and Carrot Soups — Salt, pepper, paprika and onion juice.

CANNED SOUPS

Canned Soups of excellent quality may now be purchased for a few cents a tin. They are wholesome and nourishing and easily prepared. Vary the flavour of canned soups with onion juice, celery salt or chopped celery, paprika, garlic, bay leaf or any table sauce. For special occasions, top each serving of soup with a spoonful of whipped cream.

CANNED TOMATO SOUP

1 peck ripe tomatoes
1 bunch celery
6 onions
1 cup butter
¾ cup Five Roses Enriched Flour
¼ cup granulated sugar
¼ cup salt
¼ tsp. cayenne

Boil chopped tomatoes, celery and onions until soft; rub through a sieve. Add remaining ingredients and bring to boiling point. Boil for 3 minutes; bottle while boiling, in sterilized air-tight jars.

To use, dilute with an equal quantity of milk, and reheat. Do not boil. If desired, garlic, mace or bay leaf may be added.

OLD-TIME PEA SOUP

Cover dried whole or split peas with cold water and soak overnight. Drain and cover with fresh water. Add 1 well-washed pig's foot or pork hock. Cook until peas are soft. Add more water if necessary. Remove meat and serve soup as it is. A slight seasoning of more salt; a dash of pepper or a little onion juice may be added.

SPLIT PEA SOUP

Soak dried peas, beans or lentils in cold water for 6 hours or overnight. Cover with fresh water, add 1 onion and cook until soft enough to rub through a sieve. Bind mixture with a little Five Roses Vitamin Enriched Flour rubbed together with an equal amount of butter. Boil up well after thickening is added, and add seasonings to taste. The finished soup may be diluted with milk. A little chopped fried bacon may be added to the soup just before serving.

Liquid in which ham has been boiled may be used for making Pea and Bean soups. Dilute liquid with an equal amount of water, and do not add salt.

MONDAY SOUP

Add a shank bone to the bones from the Sunday roast. Cover with 6 cups of water, or more if required, and the liquor from the Sunday vegetables. Add any left-over portions of vegetables. Add 1 carrot, 2 onions, 2 or 3 outer stalks of celery and 2 tablespoons of dried peas or lentils. Simmer for 3 hours. When cooked, remove bones and rub soup through a coarse sieve. If too thick, thin with milk. Add more seasonings if required.

If there is any left-over porridge on hand, add it to the soup as well. The porridge will both thicken the soup and add to its flavour and nutriment.

Do not use strongly flavoured vegetables (as turnip, cauliflower, brussels sprouts, etc.), nor the waters in which they have been boiled.

ECONOMY BEAN SOUP

1 small tin tomatoes
2 cups dried beans
3 stalks celery
1 onion
1 tbsp. butter
2 tsps. salt
Few grains of pepper
1 tsp. Worcestershire Sauce

Pick over beans, soak overnight in cold water. Add tomatoes and fresh water to cover and cook to a mush. Finely chop celery and onion, fry in butter and add to soup. Beat well. Cook 10 minutes longer, rub through a sieve. Add Worcestershire Sauce and serve very hot. If soup seems too thick, dilute with milk or water; if it seems too thin, thicken with a little Five Roses Vitamin Enriched Flour rubbed together with a small piece of butter.

PRIZE ONION SOUP

Slice some onions very thin and fry in butter until pale golden brown. There should be 1 cup when fried. Pour 1 quart of milk into a double boiler. When quite hot, add salt, pepper, paprika and fried onions. Allow mixture to heat but not boil for 10 minutes, then stir into the soup 1 cup of grated Canadian cheese. Stir until cheese is melted, and serve at once. This soup must not be boiled after cheese is added.

Egg yolks may be added to soup. Slightly beat 1 or 2 egg yolks, add to them a little hot milk, and return to double boiler and cook for 2 minutes before adding cheese. Serve with crisp croutons. Delicious!

VEGETABLE CHOWDER

- 1 cup cubed raw carrot
- 2 cups tomatoes
- 1 cup peas
- 2 onions, thinly sliced
- 4 potatoes, cubed
- 1 stalk celery, cut fine
- 2 cups shredded cabbage
- 2 quarts water
- 3 slices bacon, diced

Cook bacon until crisp and brown. Add other ingredients. Cook slowly until vegetables are soft. Season to taste with salt and pepper.

CORN CHOWDER

- 4 cups potatoes, cut in cubes
- 1 sliced onion
- 3 cups boiling water
- 1 tbsp. Five Roses Enriched Flour
- 1 tsp. salt
- 1 tbsp. butter or fat
- 4 cups scalded milk
- 1 can corn

Cook sliced onion and cubed potatoes until tender. Drain and save liquid and add to milk. Melt butter, add flour and salt. Gradually add milk and vegetable water and let come to a boil. Add corn and cooked vegetables.

Luncheon and Supper Dishes

CREAMED FOODS

Creamed dishes are wholesome and economical. Bits of left-over fish, meat and vegetables, amounts too small to be used by themselves, may be combined with a good sauce to make an appetizing creamed dish suitable for use as the main dish for luncheon and supper. Sauces made with Five Roses Vitamin Enriched Flour are rich and smooth and of delicious flavour.

Creamed foods may be served on toast, in toasted bread boxes (croustades), in patty or tart cases, or used to fill savoury shortcakes.

STANDARD SAUCE FOR CREAMED FOODS

4 tbsps. butter
4 tbsps. Five Roses Enriched Flour
¾ to 1 tsp. salt
Few grains of pepper
1 to 2 tsps. onion juice (optional)
2 cups sweet milk

Melt butter in a small, smooth saucepan; add flour and stir over moderate heat for 3 minutes after mixture begins to bubble. Add salt and pepper and milk, very gradually. Stir constantly over direct heat until mixture is smooth and thick. Care must be taken that butter and flour mixture does not brown.

Cream Sauce — Use thin cream instead of milk.

Cheese Sauce — Add ¼ to ½ cup of grated Canadian Cheese.

Parsley Sauce — Add 1 tablespoon finely minced parsley.

Yield — 2 cups of sauce.

Note: — Creamed dishes made from this amount of sauce will serve 6.

MINCED CHICKEN SANDWICH

Prepare Standard Sauce; add minced chicken or left-over white meat of any kind. Grease a baking dish and line it with thin slices of buttered toast. Pour in creamed chicken or meat. Place in hot oven till well heated.

CREAMED PEAS AND EGGS

Add to Standard Sauce a little chopped parsley in addition to salt, pepper and onion juice. Add 1 cup cooked or canned peas and 3 chopped hard-cooked eggs. Heat thoroughly. Serve in toasted Bread Boxes, on buttered toast or as a filling for Savory Shortcake.

CREAMED SALMON

Add flaked canned salmon or left-over cooked haddie or other fish to the Standard Sauce, Cream Sauce or Parsley Sauce. Serve on crisp rounds of buttered toast or as a filling for Savory Shortcake.

If desired, add pieces of pimento to this mixture.

CREAMED POTATOES

Use left-over boiled or baked potatoes. Remove skins and cut the potatoes in neat cubes. Several methods may be used for combining the potatoes and sauce.

1. Mix the cubed potatoes with Parsley Sauce. Season well and serve with cold meat.
2. Combine the potatoes with Cheese Sauce, pile in a baking dish, top with buttered crumbs and bake until the crumbs are brown.
3. Make the Standard Sauce as directed. Place a layer of sliced cooked potatoes in the bottom of a greased baking dish, cover with a layer of sliced hard-cooked egg and a layer of sauce. Continue until the dish is full. Top with buttered crumbs. Bake in a moderate oven until the crumbs are brown.

HOT CREAMED EGG SANDWICH

Make only three-fourths of the recipe for Standard Sauce, using 3 tablespoons each of butter and flour, 1½ cups of milk and salt and pepper to taste. Add onion juice if desired.

Cook 8 strips of bacon; hard-cook 4 eggs; make 8 slices of toast.

Butter toast and remove crusts. Add sliced eggs to sauce. Put 1 slice of toast on each of 4 serving plates, cover with creamed eggs, then with the other slices of toast. Pour on remaining sauce. Garnish each sandwich with 2 strips of hot crisp bacon and with parsley or watercress. Serve very hot. Serves 4.

CREAMED VEGETABLES

Small amounts of cooked peas, carrots, asparagus and other vegetables may be added to a well-seasoned sauce and served on toast or in a Savory Shortcake.

Other recipes for creamed foods will be found under "Patties and Savory Tarts". Pages 135 to 138.

SAVORY SHORTCAKES AND DUMPLINGS

Five Roses Savory Shortcakes are as deliciously appetizing as they are economical. A Savory Shortcake is a wholesome and easily made type of dish to serve for the family luncheon or supper.

SHORTCAKE DOUGH

2 cups Five Roses Enriched Flour
4 tsps. baking powder
½ tsp. salt
⅓ cup butter or other shortening
⅞ cup of milk
Savory Creamed Filling

Mix and sift dry ingredients. Work in shortening with tips of fingers or 2 knives. Add liquid gradually. Mix with a knife to a soft dough. Toss on floured board. Roll lightly to ½ inch thickness. Cut in 3-inch squares or with a round 2½-inch cookie cutter. Bake at 450°F. Yield — 6 individual Shortcakes.

TO MAKE THE SHORTCAKE

When Shortcake Dough is baked, split each cake and spread lower section with butter. Fill with any desired Savory Creamed Filling, cover with top portion of biscuit, pour a little creamed mixture over the top, garnish with parsley and serve very hot.

Cream chicken, veal, shortbreads, salmon, tuna, lobster, eggs, asparagus, peas or other well-seasoned savory mixtures may be used for filling Shortcakes. Mixtures recommended for creamed foods and fillings for Puff Paste Patties may be used for filling Shortcakes.

SAVORY CHICKEN ROLLS

1½ cups cooked chicken, chopped
⅓ cup minced olives
⅛ tsp. paprika
1 tsp. onion juice
Shortcake Dough
White Sauce No. 2

Make Shortcake Dough as directed. Roll to ⅓ inch thickness. Mix together chicken, olives, paprika, onion juice and a little cream or chicken gravy to moisten slightly. Spread mixture evenly over dough. Roll like Jelly Roll. Cut in 1 inch slices. Place slices, cut side down, in well-greased muffin tins. Bake at 450°F. about 20 minutes. Serve hot with re-heated chicken gravy or with well-seasoned White Sauce No. 2 or Cream Sauce.

Savory Meat Rolls — Use left-over chopped cooked meat instead of chicken. Season meat with salt, pepper and onion juice and moisten with left-over gravy. Serve rolls with re-heated gravy, or Tomato or Spanish Sauce.

Savory Fish Rolls — Use flaked left-over fish or canned salmon instead of chicken. Moisten fish with Cream or White Sauce and season with chopped parsley, onion juice and plenty of salt and pepper. Bake as directed. Serve with Cream or Egg Sauce.

DUMPLING DOUGH

Five Roses Dumplings are light and delicate with none of the heaviness and sogginess so frequently associated with this food. If dumplings are made and served as directed, they are sure to please. These dumplings are wholesome, economical and appetizing and very useful for "piecing out" the meat dish when the supply of meat is scant.

2 cups Five Roses Enriched Flour
4 tsps. baking powder
½ tsp. salt
2 tbsps. shortening
1 cup milk
Other seasonings, as desired

Mix same as Shortcake Dough, page 132.

When Dumplings are to be boiled with stew, pour off a little of stew liquid so that Dumplings will rest on meat and vegetables. This extra liquid may be re-heated later and served as gravy with stew. Drop spoonsful of the dough onto stew mixture, allowing space for Dumplings to rise. Cover pot closely. Boil hard for 12 to 14 minutes. Do not lift lid of saucepan while Dumplings are boiling and do not allow liquid to stop boiling for one moment.

If desired, Dumplings may be steamed instead of boiled. Use only ⅞ cup of milk when making dough. Pat to ⅓ inch thickness. Cut with a small floured cookie cutter. Place Dumplings close together in a greased steamer, cover closely and steam 12 to 14 minutes.

When Dumplings are cooked, arrange them round the outside of platter and pile meat and vegetables in the centre. Send to the table VERY HOT. If Dumplings are allowed to stand after they are cooked they will absorb the liquid and lose some of their lightness.

The seasonings in the Dumplings may be varied as desired. Pepper, paprika, onion juice, minced parsley and poultry seasoning may be used.

Cheese Dumplings — Add to Dumpling Dough ¼ cup Canadian cheese and season with a dash of pepper and paprika. Steam Dumplings as directed. Serve with Tomato Sauce.

Meat Dumplings — Add to Dumpling Dough 1 cup of chopped cooked meat seasoned with salt, pepper, a little sage, ¼ teaspoon Worcestershire Sauce

and 1 teaspoon of onion juice. Pat out and cut with a cookie cutter. Boil in salt water or broth in tightly covered saucepan. Serve with re-heated gravy or Tomato Sauce.

POTATO DUMPLINGS

½ cup Five Roses Enriched Flour
1½ tsps. baking powder
½ tsp. salt
Few grains of pepper
1 cup mashed potatoes
1 egg, well beaten
1 tsp. minced parsley
1 tsp. onion juice
Milk

Sift dry ingredients, add potato, egg, seasonings and milk to make a dough that can be handled. Drop by spoonsful in hot stock or stew and boil as directed.

Note: — For Sweet Dumplings, see page 106.

CHICKEN CURRY DUMPLINGS

2 cups Five Roses Enriched Flour
4 tsps. baking powder
1 tsp. salt
½ tsp. curry powder
3 tbsps. shortening
1½ cups cooked diced chicken
1 cup milk, approximately

Sift Five Roses Vitamin Enriched Flour, baking powder, salt and curry powder together. Cut shortening into dry ingredients. Add chicken and gradually stir in enough milk to make a thick drop batter, drop by spoonsful onto boiling chicken stock. Cover closely and steam 15 minutes without removing cover during cooking.

Correct instructions and properly balanced recipes are essential when making Fritters, Doughnuts and other fried cakes, but equally important is the flour you use. Five Roses is a sturdy, glutinous flour that resists fat absorption; that browns and crisps quickly without greasiness, heaviness or sogginess. Use Five Roses and be assured of light, digestible fried foods.

Patties and Savory Tarts

The modern housewife's demand for relief from heavy cooking on Sunday has led to the increasing popularity of the Sunday night buffet supper. There is no better type of dish for this meal than the Creamed Savory foods which may be partially prepared beforehand, only requiring re-heating at serving time. When these creamed foods are served in crisp Puff Pastry Patties or in Tart Shells made of flaky pastry they become a most delectable type of tid-bit — popular with family and guests. These patties and savory tarts are delightful for parties too. Both Tart and Patty Shells are always re-heated before serving.

On pages 82 to 86 we have given directions for making Patty Shells and Tart Shells. When neither Patty nor Tart Shells are on hand, toasted Bread Boxes may be used as containers for creamed foods. To make the Bread Boxes, cut bread in 2½-inch slices. Trim off crusts and cut out the middle portion, leaving square boxes open at the top. Brush on all sides and on bottom with melted butter, place in a moderately hot oven and bake to a delicate brown. Fill with any creamed mixture and serve while hot. If made before required, Bread Boxes should be re-heated before filling.

SALMON TARTLETS

1 tin of salmon
1 tsp. minced parsley
1 egg
Salt and pepper
Canned peas
1 cup White Sauce No. 2 (page 128)
Buttered crumbs
Tart Shells

Pick over and flake salmon, season with salt and pepper, parsley, and, if desired, a few drops of lemon juice. Place a spoonful of mixture in each pastry shell, cover with a layer of canned peas, then a layer of White Sauce. Top with buttered crumbs. Bake until mixture is heated through and crumbs are lightly browned.

Tuna, lobster or left-over fish may be used instead of salmon.

ROYAL TARTLETS

White Sauce No. 2 (page 123)
1½ cups cooked ham
½ tsp. minced parsley
1 chopped pimento
1 tsp. scraped onion
1 cup cooked mushrooms (optional)
Patty or Tart Shells

Make 1 cup of White Sauce, seasoning it with salt, pepper and onion juice. Add lean, diced ham, pimento, parsley and mushrooms. Heat mixture thoroughly and serve in hot patty cases or on rounds of buttered toast.

ASPARAGUS IN PATTY SHELLS

Cut asparagus tips quite small. Heat in Cream Sauce; fill Patty Shells; rice yolk of hard-cooked egg thickly over the top. Serve hot.

CREAMED SWEETBREADS

1 pair sweetbreads
1 cup milk
1 cup White Sauce No. 2
3 hard-cooked eggs
2 tbsps. butter
Patty or Tart Shells

Soak sweetbreads in cold water; drain, cover with milk, bring to boiling point, and simmer gently for 25 minutes. Cool, remove membrane and cut in small, neat cubes.

Make 1 cup of White Sauce No. 2 as directed on page 123. Season with 1 teaspoon Worcestershire Sauce, 2 teaspoons lemon juice, ½ teaspoon salt, ⅛ teaspoon pepper and a few grains cayenne. Force yolks of cooked eggs through a strainer. Cut whites in long strips, and add to sauce. Add sweetbreads and butter. Bring to boiling point and serve in Patty Shells or Tart Shells.

FISH A LA NEWBURGH

1 tbsp. butter
1 tbsp. Five Roses Enriched Flour
1¼ cups thin cream
1½ tbsps. chopped green pepper
1½ tbsps. chopped pimento
1 tbsp. grated onion
2 cups tuna fish, salmon or other fish, flaked
1 egg

Melt butter, add flour and stir until bubbling. Add cream slowly, stirring constantly. Bring to boiling point, add pepper, pimento, onion and fish. Add egg, slightly beaten, and cook 3 minutes longer. Serve in Pastry Shells or toasted Bread Boxes.

SAVORY CHEESE TARTS

1 cup Cheese Sauce (page 124)
2 hard-cooked eggs
⅓ cup buttered soft crumbs
4 Patty or Tart Shells

Use baked Patty or Tart Shells of fairly large size. Make 1 cup of Cheese Sauce, seasoning with salt, pepper, and 1 teaspoon of onion juice. Chop eggs in rather coarse pieces. Place in each shell first a layer of sauce, then a layer of chopped egg, another layer of sauce, then a layer of crumbs. Ten minutes before the tarts are to be served, place them in a moderately hot oven to heat through and lightly brown crumbs. Serves 4.

Other savory tarts may be made: Use White Sauce No. 2 instead of Cheese Sauce; add chopped chicken or fish instead of chopped eggs. Season mixture well.

ONION PIE

Parboil sliced onions for 10 or 15 minutes; drain and allow to become quite cold. Line a pie plate with short crust, sprinkle in it alternate layers of onions, grated cheese, and sliced hard-cooked eggs. Season to taste with ½ cup White Sauce No. 2. Cover pie with a top crust. Bake at 450°F. for 10 minutes; reduce heat to 350°F. and bake until crust is done and onions tender. Individual pies for lunch boxes may be made of this mixture.

WEST COUNTY PASTRY

About 1 lb. short or flaky pastry
1 cup chopped cooked meat
1 raw carrot, grated
2 raw potatoes, grated
1 tsp. onion juice
1 tsp. Worcestershire Sauce
Salt and pepper

Fry carrot and potato in a small amount of butter, but do not brown. Allow them to become cold. Roll out one-half pastry and fit it into a shallow tin or pie plate. Heap onto the pastry the mixed carrot, potato, meat and seasonings. If necessary, moisten with 1 tablespoon left-over gravy. Season well. Wet edge of pastry with cold water, cover with second piece of pastry, which has been rolled thin. Pinch edges to make a fluted edge, and cut several vents in top. Bake at 450°F. 10 minutes. Reduce heat and finish baking at 350°F. for 20 to 25 minutes longer. When pastry is baked, pour a little hot gravy through hole in top. Serve hot or cold.

CHICKEN TURNOVERS

Cold cooked chicken
Salt and pepper
Grated lemon rind
White Sauce
Flaky or Puff Pastry

Finely mince left-over cooked chicken, season with salt, pepper and, if desired, a little grated lemon rind. Moisten with White Sauce. Form mixture into balls.

Cut rolled-out pastry into rounds; put a ball of chicken mixture in centre of each. Wet edges of pastry and gather together so as to cover mixture. Bake at 450°F. until pastry is nicely browned.

Note: — See "Creamed Foods", pages 131 and 132, for further suggestions for patty fillings.

CHEESE DISHES

MACARONI AND CHEESE

Add 1 heaping cup of macaroni, broken in pieces, gradually to large amount of boiling salted water. Cook rapidly until tender. When done, drain and rinse by letting hot water run through it for a minute, and again drain thoroughly.

Make Standard Sauce as directed on page 131 and season with salt, pepper and a dash of mustard. Grate 1 cup of Canadian cheese. Prepare ½ cup buttered crumbs. Place a layer of the macaroni in greased baking dish, cover with a layer of cheese and a layer of sauce; continue till dish is full, finishing with sauce. Spread crumbs over top, sift grated cheese lightly over the top and dust with paprika. Bake at 375°F. until mixture is heated through and crumbs are brown.

CHEESE FONDUE

1 cup scalded milk
1 cup soft stale breadcrumbs
⅓ cup grated mild cheese
1 tsp. butter
½ tsp. salt
3 egg yolks
3 egg whites

Mix first 5 ingredients; add yolks of eggs, beaten until thick and lemon coloured. Cut and fold in whites of eggs beaten until stiff. Pour into buttered baking dish. Bake 20 minutes in moderate oven. Serve immediately.

BACON RAREBIT

1 cup diced bacon
2 cups milk
3 tbsps. bacon fat
3 tbsps. Five Roses Enriched Flour
1 cup grated cheese
1 tsp. dry mustard
Salt and pepper
¼ tsp. paprika
Toast or Crackers

Cook diced bacon until crisp. Make a sauce of bacon fat, flour and milk. Add grated cheese and mustard; stir until cheese is melted and sauce smooth. Add seasonings. Serve on toast. Sprinkle crisp bacon over each serving.

TOMATO RAREBIT

½ lb. Canadian cheese
½ tsp. salt
Few grains paprika
½ tsp. mustard
Few grains of pepper
1 tin of tomato soup, hot

Shred cheese with a fork, add mixed seasonings and stir over a low heat until melted. Add heated tomato soup and stir until smooth. Pour over crackers or toast and serve at once.

SPAGHETTI WITH TOMATO

Break ½ pound of spaghetti into 1 inch pieces and cook until tender. Drain and mix with 1 tin tomato soup. Allow mixture to simmer in top of double boiler 20 minutes. One or 2 tablespoons of fried minced onion may be added. Before serving, stir in ¼ to ½ cup grated cheese, heat until cheese is melted, then pour over crisp toast.

Creole, Tomato or Spanish Sauce may be used instead of the canned soup.

SAVORY CAMP DISH

¼ lb. bacon, cut fine
3 small onions, sliced
1 can tomatoes
1 can corn
¼ lb. Canadian cheese
Salt
Pepper
Toasted crackers or bread

Break cheese in small pieces. Fry diced bacon with onions. Add tomatoes and corn. When boiling, add cheese and cook only until cheese is melted. Serve hot on toast or crackers.

Souffles, Omelets and Other Egg Dishes

SOUFFLES

A souffle is a light and airy dish, economical, appetizing and very easily made. Five Roses Souffles offer a splendid means of using up small amounts of left-over meats, fish, vegetables and cooked and canned fruits.

The foundation of the souffle is a medium-thick White Sauce.

SOUFFLE SAUCE (White Sauce No. 3)

3 tbsps. butter
3 tbsps. Five Roses Enriched Flour
1 cup milk
½ tsp. salt
Onion juice or other seasonings

Note: — When the sauce is to be used for a Sweet Souffle, seasonings are omitted. Use ¼ teaspoon salt and ¼ to ⅓ cup of sugar.

Melt butter in a small, smooth saucepan; add flour and stir over moderate heat for 3 minutes after mixture begins to bubble. Add salt and pepper. Stir in milk very gradually. Cook over direct heat, while stirring constantly, until mixture is smooth and thick. Yield — 1 cup sauce.

SAVORY SOUFFLES

1 cup Souffle Sauce
Chopped cooked meat, fish or vegetables
3 egg yolks
3 egg whites
Additional seasonings

Add meat, fish or vegetables and any extra seasonings to sauce. Allow mixture to cool slightly. Beat egg yolks till thick and lemon-coloured and add to sauce. Beat whites till stiff, and fold in. Pour mixture into an ungreased baking dish. Set dish in a pan containing 1 inch of water. Bake at 350°F. for 50 to 60 minutes. To test Souffle, insert a sharp knife in centre. The knife should come out clean. Serve immediately. If souffle is allowed to stand after it is taken from oven, it will fall.

Cheese Souffle — Add ½ cup soft breadcrumbs, ¼ teaspoon paprika and ½ cup grated Canadian cheese.

Celery Souffle — Add 1 cup chopped cooked celery. Season with cayenne and 2 tablespoons of grated cheese.

Spinach Souffle — Add 1 cup chopped cooked spinach, 1 teaspoon lemon juice and 1 teaspoon onion juice. Serve with fried bacon strips.

Chicken Souffle — Add 1½ cups minced cooked chicken, a few grains of paprika and 1 teaspoon onion juice.

Corn and Cheese Souffle — Fry 1 slice of finely-minced onion and 1 teaspoon chopped green pepper in butter before making sauce. Add flour and finish making sauce as directed. Add ½ cup grated cheese and 1 cup canned corn.

SWEET SOUFFLES

Five Roses Sweet Souffles are an appetizing change from the usual type of hot dessert. When making Souffle Sauce, omit seasonings; use ¼ teaspoon salt and ¼ to ⅓ cup of fine sugar. Add fruits, etc., to the Souffle Sauce, and make Souffle as directed.

Chocolate Souffle — Add 2 squares melted unsweetened chocolate or ⅓ cup cocoa syrup. Flavour with vanilla. Serve with cream.

Coffee Souffle — Make Souffle Sauce with ¾ cup strong coffee and ¼ cup cream instead of 1 cup of milk. Serve with cream.

Fruit Souffles — Add 1 cup chopped, drained, cooked or canned fruit and 2 teaspoons of lemon juice. Serve with Custard Sauce or cream.

Lemon Souffle — Use only ¾ cup milk when making Souffle Sauce. Use ¾ cup of sugar and add 3 tablespoons of lemon juice and grated rind of ½ lemon. Serve with cream.

Orange Souffle — Use only ¾ cup milk when making Souffle Sauce. Use ½ cup sugar and add ¼ cup orange juice, 2 teaspoons of lemon juice and grated rind of ½ orange. Serve with cream.

Cereal Souffle with Pineapple — Add to Souffle Sauce ⅓ cup of sugar, ½ cup hot cooked cereal, ¾ cup drained canned pineapple, 1 teaspoon of lemon juice and grated rind of ½ lemon. Beat well. Make Souffle as directed. Serve with cream.

SOUFFLE OMELETS

1 cup Souffle Sauce (page 139)
Few grains of pepper
4 to 6 eggs, separated
2 tbsps. butter
Other seasonings as desired

Make Souffle Sauce as directed. When lukewarm add yolks of eggs, beaten until thick and lemon-coloured. If cheese, meat, vegetables or other ingredients are to be used, add at this point.

Heat omelet pan or heavy frying pan and melt in it 2 tablespoons butter. Stiffly whip egg whites and fold into omelet mixture. Pour mixture into hot pan. Never add whites to sauce mixture until pan is hot and ready.

Cook for 1 minute over brisk heat; lower heat and continue cooking until omelet begins to brown on bottom. Move pan about so that the centre of omelet will not cook too quickly. As omelet cooks, carefully lift edges so the moist portion will run to sides of pan. When bottom of omelet is brown, remove to a moderate oven (375° to 400°F.) and bake for only a few minutes, until the top of omelet does not stick when it is touched with the finger.

Have hot platter ready. Score the omelet across at right angles to the pan handle, folding away from handle. Turn onto platter. Garnish and serve immediately, with or without sauce.

When a sauce is to be served, it should be prepared before omelet is mixed, and kept hot in the top of a double boiler.

Vary omelet as desired. Cheese, vegetables, meat or flaked fish may be added to sauce mixture, or may be added to White Sauce No. 2, that is served with cooked omelet. This sauce may be poured over omelet before it is folded, or may be poured round the omelet after it is turned onto the platter.

Cheese Omelet — Add grated cheese to omelet mixture before frying, or spread it over omelet before folding. Serve with Cream or Tomato Sauce. Or, serve a plain omelet with Cheese Sauce.

Asparagus Omelet —Serve with Asparagus Sauce.

Mushroom Omelet — Serve with Mushroom Sauce, or fold fried mushrooms into the mixture before frying.

Onion Omelet — Spread with fried onions before folding.

Curry Omelet — Add ¾ teaspoon curry powder to mixture before frying.

Ham or Bacon Omelet — Add fried chopped bacon or ham to Omelet mixture before frying, or spread the meat over omelet before folding. Serve with Tomato Sauce.

Spanish Omelet — Serve with Spanish Sauce.
Vegetable Omelet — Serve with creamed left-over vegetables.

SWEET OMELETS

Sweet Omelets are made like Savory Omelets. Use only ¼ teaspoon of salt in the Souffle Sauce and add sugar to taste. Before folding the Sweet Omelet, spread with jam, jelly or marmalade, or with chopped and sweetened cooked or canned pineapple, peaches, apricots or sliced oranges or other fruit. For an appetizing Lemon Omelet, flavour the Omelet with grated lemon rind and lemon juice; spread cooked Omelet with Lemon Filling before folding. Sprinkle the Sweet Omelets with fine sugar before serving. Sweet Omelets may be served with a sweet sauce made from fruit juices.

EGGS IN TOMATO CUPS

Pour boiling water over firm tomatoes of uniform shape, remove skins and scoop out insides to make a shell. Drain shells and sprinkle inside with salt, pepper and a little chopped cooked ham or bacon. Break a raw egg into each shell. Place the tomato cups in a baking dish and bake slowly until eggs are set. Serve with strips of bacon. If desired, cheese may be substituted for ham or bacon.

BREAKFAST EGGS AND BACON

Line greased muffin tins with thin strips of half-cooked side bacon; slip an egg into the centre of each, sprinkle with salt and pepper; place in a moderate oven and bake until eggs are firm.

SCRAMBLED EGGS WITH HAM

Cut 3 slices of ham into thin strips. Fry with ½ onion, finely sliced, until brown. Drain off fat. Arrange scrambled eggs around outside of serving platter, pile ham and onions in centre, sprinkle with finely chopped parsley and serve very hot. Mushrooms may be cooked with onion.

EGG NESTS

3 cups mashed potatoes
1 tbsp. butter
1 tbsp. chopped onion
2 tbsps. chopped pimento (optional)
6 eggs
Chopped parsley

Mix potatoes with parsley, onion and pimento; add butter and beat till creamy. Spread potato mixture in a buttered baking dish. Make 6 hollow places with a spoon and drop an egg into each. Sprinkle with salt and grated cheese, dot with butter and bake 20 minutes at 375°F.

HOT DEVILLED EGGS

Make Standard Sauce, page 131. Hard cook 4 to 6 eggs (1 for each person to be served). Cut eggs in halves, lengthwise, remove yolks and mash with a fork. Mix yolks with ¼ cup finely-chopped lean ham, a dash of Worcestershire Sauce, salt, pepper and a little cream to make a soft consistency. Pack mixture in egg whites. Place 2 halves together and arrange in a buttered shallow baking dish. Cover with sauce, then with buttered crumbs. Bake at 400°F. until mixture is heated through and the crumbs are brown. Serve on squares of crisp buttered toast.

HARD-COOKED EGGS

Eggs cooked below the boiling point are more tender than eggs which are boiled. Place eggs in a saucepan of cold water and heat slowly until boiling point is reached. Set pan on back of stove, or reduce heat so that water will not boil again. Let stand 20 to 30 minutes before removing eggs.

Deep Fat Frying

Foods fried in deep fat should never be greasy. If they have been prepared and cooked in the proper manner, they will be as light and delicate as foods cooked in the oven. The temperature of the fat for frying is very important.

Deep Frying Temperatures

Croquettes of Meat, Fish or Potato ..... 375°F.
Bread test — 40 seconds.

Doughnuts, Fruit and Savory Fritters, and other uncooked mixtures ..... 375°F.
Bread test — 60 seconds.

French Fried Potatoes ..... 375°F.
Bread test — 40 seconds.

Veal Cutlets and Breaded Chops ..... 375°F.
Bread test — 60 seconds.

Fish Cutlets and Fish Steaks ..... 375°F.
Bread test — 60 seconds.

Smelts and other Small Fish ..... 375°F.
Bread test — 40 seconds.

A fat thermometer will be found of inestimable value when frying foods in deep fat. Lacking a fat thermometer, use the Bread Test.

BREAD TEST

Use a 1 inch cube of bread cut from the white portion of the loaf. Drop it into the hot fat. Time it. If in 40 seconds it is golden brown the fat is the correct temperature for frying any mixture that has been previously cooked, as croquettes, fish balls, etc., and for potatoes. If it browns in 60 seconds, the fat is the correct temperature for frying fritters, doughnuts, very small fish, and other uncooked mixtures.

FRYING

When heating fat for frying, do not allow it to reach the smoking point. Overheated fat will make fried food unwholesome. Animal fats reach the smoking point quicker than vegetable fats, therefore lard, drippings, and the shortenings made of animal fats should not be allowed to reach a temperature higher than 375°F.

Use enough fat to completely cover food, but do not have kettle more than ⅔ full. A certain amount of bubbling will take place when the food is put into fat, and when fat comes too near the top of pan there is danger of it bubbling over and becoming ignited.

A wire frying basket, long handled fork and perforated spoon will be found useful for lifting foods from fat. Soft, unglazed paper is necessary for draining fried foods. The soft, cheap paper table napkins which sell for a few cents per hundred are excellent for this.

TO CRUMB FOODS

The method of egging and crumbing prevents fat from being absorbed by the food. Heat hardens egg proteins and quickly forms a protective coating through which grease cannot penetrate, therefore care should be taken that the croquette or other food is completely covered with the coating mixture. If any portion of the food is left uncoated, fat will enter.

Beat an egg until yolk and white are blended; add 1 tablespoon cold water. Use finely sifted dry bread crumbs for crumbing. Dip food first in crumbs, to form a rough surface to which the egg will cling; then dip in egg, then again in crumbs. After food is crumbed allow it to set for an hour or two to allow coating mixture to dry slightly.

Moist surfaces retard the action of the hot fat.

Do not place too many croquettes or portions of food in fat at one time. They should not touch. When one side is brown, turn and brown the other side. When well browned all over, lift carefully from fat, allow to drain into the pot for a moment, then drain on soft paper.

CROQUETTES

Five Roses Croquettes, with their crisp brown deliciousness, are a delightful food. Croquettes are easily made, and when the croquette sauce has been made of Five Roses Vitamin Enriched Flour and the mixture is fried as directed, they will be light and crisp and altogether appetizing.

The foundation for these croquettes is a thick white sauce.

CROQUETTE SAUCE (White Sauce No. 4)

4 tbsps. butter
4 tbsps. Five Roses Enriched Flour
1 cup sweet milk
½ tsp. salt
Few grains of pepper

Note: — When the sauce is to be used for sweet croquettes, use only ¼ teaspoon of salt, omit pepper and add sugar to sweeten.

Melt butter, stir in flour and seasonings and cook over a moderate heat for 3 minutes after mixture begins to bubble. Add milk gradually and stir constantly until sauce is smooth and thick. Remove from fire and use as directed. Yield: 1 cup thick White Sauce.

Parsley, celery salt, chopped celery, scraped onion, onion juice, minced red and green sweet pepper, paprika, cayenne, etc., are some of the seasonings which may be added to croquette sauce. All croquette mixtures should be well seasoned BEFORE DIPPING. Adding seasonings AFTER croquettes have been fried will not produce finely flavoured food. 1 or 2 egg yolks may be added to sauce.

TO MAKE THE CROQUETTES

When preparing meat for croquettes, remove every particle of gristle, skin and bone, and cut meat in small cubes or put it through food chopper. Fish should be flaked and all skin and bones discarded.

To 1 cup of Croquette Sauce add appropriate seasonings and about 1½ cups of chopped, cooked vegetables, meat, fowl or fish, hard-cooked eggs or other foods. About 1 cup of grated cheese is required for Cheese Croquettes. Mix ingredients together and spread mixture on a plate to become quite cold. When cold, shape as desired.

The most common way to shape croquettes is to form a smooth ball by rolling 1 rounded tablespoon of the mixture between hands. Then roll on a board until of the desired length, and flatten both ends. When cone-shaped croquettes are desired, flatten one end and point the other. The mixture may be shaped in small balls, or in flat cakes 1 inch in thickness.

Dip croquettes in crumbs, egg and crumbs. Allow to stand 1 hour before frying.

Heat fat to 375°F. If you have not a fat thermometer, use the Bread Test (see Deep Frying Temperatures, page 142). Place 6 croquettes in drying basket, immerse in the hot fat, and fry to a golden brown. Lift basket, shake to drain off as much of the fat as possible, then turn croquettes onto a layer of soft unglazed paper. Allow to drain for a moment or two, then place in serving dish. Serve very hot, with an appropriate sauce.

CARE OF THE FAT

After foods are fried, cool fat slightly, strain it through a double thickness of cheesecloth to remove any sediment or food particles. This is especially necessary after frying foods which have been dipped in bread or cracker crumbs. Occasionally fat will need to be clarified. To do this, slice into it a raw potato before using again, and heat slowly until bubbling ceases and the potato begins to brown. If cared for in this way, the fat may be used over and over again.

LOBSTER CROQUETTES

Make Croquette Sauce as directed. Add yolk of 1 egg and cook for 1 minute longer. Remove from heat. Add 1 teaspoon of lemon juice, 1¼ cups flaked canned lobster meat. Chill, shape, dip and fry as directed. Serve with Tartar Sauce. If desired, shredded canned salmon may be substituted for lobster.

EGG CROQUETTES

Add to the Croquette Sauce 1 teaspoon onion juice, 1 tablespoon grated Canadian cheese, paprika and a little minced parsley. Add 4 hard-cooked eggs, chopped in coarse pieces. Chill, shape, crumb and fry as directed. Serve with tomato sauce.

MEAT CROQUETTES

Add to Croquette Sauce 1½ cups finely chopped left-over lamb or other meat, 2 tablespoons minced onion, ½ teaspoon poultry seasoning and more salt and pepper if desired. Chill, shape, crumb and fry as directed. Serve with re-heated gravy or with tomato sauce.

CHICKEN CROQUETTES

Add to Croquette Sauce ¼ teaspoon celery salt, a few grains of cayenne, 1 teaspoon onion juice and a little finely minced parsley. Add 1½ cups chopped left-over chicken. Mix well. Chill, shape, crumb and fry as directed. Serve with any desired well-seasoned sauce.

POTATO CROQUETTES

The Croquette Sauce is not used in Potato Croquettes. To 2 cups of mashed or riced hot potatoes add a few drops of onion juice, a dash of pepper and celery salt, 2 tablespoons of melted butter (no more), 2 beaten egg yolks and 1 teaspoon Worcestershire Sauce. Chill, form into small rolls or patties, crumb and fry as directed. Delicious served with Chicken Patties.

SALMON AND POTATO CROQUETTES

Make same as Potato Croquettes. Add to mixture 1 cup flaked canned salmon, a little chopped parsley and 1 teaspoon of lemon juice. Omit celery salt and Worcestershire Sauce.

SWEET CROQUETTES

Sweet Croquettes are made like Savory Croquettes. Omit pepper, use only ¼ teaspoon of salt and add sugar. Add chopped drained fruit in any desired quantity, with sugar to taste. If desired, cooked rice may be mixed with the sauce and the mixture flavoured with lemon or orange. Chill mixture thoroughly, then shape, crumb and fry as directed.

Serve plain Sweet Croquettes with maple syrup and Fruit Croquettes with fruit syrup, boiled down and sweetened, or with vanilla, cream, orange or other pudding sauce.

FRITTERS

Five Roses Fritters, like Five Roses Croquettes, are light and crisp. The meat and Fish Fritters are delightful for luncheon or supper, and the Fruit Fritters provide an interesting change from everyday foods.

FRITTER BATTER

1 cup Five Roses Enriched Flour
1½ tsps. baking powder
½ tsp. salt
Few grains of pepper
½ cup milk
1 egg, well beaten

Sweet Fritter Batter — Omit pepper, use only ¼ teaspoon of salt and add 3 tablespoons powdered sugar.

For a richer, lighter type of batter, use 2 eggs and reduce baking powder to ¾ teaspoon.

TO FRY THE FRITTERS

Fat for fritters should register 375°F. (If you have not a thermometer, use the Bread Test.) Dip the tablespoon into hot fat, take up spoonful of batter, and let it slide gently into fat. Do not cook too many Fritters at one time, as steam will be formed if they touch, softening the exterior. Turn fritters as soon as they rise to the top of fat, and often thereafter, that they may be of uniformly fine texture. As soon as Fritters are a rich brown shade, lift from the fat and drain on soft paper before placing them on serving dish.

Meats, vegetables and other foods may be chopped and mixed with Fritter Batter and fried, or foods may be cut in conveniently sized pieces and dipped in batter before frying. Serve Savory Fritters with well-seasoned sauce.

SALMON FRITTERS

Add to Fritter Batter ¼ teaspoon paprika, ¼ teaspoon onion juice, a little parsley and ¾ cup flaked canned salmon. Fry as directed. Serve with any desired fish sauce.

CORN FRITTERS

Make Fritter Batter, using 2 eggs. Use only 2 tablespoons of milk. Add an extra ½ teaspoon of salt and 1 cup of canned corn. Beat eggs separately. Add milk to corn, then add remaining ingredients. Fold stiffly-whipped egg whites in at the last. Fry as directed.

APPLE FRITTERS

Use Sweet Fritter Batter. Peel and core apples and cut into slices. Sprinkle each slice with powdered sugar and lemon juice, dip in Fritter Batter. Fry as directed. Drain, sprinkle with powdered sugar and serve hot.

To make Fritters to serve with roast goose or baked ham, add coarsely-chopped apple to Fritter Batter and fry as directed.

BANANA FRITTERS

Peel and cut 6 bananas into rounds about ½ inch thick. Sprinkle with about 2 tablespoons sugar and 1 tablespoon orange juice. Let stand 20 minutes. Drop banana rounds into Sweet Fritter Batter and entirely coat each piece with batter. Drop into hot fat one by one and cook until uniformly brown — about 3 minutes. Drain well on absorbent paper. Sprinkle with powdered sugar and serve immediately.

OTHER FRUIT FRITTERS

Cooked or canned figs, canned peaches, apricots, pears or other large fruits, drained from their syrup and rolled in Five Roses Vitamin Enriched Flour before dipping in Sweet Batter are very delicious; or fruits may be chopped in small pieces and added to Fritter Batter. Sprinkle Fruit Fritters with powdered sugar and serve with jellies, jams, plain syrups or syrups containing chopped fruits.

FISH BATTER

1 cup Five Roses Enriched Flour
1 tsp. baking powder
½ tsp. salt
½ cup milk
½ cup water

Sift Five Roses Vitamin Enriched Flour, baking powder and salt together. Add liquid slowly, beat well until batter is smooth. Dip fish in batter and then fry.

Salads

Salads usually consist of cold foods, cooked or uncooked, served with a dressing. They are made from meat, fish, poultry, vegetables, eggs, fruits, nuts, or any combination of foods having harmonious flavours.

The garnish determines to a large extent the attractiveness of a salad. It should, as a rule, increase palatability as well. The best effects are produced by a few materials which contrast pleasantly in colour. As a rule, a garnish should be edible.

A few simple rules which should always be followed when making salads:

1. Thoroughly wash all uncooked vegetables.
2. Chill all ingredients. Vegetables should be crisp. If at all wilted, they may be crisped by allowing to stand in cold or ice water for a short time.
3. Save outer leaves of lettuce, shred and use as the foundation for fruit and vegetable salads.
4. Cut all ingredients in small, uniform pieces. If cut too large, dressings will not penetrate sufficiently; if cut too small the salad is unattractive. Fish should be flaked; meat and fowl trimmed of all skin and fat and cut in small, neat cubes.
5. Never put salad dressing on lettuce or other salad greens until just before serving as it makes them limp and wilted.
6. Marinate in French Dressing all vegetables, meat and fish to be used in salads. The flavour of the salad will improve tremendously.
7. Unless a recipe states to the contrary, do not combine ingredients nor add Boiled or Mayonnaise Dressing until immediately before serving. If ingredients, dressings and garnishes are all ready, the arranging of the salad takes but a moment or two and it will be found more attractive than when mixed and allowed to stand.
8. Make your salad attractive to look at as well as to eat. Never throw ingredients carelessly together.
9. Vary your salads frequently, and serve them with different dressings. Don't let them become monotonous.
10. Try to find out the type of salad the men of the family like and make it frequently. Usually, men do not eat enough salads.

Note: Marinate — to steep in a seasoning mixture.

Preparation of Head Lettuce for Salad

Cut out core; remove coarse, outside leaves. Hold head, cut part up, under cold running water to open leaves. This exposes the best of the lettuce for immediate use. Wash each leaf thoroughly and dry by pressing lightly in a towel. Place in a moist cloth, paper bag, or tightly covered receptacle. Keep in cold place until ready to use.

VITAMIN SALAD

Take equal parts of raw spinach and lettuce. Wash vegetables thoroughly. Roll leaves of both greens into a firm bundle and place on a cutting board. With a

sharp knife cut into the finest shreds possible. Finely slice a few green onions. Toss together in a bowl and mix with French Dressing. Arrange a generous portion of the greens on salad plates. Place on top of the greens a heaping tablespoon of cottage cheese topped with Mayonnaise or Boiled Dressing. Dust paprika over dressing.

FAVOURITE POTATO SALAD

Cut in cubes 5 cups of cooked potatoes; while still warm add 4 tablespoons of vinegar, 1 teaspoon salt, ½ teaspoon paprika, 1 small grated onion and ½ cup heavy cream. Set aside to chill. Just before serving mix in, using 2 silver forks, 2 tablespoons of chopped parsley. Add cream carefully, as potatoes vary in quality; sometimes more cream, sometimes less, is required.

TOMATO AND EGG SALAD

Slice ripe tomatoes and arrange on a bed of lettuce leaves. Allow 1 hard-cooked egg to each tomato. Mash egg yolks and season with salt, pepper, onion juice and a sprinkling of paprika. Sprinkle this lightly over each slice of tomato. Over this sprinkle chopped whites, well-seasoned. Serve very cold with Mayonnaise.

STUFFED TOMATO SALAD

Scoop out tomatoes of uniform size and shape and fill with any desired salad mixture. Sliced cucumbers, mixed with celery and the tomato pulp, moistened with thick Mayonnaise, or a mixture of chopped celery and nuts with thick dressing are suitable fillings. Any Cabbage Salad mixture may be used for filling tomato cups.

TOMATO FLOWER SALAD

Peel tomato and cut in eighths almost through tomato; open like a flower and fill centre with cooked green peas marinated in French Dressing. Serve with Cream Mayonnaise Dressing, or instead of green peas, use cream cheese which has been mashed and seasoned with salt and paprika, then forced through a sieve. Serve with French Dressing to which finely-chopped sweet pepper has been added.

CABBAGE SALAD

Raw cabbage rates high as a vitamin-rich food, and it may be used in a number of appetizing salads. The cabbage for salads should be crisp, and should be shredded as finely as possible. Remove and discard the coarse outer leaves and core.

Shredded cabbage may be combined with celery, nuts, hard-cooked eggs, chopped apples, chopped onion, red and green sweet pepper, chopped carrots, cooked or canned peas and other vegetables. It combines well with flaked canned salmon. Use a good dressing to bind salad together.

POND LILY SALAD

With a small, sharp-pointed knife make deep saw-tooth edged cuts round the centre of hard-cooked eggs. Then separate halves by gently pressing them. Remove yolks, season, and mix with a good dressing. Pile yolk mixture back into whites. Arrange on rest of crisp lettuce and garnish with gherkins and tiny radishes. Serve with Mayonnaise.

MARGUERITE SALAD

Cut hard-cooked eggs in half, lengthwise. Remove yolks and mix with salad dressing. Cut whites to form long petals and arrange the yolks as centre of "flowers". Serve on bed of crisp lettuce.

MEAT SALAD

1 cup chopped cooked ham
½ cup thick chili sauce
2 tbsps. chopped stuffed olives
3 hard-cooked eggs, chopped
½ cup Mayonnaise, mixed with
⅓ cup whipped cream

Mix ingredients together and chill. Serve on crisp lettuce garnished with pimento cut in strips.

CHICKEN OR TURKEY SALAD

2 cups cooked fowl or turkey
¾ cup finely-cut celery
1 tsp. salt
Few grains of pepper
1 hard-cooked egg
¾ cup Dressing (Mayonnaise or Boiled)
4 olives

Use tender portion of chicken or turkey, and cut in small cubes. Mix with celery, seasoning and the egg, cut in small pieces. Marinate in a little dressing and let stand in a cold place for 1 hour. Serve on lettuce leaves and garnish with sliced stuffed olives, curled celery and dressing.

CUCUMBER AND SALMON SALAD

Remove skin and bones from canned salmon or cold boiled salmon, and flake. Mix with cubed cucumber which has been marinated in French Dressing. Before serving, moisten mixture with Mayonnaise to which a little whipped cream has been added. Arrange on nest of lettuce leaves.

JELLIED SALMON SALAD

1 tbsp. gelatin
¼ cup cold water
½ cup celery, chopped
¾ cup Boiled Dressing
1 cup canned salmon, broken in small flakes
¼ cup chopped stuffed olives
Salt and paprika to taste

Soak getatin in cold water; dissolve over hot water and add to dressing. Fold in salmon, celery and olives and add seasoning to taste. Mould as desired, and chill. Unmould on shredded lettuce.

JELLIED CHICKEN SALAD

Make same as Jellied Salmon Salad, using 1 cup cubed breast of chicken instead of salmon. Add 2 tablespoons chopped pimento. Unmould on crisp lettuce and garnish with stuffed olives or radish roses.

JELLIED CABBAGE SALAD

1 pkg. lemon jelly powder
1½ cups boiling water
½ cup mild vinegar
1½ cups chopped cabbage
⅓ cup celery, chopped
12 stuffed olives
2 tbsps. minced onion
¼ tsp. salt
Pepper and paprika

Dissolve jelly powder in boiling water; when lukewarm add vinegar. When mixture is cold and beginning to thicken, add remaining ingredients. Mix well and pour into cold wet moulds. Serve unmoulded on crisp lettuce or cabbage leaves and garnish as desired.

TOMATO JELLY

- 1 tbsp. gelatin
- ¼ cup cold water
- 2 cups canned tomatoes
- 1 tbsp. onion juice
- 1 stalk of celery
- 1 tbsp. vinegar
- Few grains of salt, cayenne and paprika
- ½ bay leaf (optional)

Soften gelatin in cold water. Combine tomatoes, celery, bay leaf, salt, cayenne and paprika. Simmer for 10 minutes. Strain. Add gelatin and stir until dissolved, add vinegar and onion juice. Turn into cold wet moulds. Chill till firm. Unmould and serve on lettuce. Tomato Jelly may be cubed and combined with shell fish, cooked meat, vegetables, etc., or may be used to garnish cold meat platters. Use a stiffer jelly for cubing, increasing gelatin to 1¼ tablespoonsful. Chopped cabbage, celery, green pepper, peas and other vegetables may be moulded in the Tomato Jelly mixture.

TOMATO JELLY WITH CHICKEN

Mould Tomato Jelly in a ring mould. When firm, turn out onto a border of crisp lettuce leaves. Fill centre of ring with Chicken or Turkey Salad, marinated with French Dressing, and garnish with Mayonnaise.

A CHRISTMAS SALAD

Make the Tomato Jelly Salad. Make the Jellied Cabbage Salad and colour it a pale shade of green. Mould jellied mixtures in separate shallow pans or dishes. To serve, cut each salad in rectangular shapes. Garnish red jelly with strips of green pepper, and the green jelly with strips of pimento, arranging the strips to simulate the ribbon on a Christmas package. Sprigs of holly may be placed where the strips of pimento or green pepper cross. Place on a bed of crisp lettuce leaves and serve with your favourite dressing.

CANDLE SALAD

Take for each salad 1 crisp lettuce leaf, 1 slice of pineapple, 1 straight banana, 1 spoon of Cream Dressing, ½ Brazil nut, and 1 strip of green pepper or angelica.

Place lettuce leaf on individual plates; lay pineapple on top. Trim banana and cut one end so that it will fit into the pineapple slice and stand upright in the centre of the plate. Cut a narrow strip of green pepper or angelica and insert the two ends in the side of the banana to simulate the handle of a candlestick; shape a piece of Brazil nut and fit it on the top of the candle to simulate the candle wick. Drip a thick creamy dressing down the upper part of banana, to simulate candle drip, but see that the Brazil nut is kept dry. Before serving, light the Brazil nut; it contains oil and will burn for a few moments. This is a nice salad for children's Christmas parties.

JELLIED TOMATO AND CHEESE SALAD

- 1 can condensed tomato soup (undiluted)
- 3–3 oz. pkgs. cream cheese
- 1 tbsp. plain gelatin
- ½ cup cold water
- 1 cup Mayonnaise
- 1 cup finely-chopped raw vegetables (celery, onions, green pepper, pimento and lettuce)

Heat soup to boiling, remove from heat, add cheese and beat with a hand or an electric beater until thoroughly blended. Soak gelatin in cold water, then add to hot soup mixture and stir until gelatin is dissolved, cool, but do not allow to thicken. Stir in all remaining ingredients but lettuce and pour into a pan 8 inches by 8 inches by 2 inches, chill until firm. Cut in squares and serve on lettuce.

SALAD SANDWICH LOAF

- 1 small loaf sandwich bread
- ½ cup butter
- 3 cups salad (chicken or vegetable, etc.)
- Lettuce
- Mayonnaise or cream cheese

Remove crusts from bread and cut in 4 slices lengthwise. Cream butter and spread 2 slices on both sides, top and bottom slice on one side only. On bottom slice, buttered side up, arrange layer of lettuce and salad. Cover with slice buttered on both sides. Arrange another salad layer, repeat and put on top slice, buttered side down. Press under light weight. Spread surface with Mayonnaise or cream cheese, mashed and moistened with Cream or Salad Dressing. Garnish as desired. Cut in 1 inch slices for serving.

QUICK ASPIC JELLY FOR JELLYING MEATS AND FOWL

Use 1¾ cups well seasoned browned stock jellied with 2 teaspoons gelatin, softened in ¼ cup water and dissolved in the boiling stock: **Or** use 1¾ cups canned consomme or canned chicken broth and ½ tablespoon gelatin softened in ¼ cup cold water and dissolved in hot broth: **Or** 1¾ cups boiling water and 3 teaspoons bouillon cordial or 3 bouillon cubes and 1 tablespoon gelatin, softened in ¼ cup cold water and dissolved in hot water. Mould as usual. Worcestershire Sauce, stock sauce, onion juice or other flavouring may be used.

JELLIED VEAL LOAF

- 1 veal knuckle
- 1 lb. veal shoulder
- 1 peeled onion, sliced
- 6 peppercorns
- 2 bay leaves
- 2¾ tsps. salt
- 3 qts. cold water
- 2 stuffed olives
- 2 shelled, hard-cooked eggs
- 1 tbsp. Worcestershire Sauce
- Lettuce

Have veal knuckle sawed in 3 or 4 pieces. Simmer knuckle, veal shoulder, onion, peppercorns, bay leaves, and salt in cold water, covered, until veal is tender — about 2 hours. Remove meat, reserving broth, and put through medium blade of food chopper. Garnish bottom of a loaf pan, with slices of eggs and olives. Strain reserved veal broth, and cook until reduced to 1 cup. Pour over meat; add Worcestershire Sauce, and mix well. Arrange in loaf pan on top of egg and olive slices, pressing down firmly with the back of a spoon. Chill until set. Serve sliced on lettuce.

OTHER SALAD MIXTURES

Fruit Salad — Diced apple, dates, coconut.

Apple or Waldorf Salad — Diced apple, celery, nuts, Mayonnaise.

Fruit Salad — Pineapple, oranges, bananas, marshmallows.

Pineapple Salad — Pineapple, cream or grated cheese, nuts.

Asparagus Salad — Asparagus, dressing, pimento.

Cole Slaw — Cabbage, pimento, chopped cooked egg, dressing.

Combination Salad — Cubed cooked carrot, cooked peas, chopped celery, dressing.

Salad Dressings

STANDARD FRENCH DRESSING

- ¼ tsp. pepper
- ½ tsp. salt
- ⅛ tsp. paprika
- 3 tbsps. lemon juice or vinegar
- ¼ tsp. fruit sugar
- 4 tbsps. olive oil

Put ingredients in a small glass jar, cover and shake thoroughly.

STANDARD MAYONNAISE

- ¼ tsp. mustard
- ½ tsp. salt
- Few grains of pepper
- ⅛ tsp. paprika
- 1 egg yolk
- 2 tbsps. vinegar or lemon juice
- 1 cup salad oil

Mix together mustard, salt, pepper and paprika. Add egg yolk and mix well. Add 1 tablespoon vinegar or lemon juice, add oil a few drops at a time, beating constantly with an egg beater. As mixture thickens, oil may be added more quickly. Add remainder of vinegar or lemon juice.

STANDARD BOILED DRESSING

- 2 tbsps. Five Roses Enriched Flour
- 2 tbsps. sugar
- 1½ tsps. mustard
- 1 tsp. salt
- 2 or 3 egg yolks
- ½ cup evaporated milk
- ¼ cup rich milk or cream
- ½ cup mild vinegar
- 2 tbsps. butter

Mix together flour, sugar, mustard, salt and egg yolks. Add evaporated milk; mix well and turn into a double boiler. Cook over boiling water, stirring constantly until mixture is heated, add cream and vinegar alternately, a few drops at a time. Stir and beat mixture until it is thick and smooth. Remove from fire, stir in butter. When butter is melted, strain and store in a scalded glass jar. Dilute with cream as required.

Variations

The Standard Boiled Dressing and the Mayonnaise may be varied by the addition of cream or whipped cream, stiffly-whipped white of egg, chopped celery, chopped green pepper, chutney, catsup, curry, Worcestershire Sauce, chopped cucumber, grated cheese, chopped hard-cooked egg, minced parsley, curry powder, etc.

All of these additions with the exception of whipped cream and egg whites may be made to the French Dressing.

UNCOOKED SALAD DRESSING

- 2 eggs, beaten
- 1 tsp. salt
- 1 tsp. mustard
- 1 tin condensed milk
- 1 cup vinegar

Beat eggs, salt, mustard and milk vigorously for a few minutes; add vinegar, stir well, and set aside for a few hours to thicken. This keeps well.

SOUR CREAM DRESSING (Eggless)

Cream should be heavy, thick and clabbered — not too sour. To ½ cup of sour cream add 2 tablespoons of vinegar, ½ teaspoon of paprika, ½ teaspoon salt, 1 teaspoon onion juice. Beat until thick and smooth. This dressing goes well with Potato, Cucumber, Cabbage, or Lettuce Salad, and with any of the mixed vegetable salads.

FAVOURITE CHEESE DRESSING

4 tbsps. salad oil
1 tsp. salt
¼ tsp. pepper
2 tbsps. vinegar
1 tsp. Worcestershire Sauce
½ cup grated Canadian cheese

Mix ingredients in the order given; shake thoroughly. Serve with green salads.

THOUSAND ISLANDS DRESSING

1 cup Mayonnaise Dressing
¼ cup drained chili sauce
2 tbsps. chopped green pepper
1 chopped hard-cooked egg
2 tbsps. chopped stuffed olives

Mix and use on tomato or green salads.

BACON DRESSING

Dice about 2 ounces of bacon and fry to a golden brown. While fat is hot add ⅓ as much vinegar as there is fat in the pan. Season with black pepper, salt and a little sugar. Pour on green salads or Potato Salad while the dressing is warm.

ORANGE DRESSINGS FOR FRUIT SALADS

1 egg, beaten
1 tsp. butter
Juice of ½ lemon
Sugar to taste
Juice of 1 orange
Whipped cream

Cook together egg, butter, a dash of sugar and fruit juices. Stir until it thickens. When cool, taste, and if necessary, add more sugar. Fold in ½ whipped cream, but do not take away the tart flavour.

Italian Meringue (page 114) is frequently used with fruit salads as well as with puddings.

Frozen Foods

Freezing is one of the simplest and most effective methods known for preserving fresh foods such as fruits, vegetables, meat, fish and poultry. Home freezing is a fairly new development which is becoming increasingly popular due to the general distribution of refrigerated locker plants and the availability of home freezers. The freezing of foods is being extended to include prepared dishes — soups, meats, breads, pastries, cakes, etc., cooked or uncooked. Complete information on the methods for freezing at home may be obtained by writing to Information Service, Department of Agriculture, Ottawa, Ont.

Cooking of Frozen Foods

The quality of frozen foods as they come to the table is dependent on the treatment they receive after they are removed from the freezer. Frozen foods are highly perishable when thawed and do not keep as well as corresponding fresh foods. Frozen foods once thawed should never be refrozen.

Vegetables

Usually it is best to start cooking a vegetable while it is still frozen. In general, frozen vegetables are cooked by methods similar to those for fresh vegetables, except that frozen vegetables require only from ½ to ⅓ as long cooking as do the corresponding fresh ones. Care must be taken not to overcook frozen vegetables, because all of them have been partially pre-cooked in preparation for freezing. Only the amount that can be eaten at one meal should be cooked at a time.

To cook in the least time, the water should be boiling and the time for cooking is counted from the time the water returns to the boil.

GUIDE FOR COOKING FROZEN VEGETABLES

VEGETABLE (Approx. 2 Cups)	AMOUNT OF WATER (Cups)	TIME AFTER WATER RETURNS TO THE BOIL (Minutes)
Asparagus		
Spears	¼ to 1	5 to 10
Cut in ½ lengths	¼ to ½	3 to 4
Beet greens	¼ to 1	8 to 12
Beans, green	¼ to 1	10 to 15
Broccoli	¼ to 1	4 to 10
Cauliflower	½ to 1	3 to 6
Corn		
Cut	¼ to ½	5 to 6
On the cob	Sufficient to cover	3 to 8
Lima Beans	1 to 2	16 to 22
Peas	¼ to ¾	5 to 8
Spinach	¼ to ¾	4 to 8

Fruit

If frozen fruit is to be cooked before using, it need not be thawed. Berries for desserts are served while the ice still remains in the fruit. Fruit for pie and cobblers must be thawed enough to spread, and fruit for shortcake, puddings, and ice creams must be partially thawed. During thawing, fruit should be left in the unopened original container. A one pound package thaws in the refrigerator in from 5 to 6 hours, and at ordinary kitchen temperatures in 3 to 4 hours.

In cooking frozen fruit, allowance should be made for the sugar added before the fruit was frozen and in some cases no additional sugar is required.

Meat

Thin steaks, chops and cutlets may be cooked without thawing, but steaks as thick as 1½ inches should be either partially or completely thawed. Large roasts cook more uniformly if they are at least thawed, otherwise the centre may be raw and cold while the outside is well-browned. Ground meats should be completely thawed.

A good way to thaw meat is to place it in the refrigerator without removing the wrapping. There is less drip with more rapid thawing at room temperature.

Thawed meats may be cooked the same as are fresh meats. Solidly-frozen roasts require from 12 to 25 minutes more cooking per pound than do thawed roasts.

GUIDE FOR COOKING FROZEN MEAT

CUT	METHOD OF COOKING	DEGREE OF DONENESS	THAWED BEFORE COOKING (Mins. per lb.)	STARTED IN FROZEN STATE (Mins. per lb.)
Standing—rib roast	Roasted - 350°F.	rare	18	43
		medium	22	47
		well done	30	55
Rolled—rib roast	Roasted - 325°F.	rare	28	53
		medium	32	56
		well done	40	65
Beef rump	Braising	well done	35	50
Beef patties				
1 inch thick	Pan Broiling	medium	12	18
Beef steak				
1 inch thick	Broiling	medium	8	21
1½-inch thick	Broiling	medium	12	30
2-inch thick	Broiling	medium	20	40
Pork—loin roast	Roasted - 325°F.	well done	35	55
Leg of Lamb	Roasted - 325°F.	well done	35	45
Sausage patties	Pan Broiling	well done	20	28

Poultry

All poultry except that for fricassee should be at least partially thawed. Whole chickens, ducks, turkey and the like, lose practically no juices on thawing because of their skin covering. Poultry for roasting should be completely thawed because the flesh near the bones has a better flavour if it is completely done. A 3-pound bird requires approximately 6 hours to thaw in a mechanical refrigerator.

Thawed frozen poultry is cooked as is the unfrozen. If it is not completely thawed additional cooking time is necessary.

Pressure Cooker

The pressure cooker is a kettle of strong metal, usually cast aluminum, fitted with a cover which can be fastened securely by clamps to make a steam-tight joint. The cover is equipped with devices for regulating the steam pressure:

1. A petcock which controls the escape of steam.
2. An automatic safety device which provides an outlet for steam if pressure should run too high.
3. A steam gauge which registers the amount of pressure obtained. When the petcock is closed, steam is not allowed to escape and this produces a pressure which increases the temperature and shortens the cooking period accordingly.

To Use the Pressure Cooker

1. Place rack in bottom of kettle and add water.
2. Place food in desired position. (Adjust cover and fasten.)
3. Open petcock and leave open for 7 minutes after steam begins to escape and then shut petcock.
4. When gauge registers required pressure, adjust flame so that pressure will not fluctuate. Count cooking time from the time desired pressure is obtained.
5. When cooking is completed, pressure must be reduced before removing cover. This may be done by allowing the cooker to cool slowly until gauge stands at zero or by opening petcock gradually to permit steam to escape.

Care of Cooker

After using a pressure cooker, the kettle portion should be washed and dried thoroughly. The cover should not be put into water as it may injure the pressure gauge. The cover should be wiped carefully and stored separately to keep it free from odors. Directions supplied by the manufacturer should be followed for care of the safety valve. The cooker should at all times be kept clean.

Pressure Saucepans

Pressure saucepans in 1 to 4 quart sizes have in recent years been placed on the market. These are designed for ordinary cooking rather than for canning. These cookers can be cooled rapidly without injury by placing them in cold water or under the cold water tap. When using a pressure saucepan follow the directions sent with it.

GUIDE FOR COOKING FOODS IN PRESSURE COOKER

FOOD	AMOUNT WATER	TIME (Minutes)	POUNDS PRESSURE
Cereals — — — per cup of cereal			
Cornmeal	5 cups	15	15
Cracked Wheat	3 cups	25	15
Oatmeal	2 cups	10	15
Oats, rolled	2 cups	5	15
Rice	2 cups	10	15
Macaroni	1 quart	6	15
Spaghetti	1 quart	6	15
Whole Wheat	2 cups	45	15
Fruit			
Fruit for Sauces	1 cup	7	15
Dried	2 cups	10	15
Meat — — — per pound of meat			
Rump or Chuck Roast	2 cups	12	15
Corned Beef	2 cups	12	15
Ground Meat Loaf	2 cups	10	15
Pot Roast	2 cups	12	15
Round Steak	2 cups	15	15
Tongue	2 cups	10	15
Heart	2 cups	5	15
Ham	2 cups	12	15
Stew Meat Cubes	2 cups	5	15
Hamburg Patties	1 cup	2	15
Poultry			
Young Chickens — 4 lb.	2 cups	20	15
7 lb.	2 cups	35	15
Old Birds	2 cups	45	15
Vegetables			
Asparagus	2 cups	10	15
Beans, String	2 cups	15	15
Beets — Small	2 cups	10	15
Old	2 cups	30	15
Carrots	2 cups	10	15
Onions	2 cups	10	15
Parsnips	2 cups	10	15
Potatoes	2 cups	10	15
Turnip	2 cups	10	15
Baked Beans	2 cups	40	15
Lima Beans, Dried	to cover	30	15
Corn on Cob	2 cups	10	15

Fish Dishes

Fish may be cooked in many ways but some methods are more suitable for certain varieties than for others. Fat fish — salmon, bluefish, and mackerel — are better cooked without added fat. Whitefish, such as cod, haddock and halibut, contain little fat and are best cooked by methods which supply this substance. If cooked in water, lean fish often lack flavour and should be served with rich sauces. If baked they should be larded and basted often.

Fish is always cooked until well done but it requires less cooking time than meat.

BUYING FISH

1. Fresh fish is cheapest and best when it is most plentiful.
2. Choose thick plump fish in preference to long slender ones of the same variety for quality and economy.
3. When large whole slices are not required, as in salads, cuts from the head or tail will often serve as well, and will cost less.
4. When buying fresh fish choose fish with firm flesh, no strong odour, bright gills and eyes, bloom on skin or flesh, not dull.
5. For generous servings allow three servings to the pound for fillets and half a pound per person for whole fish.

PREPARING FISH FOR COOKING

To Scale Fish

Using a dull knife and starting from tail, work toward head. Hold knife at an angle of about 45° to prevent scales from flying too much and skin from being cut.

To Clean

Split fish from back of gills to vent. Cut off head and tail if they are to be removed. Lift out viscera and wash away blood. Scrape backbone clean and remove black membrane by rubbing with salt. Wipe inside and outside with a damp cloth and dry fish. Salt lightly and place in the cold until cooking time.

To Skin

Remove dorsal (back) fins by cutting along each side and pulling them out, pulling towards head. Cut skin around gills and cut off a narrow strip down the back. Start pulling skin off with fingers, beginning at the bony part of the gills. A knife may be used to follow skin to prevent flesh from tearing. A fresh fish is skinned easily.

To Bone

Continue beyond the vent the cut made when cleaning the fish. Beginning at the tail, insert a sharp knife between the flesh and the backbone. Keep knife as close to bone as possible and work it toward head, cutting the bone clear from side of flesh. Turn and cut bone from other side. Remove with fingers any bones left.

Boiling

Use whole fish, thick slices of large fish, fillets or steaks. Wrap fish in cheesecloth or cooking parchment paper to prevent their falling apart, or lay the pieces in an oiled wire basket. Fill a large pot with enough water to cover fish. Add 1 tablespoon salt and ½ tablespoon of lemon juice to each quart of water. Sliced onion, parsley, celery, carrots, bay leaf, or other seasonings may be added for additional flavour. Bring water to a boil. Place fish in water and simmer until meat separates from bones, or until meat is tender. Never let water come to an active boil. Fish should be gently cooked, more in the manner of poaching than actual boiling. Cooking time: about 10 minutes per pound for thin fish; 10 to 20 minutes per pound for thick fish.

Steaming

Use same kind of fish as for boiling. Season fish with salt and pepper. Place one layer deep on the well-oiled tray of steamer. Cook over boiling water until tender. Cooking time: 10 minutes per pound for thin fish; 10 to 20 minutes per pound for thick fish.

Broiling

Use small sizes of whole fish, fillets or steaks. Season with salt and pepper. If fish is lean, brush with butter, oil, melted fat or French dressing. Place on preheated broiler pan about 2 inches from flame. If skin is left on fish, fish should be placed on pan skinside down. Broil until fish is browned, then turn with a pancake turner and quickly brown other side. If fish seems dry, baste with oil. Cooking time: about 10 minutes for medium-sized fish.

Pan-frying

Use small-sized whole fish, or fillets. Dip fish in well-salted milk, then roll in mixture of Five Roses Vitamin Enriched Flour and cornmeal, seasoned with salt. Place in hot greased frying pan. Do not use butter for oiling pan as it smokes at high temperatures. Use cooking fats. Brown evenly on both sides. Cooking time: about 10 minutes depending on thickness of fish.

Deep-fat Pan-frying

Use small-sized whole fish, or fillets. Pour cooking oil to a depth of 1 inch into frying pan large enough to cook necessary amount of fish. Heat oil to 375°F. Cut fish into serving portions and roll in a mixture of one half Five Roses Vitamin Enriched Flour and one half cornmeal. With a pancake turner, place fish in frying pan. Do not use a fork as you may pierce the fish, allowing steam to escape and oil to penetrate. Fry fish on one side for 2 to 3 minutes, depending upon thickness of fish. Turn fish and fry until fish rises to top of oil. Remove from pan, drain on absorbent paper. Serve immediately.

Deep-fat Frying

Prepare fish as for pan-frying, or roll in fine dry bread crumbs, well-beaten egg and again in bread crumbs. Place one layer of fish in frying basket. Immerse in deep fat preheated to 375°F. and fry until golden brown. Cooking time: about 5 minutes. When done, drain on absorbent paper. (Add 1 tablespoon of water to beaten egg before dipping fish.)

Spencer Method for Baking Whole Fish

Fish weighing 3 to 6 pounds
Oil or melted fat
Finely sifted bread crumbs

Prepare by cutting off head, tail and fins, and splitting down at the backbone like a kipper so that it will lie open. Oil a baking pan and place fish in it, skin side down. Sprinkle well with salt, then strew all over with finely sifted bread crumbs. Now sprinkle over it oil or melted fat. Place in a hot oven of 500°F. Add no water. Bake quickly until well browned, allowing about 10 minutes per inch thickness of fish. Heat may be reduced for larger fish towards the end of cooking time. Colourless fried onions may be strewed over the fish before the blanket of bread crumbs.

Baked Stuffed Fish

Use whole fish, cleaned and dressed. Rub inside and outside of fish with salt, stuff loosely as dressing will expand during cooking. Sew up opening in fish with needle and thread, or close with metal skewers. Place fish on greased rack in shallow, uncovered pan. Bake at 375°F. allowing 10 minutes per pound for fish under 4 pounds. Add 5 minutes per pound to cooking time for larger fish. If fish seems dry while cooking, baste occasionally with the juice from the bottom of the pan, or lay strips of bacon or salt pork across the fish; or brush surface with French Dressing.

STUFFINGS (Basic Recipe)

4 tbsps. butter
2 cups soft bread crumbs
2 tsps. onion, minced
¼ cup celery, chopped
1 tbsp. lemon juice
½ tsp. salt
Dash of pepper

Melt butter and add bread crumbs. Add remaining ingredients and mix thoroughly. If dressing seems dry, add a tablespoon of water to moisten.

Celery Stuffing — Follow basic recipe, but increase celery to 1 cup.

Mushroom Stuffing — Follow basic recipe, adding 1 cup chopped mushrooms.

COURT-BOUILLON

Sufficient quantity of water to cover fish to be cooked, ¼ cup of vinegar to 1 quart of water.

1 carrot cut in slices
1 onion cut in slices
2 sticks of celery
2 sprigs of parsley
1 bay leaf
½ tsp. peppercorn
1 tbsp. salt

Cook these ingredients 30 minutes before plunging fish into "Court-bouillon". Court-bouillon may be used to make sauce.

BAKED FILLETS WITH TOMATO SAUCE

2 lbs. sliced fillet
Salt and pepper
2 cups creamed tomato soup

Wipe slices of halibut with damp cloth and place in buttered baking dish. Pour soup around fish and bake at 350°F. for 35 minutes.

FILLETS WITH CHEESE SAUCE

- 2 tbsps. butter
- 3 tbsps. Five Roses Enriched Flour
- 1 cup hot milk
- ⅓ cup grated cheese
- ½ tsp. powdered mustard
- ¼ tsp. salt

Melt butter, remove saucepan from fire and add Five Roses Vitamin Enriched Flour gradually, mix well, add hot milk, cheese, mustard and salt. Mix until cheese is melted, cook five minutes. Pour over fish and place in oven (500°F.) 10 to 20 minutes.

SPENCER METHOD FOR FISH FILLETS

- 2 to 3 lbs. fish fillets
- 1 tbsp. salt
- Cup of milk
- Finely-sifted bread crumbs
- Oil or melted fat

Cut fillets into portions, 3 to the pound. Soak pieces in salted milk 3 minutes, then cover with sifted bread crumbs, using one hand for the wet work and the other for the dry, to keep crumbs dry. Place in pan and sprinkle with cooking oil or fat. Bake at 450° to 500°F. until fish is cooked. This will not take over 10 minutes for a piece 1 inch thick. Grated cheese may be sprinkled over the top just before removing from the oven.

Broiled Fish — For a whole fish, split and clean fish. Remove any scales and head and tail if desired. Wipe dry. Place on well-greased broiler. Broil the fish on flesh side, turn, broil on skin side in moderate oven for 20 to 30 minutes. Slip broiler onto hot platter or place platter over fish and invert platter and broiler together. Season with salt and pepper, garnish with watercress, parsley or sliced lemon.

FISH LOAF

- 2 cups flaked cooked or canned fish
- 1 tbsp. lemon juice
- ¼ cup butter or other fat
- ¼ cup Five Roses Enriched Flour
- 1 cup milk
- ½ cup bread crumbs
- ½ cup finely-chopped celery
- 1 tbsp. chopped parsley
- 2 tsps. onion juice (if desired)
- ¾ tsp. salt

Drain fish flakes and add lemon juice. Melt butter, stir in Five Roses Vitamin Enriched Flour and then milk, and cook until mixture is smooth and thick. Allow to cool and add the fish flakes, celery, bread crumbs, parsley, onion juice, and salt, and mix until well blended. Mould into a loaf with the hands and place on oiled paper on a rack in an open roasting pan. Bake about 45 minutes at 350°F. Serve with Creole Sauce.

CREOLE SAUCE FOR FISH

- ¼ cup shortening
- ½ cup minced onion
- 1 clove of garlic
- ½ cup minced green pepper
- 2 cups sieved canned or cooked tomatoes
- 1 tsp. salt (or less)
- ¼ tsp. paprika
- 1 tsp. minced parsley

Melt shortening and in it saute onion, garlic, and green pepper. Remove garlic clove and add remaining ingredients. Cook gently for 15 minutes. Serve on any baked or broiled fish.

FISH SOUFFLE

½ lb. cooked or canned fish, flaked
4 eggs
1½ cups milk
1 cup fine dried bread crumbs
1 tbsp. butter or other fat
¾ tsp. salt
Dash of paprika
3 drops Tabasco Sauce

Heat milk, bread crumbs and fat in a double boiler, add fish flakes and stir until blended. Add mixture to well-beaten yolks, and season to taste with paprika and Tabasco Sauce. Fold into mixture the stiffly-beaten egg whites to which salt has been added. Pour into a greased dish and bake at 300°F. for 1 hour or until set in the centre. Serve immediately.

SALMON LOAF

1 tall tin of salmon, or an equal quantity of left-over cooked fish
2 cups diced or coarsely-ground carrots
1 cup celery, cut in matchlike pieces
¼ cup finely-minced onion
Yolks of 3 eggs, slightly beaten
Salt and pepper to taste

Mix ingredients together and bake in a loaf pan in a slow oven for 45 minutes. If desired this may be steamed. It also may be made in individual custard cups. Unmould these on a hot platter, surround with a good sauce, garnish with parsley, and serve very hot.

SALMON SOUFFLE

1 large tin of salmon
Salt and pepper
Juice of ½ lemon
2 cups soft bread crumbs
1½ cups milk
3 egg yolks, well-beaten
3 egg whites

Separate salmon in flakes and discard all skin and bone. Add salt, pepper and lemon juice. Cook bread crumbs in milk. Cool to lukewarm. Add salmon and egg yolks, reserving a small amount of yolk to add to sauce. Beat egg whites until they stand in peaks and add to fish mixture. Pour into a greased baking dish, stand dish in a pan containing 1 inch of water. Bake at 325° to 350°F. for 1 to 1¼ hours. Serve with White Sauce No. 2 to which the reserved portion of egg has been added. A little parsley or a few spoonsful of chopped cucumber may be added to the sauce.

This mixture may be poured into a greased mould, tied down with greased paper, and steamed for 1¼ to 1½ hours. Turn out of mould when cooked, and cover with hot sauce.

Meat Dishes

Fresh meat should be unwrapped and wiped clean with a damp cloth as soon as received. It should then be placed in a shallow uncovered container in one of the coldest parts of the refrigerator. A piece of waxed paper may be placed loosely over the top but some circulation of air is desirable. Cooked meat should be cooled quickly, then covered to prevent drying before placing in the refrigerator. Cured meat, as bacon and ham, should be stored in a cold, dark place.

There are only 2 basic ways of cooking meat; by dry heat and by moist heat. Each of these methods has modifications: under dry heat there is roasting, broiling, pan-broiling and frying; under moist heat, braised and cooked in water. The method to be used depends on the kind and cut of meat to be cooked.

In general, dry heat cooking is successful with meats which readily become tender. Moist heat is required by meats which are tenderized only by long, slow cooking. The tender cuts of meat are never at their best when cooked by moist heat; and the less tender meats are never satisfactory when cooked by dry heat.

TIMETABLE FOR ROASTING MEATS

MEAT (Kind)	COOKING DEGREE	APPROX. TIME PER POUND (Minutes)	TEMPERATURE TO ROAST AT	INTERIOR TEMPERATURE*
Beef	rare	18-30	350°F.	140°F.
	medium	22-40	325°F.	160°F.
	well-done	27-50	325°F.	180°F.
Veal	well-done	25-35	325°F.	170°F.
Lamb	well-done	30-25	325°F.	175°F.
Pork				
Fresh	well-done	30-50	325°F.	185°F.
Cured	well-done	25	325°F.	170°F.
Tenderized	well-done	15-20	325°F.	160°F.

*Temperature registered when a meat thermometer is used.

Broiling Meat

Meat is cooked over or under or in front of open fire or other direct heat. Place 3 to 4 inches from source of heat. Broil on one side until browned, turn and finish on other side. Chops, tender steaks — as sirloin, porterhouse, beef tenderloin — are the most desirable for broiling.

Pan-broiling

Meat is placed in a sizzling hot frying-pan and browned on both sides; reduce temperature and cook until as well done as desired, turning frequently.

DOMINION DEPARTMENT OF AGRICULTURE

MARKETING SERVICE

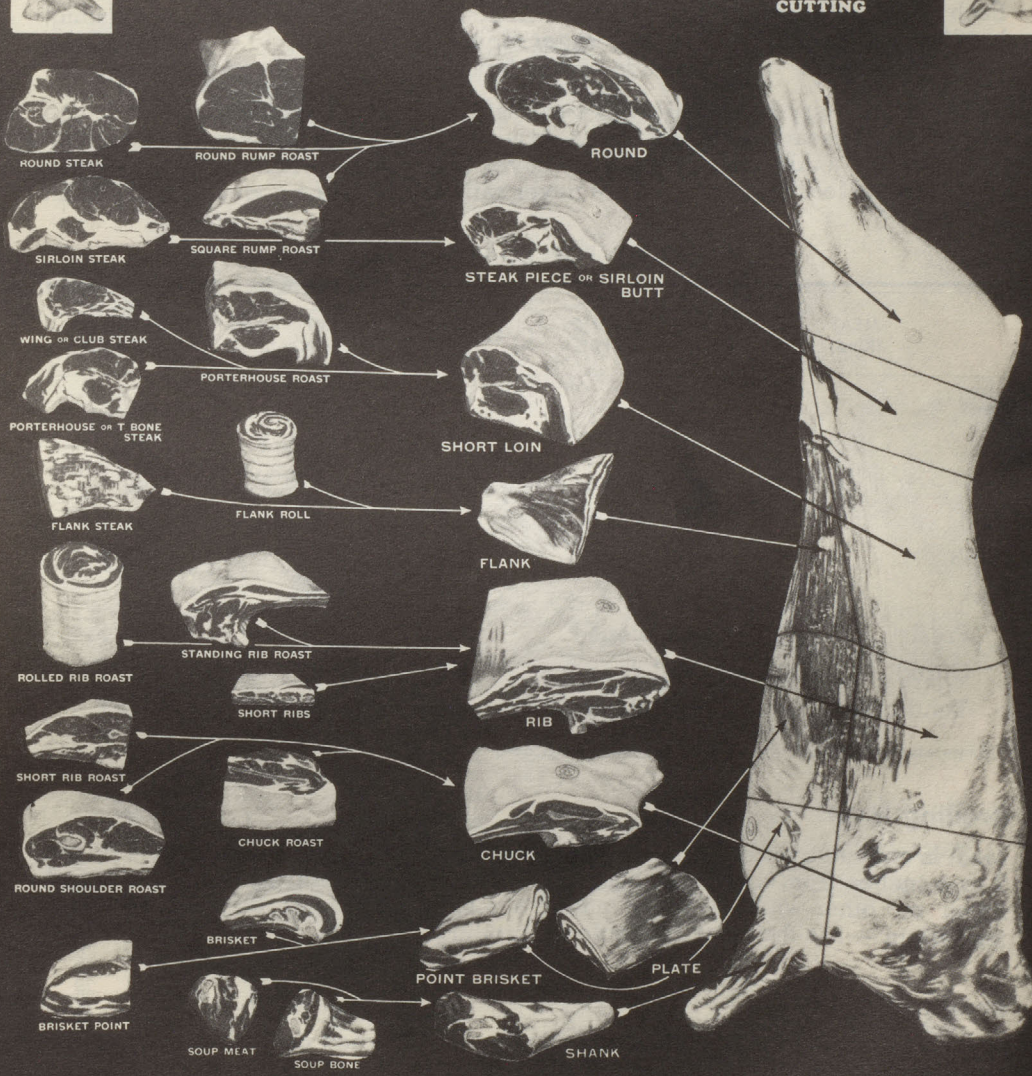
BEEF CHART

RED BRAND indicates "CHOICE" grade.

Officially graded beef is branded to indicate quality

BLUE BRAND indicates "GOOD" grade.

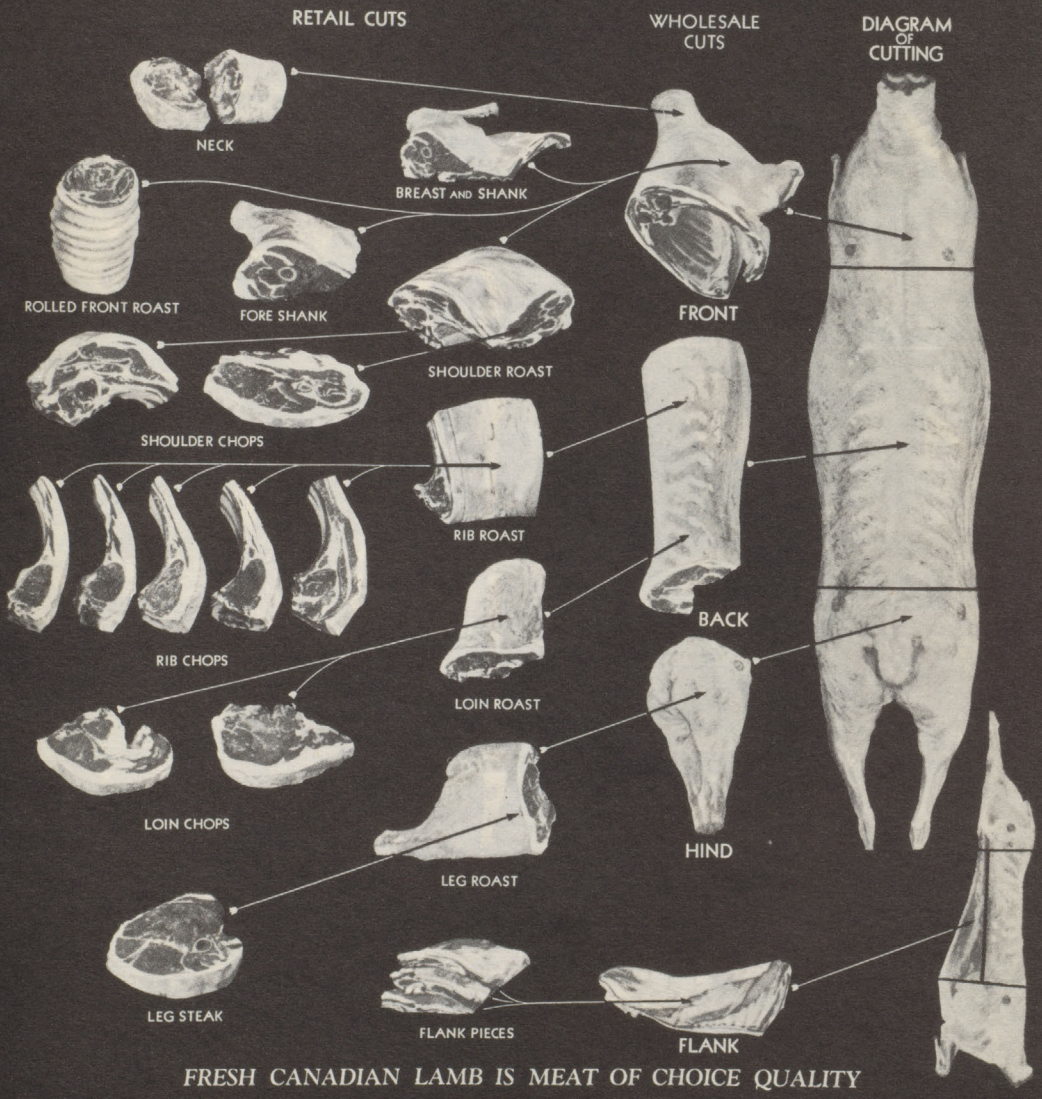
RETAIL CUTS | **WHOLESALE CUTS** | **DIAGRAM OF CUTTING**



DOMINION DEPARTMENT OF AGRICULTURE

MARKETING SERVICE

LAMB CHART

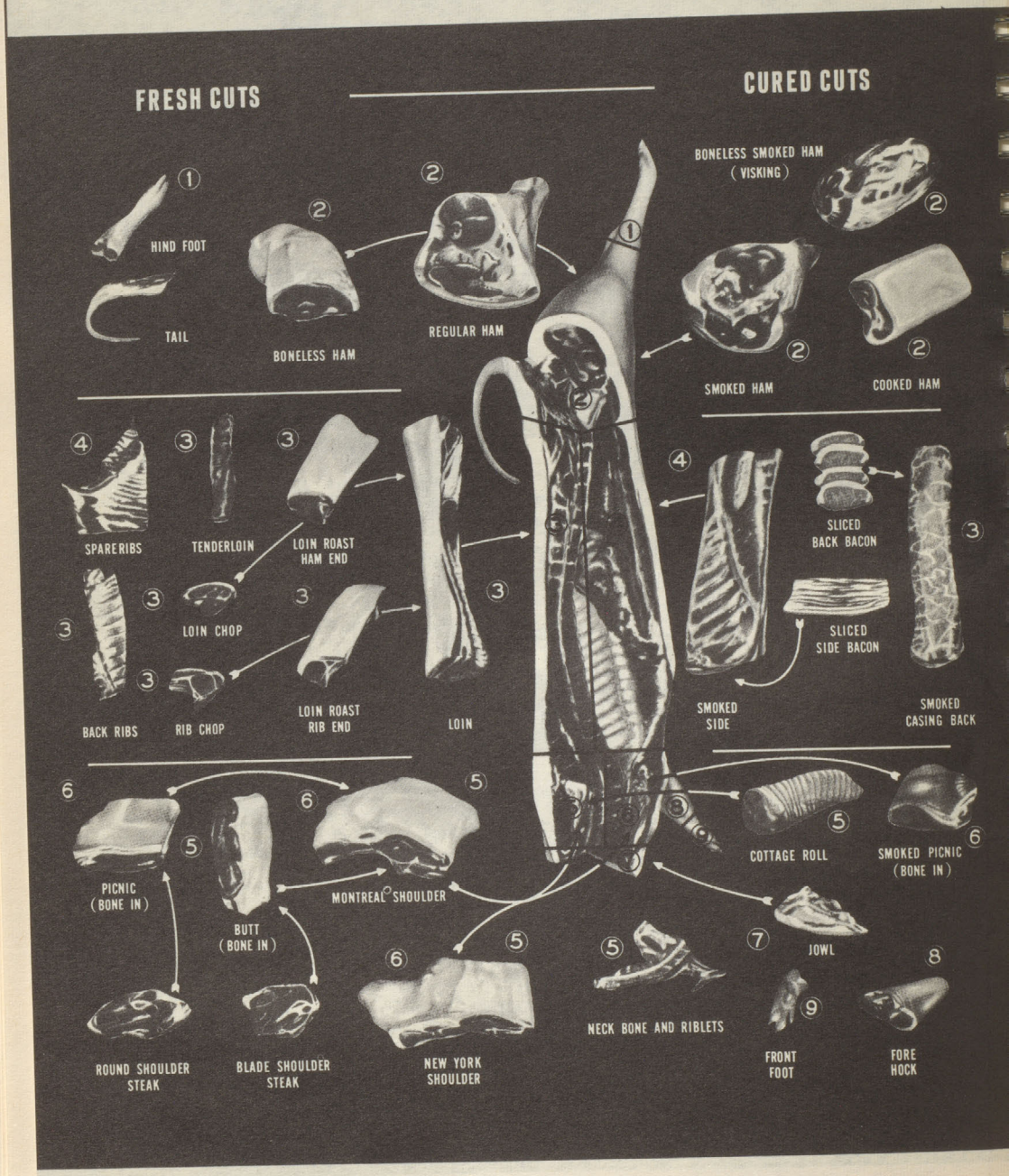


FRESH CANADIAN LAMB IS MEAT OF CHOICE QUALITY

DOMINION DEPARTMENT OF AGRICULTURE

MARKETING SERVICE

PORK CHART



Stewing Meat

Meat is cut into cubes or left in large pieces browned on all sides in hot fat, covered with boiling water and cooked at simmering temperature in covered kettle until meat is tender. The shank is the most economical of all cuts for this purpose, neck plate, flank, short rib or sometimes round steak as in Swiss steak.

Roasting

All of the more tender cuts of meat should be roasted in an uncovered roaster, no water should be used. A meat thermometer should be used, if obtainable. This invaluable little instrument tells the cook when the roast has cooked, to the rare, medium, or well-done stage in the centre of the meat.

(The old idea of searing to keep the juices has been discarded in light of present knowledge relative to meat flavours and meat shrinkage.)

Beef Roasts

Wipe, rub with salt (allowing ½ teaspoon to the pound), pepper and Five Roses Vitamin Enriched Flour. Place on rack in an open roasting pan, without water. If roast is very lean, fasten a flattened layer of suet over the top, with a skewer. To use a roast thermometer, make a slight incision with a skewer directly into roast. Insert thermometer until bulb reaches centre of roast, not touching the bone. Leave thermometer in roast until required temperature is reached. See temperature chart.

YORKSHIRE PUDDING

⅞ cup Five Roses Enriched Flour
¼ tsp. salt
2 eggs
1 cup milk
1 tbsp. melted butter

Sift salt and flour into mixing bowl. In a separate bowl beat eggs until thick, combine with milk. Make a hollow in centre of flour, and gradually stir in milk and egg mixture. Add melted butter. Beat hard for 1 minute, using a rotary egg beater. Pour some of the roast dripping into a shallow pan, heat in oven, then pour in batter to ½ inch depth. Place in a hot oven (450°F.) and bake for 20 minutes, gradually lowering the temperature as the baking proceeds.

Note: — A hot roast will continue to cook after it is placed in the warming oven. When Yorkshire Pudding is to be served, the roast should be removed from the oven before it reaches the desired "doneness". For example, a roast removed from the oven when cooked to between "rare" and "medium", will have reached the "well-done" stage by the time the oven has been made hot for Yorkshire Pudding, and the pudding has been baked.

POT ROAST BEEF

4 to 6 lbs. piece beef
Salt, pepper, Five Roses Enriched Flour
3 tbsps. beef fat or
2 1 inch cubes of salt pork
½ cup water

Rub meat with salt, pepper and Five Roses Vitamin Enriched Flour. Brown on all sides in fat in deep heavy pan (iron or aluminum). Place on rack in pan; add water, cover tightly and let simmer until tender (about 3 hours). Turn occasionally, or bake in a moderately slow oven (300° to 320°F.). Vegetables such as sliced carrots and potatoes should be added to meat during the last hour of cooking.

STEAK AND KIDNEY STEW

Cook meat as directed for the Savory Brown Stew. Add to meat, when adding the water, 1 or 2 beef kidneys cut and trimmed and previously soaked in salt water. Cook for 2 to 2½ hours. Serve with hot baking powder biscuits or crisp rounds of hot pastry.

ENGLISH SPICED BEEF

1½ ozs. saltpetre
1½ ozs. black pepper
1½ cups brown sugar
1½ ozs. ground allspice
12 ozs. salt
½ oz. nutmeg, ground mace, and cloves

Mix ingredients together and rub round of beef, turning it every 2 or 3 days — for 3 weeks. Put a piece of suet in where bone was taken out. Before boiling, tie it firmly with cord and cotton bands, until it is of good shape. Simmer gently for 5 to 7 hours, turning at half time. Do not wash off the spice before boiling. This recipe is for 25 pounds of meat, but for a small family a rolled rib roast or fillet of veal — weighing about 12 pounds — is delicious. Use the same amount of pickling materials, but do not leave it in the pickle for more than 10 to 12 days, and reduce boiling time in the same proportion.

SAVORY BROWN STEW

Cut any desired amount of lean beef in neat cubes; remove bits of skin and sinew. Dredge meat very thoroughly with Five Roses Vitamin Enriched Flour. Heat a mixture of beef dripping and butter in stewing pot, using enough to brown meat later. Slice into fat 1 or 2 finely sliced onions and cook until onions are lightly browned. Add meat and any loose flour that remains with it. This flour is very necessary, as it will produce the brown richness of the finished stew. Cook meat in the fat until brown on all sides. Cover with boiling water, and cook below boiling point for 2½ hours. Keep pan tightly covered. One-half hour before serving time, add salt to stew. Also prepare small potatoes and onions and sliced carrots. Cook vegetables together in a separate saucepan, using only enough water to keep them from burning. Add salt when vegetables have cooked for 15 minutes. When vegetables are tender add them, together with the small amount of liquid which may remain in the pan, to the meat. Serve very hot, with or without dumplings.

When Dumplings are to be served, they may be steamed or may be cooked on top of the stew-meat before vegetables are added. Full directions for Dumplings will be found on pages 133 and 134.

STUFFED FLANK STEAK

1 tbsp. fat
1 flank steak (1½ to 2 lbs.)
8 to 10 medium carrots (quartered lengthwise)
Salt and pepper
⅔ cup tomato catsup
4 cups water
½ cup coarsely-chopped celery
1 medium onion, chopped
6 ozs. egg noodles

Score steak on one side. Season both sides generously with salt and pepper. Blanch carrots in boiling salted water for 8 minutes. (Reserve carrot juice for later use.) Place carrots on steak and roll carrots tightly as a filling in the steak, fastening the steak edges with toothpicks and tie securely with cord. Melt fat in a deep pan. Brown stuffed flank steak on all sides in hot fat. Add carrot liquid

and enough additional water to make 4 cups. Add catsup, celery, onion and uncooked noodles. Simmer covered for 1 hour or until meat is tender. Lift meat occasionally to prevent sticking. Serve meat roll surrounded by noodles on a hot platter. Garnish with parsley and chilled fresh cucumber pickles. Serves 6. May be cooked on top of the stove over a low heat, or cooked in a slow oven.

POTTED MEAT (An Old Christmas Recipe)

3 Pork Hocks
2 lbs. stewing beef (off the shank)
Salt and pepper
2 tsps. whole mixed pickling spices

Wash meats quickly, put into soup kettle, cover with cold water, bring to boiling point and simmer gently for 3 hours. Remove and drain meat, then put it through meat chopper. Set aside. Boil bones as long as necessary to extract gelatin. Strain. Add spices tied in a cheesecloth bag, and continue cooking until liquid is reduced to one half original amount. Lift out spices, return meat to kettle, add salt and pepper to taste; mix thoroughly. Turn mixture into bowls which have been wet with cold water. Chill until firm. Serve sliced alone or with slices of turkey.

STUFFED MEAT ROLL

¼ cup onions, minced
1 tbsp. butter
1¼ lbs. ground beef
½ lb. ground fresh pork
1 tsp. salt
Dash of pepper
½ cup soft bread crumbs
1 egg beaten

Cook onions in butter until yellow but not browned. Add remaining ingredients and mix thoroughly. Place on a sheet of waxed paper and pat out into a rectangle 14 inches long and 10 inches wide. Spread stuffing lightly over the meat. Then roll the meat mixture around the stuffing. Place in loaf pan and bake at 350°F. for 1 hour and 15 minutes. Serves 8.

Following is the recipe for a very appetizing stuffing for the Meat Roll:

Combine 2 cups mashed potatoes, 1 can condensed pea soup, 1 teaspoon salt (or less), a dash of pepper and 1 beaten egg. Mix well.

LAMB (Roast Leg of Lamb)

Select leg of lamb weighing 4 to 5 pounds. Wipe with damp cloth, sprinkle with salt and pepper and rub with Five Roses Vitamin Enriched Flour. Place on a rack in open pan, skin side down, cut side up in oven (300° to 325°F.). No water or basting is necessary. Follow temperature chart for lamb. For additional flavour, rub with peeled clove of garlic or a little thyme, sage, or marjoram. Mix together and sprinkle in gashes made on surface of lamb before roasting, or rub curry powder, powdered ginger, minced marjoram or a few sprigs of minced fresh mint over the surface.

LAMB STEW WITH MUSHROOM DUMPLINGS

3 lbs. of lamb cut in pieces
Five Roses Enriched Flour
Salt and pepper
½ cup sliced onion
5 cups boiling water
½ cup carrots, cubed
2 tbsps. chopped parsley
2 tbsps. chopped green pepper

Roll lamb in seasoned flour, brown with onion in hot fat in kettle. Add boiling water and simmer for 2 hours. After first hour add carrots, green pepper and parsley.

MUSHROOM DUMPLINGS

- 1 cup sifted Five Roses Enriched Flour
- 2 tsps. baking powder
- 1 tbsp. shortening
- ½ tsp. salt
- ½ cup condensed mushroom soup
- 6 tbsps. water

Sift dry ingredients, cut in shortening, add mushroom soup and water to make a soft dough. Drop by spoonsful into simmering stew. Cover tightly and cook without removing cover, for 10 to 12 minutes. Use only enough heat to keep stew simmering.

VEAL ROASTS

The leg, loin and boned shoulder of veal are usually roasted. Wipe meat with damp cloth, place thin strips of salt pork or bacon on top of veal roast. Veal should be well-done. Place roast on rack in open pan, at 300°F., add no water and do not baste. See temperature chart for veal, page 163.

BREADED VEAL CUTLETS

- 2 lbs. veal cutlets, ½ inch thick
- Salt and pepper
- Five Roses Enriched Flour
- 1 egg
- 1 tbsp. water
- Fine bread crumbs
- ¼ cup fat, melted

Cut cutlets into pieces for serving. Sprinkle with salt and pepper, roll in flour, dip in egg beaten slightly with water, then roll in crumbs. Let chill ½ hour. Then saute — slowly — in fat until well-browned and tender, allowing 15 minutes for each side.

ROAST PORK

Pork must always be thoroughly cooked. There should not be a trace of pink in it when served. Place on rack in covered roasting pan and follow temperature chart carefully for roasting fresh pork.

STUFFED FRESH PORK SHOULDER

- 4 cups soft bread crumbs
- 2 tsps. salt
- 4 tbsps. green pepper
- 2 tbsps. minced onion
- 1 cup canned whole grain corn
- 4 tbsps. melted butter
- 2 eggs, beaten
- 6 to 8 lbs. boned pork shoulder

Combine all ingredients but pork and stuff shoulder where boning has left a pocket. Tie up firmly with string and roast as per temperature chart, page 163.

HAM BAKED IN BLANKET

Wash half a ham, dry it and sprinkle the lean meat with a little powdered clove. Make a paste of 3 or 4 cups of Five Roses Vitamin Enriched Flour, 1 teaspoon cinnamon, a tablespoon or two of scraped onion, ½ teaspoon sage or thyme, and water to make a dough that can be rolled to about ⅛ inch thickness. Cover entire ham with paste, place fat side down in roasting pan. Bake at 325°F. for 20 minutes to the pound, or until a meat thermometer registers 170°F. Remove from oven, crack off paste, and carefully remove rind. Place fat side up in roasting pan, surround with apple cider to which have been added 1 bay leaf — crushed, a teaspoonful of peppercorns, a handful of brown sugar and 6 cloves. Rub fat with dry mustard, then with brown sugar. Return to 325°F. and roast for a further 10 minutes per pound, basting every 8 to 10 minutes. The amount of flour required will depend on size of ham. Half a ham weighing 6 pounds will require 4 cups flour. If apple cider is not available, diluted cider vinegar may be added.

BAKED PORK CHOPS WITH DRESSING

- 8 pork chops
- 6 slices of stale bread
- Milk or water to moisten
- 1 finely-minced onion
- 1 tsp. salt
- ¼ tsp. pepper
- 1 tsp. powdered sage
- 1 egg

Pan fry chops until golden brown, cover with water and simmer gently for 25 minutes. Meanwhile add enough milk or water to bread to just moisten it. When soft, press out any excess liquid and combine with onion, salt, pepper, sage and beaten egg. Put pork chops into a baking dish, cover with dressing and bake in a moderate oven about 1½ hours, basting the dressing frequently with liquid in which the chops were simmered.

DRESSED TENDERLOIN

Select 2 pieces of lean pork tenderloin of equal size. Trim off fat and split open, without cutting through the meat. Lay 1 piece flat open and spread with Chicken Dressing, page 126. Cover with second piece of tenderloin and tie in 3 or 4 places with thin twine. Lay on a rack in a small dripping pan, with strips of the fat over top or spread with dripping. Bake in a moderate oven (325° to 350°F.) for 25 to 30 minutes to the pound, depending on size. Remove strips of fat after first ½ hour. Serve hot or cold, cut in slices.

SPARERIBS WITH CELERY STUFFING

- 1 side of spareribs (about 1½ lbs.)
- 2 tbsps. butter or drippings
- ½ cup chopped onion
- ½ cup chopped celery
- 2 cups of soft bread cubes
- Dash of pepper
- ½ tsp. salt

Brown onions in fat. Add celery, bread cubes, salt, pepper, and ½ cup of water. Place dressing in baking pan and cover with seasoned spareribs. Bake uncovered in 350°F. oven for 1½ to 2 hours.

Variety Meats

LIVER, HEART, KIDNEY, SWEETBREADS, BRAINS, TONGUE, TRIPE AND RABBIT

Proper home care of Variety Meats begins when you take your parcel from the butcher at the shop. These meats are perishable, spoil more quickly than other kinds, therefore should be cooked promptly and always kept very cold until ready for use.

LIVER

Skinning

Before cooking remove skin from pork or mature beef liver. The skin is less tough then, and easier to take off. Tender young liver — calf, lamb or baby beef usually does not need skinning.

Scalding

For calf or baby beef liver, scalding (dipping in boiling water before cooking) is unnecessary. For lamb, pork or mature beef liver that is to be broiled or sauted, scalding generally improves the flavour. It helps "set the juices". Scalding makes liver easier to grind or chop.

Cooking

Do not overcook is the primary rule in liver cooking. High heat or long cooking toughens liver. Boil or saute young liver and only long enough to take away the red colour. Like all pork — pork liver should be thoroughly cooked. The flavour of pork or beef liver is more delicate if braised with vegetables or made into stew or loaf.

SPANISH LIVER

Dip 1 pound of sliced beef, lamb, or pork liver in flour, cube at once, sprinkle with 1½ tablespoons Five Roses Vitamin Enriched Flour and brown gently in 2 tablespoons fat, add ¼ cup minced onion and chopped green pepper, ¼ clove chopped garlic (optional), 2½ cups canned tomatoes, 1½ teaspoons salt, dash pepper, cover, simmer 10 minutes. Spread liver mixture in greased baking dish in alternate layers with 2 cups cooked spaghetti. Top with 1 cup soft bread crumbs. Bake at 375° to 400°F. for 15 to 20 minutes or until crumbs brown and mixture heats through. Serves 6.

BRAISED LIVER

1 lb. calf's liver
½ tsp. salt
4 tbsps. shortening
2 medium-chopped onions
¼ cup Five Roses Enriched Flour
⅛ tsp. pepper
1 can tomato soup
1 cup finely cut celery
2 cups finely cut carrots

Cut liver in 2-inch squares, salt, pepper, and roll in flour and brown in fat — put in casserole — brown vegetables in same fat — put all in casserole and pour over it 1 can tomato soup — cover and bake at 375°F. for 1 hour. Uncover during last 15 minutes.

LIVER LOAF

- 1 lb. beef liver
- 1 medium sized onion, chopped
- ½ lb. pork sausage
- 1 cup dry bread crumbs
- 1 tsp. Worcestershire Sauce
- 1 tbsp. lemon juice
- 1 tsp. salt
- ⅛ tsp. pepper
- 1 tsp. celery salt
- 2 beaten eggs
- ½ cup stock
- 2 slices bacon

Cover liver with hot water, simmer 5 minutes, drain liquid and reserve for stock. Force liver and onion through food chopper using medium blade, add remaining ingredients, except bacon. Form loaf in 5½- by 10½-inch pan. Top with bacon strips, bake at 350°F. 45 minutes. Serves 6 to 8.

CALF'S LIVER SPANISH STYLE

- 6 slices calf's liver
- 3 tbsps. butter
- 1 onion, sliced
- 2 cups canned tomatoes
- 2 tbsps. chopped green pepper
- 1 tbsp. chopped pimento
- ½ cup chopped mushrooms
- 1 clove garlic
- 1 tsp. salt
- ½ tsp. pepper

Melt butter, add onion and green pepper, and saute until soft — 10 minutes. Add tomatoes, pimento, mushrooms, garlic, salt and pepper, cook slowly for 1 hour. Remove garlic. Season liver and salt and pepper, dredge with Five Roses Vitamin Enriched Flour and fry in melted fat, place on hot platter and pour hot sauce over it. Sprinkle with chopped parsley.

HEART

Calf's and lamb's hearts are more tender than those of beef or mutton.

BRAISED HEART WITH STUFFING

- 1 beef heart
- Salt and pepper
- Bread stuffing
- 2 tbsps. lard
- Water

Wash heart and remove hard parts. Season. Fill with stuffing, and sew. Brown in hot lard. Add ½ cup of water. Cover and cook slowly for about 3 to 3½ hours, or until tender, adding water as needed.

For Bread Stuffing, brown 2 slices of bacon. Chop it. In the bacon fat fry 2 tablespoons of chopped onion until yellow. Add 4 slices of stale bread broken into coarse crumbs, 1 egg, beaten, and salt and pepper to taste. Add chopped bacon and mix well.

STEWED CALF'S HEART

- 2 calf hearts
- 1 bay leaf
- Salt and pepper
- ½ lemon
- 2 tbsps. Five Roses Enriched Flour
- 2 tbsps. butter

Wash hearts carefully, remove veins, arteries, and clotted blood. Place in boiling water to cover, let simmer 1½ hours. Remove all fat and set aside to cool. Cut lean portions of heart into small pieces, place in saucepan, add water, bay leaf, salt and pepper, let simmer 10 minutes. Rub flour and butter together and add them with sliced lemon, stir thoroughly for 5 minutes and serve at once.

KIDNEY

Wash kidney thoroughly, remove outer membrane; split through the centre length-wise, remove fat and heavy veins.

Beef and pork kidney should be soaked in cold salt water for 1 hour before cooking. Beef kidney should be covered with water and cooked at simmering temperature until tender — about 1 hour. Water should be changed several times during cooking. The kidney can then be used in any dish desired. Pork kidney should receive the same treatment, but requires only about 20 to 25 minutes simmering. Kidneys are highly prized by the epicure.

OLD TIME KIDNEY STEW

Split kidney or slice thin, cook a chopped onion in fat; roll kidney in seasoned flour then brown in fat. Add boiling water or brown stock just to cover, simmer in a covered saucepan until tender. Small potatoes may be added, 20 minutes before serving time.

BAKED VEAL KIDNEYS WITH MUSHROOMS

2 veal kidneys
2 oz. can button mushrooms or sliced mushrooms
2 large sweet onions
4 tbsps. butter
Salt, pepper, bread crumbs, and nutmeg

Slice kidneys crosswise rather thick, cover with cold water, soak 1 hour, then cook for 1 hour as directed. Drain, remove membrane, and cut out most of centre fat, wipe dry, put slices together in pairs with mushrooms in between, fastening with toothpicks. Arrange on thick slices of onion in a shallow baking dish. Sprinkle with salt, pepper and a dash of nutmeg, sprinkle with crumbs and dot tops with butter. Pour liquid from mushrooms around the meat. Bake uncovered at 350°F. about 40 minutes. Serves 4.

KIDNEY CREOLE

1 beef kidney
¼ cup fat
1 large onion, minced
1 medium carrot, diced
1 medium potato, diced
1½ cups tomatoes
2 cups boiling water
½ tsp. Worcestershire Sauce
Salt, pepper, and other seasoning as desired

Soak kidney. Slice and dredge with seasoned Five Roses Vitamin Enriched Flour, brown in hot fat, add tomatoes and water and allow to cook slowly for about ½ hour. Add diced vegetables and more water if necessary, and continue cooking until vegetables are tender. A few green peas or slice of green pepper add to the appearance of this dish.

SWEETBREADS AND BRAINS

Brains and sweetbreads are much alike in tenderness and texture. They require the same preliminary preparation and are cooked and served in the same way. Brains and sweetbreads do not keep well and should be used as soon after purchase as possible. If not, they should be pre-cooked and then stored in a cool place.

Sweetbreads are the thymus glands of beef, calf, and lamb. They consist of 2 parts, the heart sweetbreads and the throat sweetbreads. As the beef animal matures the thymus gland disappears; beef sweetbreads therefore come from young beef.

To Pre-cook

Wash brains or sweetbreads in cold water. Simmer 15 minutes in water to which 1 teaspoon salt and 1 tablespoon of lemon juice or vinegar has been added for each quart of water used. The acid helps to keep them white and makes them firmer. Drain and drop into cold water. The brains and sweetbreads are thoroughly cooked and any further preparation is for the purpose of attractive service. When chilled remove membranes, keep covered in refrigerator until ready for use. Both brains and sweetbreads may be prepared without pre-cooking. They are washed as usual and membrane removed. They may be floured or rolled in crumbs and browned in fat, then covered and cooked slowly for about 20 minutes.

SWEETBREADS VICTORIA OR BRAINS

1 pair sweetbreads
2 tsps. lemon juice
½ tsp. of salt
⅛ tsp. pepper
Slight grating of nutmeg
1 tsp. finely-chopped parsley
2 tbsps. butter
2 tbsps. Five Roses Enriched Flour
1 cup milk
1 egg yolk
6 pastry shells or slices of toast

Pre-cook sweetbreads as directed. Remove membranes, cut into small pieces. Add lemon juice, salt, pepper, nutmeg and parsley. Melt butter in saucepan, stir in the Five Roses Vitamin Enriched Flour. Add milk gradually, stirring until the same is thickened and smooth. Remove from heat and stir in egg yolk. Add seasoned sweetbreads, mix lightly. Serve in patty shells or over toast points. Brains are prepared in the same way. Serves 6.

BROILED SWEETBREADS

Pre-cook sweetbreads as directed, when cool enough to handle, remove membrane and tubes. Break into large pieces, sprinkle with salt and paprika and roll in flour. Wrap in bacon and secure with a toothpick. Dot tops with butter and broil in hot broiler. Baste — broil about 10 minutes. Serve immedately with lemon butter.

TONGUE

Tongue may be from beef, veal, lamb or pork, and may be fresh, pickled, corned, or smoked. Tongue should be washed thoroughly in warm water. Smoked or pickled tongue may need soaking for several hours before cooking. Tongue should be cooked at a simmering temperature. After the tongue is tender remove skin and cut away roots. Plunging the tongue into cold water after cooking helps to loosen the skin. If tongue is to be served cold, it should be cooled in the water in which it was cooked, then it will be juicy.

TONGUE WITH RAISIN SAUCE

1 fresh beef tongue
SAUCE
1 cup cider vinegar
1 cup dark brown sugar
1 cup raisins
1 lemon sliced thin
2 dozen whole cloves

Simmer tongue in water almost to cover, for 4 hours. Remove skin while hot. It not to be used at once, it may then be returned to liquid until ready for use. Place in baking pan, pour over it the sauce made by combining the remaining ingredients. Bake at 375°F. for about 40 minutes, basting several times. Serves 8.

SPICED FRESH TONGUE

Cook a fresh tongue in water for 2 hours, remove skin, and rub with a mixture of 2 teaspoons each of salt, ground mace and nutmeg. Return to kettle; add:

1 cup of dark brown sugar
1 tsp. each of peppercorn, allspice, berries
½ cup raisins
½ cup vinegar

Simmer slowly for an hour, cool in liquid, serve cold in thin slices.

TRIPE

Tripe is usually sold already cleaned, if not, wash well through several boiling waters then put in cold water and let soak overnight.

TRIPE STEWED WITH ONIONS

2 lbs. tripe
2 onions
Salt and pepper
1 cup hot milk
Butter

Simmer tripe and onions in salted water for 3 or 4 hours. Drain, chop the cooked onions very fine, place them in hot milk, season with salt and pepper and butter. Pour over tripe and serve at once.

RABBIT SUPREME

Cut a dressed young rabbit in serving pieces. Sprinkle pieces generously with salt and pepper, roll in Five Roses Vitamin Enriched Flour and brown on both sides in hot butter or a mixture of butter and dripping. Cover brown meat with a thick layer of thinly-sliced onions, sprinkle with salt, add 1 cup of thick, freshly-soured cream, cover with a tight lid, and simmer for 1 hour (or until very tender). Remove to platter, allowing the sauce to cover each serving, and arrange small pan-browned potatoes around the meat.

If desired, rabbit may be baked in a slow oven, 325°F.

MEAT AND FISH LEFT-OVERS

Dishes made of cooked meats and fish should not be baked at a high temperature. The meat or fish should not be allowed to come in direct contact with the heat. Prepare meats carefully. Trim away all fat, gristle, skin, etc., and cut in small neat pieces, or put through the food chopper. Flake left-over fish and discard all bones and skin.

ROYAL SCALLOP

1½ cups minced cooked meat
2 to 3 hard-cooked eggs
Sage or poultry seasoning
1 cup buttered soft crumbs
1½ cups White Sauce No. 2 (page 123)

Spread ½ cup of the crumbs in bottom of greased baking dish; add a layer of meat; sprinkle with salt, pepper and, if desired, a little sage or poultry dressing. If there is left-over gravy on hand, sprinkle with a few spoonfulls. Cover meat with a thin layer of chopped egg, over the egg spread a thin layer of sauce. Spread a second layer of meat over sauce, and continue layers until dish is full. Top with sauce and spread with the remainder of the crumbs. Bake in a moderate oven until heated through and crumbs are brown. This is a light and delicate dish.

For a fish scallop, use flaked left-over fish or canned salmon. Omit poultry seasoning and sprinkle each layer of fish with a little minced parsley and a few drops of onion and lemon juice.

PRIZE MEAT LOAF

- 1 tsp. each of chopped onion, parsley and celery
- 1 tsp. salt
- ¼ tsp. pepper
- 2 tsps. Worcestershire Sauce
- 1 cup stale bread crumbs
- 4 cups minced cooked meat
- 1 egg, well beaten
- 2 tbsps. melted butter
- Left-over gravy stock or milk

Mix ingredients in order given. Add stock or milk to make mixture moist enough to hold together. Bake in a well-greased bread pan at 340° to 350°F. for about 45 minutes. Baste with a mixture of butter or dripping and hot water. Serve with Tomato, (page 125) Creole or Spanish Sauce (page 124 and 125).

SUPPER SNACK

Use scraps of minced left-over chicken, turkey or other white meat. Season meat with salt and pepper and any other seasonings desired. Cook and rice 3 cups potatoes, add ½ teaspoon baking powder, salt and pepper to taste, 1 well-beaten egg and ¼ cup hot milk. Beat well. Add Five Roses Vitamin Enriched Flour to make a mixture that is stiff enough to roll (like pie paste). Roll, cut rounds, using a deep saucer for cutting. Put a spoonful of meat on half a round, moisten with left-over gravy or cream, fold over other half of round and shape like a turnover. Press edges together. Fry in hot butter or chicken fat till lightly browned. Serve with left-over chicken or turkey gravy or with White Sauce No. 2.

LEFT-OVER BOILED SALMON

Thoroughly chill left-over boiled salmon. Break it into large flakes, arrange on crisp lettuce. Garnish with sliced cucumbers, stuffed hard-cooked eggs, sliced lemon and a bit of cress. Serve with mayonnaise. Canned salmon, broken in fairly large flakes, may be used in this dish.

FISH LOAF

- 2 to 3 cups flaked left-over fish or the contents of a 1 lb. tin of salmon
- 2 eggs, well beaten
- 3 soda biscuits, rolled
- 2 tbsps. milk
- 2 tbsps. melted butter
- Salt and pepper
- 1 tsp. lemon juice

Flake the fish finely, discarding all skin and bones. Add remaining ingredients. Mix well. Pack lightly in a buttered mould lined with greased paper. Bake 50 to 60 minutes in a moderate oven (325° to 350°F.). Turn out and serve with Hot Tartar Sauce, page 124.

Poultry

Good quality poultry should be well-shaped, with a broad, full-fleshed breast, and a creamy white or yellowish skin which is glossy, soft and slightly waxy to touch. There should be few if any bruises and abrasions, no tears in the skin of the breast, or on the back, no broken wings or legs and practically no pin feathers.

To Clean and Truss Poultry

Remove pin feathers from chicken with tweezers or dull edge of a knife, singe off hairs quickly and cut off head. About 2 inches above the foot, insert knife between leg bone and cartilage to make an opening entirely through leg. Be careful not to sever any tendons. Pull out tendons one at a time by inserting skewer or pick under each and pulling tendons from drumstick. There are 7 tendons to each leg. Cut off feet.

Make an incision lengthwise of body almost to breast bone. Cut out vent, loosen and remove entrails, giblets, kidneys and lungs; taking care not to break the small green gall bladder and to remove all the lung tissue along the back-bone. Slit neck skin down the back, remove crop and windpipe from the neck opening. Cut off neck close to body but leave neck skin intact.

Remove thin membrane, arteries, veins and blood around heart. Cut fat and membrane from gizzard and make a long gash along edge through thickest part, cutting it as far as inner greyish lining, but being careful not to pierce it. Pull gizzard open and discard inner lining. Separate gall bladder carefully from liver, removing any of liver that has a greenish tinge. Wash giblets thoroughly and use in stuffing, gravy or as desired.

Cut out oil sac above tail, being careful not to break it. Scrub chicken inside and out in warm water to which a little soda has been added. Do not soak in water. Dry and rub inside with salt.

Loosen breast skin from meat with handle of spoon and cover meat with a ¼ inch of stuffing, this helps to keep breast meat moist. Fill neck cavity with stuffing and draw skin back. Turn wing tips up and under. Fill body cavity with stuffing, allowing room for expansion, and fasten with steel pins placed across opening at regular intervals. Lace cord around pins to bring edges together. A skewer may be inserted through the body under the legs as an aid in tying legs close to the body.

To Cut a Chicken for Stewing, Fricasseeing or Frying

Clean and draw chicken as for roasting. Using a sharp knife, cut the skin and flesh between the legs and body, bend legs back far enough to snap the hip joint, then cut through the tendons to these joints, taking off the second joint and drumstick from each side in 1 piece. Separate thigh and leg at the joint. Break the wing joints and cut off the wings. Cut from breast bone following the ribs to the wing joints. Holding the breast bone firmly with one hand and back bone with the other tear them apart. Starting with knife at right angle to upper part of breast bone cut back as far as the wing joint. Split into halves if desired. Cut back into halves.

Chicken	4 to 5 lbs.	300°F.	30 to 35 min. per lb.
	a small chicken	300°F.	35 to 45 min. " "
Duck		325°F.	20 to 30 min. " "
Duckling		325°F.	15 to 20 min. " "
Goose		325°F.	20 to 25 min. " "
Turkey	8 to 10 lbs.	325°F.	20 to 25 min. " "
	10 to 16 lbs.	325°F.	18 to 20 min. " "
	18 to 22 lbs.	325°F.	15 to 18 min. " "

ROAST CHICKEN

A young chicken weighing 3½ to 4 pounds lends itself ideally to roasting. Clean and dry inside of chicken thoroughly, fill with stuffing. Place chicken breast side up on wire rack in uncovered roaster. Brush skin all over with salad oil or melted fat, or lay 2 or 3 thin slices of bacon or salt pork over breast. Roast following the chart. Do not baste, add any water or turn the chicken during roasting. Stuffing, see pages 126 and 127.

BOILED CHICKEN

1-4 lb. fowl or chicken
1 large sliced onion
Celery tops
½ tsp. salt
Bay leaf

Clean fowl, leave whole or cut in pieces. Half cover with boiling water, add onion and seasonings, and simmer covered for 2 or 3 hours, or until tender. Remove chicken from broth. Cool both chicken and broth if you wish to store it in refrigerator. For cold sliced chicken, chicken salad or jellied chicken, cook fowl or chicken this way.

CHICKEN WITH RICE

1 cup raw rice
6 tsps. salt
2½-3½ lb. chicken cut up
2¼ cups milk
¼ cup minced onion
¾ cup Five Roses Enriched Flour
½ tsp. pepper
6 tbsps. fat
2 tbsps. minced celery
1 canned pimento, minced

Wash rice and cook in 3 quarts boiling water, to which 1 tablespoon salt has been added until rice is tender (15 to 20 minutes). Wash chicken, dip pieces in ¼ cup milk. Then place, one at a time in a paper bag in which ½ cup of flour, 1½ teaspoons of the salt and ¼ teaspoon of the pepper have been mixed. Shake the bag until each piece of the chicken is thoroughly coated with flour mixture. Then heat fat in frying pan and brown chicken in it. Place cooked rice in casserole and place browned chicken over it. In fat remaining in pan cook onion and celery for 10 minutes. Blend in remaining ¼ cup of flour, 1½ teaspoons salt, ¼ teaspoon pepper, add pimento. Stir in remaining 2 cups milk, cooking while stirring, until mixture thickens. Pour over rice and chicken mixture, cover and bake at 375°F. for 30 minutes or until chicken is tender.

CHICKEN FRICASSEE

Cut chicken into serving pieces. If desired rub thoroughly with seasoned flour. Brown in small amount of fat. Add ½ cup liquid (water, milk, cream, stock). Add more liquid if necessary during cooking. Add ¼ teaspoon salt per pound of poultry. Cover tightly and either simmer until tender or transfer to a slow oven (300°F.) and bake until tender, 1 to 2 hours. Vegetables may be added during cooking.

USING LEFT-OVER CHICKEN OR TURKEY

If you have on hand the carcass of a fowl or turkey and a few scraps of meat, do not discard them because the amount of meat seems too small to be useful. This small amount of meat may be used to make an appetizing luncheon or supper dish. Trim off all scraps of meat from the carcass. Discard all bits of skin and gristle. Cut meat in small neat pieces, or put through food chopper. Use this meat in salad, a creamed dish, or mix with vegetables and jelly it. The bits of skin, gravy, etc., and the carcass may be used for making soup.

SOUP MADE FROM CHICKEN OR TURKEY CARCASS

Break the carcass in 5 or 6 pieces; add any left-over gravy and all scraps of skin, dressing, etc. Add left-over giblets, if any. Add 1 carrot, 1 onion and 2 tablespoons of rice. Cover with cold water, bring to boiling point and simmer for 3 hours. Strain. Add additional seasonings, if necessary. If soup is too thick, add a little rich cream or milk. Serve very hot, with croutons.

Vegetable Dishes

Good vegetables are fresh, crisp, firm but not hard, and of medium size. Peas and corn particularly should be obtained freshly picked, as they are less sweet after standing. Fresh vegetables have a bright colour and show no signs of spoilage. Such vegetables as cauliflower, cabbage and lettuce should be heavy in proportion to size and solid to the touch. Dirty or sandy vegetables are not a good buy as they are difficult to clean properly. Vegetables are of better quality and less expensive when in season.

Preparation

Wash vegetables thoroughly before cooking, scrubbing if necessary. If wilted, they should be freshened by soaking in cold water. Roots and tubers may be pared, peeled or scraped according to kind. Tomatoes to be peeled may be scalded or otherwise heated until the skin cracks, then chilled by dropping in cold water for a moment or placing in the refrigerator before peeling. Cauliflower, cabbage, broccoli and brussels sprouts should be soaked head down, in cold salt water (1 teaspoon salt to 1 quart water) for half an hour before cooking to draw out any insects.

Cooking

Boiling, steaming and baking are methods of cooking commonly used for vegetables. The last two are often preferable as they conserve more nutrients.

Vegetables should be cooked as quickly as possible for best flavour, texture and appearance. Vegetables to be boiled should be started in boiling, salted water — allow 1 teaspoon salt to 1 quart water.

ASPARAGUS

Trim off hard stalks and scales to the head. Tie in bunches, stand upright in boiling salted water (1½ teaspoons to each quart of water) for 10 minutes, with water within 1 inch of tips, then add water to cover tips and boil another 5 minutes. If asparagus is covered the second addition of water need not be added.

Creamed Asparagus

Cut asparagus in inch pieces and boil, adding tips after the first 10 minutes of boiling, then boil 5 minutes longer. Serve in Cream Sauce, page 123, cheese or hard-boiled egg may be added to the sauce.

ARTICHOKES

Jerusalem

Wash and pare, cook whole or sliced in boiling salted water for 15 to 35 minutes. Overcooking toughens this vegetable. Season with salt, pepper, butter and parsley.

French Artichokes

Cut off stems close to leaves, remove outside leaves, cut off 1 inch from top. Tie with string to keep in place. Soak ½ hour in cold water. Cook in boiling salted water 25 minutes to 1 hour, according to size. Drain by turning upside-down. Cut out choke (i.e., the inside thistle-like portion); serve with melted butter.

BEANS

Wax or Green Beans

Select beans as nearly stringless as possible. Remove ends and strings, cut lengthwise with sharp knife or scissors. Wash, cook in boiling water for 20 to 30 minutes or until tender. Drain, season with salt, pepper and butter.

Boston Baked Beans

4 cups white beans
½ lb. salt fat pork
1 tbsp. salt
½ cup molasses
Boiling water

Pick over beans, wash and soak overnight in bean pot. Cut pork in 2 or 3 pieces, pushing into beans, leaving 1 piece on top. Add salt, molasses, and cover with boiling water. Cover bean pot and bake 6 to 8 hours at 250°F., adding water as needed.

Dried Lima Beans

Cover with boiling water and cook 1 hour. Drain, cover with boiling water again and cook until tender.

BEETS

Wash and cut off leaves leaving 1 inch of stem. Cook whole in boiling water. Young beets require 30 minutes and older ones 1 to 1½ hours. Drain, drop in cold water for a minute and skin. Leave whole, slice, or quarter. Season with salt, pepper and butter.

Harvard Beets

12-14 small beets, Cut in slices or cubed.
½ cup sugar
½ tbsp. cornstarch
¼ cup cold water
2 tbsps. butter
¼ cup vinegar

Mix sugar and cornstarch, add vinegar and water, boil 5 minutes. Add beets to hot sauce and let stand 25 to 30 minutes. Reheat to serve and add butter.

BROCCOLI

Broccoli is a green variety of cauliflower. Cut off only the hard end of stalk. Have boiling salted water ready and insert broccoli stem first. The heads should not be submerged. Cook from 15 to 20 minutes. Serve with salt, pepper and butter.

BRUSSELS SPROUTS

Remove wilted leaves and cut off stems, soak 15 minutes in cold water. Drain and cook in boiling water 15 to 20 minutes. Serve with salt, pepper and butter.

CARROTS

Wash and scrape, leave whole, diced, sliced or cut in fine fingers. Cook in boiling water (salted) 15 to 20 minutes for young carrots, 30 to 45 minutes for old ones. Serve with salt, pepper and butter.

Carrot Moulds

2 cups grated raw carrots
½ cup bread crumbs
2 eggs
1 tsp. salt
2 tbsps. melted fat
½ cup milk

Wash, scrape, and grate carrots and mix with crumbs. Beat eggs, add salt, fat and milk, add this to carrot and bread crumb mixture. Fill greased mould or cups set in a pan of hot water and bake at 250° to 325°F. until firm.

Carrot Cups with Peas

Scrape large firm carrots and boil in salt water until tender enough to be pierced with a skewer. Drain, cut in sections and hollow out each to make a cup. In each cup put a tiny bit of butter and fill with heated canned or cooked fresh peas, then sprinkle with salt and pepper. These look appetizing when arranged around a leg of mutton or lamb. When the roast is carved, place a cup or two on each plate.

CAULIFLOWER

Choose white head with fresh green leaves. Remove leaves, cut off stalk, and soak head down for 30 minutes in cold water. Steam or cook in boiling salted water whole for 20 minutes. If separated in flowerlets, 12-15 minutes. Drain, serve with salt, pepper and butter. Cauliflower may be served with Creamed Sauce No. 2, page 123. Cheese or chopped hard-cooked eggs may also be added to the sauce.

SEVEN-MINUTE CABBAGE

Remove outer leaves of cabbage, cut in quarters and shave it as finely as possible, using a cutting board. Have ready a large kettle of boiling water, to which 1 teaspoon of salt has been added for each quart of water. When water is boiling hard, drop in the cabbage — a little at a time so the water will not stop boiling. Boil uncovered for exactly 7 minutes. Drain well through a colander, return to saucepan, add a generous tablespoon of butter for each ¼ cabbage and if desired a little thick cream. Shake over heat only long enough to make very hot. Serve at once. A dash of vinegar may be added. Many persons who cannot eat cabbage cooked by ordinary methods are able to eat this "Seven-Minute" Cabbage without discomfort.

CELERY

One bunch celery washed and scraped, cut in 1 inch pieces, steam or cook in boiling salted water 15 to 20 minutes, drain, serve with salt, pepper and butter, or add 1 cup Creamed Sauce No. 2, page 123.

CORN

Corn on the cob. Remove husks and silky threads. Cook in deep kettle of boiling salted water 10 to 15 minutes.

SUCCOTASH

Cut cooked corn from the cob, add equal quantity of cooked lima beans. Season with salt, pepper and butter. Reheat and serve.

FRIED EGG PLANT

1 egg plant
Salt
Cracker dust or bread crumbs
Egg

Cut egg plant into ½ inch slices, pare and sprinkle each slice with salt. Lay slice upon slice and place a plate on the top. Let stand 2 hours. The salt will draw out any bitter flavour. Half an hour before serving, wipe each slice dry, dip in beaten egg, then in cracker dust or fine bread crumbs and fry in hot fat. Drain each piece on absorbent paper and serve crisp and hot.

MUSHROOMS

Mushrooms Sautéed

1 lb. mushrooms
Five Roses Enriched Flour for dredging
½ tsp. salt
Paprika
⅔ cup hot water or stock

Clean firm fresh mushrooms, brush tops and slice crosswise. If they are tough, peel and cut stems, saving them for soup. Melt butter in frying pan, add mushrooms, salt and paprika, dredge with flour and cook 5 minutes. Add water or stock and cook 5 minutes longer. Serve on toast.

Creamed Mushrooms — Add cream or milk in place of water.

STUFFED ONIONS

Remove skins from onions and trim off some of the root. Do not cut root right away if you want onion to stay whole. Put in cold water and boil gently for 15 minutes. Drain, scoop out centre with a sharp teaspoon. Chop centre and combine with other ingredients for stuffing. Make stuffing and fill onion shells. Place in shallow baking dish and place a strip of bacon over the top of each, pour a little of the onion liquor into the pan, dot each onion with butter and bake until tender. Baste occasionally with liquid in pan. Cover for first 45 minutes, then uncover. Bake 1 hour in all.

Filling No. 1 — Sausage meat seasoned with powdered sage, salt, pepper, onion and crumbs.

Filling No. 2 — Buttered crumbs, grated cheese, salt, pepper, hard-cooked eggs, chopped parsley, and onion removed from centre.

Filling No. 3 — Chopped left-over veal, chicken or other meat. Salt and pepper, minced parsley, buttered crumbs.

POTATOES

Boiled

Wash, pare if you wish and drop into cold water. Cook in boiling water 15 to 20 minutes until tender. Drain thoroughly and serve.

Stuffed Baked Potatoes

Select potatoes of medium size. Bake at 350° to 425°F., 40 to 60 minutes or until soft when pressed with a cloth over the hand. Cut a lengthwise slice from the flat side of each potato, remove the contents from shells. Mash potato, add hot milk, butter, salt and pepper and beat until light and fluffy. Pile potato into the shells, place in the oven to reheat, and bake until the tops of the potato are lightly browned. If desired, a well-beaten egg, grated cheese, well-seasoned chopped meat, bacon, ham or chicken may be added to the potato mixture before it is piled back into the shells.

Old-Time Hashed Brown Potatoes

Chop cold potatoes and season with salt and paprika, add 3 tablespoons of milk and a few bits of minced bacon, ham or sausage. Heat bacon dripping or other fat in frying pan, put in potatoes, stir for a moment, then press lightly to one side of pan. Allow potatoes to become a rich, golden brown on bottom, then turn out onto hot serving plate. Garnish with parsley.

Duchess Potatoes

Beat 1 egg well, then add it to 3 cups mashed potatoes, and whip well with a fork until light and creamy. Spread on top of any baked meat or fish dish, then set in oven to brown.

Creamed Potatoes

Use left-over boiled or baked potatoes. Remove skins and cut the potatoes in neat cubes. Several methods may be used for combining the potatoes and sauce.

1. Mix cubed potatoes with Parsley Sauce, page 124. Season well and serve with cold meat.
2. Combine potatoes with Cheese Sauce, page 124, pile in a baking dish, top with buttered crumbs and bake until crumbs are brown.
3. Make Standard Sauce, page 131, as directed. Place layer of sliced cooked potatoes in bottom of greased baking dish, cover with layer of sliced hard-cooked egg and layer of sauce. Continue until dish is full. Top with buttered crumbs. Bake in moderate oven until crumbs are brown.

Potato Puff

From old Five Roses Cook Book; repeated by request.

Stir 2 tablespoons of butter into 2 cups of mashed potatoes. Beat to a cream. Add 2 well-beaten eggs, ¾ cup milk or cream and salt to taste. Bake in a deep dish in a quick oven till nicely browned.

Candied Sweet Potatoes

6 sweet potatoes
Salt and pepper
1 cup brown or maple sugar
¼ cup water

Wash sweet potatoes and cook in boiling water 30 to 35 minutes. Drain, peel off skin. Make syrup by boiling together sugar and water. Cut each potato in half, dip each piece in syrup and lay in greased baking dish. Season with salt, pepper and bits of butter, pour remaining syrup over potatoes and bake at 400° to 450°F. until potatoes are brown.

PEAS

Shell peas just before cooking. Cook until soft (15 to 20 minutes) in as small a quantity of water as possible. Drain and serve with butter, pepper and salt. One sprig of mint for every 2 cups of peas cooked adds flavour.

SPINACH

Cut off root ends, tough stems and yellow leaves. Wash very carefully by lifting from one clean pan of water to another, until bottom of pan shows no sand. Spinach should then be cooked only in the water that clings to the leaves. Time, 10 to 12 minutes. Serve with butter, pepper and salt.

Scalloped Spinach and Tomatoes

3 lbs. spinach
6 tbsps. butter
1½ tsps. salt
Speck of pepper
1 can tomatoes (2½ cups)
1 bay leaf
½ tsp. granulated sugar
1 whole clove
1 tbsp. minced onion
¼ seeded green pepper, minced
4 tbsps. Five Roses Enriched Flour
¼ cup soft bread crumbs

Prepare and cook spinach. Drain, add 2 tablespoons of butter, ½ teaspoon of the salt and pepper. Meanwhile, combine tomatoes, bay leaf, remaining 1 teaspoon salt, sugar, clove, onion, and green pepper. Melt 3 tablespoons of the butter in saucepan, stir in flour, add tomato mixture and cook until thickened — about 10 minutes. Arrange with spinach in alternate layers in a greased casserole. Top with bread crumbs combined with remaining 1 tablespoon butter. Bake at 375°F. for 20 minutes, or until browned.

SQUASH

Winter Squash

Cut in pieces, remove seeds and stringy portion and pare. Steam 30 minutes or cook in boiling water (salted). Mash and season with salt, pepper and butter. A small quantity of brown sugar may be added if squash lacks sweetness.

Baked Winter Squash

Leave squash whole or break into large pieces and remove seeds and stringy portion. Bake at 325°F. about 1½ hours. Scoop squash out of shell, mash, season with salt, pepper and butter.

TOMATOES

To peel tomatoes, dip them in boiling water for 1 minute, then remove, cut out stem end, peel and chill.

Stewed Tomatoes

Wipe, peel and cut tomatoes in pieces, put in pan and cook slowly for 20 minutes stirring occasionally. Season with salt, pepper, butter, and add a little sugar if desired. Sprinkle with croutons, cracker crumbs, or toasted bread crumbs.

Crumb Stuffed Tomatoes

4 fresh tomatoes
1¼ cups soft bread crumbs
1 tbsp. minced onion
3 tbsps. melted butter
1 tsp. granulated sugar
1 tsp. salt
Pepper
1 tbsp. grated cheese

Wash tomatoes and cut off thin slice from top. Scoop out pulp and reserve. Cut tomato pulp into small pieces. Combine pulp and juice with 1 cup bread crumbs. Saute onion in 2 tablespoons of butter until tender and add with sugar, salt and pepper to crumb mixture. Use mixture to stuff tomatoes. Combine the remaining ¼ cup crumbs with remaining 1 tablespoon of butter and the cheese, and sprinkle over the tops of the tomatoes. Place in shallow baking dish and bake at 375°F. for 20 minutes or until crumbs are brown.

PARSNIPS

Wash and scrape parsnips, leave whole if small or cut lengthwise in 3-inch strips. Cook in boiling salted water 30 minutes. Serve with salt, pepper and butter or creamed with Sauce No. 2, page 123.

Parsnip Fritters

Mash boiled parsnips, season with salt, pepper and butter, shape into flat round cakes, roll in flour and fry in butter.

FLUFFY TURNIPS

2 tbsps. butter
¼ tbsp. chopped onion
4 cups mashed yellow turnip
½ tsp. salt
1 tbsp. sugar
⅛ tsp. pepper
⅛ tsp. paprika
2 egg yolks
2 egg whites

Melt butter, add onion, fry until a delicate brown. Add turnip, salt, sugar, pepper and paprika; mix well. Add beaten egg yolk, beat whites until stiff and fold into turnip mixture, put in a greased baking dish. Bake at 375°F., 20 to 25 minutes.

To Cook Vegetables by Waterless Method

Use a heavy saucepan with a tightly fitting cover. Prepare mild-flavoured vegetables in the usual way, place them in the pan with about ½ cup of water. Cover tightly and place over a fairly intense heat until steam begins to pour from under lid. Remove saucepan to low heat where food will continue to cook in the steam caused by its own juice and the small amount of water added. If steam continues to emerge from under the lid, the heat is too intense.

From 3 to 5 minutes extra time for cooking must be added to the time for cooking quick-cooking vegetables and 10 minutes extra for slow-cooking.

Use only one-fourth as much salt as you would use if cooking the vegetables in a large amount of water.

Vegetables cooked this way retain their valuable minerals.

Easy Ways to Vary Vegetables

1. **Creamed Vegetables** — Allow 1 cup well-seasoned White Sauce No. 2 to 2 cups of vegetables. Practically all vegetables may be creamed.
2. **Au Gratin Vegetables** — Put creamed vegetables in a baking dish, cover with grated Canadian Cheese and buttered bread crumbs. Bake until the cheese is melted.
3. **Scalloped Vegetables** — Put creamed vegetables in a baking dish with alternate layers of buttered bread crumbs. Sprinkle top with crumbs and bake until brown. Sliced hard-cooked egg may be placed between layers.

Vegetable Croquettes and Fritters, pages 143 to 145; Souffies, and Omelets, page 139; Creamed Dishes, pages 131 and 132; and Savory Shortcakes, page 132, are other ways in which vegetables may be served.

Home-made Candy

Rules for Making Candy

To test candy syrup, drop a few drops into very cold water, let it cool in the water, and test it under the water. "Soft Ball" test is when a soft ball may be formed of the syrup. "Hard Ball" test is when a firm, hard ball may be formed.

Do not stir candy unless directed to do so — until you are ready to finish it. If the mixture is disturbed, it will crystalize and will have to be cooked over again.

If the mixture becomes too cool to stir, set pan over fire and stir until you can manage it, but do not let it become hot.

When stirring candies, the syrup is at first glossy, but as it thickens it loses its shiny appearance, and when it is dull and opaque it is almost finished.

Too short a time of cooking, too large a pan or too little liquid may make a coarse-grained candy. When dividing a recipe, take a little more than the true measure of liquid, or use a smaller saucepan.

ORANGE CANDY

1 cup granulated sugar
1½ cups rich milk
2 cups sugar
Grated rind of 2 oranges
Pinch of salt
½ cup butter
1 cup nutmeats

Melt first cup of sugar in a large kettle, while milk is scalding in a double boiler. When sugar is melted to a rich yellow, add hot milk all at once, stirring. It will boil up quickly, so be sure to use a good-sized kettle. Add 2 cups of sugar to mixture, stirring until dissolved. Cook until mixture forms an almost hard ball in water. Just before it is done, add grated orange rind, salt, butter and nutmeats. Beat untl creamy and pour into a buttered platter to cool.

BUTTERMILK CANDY

1 cup fresh buttermilk
2 cups granulated sugar
½ cup chopped nutmeats
2 tbsps. butter

Combine buttermilk and sugar and place over low heat until sugar is dissolved. Continue cooking without stirring until mixture forms a soft white ball when tried in cold water. Stand saucepan in a second pan of cold water until outside of pan feels cool, add nuts and butter and beat until mixture is creamy and thick. Cool on a buttered plate and mark in squares.

UNCOOKED FUDGE

Mix 1 unbeaten egg white with 2 tablespoons of milk or cream and stir into it about 2¼ cups of sifted icing sugar. When a smooth paste is formed, add 1 square of melted unsweetened chocolate and beat until well blended. Spread on a platter. Let harden and cut into squares.

Nuts may be added.

DIVINITY FUDGE

- 3½ cups granulated sugar
- ½ cup corn syrup
- ⅔ cup water
- ⅛ tsp. salt
- 2 egg whites
- 1½ cups sliced walnut meats
- 1 tsp. vanilla

Cook sugar, syrup, water and salt to soft ball test. Reserve ½ cup of the syrup, and cook remainder to hard ball test. Onto stiffly-whipped egg whites pour very gradually the first half cupful of syrup, beating constantly, then add remainder of syrup. Add nuts and vanilla and continue beating until mass thickens and grows heavy. Pack in buttered tins and cut before it is cold.

TURKISH DELIGHT

- 3 tbsps. granulated gelatin
- ½ cup cold water
- 2 cups granulated sugar
- ½ cup hot water
- Grated rind and juice of 1 orange
- Grated rind and juice of 1 lemon
- Fruit colouring

Soften gelatin in cold water. Make a syrup of sugar and hot water; when boiling, add gelatin. Boil gently for 20 minutes. Remove from heat, add strained fruit juices, rind, and red, green or orange colouring. Pour into a pan which has been wet with cold water. When firm, cut in squares, using a knife dipped in hot water. Roll in icing or fruit sugar. Walnuts, blanched almonds, ginger or candied cherries may be added.

MARSHMALLOW NUT FUDGE

- 3 squares unsweetened chocolate
- 1 tbsp. corn syrup
- 2 cups sugar
- 1 tbsp. butter
- 1¼ cups rich milk
- Pinch of salt
- ½ tsp. orange extract
- ½ tsp. vanilla extract
- 1 cup marshmallows, cut
- ½ cup chopped walnut meats

Combine chocolate, corn syrup, sugar, butter, milk and salt. Boil, stirring occasionally, to the soft ball stage (238°F.). Cool to slightly warmer than lukewarm (110°F.). Add flavourings and beat until stiff and creamy. Spread quartered marshmallows and chopped nuts in buttered pan, pour the fudge over. When cold, cut in squares.

The secret of smooth, creamy fudge is to cook it very, very slowly and to allow it to cool partially before beating.

PEANUT BUTTER FUDGE

Boil 2 cups granulated sugar and contents of 1 small can of evaporated milk, 2 squares of grated unsweetened chocolate and 2 tablespoons of butter until mixture forms a soft ball in cold water. Remove from fire and add 1 teaspoon of vanilla and 1 cup of peanut butter. Beat until it thickens slightly, then pour in buttered tin. Cut in squares when cold.

OLD-TIME MOLASSES PULL TOFFEE

- 1½ cups brown sugar
- ½ cup water
- ½ cup molasses
- 2 tbsps. of vinegar
- ¼ tsp. cream of tartar
- ⅛ tsp. soda
- 3 tbsps. butter

Mix sugar, water, molasses and vinegar and cook until mixture boils. Add cream of tartar and continue cooking until the mixture is brittle when tried in cold water. When nearly cooked, add the butter and soda. Pour into a greased

plate, and when cold enough, pull it. Cut in lengths with scissors, and chill for a few minutes to harden.

MAPLE CREAM

2 lbs. brown sugar
½ lb. chopped nutmeats
½ pint thin cream
Maple flavouring

Boil sugar and cream until a soft ball forms when a little is dropped in cold water. Add nuts and flavouring. Beat until firm enough to spread in buttered pans. Cut in squares when almost cold.

TAFFY FRUIT AND NUTS

To make dipping syrup, put 2 cups of granulated sugar, 1 cup boiling water and ¼ teaspoon of cream of tartar in a smooth saucepan. Stir. Place on stove over a moderate heat and bring slowly to boiling point. Boil without stirring until syrup begins to discolour. Watch carefully. Wash off any sugar which may adhere to sides of saucepan, using a wet cloth wrapped around index finger. Remove saucepan from fire and place in a pan of cold water instantly to stop boiling. Remove from cold water and place in a saucepan of hot water during dipping.

Take fruit and nuts separately on a long pin, dip in syrup to cover, remove from syrup, drain and place on oiled paper. Do not attempt to make this mixture on damp-heavy day.

Nuts of all kinds, dates stuffed with either nuts or fondant, pieces of fig, sections of orange, candied cherries, candied pineapple, fresh grapes, almonds, walnuts and Brazils all may be dipped in this mixture. A very popular Christmas sweetmeat.

CANDY APPLES

Make double the quantity of dipping syrup given for Taffy Fruit and Nuts. Wipe small, firm snow apples and insert a small wooden skewer in each. Dip in hot syrup to cover apples; allow the apples to drain on wax paper. Children love them.

POPCORN BALLS

½ cup corn syrup
½ cup molasses
¼ tsp. salt
1 tsp. vinegar
2 tbsps. butter
6 cups popped corn

Combine syrup, molasses, salt and vinegar in saucepan and cook until a little syrup forms a hard ball in cold water. Stir carefully while cooking to prevent burning. Remove from heat and add butter, stirring only enough to mix. Slowly pour the cooked syrup over the popped corn and mix well.

We appreciate the fact that from time to time certain problems may arise with regard to home cooking and baking. For this reason we are pleased to remind you that our Kitchen Director, MISS PAULINE HARVEY, will always be most pleased to help you.

ADDRESS ALL LETTERS TO HER . . . AT ➧ **Box 6089, Montreal, P.Q.**

Jams, Jellies and Marmalades

Rules for Jam Making

1. Select firm, ripe but never over-ripe, fruit.
2. Measure fruit and sugar accurately.
3. Wash fruit, peel if necessary, cut or mash to start the flow of juice. To prevent sticking, a little water may be added but as this must later be boiled away care should be taken not to use too much.
4. Heat fruit very slowly to extract juice, stir frequently, using a wooden spoon.
5. Add sugar. Fruits with a tough skin (blackcurrants, blueberries, cherries) make better jam if cooked for a short time before adding sugar; peeled fruit (peaches) are usually mixed with sugar before cooking.
6. Boil jam, stirring constantly to prevent sticking until it remains heaped up or sheets from the spoon.
7. Pour hot jam into hot, sterilized jars.
8. Seal with paraffin when cool. Cover with paper or metal lid.

BLACK CURRANT JAM

4 lbs. black currants
7½ cups water
7 lbs. granulated sugar

Clean currants, add water. Boil for 20 minutes; add sugar. Boil sharply for 3 minutes, timing them from when they commence to bubble. Bottle in air-tight jars.

DRIED APRICOT JAM

4 cups dried apricots
7 cups sugar
1 bottle commercial pectin
2 ozs. almonds
½ tsp. citric acid

Wash ½ pound of dried apricots, drain and put through food chopper, using a coarse knife. Pour over 2 pints of boiling water and let stand for 48 hours. Simmer for 30 minutes, or until mixture measures 4 cups. Add sugar, almonds, which have been blanched and cut in bits, and the citric acid dissolved in a few drops of water. Bring to full boil and boil rapidly for 1 minute by the clock. Remove from fire, add pectin, stir, skim, and pour into sterilized glasses. Seal when cold. This jam is slow in setting, but becomes quite firm in a week or two.

PEACH AND PINEAPPLE CONSERVE

2½ cups diced peaches
1 cup diced pineapple (canned)
2 cups sugar
1 orange (juice and rind)

Mix fruits and sugar, add grated orange rind and juice; simmer until thick and clear. Store in jars.

CANNED STRAWBERRIES (Without Cooking)

Wash berries; drain carefully. Use only sound, firm berries. Fill sterilized jars with the fruit; shake jars to pack solidly. Make syrup in the proportion of 2 cups of sugar to 1 cup of water. Boil till it spins a thread when syrup is dropped from tines of a silver fork. Pour the boiling syrup over the berries,

until the jars are running over, place rubber in position, and seal. Put jars in a wash boiler, pour boiling water in until jars are covered. Cover boiler tightly and let stand until water is cold. Take out the jars; wipe each one and wrap it in paper to preserve the colour of the fruit. Store in a cool, damp place. You will require about ¾ cup of syrup for each quart jar of fruit.

Rules for Jelly Making

1. Select clean, sound fruit, including some slightly under-ripe fruit. Apples, currants, crabapples, grapes and sour plums make the best jelly and do not need added pectin.
2. Cut apples, crabapples into pieces, do not core or peel. Stem grapes, currants; cut up plums; crush soft fruits.
3. Add water to come just below the top of the fruit.
4. Cook slowly until fruit is soft and mushy and juice is drawn out.
5. Drain through a moist jelly bag. If bag is not squeezed, the jelly will be clearer, but squeezing the pulp increases the quantity of jelly and gives a more pronounced flavour.
6. Measure juice. For each cup of juice, ¾ cup of sugar will be needed.
7. Boil juice gently for 3 minutes. Test for pectin. If clot does not form, continue boiling a few minutes longer until pectin test is satisfactory.
8. Add heated sugar. Boil 3 to 10 minutes or until jelly sheets from the spoon.
9. Remove scum. Pour into sterilized glasses. Let stand until set. Seal and cover.

PECTIN TEST

Measure 1 tablespoon fruit juice and 1 tablespoon alcohol (rubbing alcohol may be used) into a cup or small dish. Blend quickly together. Let stand 1 minute. DO NOT TASTE. If jelly-like mass is formed the juice contains sufficient pectin and sugar may be added. If not use commercial pectin.

PEACH AND CHERRY MARMALADE

6 lbs. peaches
6 lbs. granulated sugar
2 oranges
1 8-oz. jar maraschino cherries

Peel and slice peaches; put oranges through food chopper, using skin and pulp. Combine peaches, oranges and sugar. Add juice from cherries and peach stones, tied in a bag. Simmer 1 hour. Remove pits. Add cherries, cut in pieces. Seal in sterile jars.

PEACH AND ORANGE MARMALADE

12 large peaches or
18 small ones
2 medium-sized oranges
Granulated sugar

Wash oranges and cut in two lengthwise. Place on a flat surface and slice very thinly. Hold these half-slices in a pile and cut through them once to make smaller pieces. Wash peaches but do not peel them. Slice peaches in pieces about ⅓ inch thick at the widest edge of slice; add them to the sliced oranges. Measure quantity of fruit and add an equal measure of sugar; 1 cup of sugar for each cup of fruit. Mix well; simmer for 30 minutes, stirring frequently. Bottle in sterilized air-tight jars.

BUSY HOUSEWIFE'S MARMALADE

2 oranges
2 lemons
2 grapefruit

Sugar
Water

Wash fruit, cut it and remove tough core and seeds. Cover seeds with cold water and let stand 48 hours, then strain and add liquid to the fruit.

Slice fruit or put it through food chopper, using a fine cutter. Measure fruit and juice; add 2½ times as much water as you have fruit and juice. Cover and let stand 24 hours. Boil 20 minutes. Let stand another 24 hours. Again measure fruit mixture. Measure out an equal measure of sugar. Spread sugar in shallow pans and warm it in a moderate oven. Boil fruit for 1 hour; add hot sugar gradually; stir until sugar has dissolved, then boil hard until the mixture reaches the jellying stage. Pour into sterilized jars and seal when cold.

The mixture has reached the jellying stage when it sheets off from side of a cold spoon.

Do not attempt to make a larger amount at one time.

Pickle Recipes

Rules for Pickles and Relishes

1. Use fresh vegetables and fruits for pickling.
2. Use the best vinegar. Cider vinegar has the best flavour but white (spirit) vinegar gives the best colour.
3. Soak in brine to draw out water and to make pickles firmer. Salt also checks spoilage. For brine, the best proportion is 1 cup salt to 2 quarts boiling water.
4. For crisp pickles, scald slightly but never cook.
5. Keep pickles air-tight in sterilized jars. If pickles are kept in crocks, they should be well-covered with vinegar solution to prevent moulding. A plate or wooden board should be placed on top of pickles and weighted down with a clean stone or weight.

PRESERVING STRING BEANS IN BRINE

Make a brine of salt and water strong enough to float a fresh egg. Pick beans from the garden, place them in a crock, cover with brine. Cover with a plate weighted down with a stone. To prevent mould, add a small piece of root ginger and a few grape leaves.

To prepare beans for the table, soak them overnight; wash several times to remove as much of the salt as possible. In the morning, remove ends from beans, slice, and again soak in cold water until ready to be boiled in unsalted water. Then cook like fresh beans.

Scarlet Runner beans may be preserved in this way.

CORN RELISH

18 ears of corn
4 onions
2 green peppers
¼ cup salt
1½ qts. vinegar
2 tbsps. ground mustard
2 cups sugar
1 cup Five Roses Enriched Flour
1 tsp. turmeric

Cut corn from cob; chop onions and peppers. Cook vegetables in 1 quart of the vinegar for 15 minutes, timing from when the mixture is boiling. Mix together salt, mustard, sugar, flour and turmeric. Add gradually to the other quart of vinegar and let boil. Add to vegetables and cook all together until thoroughly mixed. Stir constantly while cooking. Seal in sterilized jars, while mixture is hot.

HOME-MADE TOMATO SAUCE

24 ripe tomatoes
6 onions, chopped
2 red peppers, chopped
1 tsp. cinnamon
1 tbsp. cloves and allspice
2 tbsps. salt

Mix together and simmer until soft; strain through a sieve. Add 2 cups brown sugar, 1 pint malt vinegar, ½ cup mustard. Boil again for 30 minutes. Seal hot, in bottles. This is a delicious sauce.

PRIZE PICKLED ONIONS

1 basket silverskins or small yellow onions
Vinegar
Whole mixed pickling spices
Brine

Remove skins of onions; place overnight in a very strong brine; drain; pack loosely in sterilized 1 pint sealers.

Allow 1 tablespoon whole pickling spice to each pint jar. Scald ½ gallon cider vinegar with spice for 10 minutes. Cool and pour over onions, distributing spices evenly among jars. If onions are not entirely covered, add a little more hot spiced vinegar. Seal and store for 3 months before using. If brine is too weak, onions become mottled or spotted.

PICKLED RED CABBAGE

Remove all dark, outer leaves from 4 firm heads of red cabbage, slice ¼ inch thick, or put through the food chopper. Place in a crock, sprinkle over it 2 cups of salt; cover with cold water and let stand overnight. Drain thoroughly; pack cabbage loosely in 1 quart sterilized sealers; pour over vinegar which has been scalded with 2 tablespoons of mixed whole pickling spice (tied in a bag) for each quart of vinegar. Seal immediately.

If vinegar is very strong, dilute with a little water.

PRIZE MUSTARD PICKLES

1 sweet green pepper
1 sweet red pepper
3 pints silverskin onions
2 qts. small, firm gherkins
2 small heads cauliflower
⅓ cup mustard
¾ cup Five Roses Enriched Flour
1 cup cold vinegar
6 cups cider vinegar
2¾ cups brown sugar
2½ tsps. turmeric
1 tbsp. mustard seed

Remove seeds from peppers and cut in strips; peel onions, wash gherkins; break cauliflower into small flowerets. Sprinkle with 1½ cups of salt, cover with cold water and let stand overnight. Drain thoroughly and place in a scalded crock or other large earthenware receptacle.

Blend flour, mustard and 1 cup of cold vinegar to make a paste. Heat remaining 6 cups of vinegar, add brown sugar and turmeric. Add blended mustard and flour and stir and cook in double boiler until thick and smooth — about 20 minutes. Add mustard seed, and pour sauce over pickles. Mix thoroughly; pack in sterilized jars and seal. Allow pickles to stand for 3 months before using.

1 peck green tomatoes
1 small cabbage
6 onions, chopped
3 red peppers, chopped
2 green peppers, chopped
8 cups granulated sugar
2 tbsps. celery seed
2 tbsps. mustard seed
2 tbsps. coriander seeds
1 tbsp. stick cinnamon
1 tbsp. whole cloves
1½ cups salt
3 qts. cider vinegar

Chop tomatoes, add salt and let stand overnight. Drain, add cabbage, chopped fine, and boil in 3 quarts of vinegar. Add onions, peppers, sugar, celery, mustard and coriander seeds. Tie the cinnamon and cloves in a muslin bag. Boil together until onions are tender. Remove spice bag and bottle while hot.

NINE-DAY SWEET PICKLES

4 qts. gherkins
2½ lbs. white sugar
7½ cups vinegar
2 ozs. mixed pickling spices

Place cucumbers in a crock; cover with brine strong enough to float an egg, let stand 3 days. Drain, cover with clear cold water; let soak for 3 days, changing water each day. Drain, cover with a cold weak solution of vinegar and water to which has been added a piece of alum the size of a small walnut. Gradually bring to boiling point and simmer for 1½ hours. Drain and discard vinegar. Place pickles in crock; cover with the following syrup: Mix sugar and vinegar together and add spices tied in a bag. Boil 15 minutes. Pour over pickles. Pour mixture off pickles and heat to scalding point, then pour over them again, each day for 3 days. These pickles keep well in a crock or in jars.

QUICK DILL PICKLES

Pack fresh, crisp cucumbers about 4 inches long in quart jars. Prick each cucumber once or twice, using a silver fork. Place 1 medium-sized bunch of dill in the top of each jar and cover with a solution made by heating 1 pint of vinegar, 1 cup of salt and 2¼ quarts of water, without allowing the mixture to boil. Use while hot, and seal the jars immediately when cool. Store in a cool dark place for 4 to 6 weeks before using.

PEPPER HASH

Remove seeds and white inside part from 12 red sweet peppers and 12 green sweet peppers. Peel 12 medium-sized onions. Put onions and peppers through food chopper; cover with boiling water, let stand for 15 minutes; drain well. Put in saucepan with cold water to cover, add ½ cup salt, bring quickly to boiling point and boil 5 minutes. Drain off water; add to mixture 1 pint cider vinegar and 1 pound granulated sugar. Boil 12 minutes, counting from the time the mixture begins to boil. Can in sterilized jars.

PRIZE FRUIT SAUCE

30 large ripe tomatoes
6 onions
6 pears
6 peaches
3 green peppers
3 red sweet peppers
4 cups granulated sugar
1 large bunch of celery
2 tbsps. salt
1 qt. cider vinegar
½ cup mixed pickling spices

Chop vegetables, mix together remaining ingredients and simmer slowly until thick, about 2 hours. Store in sterilized air-tight jars. Tie the pickling spices in a muslin bag and discard before bottling the sauce.

SWEET PICKLED CRABAPPLE

3 lbs. crabapples
2 cups cider vinegar
1 cup sugar
1½ tsps. whole cloves
2 sticks cinnamon

Wipe crabapples, remove blossom end, prick. Steam until soft. Put vinegar, sugar, cloves and cinnamon into preserving kettle and bring to a boil. Add crab-apples and simmer 20 minutes. Empty crabapples into hot sterile jar, cover with hot syrup, seal.

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