



Happy "Bakeday" to You!



For Pastry and Cakes

MONARCH FLOUR

MAKES BAKING A PLEASURE



FIRST! READ THIS PAGE

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

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

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

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

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

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

So, happy "bakeday" to you!

—ANNA LEE SCOTT

Happy "Bakeday" to You!

FOR consistent good results, accurate measurement is absolutely essential. This calls for the right utensils and right methods.

Utensils for Measuring:

Cup—Use a standard 8-ounce measuring cup, marked to show quarters, thirds and the half. If possible, have one which measures a full cup when levelled at the top, for dry ingredients; also a glass one which measures a full cup at a line marked *below* the level of the top, for wet ingredients.

Spatula or Straight-edged Knife—Use straight edge for levelling measures of dry ingredients.

Spoons—Use a set of standard measuring spoons, graded in size from $\frac{1}{4}$ teaspoon to 1 tablespoon.

3 level teaspoons = 1 level tablespoon

16 level tablespoons = 1 level cup

HOW TO MEASURE—IMPORTANT!

Flour—Sift once, then lift lightly by large spoonfuls into the standard measuring cup, heaping the measure; do not tap down, but level with the straight edge of a knife or spatula. Or measure sifted flour by level spoonfuls.

Liquids—Place cup on table, fill to required mark (as viewed at eye level). Liquid fats or oils are included here.

Powdery Dry Substances—Stir up thoroughly, then measure the same as flour. (It is not necessary to sift any but flour, before measuring).

Solid Fats—Pack firmly into spoon and level with knife or spatula. For larger amounts, measuring in water is convenient. To measure $\frac{1}{2}$ cup, for instance, fill the cup half full of cold water; then drop in pieces of solid fat until (with all fat under water) the water reaches the cupful mark. Drain off the water and dry the fat on absorbent paper. A true $\frac{1}{2}$ cup fat will remain. For $\frac{1}{3}$ cup fat, fill $\frac{2}{3}$ full with water; for $\frac{1}{4}$ cup, fill $\frac{3}{4}$ full of water, before dropping in fat. For 1 cup fat, repeat the $\frac{1}{2}$ cup measure.

OVEN TEMPERATURES

Slow.....250° to 325° F. (Hot enough to brown a spoonful of Monarch Pastry Flour very delicately in five minutes).

Moderate..350° to 375° F. (Hot enough to turn a spoonful of Monarch Pastry Flour golden brown in five minutes).

Hot.....400° to 450° F. (Hot enough to turn a spoonful of Monarch Pastry Flour dark brown in five minutes).

Very Hot..450° F. and above. (Hot enough to turn a spoonful of Monarch Pastry Flour dark brown in three minutes or less).

WHOLE WHEAT CRANBERRY BREAD

Sift, then measure. $2\frac{1}{4}$ cups *Monarch Pastry Flour*
Re-sift with 5 teaspoons *baking powder*
 $\frac{3}{4}$ teaspoon *salt*
 $\frac{2}{3}$ cup *sugar*
Add, and mix in well. . . 1 cup *Knighthood Whole Wheat Flour*
 $1\frac{1}{2}$ cups *chopped raw cranberries*
 $\frac{1}{2}$ cup *broken walnut meats*
Beat until light 1 egg
and combine with $\frac{2}{3}$ cup *water*
 $\frac{1}{2}$ cup *melted butter or shortening*

Make a well in the dry ingredients, and pour in the wet, all at once. Combine the two mixtures to a smooth batter. Turn mixture into a well-greased loaf pan, and bake in a moderately hot oven, 375°F., for 50 minutes for pan about 6 x 9 inches.

Serve loaf either hot or cold.

GRAHAM MOLASSES NUT BREAD

Sift, then measure. 1 cup *Monarch Pastry Flour*
Re-sift with 1 teaspoon *baking powder*
 $\frac{2}{3}$ teaspoon *salt*
 $\frac{3}{4}$ teaspoon *baking soda*
Mix in 1 cup *Knighthood Whole Wheat Flour*
 $\frac{1}{2}$ cup *broken sugar*
 $\frac{1}{4}$ cup *chopped nutmeats*
 $\frac{1}{4}$ cup *chopped raisins or dates*
 $\frac{1}{4}$ cup *chopped candied peel*
Beat thoroughly. 1 egg
and combine with $\frac{1}{4}$ cup *molasses*
 $\frac{1}{8}$ cup *sour milk*
 3 tablespoons *melted butter or shortening*

Make a well in the dry ingredients and pour in wet, all at once, combining with least number of strokes possible. Turn into a greased loaf pan and let stand for 20 minutes.

Bake in a rather slow oven, 325°F. (about 35 minutes for 2 small loaves, longer for larger loaf).

FIG-NUT BREAD

Sprinkle. 1 cup *chopped figs*
with 1 teaspoon *baking soda*
Add and mix in 2 tablespoons *butter or shortening*
and $\frac{3}{4}$ cup *boiling water*
Let stand until cool.
Into 2 beaten *eggs*
beat $\frac{3}{4}$ cup *brown sugar*
Add egg-and-sugar to cooled fig mixture and combine well.
Sift, then measure. $1\frac{1}{2}$ cups *Monarch Pastry Flour*
Re-sift with. $\frac{1}{2}$ teaspoon *salt*
Sift and mix flour into fig mixture, adding $\frac{3}{4}$ cup *chopped nuts*

Turn into a well-greased loaf pan and bake in a moderate oven, 350°F., 45 minutes for two small loaves, longer for larger loaf.

APRICOT-BRAN BREAD

Cover. 1 cup *dried apricots*
with 1 cup *boiling water*
Let stand about 25 minutes, then drain and chop apricots.
Cream 3 tablespoons *butter or shortening*
and blend in. $\frac{1}{2}$ cup *sugar*
then combine thoroughly with 1 egg (*well beaten*)
adding also *cut-up apricots (prepared above)*
Sift, then measure. 2 cups *Monarch Pastry Flour*
Re-sift with $\frac{1}{2}$ teaspoon *baking soda*
 3 teaspoons *baking powder*
 $\frac{1}{2}$ teaspoon *salt*
 $\frac{1}{4}$ teaspoon *mace*
Combine flour mixture thoroughly with 1 cup *Maple Leaf Bran*
 $\frac{1}{2}$ cup *chopped nutmeats*

Add dry ingredients to first mixture alternately with $1\frac{1}{8}$ cups *thick sour milk*
combining after each addition.

Turn into a well-greased loaf pan, and bake in a moderate oven, 350°F., about 45 to 50 minutes.

ALL MEASUREMENTS TRUE AND LEVEL

PASTRY AND FILLING FOR PIES AND TARTS

BAKING TEMPERATURES

Custard-Type Pies: Place in a hot oven, 425° to 450°F. After 10 to 12 minutes, lower heat to 325°F. (a rather slow oven). Bake until filling is set.

Deep Fruit Pies: Place in a hot oven, 450°F., to "set" crust (about 10 minutes). Lower heat to moderately hot, 375°F., and bake until fruit is tender. If browning too quickly, cover with heavy paper.

Fruit Pies (Filling Uncooked): Place pie in a hot oven, 450°F.; when crust browns, lower heat to 375°F. and bake until fruit is tender. Total time required about 40 minutes.

Fruit Pies (Filling Already Cooked): Same as meat pies.

Meat Pies (Filling Already Cooked): Place pie in a hot oven, 450°F., and bake until crust is brown. It is well to have the filling already hot when turning it into the dish.

Pie Shells: Place in a hot oven, 450°F. As pastry browns, lower heat slightly.

QUICK PASTE

Sift, then measure. . . . $3\frac{1}{4}$ cups Monarch Pastry Flour

Re-sift with 1 teaspoon salt

Chill, if time permits.

Measure, and chill if possible 1 cup shortening, or shortening and butter

Cut half the fat into the flour very finely. Cut the second half of the fat into the flour mixture coarsely.

Sprinkle the flour mixture with cold water mixing it in very lightly, and using just enough to make the dough hold together. Chill, or use directly, as required.

(If desired the fat may be worked quickly into the flour with the chilled fingertips; this results in a paste which is less flaky, and rather closer of texture—yet very suitable for some purposes).

NEVER-FAIL PIE PASTE

Sift, then measure. . . . $3\frac{1}{4}$ cups Monarch Pastry Flour

Re-sift with 1 teaspoon salt

and, if desired $\frac{1}{2}$ teaspoon baking powder

Chill.

Measure and chill 1 cup shortening, or shortening and butter

Cut the fat into the flour until all is reduced to the size of small peas. Save out $\frac{1}{5}$ of the flour and fat mixture.

Into main portion mix lightly just sufficient . . . cold water to hold the paste together. Roll on a lightly floured board or canvas to $\frac{1}{4}$ -inch thickness. Sprinkle the rolled-out sheet of dough with half of the flour and fat mixture which was saved out. Fold to enclose as much air as possible. Re-roll to $\frac{1}{4}$ -inch thickness, sprinkle with remaining flour and fat and fold; chill, or use as required.

FLAKY PASTE

Sift, then measure. . . . $3\frac{1}{4}$ cups Monarch Pastry Flour

Re-sift with 1 teaspoon salt

Chill.

Measure 1 cup shortening, or shortening and butter

Chill half the fat (if half butter is used, chill it). Cut remaining fat into the flour finely.

Sprinkle the flour mixture with cold water and mix it in lightly, using just enough to make the dough cling together.

Roll dough out on a lightly floured board or canvas, to $\frac{1}{4}$ -inch thickness. Dot half the cold, hard fat (which was saved out) over the rolled-out sheet of paste, dust lightly with flour, and fold to enclose as much air as possible. Re-roll to $\frac{1}{4}$ -inch thickness, dot with remaining fat, dust with flour, and again fold. Wrap, and chill until required.

ALL MEASUREMENTS TRUE AND LEVEL

CAKES

PROCEDURE FOR THE "BUTTER" TYPE CAKE

("Butter" cakes are all those which contain butter or shortening. They usually contain some leavening material other than egg).

1. Prepare pans by greasing well, then covering with a thin film of flour. (For fruit cakes, line with 3 layers of greased heavy paper).

2. Cream butter or shortening until very soft. (A wooden spoon is convenient for this purpose).

3. Add sugar to fat, little by little; cream thoroughly after each addition, so that sugar may dissolve as thoroughly as possible. Beat until very light.

4. Beat eggs until very thick and light. Add to creamed mixture, part at a time, combining well after each addition.

5. Measure the once-sifted flour; add the remaining dry ingredients, and sift several times. Monarch Pastry Flour has low, tender gluten content—splendid for cakes.

6. Sift about one-fifth of the dry ingredients into sugar mixture; incorporate well.

7. Add about one-quarter of the liquid, stirring until combined.

8. Make alternate additions of dry ingredients and liquid until all are used, the dry being added last. (Do not overbeat once the flour is added, as this develops the gluten and toughens the cake).

9. Stir in liquid flavouring, and any additional material such as floured fruit.

10. Fill pans only two-thirds full of cake mixture.

11. Raise all butter cakes which contain baking powder or soda and no solids (such as fruit or nuts) about one inch above table level and drop pan to the table, eight to ten times before baking. This knocks out large bubbles and improves texture.

12. Bake as directed.

13. Place, when baked, on a wire rack. Let stand for 3 minutes.

14. Loosen cake from sides of pan with a spatula or broad knife and remove from pan.

15. As soon as cake is cold, fill and frost it if so required; or wrap and store at once in a cool place.

Notes:—

(a) If desired, the well-beaten egg yolks alone may be added to creamed butter or short-

ening and sugar, and the stiffly beaten whites may then be folded in with the flavouring. If this is done, be sure whites are beaten only until stiff and not dry; also, that the whites are thoroughly, though lightly, folded in.

(b) For those who work slowly, it is wise to mix and sift the baking powder or soda with the last measure of flour to be added rather than with the bulk of dry ingredients.

PROCEDURE FOR "SPONGE" TYPE CAKE

(Sponge cakes are those which contain no butter or shortening; the "true sponge" type contains no liquid or leavening material other than egg).

1. If pan has never been used for anything but sponge cakes, do not grease it; otherwise grease and flour pan.

2. Separate whites *completely* from yolks of eggs.

3. Add salt to egg whites and with a rotary beater beat the whites until stiff, but still glossy and not dry.

4. Add the required amount of sugar to the beaten egg whites, a little at a time, beating after each addition until the mixture will stand in peaks.

5. Beat egg yolks until very thick and gradually beat in the remainder of the sugar. Beat until very light.

6. Add flavouring to yolk mixture and fold lightly into the whites. Fold *only* until combined.

7. Measure the once-sifted flour, re-sift 5 times.

8. Sift flour, quarter at a time, over egg mixture. Fold in each addition lightly. (Cease folding motion as soon as all flour has disappeared).

9. Fill pan two-thirds full of mixture. Do not drop pan, as instructed for certain butter cakes.

10. Bake at once.

11. Remove from oven as soon as baked and invert over wire rack. Let hang suspended until cold.

12. Loosen from pan with broad-bladed knife or spatula, shake out gently.

13. Store or serve at once.

ALL MEASUREMENTS TRUE AND LEVEL

FANCY FROSTED CAKES

You may give a festive character to the simplest of cakes by decorating as suggested:

Sprinkle the batter before baking with halved or slivered walnuts, pecans, blanched almonds, blanched Brazils, etc.

Or spread the cake with frosting (tinted delicately, to suit any colour scheme) and decorate or sprinkle generously with:

Slivered, chopped or halved nutmeats—blanched and browned Brazils, almonds; blanched pistachios; walnuts, pecans, filberts, hazel nuts, hickory nuts, cashews.

Or coconut shreds (toasted, if desired).

Or chocolate shot, shaved sweet chocolate, melted bitter chocolate (quickly spread or streaked on).

Or coloured granulated sugar, silver dragées (round or elongated).

Or candied rose or violet leaves; slivered candied cherries, pineapple or peels; silver leaves; iced animal biscuits; gum drops; raisins; currants; flower-shaped bon-bons, etc. for special designs.

FOUNDATION BUTTER CAKE

Cream until very soft. . . . $\frac{1}{2}$ cup butter
Blend in gradually. . . . $\frac{1}{8}$ cup granulated sugar

Beat until light and fluffy.

Beat until very light and add. . . . 2 eggs

Combine mixture thoroughly.

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

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

Add dry ingredients to first mixture alternately with $\frac{1}{2}$ cup milk

Add before the last measure of dry ingredients. $\frac{1}{2}$ teaspoon flavouring extract

Bake in well-greased and floured pans—45 to 50 minutes for an 8-inch square pan at 350°F.; 25 to 30 minutes at 375°F. for layers. Fill and frost when cold.

FEATHER CAKE

Cream very thoroughly. $\frac{1}{2}$ cup butter

Blend in gradually. . . . $1\frac{1}{4}$ cups granulated sugar

Cream until light and fluffy.

Beat until thick, then add. 3 egg yolks

Combine thoroughly.

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

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

Sift dry ingredients into first mixture alternately with $\frac{2}{3}$ cup milk

Add before the last measure of the dry ingredients. 1 teaspoon flavouring extract

Beat until stiff but not dry. 3 egg whites

Fold egg whites very lightly into the cake batter; cease the folding motion when the last of the egg whites has disappeared.

Bake in three greased and floured layer cake pans, at 375°F. for 25 to 30 minutes.

MECHANICAL BEATER WHIP CAKE

Soften to the consistency of mayonnaise . . . $\frac{1}{2}$ cup butter

Sift and measure $1\frac{3}{4}$ cups Monarch Pastry Flour

Combine very thoroughly with 1 cup sugar
 $\frac{1}{2}$ teaspoon salt

Sift the dry ingredients over the butter in the bowl of mechanical mixer. Beat at medium speed for about 1 minute or until very well mixed. (The mixture will be very crumbly). Scrape down well from sides of bowl.

Add, unbeaten. 2 eggs
with $\frac{1}{2}$ cup and 1 tablespoon milk
 $\frac{1}{2}$ teaspoon vanilla

Beat at high speed for $1\frac{1}{2}$ minutes or until a smooth, light batter is obtained. Again scrape down bowl.

Sift over the batter. . . $2\frac{1}{2}$ teaspoons baking powder

Beat at low speed for about 1 minute, being sure to get all the batter from the bottom of the bowl. Turn into greased and floured square or layer pans.

Bake at 350°F. for 45 to 50 minutes for a square cake—at 375°F. for 25 to 30 minutes for layers.

ALL MEASUREMENTS TRUE AND LEVEL

CRUMB CAKE

Sift and measure $1\frac{1}{2}$ cups *Monarch Pastry Flour*
and sift again with 1 teaspoon *cinnamon*
 $\frac{1}{2}$ teaspoon *nutmeg*
 $\frac{1}{4}$ teaspoon *salt*
Mix with $1\frac{1}{2}$ cups *brown sugar*
Cut in finely 6 tablespoons *butter*
Put aside $\frac{1}{2}$ cup of this mixture.
To $\frac{1}{2}$ cup less 1 tablespoon *sour milk*
add $\frac{1}{2}$ teaspoon *soda*
Beat and add 2 eggs
Make a well in main portion of dry mixture, pour in liquids; mix and beat with rotary beater until smooth.

Turn batter into greased and floured pan, 10 x 6 inches, sprinkle surface with $\frac{1}{2}$ cup of "crumbs" held out for this purpose; bake in rather slow oven, 325°F., about 45 minutes.

MOCHA SPICE CAKE

Cream until very soft. $\frac{1}{2}$ cup *butter or shortening*
Mix then blend in $\frac{3}{4}$ cup *brown sugar*
 $\frac{1}{2}$ cup *finely granulated sugar*
Cream until light and fluffy.
Beat well and add 2 eggs
Sift, then measure $1\frac{3}{4}$ cups *Monarch Pastry Flour*
Re-sift with $2\frac{1}{2}$ teaspoons *baking powder*
 $\frac{1}{4}$ teaspoon *baking soda*
 1 teaspoon *cinnamon*
 $\frac{1}{2}$ teaspoon *ground cloves*
 $\frac{1}{4}$ teaspoon *nutmeg*
 $\frac{1}{8}$ to $\frac{1}{2}$ teaspoon *salt*
Dissolve 1 teaspoon *soluble coffee or coffee extract*
in $\frac{3}{4}$ cup *sour milk*
Add 1 teaspoon *lemon juice*

Add the dry ingredients to the sugar mixture alternately with the wet ingredients, combining thoroughly after each addition.

Turn into a well-greased and floured 8-inch square pan. Bake in a moderate oven, 350° to 360°F., for 45 to 50 minutes.

(If desired, $\frac{1}{2}$ cup chopped pecans or walnut meats coated with a little of the measured flour, may be added to the spice cake batter).

SOUR MILK GINGERBREAD

Cream until very soft. $\frac{1}{4}$ cup *butter or butter and shortening*
Blend in gradually $\frac{1}{2}$ cup *brown sugar*
Cream until light and fluffy.
Then add $\frac{1}{2}$ cup *molasses*
Add, well-beaten 1 egg and combine well.
Sift, then measure 2 cups *Monarch Pastry Flour*
Re-sift with $\frac{1}{2}$ teaspoon *salt*
 $\frac{3}{4}$ teaspoon *soda*
 $1\frac{1}{2}$ teaspoons *ginger*
 1 teaspoon *cinnamon*
Add to first mixture alternately with 1 cup *sour milk*

Turn into a well-greased and floured pan and bake in a rather slow oven, 325°F., about 1 hour.

This gingerbread is delicious as a dessert with whipped cream, Foamy Sauce, Fresh Fruit Sauce, etc.

CARAMEL LAYER CAKE

Cream until very soft. $\frac{1}{3}$ cup *butter or butter and shortening*
Blend in gradually $\frac{7}{8}$ cup *granulated sugar*
Cream until very light and fluffy.
Beat until very light and add 2 eggs and combine well.
Sift, then measure 2 cups *Monarch Pastry Flour*
Re-sift with 3 teaspoons *baking powder*
 $\frac{1}{2}$ teaspoon *salt*
Add to first mixture alternately with $\frac{3}{8}$ cup *milk* combining after each addition.
Flavour with 3 tablespoons *caramel syrup*
 $\frac{1}{8}$ teaspoon *vanilla*

Turn into greased and floured layer pans. Bake in a moderately hot oven, 375°F., for 25 to 30 minutes.

When cold, fill and frost with Brown 7-Minute Frosting. Sprinkle top generously with browned, slivered Brazils if desired.

ALL MEASUREMENTS TRUE AND LEVEL

THREE FRUIT CAKE

Put through food
chopper..... *1 orange, including rind*
(½ cupful)
1 banana (¼ cupful)
1 cup seedless or sul-
tana raisins

Cream well..... *½ cup and 1 tablespoon*
butter or butter and
shortening

Blend in..... *1 cup sugar*

Beat well and add..... *2 eggs*

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

and sift again with.... *⅛ teaspoon salt*
¾ teaspoon baking
soda

Add 1/5 flour mixture
to butter mixture.

Add the fruit.

Then add remainder
dry ingredients alter-
nately with..... *½ cup sour milk*
combining well after
each addition.

Beat in..... *½ teaspoon vanilla*

Turn into a greased and floured 8-inch square
cake pan, and bake in a moderate oven, 350°F.,
about 1 hour. This cake is of rather odd and
interesting flavour, light and moist, and keeps
well for several days. May be baked in two
layers, at 375°F., about 35 minutes.

RASPBERRY CAKE

Cream well..... *½ cup butter or butter*
and shortening

Work in gradually.... *⅞ to 1 cup sugar*
and beat until light
and fluffy.

Beat well and add..... *2 eggs*

Sift, then measure..... *2 cups Monarch*
Pastry Flour

and re-sift with..... *½ teaspoon baking soda*
1 teaspoon baking
powder
⅓ teaspoon salt
1 teaspoon cinnamon
½ teaspoon ground
cloves

Add dry ingredients to
first mixture alternately
with..... *1 cup preserved rasp-*
berries and juice

stirring only until com-
bined after each addi-
tion.

Turn into greased and floured 8-inch square
pan. Bake in a moderate oven, 350°F., about
55 minutes. Or bake in 2 layer pans, at 375°F.,
about 25 to 30 minutes.

Note 1. If raspberries are sweet, use the
smaller amount of sugar.

2. This cake may be made with 1 whole egg
and 2 yolks, leaving 2 whites for a boiled or
seven-minute icing.

APPLESAUCE CAKE

Cream together..... *3 tablespoons butter*
3 tablespoons shortening

Work in gradually..... *1 cup sugar*
and add..... *1 cup cold canned or*
fresh-cooked thick
applesauce

Sift, then measure..... *1 cup and 2 tablespoons*
Monarch Pastry
Flour

Re-sift with..... *½ teaspoon soda*
⅓ teaspoon salt
1 teaspoon cloves
1 teaspoon cinnamon

Combine dry ingredi-
ents with first mixture
and add..... *1 cup day-old bread-*
crumbs (fine)
½ cup chopped raisins
½ cup chopped walnuts

Bake in greased loaf pan, in a slow oven,
325°F., about 60 minutes.

POUND CAKE

Cream very thoroughly *½ pound butter*

Work in gradually..... *1 cup finely granulated*
sugar

Beat until very light.
Beat until thick and
lemon coloured..... *5 egg yolks*

Add to mixture; beat
well for 4 minutes.

Beat until stiff but not
dry..... *5 egg whites*
and fold into mixture.

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

Sift 4 times with..... *¼ teaspoon mace*
½ teaspoon salt

Add gradually to first
mixture, folding in well;
beat 2 minutes.

Turn into greased and floured loaf pans—
will make two small loaves. (For variety,
floured fruits may be added to half the mix-
ture). Bake in a slow oven, 300°F., 60 to 75
minutes.

ALL MEASUREMENTS TRUE AND LEVEL

LIGHT FRUIT CAKE

Cream until very soft. *½ pound butter*
Blend in gradually. . . . *1 cup fruit sugar*
Cream until light and fluffy.
Beat until very thick and add. *4 large eggs*
Combine mixture thoroughly, then add. *juice and grated rind of ½ lemon*
Sift, then measure. . . . *2½ cups Monarch Pastry Flour*
Re-sift with. *1 teaspoon baking powder*
½ teaspoon salt
Cut very fine. *½ pound candied citron*
½ pound washed and dried candied cherries
½ pound raisins
¼ pound blanched almonds

Use part of the prepared flour mixture to thoroughly coat fruits and nuts.

Add the dry ingredients gradually to the butter-sugar-egg mixture, combining thoroughly after each addition. Fold in the floured fruits and nuts after the last addition of dry ingredients.

Turn into a large tube pan or into loaf pans, which have been lined with three layers of heavy greased paper. Bake in a rather slow oven, 325°F., about 1 hour and 50 minutes to 2 hours.

BALMORAL FRUIT CAKE

Cream until very soft. *¾ cup butter*
Blend in gradually. . . . *1 cup fruit sugar*
Cream until light and fluffy.
Beat thoroughly and add. *3 eggs*
Combine well.
Sift, then measure. . . . *2 cups Monarch Pastry Flour*
Place in sifter. *1 cup washed and dried sultana raisins*
1 ounce finely shaved candied ginger
½ cup slivered blanched almonds

Sift the flour through, thus coating fruit, etc. To the flour which is sifted through, add. . . . *½ teaspoon baking powder*
¼ teaspoon salt
and sift again.

Gradually beat the sifted, dry ingredients into the butter-sugar-egg mixture, and continue beating for 2 minutes after the last of the flour has been added. Add floured fruits and nuts and combine well.

Turn into a loaf pan which has been lined with a layer of heavy greased paper. Bake in a rather slow oven, about 325°F., from 50 to 70 minutes, depending upon the depth of the cake.

RICH DARK FRUIT CAKE

Wash, spread out on a flat pan, and dry in a very slow oven. *1 pound seedless raisins*
1 pound sultana raisins
1 pound currants
Separate and add. . . . *1½ pounds seeded raisins*
Cut into small pieces. *¼ pound green candied pineapple*
½ pound washed and dried candied cherries
¾ pound dates
½ pound table figs
Shave thinly. *½ pound candied citron*
⅛ pound each candied lemon and orange peels
Cut in half. *⅓ pound blanched almonds*
⅓ pound shelled filberts
and add. *½ pound shelled pecans*

Sift, then measure. . . . *3½ cups Monarch Pastry Flour*
Re-sift with. *1 teaspoon salt*
2 teaspoons each ground cinnamon and grated nutmeg
½ teaspoon each ground allspice, ginger and cloves

Sift all the dry ingredients together several times.

Cream until very soft. *1 pound butter*
Blend in gradually. . . . *2 cups finely granulated sugar*
and cream until light and fluffy.

ALL MEASUREMENTS TRUE AND LEVEL

Beat in, one at a time. *12 eggs*
beating after each ad-
dition until very light.

Add.....*½ cup fruit juice or
red currant jelly*
and.....*2 teaspoons vanilla*

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

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

Turn the cake into pans which have been
lined with three layers of heavy greased paper,
filling only $\frac{3}{4}$ full.

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

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

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

YELLOW SPONGE CAKE

Beat until stiff but not
dry.....*4 egg whites*
with.....*¼ teaspoon salt*
Beat in gradually.....*⅓ cup granulated sugar*
Beat after each addition
until mixture stands up
in peaks.

Beat until very thick...*4 egg yolks*
and gradually beat in...*⅓ cup granulated sugar*
Add.....*⅔ tablespoon lemon
juice*

in which is steeped...*⅓ teaspoon grated
lemon rind*

Sift, then measure....*⅔ cup Monarch
Pastry Flour*

Sift flour five times.

Fold egg yolks into white mixture only until
thoroughly combined.

Sift flour over mixture, one half at a time,
and fold in lightly. Cease the folding motion as
soon as the last of the flour has disappeared.
Turn into an ungreased tube or square pan.
Bake in slow oven, 275°F. , for 50 to 60 minutes.
(Temperature may be raised to 300°F. for the
last quarter hour).

(If pan has been used for mixtures other
than sponge cake, grease and flour it before
turning in sponge cake batter).

Variations

Chocolate: Melt 1 ounce unsweetened choc-
olate over hot, but not boiling, water and stir
into egg yolk mixture before folding into the
whites. Add $\frac{1}{2}$ teaspoon vanilla and omit
lemon juice and rind.

Filled: At serving time, split the sponge
cake and fill with any desired filling—lemon,
orange, Lady Baltimore, whipped cream, etc.
You may also use a Seven-Minute Frosting or
a Bavarian or Charlotte mixture if desired.

Spiced: With the Monarch Pastry Flour,
sift $\frac{2}{8}$ teaspoon cinnamon, $\frac{1}{6}$ teaspoon each
ground clove and allspice and $\frac{1}{8}$ teaspoon
grated nutmeg. Omit the lemon juice and rind.

MODIFIED SPONGE CAKE

Sift, then measure....*1 cup Monarch
Pastry Flour*

Sift four times with...*1½ teaspoons baking
powder*

Beat until stiff but not
dry.....*3 egg whites*
with.....*¼ teaspoon salt*
Beat in gradually.....*½ cup granulated sugar*
Beat after each addition
until mixture stands up
in peaks.

Beat until thick and
lemon-coloured.....*3 egg yolks*
Beat in gradually.....*½ cup sugar*
and continue beating
until very thick.

Into egg yolk mixture,
stir.....*6 tablespoons water*

Fold egg yolk mixture
lightly but thoroughly
into the egg white mix-
ture.

Flavour with.....*½ teaspoon extract*

Sift dry ingredients over the egg mixture,
one-third at a time, folding in lightly after
each addition. Cease the folding motion as
soon as the last of the dry ingredients has
disappeared.

Turn into a greased and floured tube or
square pan and bake in a rather slow oven,
 325°F. , for 45 to 50 minutes.

(This cake, like the Yellow Sponge Cake,
may be cooked in an ungreased pan if the pan
has been used for no other purpose before).

Serve plain with ice cream or a Bavarian
or Charlotte type of dessert. Or fill at serving
time with a Bavarian or Charlotte mixture or
with a whipped cream, Lady Baltimore, lemon
or other desired filling.

ALL MEASUREMENTS TRUE AND LEVEL

SMALL CAKES AND COOKIES

LITTLE FROSTED CAKES

Cream until very soft. . . . $9\frac{1}{8}$ tablespoons butter
or butter and short-
ening

Blend in gradually. . . . $\frac{1}{8}$ cup granulated sugar

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

Combine well.

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

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

Add alternately to first
mixture with. 2 tablespoons milk

Add just before the last
measure of dry ingredi-
ents. $\frac{1}{2}$ teaspoon flavouring
extract

Turn into a greased and floured shallow pan.
Have batter no more than $\frac{1}{2}$ -inch deep.

Bake in a moderate oven, 350°F., about 25
to 30 minutes.

When the cake is cold, cut in fancy shapes
and frost and decorate as desired.

This mixture may be baked in small fluted
paper cups for 25 minutes, then frosted and
decorated in the cups when cold.

DATE ALMOND SQUARES

Cook together until
thick. 1 cup chopped dates
 $\frac{1}{2}$ cup water

Cream until soft. 6 tablespoons butter

and blend in gradually. $\frac{1}{2}$ cup sugar

Beat well, and add. . . . 2 egg yolks

Add also. 1 teaspoon vanilla

and combine well.

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

and re-sift with 1 teaspoon baking
powder
 $\frac{1}{4}$ teaspoon salt

Sift and mix dry ingredi-
ents gradually into the
butter-sugar-egg mix-
ture, to make a stiff
dough—it will be neces-
sary to use the hand to
work dough together
well.

Press into greased pan,
making layer about $\frac{1}{2}$
inch thick.

On the dough, spread
date paste, made as
above.

Beat stiff. 2 egg whites

Beat in gradually. 1 cup brown sugar

Spread this meringue
over dates, and sprinkle
thickly with. chopped almonds

Bake in moderate oven, 350°F., about 50
minutes. Cut in squares when cold.

STRAWBERRY-NUT SQUARES

Sift, then measure. . . . $\frac{3}{4}$ cup Monarch
Pastry Flour

Re-sift with. $\frac{1}{8}$ teaspoon salt
1 tablespoon fruit sugar

Cut in finely. $\frac{1}{2}$ cup butter

and mix to a paste
with. 1 tablespoon milk

Spread mixture thinly
in a well-greased shal-
low pan. Bake in a
moderate oven, 350°F.,
until lightly browned
(12 to 15 minutes).

Beat very light. 1 egg

beating in slowly. $\frac{1}{2}$ cup (packed) brown
sugar

Sift, then measure. . . . 1 tablespoon Monarch
Pastry Flour

Re-sift with $\frac{1}{4}$ teaspoon baking
powder
few grains salt

Sift and mix flour and
baking powder into
brown sugar mixture.

Stir in. $\frac{3}{4}$ cup shelled almonds,
walnuts, or shredded
coconut with broken
walnuts

Flavour with. $\frac{1}{4}$ teaspoon vanilla or
almond extract

Spread baked crust thinly with drained
strawberry jam, then with the nut or coconut
mixture. Return to a moderate oven, 350°F.,
until set and lightly browned (about 25 to 30
minutes). If the top browns too quickly, cover
with heavy paper.

Cool mixture, then cut in squares to serve.

ALL MEASUREMENTS TRUE AND LEVEL

NUT BROWNIES

Melt over hot but not boiling water 2 ounces unsweetened chocolate

Add and stir until melted $\frac{1}{2}$ cup butter

Beat until very light . . . 2 eggs

Beat in gradually 1 cup sugar

Combine chocolate and egg mixture thoroughly, with a rotary beater.

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

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

Combine thoroughly with first mixture, adding 1 teaspoon vanilla
 $\frac{1}{2}$ cup chopped walnuts

Spread mixture in a shallow greased pan to $\frac{1}{2}$ -inch depth. Bake in a moderate oven, 350°F., until firm (about 35 to 40 minutes). Cut in squares when cold.

DATE TORTE

Mix well 1 pound whole pitted dates

and $\frac{1}{2}$ pound shelled walnut halves

Beat well and add 4 egg yolks

Sift, then measure 1 cup Monarch Pastry Flour

Re-sift with 1 cup granulated sugar
1 teaspoon cinnamon
1 teaspoon baking powder
 $\frac{1}{2}$ teaspoon salt

Sift and mix dry ingredients gradually into date and nut mixture. Add . . 1 teaspoon vanilla

Beat until stiff but not dry 4 egg whites

Fold egg whites lightly but thoroughly into first mixture. Turn into a well-greased shallow pan having mixture about $\frac{3}{4}$ -inch thick. Bake in a moderately slow oven, 325°F., 45 to 50 minutes.

When cold, cut the torte in fingers about 2 x $\frac{1}{2}$ inches. Or cut in squares while still warm and roll in fruit sugar. For a real "Chinese Chew", cut the fruit and nuts very small and roll hot squares of the baked torte into balls after baking; roll in powdered sugar.

UNUSUAL CHINESE CHEWS

Beat well 2 eggs

Beat in gradually 1 cup fruit sugar

Add 3 tablespoons melted butter

Combine and add 1 cup chopped stoned dates

$\frac{3}{4}$ cup blanched, chopped almonds

$\frac{1}{4}$ cup chopped candied cherries

$\frac{1}{4}$ cup chopped candied pineapple

3 to $4\frac{1}{2}$ tablespoons finely-chopped candied ginger

Sift, then measure $\frac{3}{4}$ cup Monarch Pastry Flour

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

Sift the dry ingredients into first mixture and combine very thoroughly. Turn into a well-greased 8-inch square pan and bake in a moderate oven, 350°F., 30 to 40 minutes.

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

These are remarkably delicious little cakes and ones which keep very well.

RAISIN FUDGE SQUARES

Cream until very soft . . $\frac{1}{2}$ cup butter or butter and shortening

Blend in gradually . . . $\frac{1}{2}$ cup granulated sugar

Melt and add 2 ounces unsweetened chocolate

Beat mixture until light and fluffy, then add . . . 2 well-beaten eggs

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

Re-sift with $\frac{1}{4}$ teaspoon salt

Beat into first mixture, combining very thoroughly. Add 1 teaspoon vanilla
 $\frac{1}{2}$ cup seedless or sultana raisins
 $\frac{2}{3}$ cup broken walnuts

Turn into a well-greased shallow pan (the layer should be about $\frac{1}{2}$ -inch thick). Bake in a moderate oven, 350°F., 30 to 35 minutes.

Cut in squares when cold.

ALL MEASUREMENTS TRUE AND LEVEL

SUGAR COOKIES

Cream until very soft. $\frac{1}{2}$ cup butter or butter and shortening

Blend in gradually. 1 cup sugar

Cream until light and fluffy.

Add, well beaten. 2 eggs and beat well.

Add also. 1 tablespoon milk

Sift, then measure. $2\frac{3}{4}$ cups Monarch Pastry Flour

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

Sift dry ingredients gradually into butter-sugar-egg mixture combining after each addition.

As mixture thickens, flavour with. 1 teaspoon vanilla (or other desired extract)

Use enough flour to make a dough which may be handled on a lightly floured canvas or board. Roll out to $\frac{1}{8}$ -inch thickness. Shape with a floured cutter and bake on a greased sheet in a moderately hot oven, 375°F., for 12 to 15 minutes.

(Washed and dried currants, chopped dates or raisins, shredded coconut or chopped nutmeats may be added. Use $\frac{1}{3}$ to $\frac{1}{2}$ cup of any of these ingredients).

Variations for Cookies

Layer: Divide dough into three portions. Tint one pink and add a few finely chopped candied cherries. To second portion, add $\frac{1}{2}$ -ounce unsweetened chocolate, melted and cooled, and a few finely-chopped nutmeats. To third, add finely minced preserved ginger and a few drops of ginger syrup. Line a small loaf pan with waxed paper; press chocolate mixture into it. Cover with the ginger mixture, then with the pink portion. Chill until very firm, then cut down in slices and bake at 375°F.

Pinwheel: Divide the dough into three portions. Tint one pink, add $\frac{1}{2}$ -ounce melted unsweetened chocolate to the second and leave the third plain. Roll each to $\frac{1}{8}$ -inch thickness; place the chocolate sheet on the white, and the pink on the chocolate. Roll up like a jelly roll, wrap closely in waxed paper and chill until very firm. Cut down in thin slices with a sharp knife and bake at 375°F.

OATMEAL COOKIES

Cream well: 6 tablespoons shortening

Work in thoroughly. . . $\frac{1}{2}$ cup white sugar

Put through chopper. . . 1 cup rolled oats and add to first mixture

alternately with. $\frac{1}{4}$ cup sour milk

Sift and measure. 1 cup and 3 tablespoons Monarch Pastry Flour

Sift twice with. $\frac{1}{8}$ teaspoon soda

1 teaspoon baking powder

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

and add gradually to mixture.

This is a soft dough and should be chilled overnight or for several hours. Roll to $\frac{1}{8}$ -inch thickness, using as little flour as possible. Shape with a floured cutter. Bake on a greased pan in a moderate oven, 350°F., 10 to 12 minutes.

These cookies may be used plain or put together in pairs, before or after baking, with thick cooked date filling between.

BUTTERSCOTCH ICEBOX COOKIES

Cream until very soft. . 1 cup butter or shortening

Blend in gradually. . . . $1\frac{1}{2}$ cups brown sugar

Continue beating until light and fluffy.

Add, well beaten. 2 eggs

Combine well.

Sift, then measure. $3\frac{1}{2}$ cups Monarch Pastry Flour

Re-sift with. 3 teaspoons baking powder

$\frac{1}{8}$ teaspoon salt

Sift the dry ingredients gradually into butter-sugar-egg mixture, combining after each addition. Use just enough flour to make a soft dough.

Flavour with. 1 teaspoon vanilla or 1 teaspoon maple flavouring

Add, if desired. $\frac{1}{2}$ cup finely chopped walnuts, pecans or filberts

Chill the dough until quite firm, then shape as a roll and wrap closely in waxed paper; or pack immediately into a small loaf pan which has been lined with waxed paper. Chill until very firm (at least overnight).

To bake the cookies, slice down very thinly and bake in a moderately hot oven, 375°F., on a lightly-greased sheet for 12 to 15 minutes.

ALL MEASUREMENTS TRUE AND LEVEL

FILLINGS AND FROSTINGS

CREAM FILLING

Combine thoroughly... 2 tablespoons Monarch Pastry Flour

1 tablespoon corn starch
1/3 cup granulated sugar
1/8 teaspoon salt

Stir in..... 1 cup scalded milk

Stir and cook until mixture thickens smoothly and no raw flour flavour remains.

Stir mixture into..... 2 beaten egg yolks

Stir and cook over boiling water until egg thickens.

Remove from heat and add..... 1/2 teaspoon vanilla

Cool before spreading.

Note.—If desired, 1 egg yolk may be used with 2 tablespoons extra Monarch Pastry Flour.

Variations

Coconut Filling: Add 3/4 cup shredded coconut to filling.

Fruited Cream: Add 2 tablespoons each drained, crushed pineapple, chopped drained maraschino cherries and nutmeats, and 1 tablespoon shredded candied ginger, to filling.

Sour Cream Filling: Replace milk by thick sour cream, unheated. Add fruit as above, if desired.

ORANGE FILLING

Combine thoroughly... 2 tablespoons Monarch Pastry Flour

1 tablespoon corn starch
1/2 cup white sugar
1/8 teaspoon salt

Stir in..... 1/2 cup boiling orange juice

Stir and cook until mixture thickens smoothly and no raw flour flavour remains.

Stir into..... 1 beaten egg yolk

Stir and cook over boiling water until egg thickens.

Remove from heat and add..... 2 teaspoons grated orange rind
2 teaspoons butter

Cool mixture to spread.

CHOCOLATE FILLING

Combine thoroughly... 4 tablespoons Monarch Pastry Flour

1 tablespoon corn starch
2/3 cup granulated sugar
1/8 teaspoon salt

Scald together, then beat smooth..... 1 1/2 cups milk

2 ounces unsweetened chocolate

Stir scalded milk into flour mixture. Cook over boiling water, stirring until smoothly thickened and until no raw flour flavour remains.

Stir into..... 1 beaten egg yolk

Stir and cook over boiling water until egg thickens.

Remove from heat and add..... 1/2 teaspoon vanilla

Cool slightly before using.

Variations

Coconut Chocolate Filling: Add 3/4 cup shredded coconut to finished filling.

Nut Chocolate Filling: Add 1/2 cup chopped nutmeats (blanched and browned, if this treatment improves flavour) to filling.

LEMON FILLING

Combine thoroughly... 2 tablespoons Monarch Pastry Flour

1 tablespoon corn starch
1/2 cup sugar
1/8 teaspoon salt

Stir in slowly..... 1/2 cup boiling water

Stir and cook until mixture thickens smoothly and no raw flour flavour remains.

Stir into..... 1 beaten egg yolk

Stir and cook over boiling water until egg thickens.

Remove from heat and add..... 1 teaspoon grated lemon rind
2 tablespoons lemon juice
1 teaspoon butter

Cool mixture before spreading.

ALL MEASUREMENTS TRUE AND LEVEL

RICH CHOCOLATE BUTTER ICING

Melt over hot, but not boiling water $1\frac{1}{2}$ ounces unsweetened chocolate

Remove from heat and add $1\frac{1}{2}$ tablespoons butter

Blend in 3 tablespoons sifted icing sugar

Add $\frac{1}{6}$ teaspoon salt
 $\frac{1}{4}$ cup hot rich milk or cream

Gradually beat in $1\frac{1}{2}$ cups (about) sifted icing sugar

using just enough to make mixture thick enough to spread.

Add $\frac{1}{2}$ teaspoon vanilla or few drops almond extract

Beat until the mixture is very smooth and fluffy.

PEANUT BUTTER ICING

Cream 2 tablespoons peanut butter

with $1\frac{1}{2}$ tablespoons butter

Blend in 2 tablespoons sifted icing sugar

Add $\frac{1}{8}$ teaspoon salt
2 tablespoons hot milk

Sift and mix in icing sugar

until the mixture is thick enough to spread.

Beat until fluffy.

Orange juice with a little lemon juice may replace milk.

MAPLE CREAM FROSTING

Stir over low heat until dissolved 2 cups brown sugar

with $\frac{3}{4}$ cup rich fresh milk or evaporated milk

Bring to boil over stronger heat, then cook, stirring only enough to prevent burning, to very soft ball stage— 234°F .

Remove from heat and add 2 tablespoons butter
 $\frac{1}{2}$ teaspoon vanilla
 $\frac{1}{8}$ teaspoon salt

Let stand until quite cool, then beat until thick enough to spread. If the icing becomes too hard before spreading, soften over hot water.

CHOCOLATE FUDGE FROSTING

Combine 1 cup granulated sugar
 $\frac{1}{2}$ tablespoon corn syrup
 $\frac{1}{2}$ cup milk
 $\frac{1}{8}$ teaspoon salt

Cut up and add 2 ounces unsweetened chocolate

Stir and heat until the sugar dissolves; then cook until a few drops will form a very soft ball in cold water— 234°F .; stir only enough to prevent burning.

Remove from heat and add 2 tablespoons butter
 $\frac{1}{2}$ teaspoon vanilla

Let stand until cool, then beat until thick enough to spread. Nutmeats are a desirable addition.

FLUFFY CHOCOLATE ICING

Cream until very soft. . $\frac{1}{4}$ cup butter

Blend in $\frac{1}{4}$ cup sifted icing sugar

Add unbeaten and beat in well 1 egg white

with $\frac{1}{4}$ teaspoon salt

Sift and beat in gradually $1\frac{3}{4}$ cups sifted icing sugar
 $\frac{1}{4}$ cup cocoa

Beat in finally 2 tablespoons boiling water
 $\frac{1}{2}$ teaspoon vanilla

Whip until icing is very light and fluffy.

This is an icing which keeps well.

HONEY CRUST ICING

Heat slowly to the boil. . $\frac{2}{8}$ cup honey

with 1 tablespoon butter

Cook slowly for 5 minutes. Cool and spread half this mixture on a cold cake.

Sprinkle with $\frac{3}{4}$ cup chopped walnuts

Pour the remaining honey mixture over top of walnuts.

This icing is particularly suitable to a plain butter-type cake. You will find that the cold honey mixture is about as thick as a butter-scotch sauce and while it soaks slightly into the crust of the cake, it does not make the cake at all soggy if applied when both cake and topping are quite cold.

ALL MEASUREMENTS TRUE AND LEVEL

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The recipes in this book have all been carefully tested. They are the very cream of Anna Lee Scott's tremendous collection which she has been years in creating, accumulating, classifying and testing. Her kitchen-laboratory is rated as headquarters in Canada for authentic cookery information dealing with everything in the nature of food.

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