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THE MAKERS OF  
*Five Roses Flour*

PRESENT  
A DIARY OF

Celebrated  
Christmas  
Recipes



# Christmas Cake Making

## General Procedure

The first step is always to clean all the fruits to be used thoroughly. Raisins should be washed well, and if very dry may be soaked for a short while in warm or hot water. Currants must be washed in several changes of water in order to remove all traces of grit. Both raisins and currants should be rubbed between towels until as dry as possible after cleaning.

If other fruits such as cherries, dates, figs, peel or candied pineapple are to be used, and they are found to be too dried out, they may be brought back to their original moistness by steaming over hot water.

Most raisins are left whole, but very large seeded raisins are sometimes halved. Cherries are left whole, or merely cut in halves. Dates and figs are usually cut in quarters or eighths. Candied pineapple and peel is best liked when cut into fairly small dice.

Now examine shelled nuts for pieces of shell. Nuts for fruit cakes are best if left in fairly large pieces. Almonds, after they are blanched, are nicest cut into lengthwise strips — and this can be done more easily if they are cut while they are still warm and moist, right after blanching and skinning.

## Mixing the Cakes

Combine all the prepared fruits and nuts and add flour, then mix until all the particles are well coated.

The fat should be well creamed, and to facilitate this, it should be allowed to stand at room



**T**HIS Christmastide may joy  
be yours,  
While God's kind smile descends,  
Upon all those, whom we may name,  
Among remembered friends.

And New Year, may it bring to you,  
The blessing you desire,  
Of dark or light, of shade or shine,  
What God sees you require.

## Christmas Cake Making

temperature for a while so that it is soft before creaming is started. Then the sugar should be creamed in gradually. Whole eggs may be beaten in, one at a time, or all the eggs may be beaten until light first, then blended into the creamed mixture, before adding the dry ingredients.

Sift the flour, then measure, and sift again with the salt and spices, and any leavening that may be required. Gradually blend these into the creamed mixture. Where liquid is used, this is added to the creamed mixture alternately with the dry ingredients.

Add the floured fruits and nuts at the last, about two cupfuls at a time, stirring until well blended after each addition.

### Baking

Well greased heavy brown wrapping paper should be used to line fruit cake pans.

Fill the pans to within about 1-inch from the tops with batter.

Heavy fruit cakes that require long baking should be baked at from 275 to 300 deg. F. Lighter fruit cakes that take less time to bake, may be done at from 300 to 325 deg. F.

Remove cakes from pans when baked and invert them on wire cake racks to cool. Never remove the paper in which they are baked.

When the cakes are cold, wrap in several thicknesses of wax paper, and store in a tightly covered container in a cool place, until ready to use.

## Christmas Cakes

### White Christmas Cake

- ¾ lb. bleached Sultana raisins
- ¼ lb. chopped mixed peel
- ¼ lb. candied cherries
- ¼ lb. candied pineapple
- ⅓ lb. chopped blanched almonds
- ½ lb. butter
- 1 cup sugar
- 6 small eggs
- 2 cups FIVE ROSES flour
- 1 lemon, juice and grated rind

Prepare the fruits and nuts and add about ¼-cup of flour. Mix until well coated.

Cream soft butter until light, and gradually cream in the sugar. Then add three whole eggs, one at a time, beating until light after each addition. Separate the remaining eggs and beat the three yolks until light, then add to the creamed mixture.

Sift the flour, then measure and gradually blend into the first mixture. Add the floured fruit and mix well. Then add the juice and grated rind of the lemon. Beat the remaining egg whites until stiff, but not dry, and fold carefully into the batter.

Turn into two loaf pans that have been lined with heavy paper that has been well greased.

Bake in a moderately slow oven (300 deg. F.) for about 2 hours.

Remove from pans, cool, wrap in wax paper, and store in a tightly covered container in a cool place.

## Christmas Cakes

### Rich Dark Christmas Cake

- 1½ lbs. seeded raisins *(1 lb.)*
- ½ lb. currants *(1 lb.)*
- 1 lb. dates
- ½ lb. figs
- ½ lb. candied cherries
- ⅓ lb. preserved ginger
- ½ lb. chopped mixed peel
- 1 small apple, finely chopped
- ¼ lb. blanched, sliced almonds
- ¼ lb. chopped walnuts
- ½ lb. butter
- 1 cup brown sugar *(½ cup)*
- 5 eggs
- 1 tablespoon rich cream
- ½ cup jam or jelly
- 2 tablespoons rose water *(brandy)*
- 1½ tablespoons lemon juice *(27 rend)*
- ½ teaspoon vanilla
- 1¾ cups FIVE ROSES flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- ½ teaspoon cloves

Wash the raisins and soak for a few minutes in hot water. Drain and dry between towels. Wash the currants in several changes of water,

## Christmas Cakes

then drain and dry between towels too. Chop the dates and figs into medium sized pieces. Leave cherries whole or cut in halves. Cut the ginger into small dice. Examine the peel to make sure none of the pieces are too large. Pare, core and chop the apple. Blanch, skin and slice almonds and chop walnuts. Mix all fruits and nuts together well.

Cream soft butter well and gradually cream in the sugar. Add one whole egg at a time, beating well after each addition. Blend in the rich cream, jam or jelly (which has been beaten to remove all lumps), the rose water, lemon juice, and vanilla.

Sift the flour, then measure and sift again with the soda, cinnamon and cloves. Add to the first mixture gradually, stirring just enough to blend after each addition. Then add the prepared fruits and nuts, about two cups at a time, making sure they are well blended into the batter. Bake in an 8 by 8 inch square fruit cake pan, lined with greased heavy brown paper, in a slow oven (275 deg. F.) for from 4½ to 5 hours, or until done.

Remove cake from pan, cool, then wrap in several thicknesses of wax paper and store in a tightly covered container in a cool place.

Recommended and Edited by  
JUNE HORNE, Home Economist

## Icings

If icing is desired on Christmas cakes, they are usually first covered with a layer of almond paste, then finished with an ornamental icing. Any such icing should only be applied just before the cakes are to be used.

### Almond Paste

Blanch and skin 1 pound of almonds. Dry them well and then grind to a smooth paste, which means putting them through the food chopper several times. Add 3 eggs slightly beaten, and mix well. Then add a dash of salt, and gradually add enough icing sugar to make a stiff paste. Turn out onto a board lightly dusted with icing sugar, and knead until smooth. Place the paste in a bowl, cover tightly and store in a cool place overnight.

Then roll out the paste to about  $\frac{1}{3}$ -inch thickness on a board lightly dusted with icing sugar. Cut the paste in shapes to fit the sides and top of the cake.

To apply almond paste, first brush the surface of the cake with slightly beaten egg white. Then cover with the pieces of almond paste to the sides of the cake, pressing together well at the corners. Place the piece on top, and join to the sides by pressing together too.

## Icings

### Ornamental Frosting

Place two unbeaten egg whites in a bowl with  $\frac{1}{2}$ -cup sifted icing sugar. Beat vigorously for 10 minutes, then add another  $\frac{1}{2}$ -cup icing sugar. Now add  $\frac{1}{4}$ -teaspoon cream of tartar, and continue adding icing sugar until the frosting is stiff enough to spread.

Spread a thin, smooth layer of this over the top and sides of the cake, coated with almond paste.

Now continue working in more icing sugar to the remaining frosting until it is stiff enough to hold its shape when cut into with a knife.

Place this in a decorating tube, and decorate the cake as desired.

Tender, delicious cakes, buns, pies, cookies, and home baked bread, all turn out better-baked with Five Roses, because it is an all-purpose flour, the flour that will keep those healthy family appetites thoroughly satisfied.

Economical — dependable, a favorite in Canadian kitchens for over 60 years.

## Christmas Pudding

### Christmas Plum Pudding

- 1/2 lb. seedless raisins
- 1/2 lb. currants
- 1/4 lb. chopped mixed peel
- 1/4 lb. blanched, chopped almonds
- 1 cup FIVE ROSES flour
- 1 teaspoon baking soda
- 3 teaspoons cinnamon
- 1 teaspoon nutmeg
- 1/2 teaspoon salt
- 1 1/2 cups brown sugar
- 1 cup dry bread crumbs
- 3/4 lb. chopped suet
- 3 eggs
- 1/2 cup sweet milk
- 1 lemon, juice and grated rind

Wash and dry the raisins and currants and make sure the peel is cut finely enough. Blanch and chop the almonds.

Sift the flour, then measure and sift again with the soda, spices and salt. Add the brown sugar, bread crumbs, and chopped suet, along with the prepared fruit and nuts and mix well.

Beat the eggs and add the milk and the juice and grated rind of the lemon. Add to the first mixture and mix until blended.

Fill greased bowl about four-fifths full and cover with greased brown paper, then tie a cloth over the top. Steam the puddings for five hours.

Remove from the steamer and cool the puddings well. Store in a tightly covered container in a cool or even cold place.

Before using, these puddings may be heated by steaming again for one hour or more.

## Pudding Sauce

### Fluffy Hard Sauce

- 1 tablespoon butter
- 1 cup fine fruit sugar
- 1 tablespoon sweet cream
- 1 egg white
- 1/2 teaspoon vanilla

Cream together the butter, sugar and cream. Add the vanilla gradually. Beat the egg white until stiff, but not dry and fold into the first mixture. Now add 3 more tablespoons sugar and beat well. A little nutmeg or cinnamon may be added, if desired.

### Butterscotch Hard Sauce

- 1/2 cup butter
- 1 1/2 cups brown sugar
- 1/3 cup whipping cream
- 1 teaspoon vanilla

Cream soft butter until light and fluffy. Gradually cream in the brown sugar. Now add the cream, a small amount at a time, beating well after each addition, and add the vanilla last. Chill this sauce well before serving over hot pudding.

## Shortbread

### Scotch Shortbread

- 1/2 lb. butter
- 1/2 cup fine granulated sugar
- FIVE ROSES Flour

Cream soft butter thoroughly and gradually cream in the fine sugar. Now add FIVE ROSES Flour, a little at a time until the mixture is too stiff to work with a spoon. Then turn out onto a floured board and knead lightly, working in FIVE ROSES Flour all the time, until the dough begins to split. Divide the dough in two and pat each part into the bottom of an ungreased layer cake pan. Prick all over with a fork. Bake in a moderately slow oven (300 deg. F.) for about 25 minutes, or until very delicately browned. When cool, remove from the pans and store in a tightly covered container.

### Shortbread 2

- 1 cup butter
- 2/3 cup brown sugar
- 2 cups FIVE ROSES Flour
- Dash of salt

Cream soft butter until light and gradually cream in the brown sugar.

Sift the flour with the salt and blend this into the creamed mixture. Add enough flour to make a stiff dough. Turn out onto a baking board and knead until cracks appear on the surface of the dough. Pat the dough evenly into an ungreased layer cake pan, flute the edges and prick all over with a fork. Bake in a slow oven (275 deg. F.) about 50 minutes or until it just begins to turn brown. Cool the shortbread, then wrap in wax paper and store in a tightly covered container.

## Christmas Dainties

### Toasted Almond Cookies

- 1 cup butter
- 2/3 cup fruit sugar
- 3 egg yolks
- 2 1/2 cups FIVE ROSES Flour, sifted
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- Chopped or flaked almonds

Cream soft butter thoroughly, then cream in the fruit sugar gradually. Add the egg yolks and continue beating the mixture until light and fluffy. Sift the flour, then measure and sift again with the baking powder and the salt. Gradually add this to the creamed mixture. Then knead until well blended.

Turn out onto a lightly floured board and roll out quite thin, then cut into the desired shapes. Brush each cookie with slightly beaten egg white and sprinkle generously with chopped or flaked almonds. Bake on a greased cookie sheet, in a moderate oven (350 deg. F.) for about 10 to 12 minutes, or until delicately browned.

Be sure to ask your dealer for Five Roses Flour. Then you may be sure your family is home baking happy with those wonderful Five Roses home baked goodies to eat that reach your table every day. Remember, Grandmother knew it — Mother knew it — and you'll know it too, when you use the make it better — bake it better — FIVE ROSES Flour!

## Christmas Dainties

### Mexican Wedding Cakes

- 1 cup butter
- ½ cup fine fruit sugar
- 2 cups FIVE ROSES Flour
- ½ teaspoon salt
- 1 cup chopped nuts
- 1 teaspoon vanilla

Cream the butter and then cream in the sugar gradually. Sift the flour with the salt and blend this into the creamed mixture. Knead in the chopped nuts and the vanilla, a few drops at a time. Chill the dough for about an hour in a cold place. Then break off pieces about the size of a walnut and form into little crescents as long as the forefinger. Bake in a moderate oven (350 deg. F.) for about 15 minutes. While still warm, roll in icing sugar.

### Date and Almond Macaroons

- 1 cup blanched, toasted almonds
- 1 egg white
- 1 cup fine fruit sugar
- Dash of salt
- ½ teaspoon vanilla
- 1 cup dates, halved

Blanch the almonds and then brown lightly in a moderate oven. Beat the egg white until stiff and add the sugar and salt, with the vanilla. Add the dates and almonds. Drop onto a well greased cookie sheet and bake in a moderate oven (350 deg. F.) for from 15 to 20 minutes.

## Christmas Dainties

### Bar-Le-Duc Tarts

- 2 eggs
- 1¼ cups ground rice
- 1 cup butter
- 1 cup sugar
- 1 teaspoon almond extract
- Dash of salt

Beat eggs until light and fluffy and stir in the ground rice. Cream butter and sugar, and add to the egg mixture with the salt and flavoring. Fill pastry-lined tart pans three-quarters full. Bake in a moderate oven (375 deg. F.) until pastry is cooked.

### Bohemian Christmas Cookies

- 1 cup butter
- ⅔ cup fruit sugar
- 6 egg yolks
- 3 tablespoons cream
- 4 cups sifted FIVE ROSES Flour
- 2 tablespoons water
- 1 cup icing sugar
- 1 cup chopped blanched almonds

Cream together butter and cup fruit sugar, beat in 4 egg yolks and cream. Gradually stir in flour until dough is just stiff enough to roll, chill. Sprinkle board lightly with mixture of flour and fruit sugar combined in equal parts, place dough on this and roll ¼-inch thick. Cut with star-shaped cutter, place on ungreased baking sheet and bake in a moderate oven (375 degrees F.) for 15 to 20 minutes. When cold, spread with icing made by beating together the two remaining egg yolks and water, and adding icing sugar to thicken mixture. Sprinkle almonds thickly over iced cookies. This recipe will make approximately 4 to 5 dozen cookies.

## Christmas Dainties

### Christmas Fruit Drops

- ½ cup butter
- 1 cup brown sugar
- 2 eggs
- ½ cup sweet milk
- 2 cups FIVE ROSES Flour, sifted
- 2 teaspoons baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- ½ teaspoon almond extract
- ½ cup bleached sultana raisins
- ½ cup sliced candied cherries
- ¼ cup chopped mixed peel
- ¼ cup chopped candied ginger
- ¼ cup chopped almonds

Cream soft butter and gradually cream in the brown sugar. Add the eggs, one at a time, and beat well after each addition. Sift the flour, baking powder, soda and salt and add to the creamed mixture, alternately with the milk. Then add the almond extract and the prepared fruits and nuts which have been lightly floured. Drop by spoonfuls onto a well greased baking sheet about 1½ inches apart. Bake in a moderate oven (375 deg. F.) for 15 minutes. This makes about 5 dozen cookies.

## Christmas Dainties

### Lemon Cheesecakes

- ¼ cup butter
- ½ cup fine fruit sugar
- 4½ tablespoons lemon juice
- Grated rind 1 lemon
- 2 eggs, separated

Combine the butter, sugar, lemon juice and grated rind. Stir over low heat until the sugar dissolves. Add the yolks of the eggs and stir constantly until the mixture thickens. Remove from heat and cool, then fold in the stiffly beaten egg whites. Line tart pans with rich pastry, and fill with a little of the mixture. Bake in a moderate oven (375 deg. F.) for about 20 minutes. These may be served hot or cold.

### Almond Strips

- 4 egg whites
- 1 cup fruit sugar
- Pinch of salt
- ½ lb. chopped dates
- ½ lb. chopped almonds

Beat the egg whites until stiff but not dry, add the sugar and salt and combine lightly. Then fold in the dates and almonds and spread in a flat pan that has been lined with buttered paper. Bake in a very slow oven, (275 degrees F.) for one hour. When slightly cool cut into strips 1 inch wide and 2 inches long. Makes about two dozen.

## Christmas Dainties

### Christmas Wreaths

- 1 cup butter
- 1½ cups white sugar
- 2 eggs
- 2¾ cups FIVE ROSES Flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- 2 tablespoons lemon juice
- Grated rind 1 lemon

Cream soft butter and gradually cream in the sugar. Beat the eggs and add to the creamed mixture and continue beating until light and fluffy. Sift the flour, then measure and sift again with the baking powder and salt. Add this to the creamed mixture, alternately with the lemon juice. Then add the grated lemon rind. Roll out the dough on a floured board to about ⅛-inch thickness. Cut with a doughnut cutter and place the rounds on a baking sheet, brush over with slightly beaten egg white and decorate with finely chopped citron and small round red candies. Bake in a moderately hot oven (400 deg. F.) for from 10 to 12 minutes.

### Dibinity Tarts

- 1 egg white
- 1 cup shredded coconut
- ¼ cup fruit sugar
- ¼ teaspoon almond or vanilla extract

Mix together without beating the egg white. Work into a paste. Fill pastry shells and bake in a hot oven (450 deg. F.) for 5 minutes, then reduce the heat and cook from 5 to 10 minutes longer. They should be delicately browned on top.

## Christmas Dainties

### Coconut Creams

- 2 eggs
- 1 cup sugar
- 1 cup thick cream
- ½ cup shredded coconut
- 1 teaspoon almond extract
- 3 cups FIVE ROSES FLOUR
- 3 teaspoons baking powder
- 1 teaspoon salt

Beat the eggs until very light, then gradually add the sugar and beat until well combined. Then add the cream and coconut, combine well and add flavoring. Sift the flour then measure and sift twice again with the baking powder and salt. Add to the creamed mixture to make a soft dough. Chill the dough thoroughly.

Then roll out on a lightly floured board to ½-inch thickness. Sprinkle the dough with a generous amount of coconut, fold over and roll again ¼-inch thick and cut with small cookie cutter. Bake on a buttered baking sheet, in a medium oven, (350 degrees F.) until delicately brown, about 15 minutes or so.

### Cranberry Tarts

- 1 cup chopped dates
- ⅓ cup chopped nuts
- 1½ cups cranberry sauce

Combine the dates and nuts with the cranberry sauce. Line your tart tins with flaky pastry made with FIVE ROSES Flour and fill them with the date, nut and cranberry mixture. Arrange twisted strips of pastry across the tarts, lattice fashion, and bake in a hot oven, (425 degrees F.) until nicely browned. They may be served plain or with whipped cream.

## Sweets

### Fruit Balls

- 1 lb. nuts
- 1 lb. dates
- 3 tablespoons honey
- 1 tablespoon lemon juice

Put the nuts through the food chopper and divide in half. Pick over the dates to make sure all the stones have been removed, then put these through the food chopper too.

Now mix together half of the nuts, and the dates, and moisten with the liquid honey and lemon juice. Form the mixture into small balls and roll in the remainder of the chopped nuts. If you like you can store these in a tightly covered container and they will keep well for several days.

The date-nut mixture may also be used to stuff dates or prunes after they are stoned. Roll stuffed dates or prunes in fine fruit sugar.

If you would like to have additional copies of "A Diary of Celebrated Christmas Recipes" for your friends, write to Lake of the Woods Milling Co. Ltd., Winnipeg, Manitoba.

## Sweets

### Dibinity Fudge

- 2 cups granulated sugar
- $\frac{2}{3}$  cup light corn syrup
- $\frac{1}{3}$  cup water
- Dash of salt
- 2 egg whites
- $\frac{1}{2}$  teaspoon vanilla
- $\frac{1}{2}$  cup chopped candied cherries
- $\frac{1}{2}$  cup chopped nuts

Combine the sugar, corn syrup, water and salt in a saucepan. Heat slowly, stirring to dissolve the sugar. Then bring to a boil and cook like this, without stirring, until it reaches the hard ball stage when tested in cold water (or 265 deg. F. when tested with a candy thermometer).

Beat the egg whites until stiff, and gradually pour in the hot syrup, beating all the while. Then continue beating until the mixture begins to thicken.

Add the vanilla and then stir in the finely chopped cherries and nuts.

Place the candy in a greased pan and when cold, cut in squares to serve.



## Mince-meat

### Old Fashioned Mince-meat

- 2 cups finely minced lean beef
- 2 cups fresh beef suet, chopped fine
- 3 quarts chopped sour apples
- 1 cup grape or apple jam
- 2 cups peach jam or marmalade
- 2 pints grape juice
- 3 cups brown sugar
- 1 pound raisins (seeded)
- 1 pound raisins (seedless)
- 1 pound clean and dried currants
- 1 pound minced peel, minced
- Grated rind and juice of 2 oranges,
- Grated rind and juice of 2 lemons.
- 1 tablespoon salt
- 1 level tablespoon cinnamon
- 1/2 teaspoon mace
- Few grains ground clove

Trim the meat and simmer it in a small amount of water until it is tender. When it is cool, put it through the food chopper. Chop the fruits, mix all the ingredients together and simmer gently for about one hour. Then can in sterilized jars.

### Modern Mince-meat

- 1 pound butter (2 cups)
- 1 pound currants
- 1 pound raisins
- 1 1/2 pounds apples (chopped)
- 1 1/2 pounds sugar
- 1 pound mixed peel
- 1 level tablespoon cinnamon
- 1 nutmeg (grated)
- Juice and rind of 2 lemons

Clean the fruits and chop apples, raisins and peel. Stir in the sugar, butter, spices and lemon juice and grated rinds. Pack into jars until ready to use.

## Roasting

### Christmas Turkey

Once you have the bird ready for the oven, and the whole skin greased with softened fat, then place it on a rack in an open roasting pan. Bake the turkey in a moderately slow oven (300 deg. F.).

The time required will depend on the size of the bird.

An 8 to 10-pound turkey will require 25 minutes' cooking per pound.

A 12 to 16-pound turkey will need 20 minutes' roasting per pound.

Very large birds, that is, those from 16 to 25 pounds, will take from 18 to 20 minutes' cooking per pound.

To tell when the turkey is done, run a metal skewer or a long fork into the thickest part of the breast and also into the thigh next to the breast. If the meat is tender and the juice doesn't look red, the bird is done.

The name, "Five Roses Flour," is so easy to remember—and its flavour, so hard to forget. Use Five Roses Flour and be certain of the best cooking results. You will find it economical too.

## Stuffings

### Sage and Onion Stuffing

(For a 10 pound bird)

- 8 cups soft bread crumbs
- 2 teaspoons salt
- 1/2 teaspoon pepper
- 2 teaspoons sage
- 3/4 cup chopped onions
- 1 cup boiling water
- 1/3 cup melted fat

You'll need a whole loaf for this, and use one that's a day or two old. Place the crumbs in a large bowl and season with salt, pepper and sage, and add the chopped onions. Mix well, then sprinkle with boiling water until the crumbs are slightly damp, then add the melted fat. Pack lightly into the cavity.

### Sausage Stuffing

(For a 10 pound bird)

- 10 cups dry bread cubes
- Salt and pepper, if necessary
- 1 teaspoon sage
- 2 medium onions, diced
- 1 lb. sausage meat

Cut dry bread into small cubes for this. Place in a bowl and add the sage and chopped onion. Turn the sausage meat into a pan over moderate heat and pull the meat into small particles with a fork. Cook until well browned. Add the contents of the pan to the bread cubes. Mix well and season if necessary with salt and pepper. Pack lightly into cavity of bird.

## Relishes

### Cranberry Sauce

- 1 lb. (4 cups) cranberries
- 2 cups water
- 1 1/2 cups sugar

Use bright red cranberries for this. Pick them over, then wash and drain well. Combine the sugar and water and boil together for 5 minutes. Then add the cranberries and cook until all the cranberries have popped. This will take about 5 minutes more.

This will keep almost indefinitely if packed into hot, sterilized jars and sealed at once.

### Fresh Cranberry Relish

- 1 lb. (4 cups) cranberries
- 1 orange
- 1/2 lemon
- 2 cups sugar

Pick over and wash the cranberries and then put through the food chopper, using a fine blade. Now grate the rind from the orange and lemon, and squeeze out the juice. Add the grated rind and juice of both fruits to the ground cranberries, along with the 2 cups sugar. Mix well then pack into sterilized jars and seal tightly at once.

If you like, the whole orange and all of the half lemon may be put through the food chopper with the cranberries, instead of using just the juice and grated rind.

## Helpful Hints

### Table of Kitchen Measures

ALL MEASUREMENTS ARE LEVEL

1 saltspoon .....	equals	$\frac{1}{4}$ teaspoon
3 teaspoons .....	equals	1 tablespoon
16 tablespoons .....	equals	1 cup
1 cup .....	equals	8 ounces
2 cups .....	equals	1 pint
4 cups .....	equals	1 quart

### FRACTIONS OF CUPFULS

$\frac{7}{8}$ cup .....	equals	14 tablespoons
$\frac{3}{4}$ cup .....	equals	12 tablespoons
$\frac{2}{3}$ cup .....	equals	$10\frac{2}{3}$ tablespoons
$\frac{1}{2}$ cup .....	equals	8 tablespoons
$\frac{1}{3}$ cup .....	equals	$5\frac{1}{3}$ tablespoons
$\frac{1}{4}$ cup .....	equals	4 tablespoons
$\frac{1}{8}$ cup .....	equals	2 tablespoons

### Time and Temperature Chart

Slow oven .....	250 to 300 degrees F.
Moderately slow oven ..	300 to 325 degrees F.
Moderate oven .....	325 to 375 degrees F.
Moderately hot oven ..	400 to 450 degrees F.
Very hot oven .....	450 to 500 degrees F.

## Helpful Hints

### Care of Flour

To properly care for Flour after it leaves the mill is the duty of the grocer and the housewife. A few hints in this connection may be of use. Flour should be stored in a dry place. It will keep in excellent condition for several months at a temperature of 70 degrees F. or under. It will lose its strength if kept in a hot place. As Flour will absorb odors quickly, it should be kept away from anything which has a strong odor, such as onions, coal oil, tar products, etc. If Flour is stored in a cold place during the winter months, a sufficient quantity for each baking should be placed where it can be thoroughly warmed through before mixing into dough.

### For Successful Baking

Before starting to bake, read the recipe carefully. Be sure that all necessary ingredients are at hand and that you thoroughly understand the recipe.

Use only the finest of materials. Use FIVE ROSES Flour, fresh eggs, a good quality of shortening and a reliable brand of baking powder. Use fine sugar, it blends better with other ingredients and therefore gives you a better textured product.

Measure all ingredients carefully. Use the correct method for mixing. Bake as directed.

## Helpful Hints

### Measuring

**TO MEASURE A SPOONFUL**—Take up all the spoon will hold, then level off with the straight edge of a knife. To measure one-half spoonful, level off a spoonful, then cut lengthwise through the centre, and discard one half.

**TO MEASURE A CUPFUL**—Dry ingredients should be placed in cups to make a rounded cup, and the top should be levelled off with the straight edge of a knife.

**TO MEASURE FLOUR**—**FIVE ROSES** Flour should always be sifted before measuring. One cup of all-purpose flour, scooped from the bin or bag equals more than one cup after it is sifted. After sifting, spoon the flour lightly into the measuring cup, filling to overflowing. Then level off with the edge of a knife.

**TO MEASURE SUGAR**—Granulated sugar is measured by filling the cup and then levelling it off at the top. Brown sugar is packed firmly down into the cup for measuring. Fruit and icing sugar are best sifted before measuring.

**TO MEASURE FATS**—Such things as butter, shortening and lard may be measured by weight, or by cupfuls or spoonfuls. When using a cup or spoon for measuring, the fat should be pressed down firmly to ensure accurate measurement.

**TO MEASURE LIQUIDS**—Fill the measuring cup or spoon with all it will hold. When measuring thick mixtures—such as molasses—level spoonfuls are obtained by levelling with a knife.

## Helpful Hints

### Mixing

The method used for putting ingredients together is important in cookery. Rules for mixing—given with each type of recipe—should be followed carefully.

**WHEN BEATING EGGS**—A "well-beaten egg" is one which has been whipped until foamy and slightly thickened. A "well-beaten yolk" is one whipped until thick and lemon-colored. A "Well beaten white" is one that is beaten until it is stiff but not dry, that is, it will stand up in stiff peaks when the beater is raised and the surface looks moist.

There are three ways of combining ingredients—stirring, beating and cutting-and-folding.

**TO STIR**—Mix by using a circular motion—widening the circles until ingredients are blended.

**TO BEAT**—Turn the ingredients over and over, continually bringing the under part to the surface—thus making the mixture smooth and enclosing air—which makes the mixture light.

**TO CUT-AND-FOLD**—This method is an important one and is mainly used to combine stiffly beaten egg whites into other ingredients. Put the spoon or egg-whip down through the foods, turn it under the mass, then bring it up vertically. Repeat this process until the mixing is complete. The purpose of cutting-and-folding is to prevent the escape of air or gases that have already been introduced into the egg-whites. This method has much to do with the texture of fine cakes—particularly angel and sponge cakes.

## Notes

Imas Cake (from Helen)

1 Cup butter.

3 eggs

1 cup white sugar

1 lb. sultana raisins

$\frac{1}{2}$  cup almonds

$\frac{1}{2}$  cup walnuts (chopped)

2 cup mixed peel

$\frac{1}{2}$  lb. cherries

2 cups flour

1 teas. Baking powder

$\frac{1}{2}$  teasp. salt

$\frac{1}{2}$  cup fruit piece  
Maryland

Bake about 2 hours.

## Important

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