

A vintage color portrait of a woman with short, wavy brown hair, wearing a light blue button-down shirt. She is looking slightly to the right of the camera with a neutral expression.

Rita Martin

PRESENTS

12 NEW RECIPES
for the
MODERN HOMEMAKER

Robin Hood Flour Mills Limited



at **1,196 AGRICULTURAL FAIRS...**

held in cities, towns and villages across
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second prizes at ALL fairs.

Nothing we could say can prove so
clearly, that for *better baking* you
should use Robin Hood Flour.

c 1946/'47

Twelve
New Recipes
for the MODERN
HOMEMAKER



THE recipes in this booklet are Old Favourites in modern dress, and have been favourites with Canadian Home-Bakers for many years. It was felt that these Old Favourites could be modernized and brought up-to-date. With this aim in view each recipe was tested and brought up-to-date either by the addition of one or two new ingredients or by the development of an easier method.

You will enjoy baking every one of these recipes and we feel sure your family will praise your Baking skill.

You can have complete confidence in following the step-by-step methods which will simplify your baking and assure you of success.

Every bag of Robin Hood Flour contains our money back plus 10% Guarantee Certificate.

Yours for better baking, the Robin Hood way.

Rita Martin

DIRECTOR

Home Service Department

Robin Hood Flour Mills Limited

SWEET PASTRY

- 1 cup sifted ROBIN HOOD FLOUR
- $\frac{1}{8}$ teaspoon salt
- 1 tablespoon granulated sugar
- 3 tablespoons butter
- 3 tablespoons shortening
- 1 egg yolk
- 2 teaspoons lemon juice
- 1 teaspoon cold water

METHOD

1. Sift flour then measure into sifter, add salt, sift into mixing bowl. Add sugar and mix well.
2. Measure butter and shortening, cut into small pieces and add to flour mixture in bowl. Blend together thoroughly, using pastry blender (or two knives, cutting in with scissor-like motion). Butter and shortening should be well blended into mixture.
3. Beat egg yolk slightly and add lemon juice and water. Add, a little at a time, to the flour mixture, blending in lightly with a fork. When adding liquid, drop it here and there over the mixture so it will be better distributed. Mixture will be crumbly.
4. Turn out on lightly floured bakeboard or pastry cloth and press together into ball. Knead for 15 seconds. (Turn dough over 4 or 5 times).
5. With lightly floured rolling pin, roll pastry to $\frac{1}{3}$ inch thickness. For tarts cut with cookie cutter and fit circles into muffin tins. (This amount of pastry makes 18 small tart shells.) For pie shell cut pastry one inch larger than an inverted pie plate and fit into pie plate. Trim off ragged edges with scissors. Prick pastry slightly and bake for 12 to 15 minutes at 450 degrees F.

Suggested fillings for baked tart shells: Jam, Butter Tart Filling, Lemon, Butterscotch or Cream Filling.

Suggested fillings for baked pie shell: Lemon Chiffon Filling. Strawberry Chiffon Filling or Lemon Meringue Filling.

**PLAIN REFRIGERATOR
COOKIES**

½ cup soft butter
½ cup soft shortening
2¼ cups sifted ROBIN HOOD FLOUR
1 teaspoon baking powder
½ teaspoon baking soda
¼ teaspoon salt
½ teaspoon lemon extract
½ teaspoon almond extract
½ teaspoon vanilla
½ cup brown sugar
½ cup granulated sugar
2 eggs, well-beaten

METHOD

1. Measure butter and shortening into mixing bowl.
2. Measure sifted flour into sifter, add baking powder, soda and salt. Sift together onto piece of waxed paper.
3. Cream butter and shortening until fluffy, add flavourings and gradually add sugars, mixing until creamy. Add beaten eggs and beat well.
4. Add dry ingredients, combining thoroughly.
5. Chill dough ½ to 1 hour.
6. Shape chilled dough into rolls 2 inches in diameter and wrap in waxed paper. Chill overnight or at least 8 hours in refrigerator.
7. Preheat oven to 375 degrees F. Using sharp knife, cut chilled dough into ⅛ inch slices. Arrange on ungreased cookie sheet, leaving space between cookies to allow for spreading.
8. Bake at 375 degrees F. for 8 to 10 minutes. Remove cookies from pan and place on wire rack to cool.

Yield: 80 to 85 cookies.

- Notes:*
1. Cookies may be garnished with cherries, raisins or nut halves before baking.
 2. The dough may be kept in refrigerator 2 to 3 weeks and sliced and baked as needed.

NUT AND FRUIT BREAD

2 cups sifted ROBIN HOOD FLOUR
4 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ cup granulated sugar
 $\frac{3}{4}$ cup broken nut meats
1 cup seedless raisins or chopped dates
1 tablespoon grated orange rind
1 egg, well-beaten
1 cup milk
2 tablespoons melted butter or shortening

METHOD

1. Grease loaf tin thoroughly. If glass ovenware pan is used, line with well greased paper. (Approximate size of pan 8 x 5 x 3 inches).
2. Measure sifted flour into sifter, add baking powder and salt. Sift together into mixing bowl. Add sugar, nuts, raisins or dates and orange rind. Mix well.
3. To beaten egg add milk and melted butter or shortening. Add to flour and fruit mixture. Mix just until blended.
4. Pour into greased pan and allow to stand for 20 minutes.
5. Then bake at 350 degrees F. for 55 to 60 minutes. Bake in centre of oven on middle rack. Turn out on wire rack and cool for several hours before slicing.

WHOLE WHEAT NUT AND FRUIT BREAD

Make as above. In place of 2 cups sifted ROBIN HOOD FLOUR, use 1 cup sifted ROBIN HOOD WHOLE WHEAT FLOUR and 1 cup sifted ROBIN HOOD FLOUR. Substitute 6 tablespoons brown sugar for the $\frac{1}{2}$ cup granulated sugar.

SUGARLESS CAKE

1 cup pitted dates
1 cup raisins, washed and dried
1 medium-sized orange, juice and rind
2 cups sifted ROBIN HOOD FLOUR
2 teaspoons baking powder
1 teaspoon baking soda
½ teaspoon salt
½ teaspoon nutmeg
2 eggs, well-beaten
Milk
½ teaspoon vanilla
2 tablespoons melted shortening

METHOD

1. Grease thoroughly and lightly flour a 9 x 9 inch square cake pan. Preheat oven to 350 degrees F. Prepare dates and raisins.
2. Squeeze juice from orange and pour into measuring cup. Set aside until needed. Remove coarse white membrane from orange rind.
3. Put orange rind, dates and raisins through food chopper and out into mixing bowl.
4. Measure sifted flour, baking powder, baking soda, salt and nutmeg into flour sifter and sift together over fruit. Blend thoroughly, using fork, until mixture looks like coarse meal.
5. Beat eggs until light and foamy. Add sufficient milk to orange juice to make one cup liquid. Add to beaten eggs. Add vanilla and melted shortening.
6. Pour combined liquids into dry ingredients and mix thoroughly but do not beat.
7. Turn into prepared cake pan and bake at 350 degrees F. for 40 to 45 minutes.
8. Remove from oven, allow to stand 5 minutes, then turn out on wire cake rack to cool.

Note: Cool thoroughly and, if possible, store for 24 hours before using.

COCOA CAKE

- 1/3 cup granulated sugar
- 1/3 cup cocoa
- 1/2 cup boiling water
- 1/2 cup shortening (part butter)
- 1 1/2 cups twice sifted ROBIN HOOD FLOUR
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 2 teaspoons vanilla
- 1 cup brown sugar, firmly packed
- 2 egg whites
- 2 egg yolks
- 3/4 cup buttermilk or sour milk

METHOD

1. Mix together sugar, cocoa and boiling water and cook together, stirring constantly, until smooth (2 to 3 minutes). Cool.
2. Measure shortening and butter into mixing bowl and allow to stand at room temperature to become soft.
3. Grease and lightly flour an 8 x 8 x 2 inch cake tin. Preheat oven to 350 degrees F.
4. Measure twice sifted flour into sifter, add baking powder, soda and salt. Sift together onto piece of waxed paper, then sift again.
5. Cream shortening and butter until fluffy, add vanilla and gradually add sugar, mixing until creamy.
6. Beat egg whites until stiff but not dry. Remove beater and set beaten egg whites aside until needed.
7. Beat egg yolks until light and add to creamed shortening and sugar mixture and beat together well.
8. Add cooled cocoa syrup and beat well. Add sifted dry ingredients alternately with buttermilk or sour milk, starting and ending with dry ingredients. Fold in gently after each addition.

9. Fold in beaten egg whites quickly, just enough to blend. Turn into prepared cake tin, spreading batter evenly.
10. Bake at 350 degrees F. for 45 to 50 minutes. Remove from oven and allow to stand in tin 5 minutes then turn out on wire cake rack to cool.
11. When cold, frost with Economy Double Boiler Frosting.

ORANGE TEA BISCUITS

2 cups sifted ROBIN HOOD FLOUR
3 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt
2 tablespoons sugar
1 tablespoon orange rind, grated
4 tablespoons shortening
 $\frac{3}{4}$ cup milk
2 tablespoons orange juice (unstrained)

METHOD

1. Measure sifted flour into sifter, add baking powder and salt. Sift together into mixing bowl. Add sugar and grated orange rind.
 2. Measure shortening, cut into small pieces and add to dry ingredients in bowl. Blend together until mixture is mealy, using pastry blender (or two knives, cutting in with scissor-like motion).
 3. Make a well in the centre of the mixture and gradually add the milk, then orange juice, stirring lightly with fork. Mix only until soft dough is formed.
 4. Turn onto lightly floured bakeboard or pastry cloth and knead gently 10 seconds.
 5. Gently roll out with floured rolling pin or pat out with hand to one-half inch thickness.
 6. Using floured biscuit cutter, cut out biscuits and place on ungreased bakesheet one inch apart.
 7. Bake at 450 degrees F. for 12 to 15 minutes.
- Yield: 12 biscuits (using $2\frac{1}{4}$ inch cutter).

HOT SPICE BUNS

1 cup milk
6 cups sifted ROBIN HOOD FLOUR
3 teaspoons cinnamon
1 teaspoon allspice
 $\frac{1}{2}$ teaspoon cloves
 $1\frac{1}{3}$ cups washed and dried raisins
 $\frac{1}{2}$ cup chopped peel
6 tablespoons shortening
6 tablespoons granulated sugar
3 teaspoons salt
1 cup cold water
2 fresh compressed yeast cakes
2 eggs, beaten

METHOD

1. Scald milk in double boiler.
2. Sift flour, then measure 6 cups into a large mixing bowl. Add spices, raisins and peel. Blend together and make well in centre of mixture.
3. To scalded milk add shortening, sugar and salt. Cool to lukewarm by adding the cold water. Test to make sure the liquid is lukewarm. Crumble yeast cakes into liquid and mix until yeast is dissolved.
4. Beat eggs and add to yeast mixture.
5. Pour liquids into well in the flour mixture. Using a spoon combine liquid and dry ingredients. Then work dough by hand for several minutes to blend thoroughly. Dough will be softer than a kneaded dough. Turn out on well-floured bakeboard. Divide dough in half.
6. Form each half into a cylinder. Cut each cylinder into 12 pieces to make 24 large buns or into 16 pieces to make 32 smaller buns. Form each piece into a smooth ball. Flatten slightly with palm of hand. Place buns on greased cookie sheet.
7. Cover and put to rise in a warm place (80 to 85 degrees F.). Prewarmed warming oven is ideal. Warm oven before putting in buns to rise and be sure heat is off when buns are rising. Let rise until double in bulk (requires 1 to $1\frac{1}{4}$ hours).

8. Just before buns are to be baked, preheat oven to 375 degrees F. Bake for 20 to 25 minutes.
9. When buns have baked for 15 minutes, brush with glaze (2 tablespoons sugar mixed with 2 tablespoons milk or water). Return quickly to oven and finish baking. When baked, glaze again and place on rack to cool.

Yield: 24 large buns or 32 small buns.

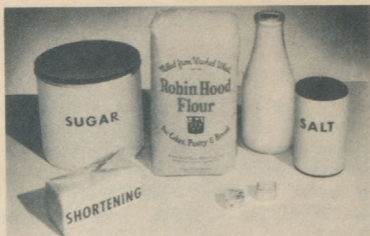
PUMPKIN PIE

- 1¼ cups cooked or canned pumpkin
(well drained)
- ¾ cup brown sugar
- ¾ teaspoon salt
- ¾ teaspoon nutmeg
- ¾ teaspoon ginger
- 1¼ teaspoons cinnamon
- 4 teaspoons light molasses
- 3 eggs, beaten slightly
- ⅔ cup milk
- 1 cup evaporated milk
- 1 nine-inch pie shell

METHOD

1. Prepare pastry and line a nine-inch pie plate. Brush surface of pastry with 1 teaspoon melted butter. Place in refrigerator to chill while making filling.
2. Combine well drained pumpkin with sugar, salt, spices and molasses.
3. Beat eggs, add milk and evaporated milk. Combine thoroughly with pumpkin mixture. Pour into chilled unbaked pastry shell.
4. Place pie on lowest rack in preheated oven (450 degrees F.) then reduce oven temperature to 350 degrees F. Bake until pumpkin custard is set or until a silver knife inserted in centre comes out clean (approximately 50 to 55 minutes).
5. Cool before serving.

Note: If desired, ½ to ¾ cup sieved cottage cheese may be added with the pumpkin.



HOMEMADE WHITE BREAD

(New Simplified Method)

6 tablespoons granulated sugar 2 fresh compressed yeast cakes
2 cups milk, scalded 4 tablespoons shortening or lard
4 teaspoons salt 2 cups lukewarm water
11 cups sifted ROBIN HOOD FLOUR

1. To scalded milk add salt, sugar and shortening or lard. Allow to stand until lukewarm. (Milk should be lukewarm by the time other ingredients are measured and ready).
2. Crumble yeast cakes in small bowl, gradually add lukewarm water. (To test for lukewarm, put drop of liquid on wrist. When drop feels neither hot nor cold liquid is lukewarm). Mix yeast cakes and water and let stand.
3. Sift then measure flour into large mixing bowl. Make a well in centre of flour.
4. When milk is lukewarm add yeast and water. Mix well. Pour combined liquids into well in flour, mix with large spoon until liquid is taken up. Then using hand mix until mixture is well blended and comes away readily from the inside of bowl.
5. Turn dough out on lightly floured board. Knead for eight to ten minutes.
6. Rinse out large bowl in hot water, so bowl will be warm, then dry and grease lightly. Put dough into

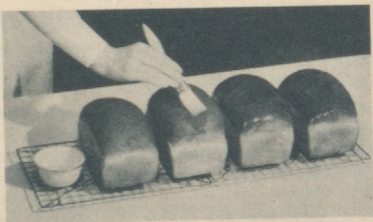


bowl. Cover with a damp towel and set in a warm part of the kitchen (best temperature 75 to 80 degrees F.) away from draughts and not too near hot stove or radiator. Allow dough to rise until double in bulk (about 1 $\frac{3}{4}$ to 2 hours).

7. When risen, punch dough down in bowl. Then turn out on lightly floured board. Cut into four equal parts. Shape each piece into loaf and place in warm (not hot) greased loaf pan. Cover pans with towel. Allow to rise in warm place until double in bulk (1 $\frac{3}{4}$ to 2 hours).
- 8 Bake in hot oven 400 degrees F. for 10 minutes without opening oven door. Reduce temperature to 375 degrees F. and continue baking for 40 minutes (about 50 minutes baking altogether).
9. Turn out on wire rack. Brush with melted shortening while still hot. Allow to cool uncovered.

Yield: 4 medium-sized loaves.

Note: If desired, dehydrated yeast may be used in place of fresh compressed yeast, but when using, be sure to allow extra time for it to dissolve in the lukewarm water and add 1 teaspoon of sugar for each package. Also see that yeast is dissolved and bubbly before adding it to the dough. It requires about 15 to 20 minutes soaking in lukewarm water. Note date of expiry on packages of dehydrated yeast and store it in a cool dry place.



ECONOMY WHITE BREAD

Four loaves of good quality bread may be made from 1 yeast cake instead of 2 if a longer period of rising is allowed.

Follow above recipe for White Bread. Use 1 fresh compressed yeast cake or 1 package dehydrated yeast. Allow dough to rise 3 hours and loaves 2 hours.

OAT SANDWICH COOKIES

- ½ cup soft shortening
- ½ cup soft butter
- 1½ cups sifted ROBIN HOOD FLOUR
- 3 teaspoons baking powder
- ¼ teaspoon salt
- 1 teaspoon vanilla
- 1 cup brown sugar, firmly packed
- ½ cup milk
- 2 cups ROBIN HOOD OATS

METHOD

1. Measure shortening and butter into mixing bowl.
2. Sift flour then measure into sifter, add baking powder and salt. Sift together onto piece of waxed paper.
3. Cream shortening and butter until fluffy, add vanilla and gradually add sugar, mixing until creamy. Add milk and oats.
4. Add dry ingredients, combining thoroughly.
5. Chill dough for 2 hours at least (preferably overnight)
6. When ready to shape cookies, preheat oven to 375 degrees F. With floured rolling pin, roll out chilled dough on lightly floured bakeboard or pastry cloth. Roll small part of dough at a time, leaving remainder in refrigerator. Roll to ⅛ inch thickness. Using floured cookie cutter, cut out cookies. Cut close together. Arrange on greased cookie sheet, leaving space between cookies to allow for spreading. Bake at 375 degrees F. for 10 minutes. Remove from pan and place on wire rack to cool.
7. When cool put together in pairs with soft fruit filling in between or date filling, jam or apple butter.

Yield: Approximately 40 to 45 cookies.

PEACH UPSIDE-DOWN CAKE

- 3 tablespoons butter
- ½ cup brown sugar
- Canned or fresh peach halves or sliced peaches
- ¼ cup shortening
- 1½ cups sifted ROBIN HOOD FLOUR
- 3 teaspoons baking powder
- ½ teaspoon salt
- ¾ cup granulated sugar
- 1 egg, well-beaten
- ¾ cup water or milk

METHOD

1. Use an 8 x 8 x 2 inch cake tin and grease thoroughly. Melt the 3 tablespoons butter in cake tin over low heat. Sprinkle ½ cup brown sugar evenly over butter and let mixture heat until bubbly. Remove from heat, arrange peach halves or sliced peaches in butterscotch mixture. Let stand while making batter.
 2. Measure shortening into mixing bowl.
 3. Measure sifted flour into sifter, add baking powder and salt and sift together onto piece of waxed paper.
 4. Cream shortening until fluffy, gradually add sugar, mixing until creamy. Add beaten egg and beat well. Add dry ingredients alternately with water or milk, folding in lightly after each addition.
 5. Pour over peaches in cake tin and bake at 350 degrees F. for 45 to 50 minutes.
 6. Turn out on large plate with peach side up and allow to cool. Serve cold with plain or whipped cream.
- Note: If desired, arrange maraschino cherries in between peach halves.

DOUBLE BOILER PUDDING

- ½ cup jam or drained sweetened canned fruit
- 3 tablespoons soft shortening or butter
- ¾ cup plus 2 tablespoons sifted
ROBIN HOOD FLOUR
- 1½ teaspoons baking powder
- ⅛ teaspoon salt
- ½ teaspoon vanilla
- ⅓ cup granulated sugar
- 1 egg, well-beaten
- ½ cup milk

METHOD

1. Put water on to boil in bottom part of double boiler. Grease thoroughly top part of double boiler (1½ quart size). Place jam or drained fruit in the bottom.
2. Measure shortening or butter into mixing bowl.
3. Measure sifted flour into sifter, add baking powder and salt and sift together onto piece of waxed paper.
4. Cream shortening or butter until fluffy and add vanilla. Gradually add sugar, mixing until creamy. Add beaten egg and beat well.
5. Add dry ingredients alternately with milk, folding in lightly after each addition. Pour over jam or fruit in double boiler. Cover tightly and place over rapidly boiling water. Cook for 1¾ to 2 hours or until batter is firm on top. Have water in bottom part of double boiler boiling constantly during cooking period.
6. Turn out, jam side up, and serve warm with any desired pudding sauce.

Yield: 4 to 6 servings.

**STRAWBERRY CHIFFON
FILLING**

- ¾ tablespoon gelatin
- 3 tablespoons cold water
- 2 large egg yolks
- ½ cup granulated sugar
- 2 teaspoons lemon juice
- ¼ teaspoon salt
- ¾ cup crushed strawberries and juice
- 2 large egg whites
- ¼ teaspoon cream of tartar
- ⅓ cup whipping cream
- Berries for garnish
- 1 (8-inch) baked Sweet Pastry Shell

METHOD

1. Soak gelatin in cold water.
2. Beat egg yolks slightly in top of double boiler. Add 6 tablespoons sugar. Add lemon juice and salt and combine.
3. Cook over boiling water, stirring constantly, until thickened.
4. Add soaked gelatin and mix until dissolved.
5. Add crushed strawberries and juice and stir for 1 minute. Cool until partially set.
6. Beat egg whites until frothy. Add cream of tartar and beat until stiff. Beat in remaining sugar gradually. Beat partially set strawberry mixture then fold in egg whites.
7. Pile into cooled baked Sweet Pastry shell. Place in refrigerator to chill for 2 hours or more.
8. Just before serving, garnish with whipped cream and whole or sliced berries.

DATE FILLING

1 cup chopped dates
½ cup water
4 tablespoons brown sugar

METHOD

Combine and cook for 3 minutes or until consistency of jam, stirring occasionally. Remove from heat and allow to cool.

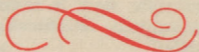
Note: If desired, ¼ finely chopped nuts may be added when cool.

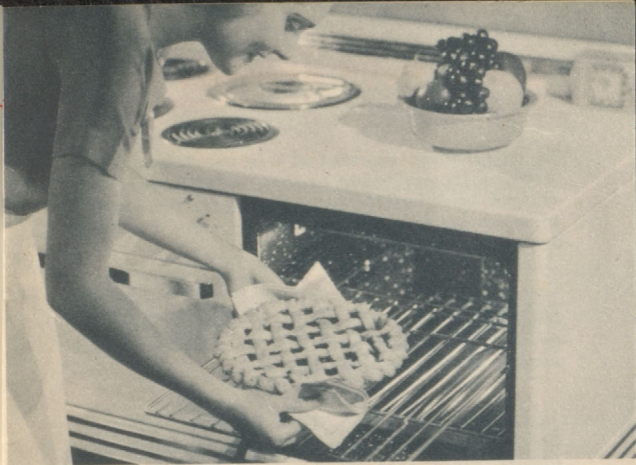
ECONOMY DOUBLE BOILER FROSTING

1 egg white
⅓ cup corn syrup
⅓ cup sugar
2 tablespoons water
Few grains salt
¾ teaspoon vanilla

METHOD

Combine the egg white, corn syrup, sugar, water and salt and beat with rotary beater until well mixed. Place over rapidly boiling water and cook, beating constantly for 5 to 7 minutes or until the frosting will stand in peaks. Remove from the heat, add the vanilla and beat until thick enough to spread.





Baking Hints

Always bake fruit cakes in a very slow oven. This allows the cake to bake through without burning the fruits near the outside crust.



To economize on sugar when making jam, let the fruit boil for about ten minutes before adding the sugar. Only about half of the usual amount of sugar will be needed.



When you bake a cake have nothing else in the oven and place the cake as near the centre as possible.



A small bit of grated cheese rolled into the crust of an apple pie will give it a delicious flavour.

Robin Hood presents RECIPES

To glaze bread or rolls, go over the tops with the white of an egg lightly beaten. Apply with a cloth or a soft brush before placing in oven. A small quantity of sugar can be added to the egg white if a sweet flavour is preferred.



Don't shake a cup full of flour to level it for measuring—pass of knife over the top to scrape off the surplus. Shaking packs the flour.



To avoid a soggy lower crust when baking a pie, sprinkle sugar over the lower crust before filling. Unbeaten egg white, brushed over the lower crust is also effective. Melted butter brushed over the bottom, then the crust chilled, helps to prevent juice from soaking into crust.



If a pie runs over in the oven, smoke and odor can be prevented by sprinkling salt over the spilled juice.



Bake pies in a very hot oven for the first 10 minutes, then turn the heat down to moderate temperature. This will give you a much crisper crust than the ordinary method.



Kneading the biscuit dough for a few seconds before cutting out the biscuits, gives them a smoother crust and more even texture.



Dust a little flour or cornstarch over a cake before icing it, and the icing will not run off.

For a good brown on pies and tarts, brush them over lightly with milk just before putting in the oven, using a small pastry brush.



Mix the pie crust dough the day before baking the pie and leave it in the icebox until needed. This will make the crust tender and flaky.



To remove a cake from a tin easily, place the cake-tin on a cold damp cloth for a few moments after removing it from the oven.



It is much easier to cut thin slices of bread for sandwiches, if the bread is a day old. Better still, chill the bread in the refrigerator and use a sharp knife which has been heated in boiling water.



You can prevent pies from sticking to pie plates without having to grease the plate, by dusting it carefully with flour.



A quick, efficient method to brown meringue, without lighting the oven, is to hold the electric toaster over the top of the pie so that it browns evenly.



If fruit cake is too moist—Place it on a rack in a very slow oven (200 degrees F.)—Leave $\frac{1}{2}$ to 1 hour depending size of cake. Or put moist cake wrapped in waxed paper in refrigerator for several days. This dries it out and prevents mould from forming.



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