The background of the cover features a collage of various baked goods. In the top left, a yellow plate holds several donuts with white and chocolate glazes, some topped with shredded white cheese. To the right, a glass pie dish contains a pie with a vibrant red filling, possibly strawberry. Below the donuts, another yellow plate shows more donuts, some with white glaze and others with chocolate. On the right side, a large white cake with swirls of frosting and a slice of yellow cake are visible. In the bottom left, a yellow plate holds round pastries with white frosting, dark chocolate chips, and nuts.

Robin Hood
PRIZE WINNING
RECIPES

SELECTED BY

Rita Martin





Robin Hood

PRIZE WINNING RECIPES

SELECTED BY

Rita Martin



PRICE \$1.00

Robin Hood Flour Mills Limited

MOOSE JAW SASKATOON CALGARY VANCOUVER
WINNIPEG TORONTO HUMBERSTONE QUEBEC MONCTON
MONTREAL

CKBK 620

PRINTED IN CANADA

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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.

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Rita Martin

Foreword

WHERE 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 VITAMIN ENRICHED 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 VITAMIN ENRICHED FLOUR.

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

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 $\frac{1}{2}$ cups.....	1 pint
5 cups.....	1 quart
2 tablespoons.....	1 liquid ounce or $\frac{1}{8}$ cup
8 ounces.....	1 cup

Accurate Measurements are Important!

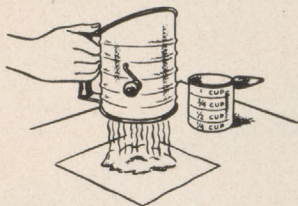
To insure consistently good results, standard measuring cups and spoons should be used. Measure all ingredients carefully, following methods described on page 7.

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

Measuring Hints

TO MEASURE FLOUR

Step 1



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

Step 2



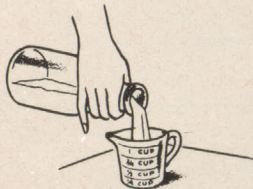
To measure, lift flour lightly by spoonfuls into cup.

Step 3



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

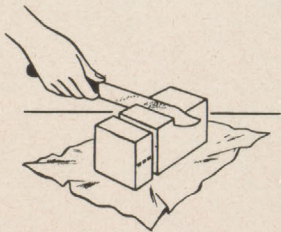
TO MEASURE LIQUIDS



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

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



TO MEASURE SHORTENING



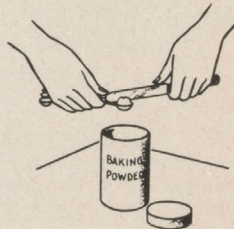
By tablespoonfuls — fill tablespoon with softened shortening, level off with knife.

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

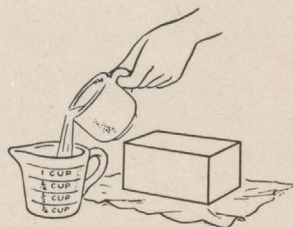
EXAMPLE OF MEASURING IN WATER

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 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.

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.



Health Protection for the Whole Family

WHEN YOU BAKE WITH ROBIN HOOD VITAMIN ENRICHED FLOUR you not only get the finest baking results—you are also helping to protect and improve your family's health.

For ROBIN HOOD FLOUR is scientifically enriched with three "B" vitamins and the mineral iron—four food elements that are vitally important in promoting and maintaining greater energy, healthier nerves, better appetites, sturdier growth.

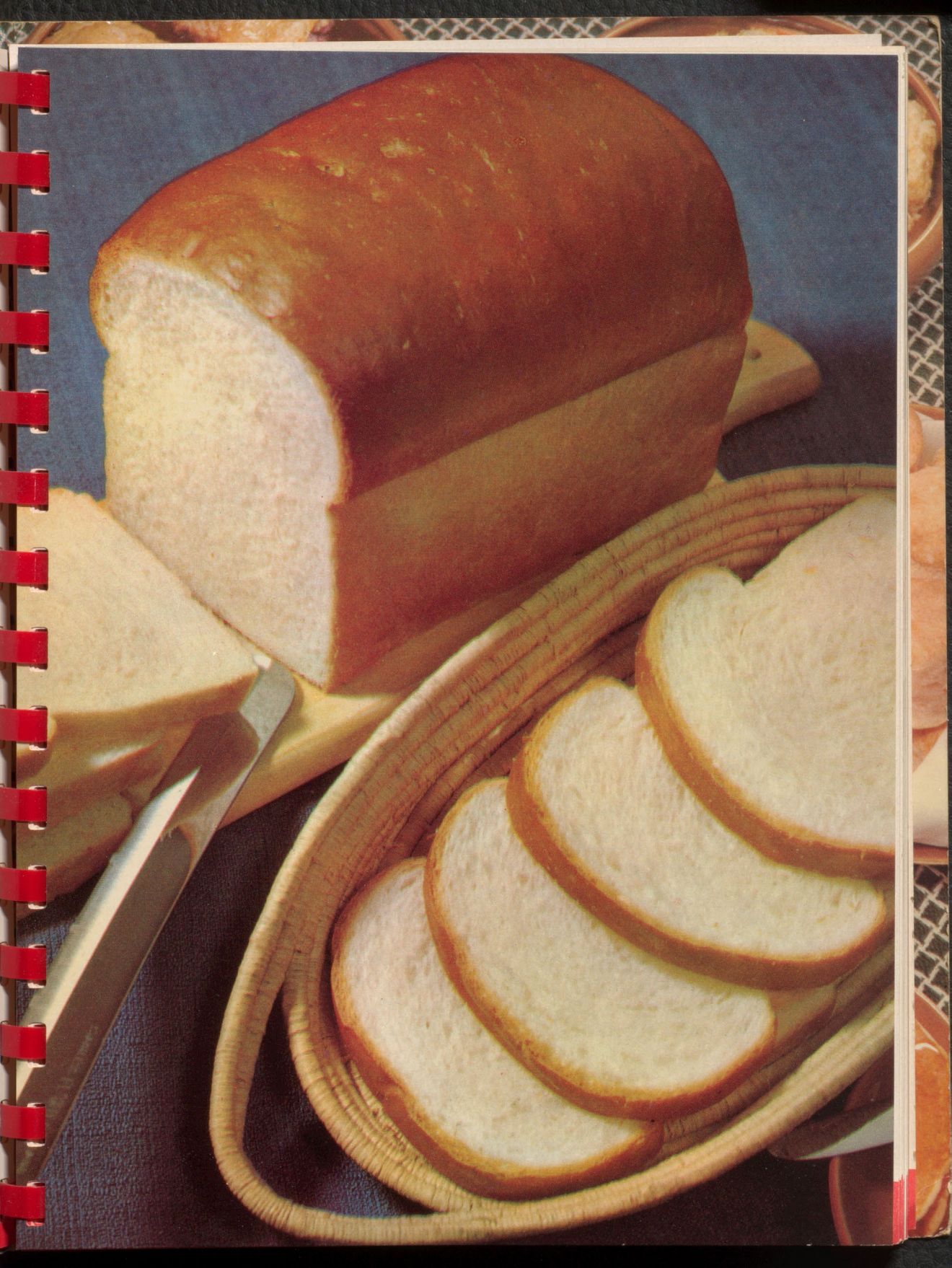
Vitamin enrichment is, however, just *one* of the ways in which we at ROBIN HOOD are continually "reaching for perfection"—to bring you the finest, purest, most wholesome flour possible.

Today, besides bringing you greater health benefits, ROBIN HOOD VITAMIN ENRICHED FLOUR has even better baking qualities than ever before. For we've just spent over \$1,000,000 on the most modern milling equipment made in the world. We wish you could see how these wonderful machines wash, dry, test every ounce of ROBIN HOOD FLOUR under the most hygienic conditions—to produce a flour as perfect as modern science can make it.

So use your ROBIN HOOD VITAMIN ENRICHED FLOUR with carefree confidence. Just follow the recipes in this book. Each one has been especially developed for ROBIN HOOD FLOUR, and tested time and again.

The recipe that pleases us most is ROBIN HOOD's Rolled Dough Method of Breadbaking (page 10.) This patented method is so simple and sure that even if you've never made bread before, you can turn out perfect loaves. Takes just six hours from flour bag to bread box (less time than any other method) and for three and a half of those six hours, the bread looks after itself. You're free to do as you wish.

Just one tip! Before you start to bake bread this new, quick way—be sure you have the right flour . . . a flour which absorbs moisture to a high degree, has "oven-spring", and a delicious fine wheat flavor. We believe no flour can fill all these requirements as well as ROBIN HOOD VITAMIN ENRICHED FLOUR. We guarantee it—or your money back plus 10%.



BREAD

White Bread

NEW ROLLED DOUGH METHOD

(Yield: 4 loaves)

STARTING POINTERS

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

2 cups milk	4 teaspoons salt
2 cups cold water	6 tablespoons granulated sugar
2 packages dehydrated fast-rising dry yeast OR 2 fresh compressed yeast cakes	4 tablespoons soft shortening (butter, lard or vegetable shorten- ing)
	About 11 cups sifted ROBIN HOOD VITAMIN ENRICHED 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, or the addition of dry milk powder.

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 14). When lukewarm, add dehydrated yeast and 2 teaspoons sugar. Let bubble 20 minutes. (If compressed yeast

is used, crumble cakes into water and blend. Let bubble 20 minutes.) To remaining 3 cups of liquid, add salt and sugar. Mix. Let stand until lukewarm.

Sift flour, then measure $10\frac{1}{4}$ cups into *large* mixing bowl. (Put remaining $\frac{3}{4}$ cup aside to be used later if needed.) 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 15). Continue mixing for 5 minutes. Dough will be sticky at first, but at the end of 5 minutes it should be smooth and come away readily from inside of bowl. If it does not, add a little of the reserved flour and mix until it does come away from the bowl readily.

Turn out on greased board or table top. *No more flour should be added.* Knead 8 minutes (see page 16). 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 17). 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 18). Grease loaf pans. Shape balls of dough into loaves (see pages 19 and 20). Place in pans, cover and let rise at warm room temperature $1\frac{1}{2}$ hours. One half hour before rising is finished preheat oven to 425°F . (Hot oven.)

When loaves have risen, place in hot oven (425°F .) (see page 22). Bake 15 minutes, then reduce heat to 375°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 VITAMIN ENRICHED FLOUR use 5 cups fine whole wheat flour and 6 cups ROBIN HOOD VITAMIN ENRICHED FLOUR.

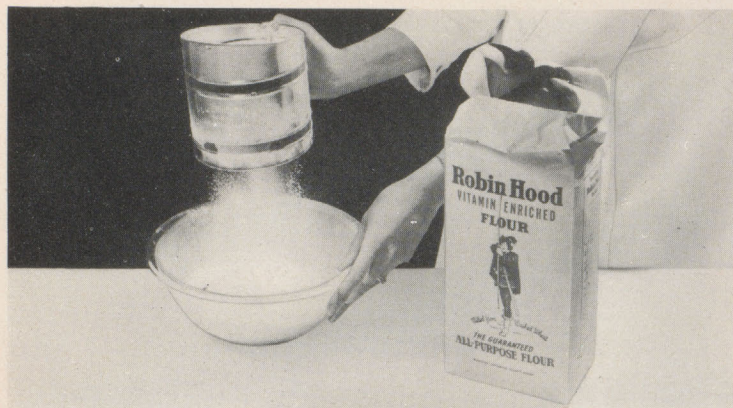
Economy White Bread: Good quality bread may be made with less yeast if longer rising periods are allowed. Follow above recipe for White Bread, using 1 package of dehydrated yeast or 1 yeast cake instead of 2. Allow dough to rise for 3 hours and loaves for 2 hours.

Assembling Utensils



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

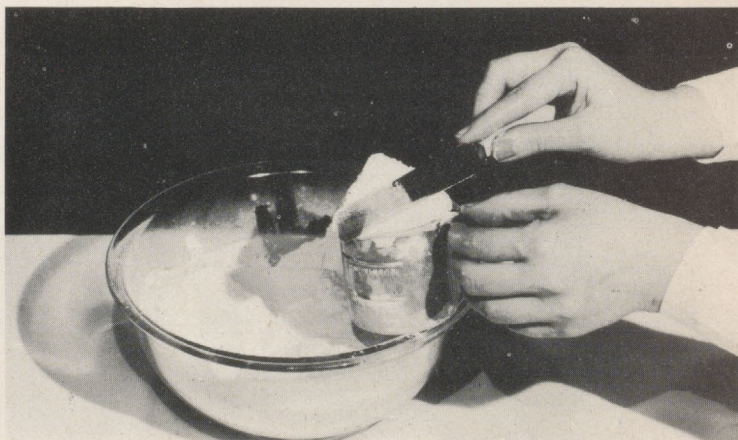
- | | |
|---------------------------------------|---------------------------------|
| 2 standard measuring cups | 1 flour sifter |
| 1 wooden mixing spoon | 1 double boiler |
| 1 large mixing bowl (3 to 4 qt. size) | 1 rolling pin |
| 1 medium bowl | 1 pastry brush |
| 1 small bowl | 4 loaf pans |
| 1 set of measuring spoons | 1 square cheesecloth or factory |
| 1 kitchen knife | 1 large tea towel (cotton |
| 1 teaspoon | wax paper |



Sifting

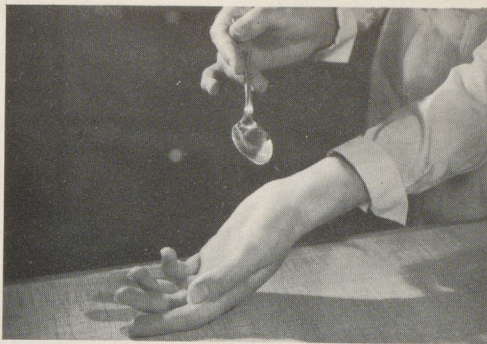
- 1** Before measuring, sift flour into bowl or onto piece of waxed paper. The sifting of flour is important, as it makes the flour uniformly light to measure.

Measuring



- 2** Measure $10\frac{1}{4}$ cups sifted flour into large bowl. Measure another $\frac{3}{4}$ cup and reserve. 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



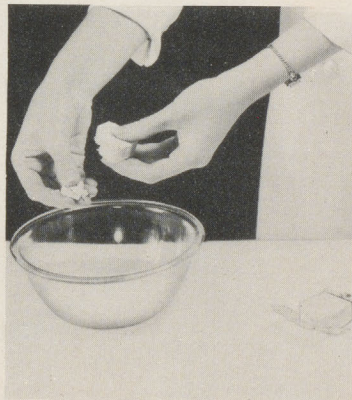
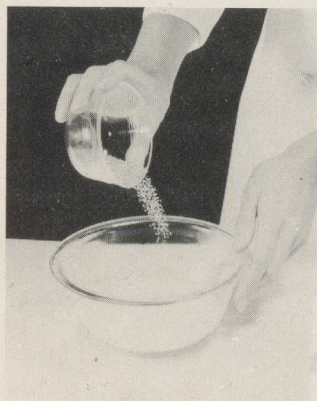
Test for Lukewarm Temperature. Put a drop of the liquid on inside of wrist over heavy veins. If liquid feels neither warm nor cold—it is lukewarm. (See illustration.) Make this test several times to be sure.

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

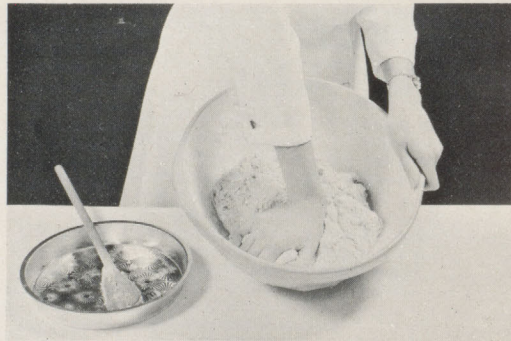
When 1 cup of liquid in bowl is lukewarm, add 2 packages of dehydrated yeast and 2 teaspoons of sugar *or* crumble into it 2 compressed yeast cakes and blend. Let stand 20 minutes.



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. Use a rotary swinging motion as illustrated above. Dough will be sticky at first but after five minutes it should be smooth and come away readily from inside of bowl. If it does not, add some of reserved flour and mix again.

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.



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.



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**

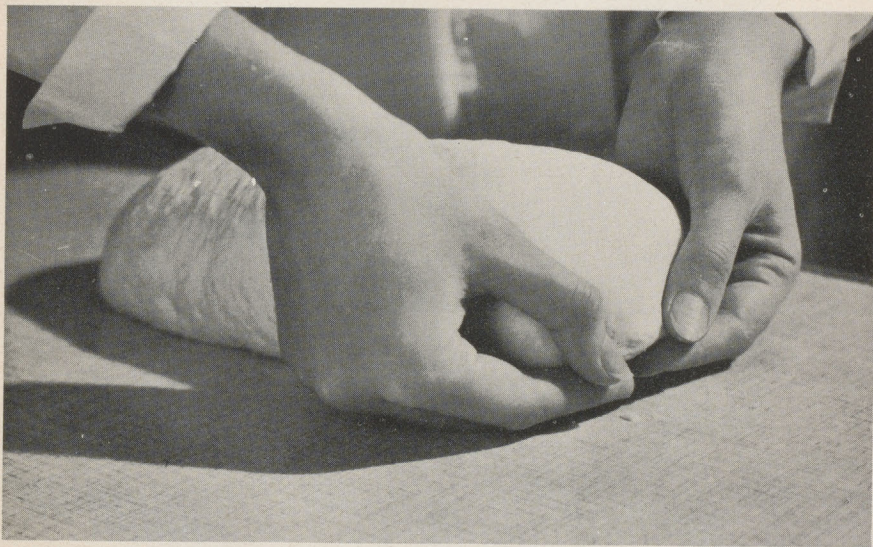
Step 2. From upper edge, roll dough toward you, jelly roll fashion, sealing dough with heel of hand after each roll of dough. (About four turns will bring you to last seal.) Be sure to seal final seam on bottom of loaf.

Shaping Loaf



15

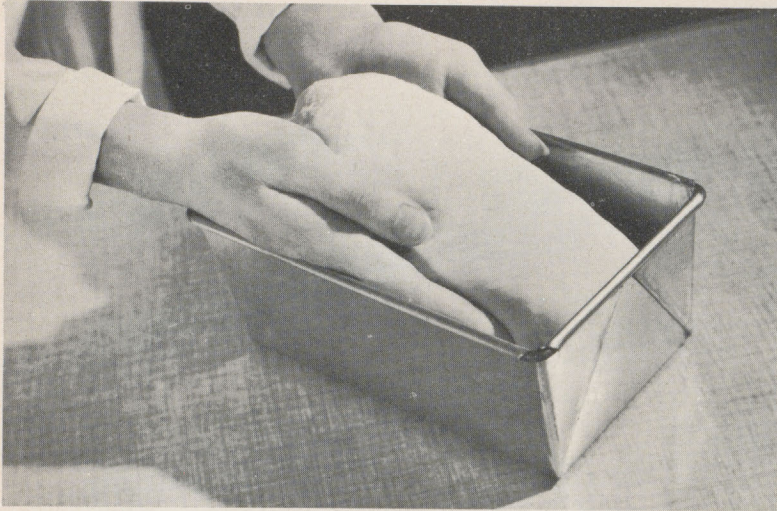
Step 3. Seal ends of the loaf by using the side of the hand to get thin sealed strip.



16

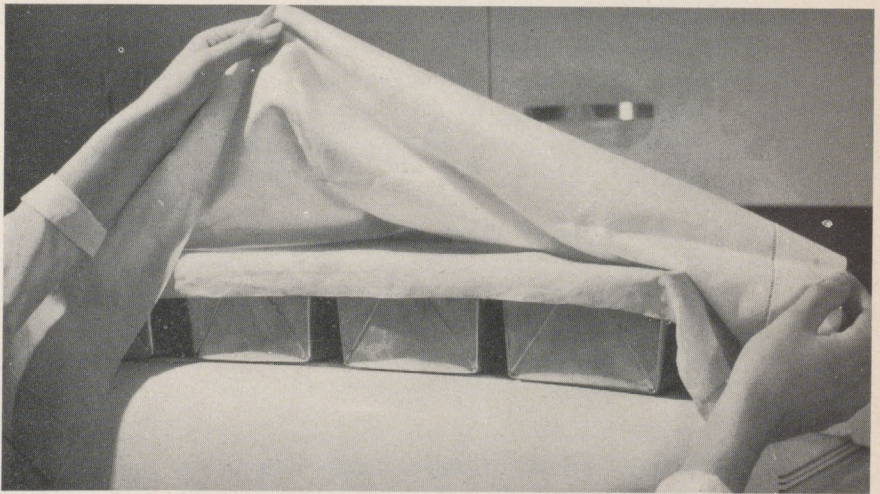
Step 4. Fold sealed ends of loaf under, using fingers, as above. Avoid tearing dough.

20



Shaping Loaf

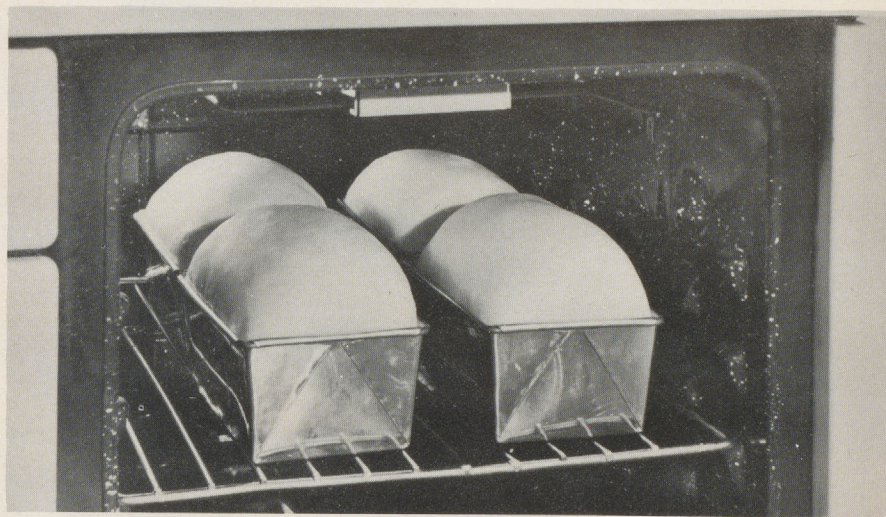
- 17** Step 5. Place shaped loaf, with seam side down, in well greased bread pan.



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.

Baking Loaves



19

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.

Bake bread at 425°F. for 15 minutes. Then reduce heat to 375°F. This reduced temperature allows bread to bake through without browning crust too quickly. After 25 minutes from beginning of baking time, pans should be turned in oven once to insure even baking. Allow bread to bake 50 to 55 minutes altogether. When done, bread should sound hollow when tapped on bottom 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 package yeast for 4 loaves)

To be mixed at night

3 cups water
 1 yeast cake or package of yeast
 2 tablespoons granulated sugar
 4 tablespoons soft shortening
 6 cups sifted ROBIN HOOD VITAMIN
 ENRICHED FLOUR

To be added next morning

1 cup milk
 4 tablespoons granulated sugar
 4 teaspoons salt
 4 $\frac{1}{4}$ cups sifted ROBIN HOOD VITAMIN
 ENRICHED FLOUR

Heat water to lukewarm. Test for lukewarm. (See page 14.) 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 14.) Pour into overnight sponge. Mix well. Add 4 $\frac{1}{4}$ 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 15.) Continue mixing for 5 minutes until dough becomes a smooth ball. If sticky after 5 minutes, add more flour, $\frac{1}{4}$ cup at a time.

Proceed as directed in recipe for *White Bread* (New Rolled Dough Method), on page 10.

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 35.

Oat Bread made easy!

Now ROBIN HOOD introduces a new taste treat—full-flavoured, nourishing Oat Bread! Make up a batch and give your family something to talk about for days. It's not white bread; it's not brown bread. It has a taste all its own and you'll love it!

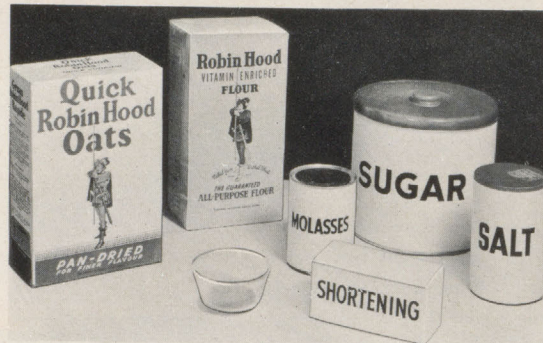
ROBIN HOOD OATS are pan-dried for finer flavour. After your family has tasted their true, nutty goodness in oat bread they'll be coming back for more!

For extra nourishment, ROBIN HOOD OATS can't be beat. They are an excellent source of Vitamin B₁ which is needed by the body for growth, normal functioning of the nervous system, and maintenance of good appetite and normal digestion. ROBIN HOOD OATS can supply a good portion of the iron and phosphorus needed each day by the body for good blood and strong bones and teeth.

As a piping hot porridge with brown sugar and cream; in cookies, quick-breads, muffins, puddings, meat loaves *and* crusty, fragrant, mouth-watering Oat Bread, ROBIN HOOD OATS will prove to be an indispensable item on your pantry shelf!



Robin Hood Oat Bread Recipe



1

Assemble all ingredients ready to be measured. The ingredients required are:

- | | |
|-------------------------------|----------------------------------|
| 3 cups Quick Robin Hood Oats | 2 packages fast-rising dry yeast |
| 2½ cups boiling water | OR 2 cakes compressed yeast |
| ¼ cup light molasses | ½ cup lukewarm water |
| 2 tablespoons sugar | 2 teaspoons sugar |
| 2½ teaspoons salt | 6½ cups sifted ROBIN HOOD |
| 3 tablespoons soft shortening | VITAMIN ENRICHED FLOUR |
| | ½ cup cold water |



2

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

- | | |
|-------------------------------------|------------------------------------|
| 2 standard measuring cups | 1 flat-sided kitchen knife |
| 1 large mixing bowl (3 to 4 quarts) | 1 flour sifter |
| 1 smaller bowl for flour | 1 rolling pin |
| 1 small bowl for yeast | 1 square of clean cheese cloth or |
| 1 large mixing spoon | factory cotton, size of tea towel. |
| 1 set measuring spoons | (A thin tea towel may be used in |
| 1 pastry brush | place of cloth) |
| 1 rubber spatula | 3 one-pound loaf pans |
| 1 teaspoon | |

3



Pour $2\frac{1}{2}$ cups boiling water over 3 cups Robin Hood Oats. Add $\frac{1}{4}$ cup light molasses, $2\frac{1}{2}$ teaspoons salt, 2 tablespoons sugar and 3 tablespoons soft shortening. Blend.

4



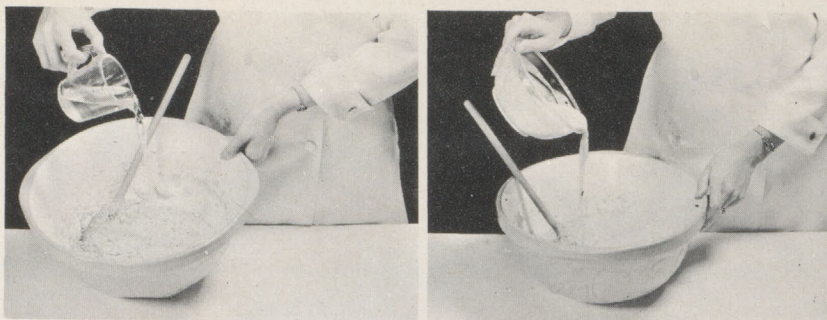
Measure $\frac{1}{2}$ cup lukewarm water into small bowl. To test for lukewarm; put a drop of water on inside of wrist over heavy veins. If liquid feels neutral—neither warm nor cold—it is lukewarm. Make this test several times to be sure. Dissolve 2 teaspoons sugar in lukewarm water. Sprinkle two packages of dehydrated yeast over water. Allow to stand 15 to 20 minutes. Then stir. (If compressed yeast cakes are used, crumble them into the water and blend.)

5



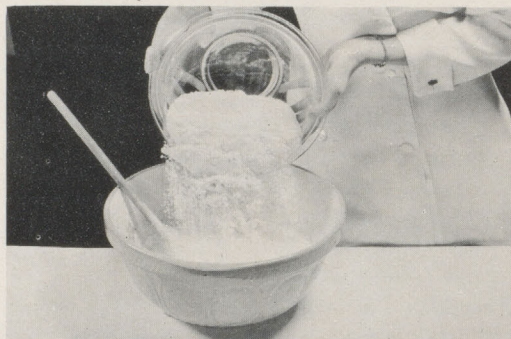
Before measuring, sift flour into bowl or onto piece of waxed paper. The sifting of flour is important as it makes it uniformly light to measure. $6\frac{1}{2}$ cups of sifted ROBIN HOOD VITAMIN ENRICHED FLOUR are required. To measure, lift flour lightly by spoonful into cup. Level off top of cup with straight edge of knife. Level measurements *are essential* for success.

6



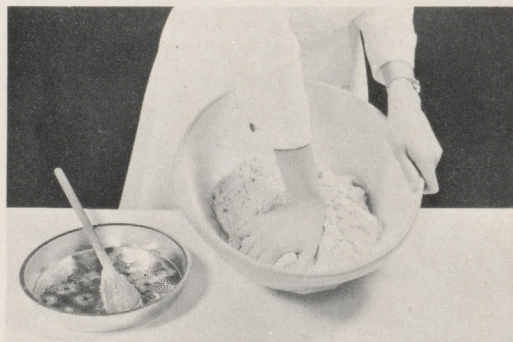
Cool oat mixture with $\frac{1}{2}$ cup cold water. When oat mixture is lukewarm (Use test—Step 4, Page 26), add dissolved yeast and blend.

7



Add all flour and stir until enough flour has been blended in so that it can be mixed by hand. Remove spoon and scrape off. Make sure your hands are clean before you start mixing by hand.

8



With one hand start mixing dough in bowl, using swinging, rotary motion, gradually forming dough into one large smooth ball. Continue for five minutes. Turn out ball of dough and any flour still left in bowl onto bakeboard or enamel-topped table. Work this flour into the dough as you knead.

For kneading, rising, shaping and baking instructions turn to page 16 and follow instructions from Step No. 7 to Step No. 19.

This recipe yields 3 loaves of bread.

ROLLS AND FANCY BREADS

Basic Yeast Sponge

"One, two, three or four kinds of bread made from one bowl of Basic Yeast Sponge"

STARTING POINTERS

- 1.** From the recipes which follow 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 on pages 31 and 32.)

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

NOTE: ½ cup dried milk powder may be added to the flour and 4 cups water used instead of 2 cups milk and 2 cups water.

Scald milk. Remove from stove, add cold water; remove 1 cup liquid and allow to stand until lukewarm. When lukewarm (see test for lukewarm, page 11), add 2 teaspoons sugar and dehydrated yeast. Allow to bubble 20 minutes. Blend. (If compressed yeast is used, crumble into lukewarm water; blend and allow to bubble 20 minutes.)

To remaining 3 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:



Prune Spice Bread

(1 loaf)

1½ cups Basic Yeast Sponge	1 teaspoon cinnamon
¾ cup dried prunes	¼ teaspoon allspice
Boiling water	¼ teaspoon cloves
1 tablespoon brown sugar	1 egg, beaten
1¾ cups sifted ROBIN HOOD VITAMIN ENRICHED FLOUR	

Have yeast sponge in warm bowl. Pour boiling water over prunes and let soak 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. Mix for 5 minutes. Turn out on lightly floured bakeboard and dust dough lightly with flour (using sifter). Knead, put to rise, shape, place in greased loaf pan, put to rise again. (See illustrations, pages 16 to 21.) Bake in preheated hot oven, (425°F.), for 15 minutes. Then reduce to moderate (375°F.), and bake 35 minutes more.

Tutti-Frutti Bread

(1 loaf)

1½ cups Basic Yeast Sponge	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 VITAMIN ENRICHED FLOUR	

To Basic Sponge add combined raisins, peel, cherries, orange and lemon rind, nuts, cherry juice and beaten egg. Mix well and add flour. Mix for 5 minutes. Turn out on lightly floured bakeboard and dust dough lightly with flour (using sifter). Knead, put to rise, shape, place in greased loaf pan, put to rise again. (See illustrations, pages 16 to 21.) Bake in preheated hot oven, (425°F.), for 15 minutes. Then reduce to moderate (375°F.), and bake 35 minutes more.

ROLLS AND FANCY BREADS

Orange Raisin Bread

(1 loaf)

- | | |
|----------------------------------|--------------------------------|
| 1½ cups Basic Yeast Sponge | 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 VITAMIN ENRICHED 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. Turn out on lightly floured bakeboard and dust dough lightly with flour, (using sifter). Knead, put to rise, shape, place in greased loaf pan, put to rise again. (See illustrations, pages 16 to 21.) Bake in preheated oven of 425°F., (hot), for 15 minutes. Then reduce to 375°F. (moderate) and bake 35 minutes more.

Cheese Bread

(1 loaf)

- | | |
|--|---------------------------|
| 1½ cups Basic Yeast Sponge | ½ cup grated nippy cheese |
| 1½ cups sifted ROBIN HOOD VITAMIN ENRICHED FLOUR | |

To basic yeast sponge add cheese and flour. Mix for 5 minutes. Turn out on lightly floured bakeboard and dust dough lightly with flour, (using sifter). Knead, put to rise, shape, place in greased loaf pan, put to rise again. (See illustrations, pages 16 to 21.) Bake in preheated oven of 425°F. (hot) for 15 minutes. Then reduce to 375°F. (moderate), and bake 35 minutes more.

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 package dehydrated fast-rising dry yeast OR	5¼ cups sifted ROBIN HOOD VITAMIN ENRICHED FLOUR
1 fresh compressed yeast cake	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 ½ cup of the liquid into small bowl. Test for lukewarm. (For lukewarm test see page 14.)

When *lukewarm* add 1 teaspoon sugar and dehydrated yeast. Let bubble 10 minutes. Blend. (If compressed yeast is used, crumble into water and blend. Let bubble 10 minutes).

To remaining 1½ cups 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 15.) Continue mixing for 5 minutes until dough becomes a smooth ball.

Proceed as directed in *White Bread* (New Rolled Dough Method), on page 10.

ROLLS AND FANCY BREADS

Basic Sweet Dough

"For Rolls or Fancy Breads"

STRAIGHT METHOD:

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

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

Scald milk in saucepan. Add cold water to scalded milk. Measure 1 cup of combined liquids into small bowl and test for lukewarm temperature. (See page 14.) When lukewarm, dissolve 2 teaspoons sugar in it and add dehydrated yeast. Let bubble 15 to 20 minutes. Blend. (If compressed yeast is used, crumble into 1 cup lukewarm water. Blend and allow to bubble 15 to 20 minutes.) Sift flour, then measure into large mixing bowl. Make well in centre.

To 1¼ cups liquid left 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 15.) Gradually form dough into smooth ball, then knead in bowl for 5 minutes. Brush top with melted shortening. Cover with damp cloth and then with dry cloth and allow to rise at warm room temperature, 75° to 85°, for 2 hours or until double in bulk. *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 17.) Remove dough to greased bakeboard for shaping into rolls or fancy breads, as directed in any selected recipe from pages 35 to 46.

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

REFRIGERATOR METHOD:

Follow recipe above for straight method but use $2\frac{1}{4}$ cups water instead of 1 cup milk and $1\frac{1}{4}$ cups water. Follow directions above. After kneading for 2 minutes, 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 after 8 hours or any time within one week.

When rolls or sweet breads are to be made, remove just enough dough from bowl for one baking. Form into a ball (see illustration, page 18) and allow to rest 15 minutes. Then shape into rolls or fancy breads as directed in any selected recipe from pages 35 to 46. Cover remainder in bowl at once and store in refrigerator again. If dough rises too much while in refrigerator, punch down occasionally.

Rich Sweet Dough

Follow Basic Sweet Dough but increase shortening to 6 tablespoons and use 3 eggs. Use as directed in Basic Sweet Dough. This may be made by the refrigerator method if water is used instead of milk.

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

Extra Rich Sweet Dough

Follow Basic Sweet Dough, 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. This may be made by the refrigerator method if water is used instead of milk.

NOTE: 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

ROLLS

Pan Buns

“Break-apart rolls—light and feathery”

USE $\frac{1}{4}$ Basic Sweet Dough (Straight, or Refrigerator Method, page 33)

or

$\frac{1}{4}$ Basic Rich Sweet Dough (Straight or Refrigerator Method, page 34)

or

$\frac{1}{4}$ Bread Dough (page 10).

Yield:—16 buns

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 dampened cloth and a dry cloth on top. Let rise in warm room temperature 75° to 85°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”

USE $\frac{1}{4}$ Basic Sweet Dough (Straight or Refrigerator Method, page 33)

Yield:—1 dozen rolls.

or

$\frac{1}{4}$ Bread Dough (page 10). *Yield:*—1 $\frac{1}{2}$ dozen rolls.

Grease baking sheet. With greased rolling pin, roll dough out to $\frac{1}{4}$ " thickness. Cut in rounds with 2 $\frac{1}{2}$ " biscuit cutter. Brush centre of rounds lightly with melted butter. Crease heavily with dull edge of table knife, just off-centre. Fold over with top half slightly overlapping bottom. Press edges together. Place fairly close together on well-greased baking sheet. Cover with dampened

cloth and a dry cloth on top, and allow to rise at warm room temperature, 75° to 85°F., until double in bulk (about 2 hours).

About 20 minutes before rolls are ready to bake, heat oven to 375°F., moderately hot. When risen, bake for 20 minutes or until golden brown. Turn out on wire rack and brush with melted butter.

NOTE: Any small pieces of dough left after cutting rounds may be used for Cloverleaf Rolls below.

Cloverleaf Rolls

"Sure and they'd please any Irishman"

USE $\frac{1}{4}$ Basic Sweet Dough (Straight or Refrigerator Method, page 33)

Yield:—1 dozen rolls.

or

$\frac{1}{4}$ Bread Dough (page 10) *Yield:—1½ dozen rolls.*

Grease muffin tins. Snip off small pieces of dough with greased scissors. Shape into balls. Dip in melted butter. Place three in each section of muffin tin. Cover with dampened cloth and a dry cloth on top and allow to rise at warm room temperature, 75° to 85°F., until double in bulk (about 2 hours).

About 20 minutes before rolls are ready to bake, heat oven to 375°F., moderately hot. When risen, bake for 20 minutes or until golden brown. Turn out on wire rack and brush with melted butter.

Twirls

"A quick twist—adds variety to your roll basket"

USE $\frac{1}{4}$ Basic Sweet Dough (Straight or Refrigerator Method, page 33)

Yield:—1 dozen rolls.

or

$\frac{1}{4}$ Bread Dough (page 10) *Yield:—1½ dozen rolls.*

Grease baking sheet. With greased rolling pin, roll dough out to rectangle 12" x 6" and about $\frac{1}{4}$ " thick. (It will be easier to roll to this shape if dough is first squeezed into a long roll with hands.) Brush lightly with butter and fold

ROLLS AND FANCY BREADS

over to make a 6" square. Cut into strips $\frac{1}{2}$ " wide and 6" long. Twist. Hold one end of twisted strip down on baking sheet with finger. Wind strip around and around. Tuck end underneath. Cover with dampened cloth and then dry cloth and allow to rise at warm room temperature (75° to 85°F.) until doubled in bulk (about 2 hours). Bake in preheated oven of 375°F. for 20 minutes. Turn out on wire rack and brush with melted butter.

Butterflies

"Butter does fly when you serve these!"

USE $\frac{1}{4}$ Basic Sweet Dough (Straight or Refrigerator Method, page 33)
Yield:—1 dozen rolls.

or

$\frac{1}{4}$ Bread Dough (page 10) Yield:—1 $\frac{1}{2}$ dozen rolls.

Grease baking sheet. With greased rolling pin, roll dough out to rectangular shape $\frac{1}{4}$ " thick, 5" wide and 24" long. (It will be easier to roll to this shape if dough is first squeezed into long roll with hands.) Brush with melted butter. Roll up jellyroll fashion. Cut into pieces 2" long. Press across centre of each piece with knife handle. Place on greased baking sheet. Cover with dampened cloth and then dry cloth and allow to rise at warm room temperature, 75° to 85°F., until double in bulk (about 2 hours). Bake in preheated oven of 375°F. for 20 minutes. Turn out on wire rack and brush with melted butter.

Bowknots

"A strip of dough tied in a knot"

USE: $\frac{1}{4}$ Basic Sweet Dough (Straight or Refrigerator Method, page 33)
Yield:—1 dozen rolls.

or

$\frac{1}{4}$ Bread Dough (page 10) Yield:—1 $\frac{1}{2}$ dozen rolls.

Grease baking sheet. Cut off pieces of dough and roll under your hand to little cylinders $\frac{1}{2}$ " thick and 6" long. Tie in knots. Place on greased baking sheet. Cover with dampened cloth and allow to rise at warm room temperature, 75° to 85°F., until double in bulk (about 2 hours). Bake in preheated oven of 375°F. for 20 minutes. Turn out on wire rack and brush with melted butter.

Crescent Rolls

"Moon-shaped and professional looking"

For one dozen rolls use:

$\frac{1}{4}$ Basic Sweet Dough (Straight or Refrigerator Method, page 33)

or

$\frac{1}{4}$ Basic Rich Sweet Dough (Straight or Refrigerator Method, page 34)

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 with dampened cloth and then dry cloth and allow to rise at warm room temperature, 75° to 85°F., until double in bulk (about 2 hours). About 20 minutes before rolls are ready to bake, heat oven to 375°F., (moderate). When risen, bake 20 minutes. Place rolls on rack. Brush with melted butter.

Cheese Crescent Rolls

Spread circle of rolled dough with soft or grated cheese instead of with melted butter. Cut in pie-shaped pieces and roll as for plain crescent rolls.

Fan Tans

"Tender golden rolls in slices, easy to separate"

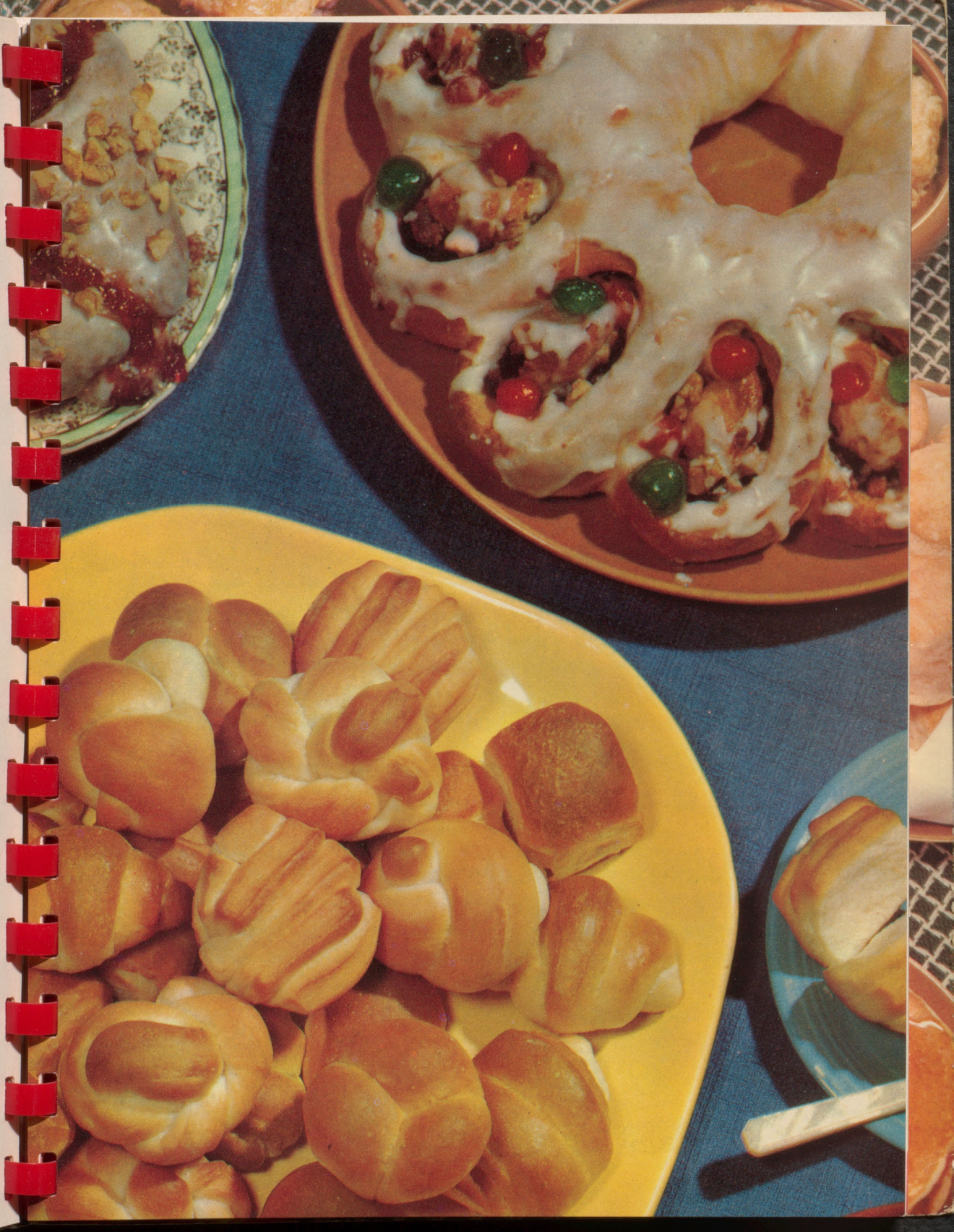
For one dozen rolls use:

$\frac{1}{4}$ Basic Sweet Dough (Straight or Refrigerator Method, page 33)

or

$\frac{1}{4}$ Basic Rich Sweet Dough (Straight or Refrigerator Method, page 34)

Grease 1 dozen medium-sized muffin tins. With greased rolling pin, roll out dough to form rectangle 12 x 10 inches and $\frac{1}{4}$ " 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 with a dampened cloth and then a dry cloth and allow to rise at warm room temperature, 75° to 85°F., until double in bulk (about 2 hours). About 20 minutes before rolls are ready to bake, heat oven to 375°F., (moderate). When risen, bake for 20 minutes. Turn out 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 or Refrigerator Method, page 33)

or

$\frac{1}{4}$ Basic Rich Sweet Dough (Straight or Refrigerator Method, page 34)

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 with dampened cloth and then a dry cloth and allow to rise at warm room temperature, 75° to 85°F., until double in bulk (about 2 hours). About 20 minutes before rolls are ready to bake, heat oven to 375°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 4 or 5 minutes so butterscotch mixture will run down over each roll.

Turn out and serve warm or cold.

ROLLS AND FANCY BREADS

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, page 33)

or

$\frac{1}{4}$ Basic Rich Sweet Dough (Straight or Refrigerator Method, page 34)

or

$\frac{1}{4}$ Bread Dough (page 10)

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 with dampened cloth and then dry cloth and allow to rise at warm room temperature, 75° to 85°F., until double in bulk (about 2 hours). 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.



ROLLS AND FANCY BREADS

FANCY SWEET DOUGH BREADS

Hungarian Coffee Cake

"A de luxe special—pride of any hostess"

USE $\frac{1}{4}$ Basic Sweet Dough (Straight or Refrigerator Method, page 33)

or

$\frac{1}{4}$ Basic Rich Sweet Dough (Straight or Refrigerator Method, page 34)

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

washed and dried

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 pastry brush, brush each small ball of dough with melted butter, then dip 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 with dampened cloth and then dry cloth and allow to rise at warm room temperature, 75° to 85°F., until double in bulk (about 2 hours). About 20 minutes before coffee cake is ready to bake, heat oven to 375°F. (Moderately hot oven).

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*"Serve HUNGARIAN COFFEE CAKE
at afternoon tea. It's sure to win praise."*

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.

Swedish Tea Ring

"A triumph of spicy whirls"

USE $\frac{1}{4}$ Basic Sweet Dough (Straight or Refrigerator Method, pages 33)

or

$\frac{1}{4}$ Basic Rich Sweet Dough (Straight or Refrigerator Method, page 34)

FILLING:

2 tablespoons melted butter
 $\frac{1}{2}$ cup brown sugar
2 teaspoons cinnamon
 $\frac{1}{2}$ cup washed & dried raisins

ICING:

1 cup icing sugar
1 to 2 tablespoons milk or water
2 drops vanilla
1 tablespoon chopped nuts
2 maraschino cherries, sliced

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 $\frac{1}{2}$ inch of inner edge. Twist each slice slightly on its side. Cover with damp cloth and then dry cloth and allow to rise at warm room temperature, 75° to 85°F., until double in bulk (about 2 hours.)

About 20 minutes before tea ring is ready to bake, heat oven to 375°F. (Moderately hot oven). When risen, bake for 25 minutes or until lightly browned. Using spatula slide tea ring on to rack.

ROLLS AND FANCY BREADS

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: Any desired mixture of currants, raisins, dates, nuts, etc. may be used to replace the $\frac{1}{2}$ cup of raisins.

Jelly Braid

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

USE $\frac{1}{4}$ Basic Sweet Dough (Straight or Refrigerator Method, page 33)

or

$\frac{1}{4}$ Basic Rich Sweet Dough (Straight or Refrigerator Method, page 34)

1 tablespoon butter, melted	$\frac{1}{4}$ teaspoon vanilla
$\frac{1}{2}$ cup icing sugar (firmly packed)	1 tablespoon chopped nuts
1 tablespoon milk	$\frac{1}{4}$ cup jelly or jam

Grease large bake sheet. With greased rolling pin roll out dough to form rectangle 6 x 12 and $\frac{1}{2}$ inch thick. Using sharp greased knife or scissors, 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 with dampened cloth and then dry cloth and allow to rise at warm room temperature, 75° to 85°F. until double in bulk (about 2 hours).

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, page 33)
or
 $\frac{1}{4}$ Basic Rich Sweet Dough (Straight or Refrigerator Method, page 34)
or
 $\frac{1}{4}$ Basic Extra Rich Sweet Dough (Straight or Refrigerator Method, page 34)

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 with dampened cloth and then dry cloth and allow to rise at warm room temperature, 75° to 85°F. until double in bulk (about 2 hours).

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.

Viennese Coffee Ring

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

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

ROLLS AND FANCY BREADS

Grease an 8" to 9" ring mould.

Scald milk. Add cold water. Measure $\frac{1}{2}$ cup. When lukewarm add 2 teaspoons sugar and dehydrated yeast. Allow to bubble 10 minutes. (If compressed yeast is used crumble into lukewarm water. Blend. Allow to bubble 10 minutes.) Add sugar, salt and shortening to remaining $\frac{1}{4}$ cup of liquid. 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 with dampened cloth and then dry cloth, and let rise at warm room temperature, 75° to 85°F., $1\frac{1}{2}$ 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 VITAMIN ENRICHED FLOUR	1 package dehydrated yeast OR 1 fresh compressed yeast cake
2 teaspoons cinnamon	1 teaspoon salt
$\frac{1}{2}$ teaspoon allspice	$\frac{1}{4}$ cup sugar
$\frac{1}{2}$ teaspoon cloves	2 tablespoons soft shortening (butter, vegetable shortening or lard)
$\frac{3}{4}$ cup washed raisins	1 egg, beaten
$\frac{1}{3}$ cup chopped peel	
$1\frac{1}{4}$ cups of water	

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

Heat water. Pour $\frac{1}{2}$ cup into measuring cup. Let cool to lukewarm (to test for lukewarm, see page 14). Add 1 teaspoon sugar and dehydrated yeast. Let bubble for 10 minutes. Blend. (If compressed yeast is used, crumble into lukewarm water, blend, and allow to bubble for 10 minutes.) To lukewarm water in saucepan, add salt, sugar, soft shortening and beaten egg. Add dis-

solved 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 or on greased bakeboard for 5 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° to 85°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 17).

Remove dough to lightly floured bakeboard. Form into ball, cover with towel. Let stand for 15 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 with damp cloth and then with dry cloth and allow to rise until double in bulk, about 2 hours.

About 20 minutes before buns are ready to bake, heat oven to 375°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.

YIELD:—18 large buns.

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

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 VITAMIN ENRICHED FLOUR.

Popovers

"Crusty golden brown outside—hollow inside"

1 cup sifted ROBIN HOOD VITA- MIN ENRICHED FLOUR	1 cup milk 2 eggs
$\frac{1}{4}$ teaspoon salt	$1\frac{1}{2}$ teaspoons melted shortening

Preheat oven to 475°F. (Very hot oven). Place approximately 9 thoroughly greased thick muffin pans in oven to heat while making batter.

Measure sifted flour into sifter, add salt. Sift together into mixing bowl. Add milk gradually beating until smooth.

Beat eggs until *thick and light*. Add to flour and milk mixture, then add melted shortening. *Beat for 2 minutes with rotary beater*. Batter should be of thickness of heavy cream. Pour batter into pans filling $\frac{1}{2}$ full.

Bake in a very hot oven 475°F. for 20 minutes then reduce heat to 350°F. (Moderate oven) and bake 20 minutes longer.

Serve warm.

YIELD:—Approximately 9 popovers.

NOTE: *Popovers are fine when split and filled with thick cheese sauce, creamed chicken or sea food.*

Yorkshire Pudding

"As English as roast beef—they go together"

$\frac{1}{4}$ cup hot meat dripping	$\frac{1}{2}$ teaspoon salt
1 cup sifted ROBIN HOOD VITA- MIN ENRICHED FLOUR	1 cup milk 2 eggs, beaten

When roast is done remove from oven and keep warm. Heat oven to 450°F. (Very hot oven). Pour $\frac{1}{4}$ cup hot meat dripping from roast pan into bake dish approximately 10 x 6 x 2 inches. Place in oven to heat. Pan and dripping should be piping hot before pouring in batter.

Measure sifted flour into sifter, add salt. Sift together into mixing bowl.

Beat eggs until foamy, add milk. Gradually stir into dry ingredients then *beat with rotary beater for 2 minutes*. Pour into *hot* bake dish and bake in 450°F.

oven. (Very hot oven) for 25 to 30 minutes. Cut in slices and serve at once.

YIELD:—Approximately 6 servings.

Individual Yorkshire Pudding

Pour batter into piping hot muffin tins each containing 1 teaspoon hot dripping. Bake for 20 minutes at 450°F.

Pancakes

“Thin batter cakes, flipped over—maple syrup does the rest!”

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

Put griddle iron or heavy frying pan 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 lightly for first cakes. 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 pancakes.

Whole Wheat Pancakes

Substitute 1 cup whole wheat flour for 1 cup of white flour. Use 4 teaspoons baking powder and 1 $\frac{2}{3}$ cups milk.

Waffles

"For family or party, always a treat"

1 $\frac{2}{3}$ cups sifted ROBIN HOOD VITAMIN ENRICHED 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 VITAMIN ENRICHED 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. If a tart fruit such as blueberries, or cranberries is used, roll in sugar before adding to muffin mixture.

Wholewheat Muffins Add 1 extra teaspoon baking powder and replace 1 cup flour with whole-wheat flour.

Apple Oat Bread

"A special flavour, and extra food value!"

1 cup QUICK 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 VITA- MIN ENRICHED FLOUR	$\frac{1}{2}$ cup brown sugar
	1 egg, beaten
1 teaspoon baking powder	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 52.

Doughnuts

$3\frac{1}{2}$ cups sifted ROBIN HOOD VITAMIN ENRICHED FLOUR	4 teaspoons baking powder
$\frac{1}{4}$ teaspoon nutmeg	$\frac{1}{2}$ teaspoon salt
1 cup sugar	3 tablespoons butter or shortening
1 teaspoon vanilla	2 eggs
$\frac{3}{4}$ cup, plus 2 tablespoons milk	

Sift flour and baking powder together twice. Beat egg whites stiff. Beat egg yolks, adding sugar gradually. Add creamed butter, salt, nutmeg and 2 tablespoons milk. Fold in egg whites. Add the flour and the milk alternately to the first mixture, beginning and ending with dry ingredients. Add vanilla.

Pat the dough to $\frac{1}{8}$ inch thickness on *lightly* floured board. Cut with doughnut cutter. Fry three minutes in deep fat heated to 360°F. (A cube of bread will brown in 1 minute). Turn once. Do not fry more than 3 or 4 at a time. Drain on unglazed paper and sprinkle with sugar.

YIELD:—3 dozen.

Plain Tea Biscuits

"Serve piping hot—freshly buttered"

2 cups sifted ROBIN HOOD VITA- ½ teaspoon salt
MIN ENRICHED FLOUR 4 tablespoons shortening
3 teaspoons baking powder ¾ cup plus 2 tablespoons milk

NOTE: Whole Wheat Tea Biscuits. Follow above recipe but use 1 cup sifted ROBIN HOOD VITAMIN ENRICHED 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 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 ¾ 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 2¼-inch cutter).

Butterscotch Rolls

Roll Tea Biscuit dough out to a square 12" x 12" and $\frac{1}{4}$ " thick. Spread with soft butter and brown sugar. Roll up jelly-roll fashion and cut with a sharp knife into 1" pieces. Place these cut side down into greased muffin tins containing $\frac{1}{2}$ teaspoon melted butter and $\frac{1}{2}$ tablespoon brown sugar.

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

One half teaspoon cinnamon, four tablespoons chopped nuts and $\frac{1}{3}$ cup raisins may be sprinkled over dough before rolling up. Sprinkle one teaspoon chopped nuts in bottom of each muffin pan.

Cheese Biscuits

Add $\frac{2}{3}$ cup grated nippy cheese to dry ingredients before adding milk. Follow directions for mixing and baking as in Plain Tea Biscuits, page 54.

Canadian Cheese Supper Ring

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

Prepare biscuit dough as for Cheese Biscuits, adding $\frac{1}{2}$ teaspoon curry powder to dry ingredients.

Gently roll out with floured rolling pin or pat out with hand to $\frac{1}{3}$ 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 20 to 25 minutes. Serve hot.

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

Fruit Shortcake

"Picturesque setting for fresh or canned fruits"

2 cups sifted ROBIN HOOD VITA- MIN ENRICHED FLOUR	2 tablespoons sugar
3 teaspoons baking powder	6 tablespoons shortening
½ teaspoon salt	1 egg, well beaten
	⅔ 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

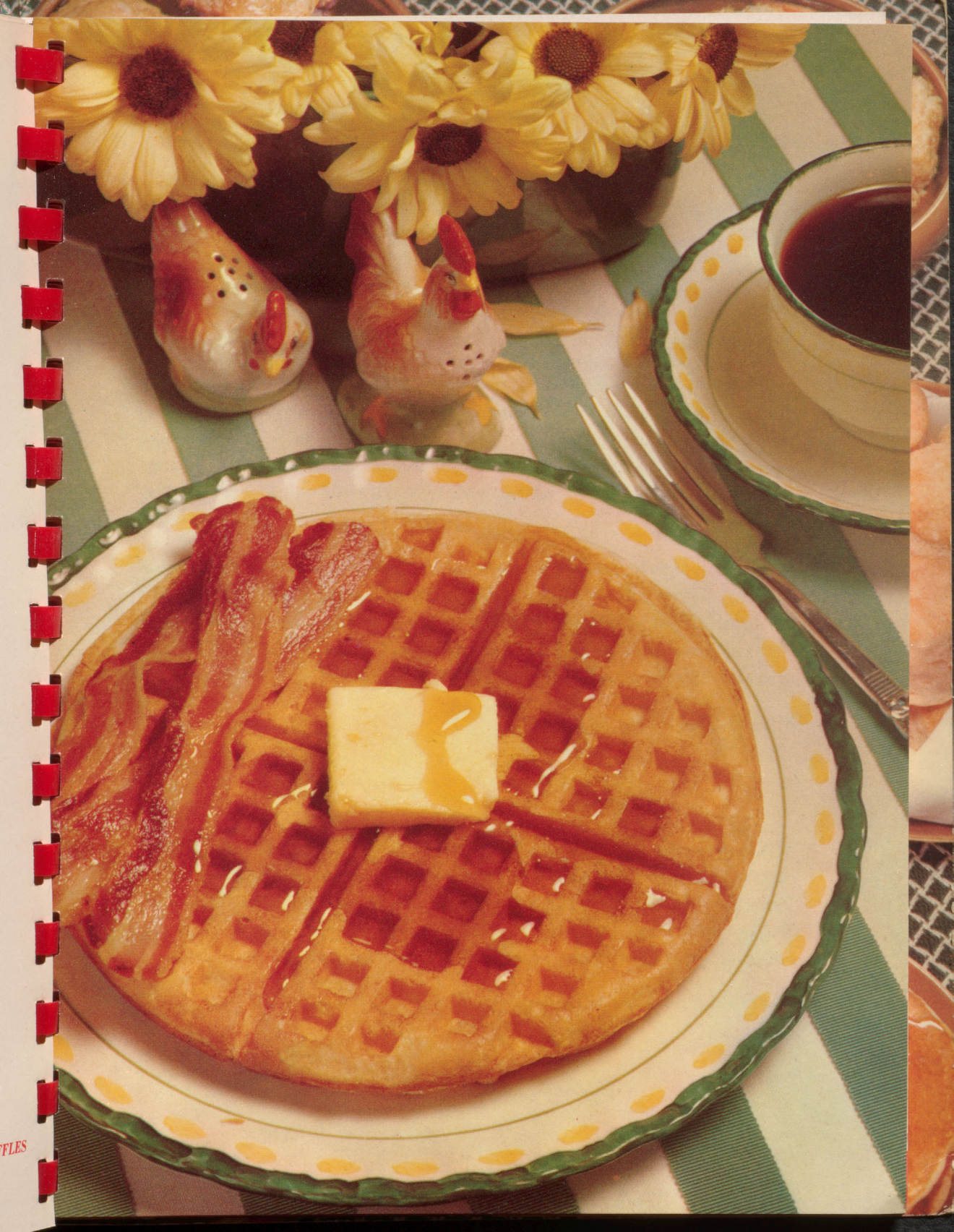
Grease cookie sheet. Gently roll out with floured rolling pin or pat out with hand to one-third inch thickness. Using floured 3-inch biscuit cutter, cut out 12 circles. Place 6 circles on cookie sheet. Brush with melted butter. Place remaining circles on top. Bake at 425°F. (Hot oven) for 15 to 20 minutes.

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.

While still warm remove top half of shortcake, 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.



Buttermilk Scones

"An old-fashioned recipe brought up to date"

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

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.

Dumplings

(FOR MEAT STEW)

"Makes a stew something special"

2 cups sifted ROBIN HOOD VITA- MIN ENRICHED FLOUR	$\frac{1}{2}$ 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.

Coffee Cake

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

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

TOPPING

$\frac{1}{4}$ cup brown sugar
 $\frac{1}{2}$ teaspoon cinnamon
1 tablespoon ROBIN HOOD
VITAMIN ENRICHED FLOUR
2 tablespoons melted butter
 $\frac{1}{4}$ cup chopped nuts

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.*

Dutch Apple Cake

“A quick bread treat—or a hot dessert”

Make as for 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, ½ teaspoon cinnamon and ¼ 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
VITAMIN ENRICHED FLOUR | 1 cup seedless raisins or chopped dates |
| 4 teaspoons baking powder | 1 tablespoon grated orange rind |
| ½ teaspoon salt | 1 egg, well beaten |
| ½ cup granulated sugar | 1 cup milk |
| ¾ cup broken nut meats | 2 tablespoons melted butter or short-
ening |

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 VITAMIN ENRICHED FLOUR	2 tablespoons chopped candied lemon peel
4 teaspoons baking powder	¼ cup chopped blanched almonds
½ teaspoon salt	¼ cup chopped pecans
¼ teaspoon cinnamon	1 cup milk
¾ cup granulated sugar	2 eggs, well beaten
¼ cup chopped citron peel	3 tablespoons butter or shortening, melted
¼ 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 eggs, 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 VITAMIN ENRICHED FLOUR	4 tablespoons brown sugar
3 teaspoons baking powder	$\frac{1}{2}$ cup seedless raisins
$\frac{1}{4}$ teaspoon baking soda	1 egg, beaten
1 teaspoon salt	$1\frac{1}{4}$ cups milk
$\frac{1}{2}$ cup QUICK 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"

$\frac{1}{3}$ cup unstrained orange juice	2 tablespoons melted butter or shortening
2 tablespoons unstrained lemon juice	2 cups sifted ROBIN HOOD VITAMIN ENRICHED FLOUR
1 cup seedless raisins	1 teaspoon baking powder
1 tablespoon grated orange rind	$\frac{3}{4}$ teaspoon baking soda
$\frac{1}{2}$ cup table molasses	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup granulated sugar	
1 egg, well beaten	

Grease an 8 x 5 x 3 inch loaf tin thoroughly. Combine orange and lemon juice and bring just to boiling point. Wash raisins. Add to hot fruit juice. Let cool. When cool, add orange rind, molasses, sugar, beaten egg and melted butter or shortening.

Sift together flour, baking powder, soda and salt into mixing bowl. Add first mixture and *mix just until blended*. Turn into greased loaf tin. Let stand for 20 minutes. Preheat oven to 350°F. (Moderate oven).

Bake at 350°F. (Moderate oven) for one hour. 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 an afternoon tea bread of unusual flavour. Be sure to use the light mild-flavoured molasses; the dark gives a bitter flavour.

Apple Oat Bread

"Moist, with different texture"

2 cups sifted ROBIN HOOD

VITAMIN ENRICHED FLOUR

1 teaspoon baking powder

1 teaspoon baking soda

1 teaspoon salt

½ cup granulated sugar

⅓ cup QUICK ROBIN HOOD OATS

1 egg, well beaten

¾ cup sour milk

1 cup finely grated raw apple

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 sugar and oats. Mix well. Combine sour milk, beaten egg, apple and melted butter or shortening. 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 1 hour. Bake in centre of oven on middle rack. Turn out on wire rack and allow to cool for several hours before slicing.

NOTE: This bread is delicious served with cheese. If spicy flavour is desired add ¼ teaspoon nutmeg and ½ teaspoon cinnamon to dry ingredients.

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 VITAMIN ENRICHED 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 VITAMIN ENRICHED FLOUR. For best results use ROBIN HOOD VITAMIN ENRICHED 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 preheated 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 6.

- 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 VITAMIN ENRICHED 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 or two layers of brown paper, greased. 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, turning bowl one-quarter of a turn after each folding operation.

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. Brush off loose crumbs. 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. Brush off loose crumbs. Cover sides of cake with frosting then pile frosting on top spreading in swirls. If chopped nuts, cocoanut or other garnishes are to go on frosting, put them on while frosting is still soft.

BUTTER CAKES

Standard White Cake

(LOAF OR LAYERS)

"Plain with delicate flavour—vary with frostings"

1 $\frac{2}{3}$ cups twice sifted ROBIN HOOD VITAMIN ENRICHED 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 VITAMIN ENRICHED FLOUR, baking powder and salt. Sift again. Beat egg whites until frothy. Gradually beat in 1/4 cup sugar, beating until egg whites are stiff but not dry. 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 153 and 154, and Frostings, pages 150 to 153.)

Spice Cake

"Perfect blending of four spices for interesting variation"

Make as for Two-Egg Cake. 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.

New Method Three-Egg Cake

(L A Y E R S)

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

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

Grease 2 9-inch layer cake tins. Line bottoms with waxed paper. Grease again and lightly flour. Preheat oven to 350°F. (Moderate oven).

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 tins, spreading batter evenly. Bake at 350°F. (Moderate oven) for 25 minutes. Remove from oven. Allow to stand in tin 5 minutes. Turn out on wire cake rack to cool.

Put layers together with any desired filling. Cover top and sides with any desired frosting. (See Fillings, pages 153 and 154, and Frostings, pages 150 to 153.)

NOTES: 1. *If desired, put frosting between layers as well as top and sides.*

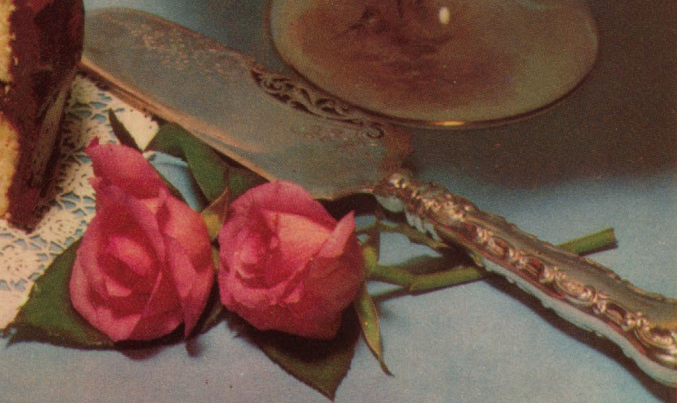
2. *This cake is ideal for special occasions such as birthdays, St. Valentine's, St. Patrick's, etc.*

*Chocolate Cake (P. 70)
with Butter Frosting (P. 150)*

*Applesauce Cake (P. 74)
with Mocha Butter Frosting (P. 150)*

*Orange Cake (P. 137)
with Orange Butter Frosting (P. 150)*

*White Cake (P. 67) with
Chocolate Fudge Frosting (P. 152)*



Chocolate Cake

"Rich with that ever popular flavour"

½ cup soft shortening (part butter)	2½ teaspoons baking powder
1 cup milk	¼ teaspoon baking soda
½ cup granulated sugar	½ teaspoon salt
2 squares (2 oz.) unsweetened chocolate, cut in small pieces	½ teaspoon vanilla
1⅔ cups twice sifted ROBIN HOOD VITAMIN ENRICHED FLOUR	½ cup granulated sugar
	2 egg yolks
	2 egg whites

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 ½ 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 ½ 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 50 to 55 minutes for loaf or at 375°F. (Moderately hot oven) 30 to 35 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 150 to 153.)

Cocoa Cake

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

1/3 cup granulated sugar	1/2 teaspoon baking soda
1/3 cup cocoa	1/2 teaspoon salt
1/2 cup boiling water	2 teaspoons vanilla
1/2 cup soft shortening (part butter)	1 cup brown sugar, firmly packed
1 1/2 cups twice sifted ROBIN HOOD VITAMIN ENRICHED FLOUR	2 egg whites
2 teaspoons baking powder	2 egg yolks
	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.

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 brown 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 50 to 55 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.



Buttermilk Spice Cake

"Fluffy, perfectly flavoured and fruited"

$\frac{1}{2}$ cup soft 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 VITAMIN ENRICHED FLOUR	$\frac{1}{4}$ teaspoon cloves
2 teaspoons baking powder	1 cup brown sugar, firmly packed
$\frac{1}{2}$ teaspoon baking soda	2 egg whites
$\frac{1}{2}$ teaspoon salt	2 egg yolks
	$\frac{3}{4}$ cup sour milk or buttermilk

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.

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. Grease cup cake pans with unsalted shortening and dust lightly with flour. Fill $\frac{2}{3}$ full. Cup cakes will require 15 to 20 minutes baking in moderately hot oven, 375°F.

Hot Water Gingerbread

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

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

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	$\frac{1}{2}$ teaspoon salt
1 cup seedless raisins	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{2}$ cup soft shortening (part butter)	$\frac{1}{2}$ teaspoon allspice
$1\frac{1}{2}$ cups twice sifted ROBIN HOOD VITAMIN ENRICHED FLOUR	$\frac{1}{2}$ teaspoon nutmeg
2 teaspoons baking powder	1 cup granulated sugar
$\frac{1}{2}$ teaspoon baking soda	1 egg

Make applesauce, press through sieve and measure, (or use canned applesauce).

Allow to stand until cool. 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. 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.

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 Loaf Cake

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

$\frac{3}{4}$ cup sifted ROBIN HOOD VITAMIN ENRICHED 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.

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RICH DARK FRUIT CAKE (P. 82)	ECONOMY DARK FRUIT CAKE (P. 85)
OLD ENGLISH PLUM PUDDING (P. 128)	
LIGHT FRUIT CAKE (P. 86)	CHERRY ALMOND CAKE (P. 84)

(Illustration P. 76 & P. 77)





Beat eggs with rotary beater in deep bowl until fluffy and lemon-colored (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 Loaf Cake, page 75. 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, *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 154) 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 VITAMIN ENRICHED FLOUR	1 $\frac{1}{2}$ cups fine granulated sugar
1 $\frac{1}{2}$ teaspoons baking powder	1 tablespoon grated orange rind
$\frac{1}{2}$ teaspoon salt	1 tablespoon strained orange juice
$\frac{3}{4}$ 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 150 to 153.)

- 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.*
3. *Make one day. Cover whites and keep cool. Make Angel Cake (page 81) a few days later.*

Angel Food Cake

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

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

Preheat oven to 375°F. (Moderately hot 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 375°F. (Moderate oven) for 35 to 40 minutes. 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 151), 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.*

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 (1 ½ 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	½ cup grape or fruit juice
VITAMIN ENRICHED FLOUR	½ cup strong coffee
3 teaspoons baking powder	
½ teaspoon baking soda	

Wash and dry raisins and currants. Pit and chop dates. Chop seeded raisins and peel. Cut cherries in half. Blanch and slice almonds lengthwise. (For extra

flavour, toast almonds in moderate oven.) 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, about 8 x 8 x 3½ inches, 6 x 6 x 3½ inches and 4 x 4 x 3 inches) 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.

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 color desired.

Rich Dark Fruit Cake (page 82) 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 ¼ to ⅓ inch thick. Spread a thin, smooth layer of Decorative Frosting over cake. Allow to harden for a day. Next day put on a second layer and decorate. For decorating a three-tier wedding cake, use double the amount of Decorative Frosting.

Almond Paste

1 pound shelled almonds	$\frac{1}{4}$ teaspoon salt
2 pounds icing sugar (about 7 cups)	6 egg yolks
	1 tablespoon almond flavouring

Blanch almonds and put through fine food chopper. Mix thoroughly with icing sugar and salt. Work in egg yolks one at a time. Work in almond flavouring, adding more if a strong almond flavour is desired. Knead on board lightly sprinkled with icing sugar until well blended. Just before using knead the amount desired for each cake until smooth. Roll to size of cake. Pat on cake which has been brushed with egg white.

YIELD:—Sufficient to cover one 8" x 8", one 6" x 6" and one 4" x 4" cake.

Decorative Frosting

3 egg whites	$\frac{1}{3}$ teaspoon salt
3 cups icing sugar	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, and salt. Continue beating until so stiff that when you cut through with a knife, the icing will hold its shape. Add lemon juice and blend. 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. 3 tablespoons melted butter may be added for a softer frosting. It will not be so white. Add more icing sugar until desired consistency.

2. If desired, 1 teaspoon vanilla may be added.

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	1 $\frac{1}{4}$ cups granulated sugar
2 $\frac{1}{2}$ cups sifted ROBIN HOOD VITAMIN ENRICHED 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 86). Use greased and lined large-size Christmas cake tin about 8 x 8 x 3 $\frac{1}{2}$ inches. 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 VITAMIN ENRICHED 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. For extra flavour toast almonds in moderate oven. Combine fruit and nuts. Grease and line cake tins (2 medium-size standard Christmas cake tins—6 x 6 x $3\frac{1}{2}$ inches or one 8 x 8 x $3\frac{1}{2}$ inches) 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) 3 hours for medium size cakes and 4 hours for large cake. Remove from oven. Allow to stand in tin for 5 minutes. Turn out on wire 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)	1 teaspoon baking powder
½ pound (about 1½ cups) seedless raisins	½ teaspoon salt
½ pound citron peel	1 teaspoon vanilla
¼ pound almonds	1 teaspoon almond extract
¾ cup glace or well-drained maraschino cherries	2 teaspoons rose water
2½ cups sifted ROBIN HOOD VITAMIN ENRICHED FLOUR	1 teaspoon grated lemon rind
	1¼ cups granulated sugar
	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. For extra flavour toast almonds in moderate oven. Slice cherries. Combine in large bowl and set aside until needed. Grease and line cake tins (1 medium-size, 6 x 6 x 3½ inches, and 1 small-size, 4 x 4 x 3 inches, 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. Bake small and large cookies separately so they will bake evenly.
- 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 tightly covered container.

ROLLED COOKIES

Sugar Cookies

"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 VITAMIN ENRICHED 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. Work quickly to prevent dough from softening up too much. 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 87.

Filled Cookies

Roll and cut half Sugar Cookie dough into rounds. Roll and cut remaining dough with doughnut cutter for top rounds.

Place one teaspoon of jam or date filling (page 154) in centre of bottom round. Cover with top round and press edges together with fork. Bake at 375°F. 10 to 12 minutes until very lightly browned.

Thin Oat Cookies

"The very thing for the cookie jar"

- | | |
|--|----------------------------------|
| 1/2 cup soft shortening | 1/4 teaspoon salt |
| 1/2 cup soft butter | 1 teaspoon vanilla |
| 1 1/2 cups sifted ROBIN HOOD
VITAMIN ENRICHED FLOUR | 1 cup brown sugar, firmly packed |
| 3 teaspoons baking powder | 1/2 cup milk |
| | 2 cups QUICK 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 88), preheating oven to 400°F. (Hot oven) and rolling cookies 1/8 inch thick.

YIELD:—80 cookies (2 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 154), jam or apple butter.

Rolled Ginger Cookies

"Thin, crisp and nippy with ginger"

- | | |
|--|-------------------------------|
| 1/2 cup melted shortening | 3 teaspoons ginger |
| 1 3/4 cups sifted ROBIN HOOD
VITAMIN ENRICHED FLOUR | 1/4 cup fine granulated sugar |
| 1 teaspoon baking soda | 1/2 cup fine dry bread crumbs |
| 1/2 teaspoon salt | 1/2 cup molasses |
| 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 $\frac{1}{4}$ 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).

NOTE: *This dough may be used for refrigerator cookies. Chill $\frac{1}{2}$ to 1 hour; shape into rolls 2" in diameter; wrap in waxed paper; chill 8 hours or overnight. Slice $\frac{1}{8}$ " thick and bake at 350°F. 8 to 10 minutes.*

Shortbreads

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

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

2 cups sifted ROBIN HOOD
VITAMIN ENRICHED FLOUR

Measure butter into mixing bowl. Sift flour. Cream butter until very soft and fluffy. Add sugar gradually and work until light. Add $1\frac{3}{4}$ cups flour, reserving $\frac{1}{4}$ cup for bakeboard. Turn out dough and gradually knead in remaining flour if necessary. When dough begins to crack when kneaded, no more flour should be added.

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.

REFRIGERATOR COOKIES

Plain Refrigerator Cookies

- | | |
|---|---------------------------|
| ½ cup soft butter | ½ teaspoon lemon extract |
| ½ cup soft shortening | ½ teaspoon almond extract |
| 2¼ cups sifted ROBIN HOOD
VITAMIN ENRICHED FLOUR | ½ teaspoon vanilla |
| 1 teaspoon baking powder | ½ cup brown sugar |
| ½ teaspoon baking soda | ½ cup granulated sugar |
| ¼ 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 ½ to 1 hour.

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 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 rack to cool.

YIELD:—7 dozen cookies.

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

Tutti-Frutti Refrigerator Cookies

Add ⅓ cup sliced blanched almonds and ½ cup chopped candied fruit or red and green cherries to sifted dry ingredients in recipe for Plain Refrigerator Cookies. Mix well.

Chocolate Refrigerator Cookies

Add $\frac{1}{2}$ cup finely chopped nuts to sifted dry ingredients in recipe for Plain Refrigerator Cookies. Add 3 squares (3 ounces) melted unsweetened chocolate after adding eggs.

Ginger Refrigerator Cookies

See Page 89.

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 VITA- MIN ENRICHED 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.

Quick Oat Drop Cookies

"So simple to make, yet always popular"

- | | |
|---|------------------------------------|
| 1/2 cup soft shortening (part butter) | 1/4 teaspoon nutmeg |
| 3/4 cup plus 2 tablespoons sifted ROBIN HOOD VITAMIN ENRICHED FLOUR | 1/2 teaspoon baking soda |
| 1/4 teaspoon salt | 1/2 teaspoon vanilla |
| | 1/2 cup brown sugar, firmly packed |
| | 1 cup QUICK 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 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.

Light Fruit Cookies

- | | |
|--|--------------------------------|
| 1/2 cup soft butter | 1/2 teaspoon baking soda |
| 1/2 cup soft shortening | 1/2 teaspoon salt |
| 1/2 cup brown sugar | 1 cup cocoanut |
| 1/2 cup white sugar | 1/2 cup chopped dates |
| 1 egg | 1/4 cup chopped red cherries |
| 1 cup sifted ROBIN HOOD VITAMIN ENRICHED FLOUR | 1/4 cup chopped green cherries |
| | 1 teaspoon vanilla |
| | 2 cups QUICK ROBIN HOOD OATS |

Preheat oven to 325°F. Grease a baking sheet.

Cream the butter and shortening until fluffy. Add brown and white sugar and cream together well. Add vanilla. Beat the egg lightly and add to the





sugar and shortening. Blend well. Add flour, sifted with the baking soda and salt. Mix in coconut, dates and cherries. Add the oats and blend with other ingredients.

Drop by spoonfuls on greased baking sheet. Bake at 325°F. for 10 to 12 minutes.

Soft Molasses Cookies

3 cups sifted ROBIN HOOD VITA- MIN ENRICHED FLOUR	½ cup shortening
2 teaspoons soda	½ cup sugar
¾ teaspoon salt	1 cup molasses
1 tablespoon ginger	1 egg, beaten
1 teaspoon cinnamon	½ cup boiling water
	1 tablespoon vinegar

Preheat oven to 375°F. Grease baking sheets.

Sift together flour, soda, salt, ginger and cinnamon. Cream together shortening and sugar until light and fluffy. Add molasses and egg. Beat well. Add flour mixture to creamed mixture alternately with water and vinegar, mixing thoroughly. Drop by tablespoonfuls, 2 inches apart, on greased baking sheets. Sprinkle with sugar, if desired. Bake in moderate oven, 375°F., 12 to 15 minutes.

YIELD:—About 3½ dozen cookies.

Peanut Butter Cookies

1 cup shortening	1 cup peanut butter
1 cup white sugar	2 teaspoons soda
1 cup brown sugar	¼ teaspoon salt
2 eggs	2¼ cups sifted ROBIN HOOD VITA- MIN ENRICHED FLOUR

Cream softened shortening until fluffy. Gradually add sugar, mixing until creamy. Beat in unbeaten eggs and mix well. Add peanut butter and blend well. Add flour sifted with soda and salt.

Shape the dough into bars 1" x 2" x $\frac{3}{4}$ " deep. Roll in cocoanut. Place on an ungreased baking sheet and bake in a moderate oven (375°F.) for 12 to 15 minutes.

YIELD:—5 dozen.

NOTE: These may be rolled into balls and pressed flat with a fork.

BAR 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 VITA- MIN ENRICHED 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.

Butterscotch Oat Squares

"Crispy, chewy—like candy"

½ cup butter, melted	1 teaspoon baking powder
1 cup brown sugar (firmly packed)	2 cups QUICK 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 10 to 15 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.

Date Squares

1¾ cups QUICK ROBIN HOOD OATS	Filling:
1½ cups ROBIN HOOD VITAMIN EN- RICHED FLOUR	2 cups dates
¾ cup butter	½ cup sugar
¼ teaspoon soda	1 cup water
1 cup brown sugar	juice of 1 lemon

Combine ingredients for filling. Simmer until thick, being careful that mixture does not burn. Cool.

Preheat oven to 375°F. Lightly grease a 9" x 9" pan.

Sift soda with flour. Combine flour, brown sugar and oats. Work in butter with fingertips. (Part shortening may be used, but butter gives better flavour and browning.)

Pat half of this mixture into pan. Spread date filling over layer of oat mixture, then pat other half of oat mixture on top. Bake in quick moderate oven, 375°F., 45 minutes. Cut in squares when cool.

Brownies

2 squares unsweetened chocolate	2 eggs
½ cup shortening or butter	½ cup sifted ROBIN HOOD
1 cup sugar	VITAMIN ENRICHED FLOUR
½ teaspoon vanilla	¼ teaspoon salt
	½ cup chopped walnuts

Preheat oven to 350°F. Grease or line with waxed paper an 8-inch square cake tin.

Melt chocolate over hot water. Cream shortening and vanilla. Add sugar gradually and cream until light and fluffy. Add eggs, one at a time, beating well after each addition. Add melted chocolate and blend. Fold in flour sifted with salt. Fold in nuts. Bake 45 minutes.

Frost, if desired, with Chocolate Butter Icing, (page 150).

Banana Bars

⅓ cup soft shortening	2 teaspoons baking powder
1 cup sugar	½ teaspoon salt
2 cups sifted ROBIN HOOD VITA- MIN ENRICHED FLOUR	1 cup mashed bananas (about 3)
2 eggs, well beaten	1 tablespoon lemon juice
	1 cup chopped nuts

Preheat oven to moderate, 350°F. Grease a 9" x 13" pan.

Cream shortening and sugar together until fluffy. Add eggs and beat thoroughly. Sift dry ingredients together and add alternately with mashed bananas and lemon juice. Add nuts.

Spread in well-greased pan. Bake in a moderate oven for 25 to 30 minutes.

Cool and frost with plain Butter Frosting, (page 150).

YIELD:—3 dozen bars.

PASTRY

Secrets of Making Pastry

- 1.** Follow directions exactly as given for each type of pastry. Be sure to use ROBIN HOOD VITAMIN ENRICHED FLOUR in amounts specified in each recipe. These recipes were perfected to suit ROBIN HOOD VITAMIN ENRICHED 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 6 and 7 for other measuring methods.
 - (c) Use only the amount of water specified in recipe. Too much water makes pastry tough.
- 3.** *Thoroughly blend half shortening into flour.* Cut remaining half in with pastry blender or two knives until the size of small peas.
- 4.** Avoid mixing dough too much after liquid has been added. Over-mixing makes pastry tough. Add liquid very gradually. (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 10 minutes before rolling out.
- 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.
- 7.** A hot oven is very important in producing flaky pastry.

Plain Pastry

GENERAL DIRECTIONS

1. STANDARD METHOD:

For one 9-inch pie shell—

1 cup sifted ROBIN HOOD VITAMIN ENRICHED FLOUR
 $\frac{1}{3}$ teaspoon salt
 $\frac{1}{3}$ cup lard OR vegetable shortening
 2 to 3 tablespoons cold water

For one 9-inch double-crust pie—

2 cups sifted ROBIN HOOD VITAMIN ENRICHED FLOUR
 $\frac{2}{3}$ teaspoon salt
 $\frac{2}{3}$ cup lard OR vegetable shortening
 5 to 6 tablespoons cold water

Sift together flour and salt into mixing bowl. Cut half of lard or shortening into flour in bowl, using pastry blender or two knives, until fine and mealy. Cut remaining half in until the size of small peas. Add cold water very gradually (one teaspoonful at a time) tossing mixture up from bottom of bowl with a fork. Drop water here and there over flour so it will be evenly distributed. Mixture will still be crumbly. Turn out on a large piece of waxed paper. Use waxed paper to press pastry firmly together into a ball. Roll up in paper tightly. Chill or roll out at once.

Lightly flour pastry cloth or bakeboard. If recipe for double crust pie is used, cut dough in two before rolling, making one portion slightly larger than the other for bottom crust.

With floured rolling pin roll out in all directions from centre. 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.

For one-crust shell: Trim pastry with scissors or sharp knife, allowing one-half inch to hang over edge of pie plate. Tuck under, even with pie plate, and flute edge with thumb and forefinger or press around edge with tines of fork. Chill if possible. If pie shell is to be baked without filling, 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.

NOTES: 1. 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.

2. Pie shells may be made in advance and kept in refrigerator until ready to bake.

For double-crust pie: Fill bottom crust with any of the fillings suggested in the following pages. For top crust, roll out remaining pastry to $\frac{1}{8}$ inch thickness or less and $\frac{1}{2}$ inch larger than 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 at 450°F. for 10 minutes, then reduce to 350°F., or bake at a constant temperature of 425°F. for 35-40 minutes.

NOTE: Always set pie on bottom rack in oven for first 15 to 20 minutes. To brown top crust, place pie higher in oven during last 15 minutes of baking period.

For lattice-top crust: Use larger recipe above. Make bottom crust as for one-crust pie 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.

2. PASTE METHOD:

For one 9-inch double-crust pie—

2 cups sifted ROBIN HOOD VITAMIN ENRICHED FLOUR	$\frac{2}{3}$ cup lard OR vegetable shortening
$\frac{2}{3}$ teaspoon salt	6 tablespoons cold water

Sift together flour and salt into mixing bowl. Remove $\frac{1}{4}$ cup flour. Cut half

lard or shortening into flour in bowl until fine and mealy, using pastry blender or two knives. Cut remaining half in until the size of small peas.

Gradually add cold water to reserved $\frac{1}{4}$ 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. Roll out according to directions in Standard Pastry Method.

Pastry Crumbles Recipe

"A home-made mix—ready for a hurry-up pie"

6 cups sifted ROBIN HOOD VITA- 1 pound lard or vegetable shortening
MIN ENRICHED FLOUR 2 teaspoons salt

Sift together flour and salt. Cut half of lard or shortening into flour until fine and mealy, using a pastry blender or two knives. Cut remaining half in until the size of small peas. (If vegetable shortening is used, $\frac{1}{3}$ cup more may be used, if desired, since vegetable shortening does not have so much shortening power as lard.) This mixture may be stored, dry, in quart sealers, and kept cool, using small quantities as desired.

Use $1\frac{1}{4}$ cups crumbles (packed) for one 9-inch pie shell; and 2 cups crumbles (packed) for one 9-inch double crust pie. Moisten with 2 to 3 tablespoons cold water per cup of crumbles. Add water gradually, tossing mixture up from bottom of bowl with fork. Press into a ball; chill or roll out immediately.

YIELD:—4 double-crust pies.

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.

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.

Apple Pie

“First choice—with all the family”
(For Nine-inch Pie)

5 cups thinly sliced apples (about 5 to 7 apples)	1 tablespoon butter
$\frac{3}{4}$ to 1 cup sugar	1 teaspoon cinnamon

Wipe, quarter, core, peel and slice apples, then measure. Combine sugar, cinnamon and apples in bowl before preparing pastry, (amount of sugar depending on tartness of apples). Preheat oven to 450°F., (Very hot). Prepare pastry as in General Directions for double-crust pies (page 101). Fill pastry-lined pie plate with apple mixture. 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 heat to 350°F. (Moderate oven) and bake for 45 to 50 minutes longer. Serve warm or cold.

Deep Dish Apple Pie

Prepare apple mixture as above. Prepare pastry using one cup of flour (see page 101). Roll out to fit top of 10" x 6" x 2" baking dish. Turn apple mixture into baking dish. Sprinkle with 1 teaspoon lemon juice and dot with small pieces of butter. Cover with top crust. Bake as above. Serve warm or cold with plain or whipped cream.



Fresh Rhubarb Pie

"An old-time favourite of spring and summer"
(For Nine-inch Pie)

4 cups cut rhubarb
6 tablespoons ROBIN HOOD VITA-
MIN ENRICHED FLOUR

1½ to 2 cups granulated sugar
1 tablespoon butter

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

Prepare pastry as in General Directions for Two-crust Pies (page 101). Preheat oven to Very hot, 450°F. Prepare rhubarb (wipe stalks and cut in one-inch pieces), then measure. If rhubarb is tender and pink do not peel. Combine sugar, flour, and rhubarb. Fill unbaked pie shell. 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 Nine-inch Pie)

4 cups fresh blueberries
⅔ cup granulated sugar
2 tablespoons ROBIN HOOD VITA-
MIN ENRICHED FLOUR
1 tablespoon quick-cooking tapioca

¼ teaspoon salt
1 tablespoon lemon rind (coarsely
grated)
1½ tablespoon lemon juice
½ tablespoon butter

Prepare pastry as in General Directions for Two-crust Pies (page 101). Preheat oven to Very hot, 450°F. Pick over and wash blueberries. Combine sugar, flour, tapioca, 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

"It wins praise from the men of the house"

(For Nine-inch Pie)

2 $\frac{3}{8}$ cups water

2 $\frac{1}{4}$ cups washed raisins

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

3 tablespoons ROBIN HOOD VITA-
MIN ENRICHED FLOUR

$\frac{1}{3}$ teaspoon salt

Prepare pastry as in General Directions for Two-crust Pies (page 101). Heat water to boiling point, add raisins. Simmer for 10 minutes. Combine sugar, flour and salt. Add gradually to hot mixture. Cook, stirring constantly, until mixture is thickened and clear. 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.

NOTE: Orange Raisin Pie: Use $\frac{1}{2}$ cup orange juice, 2 cups water and 1 teaspoon grated orange rind.

Canned Raspberry Pie

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

(For Nine-inch Pie)

$\frac{1}{3}$ teaspoon salt

4 teaspoon cornstarch

3 tablespoons granulated sugar

$\frac{1}{3}$ teaspoon cinnamon (if desired)

1 $\frac{1}{3}$ cups fruit syrup

1 tablespoon butter

2 $\frac{2}{3}$ cups drained canned fruit

Prepare pastry as in General Directions for Two-crust Pies (page 101). 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.



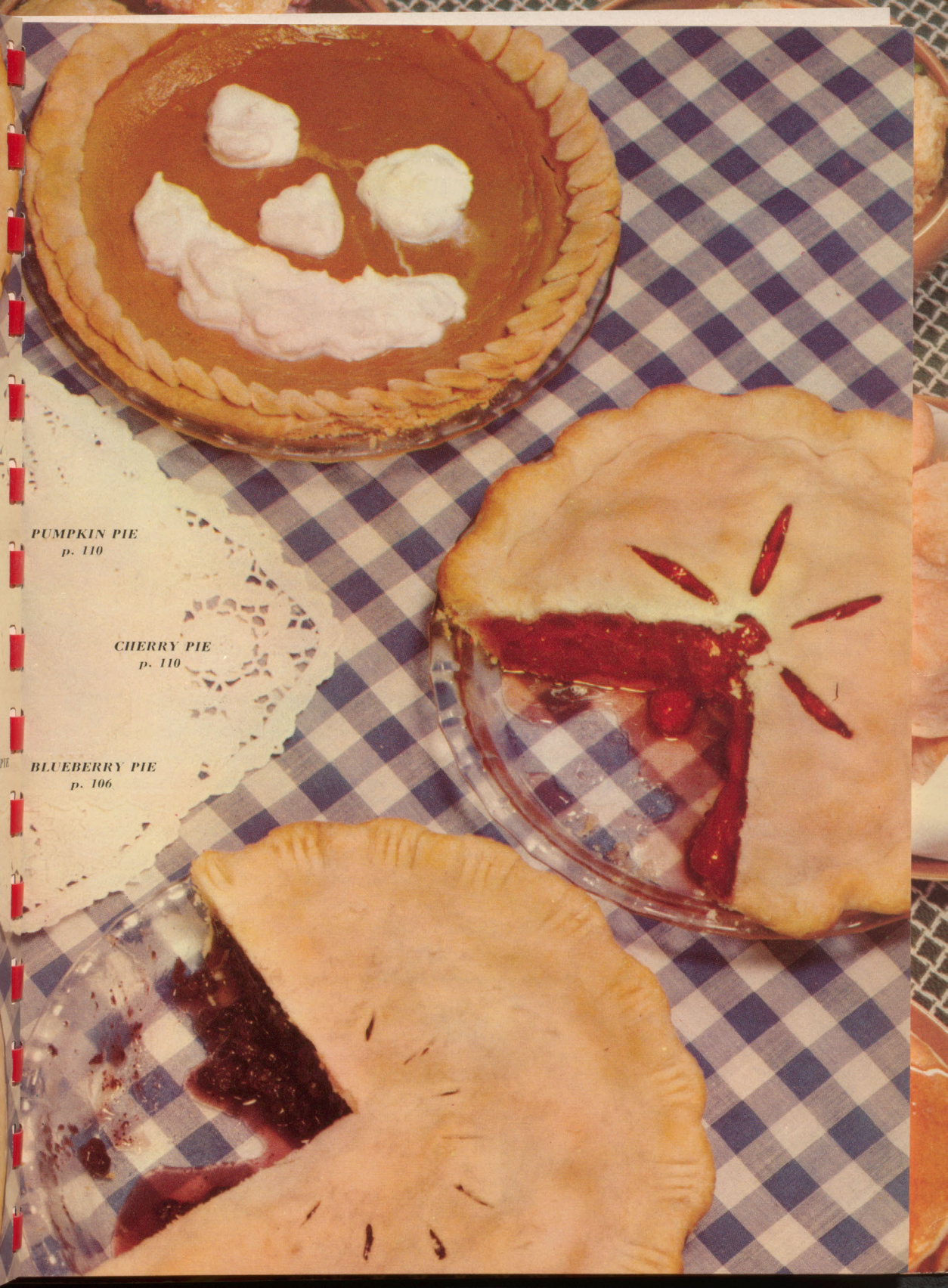
RAISIN PIE
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APPLE PIE
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BANANA CREAM PIE
p. 111



PUMPKIN PIE
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CHERRY PIE
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BLUEBERRY PIE
p. 106

Canned Cherry Pie

Make as for canned raspberry pie omitting cinnamon. Add $\frac{1}{2}$ teaspoon almond extract.

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 $\frac{3}{4}$ cup.

Pumpkin Pie

"Golden and creamy, just right with spice"
(For Nine-inch Pie)

$1\frac{1}{4}$ cups cooked or canned pumpkin (well drained)	$\frac{3}{4}$ teaspoon ginger
$\frac{3}{4}$ cup brown sugar	$1\frac{1}{4}$ teaspoons cinnamon
$\frac{3}{4}$ teaspoon salt	4 teaspoons light molasses
$\frac{3}{4}$ teaspoon nutmeg	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 101). Chill. Preheat oven to very hot, 450°F. 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). Bake for 10 minutes; 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). Cool before serving. Garnish with sweetened whipped cream, spiced whipped cream or ice cream, if desired.

- NOTES: 1. *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.*
2. *To cook pumpkin; wash, cut in half crosswise, remove seeds and string. Place in a pan, shell side up, and bake in a moderate oven, 325°F., until it is tender. Scrape out pulp and put through strainer.*

Mincemeat Pumpkin Pie

Spread $\frac{2}{3}$ cup mincemeat on bottom of pie shell before adding filling. Bake as directed.

Pecan Pumpkin Pie

Sprinkle $\frac{1}{4}$ cup chopped pecans or walnuts on top of pie 10 minutes before it is finished baking.

Cream Pie

"Masterpiece of taste and velvety smoothness"
(For Nine-inch Pie)

2½ cups milk	$\frac{2}{3}$ cup granulated sugar
4 tablespoons cornstarch	2 egg yolks
$\frac{1}{2}$ teaspoon salt	1 tablespoon butter
1¼ teaspoons vanilla or almond extract	

Prepare and bake pie shell as in General Directions (page 101). Mix cornstarch, salt and sugar; stir in cold milk gradually. Cook, stirring constantly until mixture is thickened; cook 2 minutes longer, stirring occasionally.

Add part of hot mixture gradually to slightly beaten egg yolks. Blend. Add to remaining mixture. 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. (See method for Meringue, page 113.)

NOTE: For a richer pie, use 3 egg yolks.

Banana Cream Pie

Make cream filling as for CREAM PIE. Fill cooled baked pie shell with half of the thoroughly cooled cream filling. Arrange $\frac{1}{2}$ cup of sliced bananas on top. Cover with 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 (page 111). Fill cooled baked pie shell with thoroughly cooled cream filling. Arrange 7 peach halves, 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 1 cup moist shredded cocoanut to the thoroughly cooled cream filling. Turn into cooled baked pie shell. Cover with whipped cream or meringue.

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.

Meringue

"Fluffy, tender topping for open pies and tarts"

3 egg whites

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

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 and cream of tartar until frothy but not stiff. Gradually beat in sugar, one teaspoon at a time. Continue to beat until mixture is glossy and stands in soft peaks. 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 a hot oven, 425°F. for 5 to 6 minutes or until delicate brown. Let cool at room temperature away from draughts.

NOTES: 1. Sudden chilling causes beads of moisture to form on top and tends to cause meringue to fall.

2. The meringue may be baked in a slow oven, 300°F., until lightly browned, if desired.

"For GLAZED STRAWBERRY TARTS fill tart shells made from Sweet Pastry (recipe on page 116) with fresh sweetened strawberries and glaze with melted red currant jelly."

Lemon Meringue Pie

"Piquant flavour and delicately smooth with fluffy topping"

(For Nine-inch Pie)

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

Prepare and bake pie shell as in General Directions (page 101). Mix $\frac{3}{4}$ cup sugar, cornstarch, and salt in saucepan. Add water and lemon rind. Cook over low heat, stirring constantly, until mixture is thick and clear. Allow to bubble one minute.

Beat egg yolks; then add $\frac{1}{3}$ cup sugar. Add part of hot mixture. Blend, gradually add to mixture in saucepan, 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 egg whites. (See method for Meringue, page 113.)

Lemon Chiffon Pie

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

(For Nine-inch Pie)

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

Prepare and bake pie shell as in General Directions (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"

Plain Pastry for single crust (page 101)	2 cups sliced onions
1 pound beef kidney	3 cups hot water
1 pound beef (round steak)	4 tablespoons ROBIN HOOD VITAMIN ENRICHED FLOUR
4 tablespoons drippings	6 tablespoons cold water
2 teaspoons salt	1 tablespoon Worcestershire sauce
$\frac{1}{4}$ teaspoon pepper	

Prepare pastry and roll out top crust. Chill. Cut beef kidneys in half, remove fat and tubes and slice into $\frac{1}{2}$ -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 in hot drippings in deep frying pan. Add kidneys, 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 water if necessary.) 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.

Sweet Pastry

"Rich and sweet for fancy tarts"

1 cup sifted ROBIN HOOD VITA- MIN ENRICHED 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.)

Tarts and Individual Pies

BAKED TART SHELLS (Sweet Pastry)

Use recipe for Sweet Pastry above. This quantity makes 18 small shells. With lightly floured rolling pin, pat or roll pastry to $\frac{1}{8}$ 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.) 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 filling, (page 154) or Cream filling (page 153), or Butter Tart filling (page 117).

NOTE: LARGE PIE SHELLS OR TART SHELLS MAY BE MADE WITH SWEET PASTRY. Make as for plain pastry shells but pat or roll Sweet Pastry to $\frac{3}{4}$ inch thickness.

BAKED TART SHELLS (Plain Pastry)

Use larger recipe for Plain Pastry (page 101). 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 or jams.

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). 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 recipe Plain Pastry (page 101) (larger recipe)	$\frac{1}{2}$ to $\frac{2}{3}$ cup raisins
$\frac{1}{3}$ cup butter	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{2}$ cup golden corn syrup	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup brown sugar	1 egg

Line three-inch tart tins with pastry (see recipe for Baked Tart Shells, page 116). Chill while making filling. Melt butter, add all ingredients except egg. Mix thoroughly. Let mixture cool and add the egg, beaten just sufficiently to combine yolk and white. Pour filling into pastry-lined tart tins. 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 firmer filling is desired use 2 eggs in place of 1 egg in above recipe.

Mince Tarts

For 6 individual pies (3½ inches in diameter) use 2½ cups prepared mincemeat.

For 9 tarts (standard tart tin size) use 2½ cups prepared mincemeat.

For 12 tarts (standard tart tin size) use 3½ cups prepared mincemeat.

Make individual pies or tarts as for Two-crust Pies OR make as One-crust Pies with Lattice Top Crust OR make as One-crust Pies with Pastry Garnish.

Meringue Tarts

Make tart shells as directed in recipe for Tart Shells (Sweet Pastry) on page 116. Fill with any desired cooked pie filling, such as Lemon, Cream, etc. See recipes for pies (pages 111 to 114). Top with Meringue (page 113).

Cream Puffs

"A glamour dessert with ice cream and chocolate sauce"

½ cup shortening

1 cup water

1 cup sifted ROBIN HOOD

VITAMIN ENRICHED FLOUR

½ teaspoon salt

1 teaspoon sugar

4 eggs

Preheat oven to 425°F. Grease a baking sheet.

Place water and butter in saucepan and bring to boil. Add flour and salt all at once. Cook and stir vigorously until batter leaves the sides of the pan and forms a ball. (Do not overcook or batter will ooze butter.) Remove it from the stove.

Beat in one egg only until well blended and batter is smooth and shiny. Then beat in other egg and beat vigorously until batter is smooth and shiny.

With wet spoon place spoonfuls of batter in 2" rounds on greased baking sheet, heaping them well in the centre. Allow a 2" space between puffs. Bake at 425°F. for 15 minutes; then reduce heat to 350°F. and bake for 30 minutes longer or until surface is crisp and firm.

Serve with ice cream, whipped cream or cream filling.

YIELD:—12 large puffs

NOTES: 1. The batter may be shaped into long fingers rather than round puffs if desired.
2. Butter may be used for better flavour.

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 VITAMIN ENRICHED FLOUR, follow the directions for mixing and baking and these recipes will prove successful every time.

Down-East Apple Pudding

"Juicy apples covered with fluffy cake and interesting topping"

6 medium-sized tart apples	$\frac{1}{2}$ teaspoon salt
3 tablespoons granulated sugar	$\frac{3}{4}$ cup granulated sugar
$\frac{1}{4}$ cup soft shortening	1 egg, well beaten
$1\frac{1}{2}$ cups sifted ROBIN HOOD VITAMIN ENRICHED FLOUR	$\frac{3}{4}$ 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. Sift together flour, baking powder and salt. Measure shortening into mixing bowl, cream 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 greased 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 2 teaspoons sugar mixed together. Bake as directed in Down-East Pudding. Serve warm with Vanilla Sauce, Brown Sugar Sauce, or Fruit Syrup Sauce.

Pineapple Upside Down Pudding

1 recipe Down-East Pudding batter 4 slices pineapple OR
3 tablespoons butter 1 cup drained diced pineapple
½ cup brown sugar

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 centre of pineapple slices.



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
1 tablespoon butter	¼ cup shortening
1½ cups sifted ROBIN HOOD VITAMIN ENRICHED FLOUR	1 egg, beaten
	⅔ cup milk

Grease thoroughly a deep bake dish (8½ inches round or 10 x 6 inches oblong) or individual baking dishes. Drain fruit thoroughly, measure fruit and syrup. Place fruit in bake dish. Mix cornstarch with cold syrup. Cook over low heat, 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.

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 Section, page 56)
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 $\frac{1}{4}$ inch thickness. Cut in six 6-inch squares. Arrange four sections of apples on each square of dough. Combine the $\frac{1}{3}$ cup granulated sugar and $\frac{1}{4}$ 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.

- NOTES:** 1. *Peach Dumplings may be made in the same manner.*
2. *Dumplings and sauce may be made separately as in recipe on page 144.*

Quick Raisin Pudding

“Ideal short-cut dessert—pudding and sauce cooked together”

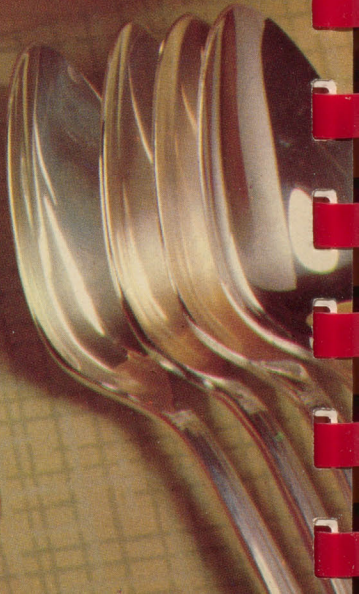
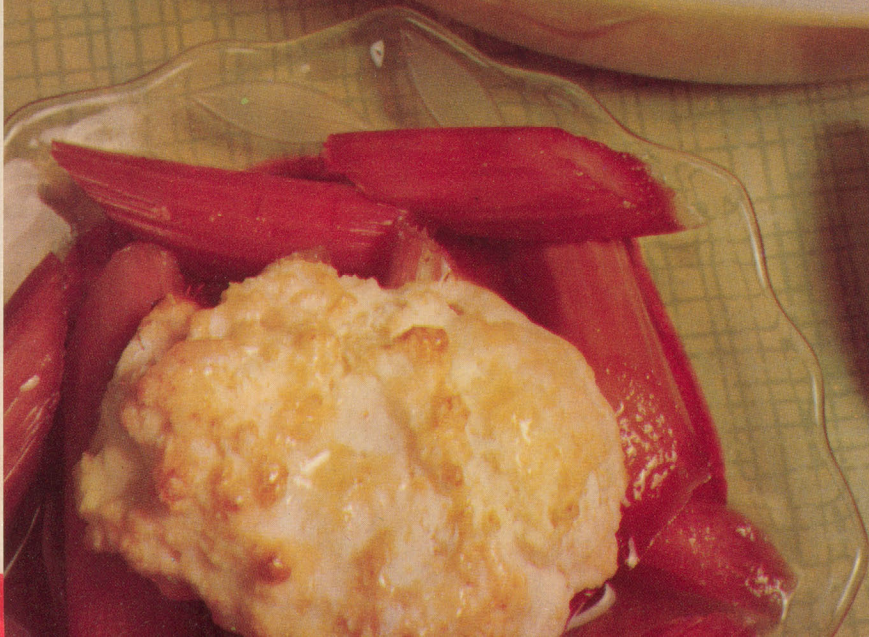
1 cup sifted ROBIN HOOD VITAMIN ENRICHED FLOUR	1 cup raisins
2 teaspoons baking powder	$\frac{1}{2}$ cup milk
$\frac{1}{8}$ teaspoon salt	1 cup brown sugar
2 teaspoons sugar	1 tablespoon butter
2 tablespoons shortening	$1\frac{3}{4}$ cups boiling water

Preheat oven to moderately hot, 375°F.

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 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"

4½ cups sliced pared apples	4 tablespoons (¼ cup) butter
½ cup granulated sugar	⅓ cup brown sugar, firmly packed
2 teaspoons lemon juice	⅓ cup ROBIN HOOD
2 tablespoons water	VITAMIN ENRICHED FLOUR
	¾ cup QUICK ROBIN HOOD OATS

Grease a deep baking dish (1½ 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 ¾ cup granulated sugar in place of ½ cup.
2. If apples are firm dry type, use 4 tablespoons water instead of 2.*

Blueberry Crisp

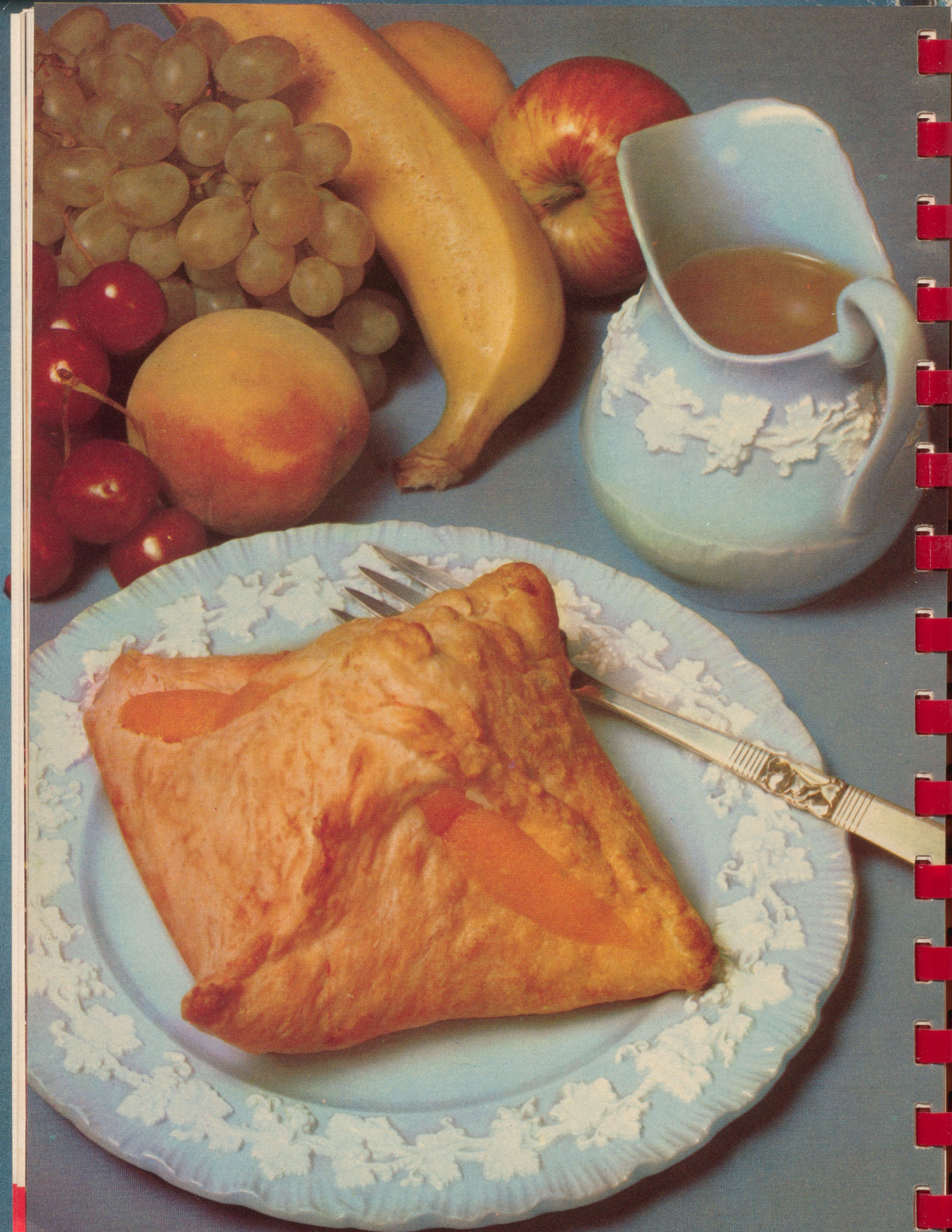
4 cups fresh blueberries	2 teaspoons lemon juice
⅓ cup granulated sugar	

Follow directions for Apple Crisp, using same topping.

Rhubarb Crisp Pudding

4½ cups rhubarb cut in ¼ inch pieces	¼ teaspoon cinnamon
¾ cup sugar	¼ teaspoon ginger
	2 tablespoons water

Follow directions for Apple Crisp, using same topping.



Holiday Apple Pudding

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

1½ cups chopped apples	½ teaspoon cinnamon
¼ cup soft shortening (part butter)	¼ teaspoon nutmeg
1 cup sifted ROBIN HOOD VITAMIN ENRICHED FLOUR	¾ cup granulated sugar
¾ teaspoon baking soda	1 egg, beaten
¼ 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. 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 ½ cup washed and dried raisins, 4 maraschino cherries, sliced, with chopped apple.

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.

"PEACH DUMPLING . . . a tender, flaky biscuit jacket envelopes juicy peaches. Serve with Peach Sauce."

Recipe on page 144.

Old English Plum Pudding

"The traditional dessert to climax Christmas dinner"

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

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 finger-tips 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, as directed on page 127.

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

Suet Pudding

"Rich, satisfying, with molasses flavour"

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

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. Place pudding in steamer as directed on page 127. Steam 2-quart mould 3 hours; 1-quart moulds 2¼ hours; individual moulds 1½ 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 teaspoon cinnamon
½ cup chopped mixed peel	½ teaspoon nutmeg
1 medium apple, chopped finely	¼ teaspoon cloves
¾ cup grated carrots	½ cup finely chopped suet
1 cup soft bread crumbs	½ cup sugar
1 cup sifted ROBIN HOOD VITAMIN ENRICHED FLOUR	1 cup QUICK ROBIN HOOD OATS
1 teaspoon soda	3 eggs, beaten
1 teaspoon salt	½ cup molasses
	½ cup corn syrup
	¼ cup fruit juice (grape, apple or preserved fruit juice)

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. Place pudding in steamer as directed on page 127. Steam large moulds 3 hours and individual moulds 1½ hours.

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!

Vanilla Double-Boiler Pudding

"A basic batter pudding moulded in the saucepan"

- | | |
|--|---|
| $\frac{1}{2}$ cup jam, orange marmalade or
drained sweetened canned fruit | $\frac{1}{2}$ teaspoon vanilla |
| 3 tablespoons soft shortening or
butter | $\frac{3}{4}$ cup plus 2 tablespoons sifted
ROBIN HOOD VITAMIN EN-
RICHED FLOUR |
| $\frac{1}{3}$ cup granulated sugar | $1\frac{1}{2}$ teaspoons baking powder |
| 1 egg, well beaten | $\frac{1}{8}$ teaspoon salt |
| | $\frac{1}{2}$ cup milk |

Put water on to boil in bottom part of double boiler. Thoroughly grease top part of double boiler ($1\frac{1}{2}$ 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 $1\frac{3}{4}$ to 2 hours or until batter is firm on top. Have water in bottom part of double boiler boiling constantly during cooking. 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

Blend in $1\frac{1}{2}$ ounces ($1\frac{1}{2}$ squares) melted chocolate after adding egg in above recipe. Fold in $\frac{1}{2}$ cup chopped nuts, if desired, just before turning into double boiler.

Spicy Double-Boiler Pudding

$\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{4}$ teaspoon nutmeg, $\frac{1}{8}$ teaspoon cloves and $\frac{1}{2}$ cup washed and dried raisins may be added to dry ingredients in above recipe.

ROBIN HOOD MIX MAGIC



TAKE a package of wonderful, easy-to-use ROBIN HOOD Cake, Pie Crust or Biscuit Mix! Yes. That's your first step in creating luscious layer cakes, exciting party desserts, amazing cookies and satisfying puddings.

In the following pages you will find directions for ROBIN HOOD Cake Mix variations which we particularly like in the ROBIN HOOD Test Kitchens—"Cherry-Coconut Cake", "Angel Bavarian Cream Cake", "Jelly Crisps", "Chocolate Brownie Pudding" and many more. Once you have tried these, let your imagination take over! Add your family's favourite flavouring; try a combination of flavours; vary the filling and the frosting. ROBIN HOOD Cake Mix is *good* just as it is, but try variations. You will be amazed at the limitless number of ways it can be served. And with so little effort! You save *so much* time in preparing the actual cake that you can afford time to give it the extra little touches that call forth the "oh's" and "ah's" from family and friends. Remember, too, there are fewer dishes to wash. You can pop your cake in the oven and have the kitchen tidy in a jiffy!

ROBIN HOOD Easy-Bisk is another key to happier, brighter bake days. If "What shall I have for supper?" is a constant question with you, try "Sausage Rolls" (page 146) or "Individual Tuna Rolls" (page 147). This versatile biscuit mix will give "body" to *any* light meal. You will be delighted with tender, flaky biscuits, light, fluffy dumplings, pancakes, waffles, short-cake, fruit cobbler and meat pie topping—all made from ROBIN HOOD Easy-Bisk.

Try your next pie with ROBIN HOOD Flaky Pie Crust Mix. The ingredients are all measured out for you—just the right amount in one bag for a double-crust pie. And there are two bags in a package! But don't stop at pies. Try "Lemon Party Tarts" and "Coconut Tarts" (page 147), and soon you will be adapting your own favourite pastry treats to ROBIN HOOD Flaky Pie Crust Mix.

ROBIN HOOD mixes are friends indeed to busy mothers, working wives and career girls alike. You can use them for *so many* delicious treats—cookies or plain cake for the kiddies. Hearty puddings and pastry desserts to keep the hungriest husband content. Special company fare to climax an evening with friends. So take that first important step—Take a ROBIN HOOD Mix.

Rita Martin

CAKES

Angel Bavarian Cream Cake

Prepare and bake ROBIN HOOD ANGEL FOOD CAKE MIX according to directions on package. When cold, frost generously with Bavarian Cream and chill until set.

Bavarian Cream

- | | |
|--|------------------------------------|
| 1 envelope plain unflavoured gelatin
(1 tablespoon) | $\frac{1}{3}$ cup granulated sugar |
| $\frac{1}{4}$ cup cold water | 1 cup milk |
| 2 eggs, separated | 1 cup heavy cream, whipped |
| $\frac{1}{8}$ teaspoon salt | $\frac{1}{2}$ teaspoon vanilla |

Soak gelatin in cold water for 5 minutes. Scald milk in top of double boiler. Stir together lightly with a fork the egg yolks, salt and sugar. Gradually add part of the scalded milk to the egg mixture, stirring constantly. Return to double boiler. Cook over hot, not boiling, water until mixture coats a metal spoon, stirring constantly. Remove immediately from heat. Add soaked gelatin and stir until dissolved. Cover and chill until it begins to thicken. Fold in stiffly beaten egg whites, whipped cream, vanilla and $1\frac{1}{2}$ cups chopped canned fruit or sweetened fresh fruit.

Strawberry Angel Layer Cake

Prepare and bake ROBIN HOOD ANGEL FOOD CAKE according to directions on package.

Slice horizontally into three layers. Spread Strawberry Filling between layers. Cover top and sides with $1\frac{1}{2}$ cups heavy cream, whipped. Decorate with whole unhulled strawberries.

Strawberry Filling

- | | |
|------------------------------|-------------------------|
| 2 cups (1 pint) strawberries | 1 cup whipping cream |
| 2 tablespoons sugar | $\frac{1}{4}$ cup sugar |
| 1 teaspoon gelatine | 1 teaspoon vanilla |
| 1 tablespoon water | |

Mash strawberries with sugar. Add gelatine soaked in the 1 tablespoon of water and dissolved over hot water. Chill until partially set. Fold in one cup of cream, whipped.

Cherry Jelly Mold

Bake a ROBIN HOOD ANGEL CAKE MIX according to directions on package.

Set 1 package *Cherry-flavoured gelatine* according to directions on package using only $1\frac{3}{4}$ cups of water. Chill until nearly firm. Fold in 1 can drained fruit cocktail. Chill again until nearly firm.

Rinse a deep, 6-inch mold in cold water and line with slices of Angel Food. Pour a layer of fruit jelly into mold. Add another layer of Angel Food, then another layer of fruit jelly mixture. Top with Angel Food. Chill until set. Unmold by holding mold in very hot water for one or two seconds. Decorate with whipped cream.

Angel Food Sundae

Place a scoop of ice cream on a wedge of ROBIN HOOD ANGEL FOOD CAKE. Serve with hot Butterscotch or Chocolate Sauce (page 157). Soft ice cream may be spread between two pieces of cake before topping with sauce, if desired.

Angel Food Baked Alaska

Use ROBIN HOOD ANGEL FOOD CAKE MIX baked in a loaf or square pan as the base for Baked Alaska (page 135).

Angel Food Strawberry "Shortcake"

Use slices of ROBIN HOOD ANGEL FOOD CAKE MIX baked in 8" x 5" x 3" loaf pans for individual shortcakes. For a large one, use two 8" x 8" x 2" layers of Angel Food Cake. Spread sweetened strawberries between layers. Top with whipped cream and more sweetened strawberries.

Rainbow Special

Mix two packages ROBIN HOOD WHITE CAKE MIX according to package directions. Divide batter quickly into three parts. Tint one part a delicate pink with food colouring, the second pale green, and leave the third uncoloured. Pour each portion into prepared 9-inch layer cake pans. Bake in a moderate oven, 375°F., 30 to 35 minutes. (If 8-inch pans are used, make cup cakes with $\frac{1}{4}$ of the batter.)

Put layers together with Chocolate Filling (page 153) and cover with Seven Minute Frosting (page 151). Sprinkle shredded cocoanut generously over top.

Strawberries 'n Cream Cake

Wash and hull 1 quart strawberries. Slice, leaving some whole for decorating. Add $\frac{1}{2}$ cup sugar. Keep in cool place until serving time. (Frozen strawberries need not be sweetened).

Prepare and bake 1 package ROBIN HOOD WHITE CAKE MIX according to package directions. When ready to serve, spread sweetened strawberries between layers, and top with more fruit and $\frac{1}{2}$ pint sweetened whipped cream. Decorate with whole strawberries.

NOTE: Other fruit may be used such as fresh or canned peaches, apricots, cherries, etc.

Marble Cake

Lightly grease and either dust with flour or line with waxed paper, a 9" x 13" x 2" pan. (Two 8-inch square pans may be used or a 10" x 10" x 3" pan.)

Prepare in separate bowls, 1 package of ROBIN HOOD WHITE CAKE MIX and 1 package of ROBIN HOOD CHOCOLATE CAKE MIX, according to directions on package. Add a few drops of red food colouring and $\frac{1}{2}$ teaspoon peppermint extract to the white batter. Pour batters alternately into prepared pan. Draw a knife, or the sharp edge of a rubber spatula from side to side of pan three times to produce a marbled effect. Bake in a moderate oven, 350°F.,

about 55 minutes for a 10-inch cake or rectangular cake, or about 35 minutes for two 8-inch squares.

Frost with Pink Peppermint Frosting. (Use twice the recipe for Butter Frosting on page 150, substituting Peppermint Extract for vanilla and adding 2 or 3 drops of red food colouring.) Sprinkle shavings of semi-sweet chocolate over the top.

Baked Alaska

Early in day make ROBIN HOOD WHITE CAKE MIX according to package directions.

Before serving first course of dinner make meringue by beating 4 egg whites until frothy. (Egg whites must be completely free of yolk and utensils free of grease.) Start adding $\frac{1}{2}$ cup fine granulated sugar very gradually, about $\frac{1}{2}$ teaspoon at a time, while continuing to beat. After $\frac{1}{3}$ of the sugar has been added in this manner, it may be added more quickly. Beat until stiff, shiny peaks are formed. (If electric mixer is used, beat at medium speed.) Keep cool until used. Cut a piece of cake 1 inch longer and wider than a brick of ice cream. Place on wooden board. Preheat oven to 450°F.

At serving time place 1 brick ice cream on centre of cake. Spread with meringue, sealing carefully to sides of cake and making sure all ice cream is well covered. Bake in very hot oven, (450°F.) until light brown, about 5 minutes. Transfer to serving platter and serve immediately.

Cherry-Cocoanut Cake

Prepare 1 package ROBIN HOOD WHITE CAKE MIX according to directions on package substituting 2 egg yolks for one whole egg and $\frac{1}{3}$ cup maraschino cherry juice for $\frac{1}{3}$ cup of water. Stir in $\frac{1}{4}$ cup finely chopped maraschino cherries and $\frac{1}{4}$ cup cocoanut just before turning into pans. Bake at 375°F. for 30 minutes using two 8-inch layer pans, prepared as suggested on package.

Frost with Seven Minute Frosting (page 151) to which $\frac{1}{4}$ cup chopped cherries has been added. Sprinkle top with $\frac{1}{2}$ cup cocoanut.

Sugar 'n Spice Cake

Empty 1 package ROBIN HOOD WHITE CAKE MIX into bowl. Add *1 teaspoon cinnamon, ½ teaspoon allspice, ½ teaspoon cloves*. Continue to prepare and bake batter according to package directions.

Prepare topping by combining *1 tablespoon grated orange rind, 2 tablespoons orange juice, ½ cup brown sugar, 1 teaspoon cinnamon*. Spread over surface of cake as soon as it is removed from the oven. Place on rack just under the broiler (or in a hot oven) for about 5 minutes, or until topping bubbles. This forms a sweet, crunchy crust on the top of the cake. (If preferred, a butter frosting may be used instead of the topping.)

Cocoanut Cake - Broiled Tcing

Prepare and bake 1 package ROBIN HOOD WHITE CAKE MIX according to package directions. Stir in *½ cup cocoanut* just before pouring batter into pan.

Combine *4 tablespoons melted butter, ¾ cup brown sugar, 3 tablespoons top milk or evaporated milk and 1 cup cocoanut*. Spread over surface of hot baked cake and place on rack just under broiler (or in hot oven) until cocoanut is lightly browned.

Peanut Cream Coffee Cake

Prepare and bake 1 package ROBIN HOOD WHITE CAKE MIX according to package directions, substituting lukewarm, strong coffee for water.

Frost with Peanut Cream (use Butter Frosting recipe, page 150, substituting 2 tablespoons smooth peanut butter for butter in recipe). Top with chopped peanuts.

Golden Glow Cake

Prepare and bake 1 package ROBIN HOOD WHITE CAKE MIX according to package directions. Spread Lemon Filling (page 154, or packaged filling) over top of 8-inch square cake, or between 8-inch layers. Cover with sweetened flavoured whipped cream and cut in squares or wedges to serve.

Orange Cake

Prepare and bake 1 package ROBIN HOOD WHITE CAKE MIX according to package directions, using juice of one orange as part of the liquid and adding grated rind of one orange. Use lemon extract instead of vanilla. Frost with Orange Butter Frosting (page 150) and decorate with orange sections.

Date-Delight Layer Cake

Prepare and bake 1 package ROBIN HOOD WHITE CAKE MIX according to package directions using two 8-inch layer pans. When cool, put together with Date Filling (page 154) and frost with Chocolate Frosting (page 150).

Chocolate Fleck Cake

Prepare and bake 1 package ROBIN HOOD WHITE CAKE MIX according to package directions using $\frac{1}{2}$ teaspoon *peppermint flavouring* instead of vanilla. Fold in $\frac{1}{2}$ cup *grated semi-sweet chocolate* just before turning into pan. Frost with Foamy Mint Frosting (page 151).

Banana Cake

Prepare 1 package ROBIN HOOD WHITE CAKE MIX according to package directions, using for liquid, *one large ripe mashed banana* with warm water added to make $\frac{3}{4}$ cup. Use $\frac{1}{2}$ teaspoon *lemon or banana flavouring* instead of vanilla. (1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon allspice and $\frac{1}{2}$ teaspoon cloves may be added if desired). Bake layers 25 minutes and 8-inch square cake 40 minutes. Frost with Butter Frosting (page 150) and decorate with slices of banana prepared as follows: run the tines of a fork down a peeled banana on all sides. Slice, and coat each slice thoroughly with lemon or grapefruit juice to prevent browning.

Mocha Cake

Prepare and bake 1 package ROBIN HOOD CHOCOLATE CAKE MIX according to package directions, substituting $\frac{3}{4}$ cup lukewarm, strong coffee for water. Frost with Mocha Butter Frosting (page 150) and top with chopped walnuts.

*Chocolate Nut Cake * Fudge Frosting*

Prepare and bake 1 package ROBIN HOOD CHOCOLATE CAKE MIX according to package directions. Stir $\frac{3}{4}$ cup finely chopped walnuts into batter just before pouring into pan. Frost with Chocolate Fudge Frosting (page 152).

Chocolate Meringue Fruit Special

Prepare and bake 1 package ROBIN HOOD CHOCOLATE CAKE MIX according to directions on package. When cool, scoop out a 4" x 4" x 1"-deep section from centre of 8-inch square cake. Cover with meringue, (see recipe for Baked Alaska, page 135) and brown in hot oven, 425°F., about 6 minutes. At serving time fill hollow with drained fruit salad, fresh or canned.

Campfire Gingerbread

Prepare and bake 1 package ROBIN HOOD GINGERBREAD MIX according to package directions. Space 16 marshmallow halves evenly over top of hot baked cake. Return to oven or place on rack just under broiler until marshmallows begin to melt and brown lightly. To serve, cut between melted marshmallows.

Coffee Gingerbread

Prepare and bake 1 package ROBIN HOOD GINGERBREAD MIX according to package directions, substituting strong coffee for water. Frost with Coffee Frosting. (Use Butter Frosting recipe, page 150, substituting strong coffee for milk.)



COOKIES AND SMALL CAKES

Pineapple Meringue Squares

Combine 1 package ROBIN HOOD WHITE CAKE MIX, 2 egg yolks, 3 tablespoons melted butter and $\frac{3}{4}$ teaspoon lemon extract. This will be a crumbly mixture which may be kneaded gently to form a smooth dough. Press into a well-greased pan (8" or 9" square) using fingers.

Beat 2 egg whites until stiff. Add $\frac{1}{2}$ cup brown sugar gradually, continuing to beat. Fold in $\frac{1}{2}$ cup drained, crushed pineapple and $\frac{1}{2}$ cup shredded coconut. Spread meringue over cake batter and sprinkle with $\frac{1}{4}$ cup chopped nuts. Bake 35 minutes in 350°F. (moderate) oven. Cool and cut into squares.

Jelly Crisps

Combine 1 package ROBIN HOOD WHITE CAKE MIX, 1 well-beaten egg, 4 tablespoons melted butter and 1 teaspoon vanilla to form a stiff dough. Form dough into tiny balls and roll in *chopped walnuts*. Press a hollow in the centre of each ball and fill with *red currant jelly*. Chill thoroughly.

Bake 12 to 15 minutes in 350°F. (moderate) oven on ungreased baking sheet. Remove from pan and cool on a rack.

Ginger Snaps

Add $\frac{1}{4}$ cup milk and $\frac{1}{4}$ cup corn oil to 1 package ROBIN HOOD GINGERBREAD MIX and combine well. Form into cylinders by rolling back and forth in waxed paper. Chill until firm. Cut in thin slices and arrange on greased baking sheet. Bake 12 to 15 minutes.

NOTE: This dough may be rolled out on a bakeboard and cut with round 2" cookie cutter for a thin, crisp cookie.

Ginger Strips

Combine 1 package ROBIN HOOD GINGERBREAD MIX, $\frac{1}{2}$ cup lukewarm water, 1 egg. Stir in $\frac{3}{4}$ cup chopped seedless raisins and $\frac{1}{2}$ cup chopped walnuts. Pat mixture into greased, 9" x 13" pan. Bake 25 minutes. Cool.

Cream 2 *tablespoons soft butter*. Add $\frac{3}{4}$ *cup sifted icing sugar* gradually, creaming thoroughly. Add 1 *teaspoon grated orange rind* and 2 to 3 *tablespoons orange juice* and blend. Add $\frac{3}{4}$ *cup more icing sugar* and mix until a good spreading consistency. Spread over gingerbread and cut into strips 1" x 3".

Cookie Tricks with Cake Mix

Combine 1 package ROBIN HOOD CAKE MIX (White, Chocolate or Gingerbread), 1 *beaten egg*, $\frac{1}{4}$ *cup melted butter* and 1 *teaspoon flavouring* and mix until smooth.

Drop Cookies. Drop from a teaspoon onto a greased baking sheet. Top with half a nutmeat or cherry. A half cup of chopped nuts, dates, cherries, raisins or chocolate chips may be added to dough. For oat cookies add $\frac{1}{4}$ cup QUICK ROBIN HOOD OATS and $\frac{1}{4}$ cup cocoanut. Small spoonfuls of the dough may be rolled into small balls and then rolled in chopped nuts or 6 tablespoons of sugar mixed with 1 tablespoon cinnamon and $\frac{1}{2}$ teaspoon cloves. Bake at 350°F. for 12 to 15 minutes. Remove from pan and cool on rack.

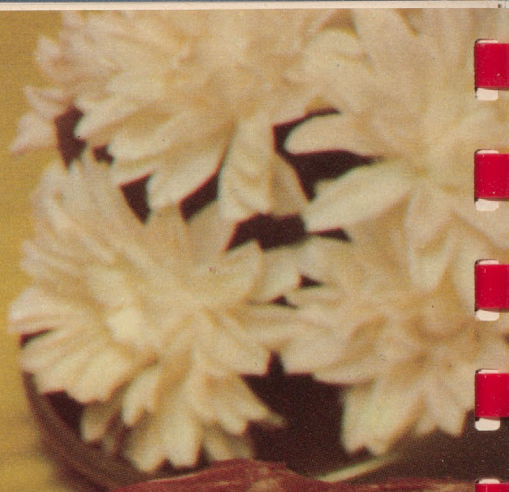
Refrigerator Cookies. Add $\frac{1}{2}$ cup finely chopped nuts or fruit. Form into cylinders by rolling back and forth in waxed paper. Chill until firm enough to slice. (If dough is too soft to roll in waxed paper, chill in bowl for $\frac{1}{2}$ to 1 hour first.) Cut in $\frac{1}{8}$ " slices, or thinner for a crisper cookie, and place on greased baking sheets. Bake at 375°F. for 9 to 10 minutes. Loosen from pan immediately and allow to cool slightly before removing to wire rack.

Cup Cakes

Prepare ROBIN HOOD CAKE MIX according to package directions. Fill paper baking cups $\frac{2}{3}$ full. Bake about 20 minutes. Cool.

For filled cupcakes remove from paper cups and cut off the tops, hollowing the centres a little. Fill with any desired filling from pages 153 and 154. (Packaged pudding powders may be used. Use $\frac{1}{4}$ cup less water than package directions call for.)

For frosted cup cakes remove from paper cups. Tint Butter Frosting (page 150) or Seven Minute Frosting (page 151) with food colouring. Frost top and sides and decorate with nuts, cocoanut or cherries.



PUDDINGS

Pineapple Upside-Down Cake

Grease an 8-inch square cake pan and dot with small pieces of butter. Sprinkle with $\frac{1}{2}$ cup brown sugar; arrange 6 pineapple slices or other fruit on top of butter and sugar and decorate with 6 or 8 maraschino cherries.

Mix 1 package ROBIN HOOD WHITE CAKE MIX according to package directions. Pour batter into prepared cake pan. Bake at 350°F. (moderate) about 45 minutes. Turn out on serving platter immediately. Serve warm, with whipped or pouring cream.

Banana Shortcake with Custard Sauce

Prepare and bake 1 package ROBIN HOOD GINGERBREAD MIX according to package directions. Cool, split, and fill with sliced bananas. Top with Custard Sauce and serve warm.

Chocolate Snowballs

Crumble baked ROBIN HOOD CHOCOLATE CAKE MIX. Roll scoopfuls of ice cream in the chocolate crumbs until well coated. Set on serving plates and pour Chocolate Sauce (page 157) on top.

Chocolate Brownie Pudding

Prepare ROBIN HOOD CHOCOLATE CAKE MIX according to package directions. Pour $\frac{2}{3}$ of batter into well-greased 8-inch baking casserole. (Use remainder of batter for cup cakes; bake 20 minutes at 375°F.) Sprinkle $\frac{1}{2}$ cup chopped nuts and 1 cup brown sugar over the batter. Pour 1 cup boiling water carefully over the top.

Bake in a moderate oven, 350°F. about 30 minutes. Serve warm, with whipped or pouring cream.

Cherry Roll

Measure 2 cups EASY-BISK into a bowl and add $\frac{2}{3}$ cup milk to make a soft dough. Roll dough lengthwise to form a rectangle about 7" x 10". Spread with 2 tablespoons soft butter and 4 tablespoons brown sugar and cover with 1 cup drained, pitted, red cherries. Roll up jelly-roll fashion and press firmly together to seal. Set roll in large, greased loaf pan and slash diagonally about $\frac{2}{3}$ of the way through the roll every inch along the top surface.

Combine 1 cup corn syrup, $\frac{1}{4}$ cup water and 2 tablespoons melted butter and pour over roll. Bake in 425°F. (hot) oven 25 to 30 minutes, basting occasionally with the syrup mixture. Serve warm.

Peach Dumplings

Combine 2 cups EASY-BISK and $\frac{2}{3}$ cup milk to make a soft dough. Roll dough into a rectangle, $\frac{1}{8}$ inch thick, and cut in 6 squares. Place one peach half in the centre of each square and fill hollow with 1 teaspoon brown sugar and $\frac{1}{2}$ teaspoon butter. Bring corners of dough together at the top of each peach; moisten edges with water or milk and pinch firmly to hold peach in place.

Place on baking sheet and bake for 20 to 25 minutes in a 400°F. (hot) oven. Serve with Fruit Sauce made from Peach Juice (page 155).

Gingerbread Porcupine Ring

Grease an 8-inch ring mold. Mix two tablespoons melted butter or shortening with $\frac{1}{2}$ cup molasses, and pour into mold. Sprinkle with 1 cup shredded coconut.

Mix 1 package ROBIN HOOD GINGERBREAD MIX according to package directions. Pour into prepared mold. (Make 4 cupcakes out of excess batter, and bake at 375°F.) Bake gingerbread ring at 350°F. for 35 minutes. Run knife around edge of pan and centre tube and invert cake on rack over waxed paper, while still hot. (At serving time fill centre with scoops of vanilla ice cream.)

Robin Hood
*Chocolate
Cake mix*



TEA AND LUNCHEON SPECIALTIES

Raisin Scones

Combine 2 cups EASY-BISK, 2 tablespoons sugar and $\frac{1}{2}$ cup raisins. Beat 2 eggs; reserve about 2 tablespoons and add the remainder to the milk. Stir liquids quickly into the dry mixture to form a soft dough. Turn dough out on a lightly floured board and knead gently for a few seconds. Divide in two equal portions.

Roll each piece into a circle, $\frac{1}{2}$ -inch thick. Place circles on ungreased baking sheet and cut in quarters, but do not separate the pieces. Brush with remainder of beaten egg and sprinkle with sugar. Bake about 15 minutes in 450°F. (hot) oven. Serve warm.

Orange Date Bread

Measure 2 cups EASY-BISK into a bowl and add 1 cup chopped dates. Combine 1 well-beaten egg, $\frac{1}{2}$ cup milk and $\frac{1}{2}$ cup orange marmalade; stir into above mixture. Do not beat—mix only until all dry ingredients have been moistened. Batter will not be smooth. Pour batter into well-greased loaf pan (8" x 5" x 3") and bake in moderate oven, 350°F., about 45 minutes. Turn out on a rack to cool.

Easy-Bisk Sausage Rolls

Parboil 1 pound sausages, using a small amount of water in a tightly covered frying pan. Drain and continue cooking until lightly browned.

Prepare biscuit dough according to package directions. Roll out lengthwise to a quarter inch thickness. Divide in six 4-inch squares.

Place two sausages with butter and a little prepared mustard or chopped pickle on one side of each square. Fold over, seal edges and set on greased baking sheet. If frankfurters are used, simmer them in boiling water for five minutes, then place one frankfurter with mustard on each square of biscuit dough and bake.

Bake in hot oven, 425°F. for 15 minutes.

Individual Tuna Rolls

Combine 1 cup flaked fish, $\frac{1}{4}$ cup cream of mushroom soup, 2 teaspoons chopped green onion or chives, $\frac{1}{4}$ cup chopped sweet pickle and $\frac{1}{2}$ cup finely chopped celery. (Chicken may be used and $\frac{1}{4}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper and $\frac{1}{8}$ teaspoon poultry spice added.)

Prepare biscuit dough according to EASY-BISK package directions. Roll out to $\frac{1}{4}$ -inch thickness and to about an 8-inch square. With sharp knife cut into 4 squares. Place mound of filling on each square. Bring up two opposite sides of biscuit dough and pinch together, sealing in filling. Place side by side in greased oblong casserole, or on cookie sheet. Brush between rolls with melted butter if placed close together. Bake at 425°F. for 20 to 25 minutes, or until golden brown.

Heat remaining mushroom soup for use as sauce.

Cocoanut Tarts

Mix and roll $\frac{1}{2}$ package (1 bag) ROBIN HOOD FLAKY PIE CRUST MIX according to package directions, and line 1 dozen medium tart tins.

Cream $\frac{1}{4}$ cup butter with $\frac{1}{2}$ cup sugar and 1 teaspoon cornstarch. Add 2 eggs and beat well. Add the juice of one lemon and $1\frac{1}{2}$ cups of cocoanut and blend well. Fill lined tins with cocoanut mixture and bake at 425°F. 20 to 25 minutes.

Butter Nut Tarts

Mix and roll $\frac{1}{2}$ package (1 bag) ROBIN HOOD FLAKY PIE CRUST MIX according to package directions, and line 1 dozen medium tart tins.

Combine 1 cup brown sugar, $\frac{1}{4}$ cup melted butter, 1 egg, well beaten, 1 teaspoon vanilla, 1 tablespoon vinegar and $\frac{1}{2}$ cup finely chopped nuts. Fill lined tins $\frac{2}{3}$ full with this mixture.

Bake in hot oven, 400°F., 20 minutes.

Robin Hood
Midway
Pie & Tarts

NET WT. 1.5 LBS. (680g)
STARTS MIX
FRESH, BAKED
CRUSTE

Robin Hood

Flaky Pie Crust Mix



Apple Pie

Peel, quarter, core and slice 6 apples. Mix with 1 teaspoon cinnamon and $\frac{1}{2}$ to $\frac{3}{4}$ cup sugar (depending on tartness of apples).

Mix and roll $\frac{1}{2}$ package (1 bag) ROBIN HOOD FLAKY PIE CRUST MIX according to package directions. Line 8-inch pie plate with half of pastry. Fill with apple mixture. Dot with 1 tablespoon butter. Cover with top crust which has slits for escape of steam. Flute edges. Bake at 425°F. for 35 to 40 minutes.

Lemon Party Tarts

Mix and roll $\frac{1}{2}$ package (1 bag) ROBIN HOOD FLAKY PIE CRUST MIX according to package directions. Cut into oblongs 2" x 3", and prick with a fork. Bake at 475°F. until delicately brown, about 8-10 minutes.

Prepare a packaged lemon pudding or pie filling using $\frac{1}{4}$ cup less liquid than called for. Cover half the pastry oblongs with cooled lemon filling. Top with remaining pastry oblongs which have been iced and sprinkled with chopped nuts.

Peach Pie

Mix and roll $\frac{1}{2}$ package (1 bag) ROBIN HOOD FLAKY PIE CRUST MIX according to package directions. Line 8-inch pie plate with half pastry.

Peel and slice 8 peaches. Sprinkle with 1 tablespoon lemon juice. Mix $\frac{1}{3}$ cup sugar and 3 tablespoons ROBIN HOOD VITAMIN ENRICHED FLOUR. Combine with peaches. Fill pastry shell. Dot with 1 tablespoon butter. Cover with top crust which has slits for escape of steam. Flute edges. Bake at 425°F. for 35 to 40 minutes.

FROSTINGS, FILLINGS AND SAUCES

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

Melt $1\frac{1}{2}$ ounces ($1\frac{1}{2}$ squares) unsweetened chocolate over hot water and add after first cup of sugar has been added. Reduce vanilla to $\frac{1}{2}$ teaspoon and increase cream to 4 tablespoons.

Mocha Butter Frosting

Sift 2 tablespoons cocoa with sugar. Use 3 tablespoons strong cold coffee instead of cream. Reduce vanilla to $\frac{1}{2}$ teaspoon.

Orange Butter Frosting

Use 3 tablespoons orange juice instead of cream, and $\frac{1}{2}$ teaspoon lemon extract and 2 teaspoons grated orange rind for flavouring.

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 $\frac{1}{4}$ cup 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.

Seven-Minute or Double-Boiler Frosting

2 egg whites	1 tablespoon light corn syrup
$1\frac{1}{2}$ cups granulated sugar	OR
5 tablespoons water	$\frac{1}{4}$ 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 simmering 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.

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 with $\frac{1}{2}$ teaspoon butter. 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 $1\frac{1}{2}$ cups moist shredded cocoanut, or cocoanut toasted in moderate oven until golden brown.

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 or dates 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 and milk in saucepan. Heat, stirring frequently, until sugar is dissolved. Allow mixture to boil two minutes. Add butter. 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.*

Cream Filling

1 cup milk	2 egg yolks or 1 whole egg
4 teaspoons cornstarch	1 teaspoon butter
$\frac{1}{3}$ teaspoon salt	$\frac{1}{2}$ teaspoon almond OR
$\frac{1}{4}$ cup granulated sugar	vanilla extract

Mix cornstarch, salt, and sugar and add gradually to cold milk in saucepan. Stir constantly over medium heat until mixture is thickened and bubbles for one minute. Beat egg yolks or whole egg slightly and add part of hot mixture. Blend and return to saucepan. Cook, stirring constantly, 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.

Chocolate Filling

Add one square unsweetened chocolate and use only one tablespoon cornstarch.

Date Filling

1 cup chopped dates
4 tablespoons brown sugar

$\frac{1}{2}$ cup water
1 tablespoon lemon juice

Combine and cook over low heat 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
1 tablespoon cornstarch
 $\frac{1}{8}$ teaspoon salt
 $\frac{1}{3}$ cup cold water

3 tablespoons lemon juice
1 egg, slightly beaten
2 teaspoons butter
 $\frac{1}{2}$ teaspoon grated lemon rind

Combine sugar, cornstarch and salt in saucepan. Beat egg slightly, add water and lemon juice. Add to dry ingredients. Cook, over low heat, stirring constantly, for 10 minutes or until thick and clear. Add butter and lemon rind. Beat until smooth and creamy. Cool.

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

Custard Sauce

2 to 4 tablespoons granulated sugar
 $\frac{1}{8}$ teaspoon salt
2 egg yolks

1 cup milk
 $\frac{1}{2}$ teaspoon vanilla
OR almond extract

Scald milk in top part of double boiler over direct heat. In a small bowl, combine lightly with a fork the sugar, egg yolks and salt. Add some of the scalded milk to the egg yolk mixture, stirring constantly. Return to double boiler.

Cook and stir constantly over hot, not boiling, water until mixture coats a metal spoon. Set saucepan in cold water to cool. Beat with a rotary beater if it threatens to curdle.

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

Fruit Syrup Sauce

1 cup fruit syrup (from canned fruit) 1 tablespoon butter
1 tablespoon cornstarch 1 tablespoon lemon juice

Blend cornstarch and cold syrup. 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

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

Lemon Sauce

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

Combine sugar, cornstarch, salt, and lemon rind in saucepan. Gradually add warm water, stirring constantly. Cook slowly over low heat for 5 minutes, stirring constantly. The sauce should be clear and slightly 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 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

½ cup brown sugar, firmly packed	1 cup warm water
1 tablespoon cornstarch	1 tablespoon butter
⅛ teaspoon salt	1 teaspoon vanilla

Combine sugar, cornstarch and salt in saucepan. Add warm 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 1½ tablespoons and vanilla to 1 teaspoon. Add ¼ teaspoon nutmeg.

Foamy Sauce

1 egg yolk	1 teaspoon vanilla
½ cup light corn syrup	1 teaspoon almond extract
	1 egg white

Beat egg yolk until light and thick. Add ¼ 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:—1½ 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.

Butterscotch Sauce

1 egg yolk, well beaten
 $\frac{1}{4}$ cup butter
 $\frac{1}{3}$ cup light corn syrup

$\frac{1}{4}$ cup water
 $\frac{2}{3}$ cup brown sugar

Combine all ingredients in top of double boiler. Mix well. Cook slowly over boiling water until thick, stirring frequently. Beat well before using.

Chocolate Sauce

3 squares unsweetened chocolate
 OR $\frac{1}{2}$ cup cocoa
 $\frac{3}{4}$ cup warm water
 3 tablespoons corn syrup

1 cup sugar
 $\frac{1}{8}$ teaspoon salt
 1 teaspoon vanilla
 2 tablespoons butter
 OR 4 tablespoons if cocoa is used

Add chocolate to water and place over low heat. Stir until blended. Add corn syrup, sugar and salt. Cook until sugar is dissolved and mixture is very lightly thickened, stirring constantly. Add butter and vanilla. (If cocoa is used, combine all ingredients except butter and vanilla. Cook as above and add butter and vanilla at end of cooking.)

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