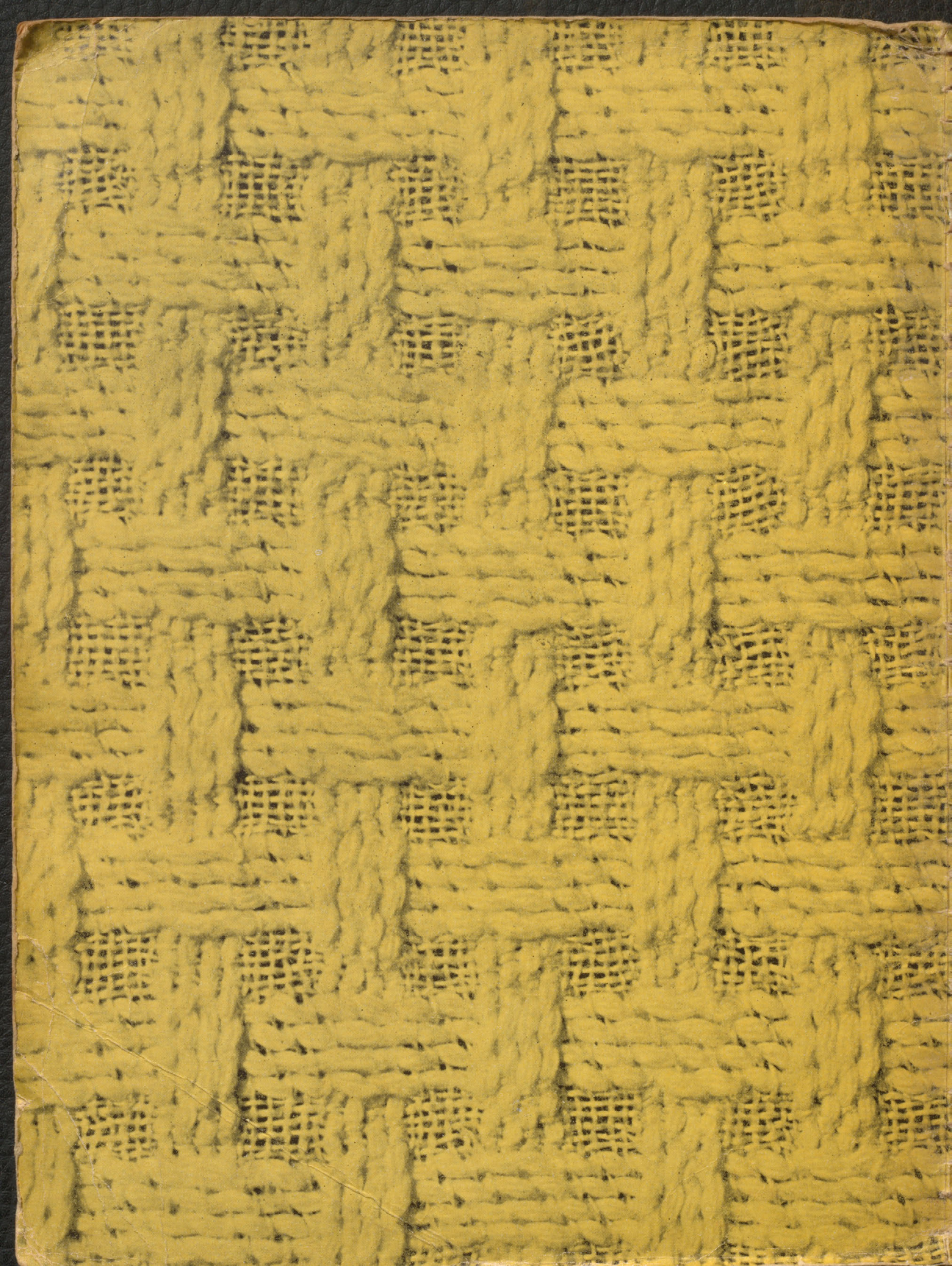


**Robin Hood**  
**PRIZE WINNING**  
**RECIPES**

SELECTED BY

*Rita Martin*



MARTIN, RITA  
Robin Hood...

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# Robin Hood

PRIZE WINNING

RECIPES

SELECTED BY

*Rita Martin*



**Robin Hood Flour Mills Limited**

MOOSE JAW    SASKATOON    CALGARY    VANCOUVER  
WINNIPEG    TORONTO    HUMBERSTONE    QUEBEC    MONCTON  
MONTREAL

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## contents

### SPECIAL NOTICE

1 package of fast rising dry yeast (dehydrated) is equivalent to 1 cake of fresh compressed yeast.

To use fast rising dry yeast—dissolve each package in  $\frac{1}{2}$  cup of lukewarm water to which 1 teaspoon of sugar has been added and allow to stand 20 minutes.

This lukewarm water should be part of the total liquid called for in the recipe—do not further reduce the total liquid.

BREAD.....	7
ROLLS AND FANCY BREADS.....	26
Doughs.....	26
Rolls.....	29
FANCY SWEET-DOUGH BREADS.....	34
QUICK BREADS.....	41
CAKES.....	56
Butter Cakes.....	59
Fruit Cakes.....	72
Special Party Cakes.....	62
Sponge and Angel Cakes.....	70
COOKIES.....	78
Drop Cookies.....	86
Pan or Bar Cookies.....	87
Refrigerator Cookies.....	81
Rolled Cookies.....	79
Shortbreads.....	81
PASTRY.....	89
Baked Pie Shells.....	101
Deep Dish Pies.....	106
Individual Pies and Tarts.....	92
One-Crust Pies.....	99
Two-Crust Pies.....	94
PUDDINGS.....	108
Baked Puddings.....	108
Double-Boiler Puddings.....	108
Steamed Puddings.....	108
FROSTINGS, FILLINGS AND SAUCES.....	118
Fillings.....	124
Frostings.....	118
Sauces.....	126
Helpful Hints for All Your Baking.....	129
INDEX.....	131



RITA MARTIN

## Foreword

**W**HERE in the world is there a place nicer than a big sunny kitchen full of the warm fragrance of freshly baked bread or the spicy, teasing sweetness of molasses cookies?

And where is a woman happier than in her own kitchen creating all that goodness, bestowing it with a bountiful hand upon admiring family and friends?

During the time we've been collecting prize winning recipes for you from home-baking contests across the country, we've been thinking about this happy woman, who is, or ought to be, *you*. We've had a wonderful experience, and, with you in mind, we've selected the most tempting recipes from the thousands of winners.

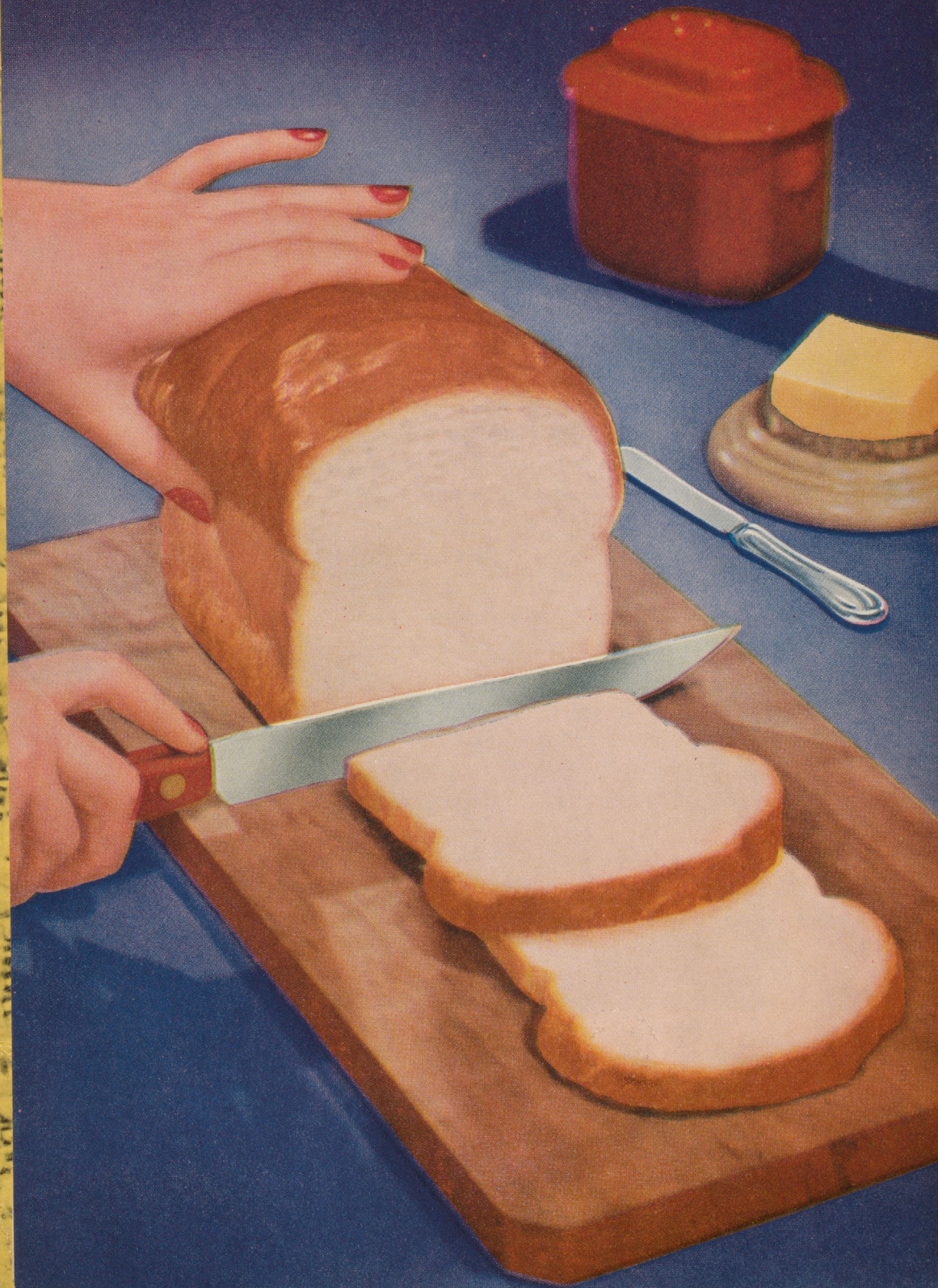
The amazing thing is . . . in more than *ten thousand* home-baking contests . . . *four* out of every *five* of the first prizes awarded went to women who consistently bake with **ROBIN HOOD FLOUR!**

That's why we're sure these recipes we have assembled will be winners for *you*. After all . . . tempting dishes are easy to make *right* with **ROBIN HOOD**.

We hope this book will be your gold mine of bright ideas, your friend in *deed* . . . that nobody can ever borrow it from you without being made to cross her heart and hope to die that she'll bring it back next day!

If you ever have a baking problem or cooking difficulty that this book doesn't solve, won't you write me? For I shall be right here, still working on new recipes and methods for you, and I should love to hear from you.

*Rita Martin*





# NOW

## *a new quick way to make your own home-made bread*

**O**F ALL THE fine recipes worked out in the ROBIN HOOD kitchen in recent years, the one that pleases us most is ROBIN HOOD's Rolled Dough Method of Breadmaking. This patented method is so simple and sure that even a woman who has never made bread before can turn out perfect loaves.

The overnight rising and the worry of having a big batch of bread on your mind for two days is not at all necessary. In 6 hours the whole job is completed—from flour bag to breadbox. And for  $3\frac{1}{2}$  of those 6 hours, the bread takes care of itself and you are free for other household duties.

There is one thing you must be sure of before you start to make bread this new way. Be sure you have good dependable flour . . . a flour which absorbs moisture in high degree, has "oven-spring," and has a really delicious fine wheat flavour. We believe no flour you can buy fills all these requirements as well as ROBIN HOOD.

At all Robin Hood mills the flour is tested every hour to make sure it is up to our high standard. We guarantee it completely. We are so sure of our high standard of quality that without any reservation whatsoever we guarantee to give you your money back, plus 10%, if after two bakings you are not thoroughly satisfied.

So use your ROBIN HOOD FLOUR with carefree confidence. Don't hesitate to bake anything with it your fancy dictates. Just follow carefully the recipes in this book. All have been carefully worked out for ROBIN HOOD FLOUR, and tested many many times.

Beginning on page 8, you will find the new Rolled Dough Method of Breadmaking explained in an easy picture-lesson. It shows practically every movement you have to make in baking bread this new way.

7

*"Breadmaking is easy now, with ROBIN HOOD FLOUR'S grand new rolled dough recipe. And when you cut off that first brown-gold, crusty slice . . . when you taste the true delicious flavour of Canada's finest wheat, in bread you baked yourself . . . that's a thrill you won't forget."*

# White Bread

## NEW ROLLED DOUGH METHOD

(2 cakes of yeast for 4 loaves)

2 cups milk	4 teaspoons salt
2 cups cold water	6 tablespoons granulated sugar
2 fresh compressed yeast cakes or	4 tablespoons soft shortening
2 packages dehydrated yeast (fast rising dry yeast)	11 cups sifted ROBIN HOOD FLOUR

NOTE: If desired, in place of 2 cups milk and 2 cups water, all water, part potato water or combination of all three, may be used. However, as milk improves texture and quality of bread, the use of 2 cups of milk in the combination is recommended.

### STARTING POINTERS

- a. Have flour and ingredients at warm room temperature (75°F. or over).
- b. Assemble all ingredients and utensils.

### METHOD

Scald milk. Add cold water. (If other liquids are used, heat to lukewarm. There should be 4 cups of liquid.) Measure 1 cup of liquid into small bowl. Test for lukewarm (see picture page 11). When lukewarm, add crumbled yeast cakes (or dehydrated yeast and 2 teaspoons sugar). Blend. Let stand 20 minutes. To remaining 3 cups of liquid, add salt and sugar. Mix. Let stand until lukewarm.

Sift flour then measure into large mixing bowl. Make well in centre of flour. Add shortening and dissolved yeast to lukewarm liquid. Mix well. Pour into well in flour. Stir until flour is dampened. Remove spoon. With one hand mix dough in bowl using swinging rotary motion (see page 12). Continue mixing for 5 minutes until dough becomes a smooth ball.

Turn out on greased board or table top. *No more flour should be added.* Knead 8 minutes (see page 13). Put dough in warm, lightly greased mixing bowl. Cover with cheesecloth or factory cotton which has been slightly dampened with warm water. Put dry tea towel on top. Let rise at warm room temperature 75° to 85° for 2 hours or until double in bulk. Punch down (see page 14). Turn out on lightly greased bakeboard. Cut into 4 even pieces with greased sharp knife. Form each piece into ball, turning cut surfaces under. Cover. Let stand 15 minutes (see page 15). Grease loaf pans. Shape balls of dough into loaves (see pages 16 to 18). Place in pans, cover and let rise at room

temperature  $1\frac{1}{2}$  hours. One half hour before rising is finished preheat oven to  $425^{\circ}\text{F}$ . (Hot oven).

When loaves have risen, place in hot oven ( $425^{\circ}\text{F}$ .) (see page 19). Bake 15 minutes, then reduce heat to  $400^{\circ}\text{F}$ . Continue baking for 35 minutes longer. Remove from pans onto wire rack. Brush with melted butter or shortening. Allow to cool uncovered.

**Whole Wheat Bread:** Follow recipe above, but in place of 11 cups ROBIN HOOD FLOUR use 5 cups fine whole wheat flour and 6 cups ROBIN HOOD FLOUR.

**Economy White Bread:** Good quality bread may be made with less yeast if longer rising periods are allowed. Follow above recipe for White Bread, using 1 yeast cake or 1 package of dehydrated yeast instead of 2. Allow dough to rise for 3 hours and loaves for 2 hours.

### *Assembling Utensils*



Assemble all utensils. This saves time and steps later. The following list includes all necessary equipment and utensils.

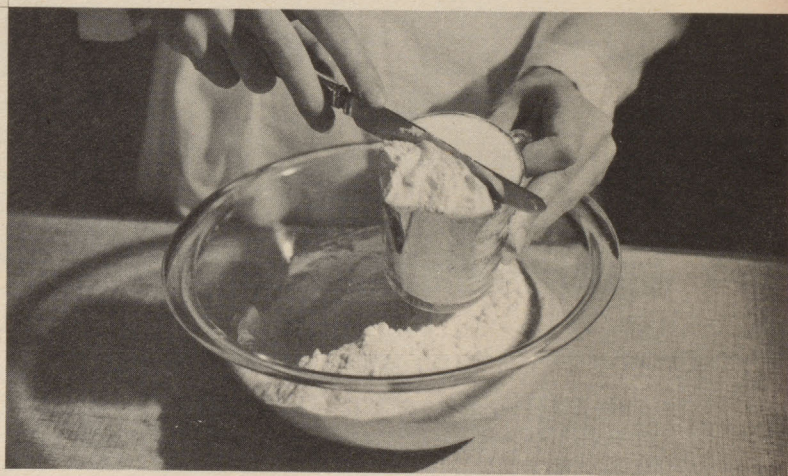
- |                           |                                 |
|---------------------------|---------------------------------|
| 2 standard measuring cups | 1 flour sifter                  |
| 1 wooden mixing spoon     | 1 double boiler                 |
| 1 large mixing bowl       | 1 rolling pin                   |
| 1 medium bowl             | 1 pastry brush                  |
| 1 small bowl              | 4 loaf pans                     |
| 1 set of measuring spoons | 1 square cheesecloth or factory |
| 1 kitchen knife           | 1 large tea towel [cotton]      |
| 1 teaspoon                | wax paper                       |

# BREAD



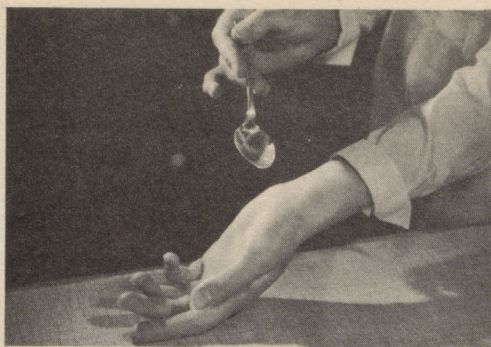
## *Measuring*

- 1** Before measuring, sift flour into bowl or onto piece of waxed paper. The sifting of flour is important, as it makes the flour uniformly light to measure. 11 cups of sifted flour are required.



- 2** Level off top of cup with straight knife or fill to degree indicated in the recipe. Level measurements are essential for success.

## Temperature of Ingredients



Test for Lukewarm Temperature. Put a drop of the liquid on inside of wrist over heavy veins. If liquid feels neither warm nor cold—it is lukewarm. (See illustration.) Make this test several times to be sure.

3

Temperature is the most important single factor in making all yeast doughs—whether bread or rolls.

All ingredients should be at room temperature. The best temperature is 75° to 85°F.

Liquid must be *lukewarm* when combined with yeast. If liquid is below lukewarm temperature, yeast will not develop. Too hot liquid may kill the yeast. So always make the test for lukewarm described here.



## Yeast

4

When 1 cup of liquid in bowl is lukewarm, add 2 packages of dehydrated yeast and 2 teaspoons of sugar *or* crumble into it 2 compressed yeast cakes and blend. Let stand 20 minutes.

# BREAD



*Mixing  
Dough*

- 5** Have mixing bowl warm (not hot). Use a large wooden spoon for first mixing. After flour is dampened remove spoon and scrape off as shown above.



- 6** Now use hand to mix and blend dough into smooth mass (takes about 5 minutes). Use a rotary swinging motion as illustrated above.

## *Kneading Dough*

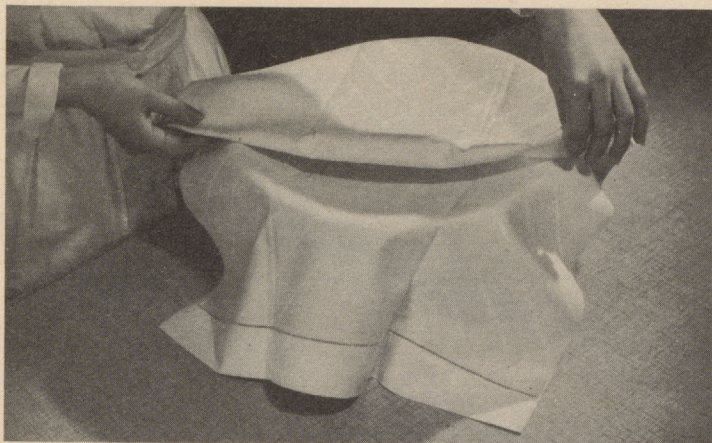


- 7** Knead dough on bakeboard, lightly greased to prevent dough sticking and keep it smooth. To knead dough, fold outside edge of dough over toward you (see picture), and push dough away from you, using the heels of your hands.



- 8** Now turn dough quarter way round (see picture), fold over toward you, push, using heels of hands. Repeat and continue using steady rhythm for length of time required in recipe. If dough should stick a little, grease board again.

# BREAD



## *Rising*

- 9 Put dough to rise in lightly greased warm (not hot) bowl. Cover with cheesecloth or factory cotton which has been slightly dampened with warm water. (Damp cloth keeps dough moist and prevents crust from forming.) Put dry tea towel on top. During rising period dough should stand at room temperature (75° to 85° F.). *Do not put on radiator or near hot stove. Bowl should be away from draughts.* A temperature higher than 85° may cause dough to sour; below 70° may cause dough to become chilled and delay action of yeast. When risen, dough should be double its original bulk.

## *Punching Dough*



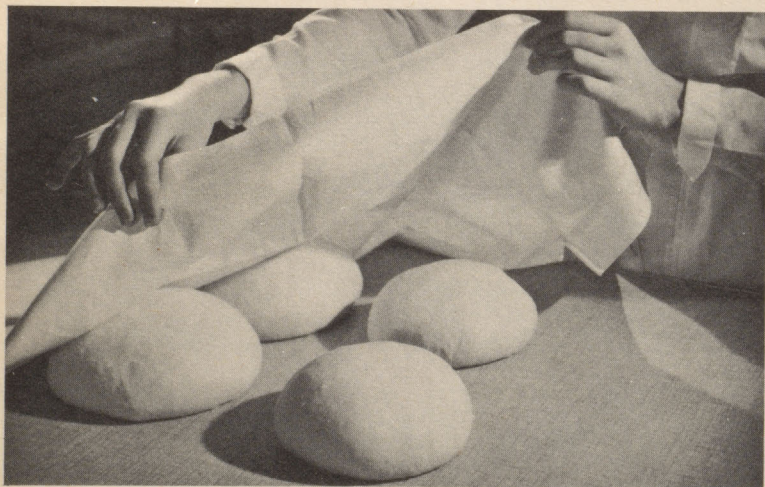
- 10 At end of rising period, punch dough down, using fist as shown in this picture. Punch several times to let gas escape.



## Shaping Dough



- 11** Grease bakeboard *lightly* and turn out dough on board. Using sharp greased knife, cut dough into four even pieces. If baking pans are not uniform cut dough into suitable sizes for pans.



- 12** Form each piece of dough into a smooth ball, turning cut surfaces under, as shown above. This prevents gas from escaping. Cover balls of dough with towel. Let stand 15 minutes. While balls are standing grease bread pans.

# BREAD



## *Shaping Loaf*

- 13** Step 1. With rolling pin, roll dough out to uniform thickness, stretching by hand to form rectangle approximately 9 x 12 inches. Make certain to break down all gas bubbles in the outer edge of the dough.

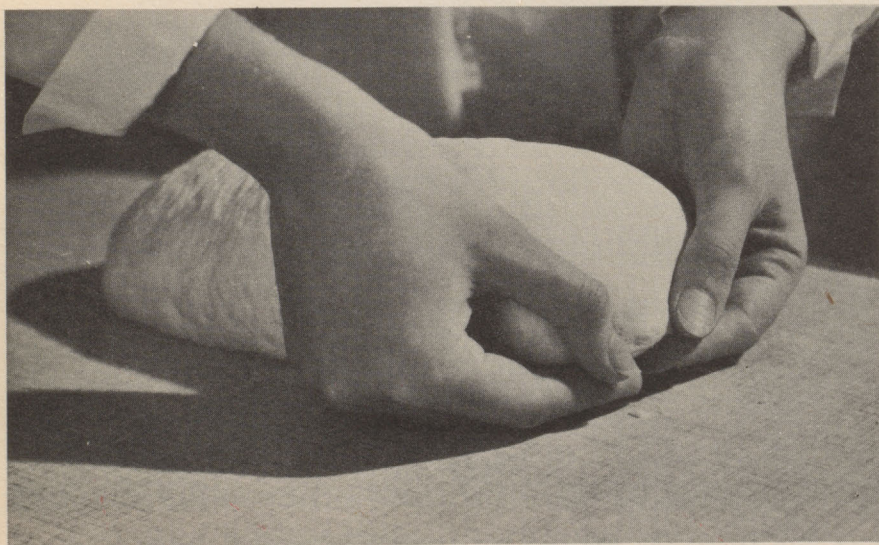


- 14** Step 2. From upper edge, roll dough toward you, jelly roll fashion, sealing dough with heel of hand after each roll of dough. (About four turns will bring you to last seal.) Be sure to seal final seam on bottom of loaf.

## *Shaping Loaf*

**15**

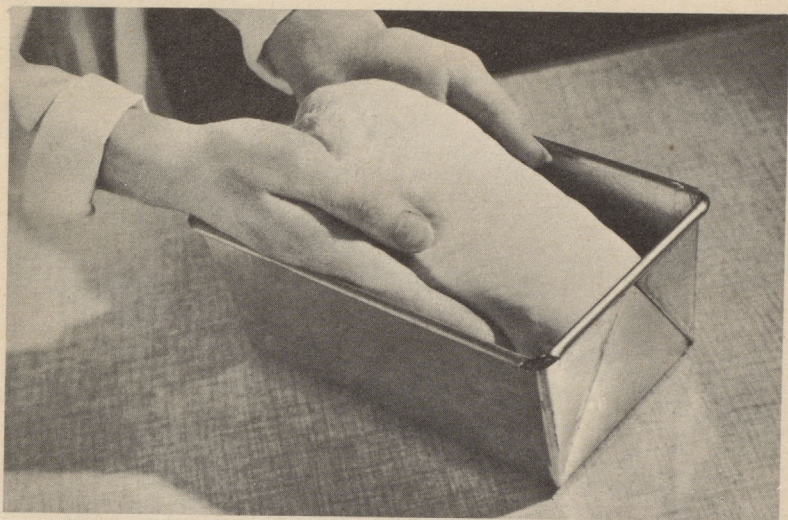
Step 3. Seal ends of the loaf by using the side of the hand to get thin sealed strip.

**16**

Step 4. Fold sealed ends of loaf under, using fingers, as above. Avoid tearing dough.

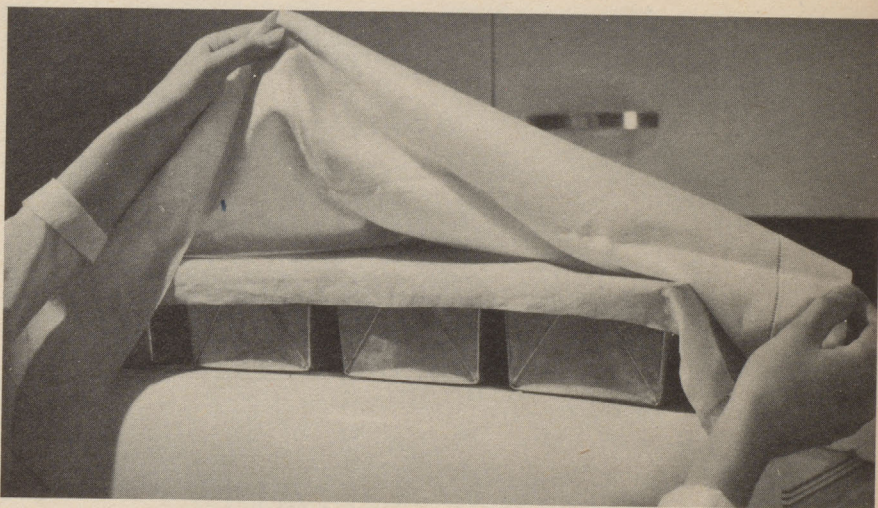
**17**

# BREAD



## *Shaping Loaf*

- 17** Step 5. Place shaped loaf, with seam side down, in well greased bread pan.

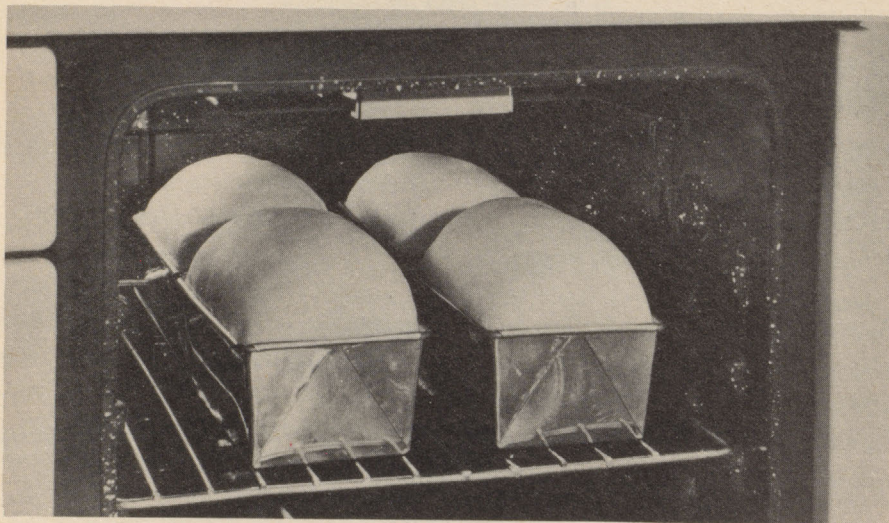


## *Rising*

- 18** Cover loaves with damp cloth, with tea towel on top. Let rise at warm room temperature (75° to 85°) 1½ hours or until double in bulk.

**18**

## Baking Loaves



Before baking bread, have oven preheated to required temperature (425°F. hot oven, if 4 loaves are to be baked at one time or 400°F. moderately hot oven, if fewer loaves are to be baked).

When loaves have risen to double in bulk, put into preheated oven, arrange in oven so there will be sufficient space around pans for heat to circulate freely.

If oven has automatic control set indicator back 25°. (Do not open oven door for at least 15 minutes.) This reduced temperature allows bread to bake through without browning crust too quickly. Allow bread to bake 45 to 55 minutes depending on size of loaf.

*When bread is baked* remove from pans and place on wire racks to cool. While still hot, brush top of loaves with melted butter or use a piece of clean cloth dipped in melted butter.

*When bread is cold* place in a clean ventilated bread-box.

## White Bread

### OVERNIGHT. "SPONGE" METHOD

(1 dry yeast cake for 4 loaves)

#### *To be mixed at night*

3 cups water  
1 dry yeast cake  
2 tablespoons granulated sugar  
4 tablespoons soft shortening  
6 cups sifted ROBIN HOOD FLOUR

#### *To be added next morning*

1 cup milk  
4 tablespoons granulated sugar  
4 teaspoons salt  
5 cups sifted ROBIN HOOD FLOUR

Heat water to lukewarm. Test for lukewarm. (See page 11.) Add yeast cake and sugar. Allow to stand 30 minutes. Add shortening to liquid. Measure sifted flour into warm bowl. Gradually add liquid, mixing with spoon. Beat for two minutes. Cover with damp towel, then with heavy blanket, wrapping well around bowl. Allow to stand overnight.

#### *Next Morning*

Scald milk. Add sugar and salt. Let stand until lukewarm. (Page 11.) Pour into overnight sponge. Mix well. Add 5 cups sifted ROBIN HOOD FLOUR. Using large spoon (preferably wooden), mix flour with sponge until just blended.

Remove spoon. With one hand mix dough in bowl using swinging rotary motion. (See illustration page 12.) Continue mixing for 5 minutes until dough becomes a smooth ball.

Proceed as directed in recipe for *White Bread* (New Rolled Dough Method), on page 8.

*Note:*—Loaves of Overnight Bread may require longer rising. Let rise  $1\frac{1}{2}$  to 2 hours or until doubled in bulk. If desired,  $\frac{1}{4}$  of the dough may be used to make Pan Buns, page 29.

## Fruit Bread

(2 loaves)

"Sliced thin, spread with butter—as good as cake!"

1 cup milk	1 teaspoon grated orange rind
1 cup cold water	2 tablespoons soft shortening
1 fresh compressed yeast cake or	5½ cups sifted ROBIN HOOD FLOUR
1 package dehydrated yeast	1 cup washed and dried raisins
2 teaspoons salt	⅓ to ½ cup finely shredded peel
4 tablespoons granulated sugar	¼ cup sliced maraschino cherries

Scald milk. Add cold water. Measure 1 cup of the liquid into small bowl. Test for lukewarm. (For lukewarm test see page 11.)

When *lukewarm* add crumbled yeast cake (or dehydrated yeast and 1 teaspoon sugar). Blend until dissolved. Let stand 20 minutes.

To remaining 1 cup liquid add salt, sugar and orange rind. Mix and let stand until lukewarm.

Sift flour, then measure into large mixing bowl. Prepare fruits and add to flour. Make well in centre of flour mixture.

Add shortening to *lukewarm* liquid then add dissolved yeast. Mix well. Pour blended liquids into well in flour and fruit mixture. Stir until flour is dampened.

Remove spoon. With one hand mix dough in bowl, using swinging rotary motion. (See illustration page 12.) Continue mixing for 5 minutes until dough becomes a smooth ball.

Proceed as directed in *White Bread* (New Rolled Dough Method), on page 8.

## All-From-One Bread Dough

"One, two, three or four kinds of bread made from one bowl of basic yeast sponge."

### STARTING POINTERS

1. From the recipes which follow on pages 22, 23 and 26, select the kinds of bread you wish to make.
2. Have room temperature at 75° to 85°F. for best results.
3. Assemble all ingredients and utensils. Have flour and shortening at room temperature. Prepare ingredients for variety breads in advance. (See recipes.)

## Basic Yeast Sponge

2 cups milk	6 tablespoons granulated sugar
2 cups cold water	4 teaspoons salt
2 fresh compressed yeast cakes or	4 tablespoons soft shortening
2 packages dehydrated yeast	4½ cups sifted ROBIN HOOD FLOUR

Scald milk in double boiler. Remove from stove, add cold water, remove ½ cup of liquid and allow to stand until lukewarm. When lukewarm (see test for lukewarm, page 11), add crumbled fresh yeast cakes (or dehydrated yeast and 2 teaspoons sugar). Stir until dissolved, let stand 15 to 20 minutes.

To remaining 3½ cups of liquid add sugar and salt. Stir and allow to cool to lukewarm. Add soft shortening and dissolved yeast.

Sift flour, then measure into large mixing bowl. Make well in centre of flour, then add liquids. Mix with large spoon and beat for 3 minutes.

You will now have in your mixing bowl 6 cups of sponge, which can be used in any of the following ways:

- a. To Make Four Kinds of Bread:** Measure 1½ cups sponge into each of 3 bowls. There should be 1½ cups sponge left in original mixing bowl. Proceed as directed in each of the four recipes selected.
- b. To Make Three Kinds of Bread:** Measure 1½ cups sponge into each of 2 bowls. There should be 3 cups sponge left in original mixing bowl. Proceed as directed in each of the three recipes selected. For the 2 loaves of bread to be made with the 3 cups of sponge use double the ingredients specified in recipe selected.
- c. To Make Two Kinds of Bread:** Measure 3 cups of sponge into another bowl. This will leave 3 cups sponge in first bowl. Proceed as directed in each of the two recipes selected, using double the amounts of ingredients listed.
- d. To Make One Kind of Bread:** Leave sponge in original bowl. Proceed as directed in the one recipe selected, using four times the amount of ingredients listed.



*Prune Spice Bread*

FROM BASIC SPONGE

(1 loaf)

1½ cups Basic Yeast Sponge (page 22)	1 teaspoon cinnamon
¾ cup prunes	¼ teaspoon allspice
Boiling water	¼ teaspoon cloves
1 tablespoon brown sugar	1 egg, beaten
1¾ cups sifted ROBIN HOOD FLOUR	

Have yeast sponge in warm bowl. Pour boiling water over prunes and let stand for 10 minutes. Drain, pit and cut prunes in small pieces. Add brown sugar, spices and beaten egg. Add to sponge, mix well and add flour mixing for 5 minutes. Turn out on lightly floured bakeboard and dust dough lightly with flour (using sifter). Knead, put to rise, shape, put to rise again, and bake as in illustrations, pages 13 to 19.

*Tutti-Frutti Bread*

FROM BASIC SPONGE

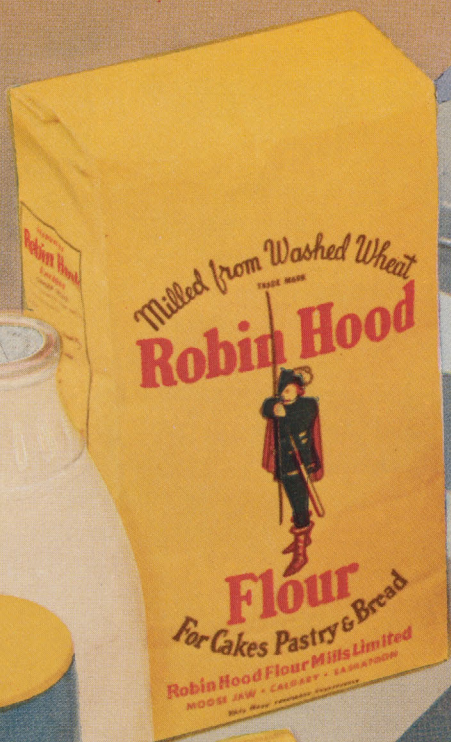
(1 loaf)

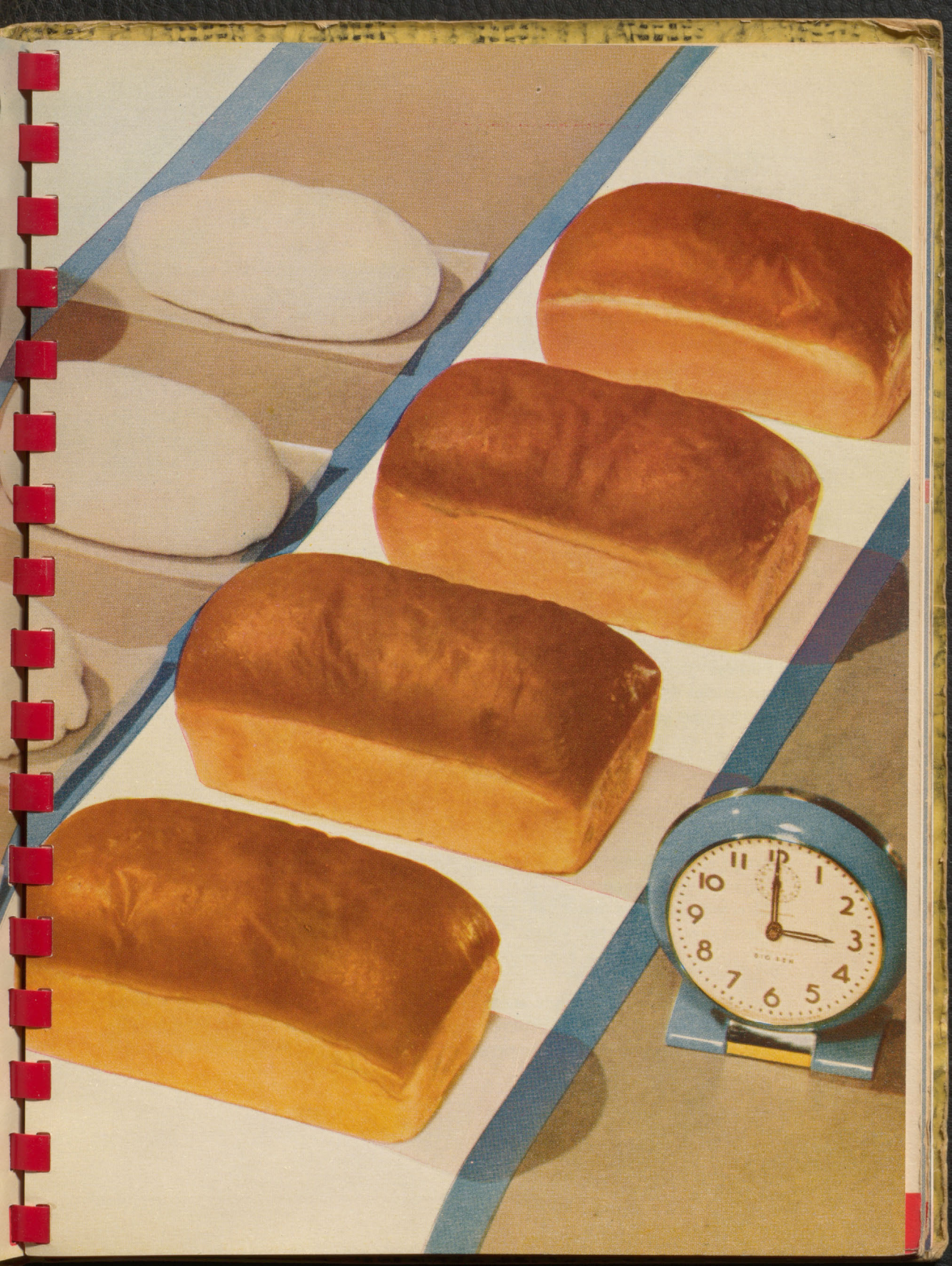
1½ cups Basic Yeast Sponge (page 22)	1 teaspoon grated lemon rind
½ cup washed and dried raisins	¼ cup chopped nuts
⅓ cup chopped mixed peel	1 teaspoon maraschino cherry juice
4 sliced maraschino cherries	(if desired)
1 tablespoon grated orange rind	1 egg, beaten
1¾ cups sifted ROBIN HOOD FLOUR	

To Basic Sponge add combined raisins, peel, cherries, orange and lemon rind, nuts, cherry juice (if desired) and beaten egg. Mix well and add flour mixing for 5 minutes. Turn out on lightly floured bakeboard and dust dough lightly with flour (using sifter). Knead, put to rise, shape, put to rise again, and bake as in illustrations, pages 13 to 19.

23

*"It looks like a miracle to other people, but you know it was really simple. Only six hours from flour to finished loaves! And much of that time, Nature was doing all the work. The dough was mixed at nine o'clock, got a bit of attention in the intervals of other household tasks, and by three, the tender-crusts loaves were out of the oven and cooling on the racks. Perfect bread . . . and you who made it can share woman's age-old pride in breadmaking." See recipe page 8.*





## Orange Raisin Bread

FROM BASIC SPONGE

(1 loaf)

1½ cups Basic Yeast Sponge (page 22) 1 tablespoon granulated sugar  
¼ cup unstrained orange juice ½ cup washed and dried raisins  
2 tablespoons grated orange rind 1 egg, beaten  
2 teaspoons grated lemon rind 1¾ cups sifted ROBIN HOOD FLOUR

Have yeast sponge in warm bowl. Combine orange juice, orange and lemon rind and sugar. Simmer for 5 minutes over low heat. Remove from stove and add raisins. Allow to cool. Add beaten egg. Add to sponge, mix well and add flour, mixing for 5 minutes. Knead, put to rise, shape, put to rise again, and bake as in illustrations, pages 13 to 19.

## Cheese Bread

FROM BASIC SPONGE

(1 loaf)

1½ cups Basic Yeast Sponge (page 22) ½ cup grated nippy cheese  
1½ cups sifted ROBIN HOOD FLOUR

To basic yeast sponge add cheese and flour. Mix, knead, put to rise, shape, put to rise again and bake as in illustrations, pages 13 to 19.

*NOTE: Grate and measure cheese before making sponge.*

## Basic Sweet Dough

STRAIGHT METHOD

1 cup milk 2 teaspoons salt  
8 cups sifted ROBIN HOOD FLOUR ½ cup sugar  
1¼ cups cold water 4 tablespoons soft shortening  
2 fresh compressed yeast cakes or (butter, lard or vegetable shortening)  
2 packages dehydrated yeast 2 eggs, well beaten

*NOTE: For Whole Wheat Rolls use 4 cups sifted ROBIN HOOD FLOUR and 4 cups fine Whole Wheat Flour.*

Scald milk. Sift flour, then measure into large mixing bowl. Make well in centre. Add cold water to scalded milk. Measure ¼ cup of combined liquids and test it for lukewarm temperature. (See page 11.) When lukewarm add

## ROLLS AND FANCY BREADS

crumbled yeast cakes. Mix until blended. (If dehydrated yeast is used, add 2 teaspoons sugar and let stand 15 to 20 minutes.)

To liquid in saucepan add salt, sugar, shortening, and eggs. Add dissolved yeast. Mix well. Pour liquids into flour. Stir until liquid disappears (about one-half minute). Remove spoon. With one hand mix dough in bowl, using swinging rotary motion. (See illustration, page 12.) Gradually form dough into smooth ball, then knead in bowl for 2 minutes. Brush top with melted shortening. Cover and allow dough to rise at room temperature 75° to 85° for 2 hours.

*Do not set bowl on radiator or in hot place. Keep away from draughts. When dough has risen until doubled in bulk, punch down several times in bowl. (Page 14.) Remove dough to greased bakeboard for shaping into rolls or fancy breads, as directed in any selected recipe.*

This recipe makes sufficient dough for 4 dozen rolls or 4 fancy breads.

### *Plain Roll Dough*

#### STRAIGHT METHOD

½ cup milk	1½ teaspoons salt
4½ cups sifted ROBIN HOOD FLOUR	3 tablespoons sugar
¾ cup water	2 tablespoons soft shortening
1 fresh compressed yeast cake or	(butter, lard or vegetable shortening)
1 package dehydrated yeast	1 egg, well beaten

*NOTE: For Whole Wheat Rolls use 2½ cups ROBIN HOOD FLOUR and 2 cups fine Whole Wheat Flour.*

Make as directed in above recipe for Basic Sweet Dough.

### *Basic Sweet Dough*

#### REFRIGERATOR METHOD

8 cups sifted ROBIN HOOD FLOUR	2 teaspoons salt
2¼ cups water	½ cup sugar
2 fresh compressed yeast cakes or	4 tablespoons soft shortening
2 packages dehydrated yeast	(butter, vegetable shortening or lard)
2 eggs, well beaten	

*NOTE: For Whole Wheat Rolls use 4 cups sifted ROBIN HOOD FLOUR and 4 cups fine Whole Wheat Flour.*

Sift flour. Measure into large mixing bowl. Make well in centre. Heat water to lukewarm. Pour  $\frac{1}{4}$  cup into measuring cup. Test for lukewarm (see page 11). Crumble yeast cakes into  $\frac{1}{4}$  cup lukewarm water. Mix until dissolved. (If dehydrated yeast is used add 2 teaspoons sugar and let stand 15 to 20 minutes.) To warm water in saucepan add salt, sugar, soft shortening, eggs and dissolved yeast. Mix well.

Pour liquids into well in flour. Stir until liquid disappears. Remove spoon. With one hand mix dough in bowl, using swinging rotary motion. Gradually form dough into smooth ball. Place dough in greased bowl, large enough to allow dough to rise at least one-third. Brush top with melted shortening and cover bowl with well-greased waxed paper and tight fitting lid or refrigerator bowl cover. (This prevents dough from forming a crust.) Place in refrigerator.

Dough may be used any time within one week. When rolls or sweet breads are to be made, remove just enough dough from bowl for one baking. Cover remainder in bowl at once and store in refrigerator again.

*YIELD: 4 dozen rolls or 4 fancy breads. See directions for making various types of Rolls and Fancy Sweet Breads (pages 29 to 40).*

## *Variations of Basic Sweet Doughs*

### **Rich Sweet Dough** (STRAIGHT OR REFRIGERATOR METHOD)

Follow Basic Sweet Dough (either Straight or Refrigerator Method) but increase shortening to 6 tablespoons and use 3 eggs. Use as directed in Basic Sweet Dough.

*NOTE: Flour bakeboard when shaping into rolls, etc., as dough is slightly soft.*

### **Extra Rich Sweet Dough** (STRAIGHT OR REFRIGERATOR METHOD)

Follow Basic Sweet Dough (either Straight or Refrigerator Method), but increase shortening to  $\frac{1}{2}$  cup and sugar to  $\frac{3}{4}$  cup. Use 4 eggs. Use as directed in Basic Sweet Dough.

*NOTES: This dough is particularly suitable for Coffee Cakes, Fancy Rolls, etc. Flour bakeboard when shaping into rolls, etc. as dough is soft and slightly sticky. It may be managed more easily, if, before shaping, the piece of dough to be used is lightly sprinkled with flour. Use sifter for this.*

# ROLLS AND FANCY BREADS

## *Pan Buns*

*"Break-apart rolls—light and feathery"*

For 1 pan of buns (16 individual buns) use:

$\frac{1}{4}$  Basic Sweet Dough (Straight, page 26, or Refrigerator Method, page 27)

or

$\frac{1}{4}$  Basic Rich Sweet Dough (Straight or Refrigerator Method, page 28)

or

$\frac{1}{2}$  Plain Roll Dough (page 27)

or

$\frac{1}{4}$  Bread Dough (Overnight Sponge Method, page 20, or Rolled Dough Method, page 8).

Grease an 8 x 8 x 2 inch cake tin. Cut dough in half. Roll each piece forming it into a cylinder 10 inches long. With sharp greased knife or scissors, cut each cylinder into 8 pieces of uniform size. Roll pieces of dough into balls under palm of hand, pressing gently.

If dough is sticky, dust lightly with flour before rolling. Place balls in rows in greased cake tin. Brush with melted butter on sides between buns so they will be easier to separate when baked. Cover buns with greased waxed paper, greased side down. Put tea towel over paper. Let rise in warm room temperature 75° to 80°F. until buns are double in bulk. About 20 minutes before rolls are ready to bake, heat oven to 375 degrees F. moderately hot oven. When risen, bake for 20 minutes or until golden brown. Turn out on rack. Brush with melted butter. Do not separate buns until just before serving.

## *Parkerhouse Rolls*

*"Folded buns that build a reputation"*

For one dozen rolls use:

$\frac{1}{4}$  Basic Sweet Dough (Straight, page 26, or Refrigerator Method, page 27)

or

$\frac{1}{2}$  Plain Roll Dough (page 27)

Cut dough in half, roll each piece forming it into a cylinder. With sharp, greased knife or scissors, cut each cylinder into 6 pieces of uniform size. Roll each piece into a ball under palm of hand, pressing gently.

Place balls in a row on bakeboard or enamel top table, and with rolling pin, roll out two balls at a time, into slightly oblong shape and about  $\frac{3}{8}$  inch thickness. Brush with melted butter.

Make crease with back of knife across middle of each piece and fold over pressing ends of crease slightly to keep folded. Repeat until 12 balls have been formed into rolls.

Place rolls fairly close together on greased bake sheet or shallow pan. Cover and put to rise (as for Pan Buns). About 20 minutes before rolls are ready to bake, heat oven to 400 degrees F. (Hot oven).

When risen, bake for 10 to 12 minutes. Place rolls on rack. Brush tops with melted butter.

## *Butterscotch Rolls*

*"Rich with melt-in-the-mouth texture and flavour"*

For one dozen rolls use:

$\frac{1}{4}$  Basic Sweet Dough (Straight, page 26, or Refrigerator Method, page 27)  
or

$\frac{1}{4}$  Basic Rich Sweet Dough (Straight or Refrigerator Method, page 28)  
4 tablespoons melted butter

$\frac{3}{4}$  cup brown sugar

$\frac{1}{3}$  cup whole pecans or walnuts

Grease 12 medium-sized muffin tins ( $2\frac{1}{2}$ -inch top diameter). Cover the bottom of each muffin tin with  $1\frac{1}{2}$  teaspoons brown sugar,  $\frac{1}{2}$  teaspoon melted butter and  $\frac{1}{4}$  teaspoon water. Place three or four nut meats on top of sugar mixture.

With greased rolling pin, roll out dough to form rectangle 9 x 12 inches. Brush remaining melted butter over dough. Sprinkle with remaining brown sugar. Roll dough up lengthwise like jelly roll. Seal edge of roll firmly with fingers.

With sharp knife slice roll into 12 one-inch pieces. Place, cut side down in muffin tins. Cover and put to rise (as for Pan Buns, page 29). About 20 minutes before rolls are ready to bake, heat oven to 350°F. (Moderate oven).

When risen almost level with top of tins, bake for 15 to 20 minutes. When baked turn tin upside down on rack. Let stand one minute so butterscotch mixture will run down over each roll.

Turn out and serve warm or cold.





## *Crescent Rolls*

*"Moon-shaped and professional-looking"*

For one dozen rolls use:

- $\frac{1}{4}$  Basic Sweet Dough (Straight, page 26, or Refrigerator Method, page 27)  
or  
 $\frac{1}{4}$  Basic Rich Sweet Dough (Straight or Refrigerator Method, page 28)

Form dough into ball. With greased rolling pin roll out into circular shape about one-quarter inch thick. Cut in 12 pie-shaped pieces. Brush each piece with melted butter to within one inch of point. Roll up, beginning at the wide end. Seal point firmly with fingers. Place on greased bake sheet and shape into crescents. Cover and put to rise (as for Pan Buns). About 20 minutes before rolls are ready to bake, heat oven to 400 degrees F. (Hot oven). When risen, bake for 10 to 12 minutes. Place rolls on rack. Brush with melted butter.

## *Fan Tans or Butterfly Rolls*

*"Tender golden rolls in slices, easy to separate"*

For one dozen rolls use:

- $\frac{1}{4}$  Basic Sweet Dough (Straight, page 26, or Refrigerator Method, page 27)  
or  
 $\frac{1}{4}$  Basic Rich Sweet Dough (Straight or Refrigerator Method, page 28)  
or  
 $\frac{1}{2}$  Plain Roll Dough (page 27)

Grease 1 dozen medium-sized muffin tins.

With greased rolling pin, roll out dough to form rectangle 12 x 10 inches and  $\frac{1}{4}$  inch thick. Loosen dough from board several times during rolling to make sure dough does not shrink.

With sharp greased knife cut dough in 5 two-inch strips lengthwise. Brush top of each strip with melted butter. Pile strips evenly on top of one another, buttered side up. With a sharp greased knife cut into 12 pieces of even sizes, using a quick heavy stroke.

Place in greased muffin pans cut side up and separate slices slightly at top. Cover and put to rise (as for Pan Buns). About 20 minutes before rolls are ready to bake, heat oven to 400°F. (Hot oven).

## ROLLS AND FANCY BREADS

When risen, bake for 12 to 15 minutes. Turn out on rack. Brush tops with melted butter.

### *Chelsea Buns*

*"Break-apart sticky buns with spicy fruit filling"*

For 8 large or 12 medium-sized buns use:

$\frac{1}{4}$  Basic Sweet Dough (Straight or Refrigerator Method, pages 26 and 27) or

$\frac{1}{4}$  Basic Rich Sweet Dough (Straight or Refrigerator Method, page 28)

or  
 $\frac{1}{2}$  Plain Roll Dough (page 27)  
or

$\frac{1}{4}$  Bread Dough (Rolled Dough or Overnight Method, pp. 8 and 20)

#### FILLING

$\frac{1}{4}$  cup melted butter  
1 cup lightly packed brown sugar  
 $\frac{1}{2}$  teaspoon cinnamon  
 $\frac{1}{3}$  cup seedless raisins  
 $\frac{1}{3}$  cup chopped walnuts or pecans

Grease square or round tin (for 8 buns use 8-inch square or round tin, 3 inches deep; for 12 buns use same size tin only 2 inches deep).

With greased rolling pin roll out dough to form rectangle about  $\frac{3}{8}$  inch thick. Brush generously with melted butter.

Mix  $\frac{1}{2}$  cup of the brown sugar with the cinnamon. Sprinkle evenly over the dough. Sprinkle raisins over the sugar. (If raisins are dry, soak in hot water and drain before using.)

Roll up dough like jelly roll. Seal edge of roll firmly with fingers. Slice with sharp knife into 8 to 12 pieces, depending on depth of tin to be used for baking.

Combine remaining melted butter and remaining  $\frac{1}{2}$  cup brown sugar and the chopped nuts. Spread in bottom of tin. Arrange slices of dough, cut side down, in tin. Cover and put to rise (as for Pan Buns, page 29). About 20 minutes before rolls are ready to bake, heat oven to 375°F. (Moderately hot oven).

When risen, bake for 30 minutes. When baked turn tin upside down on rack. Let stand for 10 to 15 minutes to allow syrup to run down over buns. Turn out and serve warm or cold.

## Hungarian Coffee Cake

*"A de luxe special—pride of any hostess"*

USE:  $\frac{1}{4}$  Basic Sweet Dough (Straight or Refrigerator Method, pages 26 and 27)

or

$\frac{1}{4}$  Basic Rich Sweet Dough (Straight or Refrigerator Method, page 28)

3 tablespoons melted butter	3 tablespoons chopped nuts
6 tablespoons granulated sugar	(walnuts, pecans or peanuts)
1 teaspoon cinnamon	3 tablespoons whole seeded raisins
	3 maraschino cherries, sliced

Form dough into ball. Cover and let stand while preparing the ingredients. Melt butter in small bowl and use some of it to grease a 9-inch tube pan thoroughly.

Combine sugar and cinnamon in small bowl; put chopped nuts in another bowl; have raisins and sliced cherries handy. Sprinkle a few chopped nuts in bottom of tube pan and arrange a few slices of cherries and raisins in bottom of pan.

Roll dough with palms of hands to form cylinder 20 inches long. Cut dough across with greased sharp knife or scissors into one-inch pieces. (There should be approximately 20 small pieces of dough.) Form pieces into balls.

Using two forks, dip each small ball of dough in melted butter, then in sugar and cinnamon mixture. Arrange some of the balls in bottom of tube pan so they barely touch. Sprinkle nuts over balls and place raisins and cherries in outer crevices between balls. Press raisins in slightly.

Repeat with second layer of balls, placing the balls over crevices made by balls in the bottom layer. Sprinkle with remaining nuts, use remaining raisins and cherries to put in outer crevices.

Cover and put to rise (as for Pan Buns, page 29). About 20 minutes before coffee cake is ready to bake, heat oven to 375°F. (Moderately hot oven).

When risen, bake for 35 minutes. When baked, loosen around sides and centre of pan using wide knife or spatula. Invert in pan on rack and leave for 10 minutes, then remove pan.

To serve, break apart with two forks.

*NOTE: Coffee cake is more delicious if warmed slightly before serving. To warm, put in covered dish and place in moderate oven (350°F.) for 10 to 15 minutes.*

## FANCY SWEET-DOUGH BREADS

### *Viennese Coffee Ring*

*"Light as a feather, this cake-like bread"*

1 fresh compressed yeast cake	2 cups sifted ROBIN HOOD FLOUR
$\frac{1}{4}$ cup lukewarm water	$\frac{1}{2}$ cup raisins
$\frac{1}{2}$ cup milk	3 tablespoons chopped peel
$\frac{1}{4}$ cup sugar	
$\frac{1}{2}$ teaspoon salt	TOPPING
2 tablespoons shortening	3 tablespoons sugar
1 egg, well beaten	$\frac{1}{4}$ teaspoon cinnamon
	1 tablespoon chopped nuts

Grease an 8 $\frac{1}{2}$ -inch ring mould. Crumble yeast cake into *lukewarm* water. Mix until dissolved.

Scald milk, add sugar, salt and shortening. Cool to *lukewarm*. Add well-beaten egg and dissolved yeast. Add 1 cup flour. Beat thoroughly. Add raisins and peel, then remainder of flour. Beat for 3 minutes. Turn mixture into greased mould and spread evenly in pan.

Mix sugar, cinnamon and nuts and sprinkle over dough. Cover and let rise at warm room temperature (as for Pan Buns, page 29) 1 $\frac{1}{2}$  to 2 hours or until doubled in bulk.

About 20 minutes before ring is ready to bake, heat oven to 375°F. (Moderately hot). Bake for 30 to 35 minutes. Remove from oven, loosen edges and centre with spatula. Let cool about 10 minutes, then lift out onto rack.

Serve warm or cold, sliced with butter.

### *Hot Cross Buns*

*"What would Easter be without these spicy buns?"*

4 cups sifted ROBIN HOOD FLOUR	1 fresh compressed yeast cake
2 teaspoons cinnamon	or
$\frac{1}{2}$ teaspoon allspice	1 package dehydrated yeast
$\frac{1}{2}$ teaspoon cloves	1 teaspoon salt
$\frac{3}{4}$ cup washed raisins	$\frac{1}{4}$ cup sugar
$\frac{1}{3}$ cup chopped peel	2 tablespoons soft shortening
1 $\frac{1}{4}$ cups of water	(butter, vegetable shortening or lard)
	1 egg, beaten

Makes 18 large buns.

Measure sifted flour into large mixing bowl. Add spices, raisins and peel. Mix together. Make well in centre.

Heat water. Pour  $\frac{1}{4}$  cup into measuring cup, let cool to lukewarm (to test for lukewarm, see page 11). Add crumbled yeast cake. Mix until blended. (If dehydrated yeast is used add 1 teaspoon sugar and let stand 15 to 20 minutes.) To lukewarm water in saucepan, add salt, sugar, soft shortening and beaten egg. Add dissolved yeast. Mix well. Pour liquids into well in flour mixture. Stir until liquid disappears. Remove spoon and with hand mix dough in bowl using swinging rotary motion gradually forming dough into smooth ball. Knead in bowl for 2 minutes.

Brush top with melted shortening. Cover bowl with slightly dampened towel then place dry towel over top. Allow dough to rise at warm room temperature  $75^{\circ}$  to  $85^{\circ}$ F. for 2 hours. *Do not set bowl on radiator or in a hot place and keep away from draughts.* Dough should be doubled in bulk when risen. When risen, punch down using fist (see page 14).

Remove dough to lightly floured bakeboard. Form into ball, cover with towel. Let stand for 10 minutes. Grease thoroughly two 9 x 9 x 2 inch cake tins, or two bake sheets.

With sharp greased knife, cut ball of dough in half. Form each half into a cylinder. Cut each cylinder into nine uniform pieces. Form each piece into a smooth ball. Flatten slightly with palm of hand.

Arrange nine buns in each tin or, if desired, put buns about 2 inches apart on 2 greased bake sheets. Cover and put to rise (as for Pan Buns, page 29).

About 20 minutes before buns are ready to bake, heat oven to  $375^{\circ}$ F. (Moderately hot oven). Just before baking cut a cross on surface with very sharp greased knife. Bake for 20 to 25 minutes.

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

*NOTE: If desired, buns may be decorated with crosses of plain white frosting when cool.*

## Swedish Tea Ring

*"A triumph of spicy whirls—joined in a circle"*

USE:  $\frac{1}{4}$  Basic Sweet Dough (Straight or Refrigerator Method, pages 26 and 27)  
or

$\frac{1}{4}$  Basic Rich Sweet Dough (Straight or Refrigerator Method, page 28)

## FANCY SWEET-DOUGH BREADS

### FILLING

1 tablespoon melted butter  
¼ cup brown sugar  
½ teaspoon cinnamon  
¼ cup raisins

### ICING

5 tablespoons icing sugar  
2 teaspoons milk  
2 drops vanilla  
1 tablespoon chopped nuts  
2 maraschino cherries sliced, optional

Grease bake sheet.

With greased rolling pin roll out dough to form rectangle 9 x 12 inches. Brush with melted butter to within one-half inch of edge.

Combine sugar and cinnamon and sprinkle over dough. Sprinkle raisins evenly over the top. Roll dough up lengthwise like jelly roll. Seal edge firmly, pinching with fingers. Place sealed edge down on greased bake sheet. Shape into a ring and seal ends together.

With sharp scissors cut through ring at one-inch intervals from outside toward centre. Cut to within ½ inch of inner edge. Twist each slice slightly on its side. Cover and put to rise (as for Pan Buns, page 29).

About 20 minutes before tea ring is ready to bake, heat oven to 375°F. (Moderately hot oven). When risen, bake for 15 to 20 minutes or until lightly browned. Using spatula slide tea ring on to rack.

Prepare icing by blending icing sugar, milk and vanilla. While ring is still warm, spread with the icing and sprinkle with the chopped nuts. Garnish with slices of maraschino cherries.

*NOTE: If desired, raisins may be omitted or replaced with chopped dates.*

### *Jelly Braid*

*"As pretty as a picture, and so easy to make"*

**USE:** ¼ Basic Sweet Dough (Straight or Refrigerator Method, pages 26 and 27)

or

¼ Basic Rich Sweet Dough (Straight or Refrigerator Method, page 28)

1 tablespoon butter, melted	¼ teaspoon vanilla
½ cup icing sugar (firmly packed)	1 tablespoon chopped nuts
1 tablespoon milk	¼ cup jelly or jam

Grease large bake sheet. With greased rolling pin roll out dough to form rectangle 6 x 12 and ½ inch thick. Using sharp greased knife or scissors,

**37**

*"Eat 'em while they're hot—that's the rule with quick breads. So—unlike yeast breads which can be made in quiet and leisure to the slow rhythm of an old ballad or a hymn tune—quick breads are turned out to double march time, while kettles are bubbling and eager voices asking how soon dinner or tea will be ready. They're never quite as smooth as yeast breads, but oh, are they flaky, tender, rich and delectable! And the oftener you make them, the easier and the better they get to be."*







cut dough lengthwise in three strips to within two inches of end. Using loose ends, braid strips together leaving 2 inches at ends to tuck under well and seal firmly with fingers.

Place braid on centre of prepared sheet. With pastry brush, spread melted butter well into crevices of braid. Cover and put to rise (as for Pan Buns, page 29).

About 20 minutes before braid is ready to bake, heat oven to 375°F. (Moderately hot oven). When risen, bake for 20 minutes. Remove to rack.

While braid is cooling make icing. Combine icing sugar, milk and vanilla, beat until smooth. When braid is almost cool, spread top (not crevices) with the icing. Sprinkle with chopped nuts. Fill crevices with jelly or jam (raspberry or strawberry jam or currant jelly preferable because of their bright red colour).

Let stand several hours before serving. Serve sliced, with butter.

## *Streusal Coffee Cake*

*"A sweet bread—appreciated at any meal"*

USE:  $\frac{1}{4}$  Basic Sweet Dough (Straight or Refrigerator Method, pages 26 and 27)

or

$\frac{1}{4}$  Basic Rich Sweet Dough (Straight or Refrigerator Method, page 28)

or

$\frac{1}{4}$  Basic Extra Rich Sweet Dough (Straight or Refrigerator Method, page 28)

### TOPPING

1 egg yolk	$\frac{1}{3}$ cup ROBIN HOOD FLOUR
2 teaspoons milk	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{3}$ cup brown sugar	3 tablespoons melted butter

Grease an 8 x 8 x 2 inch square tin or 8-inch round tin (2 inches deep).

With greased rolling pin roll out dough into square or circular shape depending on type of pan to be used. Dough should just fit pan. Cover and put to rise (see General Directions, page 26).

When risen, prick top lightly with fork. Brush over with mixture of egg yolk and milk.

Combine brown sugar, flour and cinnamon. Add melted butter and mix thoroughly with fork. Sprinkle this mixture over dough, then put to rise for 30 minutes more. Heat oven to 375°F. (Moderately hot oven).

Bake for 25 to 30 minutes. Loosen edges with spatula and lift out onto rack. Serve warm, cut in squares or wedges.

## *Quick Breads*

These breads are described as "Quick" to distinguish them from yeast breads which require a longer period of time to rise and become light before baking.

Quick breads are made light by:

- a.** Air and steam, as in popovers and Yorkshire pudding.
- b.** Baking powder, as in tea biscuits, muffins, quick loaf breads, griddle cakes, waffles, etc.
- c.** Action of soda and sour milk or buttermilk, as in buttermilk scones, oat muffins, etc.
- d.** Action of soda and molasses and fruit juices, as in quick oat bread, molasses orange raisin bread, etc.

The secret of light, tender, delicate quick breads depends not only on following the recipe exactly as given but also on careful handling of the batters and doughs.

### GENERAL RULES

- 1.** Always sift flour before measuring.
- 2.** Use exact measurements specified in each recipe. Follow each step in recipe carefully.
- 3.** Mix doughs as little as possible. Use fork to blend liquid into dry ingredients. This applies to all quick bread recipes with the exception of very thin batters such as popovers.
- 4.** Handle soft doughs lightly and work quickly. This prevents product from becoming tough.
- 5.** Popover and Yorkshire pudding batters should be well beaten to incorporate air and develop the gluten. During baking steam and air from batter expand and gluten in flour stretches.
- 6.** Each recipe has been evolved especially for the use of ROBIN HOOD FLOUR.
- 7.** Some whole wheat flour may be substituted for part of the ROBIN HOOD WHITE FLOUR. When substituting, follow directions as outlined in footnotes of individual recipes.



## Individual Yorkshire Pudding

Pour batter into piping hot muffin tins each containing 1 teaspoon hot dripping. Bake for 20 minutes.

## Griddle Cakes

*"Thin batter cakes, flipped over—maple syrup does the rest!"*

1 $\frac{2}{3}$ cups sifted ROBIN HOOD FLOUR	2 tablespoons sugar
3 teaspoons baking powder	1 egg, beaten
$\frac{1}{2}$ teaspoon salt	1 $\frac{1}{2}$ cups milk
3 tablespoons melted shortening	

Put griddle iron on very low heat to prewarm. Measure sifted flour into sifter, add baking powder and salt. Sift together into mixing bowl. Add sugar.

Beat eggs until foamy. Add milk and melted shortening. Pour into dry ingredients all at once. Combine *gently* using rotary beater. Mix *only* until smooth.

Test griddle iron for temperature by dropping water on the surface. If the drops break into small beads and evaporate quickly the griddle is hot enough. Grease if necessary. Heavy iron frying pan, lightly greased, may be used in place of griddle iron. Drop batter from tablespoon onto hot griddle and spread cakes lightly with back of spoon into 4-inch circles. Cook on one side until top is puffed and full of bubbles and underside is golden brown. Turn and cook on the other side. Keep a low heat under the griddle. Serve immediately with butter and syrup.

**YIELD:**—14 four-inch griddle cakes.

## Whole Wheat Griddle Cakes

$\frac{2}{3}$ cup sifted ROBIN HOOD FLOUR	2 tablespoons sugar
1 cup whole wheat flour	1 egg, beaten
4 teaspoons baking powder	1 $\frac{2}{3}$ cups milk
$\frac{1}{2}$ teaspoon salt	3 tablespoons melted shortening

Mix and bake as directed in above recipe for Griddle Cakes.

## Waffles

"For family or party, always a treat"

1 $\frac{2}{3}$ cups sifted ROBIN HOOD FLOUR	2 egg yolks, beaten
4 teaspoons baking powder	1 $\frac{2}{3}$ cups milk
$\frac{1}{2}$ teaspoon salt	6 tablespoons melted shortening
	2 egg whites, beaten

Heat waffle iron. Sift together into mixing bowl, flour, baking powder and salt. Beat egg yolks, add milk and cooled melted shortening. Add to dry ingredients. Beat with a spoon or rotary beater *just* until smooth.

Fold in stiffly beaten egg whites. Drop by spoonfuls on hot waffle iron. Bake until steam is no longer visible. Do not raise cover during baking. Serve at once with butter and syrup.

**YIELD:**—8 waffles (approximately).

## Plain Muffins

"Not a cake, not a biscuit, but a happy combination of both"

1 $\frac{2}{3}$ cups sifted ROBIN HOOD FLOUR	$\frac{1}{4}$ cup granulated sugar
3 teaspoons baking powder	1 egg, beaten
$\frac{1}{2}$ teaspoon salt	1 cup milk
	4 tablespoons melted shortening

Preheat oven to 400°F. (Hot oven). Thoroughly grease muffin tins. (This recipe makes 8 medium muffins or 12 small muffins.)

Sift together flour, baking powder and salt into large mixing bowl. Add sugar.

Beat egg until foamy. Add milk and melted shortening (not too hot). Pour into dry ingredients and *stir quickly just until dampened*. Do not overmix. The batter will look quite lumpy. With large spoon dip batter into muffin tins with as little stirring as possible. Fill each tin  $\frac{2}{3}$  full.

Bake at 400°F. (Hot oven) for 20 minutes. Remove muffins from tins immediately after taking from oven and serve hot.

**Fruit Muffins.** Make as above, adding  $\frac{1}{2}$  to  $\frac{2}{3}$  cup seedless raisins, chopped dates or currants to the dry ingredients.

## *Whole Wheat Muffins*

- |   |                                    |
|---|------------------------------------|
| $\frac{2}{3}$ cup sifted ROBIN HOOD FLOUR | $\frac{1}{4}$ cup granulated sugar |
| 1 cup whole wheat flour                   | 1 egg, beaten                      |
| $\frac{3}{4}$ 4 teaspoons baking powder   | 1 cup milk                         |
| $\frac{1}{2}$ teaspoon salt               | 4 tablespoons melted shortening    |

Mix and bake as directed in recipe for Plain Muffins.

*Bake about 15 min  
1 c. dates*

## *Oat Muffins*

*"A special flavour, more food value when oats added"*

- |                                 |                                    |
|---------------------------------|------------------------------------|
| 1 cup ROBIN HOOD OATS           | $\frac{1}{2}$ teaspoon baking soda |
| 1 cup sour milk or buttermilk   | $\frac{1}{2}$ teaspoon salt        |
| 1 cup sifted ROBIN HOOD FLOUR   | $\frac{1}{2}$ cup brown sugar      |
| 1 teaspoon baking powder        | 1 egg, beaten                      |
| 4 tablespoons melted shortening |                                    |

Before starting to make muffins, put oats in bowl and add sour milk. Allow to stand 1 hour. Sift soda with dry ingredients. Add oat mixture to egg and melted shortening. Follow directions for mixing and baking as in Plain Muffins, page 44.

## *Butterscotch Rolls*

*"Muffin-shaped biscuits with sticky, delicious filling"*

- |   |                             |
|---|-----------------------------|
| $\frac{1}{2}$ cup soft butter             | 3 teaspoons baking powder   |
| 1 cup brown sugar                         | $\frac{1}{2}$ teaspoon salt |
| 2 cups sifted ROBIN HOOD FLOUR            | 4 tablespoons shortening    |
| $\frac{3}{4}$ cup plus 2 tablespoons milk |                             |

Grease 12 muffin pans.

Combine soft butter and brown sugar, creaming together well until mixture is smooth and fluffy. Place 1 tablespoon of mixture in bottom of each muffin pan.

Sift together flour, baking powder and salt into mixing bowl. Cut shortening into small pieces. Add to dry ingredients. Blend together until mixture is mealy, using pastry blender (or two knives, cutting in with scissor-like motion). Make a well in the centre of the mixture and gradually add the milk stirring lightly with fork. Mix *only* until soft dough is formed. Turn dough onto lightly floured bakeboard or pastry cloth. With lightly floured rolling pin roll dough to form a square 12 x 12 inches, about one-quarter inch thick. Spread with remaining butterscotch mixture. Roll up firmly like jelly roll, and with sharp knife, slice roll in 12 pieces about one inch thick. Place one slice, cut side up, in each muffin pan.

Bake at 425°F. (Hot oven) for 15 to 20 minutes. Turn out of pan immediately after removing from oven.

## *Butterscotch Fruit and Nut Rolls*

*"Extra good with fruit and nuts"*

Make as above. Add one-half teaspoon cinnamon to butterscotch mixture. Sprinkle one teaspoon chopped nuts (walnuts or pecans) in bottom of each muffin pan. Sprinkle four tablespoons chopped nuts and one-third cup raisins over butterscotch mixture on dough before rolling up. Cut and bake as for Plain Butterscotch Rolls.

## *Buttermilk Scones*

*"An old-fashioned recipe brought up to date"*

2 cups sifted ROBIN HOOD FLOUR	4 tablespoons shortening
$\frac{1}{2}$ teaspoon baking soda	$\frac{3}{4}$ cup plus 2 tablespoons butter-
$\frac{1}{2}$ teaspoon salt	milk OR sour milk

Sift together flour, baking soda, and salt into mixing bowl. Cut shortening into small pieces and add to dry ingredients. Blend together until mixture is mealy, using pastry blender (or two knives, cutting in with scissor-like motion). Make a well in centre of the mixture and gradually add the buttermilk or sour milk, stirring lightly with fork. Mix *only* until soft dough is formed.



Turn onto lightly floured bakeboard or pastry cloth and divide in two equal portions. Gently roll out each piece with floured rolling pin or pat out with hand into circles  $\frac{1}{2}$  inch thick. Place circles on ungreased cookie sheet and cut in quarters, but do not separate the pieces. Bake at 450°F. (Very hot oven) for 12 to 15 minutes.

*YIELD:*—8 individual scones.

## Buttermilk Fruit Scones

Make as above. Add 2 tablespoons sugar to sifted dry ingredients. Add  $\frac{1}{2}$  cup washed and dried currants or raisins just before adding buttermilk. Reduce buttermilk to  $\frac{2}{3}$  cup and combine one beaten egg with buttermilk. Top of scones may be glazed with mixture of one egg yolk and one teaspoon milk and sprinkled with one teaspoon of sugar before baking.

*NOTE:* For higher scones roll out dough to three-quarter inch thickness.

## Shortcakes

*"Picturesque setting for fresh or canned fruits"*

2 cups sifted ROBIN HOOD FLOUR	2 tablespoons sugar
3 teaspoons baking powder	6 tablespoons shortening
$\frac{1}{2}$ teaspoon salt	1 egg, well beaten
	$\frac{2}{3}$ cup milk

Sift together flour, baking powder and salt into mixing bowl. Add sugar. Cut shortening into small pieces and add to dry ingredients. Blend together until mixture is mealy, using pastry blender (or two knives, cutting in with scissor-like motion).

Combine beaten egg and milk. Gradually add to dry ingredients, stirring lightly with fork. Mix *only* until soft dough is formed. Turn onto lightly floured bakeboard or pastry cloth and knead gently 10 seconds.

***For Individual Shortcakes:*** Grease cookie sheet. Gently roll out with floured rolling pin or pat out with hand to one-third inch thickness. Using floured 3-inch biscuit cutter, cut out 12 circles. Place 6 circles on cookie sheet.

Brush with melted butter. Place remaining circles on top. Bake at 425°F. (Hot oven) for 15 to 20 minutes.

*YIELD*:—6 individual shortcakes.

***For One Large Shortcake:*** Grease one 8-inch round cake or pie pan. Cut dough in half. Gently roll out each piece with floured rolling pin or pat out with hand to size and shape of pan. Place one circle in pan, pat out evenly, brush with melted butter. Place other circle on top and pat until smooth. Bake at 425°F. (Hot oven) for 20 to 25 minutes.

## *Fruit Shortcakes*

While still warm remove top half of shortcakes, spread bottom half with sliced or crushed sweetened canned or fresh fruit. Cover with top half. Garnish with fruit. Serve with plain or whipped cream.

## *Plain Tea Biscuits*

*“Serve piping hot—freshly buttered”*

2 cups sifted ROBIN HOOD FLOUR       $\frac{1}{2}$  teaspoon salt  
3 teaspoons baking powder              4 tablespoons shortening  
 $\frac{3}{4}$  cup plus 2 tablespoons milk

*NOTE:* Whole Wheat Tea Biscuits. Follow above recipe but use 1 cup sifted ROBIN HOOD FLOUR and 1 cup fine whole wheat flour.

Preheat oven to 450°F. (Very hot oven). Sift together flour, baking powder and salt into mixing bowl. Measure shortening, cut into small pieces (this simplifies the blending later) 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). Make a well in centre and gradually add milk, stirring lightly with fork. Mix *only* until soft dough is formed.

Turn onto lightly floured bakeboard or pastry cloth and knead gently 10 seconds.

Gently roll out with floured rolling pin or pat out with hand to one-half inch thickness (or  $\frac{3}{4}$  inch if you prefer). Using floured biscuit cutter, cut out biscuits and place on ungreased bake sheet one inch apart. Push leftover bits together, pat and cut out. Do not re-roll. For soft pull-apart biscuits, place close together on bake sheet. Bake at 450°F. (Very hot oven) for 12 to 15 minutes.

*YIELD*:—12 biscuits (using  $2\frac{1}{4}$  inch cutter).

## *Cheese Tea Biscuits*

*"Made rich and nippy-flavoured with cheese"*

2 cups sifted ROBIN HOOD FLOUR	4 tablespoons shortening
3 teaspoons baking powder	$\frac{2}{3}$ cup grated nippy cheese
$\frac{1}{2}$ teaspoon salt	$\frac{3}{4}$ cup plus 2 tablespoons milk

Follow directions for mixing and baking as in Plain Tea Biscuits, page 48. Add grated cheese to dry ingredients before adding milk.

## *Canadian Cheese Supper Ring*

*"Could be Canada's spotlight quick bread—combination of her native products"*

2 cups sifted ROBIN HOOD FLOUR	$\frac{1}{2}$ teaspoon curry powder
3 teaspoons baking powder	4 tablespoons shortening
$\frac{1}{2}$ teaspoon salt	$\frac{3}{4}$ cup plus 2 tablespoons milk
$\frac{2}{3}$ cup grated nippy cheese	

Grease large cookie sheet. Sift together flour, baking powder, salt and curry powder into mixing bowl. Cut shortening into small pieces. Add to dry ingredients. Blend together until mixture is mealy, using pastry blender (or two knives, cutting in with scissor-like motion). Make a well in centre of mixture. Gradually add milk, stirring lightly with fork. Mix *only* until soft dough is formed. Turn onto lightly floured bakeboard or pastry cloth and knead gently 10 seconds.

Gently roll out with floured rolling pin or pat out with hand to  $\frac{1}{8}$  inch thickness to form rectangle. Sprinkle grated cheese evenly over rectangle. Roll up like jelly roll. Place on greased cookie sheet and join ends to form a circle.

With floured scissors cut roll in sections about two inches apart cutting from the outside of the ring two-thirds of the way toward the centre. Twist each slice slightly on its side so that one cut surface is toward the cookie sheet. Bake at 450°F. (Very hot oven) for 15 to 20 minutes. Serve hot.

*NOTE: Makes a nice accompaniment for a supper salad. Good with butter and jam.*





## Plain Coffee Cake

"Just right for breakfast, lunch or supper—with coffee or tea"

### TOPPING

¼ cup brown sugar	2 cups sifted ROBIN HOOD FLOUR
½ teaspoon cinnamon	3 teaspoons baking powder
1 tablespoon ROBIN HOOD FLOUR	½ teaspoon salt
2 tablespoons melted butter	4 tablespoons shortening
¼ cup chopped nuts	1 egg, well beaten
	⅔ cup milk
	2 tablespoons granulated sugar

Grease an 8 x 8 x 2 inch cake tin thoroughly.

**To prepare topping:**—Mix brown sugar, cinnamon and flour together. Add melted butter. Combine thoroughly with a fork. Add chopped nuts.

Sift together flour, baking powder and salt into mixing bowl. Add sugar. Cut shortening into small pieces. Add to dry ingredients. Blend together until mixture is mealy, using pastry blender (or two knives, cutting in with scissor-like motion). Combine beaten egg and milk. Gradually add to dry ingredients, stirring lightly with fork. Mix *only* until soft dough is formed. Turn into prepared tin. Pat gently to spread the dough in the tin. Sprinkle topping over batter.

Bake at 400°F. (Hot oven) for 25 to 30 minutes. Cut in squares and serve warm.

NOTES: 1. Coffee cake can be baked in deep round eight-inch layer cake tin and cut in pie-shaped pieces.

2. If desired, ½ teaspoon cinnamon, ¼ teaspoon nutmeg and ½ cup raisins may be added with dry ingredients.

3. For Whole Wheat Coffee Cake:—Make as above. Reduce flour to 1 cup and add 1 cup fine whole wheat flour. Increase baking powder to 4 teaspoons.

## Dutch Apple Cake

"A quick bread treat—or a hot dessert"

Make as for Plain Coffee Cake (see above), omit topping. Gently pat dough into cake tin. Brush top with 1 teaspoon melted butter. Arrange 1 cup thinly sliced apples in rows on top. Combine 2 tablespoons melted butter, ¼ cup

brown sugar,  $\frac{1}{2}$  teaspoon cinnamon and  $\frac{1}{4}$  teaspoon nutmeg. Sprinkle evenly over apples. Bake at 400°F. (Hot oven) for 30 to 35 minutes. Serve warm, cut in squares, or serve as a hot dessert with custard sauce or any desired pudding sauce.

## Nut and Fruit Bread

*"Good the first day—better the second"*

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

Grease an 8 x 5 x 3 inch loaf tin thoroughly. Sift together flour, baking powder and salt into mixing bowl. Add sugar, nuts, raisins or dates and orange rind. Mix well. To beaten egg add milk and melted butter or shortening. Add to flour mixture. *Mix just until blended.* Turn into greased loaf tin and allow to stand for 20 minutes.

Bake at 350°F. (Moderate oven) 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.

## Candied Fruit Bread

*"A real Christmas bread—richly fruited"*

2 cups sifted ROBIN HOOD FLOUR	2 tablespoons chopped candied lemon peel
4 teaspoons baking powder	$\frac{1}{4}$ cup chopped blanched almonds
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ cup chopped pecans
$\frac{1}{4}$ teaspoon cinnamon	1 cup milk
$\frac{3}{4}$ cup granulated sugar	2 eggs, well beaten
$\frac{1}{4}$ cup chopped citron peel	3 tablespoons butter or shortening, melted
$\frac{1}{4}$ cup seedless raisins or currants	
2 tablespoons chopped candied cherries	

Grease an 8 x 5 x 3 inch loaf tin thoroughly. Sift together flour, baking powder, salt and cinnamon into mixing bowl. Add sugar, prepared fruits and nuts. Mix well. Combine beaten egg, milk and melted butter and add to dry ingredients *stirring just enough to blend*. Turn into greased loaf tin. Let stand for 20 minutes. Bake at 375°F. (Moderately hot oven) for 1 hour to 1 hour and 10 minutes. Bake in centre of oven on middle rack. Turn out on wire rack and allow to cool for several hours before slicing.

NOTE: This makes a delicious afternoon tea or supper bread.

## Quick Oat Bread

“Simple, homey, quickly made—oats and raisins for goodness”

2 cups sifted ROBIN HOOD FLOUR	4 tablespoons brown sugar
3 teaspoons baking powder	½ cup seedless raisins
¼ teaspoon baking soda	1 egg, beaten
1 teaspoon salt	1¼ cups milk
½ cup ROBIN HOOD OATS	2 tablespoons light table molasses
3 tablespoons melted butter or shortening	

Grease an 8 x 5 x 3 inch loaf tin thoroughly. Sift together flour, baking powder, soda and salt into mixing bowl. Add oats, brown sugar and raisins. Mix together well.

Combine beaten egg, milk, molasses and melted butter or shortening and add to dry ingredients, *stirring just enough to blend*. Turn into prepared tin. Let stand for 20 minutes. Bake at 350°F. (Moderate oven) for 50 minutes. Bake in centre of oven on middle rack. Turn out on wire rack and allow to cool for several hours before slicing.

NOTE: If desired, 1 teaspoon grated orange rind may be added to liquids.

## Molasses Orange Raisin Bread

“Perfect blending of nutritious foods”

⅓ cup unstrained orange juice	½ cup table molasses
2 tablespoons unstrained lemon juice	¼ cup granulated sugar
1 cup seedless raisins	1 egg, well beaten
1 tablespoon grated orange rind	2 tablespoons melted butter or shortening





## Dumplings

(FOR MEAT STEW)

“*Make a stew something special*”

2 cups sifted ROBIN HOOD FLOUR      ½ teaspoon salt  
3 teaspoons baking powder              2 tablespoons shortening  
1 cup milk

Sift together flour, baking powder and salt into mixing bowl. Cut shortening into small pieces. Add to dry ingredients. Blend together until mixture is mealy, using pastry blender (or two knives, cutting in with scissor-like motion). Add milk gradually, stirring lightly with fork. Mix *only* until combined.

Drop into boiling stew from a tablespoon. Try to drop dumpling on meat or vegetable so that it does not become covered with gravy. Cover tightly. Cook over boiling stew, 12 to 15 minutes, without removing lid. Serve at once.

**YIELD:**—6 to 8 dumplings.

**Parsley Dumplings:**—Make as above. Add 3 tablespoons finely chopped parsley to the dry ingredients before adding liquid.

**Tomato Juice Dumplings:**—Make as above. Substitute tomato juice for milk.

## Cakes

A woman never gets too old, or too experienced, to be thrilled when she sees her own handiwork emerge as a breathtakingly beautiful cake.

But delicious cakes don't “just happen”. They come from tested recipes, accurate measuring, careful blending and fine quality ingredients.

The cake recipes in this book have been tried out over and over in the ROBIN HOOD kitchens, and in home kitchens, too. You can't go wrong if you follow them carefully.

And your ROBIN HOOD FLOUR will be a joy in all your cakemaking. It blends easily, producing cake of good volume, lovely colour, even texture, and luscious flavour.

## SECRETS OF THE PERFECT CAKE

- 1.** *The use of a well tested recipe, followed exactly.* Recipes in this section have been checked to the last detail and written in such a way that they may be easily followed.
- 2.** *The use of good quality ingredients as specified in the recipe.* Cake recipes in this section specify ROBIN HOOD FLOUR. For best results use ROBIN HOOD FLOUR *every* time. When making plain 2-egg, 3-egg, sponge or angel cakes use fresh eggs. All butter or all vegetable shortening may be used in cakes unless butter is specially indicated. The use of some butter is recommended as it adds flavour and richness.
- 3.** *Proceed as directed in the recipes.* This prevents confusion and hastens the preparation of the cake batter. For example, if oven is pre-heated and the tins are prepared in advance, no time will be lost in getting the batter into the oven. Before starting to make the cake get out all utensils and ingredients required and line them up ready to use.
- 4.** *Measure ingredients accurately.* Sift the flour twice before measuring, then spoon the sifted flour back into the cup until it comes up to the 1 cup mark or other specified measurement. Smooth off the top of the flour with the edge of a knife but do not pack down. When shortening is measured by tablespoons be sure it is soft. Pack it into the spoon or use water displacement method, then level off with the edge of a knife. Use standard measuring spoons for baking powder, salt, soda and spices and level off for accurate measurements. See "Accurate Measuring", page 129.
- 5.** *When mixing cake, cream shortening and sugar thoroughly and beat well after the egg yolks or whole eggs are added. After dry ingredients are added use light folding motion* (see directions on next page). Beating will make the cake tough and uneven in texture.

## PREPARATION OF CAKE TINS

Unless otherwise specified, grease and lightly flour the cake tins.

Use unsalted shortening or salad oil for greasing. Sift one to two teaspoons flour over bottom of cake tin. Shake around in the tin until bottom and sides

are thoroughly coated. Shake out excess flour. ROBIN HOOD FLOUR should be used for this purpose.

For rich fruit cakes which require long slow baking, always line the cake tins with two to four thicknesses of waxed paper. Grease tins with unsalted shortening first, then line the tins, using four thicknesses of paper for fruit cakes requiring over 2 hours for baking. Then grease again.

### SIFTING FLOUR

For cakes, sift flour onto piece of waxed paper, through double sifter, or sift through single sifter twice before measuring. This makes the flour light and a finer texture, which qualities produce better-textured cakes.

### FOLDING IN

To fold in, lightly lift batter with spoon from bottom of bowl up over dry ingredients or beaten eggs then cut down through centre with spoon. Continue this motion steadily just until ingredients have been blended.

### BAKING CAKES

Be sure to have oven preheated before putting in cakes. Always bake cakes in the middle of the oven on centre rack. When two pans are in the oven at once as for layer cakes, be sure they are separated. It is a good idea to put them in diagonally—that is, in opposite corners of the oven.

### HOW TO TELL WHEN CAKE IS BAKED

When baked, the cake is slightly shrunken from the sides of the pan. If correct oven temperature is maintained, leave cake in oven for the minimum time given in recipe. Do not open oven door during the baking as this may lower the oven temperature. Test at the end of the minimum time by touching top of cake lightly with finger. If the impression of finger is left, keep cake in oven until maximum time is up, then test again. If cake is baked in deeper pan than that suggested in recipe give it a little longer baking. Check during the last few minutes of baking by thrusting a thin straw or cake tester into centre. When it comes out clean the cake is done.

## TO FROST CAKES

Be sure cake is cool before frosting it. For one-layer cakes, set cake on waxed paper or plate. Spread sides with frosting using broad spatula. Then pile the remaining frosting on top and spread it over the surface lightly, making swirls or peaks. Never spread a fluffy frosting smoothly. For two-layer cakes, place one layer rounded side down on cake plate. Spread with filling or frosting. If filling is not firm let it stand for a few minutes or until it will stay in place. Then put on second layer with flat side down. Cover sides of cake with frosting then pile frosting on top spreading in swirls. If chopped nuts, coconut or other garnishes are to go on frosting, put them on while frosting is still soft.

### *Standard Two-Egg Cake*

(LOAF OR LAYERS)

*"Plain with delicate flavour—vary with frostings"*

1 $\frac{2}{3}$ cups twice sifted ROBIN HOOD FLOUR	1/2 cup shortening (part butter)
2 $\frac{1}{2}$ teaspoons baking powder	1/2 teaspoon vanilla
1/2 teaspoon salt	3/4 cup fine granulated sugar
2 egg whites	2 egg yolks, well beaten
1/4 cup fine granulated sugar	3/4 cup milk

Grease and lightly flour an 8 x 8 x 2 inch cake tin or two 8-inch layer cake tins. Preheat oven to 350°F. (Moderate oven) for loaf or 375°F. (Moderately hot oven) for layers.

Sift together twice sifted ROBIN HOOD FLOUR, baking powder and salt. Sift again. Beat egg whites until stiff but not dry. Gradually beat in sugar. Set aside until needed.

Cream shortening until fluffy. Add vanilla. Gradually add 3/4 cup sugar, mixing until creamy. Add well-beaten egg yolk. Beat until well blended. Add dry ingredients alternately with milk, starting and ending with dry ingredients. Fold in gently after each addition. Fold in beaten egg whites, quickly, just enough to blend. Turn into prepared tins. Spread batter evenly.

Bake loaf at 350°F. (Moderate oven) for 45 to 50 minutes. Bake layers at 375°F. (Moderately hot oven) for 25 to 30 minutes. Remove from oven.

Allow to stand in tin 5 minutes. Turn out on wire cake rack to cool.

Frost loaf as desired. Put layers together with any desired filling. Cover top and sides with any desired frostings. (See Fillings, pages 124 and 125, and Frostings, pages 118 to 124.)

## *New Method Two-Egg Cake*

(LOAF OR LAYERS)

*"Special technique gives even texture—easy to make, too!"*

$\frac{1}{2}$ cup shortening (part butter)	$\frac{1}{2}$ teaspoon salt
$\frac{3}{4}$ cup milk	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{2}$ cup granulated sugar	$\frac{1}{2}$ cup granulated sugar
$1\frac{2}{3}$ cups twice sifted ROBIN HOOD FLOUR	2 egg whites
$2\frac{1}{2}$ teaspoons baking powder	2 egg yolks

Measure shortening and butter into mixing bowl and allow to stand at room temperature to become soft. Grease and lightly flour an 8 x 8 x 2 inch cake tin or two 8-inch layer tins. Preheat oven to 350°F. (Moderate oven) for loaf or 375°F. (Moderately hot oven) for layers.

Heat milk in double boiler. Add  $\frac{1}{2}$  cup sugar and stir until sugar is thoroughly dissolved. Set aside to cool slightly.

Sift together twice sifted flour, baking powder and salt. Sift again. Cream shortening until fluffy, add vanilla. Gradually add the other  $\frac{1}{2}$  cup sugar, mixing until creamy.

Beat egg whites until stiff but not dry. Set aside until needed. Beat egg yolks until light. Add to creamed shortening and sugar mixture. Beat together well.

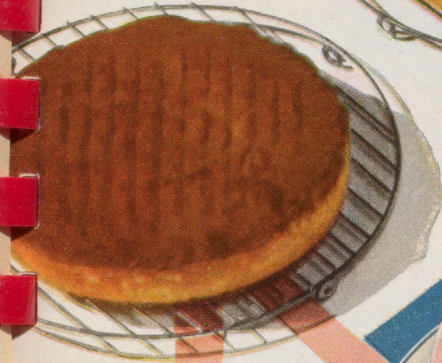
Add dry ingredients alternately with milk and sugar solution, which should be slightly warm starting and ending with dry ingredients. Fold in gently after each addition. Fold in beaten egg whites quickly, just enough to blend. Turn into prepared cake tin, spreading batter evenly. Bake at 350°F. (Moderate oven) for 45 to 50 minutes for loaf or at 375°F. (Moderately hot oven) 25 to 30 minutes for layers. Remove from oven. Allow to stand in tin 5 minutes. Turn out on wire cake rack to cool.

Frost loaf as desired. Put layers together with any desired filling. Cover top and sides with any desired frosting. (See Fillings, pages 124 and 125, and Frostings, pages 118 to 124.)

**60**

*"Colourful as flowers and just as endlessly varied, frosted party cakes are queens of the kitchen. Starting with two rich light layers, made by ROBIN HOOD FLOUR'S special method from the two-egg recipe above, you can glorify them with any one of these four beautiful versions of decorative frosting (directions on pages 118 to 124)."*

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## *Birthday Cake*

*"To make that special day a memorable one"*

Make as for Plain Layer Cake (page 60), or Three-Egg Layer Cake (page 63). Use any desired filling. Cover top and sides with Seven-Minute, Butter or Pastel Frosting. (See Frostings, pages 118 to 124.) Sides may be decorated with shredded cocoanut, if desired. Place candles (in holders, preferably) on top of cake.

## *Valentine Cake*

*"Fluffy and studded with hearts"*

Make as for Birthday Cake, omitting candles. Decorate with tiny candy hearts. Arrange around top edge to form border or in centre to form a heart. Or cover top and sides of layer cake with Seven-Minute Frosting, page 122. While still soft sprinkle sides with rose tinted cocoanut. Cut Valentine heart from waxed paper and place on top centre of frosted cake. Trace around heart pattern with toothpick. Remove paper and fill in heart with rose tinted cocoanut. *To tint cocoanut:* Sprinkle cocoanut on white paper. Dilute a little vegetable colouring with a small amount of water. Pour over cocoanut and rub evenly into it.

## *Shamrock Cake*

(FOR ST. PATRICK'S DAY) *"It wears the green"*

Make as for Valentine Cake, tinting cocoanut green and shamrock pattern for top decoration.

## *Daffodil Cake*

(FOR EASTER) *"Gold, like spring sunshine"*

Make Egg-Yolk Sponge Cake (page 71). Cover top and sides with Seven-Minute Frosting, page 122. Arrange sections of orange or peach slices around top and place around bottom of cake to form border.



## New Method Three-Egg Cake

(LAYERS)

*"Just right cake foundation for variety of fillings and frostings"*

$\frac{3}{4}$ cup shortening (part butter)	$\frac{3}{4}$ teaspoon salt
1 cup plus 2 tablespoons milk	1 teaspoon vanilla
$\frac{3}{4}$ cup granulated sugar	$\frac{3}{4}$ cup granulated sugar
$2\frac{1}{2}$ cups twice sifted ROBIN HOOD FLOUR	3 egg whites
4 teaspoons baking powder	3 egg yolks

Mix batter as in Two-Egg Cake (New Method) page 60. Grease two 9-inch layer cake tins, line bottoms with waxed paper. Grease again and lightly flour. Turn batter into prepared cake tins, spreading evenly. Bake at 350°F. (Moderate oven) for 25 minutes. When cold, put layers together with any desired filling or frosting. (See Frostings, pages 118 to 124.)

- NOTES: 1. *If desired, put frosting between layers as well as top and sides.*  
2. *This cake is ideal for special occasions such as birthdays, St. Valentine's, St. Patrick's. (See Special Party Cakes, page 62.)*

## Chocolate Cake

*"Rich with that ever popular flavour"*

$\frac{1}{2}$ cup shortening (part butter)	$2\frac{1}{2}$ teaspoons baking powder
1 cup milk	$\frac{1}{4}$ teaspoon baking soda
$\frac{1}{2}$ cup granulated sugar	$\frac{1}{2}$ teaspoon salt
2 squares (2 oz.) unsweetened chocolate, cut in small pieces	$\frac{1}{2}$ teaspoon vanilla
$1\frac{2}{3}$ cups twice sifted ROBIN HOOD FLOUR	$\frac{1}{2}$ cup granulated sugar
	2 egg yolks
	2 egg whites

Measure shortening and butter into mixing bowl and allow to stand at room temperature to become soft. Grease and lightly flour an 8 x 8 x 2 inch cake tin or two 8-inch layer tins. Preheat oven to 350°F. (Moderate oven) for loaf or 375°F. (Moderately hot oven) for layers.

Heat milk in double boiler. Add the  $\frac{1}{2}$  cup sugar and chocolate, and stir until thoroughly melted. Set aside to cool slightly.

Sift together twice sifted flour, baking powder, salt and baking soda. Sift again. Cream shortening until fluffy. Add vanilla. Gradually add the other  $\frac{1}{2}$  cup sugar, mixing until creamy.

Beat egg whites until stiff but not dry. Set aside until needed. Beat egg yolks until light. Add to creamed shortening and sugar mixture and beat together well.

Add dry ingredients alternately with milk, sugar, and chocolate solution, which should be slightly warm, starting and ending with dry ingredients. Fold in gently after each addition. Fold in beaten egg whites quickly, just enough to blend. Turn into prepared cake tin, spreading batter evenly. Bake at 350°F. (Moderate oven) for 45 to 50 minutes for loaf or at 375°F. (Moderately hot oven) 25 to 30 minutes for layers. Remove from oven. Allow to stand in tin 5 minutes. Turn out on wire cake rack to cool.

Frost with Fudge, Fluffy Chocolate or Seven-Minute Frosting. (Frostings, pages 118 to 124.)

## Cocoa Cake

*"Extra light, scrumptious with Fluffy Chocolate or Bittersweet Swirls"*

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

Mix together sugar, cocoa and boiling water and cook together, stirring constantly, until smooth (2 to 3 minutes). Cool.

Measure shortening into mixing bowl and allow to stand at room temperature to become soft. Grease and lightly flour an 8 x 8 x 2 inch cake tin. Preheat oven to 350°F. (Moderate oven).

Sift together twice sifted flour, baking powder, soda and salt. Sift again.

Cream shortening until fluffy. Add vanilla. Gradually add sugar, mixing until creamy. Beat egg whites until stiff but not dry. Set aside until needed.

Beat egg yolks until light. Add to creamed shortening and sugar mixture. Beat together well. 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. Fold in beaten egg whites quickly, just enough to blend. Turn into prepared cake tin, spreading batter evenly. Bake at 350°F. (Moderate oven) for 45 to 50 minutes. Remove from oven. Allow to stand in tin 5 minutes. Turn out on wire cake rack to cool. When cold, frost with Fluffy Chocolate Frosting, Bittersweet Swirls, etc.

*NOTE: If thick sour milk is used, beat until smooth with rotary beater before adding to mixture.*

## Spice Cake

*"Perfect blending of four spices for interesting variation"*

Make as for Two-Egg Cake (New Method). To dry ingredients add 2 teaspoons cinnamon,  $\frac{1}{2}$  teaspoon allspice,  $\frac{1}{2}$  teaspoon nutmeg,  $\frac{1}{4}$  teaspoon cloves. When cold, frost with Mocha Butter, Butterscotch Fudge, or Sea Foam Frosting.

## Buttermilk Spice Cake

*"Fluffy, perfectly flavoured and fruited"*

$\frac{1}{2}$ cup shortening (part butter)	$\frac{1}{2}$ teaspoon allspice
$\frac{2}{3}$ cup seedless raisins	$\frac{1}{2}$ teaspoon nutmeg
$1\frac{2}{3}$ cups twice sifted ROBIN HOOD	$\frac{1}{4}$ teaspoon cloves
FLOUR	1 cup brown sugar, firmly packed
2 teaspoons baking powder	2 egg whites
$\frac{1}{2}$ teaspoon baking soda	2 egg yolks
$\frac{1}{2}$ teaspoon salt	$\frac{3}{4}$ cup sour milk or buttermilk

Measure shortening into mixing bowl and allow to stand at room temperature to become soft. Wash and thoroughly dry raisins. Grease and lightly flour an 8 x 8 x 2 inch cake tin. Preheat oven to 350°F. (Moderate oven).

Sift together twice sifted flour, baking powder, soda, salt and spices. Sift again. Add raisins and mix lightly but well.

Cream shortening until fluffy and gradually add sugar, mixing until creamy. Beat egg whites until stiff but not dry. Set aside until needed. Beat egg yolks until light. Add to creamed shortening and sugar mixture and beat together well.

Add mixed dry ingredients and raisins alternately with sour milk or buttermilk, starting and ending with dry ingredients. Fold in gently after each addition. Fold in beaten egg whites quickly, just enough to blend. Turn into prepared cake tin, spreading batter evenly. Bake at 350°F. (Moderate oven) for 45 to 50 minutes. Remove from oven. Allow to stand in tin 5 minutes. Turn out on wire cake rack to cool. When cold, frost if desired with Butter Frosting, Orange Butter Frosting, etc.

*NOTE: If thick sour milk is used, beat until smooth with rotary beater before adding to mixture.*

## Hot Water Gingerbread

*"A hot bread, dessert or a cake, as you wish"*

$\frac{1}{3}$ cup shortening (part butter)	1 teaspoon cinnamon
$1\frac{2}{3}$ cups twice sifted ROBIN HOOD	$\frac{1}{2}$ teaspoon cloves
FLOUR	$\frac{1}{3}$ cup granulated sugar
1 teaspoon baking soda	1 egg
$\frac{1}{2}$ teaspoon salt	$\frac{2}{3}$ cup light molasses
1 teaspoon ginger	$\frac{2}{3}$ cup hot water (simmering temperature)

Measure shortening into mixing bowl and allow to stand at room temperature to become soft. Grease and lightly flour an 8 x 8 x 2 inch cake tin. Preheat oven to 350°F. (Moderate oven).

Sift together twice sifted flour, baking soda, salt and spices. Sift again. Cream shortening until fluffy, gradually add sugar, mixing until creamy. Beat egg until light. Add to creamed shortening and sugar mixture and beat together well.

Combine molasses and hot water. Add dry ingredients alternately with molasses and hot water to creamed mixture, starting and ending with dry ingredients. Fold in gently after each addition. Turn into prepared cake tin, spreading batter evenly. Bake at 350°F. (Moderate oven) for 35 to 40 minutes. Remove from oven. Allow to stand in tin 5 minutes. Turn out on wire cake rack to cool. When cold, frost, if desired, with Orange Butter Frosting, or serve warm cut in squares, topped with whipped cream.

## Applesauce Cake

*"Satisfying spicy, fruity, moist cake"*

1 cup unsweetened applesauce	1/2 teaspoon salt
1 cup seedless raisins	1/2 teaspoon cinnamon
1/2 cup shortening (part butter)	1/2 teaspoon allspice
1 1/2 cups twice sifted ROBIN HOOD FLOUR	1/2 teaspoon nutmeg
2 teaspoons baking powder	1 cup granulated sugar
1/2 teaspoon baking soda	1 egg

Make applesauce, press through sieve and measure. Allow to stand until cool. Wash and thoroughly dry raisins. Measure shortening into mixing bowl. Allow to stand at room temperature to become soft. Grease and lightly flour an 8 x 8 x 2 inch cake tin. Preheat oven to 350°F. (Moderate oven).

Sift together twice sifted flour, baking powder, soda, salt and spices. Sift again. Add raisins and mix lightly but well.

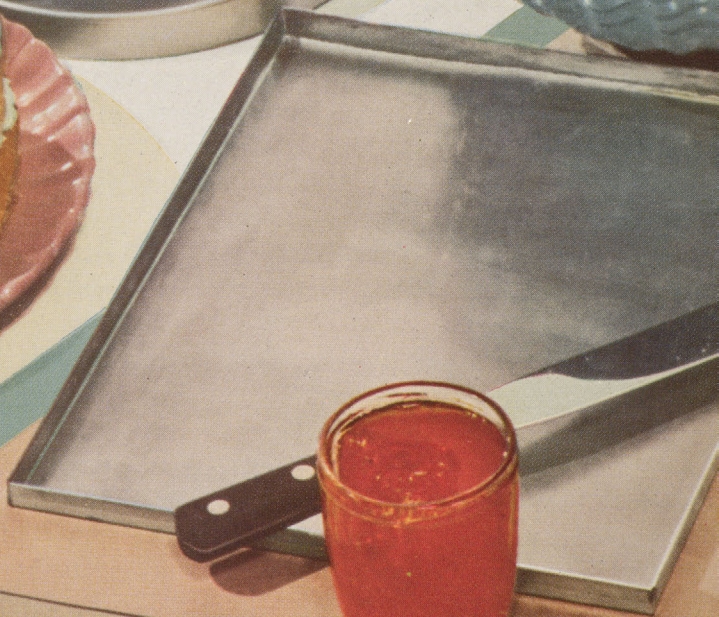
Cream shortening until fluffy. Gradually add sugar, mixing until creamy. Beat egg until light. Add to creamed shortening and sugar mixture and beat together well.

Add mixed dry ingredients and raisins alternately with applesauce, starting and ending with dry ingredients. Fold in gently after each addition. Turn into prepared cake tin, spreading batter evenly. Bake at 350°F. (Moderate oven) for 1 hour. Remove from oven and allow to stand in tin 5 minutes then turn out on wire cake rack to cool. When cold, frost, if desired, with Butter Frosting and sprinkle with chopped nuts.

## Cup Cakes

Cup cakes may be made with any of the cake batters. Batter for an 8 x 8 x 2 inch cake makes approximately 14 cup cakes. Batter for 9 x 9 x 2 inch cake makes approximately 20 cup cakes. Grease cup cake pans with unsalted shortening and dust lightly with flour. Cup cakes will require about one-half the baking period required for larger cakes. If desired, cup cakes may be baked in special paper cups sold for that purpose. Remove paper just before serving.

*"A sunshiny sponge cake or a crimson-spiralled jelly roll will win you more applause for less time in the kitchen than almost any other cake. Once you've learned the few simple rules about beating and pans and cooling, the sponge cake world is all yours. And a world well worth conquering, since it includes that highest peak of cakemaking perfection—glorious cloud-soft angel cake. Try ROBIN HOOD'S recipe a few times, and soon you'll be an angel cake expert, envied and respected by all."*





## *Sponge and Angel Cakes*

Sponge cake has so many uses and changes! It's grand served plain for tea; ideal with milk for the children's luncheon; glamorous with lemon or cream filling—or topped with ice cream, crushed fruit, butter frosting, chocolate or maple syrup.

### *Quick Sponge Loaf Cake*

*"Time and money saver, sure to become a favourite"*

$\frac{3}{4}$ cup sifted ROBIN HOOD FLOUR	2 eggs
$1\frac{1}{4}$ teaspoons baking powder	$\frac{3}{4}$ cup granulated sugar
$\frac{1}{8}$ teaspoon salt	1 teaspoon vanilla
$\frac{1}{3}$ cup milk	1 tablespoon butter

Preheat oven to 325°F. (Moderate oven). Grease a 5 x 9 inch standard glass ovenware loaf pan or tin. Line bottom with waxed paper. Grease again and lightly flour.

Sift together flour, baking powder and salt. Pour back into sifter. Heat milk in double boiler.

Beat eggs with rotary beater in deep bowl until fluffy and lemon-coloured (requires 3 to 4 minutes). Gradually add sugar, a little at a time, continuing to beat until light. Add vanilla. If bowl is not sufficiently large for the remainder of the mixing, pour egg and sugar mixture into larger bowl.

Sift dry ingredients into egg and sugar mixture. Fold in with light motion. Do not stir or beat. To hot milk add butter and mix until butter melts. Pour into first mixture and fold in quickly just until liquid is blended. Turn into prepared loaf tin, spreading batter evenly. Bake at 325°F. (Moderate oven) for 30 to 35 minutes. Cake should be light golden brown and slightly shrunken from sides of pan. Remove from oven, loosen edges with spatula or broad knife, turn upside down on cake rack. Allow to stand for 5 minutes, then



gently loosen from pan and remove paper. When cold, frost, if desired, or serve as dessert. (See suggestions below.)

- NOTES: 1. For crackly top, sprinkle 2 teaspoons granulated sugar over batter in loaf pan just before baking.
2. When cold, cut sponge cake in half lengthwise, using sharp knife and put together as a two-layer cake with lemon filling, jam or cream filling between. Cut in slices.
3. Cut cake in slices and top each slice with a spoonful of ice cream or thin slice of brick ice cream. Serve plain or with maple syrup or fresh fruit.
4. For shallow cake to be cut in squares, bake in a greased and lightly floured cake tin (8 x 8 x 2 inches). When cold, spread thinly with Chocolate or Orange Butter Frosting. Or use as dessert cut in squares, topped with crushed sweetened berries and whipped cream.

## Economy Jelly Roll

*"Looks professional—but easy to make"*

Make batter as for Quick Sponge Loaf Cake, page 70. Grease shallow cake tin 14 x 10 x  $\frac{3}{4}$  inches. Line bottom with waxed paper to within  $\frac{1}{2}$  inch of edge. Grease again and lightly flour. Turn batter into prepared cake tin, spreading evenly. Bake at 400°F. (Hot oven) for 12 to 15 minutes. Cake should be a light golden brown and slightly shrunken from sides of pan.

When baked, remove at once, *quickly* cut off crisp edges of cake. Turn out on cloth covered with sifted icing sugar. Remove paper and *immediately* spread evenly with jelly or jam (about  $\frac{3}{4}$  cup) and roll up tightly, holding cloth against cake. Wrap in cloth and cool on cake rack.

- NOTES: 1. When spreading cake with jelly or jam, leave about one inch uncovered at far end as the rolling presses out enough jelly or jam to cover it.
2. Cake may be spread with Lemon Filling (page 125) for a Lemon Sponge Roll.

## Egg-Yolk Sponge Cake

*"Moist, tender, orange flavoured—a golden treasure"*

1 $\frac{2}{3}$ cups twice sifted ROBIN HOOD	1 $\frac{1}{2}$ cups fine granulated sugar
FLOUR	1 tablespoon grated orange rind
1 $\frac{1}{2}$ teaspoons baking powder	1 tablespoon strained orange juice
$\frac{1}{2}$ teaspoon salt	
$\frac{3}{4}$ cup egg yolks (8 large)	$\frac{1}{2}$ teaspoon lemon extract
1 whole egg	$\frac{3}{4}$ cup boiling water

Preheat oven to 325°F. (Moderate oven). A 10-inch tube pan is required for this cake. Do not oil or grease. Sift together twice sifted flour, baking powder and salt. Pour back into sifter.

In mixing bowl (about 2-quart capacity) beat egg yolks and whole egg with rotary beater until thick and lemon coloured (about 5 minutes). Gradually add sugar beating after each addition (about 10 minutes). Remove beater. Fold in orange rind, juice and flavouring.

Sift dry ingredients into egg and sugar mixture. Fold in with light motion. Do not stir or beat. Add boiling water. Fold in quickly, just until liquid is blended. Turn into ungreased tube pan and bake at 325°F. (Moderate oven) for 60 to 65 minutes. Turn cake over in pan on wire cake rack after removing from oven. Let hang for 1 hour or until cool. Loosen with spatula and shake from pan.

When cold, dust top lightly with icing sugar or frost with Orange Butter, Fruit or Pastel Frosting, if desired. (See Frostings, pages 118 to 124.)

*NOTES: 1. When cake is cooling, it should be suspended so top of cake is not resting on cake rack.*

*2. To serve break apart with two forks.*

## *Fruit Cakes*

### **FRUIT CAKE POINTERS**

- 1.** The making of fruit cakes is simplified if fruits and nuts are prepared and combined the day before the cake is to be mixed and baked.
- 2.** For extra flavour 1 to 2 slices of candied pineapple, cut in small pieces, may be added to fruit and nuts in any of the fruit cakes which follow.
- 3.** If fruit cake is not to be frosted, garnish top with whole blanched almonds, sliced cherries and strips of peel just before baking.
- 4.** The paper may be removed from around cake after cooling but if left on it helps to keep cake moist while being stored. When thoroughly cooled, wrap in heavy waxed paper. Store in tightly covered tin box in cool, dry place.

## Rich Dark Fruit Cake

"Dark, very moist with plenty of fruit—perfect for wedding cake"

2 pounds (6 cups) Sultana raisins	½ teaspoon salt
1 pound (3 cups) currants	2 teaspoons allspice
½ pound (1½ cups) dates	4 teaspoons cinnamon
2 pounds (6 cups) seeded raisins	1 teaspoon nutmeg
1 pound (3 cups) mixed peel	½ teaspoon cloves
½ pound candied cherries	1 tablespoon vanilla
or	1 tablespoon almond extract
1 cup <i>drained</i> maraschino cherries	1 pound (2 cups) granulated sugar
½ pound (2 cups) almonds	12 egg yolks
1 pound (2 cups) butter	½ cup molasses
(half shortening, if desired)	12 egg whites
3¼ cups sifted ROBIN HOOD FLOUR	½ cup grape or fruit juice
3 teaspoons baking powder	½ cup strong coffee
½ teaspoon baking soda	

Wash and dry raisins and currants. Wash, dry, pit and chop dates. Chop seeded raisins and peel. Slice cherries. Blanch and slice almonds lengthwise. Combine fruits and nuts in large bowl. Measure butter and shortening into large mixing bowl. Grease and line cake tins (set of 3 standard Christmas cake tins) with 4 layers of heavy waxed paper or 3 layers of brown paper. Grease again. Preheat oven to 275°F. (Slow oven). Sift together flour, baking powder, soda, salt and spices, onto piece of waxed paper. Remove 1 cup and combine with fruit and nuts. Mix until fruit is well coated.

Cream butter and shortening until fluffy. Add flavourings. Gradually add sugar, mixing until creamy. Beat egg yolks until light and lemon-coloured. Add molasses and combine. Add to butter and sugar mixture. Beat together well. Add half of sifted dry ingredients. Blend thoroughly. Beat egg whites until stiff but not dry. Fold into mixture. Add remaining dry ingredients alternately with combined fruit juice and coffee, folding in after each addition. Add floured fruit and nuts, blending in until fruit is well distributed. Turn batter into prepared cake tins filling each about two-thirds full, spreading batter evenly. Bake at 275°F. (Slow oven) in centre of oven. Bake small cake 2½ hours; medium cake 3½ hours and large cake 4 to 4½ hours. Remove from oven and allow to stand 5 minutes, then turn out on wire cake rack to cool.

## Angel Cake

*"As light and foamy as a cloud—mixed with delicate precision"*

$\frac{3}{4}$ cup plus 2 tablespoons twice sifted ROBIN HOOD FLOUR	$\frac{1}{4}$ teaspoon salt
$1\frac{1}{4}$ cups fine granulated sugar	1 teaspoon cream of tartar
1 cup egg whites (8 large)	1 teaspoon vanilla
	$\frac{1}{4}$ teaspoon almond extract

Preheat oven to 325°F. (Moderate oven). A 9-inch tube pan is required for this cake. Do not oil or grease.

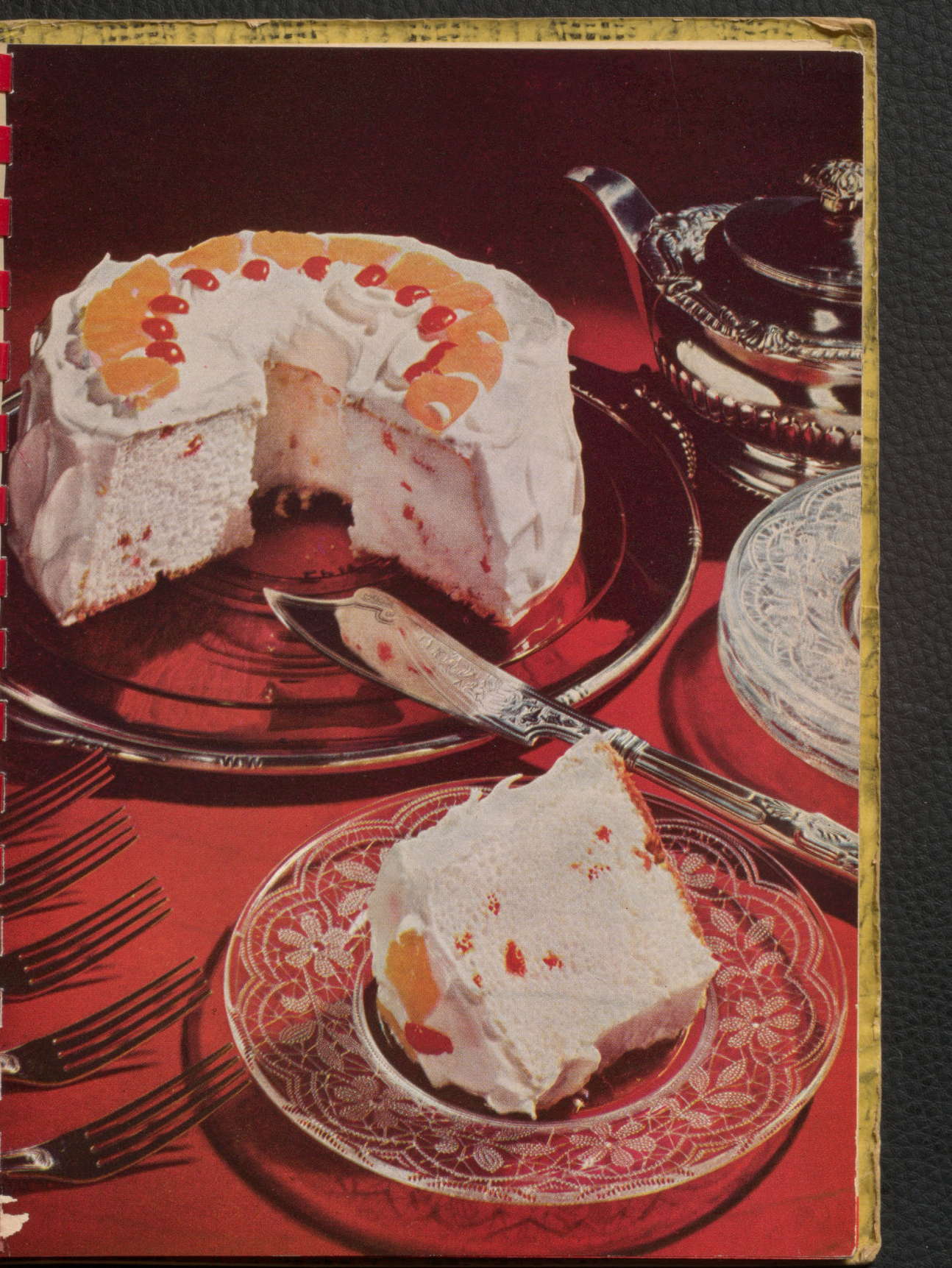
Measure twice sifted flour into sifter, add  $\frac{1}{4}$  cup of the sugar. Sift together 6 times. Pour back into sifter.

Measure egg whites, put in mixing bowl (about 2-quart capacity). Add salt and beat, preferably with flat wire whip or rotary beater, until foamy. Add cream of tartar and beat until glossy and stiff enough to stand in peaks but not dry. Add remaining cup of sugar, two tablespoons at a time, gently folding and beating after each addition until just blended. Fold in flavourings.

Sift about  $\frac{1}{4}$  of the dry ingredients over the surface of the beaten egg white mixture. Gently fold and cut in using flat wire whip or shallow spoon, being careful not to release the air incorporated in the egg whites. Fold *only* until the flour is evenly distributed. Repeat until all dry ingredients are added. Turn into ungreased tube pan and cut through batter gently with a knife to remove large air bubbles.

Bake at 325°F. (Moderate oven) for 1 hour. Turn cake over in pan on wire rack after removing from oven. Let hang for 1 hour or until cool. Loosen with spatula and shake from pan. When cold, serve plain or with any desired frosting.

- NOTES: 1. *Angel Cake is improved if stored in tightly covered container for a day at least.*
2. *To serve, break apart with 2 forks.*
3. *Pieces of Angel Cake may be rolled in Seven-Minute Frosting (see page 122), and then rolled in shredded coconut.*
4. *Angel Cake may be sliced and topped with ice cream and Chocolate sauce.*
5. *Stale Angel Cake may be broken into pieces, moistened with fruit juice, piled in dessert glasses and topped with whipped cream.*
6. *Top slices of Angel Cake with canned peaches, pears, pineapple or fruit cocktail, with a garnish of whipped cream.*



## Cherry Almond Cake

1 cup butter (part shortening)	1 teaspoon vanilla
$\frac{1}{2}$ cup almonds	1 teaspoon lemon extract
$1\frac{1}{2}$ cups glace or well-drained maraschino cherries	$\frac{1}{4}$ cups granulated sugar
$2\frac{1}{2}$ cups sifted ROBIN HOOD FLOUR	4 eggs
2 teaspoons baking powder	$1\frac{1}{2}$ tablespoons lemon juice
$\frac{1}{2}$ teaspoon salt	1 teaspoon almond extract
	$\frac{1}{4}$ cup milk

Mix as for Light Fruit Cake (recipe, page 77). Use greased and lined large-size Christmas cake tin. Bake at 300°F. (Slow oven) for  $1\frac{1}{2}$  to  $1\frac{3}{4}$  hours.

## Economy Dark Fruit Cake

*"Medium type, one you'll be proud to serve"*

$\frac{3}{4}$ cup shortening	$\frac{1}{2}$ teaspoon baking soda
2 tablespoons butter	$\frac{3}{4}$ teaspoon salt
$4\frac{1}{2}$ cups raisins	$1\frac{1}{2}$ teaspoons vanilla
$\frac{1}{2}$ cup currants	$1\frac{1}{2}$ teaspoons lemon extract
1 cup mixed peel	$\frac{3}{4}$ teaspoon almond extract
$\frac{3}{4}$ cup citron peel	$\frac{3}{4}$ cup brown sugar, firmly packed
$\frac{3}{4}$ cup glace or well-drained maraschino cherries	2 tablespoons granulated sugar
$\frac{1}{2}$ cup almonds	3 eggs
3 cups sifted ROBIN HOOD FLOUR	$\frac{1}{2}$ cup plus 2 tablespoons grape juice
$1\frac{1}{2}$ teaspoons baking powder	$\frac{1}{3}$ cup molasses

Measure shortening and butter into mixing bowl. Wash and dry raisins and currants; if peel is not already chopped, cut into small pieces; slice cherries; blanch and slice almonds lengthwise. Combine fruit and nuts. Grease and line cake tins (2 medium-size standard Christmas cake tins) with 4 layers of heavy waxed paper or 3 layers of brown paper. Grease again. Preheat oven to 275°F. (Slow oven). Sift together flour, baking powder, soda and salt onto piece of waxed paper.

Cream shortening and butter until fluffy. Add flavourings. Gradually add sugars, mixing until creamy. Add dry ingredients slowly, mixing until well blended. Add fruit and almonds. Mix well.

Beat eggs, add grape juice and molasses. Mix together well. Then add to flour and fruit mixture. Mix until blended. Turn into prepared cake tins, filling two-thirds full and spreading batter evenly. Bake at 275°F. (Slow oven) for 3 hours. Remove from oven. Allow to stand in tin for 5 minutes. Turn out on wire cake rack to cool.

NOTES: 1. Allow this cake to "ripen" for at least 3 weeks before using.  
2. This is a good standard Christmas cake.

## *Light Fruit Cake*

*"Just right, with attractive contrast of red cherries and green peel"*

1 cup butter (part shortening)	½ teaspoon salt
½ pound (about 1½ cups) seedless raisins	1 teaspoon vanilla
½ pound citron peel	1 teaspoon almond extract
¼ pound almonds	2 teaspoons rose water
¾ cup glace or well-drained maraschino cherries	1 teaspoon grated lemon rind
2½ cups sifted ROBIN HOOD FLOUR	1¼ cups granulated sugar
1 teaspoon baking powder	4 eggs
	1½ tablespoons lemon juice

Measure butter into mixing bowl. Wash and dry raisins; cut peel in paper-thin strips; blanch and slice almonds lengthwise; slice cherries. Combine in large bowl and set aside until needed. Grease and line cake tins (1 medium-size and 1 small-size standard Christmas cake tins) with 3 layers of heavy waxed or 2 layers brown paper. Grease again. Preheat oven to 275°F. (Slow oven).

Combine ½ cup of the sifted and measured flour with fruit and nuts in bowl. Mix until fruit is well coated. Sift together remaining flour, baking powder and salt.

Cream butter until fluffy, add flavourings and lemon rind. Gradually add sugar, mixing until creamy. Beat eggs until light and lemon-coloured. Add to creamed mixture. Beat together well. Add dry ingredients alternately with fruit and nuts folding in gently until well combined. Add lemon juice.

Turn into prepared cake tins, filling ⅔ full and spreading batter evenly.

Bake at 275°F. (Slow oven) (2 hours for medium-size cake and 1½ hours for small cake). Remove from oven. Allow to stand in tin 5 minutes. Turn out on wire cake rack to cool.

*NOTE: The above batter may be baked in large-size Christmas cake tin. It will make a shallow cake about 2 inches deep. Bake at 275°F. (Slow oven) for 2¼ hours.*

## *Cookies*

Home-made cookies are so marvelously good and so easy to make—nobody should be too busy to make a batch now and then. And there is such a feeling of satisfaction in having the cookie jar well filled.

A Saturday morning cookie baking can make you feel well provided for a whole week against the unexpected guest or the children's lunch box problem.

### **GENERAL POINTERS FOR COOKIE MAKERS**

- 1.** Butter adds richness to flavour. When possible, use part butter for shortening. Letting the measured butter and shortening stand in bowl at room temperature until soft simplifies the creaming and blending in of sugar.
- 2.** Dough for rolled cookies should be stiff and well chilled, so it will roll out easily. Roll only a small amount at a time, leaving the rest in refrigerator to keep firm.
- 3.** Bakeboard or pastry cloth should be *lightly* floured. Too much flour on bakeboard makes cookies hard. Lightly floured slip cover on rolling pin and canvas cloth on bakeboard prevent dough from sticking.
- 4.** After cutting or shaping, arrange cookies in symmetrical rows on lightly greased cookie sheet. Any mild-flavoured unsalted shortening may be used for this.
- 5.** Refrigerator dough should be chilled at least 8 hours. Use sharp knife for slicing. This type of dough, well wrapped, may be kept in the refrigerator for several days. Slice off dough for cookies, as needed.
- 6.** To decorate cookies, before baking, brush tops of cookies with slightly beaten egg white and decorate with chopped nuts, red or green sugar, strips of gumdrops, cherries, etc.
- 7.** When cookies are cool, place in cookie tins or jars. Arrange in layers with waxed paper between. Store crisp cookies in separate container with loose cover. Store soft drop or bar cookies in lightly covered container.



## Sugar Cookies (Rolled)

*"Crisp and homey—round or fancy shaped"*

$\frac{3}{4}$ cup soft shortening (part butter)	$\frac{1}{4}$ teaspoon nutmeg (optional)
$2\frac{1}{4}$ cups sifted ROBIN HOOD FLOUR	1 teaspoon vanilla
$1\frac{1}{2}$ teaspoons baking powder	1 cup granulated sugar
$\frac{1}{2}$ teaspoon salt	2 eggs, well beaten

Measure shortening and butter into mixing bowl. Sift together flour, baking powder, salt and nutmeg.

Cream shortening and butter until fluffy. Add vanilla. Gradually add sugar, mixing until creamy. Add beaten eggs. Beat well. Add dry ingredients, combining thoroughly. Chill dough for 2 hours at least (preferably overnight).

**To Roll and Bake:**—With floured rolling pin, roll out chilled dough on lightly floured bakeboard or pastry cloth. For crisp cookies roll  $\frac{1}{16}$  inch thick. For softer cookies roll  $\frac{1}{8}$  to  $\frac{1}{4}$  inch thick. Using floured cookie cutter of any desired shape, cut out cookies close together. Put leftover pieces of dough together and chill. Re-roll all leftover pieces at one time. Arrange on greased cookie sheet, leaving space between cookies to allow for spreading. Bake at 375°F. (Moderately hot oven) for 10 minutes. Remove cookies from pan and place on wire rack to cool.

**YIELD:**—85 to 90 cookies ( $2\frac{1}{2}$  inches in diameter).

**NOTE:** See directions for decorating cookies—paragraph 6 on page 78.

## Thin Oat Cookies (Rolled)

*"The very thing for the cookie jar"*

$\frac{1}{2}$ cup soft shortening	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup soft butter	1 teaspoon vanilla
$1\frac{1}{2}$ cups sifted ROBIN HOOD FLOUR	1 cup brown sugar, firmly packed
3 teaspoons baking powder	$\frac{1}{2}$ cup milk
2 cups ROBIN HOOD OATS	

Measure shortening and butter into mixing bowl. Sift together flour, baking powder and salt.

Cream shortening and butter until fluffy. Add vanilla. Gradually add sugar, mixing until creamy. Add milk and oats. Add dry ingredients, combining thoroughly. Chill dough for 2 hours at least (preferably overnight).

Roll and bake as for Plain Sugar Cookies (page 79), preheating oven to 400°F. (Hot oven) and rolling cookies  $\frac{1}{8}$  inch thick.

*YIELD*:—80 cookies ( $2\frac{1}{2}$  inches in diameter).

## *Oat Sandwiches*

*“Crisp outside, moist in centre”*

Make Thin Oat Cookies. When cool put together in pairs with soft fruit filling between. Use Date Filling (page 125), jam or apple butter.

## *Rolled Ginger Cookies*

*“Thin, crisp and nippy with ginger”*

$\frac{1}{2}$ cup melted shortening	3 teaspoons ginger
$1\frac{3}{4}$ cups sifted ROBIN HOOD FLOUR	$\frac{1}{4}$ cup fine granulated sugar
1 teaspoon baking soda	$\frac{1}{2}$ cup fine dry bread crumbs
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup molasses
$\frac{1}{2}$ teaspoon cinnamon	2 tablespoons ice water

Sift together flour, soda, salt, cinnamon and ginger into mixing bowl. Add sugar, bread crumbs, molasses, melted shortening and water. Combine thoroughly. Chill for 2 hours at least (preferably overnight).

With floured rolling pin, roll out chilled dough on lightly floured bakeboard or pastry cloth. For crisp cookies roll  $\frac{1}{16}$  inch thick. For softer cookies roll  $\frac{1}{8}$  to  $\frac{1}{4}$  inch thick. Using floured cookie cutter of any desired shape, cut out cookies close together. Put leftover pieces of dough together and chill. Re-roll all leftover pieces at one time. Arrange on greased cookie sheet, leaving space between cookies to allow for spreading. Bake at 375°F. (Moderately hot oven) for 10 minutes. Remove cookies from pan. Place on wire rack to cool.

*YIELD*:—50 to 60 cookies ( $2\frac{1}{2}$  inches in diameter).

## Shortbreads

*"Of Scotch origin, thick, buttery, in bits or neat shapes"*

1 cup soft butter

2 cups sifted ROBIN HOOD FLOUR

$\frac{1}{2}$  cup fruit sugar

Measure butter into mixing bowl. Sift flour. Cream butter until fluffy. Add sugar gradually and work until light. Add  $1\frac{3}{4}$  cups flour, reserving  $\frac{1}{4}$  cup for bakeboard, then turn out dough and gradually knead in the flour.

**To Make Shortbread Cookies:**—Gently roll out with floured rolling pin or pat out  $\frac{1}{3}$  or  $\frac{1}{2}$  inch thick. Using floured cookie cutter of any desired shape, cut out cookies close together. Put leftover pieces of dough together. Re-roll all leftover pieces at one time. Arrange on ungreased cookie sheet. Bake at 300°F. (Moderate oven) for 30 to 35 minutes.

**YIELD:**—48 shortbread cookies ( $1\frac{3}{4}$  inches in diameter).

**To Make Large Shortbreads:**—Cut dough in half. Pat out with hand to form two circles 6 inches in diameter. Place on ungreased cookie sheet. Form scalloped edge with fingers or floured knife handle. Prick the tops with tines of fork. Bake at 300°F. (Moderate oven) for 40 minutes. Break in pieces to serve.

## Plain Refrigerator Cookies

*"Quickly sliced and baked"*

$\frac{1}{2}$  cup soft butter

$\frac{1}{2}$  teaspoon lemon extract

$\frac{1}{2}$  cup soft shortening

$\frac{1}{2}$  teaspoon almond extract

$2\frac{1}{4}$  cups sifted ROBIN HOOD FLOUR

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

1 teaspoon baking powder

$\frac{1}{2}$  cup brown sugar

$\frac{1}{2}$  teaspoon baking soda

$\frac{1}{2}$  cup granulated sugar

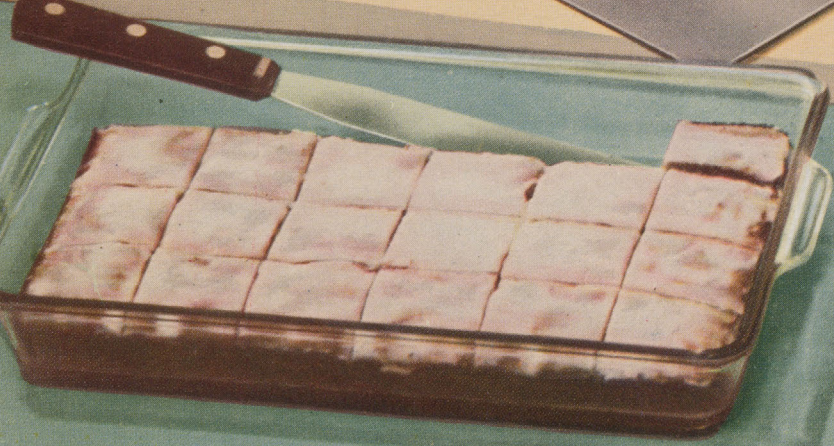
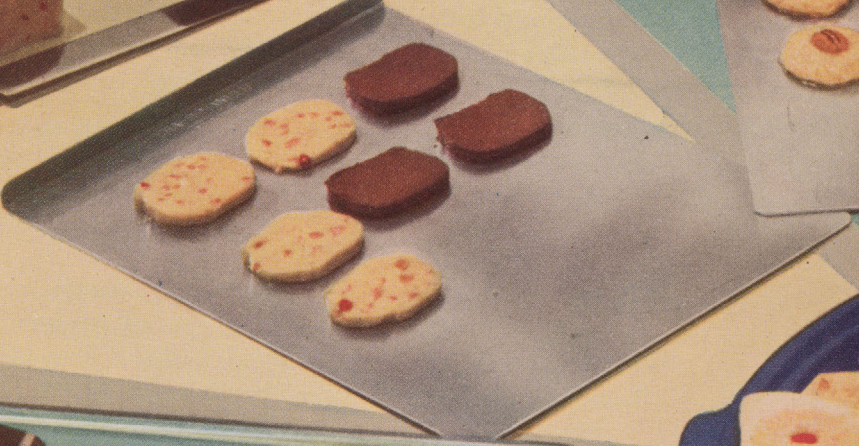
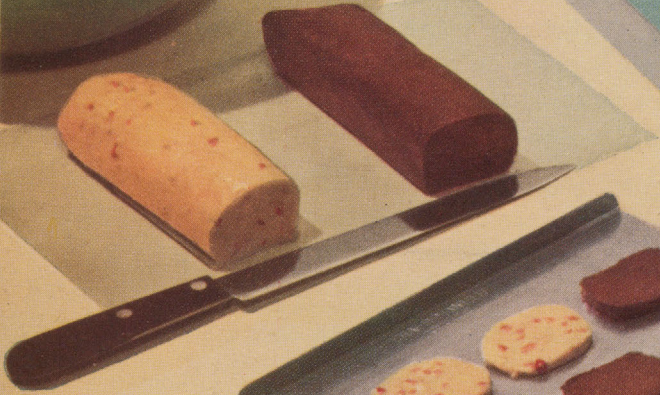
$\frac{1}{4}$  teaspoon salt

2 eggs, well beaten

Measure butter and shortening into mixing bowl. Sift together flour, baking powder, soda and salt.

Cream butter and shortening until fluffy. Add flavourings. Gradually add sugars, mixing until creamy. Add beaten eggs. Beat well. Add dry ingredients, combining thoroughly. Chill dough  $\frac{1}{2}$  to 1 hour.

*"Roll 'em, drop 'em, slice 'em, or cut 'em in squares—cookies are almost the most fun of all. You can invent new ones every time you bake! Though it will take you quite a while to run through the ROBIN HOOD repertory, and the encores will keep you busy, too. Just remember to keep soft ones covered tight and give crisp ones some air. Then your only storage problem will be finding a hiding place that your small boys of all ages don't know about."*





Shape chilled dough into rolls 2 inches in diameter and wrap in waxed paper. Chill overnight or at least 8 hours in refrigerator. Using sharp knife cut chilled dough into  $\frac{1}{8}$  inch slices. Arrange on ungreased cookie sheet, leaving space between cookies to allow for spreading. Bake at 375°F. (Moderately hot oven) for 8 to 10 minutes. Remove cookies from pan. Place on wire rack to cool.

*YIELD*:—7 dozen cookies.

*NOTE*: Cookies may be garnished with cherries, raisins or nut halves before baking.

## *Tutti-Frutti Refrigerator Cookies*

*“Colourful, fruited slices—fine holiday treat”*

$\frac{1}{2}$ cup soft butter	$\frac{1}{2}$ cup chopped candied fruit or red and green cherries
$\frac{1}{2}$ cup soft shortening	
$2\frac{1}{4}$ cups sifted ROBIN HOOD FLOUR	$\frac{1}{2}$ teaspoon lemon extract
1 teaspoon baking powder	$\frac{1}{2}$ teaspoon almond extract
$\frac{1}{2}$ teaspoon baking soda	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ cup brown sugar
$\frac{1}{3}$ cup sliced blanched almonds	$\frac{1}{2}$ cup granulated sugar
	2 eggs, well beaten

Measure butter and shortening into mixing bowl. Sift together flour, baking powder, soda and salt. Add nuts and fruit. Mix well.

Cream butter and shortening until fluffy. Add flavourings. Gradually add sugars, mixing until creamy. Add eggs. Beat well. Add dry ingredients, combining thoroughly. Chill dough  $\frac{1}{2}$  to 1 hour.

Shape chilled dough into rolls 2 inches in diameter. Wrap in waxed paper. Chill overnight or at least 8 hours in refrigerator. Using sharp knife cut dough into  $\frac{1}{8}$  inch slices. Arrange on ungreased cookie sheet, leaving space between cookies to allow for spreading. Bake at 375°F. (Moderately hot oven) for 8 to 10 minutes. Remove cookies from pan. Place on wire cake rack to cool.

*YIELD*:—7 dozen cookies.

*NOTE*: Cookies may be garnished with cherries, raisins or nut halves before baking.

## *Chocolate Refrigerator Cookies*

*"Rich with chocolate, good with or without nuts"*

½ cup soft butter	1 teaspoon vanilla
½ cup soft shortening	½ cup brown sugar
2¼ cups sifted ROBIN HOOD FLOUR	½ cup granulated sugar
1 teaspoon baking powder	2 eggs, well beaten
½ teaspoon baking soda	3 squares (3 ounces) unsweetened
¼ teaspoon salt	chocolate, melted
½ cup finely chopped nuts, if desired	

Measure butter and shortening into mixing bowl. Sift together flour, baking powder, soda and salt. Add nuts, if desired.

Cream butter and shortening until fluffy. Add vanilla. Gradually add sugars, mixing until creamy. Add eggs. Beat well. Add chocolate. Mix well. Add dry ingredients, combining thoroughly. Chill dough ½ to 1 hour.

Shape chilled dough into rolls 2 inches in diameter. Wrap in waxed paper. Chill overnight or at least 8 hours in refrigerator. Using sharp knife cut dough into ⅛ inch slices. Arrange on ungreased cookie sheet, leaving space between cookies to allow for spreading. Bake at 375°F. (Moderately hot oven) for 8 to 10 minutes. Remove cookies from pan. Place on wire cake rack to cool.

**YIELD:**—7 dozen cookies.

**NOTE:** Cookies may be garnished with cherries, raisins or nut halves before baking.

## *Ginger Refrigerator Cookies*

*"Thin, crisp slices, molasses and spice for flavour"*

½ cup melted shortening	3 teaspoons ginger
1¾ cups sifted ROBIN HOOD FLOUR	¼ cup fine granulated sugar
1 teaspoon baking soda	½ cup fine dry bread crumbs
½ teaspoon salt	½ cup molasses
½ teaspoon cinnamon	2 tablespoons ice water

Sift together flour, soda, salt, cinnamon and ginger into mixing bowl. Add sugar, bread crumbs, molasses, melted shortening and water. Combine

thoroughly. Chill dough  $\frac{1}{2}$  to 1 hour. Shape chilled dough into rolls 2 inches in diameter. Wrap in waxed paper. Chill overnight or at least 8 hours in refrigerator. Using sharp knife cut dough into  $\frac{1}{8}$  inch slices. Arrange on ungreased cookie sheet, leaving space between cookies to allow for spreading. Bake at 350°F. (Moderate oven) for 8 to 10 minutes. Remove cookies from pan. Place on wire cake rack to cool.

**YIELD:**—50 to 60 cookies.

**NOTE:** If desired,  $\frac{1}{3}$  cup fine soda cracker crumbs may be used in place of  $\frac{1}{2}$  cup bread crumbs.

## Drop Cookies

### GENERAL DIRECTIONS

The dough for drop cookies is slightly softer than that for rolled cookies but should be chilled for 1 to 2 hours. This prevents the cookies from spreading during baking. Take a small teaspoon of the dough and with another teaspoon, push the dough off onto cookie sheet. Leave heaped up for plain drop cookies. Some types of drop cookies may be shaped by rolling small pieces of the dough in the hands, then pressing out with tines of fork or the bottom of a glass (dipped in flour).

## Hermits

*“Soft, fruity, spice-flavoured drops”*

$\frac{1}{2}$ cup soft butter	$\frac{1}{2}$ teaspoon baking soda
$\frac{1}{2}$ cup soft shortening	$\frac{1}{2}$ teaspoon salt
1 cup seedless raisins	1 teaspoon cinnamon
1 cup chopped dates	$\frac{1}{2}$ teaspoon nutmeg
$\frac{1}{2}$ cup chopped nuts	$\frac{1}{4}$ teaspoon cloves
2 cups sifted ROBIN HOOD FLOUR	$1\frac{1}{2}$ cups brown sugar
1 teaspoon baking powder	3 eggs, beaten

Measure butter and shortening into mixing bowl. Wash and dry raisins, chop dates and nuts. Measure and combine.

Sift together flour, baking powder, soda, salt and spices. Cream softened butter and shortening until fluffy. Gradually add sugar, mixing until creamy. Add beaten eggs and combine thoroughly. Add dry ingredients and fruits and nuts. Mix well. Chill dough  $\frac{1}{2}$  to 1 hour.



Drop chilled dough from teaspoon, 1 inch apart, on greased cookie sheets. Bake at 375°F. (Moderately hot oven) for 8 to 10 minutes. Remove cookies from pan. Place on wire cake rack to cool.

*YIELD:*—4 to 5 dozen cookies.

## Butterscotch Oat Squares

*“Crispy, chewy—like candy”*

½ cup butter, melted	1 teaspoon baking powder
1 cup brown sugar (firmly packed)	2 cups ROBIN HOOD OATS
½ teaspoon vanilla	

Combine brown sugar, baking powder and oats in mixing bowl. Add butter and vanilla. Blend thoroughly. Spread thinly in ungreased square or oblong cake tins. For this amount of mixture, 2 tins (8 x 8 x 2 inches) or equivalent are required.

Bake at 375°F. (Moderately hot oven) for 8 to 10 minutes or *until golden brown*. Remove from oven. Allow to stand for 5 minutes. While still warm cut in squares or bars with sharp knife. Loosen outside edges. Allow to cool thoroughly, then remove squares or bars from tins.

*YIELD:*—3 dozen squares.

*NOTE: Best results are obtained with moist brown sugar.*

## Quick Oat Drop Cookies

*“So simple to make, yet always popular”*

½ cup soft shortening (part butter)	½ teaspoon baking soda
¾ cup plus 2 tablespoons sifted ROBIN HOOD FLOUR	½ teaspoon vanilla
¼ teaspoon salt	½ cup brown sugar, firmly packed
¼ teaspoon nutmeg	1 cup ROBIN HOOD OATS
	2 tablespoons hot water

Measure shortening and butter into mixing bowl. Sift together flour, salt, nutmeg and soda. Cream shortening until fluffy. Add vanilla. Gradually add

sugar, mixing until creamy. Add dry ingredients, oats and hot water, combining thoroughly. Chill dough for  $\frac{1}{2}$  to 1 hour. Drop chilled dough from teaspoon, 2 inches apart, onto greased cookie sheets. Press down with tines of fork. Press a second time so that creases are at right angles to those first made. To prevent fork from sticking to dough, dip in warm water or in flour. Bake at 375°F. (Moderately hot oven) for 5 to 6 minutes. Remove cookies from pan. Place on wire cake rack to cool.

*YIELD:*—35 to 40 cookies.

## *Nut and Raisin Spice Bars*

*“Cake-like texture with nuts and raisins all through”*

$\frac{3}{4}$ cup soft shortening (part butter)	$\frac{1}{2}$ teaspoon allspice
1 $\frac{1}{2}$ cups sifted ROBIN HOOD FLOUR	$\frac{1}{2}$ cup granulated sugar
2 teaspoons baking powder	2 eggs, well beaten
$\frac{1}{4}$ teaspoon salt	$\frac{1}{4}$ cup light molasses
1 teaspoon cinnamon	$\frac{1}{2}$ cup chopped nuts
$\frac{1}{2}$ teaspoon nutmeg	1 cup seedless raisins
	6 tablespoons milk

Measure shortening and butter into mixing bowl. Grease and lightly flour a 9 x 12 inch cake tin. Sift together flour, baking powder, salt and spices.

Cream shortening and butter until fluffy. Gradually add sugar, mixing until creamy. Add beaten eggs. Beat well. Add molasses, nuts and raisins. Blend well. Add dry ingredients and milk combining thoroughly. Spread in prepared cake tin. Bake at 350°F. (Moderate oven) for 20 to 25 minutes. Let cool thoroughly. Dust with icing sugar and cut in squares or bars.

*YIELD:*—32 bars.

*NOTE:* These bars may be frosted with a thin lemon or orange butter frosting if desired.

## *Secrets of Making Pastry*

- 1.** Follow directions exactly as given for each type of pastry. Be sure to use ROBIN HOOD FLOUR in amounts specified in each recipe. These recipes were perfected to suit ROBIN HOOD FLOUR. For best results *use no other flour.*
- 2.** Measure ingredients *accurately.*
  - (a) Flour should be sifted before measuring.
  - (b) To measure shortening or lard for pastry, cut from a one-pound block when possible. One pound is equal to 2 cups. If recipe calls for 1 cup, cut pound block exactly in half and use the one-half pound. For one-half cup shortening use one-quarter of full pound; for one-quarter cup use one-eighth of a pound. See pages 129 and 130 for other measuring methods.
  - (c) Use only the amount of water specified in recipe. Too much water makes pastry tough.
- 3.** *Thoroughly blend shortening into flour.* This is most important. Mixture should be meal-like in consistency and *should not contain any lumps of shortening.*
- 4.** Avoid mixing dough too much after flour and water paste or water has been added. Over-mixing makes pastry tough. Use fork with light motion to mix in liquid. Mixture may be crumbly but when pressed together in a piece of waxed paper moisture permeates through the dough.
- 5.** Let dough stand in paper (preferably in refrigerator) for at least a few minutes before rolling out. If possible, chill dough for one hour or more before rolling.
- 6.** Avoid using too much flour on bakeboard or pastry cloth when rolling out pastry. A light dusting of flour on bakeboard or pastry cloth and over rolling pin should be sufficient.

## Plain Pastry

(PASTE METHOD)

3 cups sifted ROBIN HOOD FLOUR      1 cup ( $\frac{1}{2}$  pound) lard or  
1 teaspoon salt                              vegetable shortening  
 $\frac{1}{2}$  cup cold water

Sift together flour and salt into mixing bowl. Remove  $\frac{1}{2}$  cup flour. Cut lard or shortening into small pieces. Add to flour in bowl. Blend together until mixture is mealy using pastry blender (or two knives, cutting in with scissor-like motion). *Lard or shortening should be well blended into flour.*

Gradually add cold water to reserved  $\frac{1}{2}$  cup flour and mix just until blended. Add this paste, a little at a time, to the flour and shortening mixture, blending in lightly with a fork. When adding paste, drop it here and there over flour so it will be better distributed. Mixture will still be crumbly. Turn out on large piece of waxed paper. Use waxed paper to press pastry firmly together into a ball. Roll up in paper tightly. Chill or use at once in desired recipe.

**YIELD:**—Two nine-inch shells

or

One eight-inch double crust pie and one nine-inch shell.

## Sweet Pastry

*“Rich and sweet for fancy tarts”*

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

Sift together flour and salt into mixing bowl. Add sugar and mix well. Cut butter and shortening into small pieces and add to flour mixture. Blend

together thoroughly, using pastry blender (or two knives, cutting in with scissor-like motion). *Butter and shortening should be well blended into mixture.* Beat egg yolk slightly. 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. 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.)

## *Uses for Leftover Pastry*

Pile strips and odd pieces of leftover pastry. Gently press together to form ball. With lightly floured rolling pin, roll out to  $\frac{1}{4}$  inch thickness, and shape as directed in the following recipes. Before rolling out pastry, preheat oven to required temperature.

**Turnovers:**—Cut out rounds of rolled out pastry, using cookie cutter or canister lid of desired size. Place spoonful of any desired filling on half of pastry round near centre. Make gashes on other half of pastry using point of sharp knife. Moisten around edge with cold water and fold over pastry to cover filling. Press edges together with tines of fork. Place on ungreased cookie sheet and bake in hot oven 425°F. for 25 to 30 minutes or until golden brown.

**Cheese Straws:**—Sprinkle rolled out pastry with grated cheese and a little paprika. Fold over, press together, sprinkle with cheese again and fold over again. Roll out to  $\frac{1}{4}$  inch thickness. Cut in strips. Bake on ungreased cookie sheet for 8 to 10 minutes at 450°F. (Very hot oven). Serve with salads, etc.

**Cinnamon Straws:**—Make as for Cheese Straws but spread pastry thinly with butter then sprinkle with sugar and cinnamon. Serve with fruit salads, etc.

**Pastry Garnishes:**—Roll out pastry. Cut in fancy shapes (leaves, diamonds, hearts, stars, etc.) using cardboard pattern. Bake on ungreased cookie sheet at 450°F. (Very hot oven) for 8 to 10 minutes or until golden brown. Use to garnish top of open face pies or tarts. Or frost and decorate for afternoon tea.

## Tarts and Individual Pies

### BAKED TART SHELLS (Plain Pastry)

Use  $\frac{1}{2}$  recipe for Plain Pastry (page 90). This quantity makes 12 tart shells. Roll out plain pastry to  $\frac{1}{8}$  inch thickness. To cut pastry to cover tart tins, invert tart tin on pastry and cut one-half inch larger than circumference of tin all the way around. For example, use 4-inch circle of pastry for 3-inch tart tin. Place pastry over inverted tart tins (or muffin tins). Chill for 1 to 2 hours then prick over with tines of fork to prevent pastry from puffing. Keep inverted and place on cookie sheet, OR line tart tins, or muffin tins with pastry, trimming off the edges. Prick over with tines of fork. Place (right side up) on cookie sheet. Bake tart shells 8 to 10 minutes in very hot oven (450°F.). Remove shells and cool. Fill with any desired cooled, cooked filling, jams or glazed fruit.

### BAKED TART SHELLS (Sweet Pastry)

Use recipe for Sweet Pastry (page 90). This quantity makes 18 small shells. With lightly floured rolling pin, roll pastry to  $\frac{1}{3}$  inch thickness. For small tarts, cut with cookie cutter and fit into small muffin tins. (Use  $2\frac{1}{2}$  inch crimped cutter or muffin tins measuring 2 inches over all and  $\frac{7}{8}$  inch deep.) This amount of pastry makes 18 small tart shells. Fit into tins, prick slightly. Bake for 12 to 15 minutes in very hot oven (450°F.). Cool. Just before serving, fill with thick Jam, or Lemon, Butterscotch or Cream filling or Butter Tart filling (pages 124 and 125).

*NOTE: LARGE PIE SHELLS OR TART SHELLS MAY BE MADE WITH SWEET PASTRY. Make as for plain pastry shells but roll Sweet Pastry to  $\frac{1}{3}$  inch thickness.*

### INDIVIDUAL PIES

Make as directed for two-crust and one-crust large pies but use individual pie tins ( $3\frac{1}{2}$  to  $3\frac{3}{4}$  inches in diameter). For individual pies use fillings given for eight-inch pies. More pastry is required for individual pies than for a large pie using same amount of filling.

*Butter Tarts*

*"Still a favourite as in Grandmother's day"*

For one dozen tarts use:

- 1/2 Plain Pastry (page 90)
- 1/3 cup butter
- 1/2 cup golden corn syrup
- 1/2 cup brown sugar

- 1/2 to 2/3 cup raisins
- 1/4 teaspoon nutmeg
- 1/4 teaspoon salt
- 2 eggs

*more walnuts.*  
*omit*

*1/2 tsp. vanilla*

Line three-inch tart tins with pastry (see recipe for Baked Tart Shells, page 92). Chill while making filling. Melt butter, add all ingredients except eggs. Mix thoroughly. Let mixture cool and add the eggs, beaten just sufficiently to combine yolks and whites. Pour filling into pastry-lined tart tins. Set on cookie sheet. Bake on lowest rack in very hot oven (450°F.) for 15 to 20 minutes. When baked, loosen edges with pointed knife. Allow to stand for at least 10 minutes before removing from tins.

*NOTE: If syrupy filling is desired use 1 egg in place of 2 eggs in above recipe.*

*Mince Tarts*

For 6 individual pies (3 1/2 inches in diameter) use 2 1/2 cups prepared mincemeat.  
 For 9 tarts (standard tart tin size) use 2 1/2 cups prepared mincemeat.  
 For 12 tarts (standard tart tin size) use 3 1/2 cups prepared mincemeat.  
 Make individual pies or tarts as for Two-crust Pies (page 94) OR make as One-crust Pies with Lattice Top Crust (page 99) OR make as One-crust Pies with Pastry Garnish (page 91).

*Meringue Tarts*

Make tart shells as directed in recipe for Tart Shells (Sweet Pastry) on page 92. Fill with any desired cooked pie filling, such as Lemon, Cream, Butter-scotch, etc. See recipes for pies (pages 102 to 105). Top with Meringue (page 101).

## Two-Crust Pies

*"Delicious fillings encased in bottom and top crust of tender pastry. This is the ideal pie for fresh and canned fruit and mincemeat."*

### GENERAL DIRECTIONS

For one 8-inch double-crust pie use:  $\frac{2}{3}$  Plain Pastry, page 90.

For one 9-inch double-crust pie use:  $\frac{3}{4}$  Plain Pastry, page 90.

Lightly flour pastry cloth or bakeboard. Cut chilled dough in half and with lightly floured rolling pin roll out once in all directions. Fold edges of pastry to centre, forming into thick square. This folding helps to make pastry flaky. Roll dough out again gently in all directions. Never roll back and forth. Roll from the centre to the outside of the pastry circle all the way around until the dough is about one-eighth of an inch thick and one-half to one inch larger than the pie plate, depending on the depth of the plate. Turn the pie plate upside down over the pastry circle to estimate the size. Loosen the pastry gently from the pastry cloth or bakeboard and fold lightly in half. Transfer to pie plate, being careful not to stretch. This may be accomplished more easily by folding the pastry over the rolling pin and with the rolling pin, lifting it on to the pie plate. Fit the pastry into the pie plate so it covers the surface smoothly and loosely, taking care to fit it into the angle of the side and bottom. Trim off excess pastry. Place pan with bottom crust in refrigerator while preparing top crust. For top crust, roll out remaining pastry to  $\frac{1}{8}$  inch thickness or less and  $\frac{1}{2}$  inch larger than pie plate. Fold and cut slits in it at fold. Put prepared filling in pastry-lined pie plate. Wet edge of pastry with cold water. Lay top crust on filling, trim, leaving  $\frac{1}{2}$  inch rim of pastry hanging over edge of pan. Fold this edge under edge of bottom pastry and seal. Form fluted edge or press edge with tines of fork. Bake as directed in recipes for any desired Two-crust Pie.

- NOTES: 1. Pie may be made in advance and kept in refrigerator until ready to bake.  
2. Always set pie on bottom rack in oven for first 15 to 20 minutes.  
3. To brown top crust, place pie higher in oven during last 15 minutes of baking period.



## Apple Pie

*"First choice—with all the family"*

(For Eight-inch Pie)

4½ cups thinly sliced apples  
 ½ to ¾ cup sugar  
 ¾ teaspoon cinnamon  
 2 teaspoons butter

(For Nine-inch Pie)

6 cups thinly sliced apples  
 ¾ to 1 cup sugar  
 1 tablespoon butter  
 1 teaspoon cinnamon

Prepare pastry as in General Directions for Two-crust Pies (page 94). Wipe, quarter, core, peel and slice apples, then measure. Combine sugar and cinnamon (amount of sugar depending on tartness of apples). Arrange apples in layers in pastry-lined pie plate. Sprinkle each layer with sugar and cinnamon. Dot top layer with small pieces of butter. Cover with top crust. Place pie on lowest rack in oven preheated to 450°F. (Very hot oven). Bake for 10 minutes then reduce oven temperature to 350°F. (Moderate oven) and bake for 30 to 35 minutes longer. Serve warm or cold.

## Fresh Rhubarb Pie

*"An old-time favourite of spring and summer"*

(For Eight-inch Pie)

3 cups cut rhubarb  
 1 to 1½ cups granulated sugar  
 4½ tablespoons ROBIN HOOD FLOUR  
 2 teaspoons butter

(For Nine-inch Pie)

4 cups cut rhubarb  
 1½ to 2 cups granulated sugar  
 6 tablespoons ROBIN HOOD FLOUR  
 1 tablespoon butter

*NOTE: 1 pound rhubarb, when cut, yields approximately 2 cups.*

Prepare pastry as in General Directions for Two-crust Pies (page 94). Prepare rhubarb (wipe stalks and cut in one-inch pieces), then measure. If rhubarb is tender and pink do not peel. Combine sugar and flour. Sprinkle one-quarter of it over pastry in pie plate. Heap rhubarb over this mixture. Sprinkle with remaining sugar and flour. Dot with small pieces of butter. Cover with top crust. Place pie on lowest rack in oven preheated to 450°F. (Very hot oven). Bake for 15 minutes then reduce oven temperature to 350°F. (Moderate oven) and bake for 40 to 45 minutes longer. Serve warm or cold.

## Fresh Blueberry Pie

*"Come midsummer there's no equal"*

(For Eight-inch Pie)

- 3 cups fresh blueberries
- $\frac{1}{2}$  cup granulated sugar
- $1\frac{1}{2}$  tablespoons ROBIN HOOD FLOUR
- 2 teaspoons quick-cooking tapioca
- $\frac{1}{8}$  teaspoon cinnamon
- $\frac{1}{8}$  teaspoon nutmeg
- $\frac{1}{8}$  teaspoon salt
- 1 tablespoon lemon juice
- 2 teaspoons lemon rind  
(coarse grated)
- 1 teaspoon butter

(For Nine-inch Pie)

- 4 cups fresh blueberries
- $\frac{2}{3}$  cup granulated sugar
- 2 tablespoons ROBIN HOOD FLOUR
- 1 tablespoon quick-cooking tapioca
- $\frac{1}{4}$  teaspoon cinnamon
- $\frac{1}{4}$  teaspoon nutmeg
- $\frac{1}{4}$  teaspoon salt
- 1 tablespoon lemon rind  
(coarse grated)
- $1\frac{1}{2}$  tablespoon lemon juice
- $\frac{1}{2}$  tablespoon butter

Prepare pastry as in General Directions for Two-crust Pies (page 94). Pick over and wash blueberries. Combine sugar, flour, tapioca, spices, and salt. Add to blueberries. Add lemon juice and rind. Let stand for 10 to 15 minutes. Mix well. Turn into pastry-lined pie plate. Dot with small pieces of butter. Cover with top crust. Place pie on lowest rack in oven preheated to 450°F. (Very hot oven). Bake for 10 minutes, then reduce oven temperature to 350°F. (Moderate oven) and bake for 30 minutes longer. Serve warm or cold.

## Raisin Pie

*"A touch of orange makes the difference"*

(For Eight-inch Pie)

- $1\frac{1}{2}$  cups water
- $1\frac{3}{4}$  cups seeded raisins  
or
- $1\frac{3}{4}$  cups seedless raisins
- $\frac{1}{2}$  cup granulated sugar
- 2 tablespoons ROBIN HOOD FLOUR
- $\frac{1}{4}$  teaspoon salt
- 2 teaspoons grated orange rind
- $\frac{1}{3}$  cup orange juice

(For Nine-inch Pie)

- 2 cups water
- $2\frac{1}{4}$  cups seeded raisins  
or
- $2\frac{1}{4}$  cups seedless raisins
- $\frac{3}{4}$  cup granulated sugar
- 3 tablespoons ROBIN HOOD FLOUR
- $\frac{1}{3}$  teaspoon salt
- 1 tablespoon grated orange rind
- $\frac{1}{2}$  cup orange juice

*"Good pastry is an accomplishment that brings more happiness to the world than the ability to sing high C! All it takes is a light, quick hand—water and shortening that are cold—and flour that is fine, firm-glutened and reliable."*



Prepare pastry as in General Directions for Two-crust Pies (page 94). Heat water to boiling point, add raisins. Simmer for 10 minutes. Combine sugar, flour, salt and orange rind. Add to hot mixture. Add orange juice and cook, stirring constantly, until mixture is thickened. Cool. Pour into pastry-lined plate. Cover with top crust. Place pie on lowest rack in oven preheated to 450°F. (Very hot oven). Bake for 10 minutes then reduce oven temperature to 350°F. (Moderate oven) and bake for 30 minutes longer. Serve warm or cold.

## *Canned Raspberry Pie*

*"Made in no time at all when there's a jar of fruit on the shelf"*

(For Eight-inch Pie)

¼ teaspoon salt  
1 tablespoon cornstarch  
2 tablespoons granulated sugar  
¼ teaspoon cinnamon (if desired)  
1 cup fruit syrup  
2 teaspoons butter  
2 cups drained canned fruit

(For Nine-inch Pie)

⅓ teaspoon salt  
4 teaspoons cornstarch  
3 tablespoons granulated sugar  
⅓ teaspoon cinnamon (if desired)  
1⅓ cups fruit syrup  
1 tablespoon butter  
2⅔ cups drained canned fruit

Prepare pastry as in General Directions for Two-crust Pies (page 94). Combine salt, cornstarch, sugar and cinnamon in saucepan. Add fruit syrup slowly. Cook over direct heat, stirring constantly, until thick. Add butter, then gently fold fruit into sauce. Allow mixture to cool. Pour into pastry-lined pie plate. Cover with top crust. Place pie on lowest rack in oven, preheated to 450°F. (Very hot oven). Bake for 10 minutes, then reduce oven temperature to 350°F. (Moderate oven) and bake for 20 minutes longer. Serve warm or cold.

## *Canned Cherry Pie*

Make as for canned raspberry pie omitting cinnamon. Add ⅓ teaspoon almond extract for 8-inch pie; ½ teaspoon for 9-inch pie.

## *Canned Peach Pie*

Make as for canned raspberry pie, omit cinnamon and add 1 teaspoon lemon juice for flavouring.

## *Canned Fruit Pies with Unsweetened Fruit*

Make as for canned raspberry, cherry or peach pie increasing sugar to  $\frac{1}{2}$  cup for 8-inch pie;  $\frac{3}{4}$  cup for 9-inch pie.

## *One-Crust Pies*

(Fillings baked in crust)

### GENERAL DIRECTIONS

For one eight-inch one-crust pie use:  $\frac{1}{4}$  Plain Pastry, page 90.

For one nine-inch one-crust pie use:  $\frac{1}{2}$  Plain Pastry, page 90.

***For Lattice Top Crust:***—Make bottom crust as for One-crust Pies above, having pastry hang one-half inch over edge of pie plate. With lightly floured rolling pin roll out pastry for top crust into circle exact diameter of pie plate. With sharp knife cut in strips one-half inch wide. Twist strips slightly and lay some of them across filling, about one inch apart. Then place same number of twisted strips diagonally across the first row. This makes diamond-shaped openings. Moisten ends of strips and seal ends to pastry in plate. Turn overhanging pastry back over the ends of the lattice strips and build up fluted or crimped edge.

## Pumpkin Pie

"Golden and creamy, just right with spice"

(For Eight-inch Pie)

1 cup cooked or canned pumpkin  
(well drained)  
 $\frac{1}{2}$  cup brown sugar  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  teaspoon nutmeg  
 $\frac{1}{2}$  teaspoon ginger  
1 teaspoon cinnamon  
1 tablespoon light molasses  
2 eggs, beaten slightly  
 $\frac{1}{2}$  cup milk  
 $\frac{3}{4}$  cup evaporated milk  
(1 six-ounce tin)

(For Nine-inch Pie)

$1\frac{1}{4}$  cups cooked or canned pumpkin  
(well drained)  
 $\frac{3}{4}$  cup brown sugar  
 $\frac{3}{4}$  teaspoon salt  
 $\frac{3}{4}$  teaspoon nutmeg  
 $\frac{3}{4}$  teaspoon ginger  
 $1\frac{1}{4}$  teaspoons cinnamon  
4 teaspoons light molasses  
3 eggs, beaten slightly  
 $\frac{2}{3}$  cup milk  
1 cup evaporated milk

Prepare pastry shell as in General Directions for One-crust Pies (page 99). Make fluted edge and before chilling, brush surface of pastry with 1 teaspoon melted butter. Combine well drained pumpkin with sugar, salt, spices, and molasses. Beat eggs, add milk and evaporated milk. Combine thoroughly with pumpkin mixture. Pour into chilled unbaked pastry shell. Place pie on lowest rack in oven preheated to 450°F. (Very hot oven), then reduce oven temperature to 350°F. (Moderate oven). Bake until pumpkin custard is set or until silver knife inserted in centre comes out clean (approximately 50 to 55 minutes).

*NOTE: Cool before serving. Garnish with sweetened whipped cream, spiced whipped cream or ice cream, if desired.*

The evaporated milk makes a rich and smooth-textured filling. Thin cream can be used in place of evaporated milk. The consistency of the filling will not be quite as firm and creamy.

**Mincemeat Pumpkin Pie:**—Spread mincemeat on bottom of pie shell before adding filling. Bake as directed. For 8-inch pie use  $\frac{1}{2}$  cup mincemeat, for 9-inch pie use  $\frac{2}{3}$  cup mincemeat.

**Pecan Pumpkin Pie:**—Sprinkle chopped pecans or walnuts on top of pie 10 minutes before it is finished baking. Use  $\frac{1}{4}$  cup chopped nuts for 8-inch pie and  $\frac{1}{3}$  cup for 9-inch pie.

## Baked Pie Shells

(For cooked fillings, etc.)

For one eight-inch pie shell use:  $\frac{1}{4}$  Plain Pastry, page 90.

For one nine-inch pie shell use:  $\frac{1}{3}$  Plain Pastry, page 90.

Line pie plate with pastry (see General Directions for One-crust Pies, page 99). Set in refrigerator to chill for 1 to 2 hours. After chilling, prick surface of pastry with tines of fork to prevent puffing during baking. Bake 8 to 10 minutes in very hot oven (475°F.). Cool thoroughly before adding cooled filling. Always have pie shell and filling cold as this prevents pie from becoming soggy.

*NOTE: As an extra precaution against pie shell shrinking and puffing up in centre, set a metal pie plate inside pastry-lined pie plate before baking. After 5 minutes remove metal pie plate to allow inside of shell to brown slightly.*

## Meringue

*"Fluffy, tender topping for open pies and tarts"*

(For Eight-inch Pie)

(For Nine-inch Pie)

2 egg whites

3 egg whites

$\frac{1}{4}$  teaspoon cream of tartar

$\frac{1}{4}$  teaspoon cream of tartar

4 tablespoons granulated sugar

6 tablespoons granulated sugar

Allow egg whites to stand at room temperature for at least 30 minutes. Egg whites beat up to greater volume if not too cold. Beat egg whites until frothy but not stiff. Add cream of tartar and continue beating until mixture stands in peaks but is not dry. Gradually beat in sugar, about one tablespoon at a time. Continue to beat until mixture is glossy. Pile meringue on cooled filling in pie. With spatula spread toward edge so that it touches crust all around. (This sealing prevents meringue from shrinking away from edge.) Then spread lightly over centre surface. Pile remaining meringue on top then swirl it or put it up in peaks. Bake in slow oven (300°F.) for 15 to 20 minutes or until delicate brown. Let cool at room temperature away from draughts.

*NOTE: Sudden chilling causes beads of moisture to form on top and tends to cause meringue to fall.*

## Cream Pie

*"Masterpiece of taste and velvety smoothness"*

(For Eight-inch Pie)

2 cups milk  
2 tablespoons cornstarch  
1½ tablespoons ROBIN HOOD FLOUR  
¼ teaspoon salt  
½ cup granulated sugar  
2 egg yolks  
2 teaspoons butter  
1 teaspoon vanilla or almond  
extract

(For Nine-inch Pie)

2⅔ cups milk  
2½ tablespoons cornstarch  
2 tablespoons ROBIN HOOD FLOUR  
½ teaspoon salt  
⅔ cup granulated sugar  
3 egg yolks  
1 tablespoon butter  
1¼ teaspoons vanilla or almond  
extract

Prepare and bake pie shell as in General Directions for Baked Pie Shells (page 101). Heat milk in double boiler (1½ cups for 8-inch pie or 2 cups for 9-inch pie). Mix cornstarch, flour, salt and sugar. Combine with remaining cold milk. Add to hot milk in double boiler. Cook, stirring constantly until mixture is thickened. Continue cooking for 15 minutes, stirring occasionally.

Add part of hot mixture gradually to slightly beaten egg yolks. Blend. Add to remaining mixture in double boiler. Cook 2 minutes. Remove from heat. Blend in butter. Cool (cover to prevent skin from forming). Add vanilla. When thoroughly cooled, pour into cooled baked pie shell. Cover with whipped cream or meringue made with remaining egg whites. (See method for Meringue, page 101.)

## Variations of Cream Pie

**Banana Cream Pie:**—Make cream filling as for CREAM PIE. Fill cooled baked pie shell with half of the thoroughly cooled cream filling. Use ¾ cup sliced bananas for 8-inch pie and 1 cup for 9-inch pie. Arrange half of the sliced bananas on top. Cover with the remaining filling then remaining bananas. Top with whipped cream or meringue.

*NOTE: Dip bananas in lemon juice to prevent immediate discoloration.*



**Party Peach Cream Pie:**—Make cream filling as for CREAM PIE. Fill cooled baked pie shell with thoroughly cooled cream filling. For 8-inch pie place 6 peach halves and 7 for 9-inch pie (cavity side up) on top, arrange 1 peach half in centre of pie and one for each cut of pie. Fill peach cavities with whipped cream. Garnish each with a maraschino cherry.

**Cocoanut Cream Pie:**—Make cream filling as for CREAM PIE. Add moist shredded cocoanut to the thoroughly cooled cream filling. (Use  $\frac{3}{4}$  cup cocoanut for 8-inch pie and 1 cup for 9-inch pie.) Turn into cooled baked pie shell. Cover with whipped cream or meringue. Sprinkle meringue with cocoanut before browning ( $\frac{1}{4}$  cup for 8-inch pie or  $\frac{1}{3}$  cup for 9-inch pie).

**Date Cream Pie:**—Make cream filling as for CREAM PIE. Combine 1 cup pitted dates with  $\frac{1}{2}$  cup water and cook to a thick paste. Cool. Spread date paste on bottom of cooled baked pie shell, cover with thoroughly cooled cream filling. Top with whipped cream or meringue.

## Butterscotch Meringue Pie

*“Blending brown sugar and butter gives candy-like flavour”*

(For Eight-inch Pie)

$\frac{1}{4}$  cup butter  
 $\frac{3}{4}$  cup brown sugar  
 2 cups milk  
 $\frac{1}{3}$  cup ROBIN HOOD FLOUR  
 $\frac{1}{2}$  teaspoon salt  
 2 egg yolks  
 $\frac{1}{4}$  teaspoon vanilla

(For Nine-inch Pie)

$\frac{1}{3}$  cup butter  
 1 cup brown sugar  
 $2\frac{2}{3}$  cups milk  
 $\frac{1}{2}$  cup ROBIN HOOD FLOUR  
 $\frac{3}{4}$  teaspoon salt  
 3 egg yolks  
 $\frac{1}{2}$  teaspoon vanilla

Prepare and bake pie shell as in General Directions for Baked Pie Shells (page 101). To make butterscotch syrup, melt butter, add sugar ( $\frac{1}{2}$  cup for 8-inch pie or  $\frac{3}{4}$  cup for 9-inch pie). Cook together over direct low heat, stirring constantly until delicately browned. Add milk ( $1\frac{1}{3}$  cups for 8-inch pie or 2 cups for 9-inch pie) to syrup and heat over hot water.

Mix flour, salt and remaining  $\frac{1}{4}$  cup sugar with remaining cold milk. Add

to hot butterscotch and milk mixture. Cook, stirring constantly, until thickened. Continue cooking for 15 minutes, stirring occasionally.

Add part of hot mixture gradually to slightly beaten egg yolks. Blend. Add to remaining mixture in double boiler. Cook 2 minutes. Remove from heat, cool (cover to prevent skin from forming). Add vanilla. When thoroughly cooled, pour into cooled baked pie shell. Cover with whipped cream or meringue made with remaining egg whites. (See method for Meringue, page 101.)

## Lemon Meringue Pie

*"Piquant flavour and delicately smooth with fluffy topping"*

(For Eight-inch Pie)

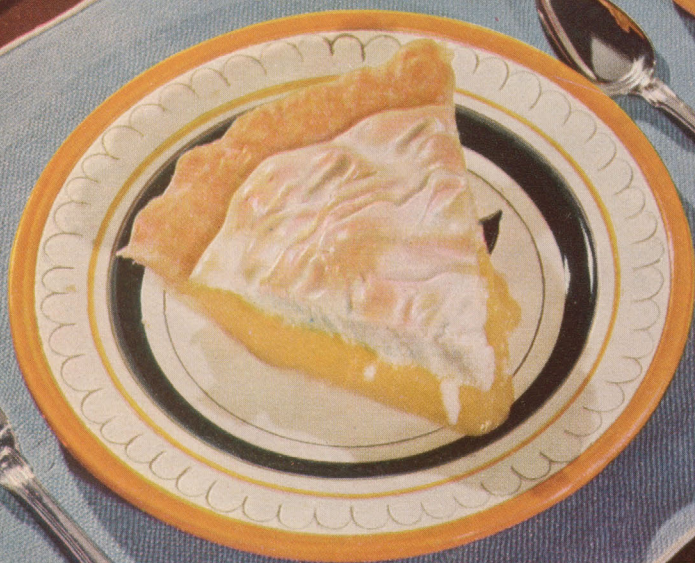
$\frac{2}{3}$  cup granulated sugar  
2 tablespoons cornstarch  
3 tablespoons ROBIN HOOD FLOUR  
 $\frac{1}{4}$  teaspoon salt  
 $1\frac{3}{4}$  cups hot water  
2 teaspoons grated lemon rind  
2 egg yolks  
 $\frac{1}{4}$  cup granulated sugar  
2 teaspoons butter  
 $\frac{1}{4}$  cup lemon juice

(For Nine-inch Pie)

$\frac{3}{4}$  cup granulated sugar  
 $2\frac{1}{2}$  tablespoons cornstarch  
 $\frac{1}{4}$  cup ROBIN HOOD FLOUR  
 $\frac{1}{4}$  teaspoon salt  
2 cups hot water  
1 tablespoon grated lemon rind  
3 egg yolks  
 $\frac{1}{3}$  cup granulated sugar  
1 tablespoon butter  
6 tablespoons lemon juice

Prepare and bake pie shell as in General Directions for Baked Pie Shells (page 101). Mix sugar, cornstarch, flour and salt in top of double boiler. Add hot water gradually, then lemon rind. Cook over low heat, stirring constantly, until mixture is thick and clear. (About 10 minutes.)

Beat egg yolks then add  $\frac{1}{4}$  cup sugar for 8-inch pie or  $\frac{1}{3}$  cup sugar for 9-inch pie and add part of hot mixture. Blend, gradually add to mixture in double boiler, stirring constantly. Cook 2 minutes. Remove from heat, add butter and lemon juice. Cool. When thoroughly cooled, pour into cooled baked pie shell. Cover with meringue made from remaining egg whites. (See method for Meringue, page 101.)



## Deep Dish Apple Pie

*"Lots and lots of fruit with no bottom crust"*

6 cups thinly sliced apples	$\frac{1}{4}$ teaspoon nutmeg
1 cup granulated sugar	1 teaspoon lemon juice
$\frac{1}{2}$ teaspoon cinnamon	1 tablespoon butter

Prepare pastry and roll out top crust. Wipe, quarter, core, peel and slice apples, then measure. Combine sugar and spices. Add to apples and mix thoroughly. Turn into deep pie dish (10 x 6 x 2 inches). Sprinkle with lemon juice and dot with small pieces of butter. Cover with top crust. Place pie on lowest rack in oven preheated to 450°F. (Very hot oven). Bake for 10 minutes then reduce oven temperature to 350°F. (Moderate oven) and bake for 30 minutes longer. To brown top of pie slightly, place pie higher in oven during last 15 minutes of baking period. Serve warm or cold with plain or whipped cream.

*NOTE: If apples are dry, add 1 to 2 tablespoons water combined with the 1 teaspoon of lemon juice.*

## Lemon Chiffon Pie

*"Light, foamy, faintly tart—the belle of pies"*

(For Eight-inch Pie)

2 large egg yolks
$\frac{1}{2}$ cup plus 2 tablespoons sugar
2 teaspoons grated lemon rind
$\frac{1}{4}$ cup unstrained lemon juice
$\frac{1}{4}$ teaspoon salt
2 teaspoons gelatine
2 tablespoons cold water
$\frac{1}{4}$ cup boiling water
2 large egg whites
$\frac{1}{4}$ teaspoon cream of tartar

(For Nine-inch Pie)

3 large egg yolks
$\frac{3}{4}$ cup sugar
1 tablespoon grated lemon rind
$\frac{1}{3}$ cup unstrained lemon juice
$\frac{1}{4}$ teaspoon salt
1 tablespoon gelatine
3 tablespoons cold water
$\frac{1}{3}$ cup boiling water
3 large egg whites
$\frac{1}{4}$ teaspoon cream of tartar

Prepare and bake pie shell as in General Directions for Baked Pie Shells (page 101). Beat egg yolks slightly in top part of double boiler. Add half the

sugar then lemon rind, lemon juice, and salt. Mix well. Cook over boiling water, stirring constantly, until mixture thickens and coats the spoon (about 10 minutes). Soak gelatine in cold water. Add boiling water to soaked gelatine. Mix until dissolved. Add to hot custard. Beat with rotary beater until smooth. Cool until partially set. Beat egg whites until frothy. Add cream of tartar. Beat until stiff. Gradually beat in remaining half of sugar. Beat partially set custard with rotary beater. Fold in egg whites. Pile into cooled baked pie shell. Place in refrigerator to chill for 2 hours or more. Just before serving, garnish with whipped cream.

## Beefsteak and Kidney Pie

*"A hearty English dish Canadians like"*

½ Plain Pastry (page 90)	¼ teaspoon pepper
1 pound beef kidney	2 cups sliced onions
1 pound beef (round steak)	3 cups hot water
4 tablespoons drippings	4 tablespoons ROBIN HOOD FLOUR
2 teaspoons salt	6 tablespoons cold water
1 tablespoon thick condiment sauce	

Prepare pastry and roll out top crust. Chill. Cut beef kidneys in half and slice into ½-inch pieces. Soak in salted cold water for 30 minutes. Drain thoroughly. Dry between pieces of absorbent paper. Cut beef into 2-inch pieces. Brown beef and kidneys in hot drippings in deep frying pan. Add salt, pepper, sliced onions and hot water. Cover and simmer for 2 hours. Remove meat to baking dish. Thicken gravy with flour mixed with cold water. (There should be about 2 cups gravy.) Add condiment sauce or other seasonings to taste. Pour gravy over meat in baking dish and let mixture cool. When meat and gravy are thoroughly cooled, cover with top crust. Place pie on lowest rack in oven preheated to 450°F. (Very hot oven). Bake for 10 minutes, then reduce oven temperature to 350°F. (Moderate oven) and bake for 35 minutes longer. To brown top of pie slightly, place pie higher in oven during last 15 minutes of baking period. Serve hot.

**YIELD:**—6 servings.

# *Puddings*

## **BAKED PUDDINGS**

The recipes for baked puddings in this section provide limitless variety for delicious desserts the year round.

The sizes of pans in which the pudding should be baked are specified in the recipes but pans or bake dishes of different measurements can be used provided the proportions and capacity of each are similar.

Measure accurately, use **ROBIN HOOD FLOUR**, follow carefully the directions for mixing and baking and these recipes will prove successful every time.

## **DOUBLE-BOILER PUDDINGS**

Cooking a batter pudding in the double boiler saves time and dish washing. No need to get out the steamer or heat the oven!

The saucepan acts as a mould so when pudding is turned out, it is an attractive shape to serve. To serve cut in wedges or slices.

Leftover pudding may be reheated in double boiler. Place in greased top of boiler and set over boiling water. Cover and cook for 15 to 20 minutes or until pudding is hot. It will be just as delicious the day after it is made!

## **STEAMED PUDDINGS**

### *To steam puddings:*

Steamed puddings may be cooked in regulation steamer or set on a rack and cooked in a kettle with boiling water surrounding the moulds and deep enough to come up not more than half way on moulds. Cover steamer or kettle tightly to retain steam.

### *To store rich steamed puddings:*

Rich suet and fruit puddings may be cooked in advance then stored until needed. After cooking, thoroughly cool puddings in original moulds, covered. Allow to stand at room temperature for 24 hours to dry out. Then store in cool dry place.

## *To resteam puddings:*

Previously cooked and stored rich suet puddings should be resteamed before serving. Keep in original moulds and place in steamer. Steam large moulds for 2 hours, small moulds 1½ hours and individual moulds 1 hour.

## *Down-East Apple Pudding*

*"Juicy apples covered with fluffy cake and interesting topping"*

6 medium-sized tart apples	½ teaspoon salt
3 tablespoons granulated sugar	¾ cup granulated sugar
¼ cup shortening	1 egg, well beaten
1½ cups sifted ROBIN HOOD FLOUR	¾ cup water or milk
3 teaspoons baking powder	1 one-ounce square semi-sweet chocolate, grated

Grease a 10 x 6 x 2 inch baking dish. Quarter, core and peel apples. Slice and arrange in bottom of baking dish. Sprinkle with the 3 tablespoons sugar. Measure shortening into mixing bowl and allow to stand to become soft. Sift together flour, baking powder and salt. Cream shortening until fluffy. Gradually add sugar, mixing until creamy. Add beaten egg. Beat well. Add dry ingredients alternately with water or milk, folding in lightly after each addition. Pour over apples. Sprinkle grated chocolate evenly over top of batter. Bake in oven preheated to 350°F. (Moderate oven) for 45 to 50 minutes. Cut in squares. Serve warm with Lemon Sauce or Brown Sugar Sauce or with plain or whipped cream.

*YIELD:*—8 servings.

## *Peach Cottage Pudding*

1 recipe Down-East Pudding batter	½ teaspoon cinnamon
2 cups sliced canned peaches	2 teaspoons sugar
3 tablespoons granulated sugar, if desired	

Arrange peaches in bottom of 10 x 6 x 2 inch baking dish. Sprinkle with 3 tablespoons of sugar, if desired. Pour batter over peaches. Sprinkle top with cinnamon and sugar mixed together. Bake as directed in Down-East Pudding. Serve warm with Vanilla Sauce, Brown Sugar Sauce, or Fruit Syrup Sauce.

## Canned Fruit Cobbler

*"Quick, easy to make, with many variations"*

2 cups drained canned sweetened fruit	2¼ teaspoons baking powder
1 cup canned fruit syrup	¼ teaspoon salt
1 tablespoon cornstarch	1½ tablespoons granulated sugar
2 tablespoons cold water	¼ cup shortening
1 tablespoon butter	1 egg, beaten
1½ cups sifted ROBIN HOOD FLOUR	⅔ cup milk

Grease thoroughly deep bake dish (8½ inches round or 10 x 6 inches oblong). Drain fruit thoroughly, measure fruit and syrup. Place fruit in bake dish. Heat fruit syrup. Mix cornstarch with cold water and add to hot syrup. Cook, stirring constantly, until thickened. Pour over fruit. Sift together flour, baking powder and salt into mixing bowl. Add sugar. Cut shortening 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). Combine beaten egg and milk. Gradually add to dry ingredients, stirring lightly with fork. Mix only until blended. Drop dough from tablespoon in 6 moulds over fruit. Bake in oven preheated to 400°F. (Very hot oven) for 30 minutes. Serve warm with plain or whipped cream, Lemon Sauce, Vanilla Sauce, or Brown Sugar Sauce.

**YIELD:**—6 servings.

**NOTES:** 1. This pudding may be made with canned sweetened cherries, raspberries, blueberries, peaches or plums.

2. If fruit is tart, add a little sugar to fruit syrup before heating.

## Blueberry Crisp Pudding

4 cups fresh blueberries	4 tablespoons butter
½ cup granulated sugar	⅓ cup brown sugar, firmly packed
2 teaspoons lemon juice	⅓ cup ROBIN HOOD FLOUR
	¾ cup ROBIN HOOD OATS

Place blueberries in greased deep baking dish (1½ quart size). Sprinkle with sugar and lemon juice. Cream butter, gradually add sugar. Blend in flour and oats. Spread over blueberries. Bake in oven preheated to 375°F. (Moderately hot oven) for 35 to 40 minutes.



## Tea-Biscuit Apple Dumplings

*"Apples wrapped in tender biscuit float in spicy syrup"*

- |                          |   |
|--------------------------|---|
| 1½ cups granulated sugar | 3 large apples                                    |
| 1½ cups water            | Shortcake dough (Quick Bread<br>Section, page 47) |
| ¼ teaspoon cinnamon      | ⅓ cup granulated sugar                            |
| ¼ teaspoon nutmeg        | ¼ teaspoon cinnamon                               |
| 2 tablespoons butter     |   |

Grease two 10 x 6 x 2 inch baking dishes or one large dish. Mix sugar, water and spices, bring to a boil then simmer for 7 minutes. Add butter. Quarter, core and peel apples. Cut quarters in half. Make shortcake dough. Gently roll out with floured rolling pin to ¼ inch thickness. Cut in six 6-inch squares. Arrange four sections of apples on each square of dough. Combine the ⅓ cup granulated sugar and ¼ teaspoon cinnamon and sprinkle over apples. Brush corners of dough with water then fold corners up over apples to centre and pinch together, sealing in apples. Arrange in prepared baking dishes, allowing space between. Pour syrup around dumplings. Bake in oven preheated to 400°F. (Hot oven) for 25 to 30 minutes. Serve warm with plain or whipped cream.

**YIELD:**—6 servings.

## Rhubarb Crisp Pudding

- |                                      |                                  |
|--------------------------------------|----------------------------------|
| 4½ cups rhubarb cut in ¼ inch pieces | 4 tablespoons butter             |
| ¾ cup sugar                          | ⅓ cup brown sugar, firmly packed |
| ¼ teaspoon cinnamon                  | ⅓ cup ROBIN HOOD FLOUR           |
| ¼ teaspoon ginger                    | ¾ cup ROBIN HOOD OATS            |
| 2 tablespoons water                  |                                  |

Place rhubarb in greased deep baking dish (1½ quart size). Sprinkle with sugar, spices and water. Cream butter, gradually add sugar. Blend in flour and oats. Spread over rhubarb. Bake in oven preheated to 375°F. (Moderately hot oven) for 35 to 40 minutes.

## Pineapple Upside-Down Pudding

1 recipe Down-East Pudding batter      4 slices pineapple  
3 tablespoons butter                              or  
 $\frac{1}{2}$  cup brown sugar                              1 cup drained diced pineapple

Melt butter in 8 x 8 x 2 inch cake pan. Sprinkle with brown sugar and heat until bubbly. Remove from heat. Arrange pineapple in butterscotch mixture. Pour Down-East Pudding batter over fruit. Bake as directed in Down-East Pudding. Turn out on plate with pineapple side up. Serve with plain or whipped cream.

*NOTE: If desired, arrange maraschino cherries in between pieces of pineapple or in centres of pineapple slices.*

## Old English Plum Pudding

*"The traditional dessert to climax Christmas dinner"*

3 cups seedless raisins	$1\frac{3}{4}$ cups sifted ROBIN HOOD FLOUR
2 cups seeded raisins	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup finely shredded citron	1 whole nutmeg, grated
$\frac{2}{3}$ cup mixed chopped peel	$\frac{1}{2}$ pound finely chopped suet
$\frac{1}{4}$ cup glaze or maraschino cherries (cut fine)	1 cup granulated sugar
$\frac{1}{3}$ to $\frac{1}{2}$ cup chopped blanched almonds, if desired	3 eggs, well beaten
	1 cup milk

Place pudding in steamer as directed on page 108. Thoroughly grease 3 one-pint moulds or 2 one-and-a-half-pint moulds or 16 *small* individual moulds. Prepare and measure fruit, peel and nuts. Sift together flour and salt into large mixing bowl. Grate nutmeg into flour and add suet. Blend in with fingertips or pastry blender. Add sugar and fruits and combine. Beat eggs until fluffy and add milk. Pour into dry ingredients and blend. Turn into prepared moulds filling two-thirds full. Cover with greased lids or several thicknesses of greased waxed paper, or factory cotton dipped in melted shortening then floured. Steam large moulds 3 hours and individual moulds  $2\frac{1}{2}$  hours.

*NOTE: Serve above puddings warm with Vanilla, Lemon, Nutmeg, or Hard Sauce.*



## Quick Raisin Pudding

*"Ideal short-cut dessert—pudding and sauce cooked together"*

1 cup sifted ROBIN HOOD FLOUR	1 cup raisins
2 teaspoons baking powder	$\frac{1}{2}$ cup milk
$\frac{1}{8}$ teaspoon salt	1 cup brown sugar
2 teaspoons sugar	1 tablespoon butter
2 tablespoons shortening	$1\frac{3}{4}$ cups boiling water

Thoroughly grease a casserole ( $1\frac{1}{2}$  quart size). Sift together flour, baking powder and salt into mixing bowl. Add sugar. Cut shortening into small pieces. Add to dry ingredients. Blend together until mixture is mealy, using pastry blender (or two knives, cutting in with scissor-like motion). Add raisins, then gradually add milk, stirring lightly with fork. Mix only until blended. Turn batter into prepared bake dish. Mix brown sugar, butter and boiling water. Pour over batter. Bake in oven preheated to 375°F. (Moderately hot oven) for 30 to 35 minutes. Serve warm with sauce from bake dish. **YIELD:**— 6 servings.

*NOTE: If desired, top each serving with whipped cream.*

## Apple Crisp Pudding

*"A favourite fruit under a crispy butterscotch crust"*

$4\frac{1}{2}$ cups sliced pared apples	4 tablespoons ( $\frac{1}{4}$ cup) butter
$\frac{1}{2}$ cup granulated sugar	$\frac{1}{3}$ cup brown sugar, firmly packed
2 teaspoons lemon juice	$\frac{1}{3}$ cup ROBIN HOOD FLOUR
2 tablespoons water	$\frac{3}{4}$ cup ROBIN HOOD OATS

Grease a deep baking dish ( $1\frac{1}{2}$  quart size). Prepare apples, measure and arrange in prepared baking dish. Sprinkle with granulated sugar. Combine lemon juice and water. Pour over apples.

Cream butter, gradually add sugar. Blend in flour and oats. Spread over apples. Bake in oven preheated to 375°F. (Moderately hot oven) until apples are tender (about 35 minutes). Serve warm with plain or whipped cream.

**YIELD:**—6 servings.

*NOTES: 1. If apples are tart sprinkle with  $\frac{3}{4}$  cup granulated sugar in place of  $\frac{1}{2}$  cup.  
2. If apples are firm dry type, use 4 tablespoons water instead of 2.*

## Double-Boiler Pudding

*"A basic batter pudding moulded in the saucepan"*

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

Put water on to boil in bottom part of double boiler. Thoroughly grease top part of double boiler (1½ quart size). Place jam, orange marmalade or drained fruit in the bottom. Sift together flour, baking powder and salt. Cream shortening or butter until fluffy. Gradually add sugar, mixing until creamy. Add beaten egg. Beat well. Add vanilla. Add dry ingredients alternately with milk, folding in lightly after each addition. Pour over jam or fruit in double boiler. Cover tightly. 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. It may have to be replenished occasionally. Turn out, jam side up, and serve warm with any desired pudding sauce.

**YIELD:**—4 to 6 servings.

## Chocolate Double-Boiler Pudding

- |  |   |
|--|---|
| ½ cup jam or drained sweetened<br>canned fruit, if desired | ¾ cup plus 2 tablespoons<br>sifted ROBIN HOOD FLOUR |
| 3 tablespoons soft shortening<br>or butter                 | 1½ teaspoons baking powder                          |
| ⅓ cup sugar  | ⅛ teaspoon salt                                     |
| 1 egg, well beaten   | ½ teaspoon vanilla                                  |
| 1½ ounces (1½ squares<br>unsweetened chocolate)            | ½ cup milk  |
|  | ½ cup chopped nuts,<br>if desired                   |

Put water to boil in bottom part of double boiler. Thoroughly grease top part of double boiler (1½ quart size). Place jam or drained fruit in bottom.

Sift together flour, baking powder, and salt. Cream shortening or butter until fluffy. Gradually add sugar mixing until creamy. Add beaten egg. Beat well. Add chocolate and vanilla. Mix well. Add dry ingredients alternately with milk, folding lightly after each addition. Fold in nuts. Pour over jam or fruit. Cover tightly. Place over rapidly boiling water. Cook for  $1\frac{3}{4}$  to 2 hours or until batter is firm on top. Have water in bottom part of double boiler boiling constantly during cooking. The water may have to be replenished occasionally. Turn out, jam side up. Serve warm with Vanilla Sauce or Foamy Sauce.

*YIELD*:—4 to 6 servings.

## *Suet Pudding*

*“Rich, satisfying, with molasses flavour”*

1 cup seeded raisins	½ teaspoon nutmeg
1 cup chopped dates	½ teaspoon ginger
$2\frac{3}{4}$ cups sifted ROBIN HOOD FLOUR	½ teaspoon cloves
1 teaspoon baking soda	1 cup finely chopped suet
1 teaspoon salt	1 cup milk
1 teaspoon cinnamon	1 cup molasses

Place pudding in steamer as directed on page 108. Thoroughly grease one 2-quart pudding mould or two 1-quart pudding moulds or 16 individual moulds. Prepare and measure fruits. Sift together flour, soda, salt and spices into large mixing bowl. Add suet and fruit. Combine. Combine milk and molasses, pour into dry ingredients and blend. Turn into prepared mould or moulds, filling two-thirds full. Cover with greased lids or several thicknesses waxed paper or factory cotton dipped in melted shortening then floured. Steam 2-quart mould 3 hours; 1-quart moulds  $2\frac{1}{4}$  hours; individual moulds  $1\frac{1}{2}$  hours. Turn out and serve warm with Brown Sugar, Vanilla, Lemon, Fruit Syrup or Hard Sauce.

## *Steamed Carrot Pudding*

*“Medium rich, with plenty of fruit”*

1 cup seeded raisins	1 cup sifted ROBIN HOOD FLOUR
½ cup chopped mixed peel	1 teaspoon soda
1 medium apple, chopped fine	1 teaspoon salt
$\frac{3}{4}$ cup grated carrots	1 teaspoon cinnamon
1 cup soft bread crumbs	½ teaspoon nutmeg

$\frac{1}{4}$  teaspoon cloves  
 $\frac{1}{2}$  cup finely chopped suet  
 $\frac{1}{2}$  cup sugar  
 1 cup ROBIN HOOD OATS

3 eggs, beaten  
 $\frac{1}{2}$  cup molasses  
 $\frac{1}{2}$  cup corn syrup  
 $\frac{1}{4}$  cup fruit juice (grape, apple or preserved fruit juice)

Place pudding in steamer as directed on page 108. Thoroughly grease 3 one-pint pudding moulds or 12 individual moulds. Prepare and measure fruits. Grate carrots and measure. Prepare bread crumbs. Sift together flour, soda, salt and spices into large mixing bowl. Add suet, sugar, oats and fruit and combine. Beat eggs, and molasses, corn syrup and fruit juice. Pour into dry ingredients and blend. Turn into prepared moulds, filling two-thirds full. Cover with greased lids or several thicknesses of waxed paper, or factory cotton dipped in melted shortening then floured. Steam large moulds 3 hours and individual moulds  $1\frac{1}{2}$  hours.

## *Holiday Apple Pudding*

*"Delicious, light, a not-too-rich substitute for plum pudding"*

$1\frac{1}{2}$ cups chopped apples	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{4}$ cup shortening (part butter)	$\frac{1}{4}$ teaspoon nutmeg
1 cup sifted ROBIN HOOD FLOUR	$\frac{3}{4}$ cup granulated sugar
$\frac{3}{4}$ teaspoon baking soda	1 egg, beaten
$\frac{1}{4}$ teaspoon salt	1 tablespoon cream

Grease 6 to 8 individual moulds or custard cups. Quarter, core and peel apples (about 2 medium-sized). Chop finely and measure. Measure shortening and butter into mixing bowl and allow to stand to become soft. Sift together flour, soda, salt, cinnamon and nutmeg. Cream shortening until fluffy, gradually add sugar, mixing until creamy. Add beaten egg and beat well. Add dry ingredients and mix just until blended. Add prepared apples and cream, folding in lightly. Fill prepared moulds or custard cups half full. Bake in oven preheated to 350°F. (Moderate oven) for 30 minutes. Serve warm with Lemon Sauce, Brown Sugar Sauce, or Vanilla Sauce.

**YIELD:**—6 to 8 servings.

**NOTE:** For a more festive dessert, add  $\frac{1}{2}$  cup washed and dried raisins, 4 maraschino cherries, sliced, with chopped apple.

## Butter Frosting

$\frac{1}{4}$  cup soft butter  
2 cups sifted icing sugar

1 teaspoon vanilla or almond extract  
3 tablespoons cream or top milk

Cream butter until fluffy. Add 1 cup sifted sugar gradually and cream thoroughly. Add flavouring and 1 tablespoon cream. Beat thoroughly. Add remaining sugar and cream alternately continuing to beat well.

*YIELD*:—Sufficient frosting for top and sides of an 8-inch square cake or for top and sides of a 9-inch square cake; for top and sides of an 8-inch round layer cake or for top and sides of a 9-inch round layer cake.

*NOTES*: 1. To frost top of an 8-inch square cake use  $\frac{1}{2}$  above recipe.  
2. To fill and frost an 8-inch round layer cake use  $1\frac{1}{2}$  times above recipe.  
3. To fill and frost a 9-inch round layer cake use double above recipe.

## Chocolate Butter Frosting

$\frac{1}{4}$  cup soft butter  
2 cups sifted icing sugar

$\frac{1}{2}$  teaspoon vanilla  
 $1\frac{1}{2}$  ounces ( $1\frac{1}{2}$  squares)  
unsweetened chocolate  
2 tablespoons cream

Use the same method as for Butter Frosting. Melt chocolate over hot water and add after the first cup of sugar has been added.

## Mocha Butter Frosting

$\frac{1}{4}$  cup soft butter  
2 cups sifted icing sugar

2 tablespoons cocoa  
 $\frac{1}{2}$  teaspoon vanilla  
3 tablespoons strong cold coffee

Use the same method as for Butter Frosting. Sift cocoa with sugar.



## Orange Butter Frosting

$\frac{1}{4}$ cup soft butter	2 teaspoons grated orange rind
2 cups sifted icing sugar	$\frac{1}{2}$ teaspoon lemon extract
	3 tablespoons orange juice

Use same method as for Butter Frosting, page 118.

## Fluffy Chocolate Frosting

$\frac{1}{4}$ cup soft butter	$\frac{1}{4}$ cup cocoa
$\frac{1}{2}$ teaspoon vanilla	1 unbeaten egg white
$\frac{1}{4}$ cup sifted icing sugar	$1\frac{3}{4}$ cups sifted icing sugar
	2 tablespoons boiling water

Using rotary beater or electric beater, beat butter until fluffy. Add vanilla and icing sugar and continue beating until creamy. Add cocoa and blend. Add unbeaten egg white and beat well. Gradually add the  $1\frac{3}{4}$  cups icing sugar alternately with boiling water. Beat until fluffy.

**YIELD:**—Sufficient to cover top and sides of a 9-inch layer cake or 9-inch square cake.

## Jelly Frosting

$\frac{1}{2}$ cup tart jelly (any flavour)	1 egg white, unbeaten
	Few grains of salt

Combine all ingredients in top part of double boiler and place over hot water. Beat with rotary beater until jelly is free from lumps. Remove from hot water and continue beating until mixture is stiff enough to stand in peaks.

**YIELD:**—Sufficient frosting for top of an 8-inch square cake or top and sides of an 8-inch layer cake. For 9-inch layer cake use double the above recipe.

**NOTE:** This frosting should be used the day it is made.





## Seven-Minute or Double-Boiler Frosting

2 egg whites	1 tablespoon light corn syrup
1½ cups granulated sugar	or
5 tablespoons water	¼ teaspoon cream of tartar
	1 teaspoon vanilla

Combine all ingredients except vanilla in top part of double boiler and beat with rotary beater to completely blend. Place over rapidly boiling water. Beat mixture constantly with rotary beater for about 7 minutes or until it is fluffy and will hold its shape.

Remove from hot water. Blend in flavouring. Beat 1 minute longer.

**YIELD:**—Sufficient filling and frosting for 9-inch layer cake (generously).

**NOTE:** To frost an 8-inch square cake or for top and sides of an 8-inch layer cake use half the above recipe.

## Variations of Seven-Minute Frosting

**Seafoam Seven-Minute Frosting:** Substitute brown sugar, firmly packed, for granulated sugar.

**Foamy Mint Frosting:** Colour frosting a pale green with 2 or 3 drops of vegetable colouring. In place of vanilla add a few drops of oil of peppermint.

**Bittersweet Swirls:** Spread frosting on cake forming into swirls on top of cake. Melt 1 ounce (1 square) unsweetened chocolate. Using toothpick or narrow blade knife, outline swirls of frosting with the melted chocolate.

## Cocoanut Frosting

Make as for Seven-Minute or Double-Boiler Frosting. Spread on cake forming swirls and peaks on top of cake. Immediately sprinkle with 1 to 1½ cups moist shredded cocoanut.

## *Fruit Frosting*

Make as for Seven-Minute or Double-Boiler Frosting. Just before spreading on cake—fold in  $\frac{1}{3}$  cup chopped nuts,  $\frac{1}{3}$  cup chopped raisins and  $\frac{1}{3}$  cup chopped glace cherries.

## *Chocolate Fudge Frosting*

2 squares unsweetened chocolate	1 egg
3 tablespoons boiling water	1 tablespoon butter
$1\frac{1}{4}$ cups icing sugar	$\frac{1}{2}$ teaspoon vanilla

Melt chocolate over hot water and then add water and sugar. Add unbeaten egg, then butter. Beat with rotary beater over hot water for about 5 minutes. Remove from heat, add vanilla and beat until it starts to become thick. Allow to cool until frosting almost holds its shape. Spread on cake.

**YIELD:**—Sufficient frosting to cover top and sides of 8-inch square cake.

## *Butterscotch Fudge Frosting*

1 cup brown sugar	1 tablespoon butter
$\frac{1}{3}$ cup milk	$\frac{3}{4}$ cup sifted icing sugar
	$\frac{1}{2}$ teaspoon vanilla

Mix brown sugar, milk, and butter in saucepan. Heat, stirring frequently. Allow mixture to boil two minutes. Remove from heat and let syrup cool until lukewarm. Beat syrup until creamy (it should still be soft and spready). Gradually beat in the icing sugar. Add vanilla and continue beating until cold and of right consistency to spread.

**YIELD:**—Sufficient frosting for an 8-inch square cake.

**NOTES:** 1. If frosting is too soft, add more icing sugar.

2. If frosting has been boiled too long, fudge will become hard. Milk or cream may be added gradually to bring icing to the right consistency.

## Decorative Frosting

3 egg whites  
3 cups icing sugar  
3 tablespoons melted butter  
 $\frac{1}{3}$  teaspoon salt  
 $1\frac{1}{2}$  tablespoons lemon juice

Beat egg whites slightly with 4 tablespoons of sugar. As they begin to stiffen, add gradually the remaining sugar, butter and salt. Continue beating until so stiff that when you cut through with a knife, the icing will hold its shape. Cover with a damp cloth until ready to use.

**YIELD:**—Sufficient frosting to cover top and sides of an 8 x 8 x 3 inch cake and to use for special decorating.

**NOTES:** 1. The butter helps to prevent frosting from drying out—but may be omitted, if desired.  
2. If desired, 1 teaspoon vanilla may be added.

## To Decorate Cakes and Wedding Cakes

To decorate cakes spread frosting smoothly and thinly on top and sides of cake. Use remaining frosting with pastry tube to make borders, festoons, and rosettes. The frosting may also be tinted any delicate colour desired.

Rich Dark Fruit Cake (page 73) makes an ideal wedding cake. Allow to ripen at least three weeks before frosting. After cake has ripened, brush top with unbeaten egg white. Cover with almond paste about  $\frac{1}{4}$  to  $\frac{1}{8}$  inch thick. Frost and decorate with Decorative Frosting (above). For decorating a three-tier wedding cake, use double the amount of Decorative Frosting.

## Cream Filling

1 cup milk  
1 tablespoon cornstarch  
 $1\frac{1}{2}$  tablespoons ROBIN HOOD FLOUR  
 $\frac{1}{3}$  teaspoon salt  
 $\frac{1}{4}$  cup granulated sugar  
2 egg yolks or 1 whole egg  
1 teaspoon butter  
 $\frac{1}{2}$  teaspoon almond or  
vanilla extract

Heat  $\frac{3}{4}$  cup of the milk in double boiler. Mix cornstarch, flour, salt, and sugar and combine with remaining  $\frac{1}{4}$  cup of milk. Add to heated milk. Stir

constantly until mixture is thickened. Continue cooking for 15 minutes, stirring occasionally. Beat egg yolks or whole egg slightly and add part of hot mixture. Blend and return to double boiler. Cook for 2 minutes. Remove from heat and blend in butter. Cool. (Cover top with waxed paper to prevent a skin from forming.) Add vanilla.

*YIELD*:—Sufficient filling for 8 or 9-inch cake.

## Date Filling

1 cup chopped dates	$\frac{1}{2}$ cup water
4 tablespoons brown sugar	

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

*YIELD*:—Sufficient filling for 8 or 9-inch cake.

*NOTE*: If desired,  $\frac{1}{4}$  cup finely chopped nuts may be added when cool.

## Lemon Filling

$\frac{1}{2}$ cup sugar	3 tablespoons lemon juice
$2\frac{1}{2}$ tablespoons ROBIN HOOD FLOUR	1 egg, slightly beaten
$\frac{1}{8}$ teaspoon salt	2 teaspoons butter
$\frac{1}{3}$ cup cold water	$\frac{1}{2}$ teaspoon grated lemon rind

Combine sugar, flour and salt in top of double boiler. Beat egg slightly, add water and lemon juice. Add to dry ingredients. Place over boiling water, cook, stirring constantly for 10 minutes. Add butter and lemon rind. Beat until smooth and creamy. Cool.

*YIELD*:—Sufficient filling for 8 or 9-inch cake.

## Fluffy Lemon Cream Filling

Make as for Lemon Filling. When chilled fold in  $\frac{1}{4}$  cup whipped cream.

## Custard Sauce

2 tablespoons granulated sugar	1 egg, beaten
2 teaspoons ROBIN HOOD FLOUR	1 cup milk
$\frac{1}{8}$ teaspoon salt	$\frac{1}{2}$ teaspoon vanilla or almond extract

Combine sugar, flour and salt in top of double boiler. Add beaten egg and blend. Add milk and cook over hot water until thickened, stirring constantly, about 5 to 7 minutes. Set saucepan in cold water to cool. Add flavouring. Serve cold.

*YIELD*:—1 cup sauce. Sufficient for 4 servings.

## Banana Sauce

2 egg whites	2 ripe bananas
4 tablespoons liquid honey	1 teaspoon lemon juice
or	
4 tablespoons granulated sugar	

Beat egg whites until stiff but not dry. Add honey or sugar, a little at a time, beating constantly. Mash bananas with fork. Add lemon juice. Fold into meringue.

*YIELD*:—Sufficient for 6 servings.

*NOTE*: This sauce is delicious served on squares of gingerbread for a dessert.

## Fruit Syrup Sauce

1 cup canned sweetened fruit juice	2 tablespoons cold water
1 tablespoon cornstarch	1 tablespoon butter
1 teaspoon lemon juice	

Heat fruit juice. Blend cornstarch and cold water and add to hot fruit juice. Cook slowly over low heat for 5 minutes, stirring constantly. The sauce should be clear and thickened. Remove from heat and stir in butter and lemon juice. Serve hot over puddings made with canned fruit or other baked or steamed puddings.

*YIELD*:—Approximately  $1\frac{1}{4}$  cups sauce. Sufficient for 4 servings.



**Variations of Fruit Syrup Sauce.** Using:

- a.** Cherry juice - omit lemon juice, add  $\frac{1}{2}$  teaspoon almond extract.
- b.** Berry juice - add  $\frac{1}{4}$  teaspoon cinnamon.
- c.** Peach juice - add  $\frac{1}{4}$  teaspoon nutmeg.

*Lemon Sauce*

$\frac{1}{2}$ cup granulated sugar	1 teaspoon grated lemon rind
1 tablespoon cornstarch	1 cup boiling water
$\frac{1}{8}$ teaspoon salt	1 tablespoon butter
1 tablespoon lemon juice	

Combine sugar, cornstarch, salt, and lemon rind in saucepan. Gradually add boiling water, stirring constantly. Cook slowly over low heat for 5 minutes, stirring constantly. The sauce should be clear and thickened. Remove from heat and stir in butter and lemon juice.

**YIELD:**—Approximately  $1\frac{1}{4}$  cups sauce. Sufficient for 4 servings.

**Orange Sauce:** Make as for Lemon Sauce. Substitute 1 tablespoon grated orange rind for lemon rind. Decrease boiling water to  $\frac{3}{4}$  cup. Add  $\frac{1}{4}$  cup orange juice and 1 teaspoon lemon juice after sauce is thickened and cooked.

*Brown Sugar Sauce*

$\frac{1}{2}$ cup brown sugar, firmly packed	1 cup boiling water
$1\frac{1}{2}$ tablespoons ROBIN HOOD FLOUR	1 tablespoon butter
$\frac{1}{8}$ teaspoon salt	$\frac{1}{2}$ teaspoon vanilla

Combine sugar, flour and salt in saucepan. Add boiling water gradually, stirring constantly. Cook over low heat, stirring constantly, until thick and smooth (about 5 minutes). Remove from heat, add butter and vanilla. Serve hot.

**YIELD:**—Approximately 1 cup sauce. Sufficient for 4 servings.

**Vanilla or Nutmeg Sauce:** Make as for Brown Sugar Sauce. Substitute white sugar for brown sugar. Increase butter to  $1\frac{1}{2}$  tablespoons and vanilla to 1 teaspoon. Add  $\frac{1}{4}$  teaspoon nutmeg.

## Foamy Sauce

1 egg yolk  
 $\frac{1}{2}$  cup light corn syrup  
1 egg white

1 teaspoon vanilla  
1 teaspoon almond extract

Beat egg yolk until light and thick. Add  $\frac{1}{4}$  cup corn syrup gradually while beating. Beat egg white until stiff but not dry. Gradually add remaining corn syrup while continuing to beat. Combine the mixtures by folding carefully together. Fold in flavourings and serve.

**YIELD:**— $1\frac{1}{2}$  cups sauce. Sufficient for 5 to 6 servings.

**NOTE:** *If this sauce is left over, store in refrigerator until needed. The mixture will separate but if beaten vigorously before serving it can be used.*

**Foamy Lemon Sauce:** Make as for Foamy Sauce. Substitute 1 tablespoon lemon juice and 1 teaspoon grated lemon rind for flavourings.

## Hard Sauce

$\frac{1}{3}$  cup soft butter  
1 cup fine granulated sugar  
or  
1 cup firmly packed brown sugar

$\frac{1}{3}$  teaspoon lemon extract  
 $\frac{2}{3}$  teaspoon vanilla

Cream butter, add sugar gradually, continuing to beat until light and fluffy. Add flavourings, a little at a time, beating constantly. Pile lightly in serving dish and chill thoroughly.

**YIELD:**—6 to 8 servings.

**NOTES:** 1. *To make fancy individual servings, put unchilled sauce through pastry tube, forming rosettes or swirls on a sheet of heavy waxed paper. Chill.*  
2. *If desired, form into roll (2 inches in diameter), wrap in waxed paper and chill. Slice for serving.*

# Helpful Hints for All Your Baking

## Getting Ready to Bake

1. Read recipe through.
2. Preheat oven for specified temperature.
3. While oven is heating, prepare pans.
4. Assemble all ingredients.
5. Measure.
6. Mix ingredients as directed, following directions carefully.
7. Test oven for proper temperature, then bake as directed.

## Temperature Chart

275° F. to 325° F.	— Slow oven
325° F. to 375° F.	— Moderate oven
375° F. to 400° F.	— Moderately hot oven
400° F. to 450° F.	— Hot oven
450° F. to 500° F.	— Very hot oven

## Utensils

If pans are warped, unevenly darkened or too deep for the amount of food placed in them you will have uneven baking and browning. If possible, use the type of utensil suggested in the recipe.

## Table of Common Measurements

3 teaspoons.....	1 tablespoon
16 tablespoons.....	1 cup
4 tablespoons.....	$\frac{1}{4}$ cup
2 tablespoons.....	$\frac{1}{8}$ cup
12 tablespoons.....	$\frac{3}{4}$ cup
2 cups.....	1 pint
4 cups.....	1 quart
2 tablespoons.....	1 liquid ounce or $\frac{1}{8}$ cup
8 ounces.....	1 cup or $\frac{1}{2}$ pint

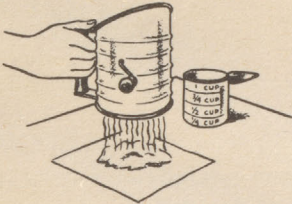
## Accurate Measurements are Important!

To insure consistently good results, standard measuring cups and spoons should be used. Measure all ingredients carefully, following methods described on page 130.

Eggs vary in size. The recipes in this book are planned for *large*, fresh eggs. If necessary, use an equivalent amount of small eggs.

# To Measure Flour

Step 1



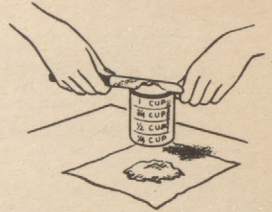
Before measuring, sift flour through large open sifter onto square of paper.

Step 2



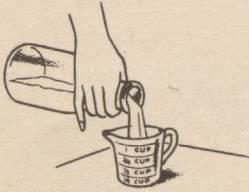
To measure, lift flour lightly by spoonfuls into cup.

Step 3



Level off cup with straight knife. Do not shake or pack it.

## TO MEASURE LIQUIDS



Pour liquid into cup, set on a level surface. Fill to measuring line indicated on cup.

## TO MEASURE SHORTENING



By tablespoonfuls — fill tablespoon with softened shortening, level off with knife.

Larger quantities — use "water displacement" method explained below.

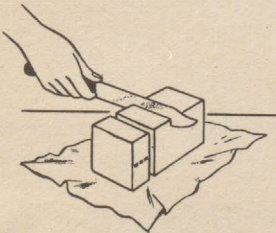
## TO MEASURE BAKING POWDER



To measure baking powder, fill spoon, then level with knife as shown above. Use same method for baking soda, sugar, salt and spices.

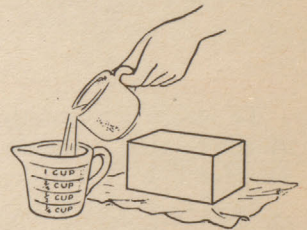
## TO MEASURE HARD SHORTENING

1 lb. = 2 cups     $\frac{1}{4}$  lb. =  $\frac{1}{2}$  cup  
 $\frac{1}{2}$  lb. = 1 cup     $\frac{1}{8}$  lb. =  $\frac{1}{4}$  cup



## EXAMPLE OF MEASURING IN WATER

For  $\frac{1}{2}$  cup of shortening, fill a measuring cup half full with cold water. Add shortening in pieces, pressing them under the water until the water level reaches the 1-cup mark. Pour off the water and use the  $\frac{1}{2}$  cup of shortening. This method may be used to measure any fraction of a cup.



# Index

	Page
Helpful Hints for All Your Baking .....	129, 130
Temperature of Ingredients (Yeast Doughs) .....	11

## BREAD

All-from-One Bread Dough .....	21
Basic Yeast Sponge .....	22
Cheese .....	26
Orange Raisin .....	26
Prune Spice .....	23
Tutti-Frutti .....	23
Baking Loaves .....	19
Economy White Bread .....	9
Fruit Bread .....	21
Picture Lesson on Mixing, Kneading, etc. ....	12 to 19
White Bread (Overnight Sponge Method) .....	20
White Bread (New Rolled Dough Method) .....	8
Whole Wheat Bread .....	9

## ROLLS AND FANCY BREADS

### *Doughs*

Basic Sweet Dough (Refrigerator Method) .....	27
Basic Sweet Dough (Straight Method) .....	26
Extra Rich Sweet Dough (Straight or Refrigerator Method) .....	28
Plain Roll Dough (Straight Method) .....	27
Rich Sweet Dough (Straight or Refrigerator Method) .....	28
Whole Wheat Plain Roll Dough (Straight Method) .....	27
Whole Wheat Sweet Dough (Refrigerator Method) .....	27
Whole Wheat Sweet Dough (Straight Method) .....	26

### *Rolls*

Butterscotch Rolls .....	30
Chelsea Buns .....	33
Crescent Rolls .....	32
Fan Tans or Butterfly Rolls .....	32
Pan Buns .....	29
Parkerhouse Rolls .....	29

## INDEX — *Continued*

### FANCY SWEET-DOUGH BREADS

	Page
Hungarian Coffee Cake.....	34
Jelly Braid.....	37
Streusal Coffee Cake.....	40
Swedish Tea Ring.....	36
Viennese Coffee Ring.....	35
Hot Cross Buns.....	35

### QUICK BREADS

General Rules.....	41
Apple Oat Bread.....	55
Buttermilk Fruit Scones.....	47
Buttermilk Scones.....	46
Butterscotch Fruit and Nut Rolls.....	46
Butterscotch Rolls.....	45
Canadian Cheese Supper Ring.....	49
Candied Fruit Bread.....	53
Cheese Tea Biscuits.....	49
Dumplings (for Meat Stew).....	56
Dutch Apple Cake.....	52
Fruit Muffins.....	44
Fruit Shortcakes.....	48
Griddle Cakes.....	43
Individual Yorkshire Pudding.....	43
Molasses Orange Raisin Bread.....	54
Nut and Fruit Bread.....	53
Oat Muffins.....	45
Plain Coffee Cake.....	52
Plain Muffins.....	44
Plain Tea Biscuits.....	48
Popovers.....	42
Quick Oat Bread.....	54
Shortcakes.....	47
Waffles.....	44
Whole Wheat Griddle Cakes.....	43
Whole Wheat Muffins.....	45
Yorkshire Pudding.....	42

### CAKES

Secrets of the Perfect Cake.....	56, 57
To Decorate Cakes.....	124
To Frost Cakes.....	59

## INDEX — *Continued*

<i>Butter Cakes</i>	Page
Applesauce.....	67
Buttermilk Spice.....	65
Chocolate.....	63
Cocoa.....	64
Cup Cakes.....	67
Gingerbread, Hot Water.....	66
Spice.....	65
Three-Egg (New Method).....	63
Two-Egg (New Method).....	60
Two-Egg (Standard).....	59
 <i>Fruit Cakes</i>	
Pointers.....	72
Cherry Almond.....	76
Economy Dark Fruit.....	76
Light Fruit.....	77
Rich Dark Fruit (Wedding Cake).....	73
 <i>Special Party Cakes</i>	
Birthday.....	62
Daffodil.....	62
Shamrock.....	62
Valentine.....	62
 <i>Sponge and Angel Cakes</i>	
Angel.....	74
Economy Jelly Roll.....	71
Egg-Yolk Sponge.....	71
Quick Sponge Loaf.....	70
 <b>COOKIES</b> 	
General Pointers for Cookie Makers.....	78
 <i>Drop Cookies</i>	
Hermits.....	86
Quick Oat.....	87
 <i>Pan or Bar Cookies</i>	
Butterscotch Oat Squares.....	87
Nut and Raisin Spice Bars.....	88

## INDEX — Continued

<i>Refrigerator Cookies</i>	Page
Chocolate.....	85
Ginger.....	85
Plain.....	81
Tutti-Frutti.....	84

<i>Rolled Cookies</i>	
Ginger.....	80
Oat Sandwiches.....	80
Sugar.....	79
Thin Oat.....	79
<i>Shortbreads</i> .....	81

### PASTRY

Meringue.....	101
Plain Pastry (Paste Method).....	90
Secrets of Making Pastry.....	89
Sweet Pastry.....	90
Uses for Leftover Pastry.....	91

<i>Baked Pie Shells</i>	
Banana Cream.....	101
Butterscotch Meringue.....	102
Cocoanut Cream.....	103
Cream.....	103
Date Cream.....	102
Lemon Chiffon.....	103
Lemon Meringue.....	106
Party Peach Cream.....	104
	103

<i>Deep Dish Pies</i>	
Apple, Deep Dish.....	106
Beefsteak and Kidney.....	107

<i>Individual Pies and Tarts</i>	
Baked Tart Shells (Plain Pastry).....	92
Baked Tart Shells (Sweet Pastry).....	92
Butter Tarts.....	93
Individual Pies.....	92
Meringue Tarts.....	93
Mince Tarts.....	93



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INDEX—Continued

<i>One-Crust Pies</i>	Page
General Directions.....	99
Mincemeat Pumpkin.....	100
Pecan Pumpkin.....	100
Pumpkin.....	100

*Two-Crust Pies*

General Directions.....	94
Apple.....	95
Blueberry, Fresh.....	96
Cherry, Canned.....	98
Fruit, Canned Unsweetened.....	99
Peach, Canned.....	99
Raisin.....	96
Raspberry, Canned.....	98
Rhubarb, Fresh.....	95

**PUDDINGS**

<i>Baked Puddings</i> .....	108
Apple Crisp.....	114
Blueberry Crisp.....	110
Canned Fruit Cobbler.....	110
Down-East Apple.....	109
Holiday Apple.....	117
Peach Cottage.....	109
Pineapple Upside-Down.....	112
Quick Raisin.....	114
Rhubarb Crisp.....	111
Tea-Biscuit Apple Dumplings.....	111

<i>Double-Boiler Puddings</i> .....	108
Chocolate Double-Boiler.....	115
Double-Boiler.....	115

<i>Steamed Puddings</i> .....	108
Carrot.....	116
Old English Plum.....	112
Suet.....	116

**135**

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## INDEX—Continued

### FROSTINGS, FILLINGS AND SAUCES

<i>Fillings</i>	Page
Cream.....	124
Date.....	125
Fluffy Lemon Cream.....	125
Lemon.....	125
<i>Frostings</i>	
Butter Frosting.....	118
Chocolate.....	118
Mocha.....	118
Orange.....	119
Butterscotch Fudge.....	123
Chocolate Fudge.....	123
Decorative Frosting.....	124
Fluffy Chocolate Frosting.....	119
Jelly Frosting.....	119
Seven-Minute or Double-Boiler Frosting.....	122
Bittersweet Swirls.....	122
Cocoanut.....	122
Foamy Mint.....	122
Fruit.....	123
Seafoam.....	122
<i>Sauces</i>	
Banana.....	126
Brown Sugar.....	127
Custard.....	126
Foamy.....	128
Foamy Lemon.....	128
Fruit Syrup.....	126
Hard.....	128
Lemon.....	127
Nutmeg.....	127
Orange.....	127
Vanilla.....	127

DRIVER See description @ 306.1

