

RECIPE

BOOKLET



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No 84026

PAULINE HARVEY

says . . .



READ WHAT T
HAVE

THE NEW FIVE

I have gone through it very carefully and feel sure it will be valuable as a reference book when I am preparing the monthly page for Farmer's Magazine.

I like the plastic ring binders. Also like the meat charts. Again, many thanks.

Sincerely, Laura Chisholm,
Farmer's Magazine

I used your old cook book, not only for reference, but in my own home also, and recommended it to the general public who asked for a reliable cook book. The new book is one of the most comprehensive ever published and could be used with success by gourmets as well as beginners. Detail and lay-out are both excellent, and I like, especially, the ring binding which allows the book to remain open while being used.

If homemakers follow instructions, step by step, as given with the recipes, their success is assured.

Yours sincerely, Philippa Gould,
Food Editor, Winnipeg Free Press

I appreciate very much receiving this—I can make good use of it on my program "To the Ladies," because your recipes have always proved successful.

Most sincerely, Brenda Cordwell,
Women's Commentator, Radio Station CFAC

Just a few words of praise on the recent edition of your well known cook book "A Guide to Good Cooking." The fact that modern cooking methods have been applied to many recipes is greatly appreciated by the housewife of today. Credit must also be given to the compact size, clear print, and the plastic ring binding that allows the book to lay flat for easy reference.

Yours very truly, Chris Dekker,
Women's Editor, Radio Station CJNB

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SPECIAL FEATURES ...

From the
FIVE ROSES
COOK BOOK



The first Cook Book in Canada to have the Dominion Government Meat Charts — Beef, Lamb and Pork — an essential for the modern housewife.

Hints on cake making when using a Food Mixer.



Useful suggestions on preparing Frozen Foods of all kinds — Meats, Fruit, etc.

How to get best results from a pressure cooker. A special temperature chart is included for your guidance. Many other features are included in this revised edition of the famous "Five Roses" Cook Book.



... FIVE ROSES COOK BOOK

PAULINE HARVEY'S

Seasonal

Thanksgiving Dinner



Minted Melon Balls
 Apple Jelly
 Corn Fritters
CRANBERRY CHIFFON TARTS

Roast Stuffed Turkey
 Glazed Sweet Potatoes
 Stuffed Green Peppers

Cranberry Chiffon Tarts

PASTRY: 1 cup sifted Five Roses Flour 6 tablespoons butter
 1/2 teaspoon salt 1 egg yolk
 1 tablespoon sugar 1 tablespoon water
 1 1/2 tablespoons lemon juice

Sift together flour, salt and sugar. Cut in butter. Beat egg yolk with water and lemon juice and stir in. Pat together and chill. Roll 1/4 inch thick and line tart shells. Prick. Bake in hot oven, 425°F., for 12 to 15 minutes. Cool.

FILLING: 1 tablespoon gelatin 1 tablespoon lemon juice
 1/2 cup cold water 1 teaspoon grated lemon rind
 2 cups cranberry sauce 2 egg whites
 1/8 teaspoon salt 1/4 cup sugar

Soak gelatin in cold water and place over hot water until gelatin dissolves. Stir into cranberry sauce; add salt, lemon juice and lemon rind. Chill mixture until it begins to set. Beat eggwhites until frothy and gradually beat in sugar to form a stiff meringue. Fold egg whites into cranberry mixture. Pour into baked tart shells. Chill until firm. Top with whipped cream.



Children's Party

Creamed Chicken on Toast
 Ice Cream Cones
GINGERBREAD MEN

Carrot Curls
 Chocolate Milk

Gingerbread Men

2/3 cup brown sugar 3/4 tablespoon baking soda
 2/3 cup molasses 2/3 cup butter
 1 teaspoon ginger 1 egg
 1 teaspoon cinnamon 5 cups sifted Five Roses Flour
 1/2 teaspoon cloves

Heat sugar, molasses and spices to boiling point. Add baking soda and pour mixture over butter in bowl. Stir until butter melts. Add egg and sifted flour and blend thoroughly. Knead. Chill. Roll to 1/4 inch thick, cut out gingerbread men. Place on greased baking sheet and bake in moderate oven, 325°F, 8 to 10 minutes. When cool decorate. Use pieces of colored gum drops for eyes, nose and mouth; use raisins for buttons. To attach to cookie dip decorations in hot corn syrup or in frosting.

AND

Special

RECIPES

Halloween Party



Grilled Hamburgers
Crispy Potato Chips
Toasted Buns

Mustard Relish
Cold Slaw

INDIVIDUAL PUMPKIN CAKES

Individual Pumpkin Cakes

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|--------------------------------|--------------------------------|
| 1/2 cup shortening | 1 1/2 teaspoon cinnamon |
| 1/2 cup sugar | 1 teaspoon salt |
| 1/2 cup molasses | 1/2 teaspoon baking soda |
| 2 eggs | Few grains nutmeg |
| 2 cups sifted Five Roses Flour | 1/2 cup milk |
| 2 teaspoons baking powder | 1 tablespoon grated lemon rind |

Cream shortening, add sugar gradually and beat until light and fluffy. Add molasses, beat well. Beat eggs and add. Sift flour, baking powder, cinnamon, salt, baking soda and nutmeg together. Add alternately with milk. Add lemon rind. Pour into greased muffin tins or cup cake moulds. Bake at 350°F., 15 to 20 minutes.

To decorate:

Frost generously with boiled frosting to which has been added a few drops of orange coloring. For stem use a short piece of candy stick covered with green frosting. A pumpkin face may be made by cutting eyes and mouth out of black gum drops or chocolate wafers and attaching to side of cup cake.



New Year Supper

Tomato Bouillon	Curried Turkey on Parsley Rice
Buttered Peas and Mushrooms	Crispy Rolls
Orange and Grapefruit Cup	SUGAR PLUM CAKE
Coffee	

Sugar Plum Cake

- | | |
|----------------------------------|--------------------------------|
| 1 cup scalded milk | 3/4 cup seedless raisins |
| 1/4 cup shortening | 1/4 cup candied cherries |
| 1/4 cup sugar | 1 teaspoon candied orange peel |
| 1 1/2 teaspoons salt | 1/4 cup sliced citron peel |
| 2 packages fast-rising dry yeast | 1 1/2 cups chopped walnuts |
| 2 eggs, well beaten | 1 tablespoon cardamon seeds |
| 4 cups sifted Five Roses Flour | |

Combine scalded milk, shortening, sugar and salt; cool to lukewarm. When milk is lukewarm add yeast and let stand 10 minutes, until yeast is softened. Add eggs and mix thoroughly. Add rest of ingredients to make a soft dough. Knead until smooth and elastic. Place in greased bowl, cover with damp cloth and let rise until double in bulk, about 2 hours. Punch down and let rest 15 minutes. Divide dough into 2 equal parts, round them up. Place in greased cake pans. Bake in moderate oven, 375°F., 1 hour. Cool. Brush with hot corn syrup and sprinkle with fine granulated sugar. Top with sprig of holly.



The Millers of...

"Five Roses" have always been most willing and ready to help any housewife, baker, or institution in overcoming problems which may arise in cooking and baking. Please send your requests for assistance to:

**Director of the Five Roses Kitchen,
Box 515, Station "B",
Montreal, Quebec.**

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