

A keepsake booklet of delightful recipes in which Monarch Cake and Pastry Flour makes all the difference.



MAPLE LEAF MILLS LIMITED

The Soft Way  
to your  
Husband's Heart

WITH  
**MONARCH**  
CAKE & PASTRY  
FLOUR

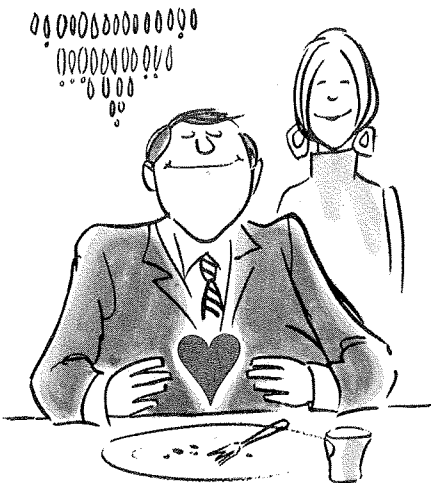


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Featured on the front cover are Southern Pecan Bars and Chocolate Crumble Bars and on the back cover is the Spice Cake with Broiled Topping.

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# Why the soft wheat in Monarch Cake and Pastry Flour makes all the difference in your recipes.

How many times have you heard:  
"What a wonderful cake. Could I please have the recipe?"  
Then a couple of days later you hear:  
"I must have done something wrong. My cake wasn't nearly as good as yours."

**Most important ingredient.**  
You see, many recipes don't always say you should use soft wheat flour in them — one like Monarch Cake & Pastry Flour that's milled entirely from soft wheat and guarantees best results.  
Soft wheat flour is finer, softer and sifted many times. The other kind — hard wheat flour — is best for making yeast breads. But the elastic, spongy character of bread doughs is something you never want in cakes, pastries, muffins and biscuits.

**Light, flaky pastry.**  
Soft wheat flour is very light. This means your pastry, for example, will turn out more tender — much more so than if you used a heavier, all-purpose flour.

The softer, more tender dough will make it easier to get good results.  
The lightness of soft wheat flour is very important in cakes, too. It gives you a soft, delicate advantage from the very start.

**Foolproof recipes.**  
Every recipe in this booklet has been carefully balanced with Monarch Cake & Pastry Flour to give you wonderful results. Just follow the easy steps.  
Please try one of these special soft wheat creations soon. You'll discover what a difference soft wheat flour can make in a recipe.  
But the happiest thing you'll discover is how you've found a delightful, soft way to the hearts of the people who count in your life.





## CAKES

### BANANA SPLIT

Shown above. Preheat oven to 350°F.  
Grease a 9-inch square cake pan. Line bottom with waxed paper or dust lightly with flour.  
Sift together into mixer bowl  
**2 cups MONARCH Cake and Pastry Flour**  
**1 teaspoon baking soda**  
**2 teaspoons baking powder**  
**½ teaspoon salt**  
 Add  
**¾ cup shortening**  
**1½ cups lightly packed brown sugar**  
**¾ cup buttermilk or sour milk**  
 Beat for 2 minutes at medium speed of electric mixer or 300 strokes by hand.  
 Add  
**1 cup mashed banana**  
**2 eggs**  
 Beat for 2 additional minutes.  
 Turn into prepared pan.  
 Bake in preheated 350° oven for 45 to 50 minutes, or until cake springs back.  
 Split horizontally, fill with sliced bananas. Drizzle with butterscotch sauce and serve with ice cream.

### ONE-BOWL WHITE CAKE

Shown above. Preheat oven to 350°F.  
Grease two 8-inch round layer cake pans. Line bottoms with waxed paper or dust lightly with flour.  
Sift together into mixer bowl  
**2 cups MONARCH Cake and Pastry Flour**  
**1 teaspoon baking soda**  
**¾ teaspoon baking powder**  
**½ teaspoon salt**  
**1½ cups granulated sugar**  
 Add  
**½ cup shortening**  
**¾ cup buttermilk or sour milk**  
 Beat for 2 minutes at medium speed of electric mixer or 300 strokes by hand.  
 Add  
**½ cup buttermilk or sour milk**  
**2 eggs**  
**1 teaspoon vanilla**  
 Beat for 2 additional minutes.  
 Turn into prepared pans.  
 Bake in preheated 350° oven for 25 to 30 minutes, or until cake springs back when lightly touched.  
 Fill cooled cake with whipped dessert topping or strawberry jam. Pour glaze over filled cake and chill.

### CHOCOLATE GLAZE

In a small saucepan, combine  
**1 (6-ounce) package chocolate chips**  
**1 (6-ounce) can undiluted evaporated milk**

Cook over low heat, stirring constantly, until mixture comes to a boil. Cook gently, stirring constantly, 3 to 5 minutes or until thickened. Cool, stirring occasionally.

### SPICE CAKE

Preheat oven to 350°F.  
Grease an 8-inch square cake pan. Line bottom with waxed paper or dust lightly with flour.  
Sift together  
**1½ cups MONARCH Cake and Pastry Flour**  
**1 teaspoon baking powder**  
**½ teaspoon baking soda**  
**½ teaspoon salt**  
**1 teaspoon cinnamon**  
**½ teaspoon nutmeg**

Cream  
**½ cup butter**  
 Gradually blend in  
**¾ cup granulated sugar**  
**½ cup lightly packed brown sugar**  
**2 eggs**

Beat until light and fluffy.  
Add sifted dry ingredients to creamed mixture alternately with  
**¾ cup buttermilk or sour milk**  
 Make 3 dry and 2 liquid additions, combining lightly after each. Turn into pan.  
 Bake in preheated 350° oven for 40 to 45 minutes, or until cake springs back when lightly touched.

### BROILED TOPPING

Combine  
**½ cup lightly packed brown sugar**  
**2 tablespoons MONARCH Cake and Pastry Flour**  
**¼ teaspoon salt**  
 Blend in  
**¼ cup melted butter**  
**1 tablespoon water**  
**½ cup chopped nuts or coconut**  
 Spread over top of warm Spice Cake. Place 6 inches below broiler and broil for 2 to 3 minutes or until bubbly.

### CARAMEL CAKE

Preheat oven to 350°F.  
Grease two 8-inch round layer cake pans. Line bottoms with waxed paper.  
Mix together

**1 cup caramel sundae topping**  
**½ cup milk**  
 Sift together into mixer bowl  
**2 cups MONARCH Cake and Pastry Flour**  
**3 teaspoons baking powder**  
**½ teaspoon salt**  
 Add 1 cup caramel mixture and  
**½ cup shortening**  
**¾ cup lightly packed brown sugar**  
 Beat for 2 minutes at medium speed of electric mixer or 300 strokes by hand.  
 Add remaining caramel mixture and  
**2 eggs**  
**1 teaspoon vanilla**  
 Beat for 2 additional minutes.  
 Turn into prepared pans.  
 Bake in preheated 350° oven for 30 to 35 minutes, or until cake springs back.

### SUNDAE TOPPER

Cream together  
**¼ cup caramel sundae topping**  
**2 tablespoons butter**  
 Gradually blend in  
**3½ cups sifted icing sugar**  
**2 to 3 tablespoons milk**  
 beating until smooth. Fill and frost Caramel Cake.



*When his boss comes for dinner, win his heart with one of these.*



### TIP TOP ORANGE CAKE

Shown at right. Preheat oven to 350°F.  
Thoroughly grease a 9-inch square pan.  
In a saucepan combine

**½ cup frozen orange concentrate**  
**1 cup granulated sugar**

Cook and stir until mixture comes to a boil and boil 1 minute. Pour into prepared pan and allow to cool.

Sift together

**1½ cups MONARCH Cake and Pastry Flour**

**½ teaspoon salt**  
**2 teaspoons baking powder**

Cream

**½ cup shortening**

Blend in, beating until light and fluffy

**¾ cup granulated sugar**

Beat in

**2 eggs**  
**1 teaspoon vanilla**

Stir dry ingredients into creamed mixture alternately with

**¾ cup milk**

Make 3 dry and 2 liquid additions, combining lightly after each. Carefully spoon batter over top of orange syrup in pan. Bake in preheated 350° oven for 40 to 45 minutes, or until cake springs back when lightly touched.

Invert on serving plate and cool 10 minutes, then remove pan.

Sprinkle with

**½ cup flaked coconut**

### SELF-ICED BUTTER CAKE

Shown at right. Preheat oven to 350°F.  
Grease an 8-inch square cake pan. Line bottom with waxed paper or dust lightly with flour.

Sift together

**1½ cups MONARCH Cake and Pastry Flour**

**½ teaspoon salt**  
**2 teaspoons baking powder**

Cream

**¾ cup butter**

Gradually blend in

**¾ cup granulated sugar**  
**2 eggs**

**1 teaspoon vanilla**

Beat until light and fluffy.

Add sifted dry ingredients to creamed mixture alternately with

**¾ cup milk**

Make 3 dry and 2 liquid additions, combining lightly after each.

Turn into prepared pan.

Bake in preheated 350° oven for 40 to 45 minutes, or until cake springs back when lightly touched.

### TOPPING

If desired, sprinkle over batter in prepared pan

**¾ cup chopped walnuts**

Beat to form stiff but moist peaks

**1 egg white**

Gradually add

**1 cup lightly packed brown sugar**  
**½ teaspoon vanilla**

Spread evenly over walnuts and bake.

### APPLE JUICE CAKE

Preheat oven to 350°F.

Grease two 8-inch round layer cake pans. Line bottoms with waxed paper.

Sift together

**2 cups MONARCH Cake and Pastry Flour**

**½ teaspoon salt**  
**2 teaspoons baking powder**  
**¼ teaspoon baking soda**  
**½ teaspoon cinnamon**

Cream together until fluffy

**½ cup shortening**

**1½ cups lightly packed brown sugar**

Beat in

**2 eggs**

Combine

**½ cup apple juice**  
**½ cup milk**

Stir dry ingredients into creamed mixture alternately with liquid.

Make 3 dry and 2 liquid additions, combining lightly after each.

Fold in

**1 cup chopped nuts**

Turn into prepared pans.

Bake in preheated 350° oven for 30 to 35 minutes, or until cake springs back.



### GINGERBREAD

Preheat oven to 350°F.

Lightly grease a 9-inch square cake pan. Line bottom with waxed paper or dust lightly with flour.

Sift together

**2¼ cups MONARCH Cake and Pastry Flour**

**½ teaspoon salt**  
**1½ teaspoons baking soda**  
**1 teaspoon ginger**  
**1 teaspoon cinnamon**

Cream

**½ cup shortening**

Blend in, beating until light and fluffy

**1 cup lightly packed brown sugar**

Beat in

**1 egg**  
**½ cup molasses**

Stir dry ingredients into creamed mixture alternately with

**1 cup boiling water**

Make 3 dry and 2 liquid additions, combining lightly after each.

Turn into prepared pan.

Bake in preheated 350° oven for 45 to 50 minutes, or until cake springs back when lightly touched.

### REAL FUDGE CAKE

Preheat oven to 350°F.

Grease two 9-inch round layer cake pans. Line bottoms with waxed paper.

Sift together

**2 cups MONARCH Cake and Pastry Flour**

**1 teaspoon salt**  
**½ teaspoon baking powder**  
**1½ teaspoons baking soda**

Cream

**½ cup butter**

Blend in, beating until light and fluffy

**1½ cups granulated sugar**

Beat in

**3 eggs**  
**1 teaspoon vanilla**

Mix together

**½ cup cocoa**  
**1½ cups cold water**

Stir dry ingredients into creamed mixture alternately with cocoa liquid. Make 3 dry and 2 liquid additions, combining lightly after each. Turn into prepared pans.

Bake in preheated 350° oven for 30 to 35 minutes, or until cake springs back when lightly touched.



## PIES

### MONARCH PASTRY

Yield: One 9-inch two-crust pie or two 9-inch shells.  
Preheat oven to 425°F.  
Measure

**2 cups MONARCH Cake and Pastry Flour**

Mix in

**$\frac{3}{4}$  teaspoon salt**

With a pastry blender or two knives, cut in until the consistency of coarse meal with a few large pieces

**$\frac{2}{3}$  cup shortening**

One at a time, sprinkle with

**4 to 5 tablespoons cold water**

Mix very lightly with a fork. Use just enough water to make a dough which will cling together and clean easily from the bowl. Roll one-half of dough at a time on a lightly floured surface. Wrap and store extra pastry in refrigerator.

#### *For Baked Shells:*

Fit into pie plate, trim, flute and prick. Bake in preheated oven for 10 to 12 minutes.

#### *For Unbaked Shells:*

Fit into pie plate, trim and flute.

#### *For Two-Crust Pie:*

Fit into pie plate and trim. Fill and cover with top crust. Trim top pastry  $\frac{1}{4}$ -inch wider than edge of pie plate. Tuck extra between rim of pie plate and bottom crust. Flute and bake.

### MONARCH PASTRY MIX

Blend together

**$3\frac{1}{2}$  pounds MONARCH Cake and Pastry Flour**

**2 tablespoons salt**

With a pastry blender or two knives, cut in until the consistency of coarse meal

**1 pound shortening**

Cut in an additional

**1 pound shortening**

until the size of small peas.

Store in tightly covered canister.

#### *For Two-Crust Pie:*

Measure

**2 cups pastry mix**

With a fork, stir in a tablespoon at a time

**3 to 4 tablespoons cold water**

Add only enough water to make dough clinging together.

Roll out as for Monarch Pastry.

### PEACHES 'N CREAM PIE

Shown at left. Preheat oven to 425°F. Prepare Monarch Pastry Mix or Monarch Pastry for two-crust pie, reserving 1 cup dry mix. Prepare pastry, using remaining mix. Roll out, cut dough and line 9-inch pie plate. Trim. Flute but do not prick. Beat with rotary beater until smooth

**2 tablespoons MONARCH Cake and Pastry Flour**

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

**$\frac{1}{2}$  cup thick dairy sour cream**

**1 tablespoon grated lemon rind**

Drain well

**1 (28-oz.) can peach halves**

Arrange cut-side down in pie shell. Cover with cream mixture.

Blend together reserved dry mix and

**$\frac{1}{2}$  cup lightly packed brown sugar**

Sprinkle over filling.

Bake in preheated 425° oven for 15 minutes, or until pastry is golden.

Reduce heat to 350° and continue baking for 20 to 25 minutes longer.

Yield: One 9-inch pie.

### MINT PARFAIT PIE

Preheat oven to 425°F.

Prepare pastry; roll out half and line a 9-inch pie plate. Trim. Flute edge and prick. Bake in preheated 425° oven for 10 to 12 minutes, or until golden. Cool.

Beat until thick and lemony

**4 egg yolks**

Gradually add, beating until fluffy

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

Soften

**1 envelope gelatine**

in

**$\frac{1}{4}$  cup cold water**

Dissolve over boiling water.

Blend into egg yolk mixture with

**$\frac{1}{4}$  cup crème de menthe**

Whip until stiff and fold in

**$1\frac{1}{2}$  cups heavy cream, whipped**

Turn into baked 9-inch pie shell. Chill until firm.

Yield: One 9-inch pie.

*TIP: To make sure that the bottom crust of a two-crust pie is well done, it is important that you place the rack 3 or 4 inches from the bottom of the oven.*

### FRUIT TOPPED PIE

Shown at left. Preheat oven to 425°F.

Prepare pastry; roll out half and line a 9-inch pie plate. Trim. Flute edge and prick. Bake in preheated 425° oven for 10 to 12 minutes, or until golden. Cool.

Beat together until smooth

**1 (4-ounce) package cream cheese**

**$\frac{1}{2}$  cup sifted icing sugar**

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

Whip until stiff

**1 cup heavy cream**

Carefully fold into cream cheese mixture. Spread evenly in prepared pie shell.

Spoon over top

**1 (19-ounce) can prepared fruit pie filling**

Chill.

Serve topped with whipped cream, if desired.

Yield: One 9-inch pie.



*Peaches 'n Cream Pie will make you Queen of Hearts.*

### FRESH APPLE PIE

Shown at right. Preheat oven to 450°F. Prepare pastry; roll out half and line a 9-inch pie plate. Trim. Roll out top crust. Peel, core and cut into thick slices sufficient apples to make

**6 to 7 cups sliced apples**

Combine

**1 tablespoon MONARCH Cake and Pastry Flour**

**¾ cup granulated sugar**

**½ teaspoon cinnamon**

Place one half of apple slices in pastry lined pie plate. Sprinkle with half of sugar mixture. Add remaining apples, heaping them in centre. Sprinkle remaining sugar mixture over top.

Dot with

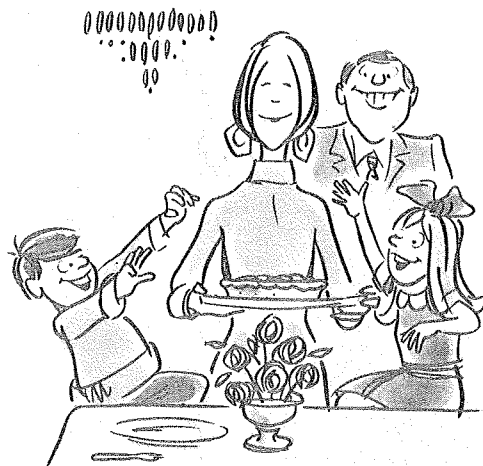
**2 tablespoons butter or margarine**

Sprinkle with

**¼ cup water**

Cover with top crust. Seal edges, flute, and slash top.

Bake in preheated 450° oven for 15 minutes, or until pastry is light golden. Reduce heat to 350° and continue baking until apples are tender, 40 to 45 minutes longer. Yield: One 9-inch pie.



*You'll hear hearty cheers when you serve one of these pies.*

### RHUBARB CRUMB PIE

Preheat oven to 450°F.

Prepare pastry; roll out half and line a 9-inch pie plate. Trim and flute edge. Do not prick.

Beat with rotary beater until smooth

**½ cup MONARCH Cake and Pastry Flour**

**1½ cups granulated sugar**

**1 cup thick dairy sour cream**

Arrange evenly in unbaked 9-inch pie shell

**4 cups cubed fresh rhubarb**

Pour sour cream mixture over top.

Sprinkle with a mixture of

**½ cup MONARCH Cake and Pastry Flour**

**½ cup lightly packed brown sugar**

**¼ cup butter or margarine**

Bake in preheated 450° oven for 15 minutes, or until pastry is golden. Reduce heat to 350° and continue baking for an additional 30 to 35 minutes, or until fruit is tender and filling set.

Yield: One 9-inch pie.

### LEMONADE PIE

Shown at right. Preheat oven to 425°F.

Prepare pastry; roll out half and line a 9-inch pie plate. Trim. Flute edge and prick. Bake in preheated 425° oven for 10 to 12 minutes, or until golden. Cool.

In a saucepan, combine

**¾ cup MONARCH Cake and Pastry Flour**

**1½ cups granulated sugar**

**¼ teaspoon salt**

Gradually stir in

**3 cups water**

Cook over medium heat, stirring constantly, until thickened. Cover and cook 3 minutes longer, stirring occasionally.

Stir a small amount of hot mixture into

**3 slightly beaten egg yolks**

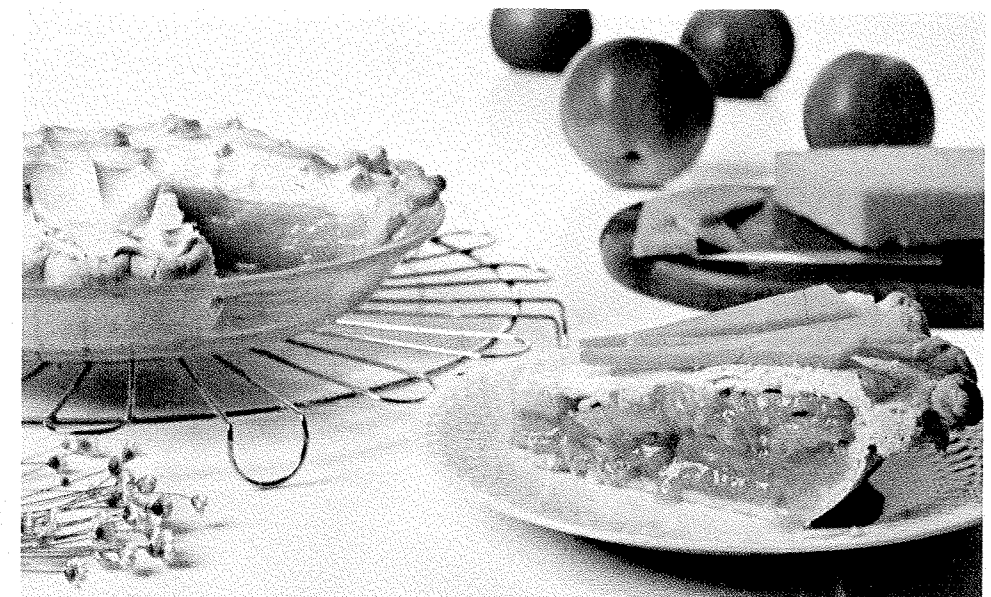
Then blend into remaining hot mixture. Cook 2 minutes longer, stirring constantly.

Remove from heat and blend in

**2 tablespoons butter or margarine**

**¾ cup frozen concentrated**

**lemonade, thawed**



Cool to lukewarm and turn into baked 9-inch pie shell.

If desired, top with a meringue of

**3 egg whites**

**¼ teaspoon cream of tartar**

**6 tablespoons granulated sugar**

(For method, see page 20.)

Yield: One 9-inch pie.

### ICE CREAM PIE

Preheat oven to 425°F.

Prepare pastry; roll out half of dough and line a 9-inch pie plate. Trim. Flute edge and prick. Bake in preheated 425° oven for 10 to 12 minutes, or until golden. Cool.

Mix together

**¾ cup crushed peppermint candy sticks**

**3 pints vanilla ice cream**

Scoop into baked pie shell. Wrap and freeze. This can be stored in freezer up to 2 months. Just before serving spoon over ice cream

**Chocolate fudge sundae topping**

If desired, garnish with whipped cream and walnuts.

Yield: One 9-inch pie.

### ORANGE PUMPKIN PIE

Preheat oven to 450°F.

Prepare pastry; roll out half and line a 9-inch pie plate. Trim. Flute edge but do not prick.

Mix together

**¾ cup lightly packed brown sugar**

**1 teaspoon ground cinnamon**

**½ teaspoon ground ginger**

**¼ teaspoon nutmeg**

**½ teaspoon salt**

**½ teaspoon grated orange rind**

Blend in

**2 eggs, slightly beaten**

Stir in

**¼ cup water**

**1¼ cups canned or sieved cooked pumpkin**

**1 cup milk**

**½ cup strained orange juice**

**¼ teaspoon vanilla**

Turn into prepared pie shell.

If desired, sprinkle with

**3 tablespoons slivered unblanched almonds**

Bake in preheated 450° oven for 10 minutes, then reduce heat to 325° and bake for an additional 40 minutes, or until pumpkin custard is almost set.

Yield: One 9-inch pie.



# COOKIES

## RICH OAT COOKIES

Shown above. Preheat oven to 350°F.  
 Lightly grease a baking sheet.  
 Blend together  
     **2 cups MONARCH Cake**  
     **and Pastry Flour**  
     **½ teaspoon salt**  
 Cream together  
     **½ cup butter**  
     **½ cup shortening**  
 Gradually blend in  
     **1¼ cups lightly packed brown sugar**  
 Dissolve  
     **1 teaspoon baking soda**  
 in  
     **2 tablespoons boiling water**  
 Stir into creamed mixture with  
     **½ teaspoon vanilla**  
 Add dry ingredients and stir until blended.  
 Gradually stir in  
     **2 cups rolled oats**  
 Shape into small balls and place about 2-inches apart on greased baking sheet. Press with floured fork to flatten. **OR** Chill until firm; roll thin on lightly floured surface and cut with floured

cookie cutter.  
 Bake in preheated 350° oven for 12 to 15 minutes, or until golden brown.  
 Yield: 5 dozen.

## SCOTCH SHORTBREAD

Shown above. Preheat oven to 300°F.  
 Blend together  
     **3¾ cups MONARCH Cake**  
     **and Pastry Flour**  
     **¼ cup rice flour**  
 Cream together  
     **1½ cups butter or margarine**  
     **½ cup sifted icing sugar**  
     **¼ cup lightly packed brown sugar**  
     **½ teaspoon vanilla**  
 Beat until light and fluffy. Gradually, stir in dry ingredients, combining well after each addition.  
 Turn onto a lightly floured surface and roll to ¼-inch thickness.  
 Cut into desired shapes with floured cookie cutters.  
 Bake on ungreased baking sheet in preheated 300° oven for 18 to 20 minutes.  
 Yield: About 5 dozen.

## CHOCOLATE CHIP COOKIES

Shown at left. Preheat oven to 375°F.  
 Blend or sift together  
     **2 cups MONARCH Cake**  
     **and Pastry Flour**  
     **½ teaspoon baking soda**  
     **½ teaspoon salt**  
 Cream together  
     **1 cup butter or margarine**  
     **¾ cup granulated sugar**  
     **¾ cup lightly packed brown sugar**  
 Beat in  
     **1 egg**  
     **1 teaspoon vanilla**  
 Beat until light and fluffy. Stir in dry ingredients.  
 Fold in  
     **1 (6-ounce) package chocolate chips**  
     **½ cup chopped nuts**  
 Drop batter from ½ teaspoon about 2 inches apart on ungreased baking sheet. Bake in preheated 375° oven for 8 to 10 minutes or until light golden brown.  
 Yield: 4 to 5 dozen.

## SUGAR 'N SPICE COOKIES

Oven temperature: 375°F.  
 Lightly grease a baking sheet.  
 Blend or sift together  
     **2 cups MONARCH Cake**  
     **and Pastry Flour**  
     **¼ teaspoon baking soda**  
     **¼ teaspoon salt**  
     **½ teaspoon cinnamon**  
 Cream together  
     **½ cup butter or margarine**  
     **¾ cup granulated sugar**  
 Beat in  
     **1 egg**  
 Beat until light and fluffy. Stir in dry ingredients. Cover and chill.  
 Shape into 1-inch balls and roll in a mixture of  
     **½ teaspoon cinnamon**  
     **¼ cup granulated sugar**  
 If desired, press a walnut half or candied cherry into each.  
 Bake in preheated 375° oven for 12 to 15 minutes.  
 Yield: 5 dozen.

## PEANUT BUTTER 'N JELLY COOKIES

Preheat oven to 350°F.  
 Lightly grease a baking sheet.  
 Cream together  
     **½ cup peanut butter**  
     **½ cup butter or margarine**  
     **¾ cup lightly packed brown sugar**  
     **½ cup granulated sugar**  
 Beat in  
     **1 egg**  
 Beat until light and fluffy.  
 Stir in  
     **1 cup MONARCH Cake**  
     **and Pastry Flour**  
 Shape into small balls with ¼ teaspoon jelly inside each. If desired, cookies may be shaped into balls without jelly. Place on greased baking sheet. Press with floured fork to flatten.  
 Bake in preheated 350° oven for 12 to 15 minutes.  
 Yield: 4 dozen.

## VANILLA REFRIGERATOR COOKIES

Oven temperature: 400°F.  
 Lightly grease a baking sheet.  
 Blend or sift together  
     **2 cups MONARCH Cake**  
     **and Pastry Flour**  
     **½ teaspoon baking soda**  
 Cream together  
     **½ cup butter or margarine**  
     **1 cup lightly packed brown sugar**  
     **2 teaspoons vanilla**  
 Beat in  
     **1 egg**  
 Beat until light and fluffy. Stir in dry ingredients.  
 Shape dough into a roll 2 inches in diameter. Wrap and chill 4 hours. Cut into 1/8-inch thick slices.  
 Bake on greased baking sheet in preheated 400° oven for 6 to 8 minutes.  
 Yield: 5 dozen.



### SOUTHERN PECAN BARS

Shown on front cover. Preheat oven to 350°F.

Grease a 13 x 9 x 2-inch cake pan.

Blend or sift together

**1½ cups MONARCH Cake  
and Pastry Flour**

**½ teaspoon baking powder**

Cream together

**½ cup butter or margarine**

**¾ cup lightly packed brown sugar**

Beat until light and fluffy.

Stir in dry ingredients until crumbly.

Press into bottom of prepared pan.

Bake in preheated 350° oven for 10 minutes.

Beat until foamy

**2 eggs**

Mix in

**¾ cup corn syrup**

**½ cup lightly packed brown sugar**

**3 tablespoons MONARCH Cake**

**and Pastry Flour**

**½ teaspoon salt**

**¾ cup coarsely chopped pecans**

Spread over baked crust. Dot with pecan halves.

Return to oven and bake for additional 25 to 30 minutes.

Yield: 4 dozen bars.

### CHOCOLATE CRUMBLE BARS

Shown on front cover. Preheat oven to 375°F.

Grease an 8-inch square cake pan.

Blend or sift together

**1½ cups MONARCH Cake  
and Pastry Flour**

**1½ teaspoons baking powder**

**½ teaspoon salt**

Add

**½ cup shortening**

**¾ cup lightly packed brown sugar**

**1 egg**

**½ teaspoon vanilla**

Blend until mixture resembles coarse crumbs.

Press three-quarters of mixture into prepared pan.

Melt together

**1 square unsweetened chocolate**

**2 tablespoons butter**

**2 tablespoons crumb mixture**

Blend in

**¾ cup sifted icing sugar**

**½ teaspoon vanilla**

**½ cup chopped pecans**

Spread over crumbs in prepared pan.

Sprinkle with remaining crumbs.

Bake in preheated 375° oven for 25 to 30 minutes, or until golden brown. Cool and cut into bars. Decorate with slivers of candied cherries, if desired.

Yield: 24 bars.

### BROWNIES

Preheat oven to 325°F.

Grease an 8-inch square cake pan.

Blend or sift together

**¾ cup MONARCH Cake  
and Pastry Flour**

**1 cup granulated sugar**

**½ cup cocoa**

**½ teaspoon salt**

Add

**½ cup shortening**

**3 tablespoons water**

**2 eggs**

**1 teaspoon vanilla**

Beat for 2 minutes at medium speed of electric mixer or 300 strokes by hand. Stir in

**½ cup chopped nuts**

Turn into prepared pan.

Bake in preheated 325° oven for 25 to 30 minutes. While warm cut into bars.

Yield: 24 bars.

### MARSHMALLOW TOPPERS

Prepare and bake Brownies. With scissors, halve 25 marshmallows and arrange in layer on hot baked Brownies. Cover tightly with aluminum foil. Return to oven and bake for an additional 10 minutes. Cool and spread with ½ recipe Chocolate Butter Icing (Page 16). Cut into bars with moistened sharp knife.



### JELLY SLICES

Shown above. Preheat oven to 350°F.

Blend or sift together

**2 cups MONARCH Cake  
and Pastry Flour**

**½ teaspoon baking powder**

Cream together

**¾ cup butter or margarine**

**¾ cup granulated sugar**

**2 teaspoons vanilla**

Beat in

**1 egg**

Beat until light and fluffy. Stir in dry ingredients.

Turn onto a lightly floured surface and divide into four portions. Shape each into a roll 13 inches long and ¾ inch thick.

Place 4 inches apart on ungreased baking sheet. Make a depression ¼ inch deep lengthwise down centre of each. Fill with red jelly or jam.

Bake in preheated 350° oven for 15 to 20 minutes. While warm, cut diagonally into bars. Yield: 4 dozen.

### HAWAIIAN DREAM CAKE

Shown above. Preheat oven to 375°F.

Cream

**½ cup butter or margarine**

Blend in

**½ cup lightly packed brown sugar**

**½ teaspoon vanilla**

Mix in thoroughly

**1½ cups MONARCH Cake  
and Pastry Flour**

Press into bottom of an ungreased 9-inch square cake pan.

Bake in preheated 375° oven for about 15 minutes, or until golden brown. Let cool about 5 minutes.

Spread with

**1 cup well drained canned crushed  
pineapple**

Beat together

**¼ cup melted butter or margarine**

**¼ cup granulated sugar**

**1 egg**

**1 teaspoon vanilla**

**1 cup shredded coconut**

Spread coconut mixture over pineapple. Return to oven and continue baking for an additional 30 minutes. Cool in pan and cut into squares.

For best keeping qualities, store in refrigerator.

Yield: 20 squares.





## MUFFINS & QUICK BREADS

### TEA BISCUITS

Shown above. Preheat oven to 425°F.

Sift or blend together

**2 cups MONARCH Cake and Pastry Flour**

**3½ teaspoons baking powder**  
**½ teaspoon salt**

Cut in with a pastry blender or two knives

**½ cup shortening**

Add

**¾ cup milk**

Stir with a fork to make a soft dough.

Turn dough onto a lightly floured surface and knead gently 8 to 10 times. Roll or pat dough to desired thickness (biscuits will be doubled in height when baked). Cut with a floured 1¾-inch cookie cutter. Place biscuits on an ungreased baking sheet, close together for soft-sided biscuits, or about 1 inch apart for crusty-sided biscuits.

Bake in preheated 425° oven for 12 to 15 minutes. Yield: 20 biscuits.

### QUICKIE CROISSANTS

Prepare Tea Biscuit dough as in basic recipe. Roll into a circle ¼ inch thick and cut into wedges 2½ inches wide. Spread

each with softened butter and roll up towards tip and bend into a crescent. Bake on ungreased baking sheet in preheated 425° oven for 15 to 17 minutes or until golden. Makes 36 crescents.

### BISCUIT NIBBLERS

Prepare Tea Biscuit dough as in basic recipe. With scissors snip into peanut-size pieces. Bake in ungreased 15x10x1-inch jelly roll pan in preheated 400° oven for 6 to 8 minutes. Meanwhile, melt ½ cup butter and combine with 1 teaspoon Tabasco sauce, 1 teaspoon Worcestershire sauce, 1 teaspoon garlic salt, 1 teaspoon garlic powder and 2 teaspoons celery salt. Pour over baked nibblers stirring to coat well. Bake in 200° oven for about 3½ hours or until crisp. Makes 6 cups nibblers.

### QUICK FRENCH STICK

Prepare Tea Biscuit dough as in basic recipe. Shape into 6 small loaves 4 inches long and 1½ inches in diameter, tapering ends. Brush with slightly beaten egg white, sprinkle with sesame seeds and slash tops. Bake on ungreased baking sheet in preheated 350° oven for 35 to 40 minutes or until golden brown. Serve hot. Makes 6 individual loaves.

### BUBBLE TOP COFFEE CAKE

Preheat oven to 400°F.

Grease a 9-inch round cake pan.

Sift or blend together

**2 cups MONARCH Cake and Pastry Flour**

**3 teaspoons baking powder**

**1 teaspoon salt**

**⅓ cup granulated sugar**

Cut in

**¼ cup butter or margarine**

**¼ cup shortening**

Beat together

**1 egg**

**⅓ cup milk**

Add liquids to dry ingredients and beat for about half a minute. Turn batter into prepared pan.

Drizzle with

**2 tablespoons melted butter**

Mix together and sprinkle over top

**2 tablespoons MONARCH Cake and Pastry Flour**

**¼ cup granulated sugar**

**½ teaspoon nutmeg**

Bake in preheated 400° oven for 25 to 30 minutes. Serve warm.

### ORANGE BRUNCH CAKE

In a saucepan combine ½ cup frozen orange concentrate, thawed, and 1 cup granulated sugar. Cook and stir until mixture comes to a boil and boil for 1 minute. Pour into greased 9-inch round pan. Prepare Coffee Cake batter as in basic recipe (without crumbs) and spread in prepared pan. Bake as directed, invert, cool 10 minutes and then remove pan. Sprinkle with chopped nuts.

### ZINGY LEMON CAKE

Shown at left. Substitute ⅓ cup frozen lemonade concentrate, thawed, for orange concentrate in Orange Brunch Cake variation.

### PEACH MELBA CAKE

Prepare Coffee Cake as in basic recipe but cover top with drained canned peach slices, dot with red current jelly or raspberry jam and then sprinkle with crumbs. Bake as directed.

### BRAN MUFFINS

Preheat oven to 425°F.

Thoroughly grease 14 medium-sized muffin cups.

Sift together

**1 cup MONARCH Cake and Pastry Flour**

**3 teaspoons baking powder**

**½ teaspoon baking soda**

**½ teaspoon salt**

Stir in

**¼ cup lightly packed brown sugar**

**1 cup whole bran cereal**

**1 cup raisins**

Beat together

**1 egg**

**1 cup milk**

**¼ cup molasses**

**¼ cup melted butter or margarine**

Add liquids to dry ingredients and stir only until combined. (Batter will be lumpy.)

Fill prepared muffin cups ⅔ full.

Bake in preheated 425° oven for 20 to 25 minutes.

Yield: 14 muffins.

*TIP: Muffins and tea biscuits are best served hot. To reheat, wrap in foil and bake in preheated 400°F oven for 10 minutes.*



*Absence from you makes his heart grow even fonder with some of these at work.*

## RECIPES FOR CHILDREN TO ENJOY WITH MOM

### APPLE CRISP

Preheat oven to 375°F.  
Grease a 1½-quart square casserole.  
Cream together  
    **½ cup butter or margarine**  
    **1¼ cups lightly packed brown sugar**  
Stir in until crumbly  
    **¾ cup MONARCH Cake and Pastry Flour**  
Arrange in prepared casserole  
    **6 peeled and sliced apples**  
Sprinkle with crumbs.  
Bake in preheated 375° oven for 40 minutes, or until apples are tender and topping is golden brown.  
Yield: 6 servings.

### PEANUT BRITTLE PIE

Preheat oven to 425°F.  
Prepare pastry; roll out half and line a 9-inch pie plate. Trim. Flute edge and prick. Bake in preheated 425° oven for 10 to 12 minutes, or until golden. Cool.  
Scald  
    **1 cup milk**  
Soften  
    **1 envelope gelatine**  
in  
    **¼ cup cold water**  
In a saucepan, beat together  
    **2 egg yolks**  
    **¾ cup lightly packed brown sugar**  
Slowly stir in scalded milk.  
Cook over medium heat until thick.  
Blend in softened gelatine.  
Remove from heat and add  
    **½ teaspoon vanilla**  
Cool until the consistency of unbeaten egg white.  
Beat to form stiff but moist peaks  
    **2 egg whites**  
Beat in  
    **2 tablespoons granulated sugar**  
Beat until stiff and shiny.  
Whip until stiff  
    **½ cup heavy cream**

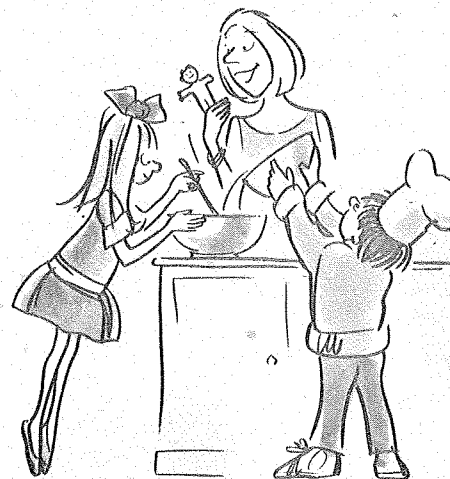
Fold meringue and whipped cream into thickened gelatine mixture together with  
    **½ cup crushed peanut brittle**  
Turn into baked 9-inch pie shell. Chill.  
Serve topped with whipped cream and crushed peanut brittle.  
Yield: One 9-inch pie.

### BUTTER FROSTING

Cream  
    **3 tablespoons soft butter**  
Beat in  
    **½ teaspoon vanilla**  
    **Few grains salt**  
Blend in  
    **2 cups sifted icing sugar**  
alternately with  
    **2 to 2½ tablespoons warm cream or milk**  
Beat until smooth and of good spreading consistency.  
Add more sifted icing sugar or milk, if necessary.  
Makes sufficient for top and sides of an 8 or 9-inch square cake or about 1½ dozen medium-size cup cakes. Double recipe to fill and frost two 8 or 9-inch layers.

### CHOCOLATE BUTTER FROSTING

Prepare Butter Frosting following basic recipe and add 1 square unsweetened chocolate, melted, to the creamed butter.



*When small hands help you, the whole family's heart is warmer.*



### TAFFY APPLE PIE

Shown above. Preheat oven to 425°F.  
Prepare pastry; roll out half of dough and line a 9-inch pie plate. Trim and flute edge. Do not prick.  
Mix together  
    **½ cup MONARCH Cake and Pastry Flour**  
    **¼ cup granulated sugar**  
    **½ teaspoon cinnamon**  
Stir in  
    **2½ cups sweetened applesauce**  
Turn into prepared pie shell.  
Stir together and pour over applesauce  
    **¼ cup heavy cream**  
    **½ cup lightly packed brown sugar**  
    **2 tablespoons MONARCH Cake and Pastry Flour**  
Bake in preheated 425° oven for 15 minutes, or until pastry is golden. Reduce heat to 350° and continue baking for 30 to 35 minutes longer, or until filling is bubbly. Serve warm with whipped cream.  
Yield: One 9-inch pie.

*TIP: Pale pastry usually means the fat has been too finely cut in, or that the dough has been overhandled.*

### GINGERBREAD MEN

Shown above. Preheat oven to 350°F.  
Lightly grease a baking sheet.  
Blend or sift together  
    **2½ cups MONARCH Cake and Pastry Flour**  
    **½ teaspoon salt**  
    **½ teaspoon baking soda**  
    **¼ teaspoon nutmeg**  
    **1½ teaspoons cinnamon**  
    **½ teaspoon ginger**  
Cream together  
    **½ cup shortening**  
    **⅔ cup granulated sugar**  
    **1 egg**  
    **½ cup molasses**  
Blend in  
    **¼ cup hot water**  
Gradually stir in dry ingredients, combining well after each addition. Chill.  
Roll out 1/8-inch thick, a small portion at a time on a lightly floured surface. Cut with a floured gingerbread man cookie cutter. With toothpick, mark in eyes, nose, mouth, etc.  
Bake in preheated 350° oven for 10 to 12 minutes. Cool. Decorate with icing.  
Yield: 2 dozen.



## SPECIALS

### CHEESECAKE

Shown above. Preheat oven to 325°F.

Preheat oven to 325°F.

Mix together

- 2½ cups graham wafer crumbs**
- ½ cup granulated sugar**
- ½ cup melted butter or margarine**

Press almost all of mixture evenly on sides and bottom of 9-inch spring form pan, reserving some for the topping.

Beat to form stiff but moist peaks

- 5 egg whites**

Gradually beat in

- ¼ cup granulated sugar**

Beat until stiff and shiny.

Cream until softened

- 1 pound cream cheese**

Beat in, one at a time

- 5 egg yolks**

Gradually beat in (in order listed)

- ¾ cup granulated sugar**
- 3 tablespoons lemon juice**
- ¼ cup MONARCH Cake and Pastry Flour**

- 1 teaspoon vanilla**

- 1 cup thick dairy sour cream**

Fold in egg white mixture.

Pour into prepared pan. Sprinkle reserved crumbs to form rim on top.

Bake in preheated 325° oven for 1¼ hours, or until almost set. Cool. Top with canned fruit pie filling, if desired.

Yield: 12 to 14 servings.

### CHOCOLATE PINWHEEL TORTE

Shown above. Preheat oven to 350°F.

Lightly grease two 9-inch round layer cake pans. Line bottoms with waxed paper.

Sift together into mixer bowl

- 1½ cups MONARCH Cake and Pastry Flour**

- 1 teaspoon salt**

- 2 teaspoons baking powder**

- ¼ teaspoon baking soda**

- 1½ cups granulated sugar**

Add

- ½ cup shortening**

- 1 cup undiluted evaporated milk**

Beat 2 minutes at medium speed of electric mixer or 300 strokes by hand.

Add

- ¼ cup undiluted evaporated milk**

- 2 eggs**

- 1 teaspoon vanilla**

- 2 squares unsweetened chocolate, melted**

Beat 2 additional minutes at medium speed of electric mixer. Turn into prepared pans.

Swirl in a circle on top of each cake

- 1 square unsweetened chocolate, melted**

Bake in preheated 350° oven for 30 to 35 minutes, or until cake springs back when lightly touched. Cool. Split layers and fill with Chocolate Filling. Sandwich together to make a four layer torte, with pinwheel on top. Frost sides with remaining Chocolate Filling.

### CHOCOLATE FILLING

Beat together until smooth

- 2 squares unsweetened chocolate, melted**

- 1½ cups shortening**

- 1 cup granulated sugar**

- ¾ cup undiluted evaporated milk**

- 2 tablespoons water**

- 2 teaspoons vanilla**

- ½ teaspoon salt**

Yield: 12 servings.

### FRENCH PANCAKES

Preheat a heavy 5-inch frypan and brush with melted butter.

Blend together

- 1 cup MONARCH Cake and Pastry Flour**

- 1 tablespoon granulated sugar**

Beat

- 3 eggs**

Stir in

- 1¼ cups milk**

Gradually stir liquid into dry ingredients, beating until smooth.

Blend in

- 2 tablespoons melted butter or margarine**

Cover and chill for 1 hour.

Pour about 2 tablespoons of batter in preheated pan and tip to coat with a thin layer. When brown, turn to brown other side.

Yield: 30.

### APRICOT TEA BREAD

Preheat oven to 350°F.

Thoroughly grease a 9x5x3-inch loaf pan. Cover with warm water and soak for 30 minutes

- 1 cup dried apricots**

Drain.

Pour into measuring cup the juice of

- 1 orange**

Add water to make one cup.

Grind drained apricots with

- ½ cup raisins**

- 1 orange (peel and pulp)**

Sift together

- 2¼ cups MONARCH Cake and Pastry Flour**

- 1 teaspoon baking powder**

- ½ teaspoon baking soda**

- ½ teaspoon salt**

- 1 cup granulated sugar**

Add ground fruit and combine well.

Beat with orange liquid

- 1 egg**

- 2 tablespoons melted butter**

Blend liquids into dry ingredients and beat for about a half minute (Batter will be lumpy.)

Turn into prepared pan.

Bake in preheated 350° oven for 55 to 65 minutes, or until toothpick inserted in centre comes out clean.

*TIPS: To test if a cake is fully baked, touch it lightly with your finger. If it springs back, it's ready.*

*Be sure to preheat oven to ensure it will be at the right temperature when cake is mixed.*

*Drop cookies are baked if almost no imprint remains when lightly touched with the finger.*

*Eggs are easier to separate when cold.*



### MARVELLOUS MUFFINS

Preheat oven to 425°F.  
Thoroughly grease 14 medium-sized muffin cups.  
Sift or blend together  
**2 cups MONARCH Cake and Pastry Flour**  
**3 teaspoons baking powder**  
**¼ teaspoon salt**

Beat together  
**1 egg**  
**¼ cup melted shortening or vegetable oil**  
**¼ cup milk**  
**1 (10-ounce) can condensed cream of mushroom or chicken soup**

Add liquids to dry ingredients and stir only until combined. (Batter will be lumpy.)  
Fill prepared muffin cups ¾ full.  
Bake in preheated 425° oven for 20 to 25 minutes.  
Yield: 14 muffins.

### PINEAPPLE UPSIDE-DOWN CAKE

Preheat oven to 350°F.  
Grease a 9-inch square cake pan.  
Melt together and pour in prepared pan  
**3 tablespoons butter or margarine**  
**½ cup lightly packed brown sugar**  
**¼ cup corn syrup**  
Arrange on top of sugar mixture  
**9 slices canned pineapple**  
**9 maraschino cherries**  
(cherries in centre of pineapple slices)  
Sift together  
**1½ cups MONARCH Cake and Pastry Flour**  
**½ teaspoon salt**  
**2 teaspoons baking powder**  
Cream  
**¾ cup butter or margarine**  
Blend in, beating until light and fluffy  
**¾ cup granulated sugar**  
Beat in  
**2 eggs**  
**1 teaspoon vanilla**

Add dry ingredients to creamed mixture alternately with

**¾ cup milk**

Make 3 dry and 2 liquid additions, combining lightly after each. Turn into prepared pan.  
Bake in preheated 350° oven for 40 to 45 minutes, or until cake springs back when lightly touched. Invert on serving plate and cool 10 minutes, then remove pan.

### BUTTERSCOTCH PIE

Preheat oven to 425°F.  
Prepare pastry; roll out half and line a 9-inch pie plate. Trim. Flute edge and prick. Bake in preheated 425° oven for 10 to 12 minutes, or until golden. Cool. Scald

**2¾ cups milk**

In a saucepan, combine

**1½ cups lightly packed dark brown sugar**

**½ cup MONARCH Cake and Pastry Flour**

Gradually add scalded milk. Cook over medium heat, stirring constantly, until thickened. Cover and cook 2 minutes longer, stirring occasionally.

Stir a small amount of hot mixture into  
**3 slightly beaten egg yolks**

Then blend into remaining hot mixture. Cook 1 minute longer, stirring constantly. Remove from heat and blend in

**2 tablespoons butter or margarine**  
**1 teaspoon vanilla**

Cool to lukewarm and turn into baked 9-inch pie shell.

Beat to form stiff but moist peaks

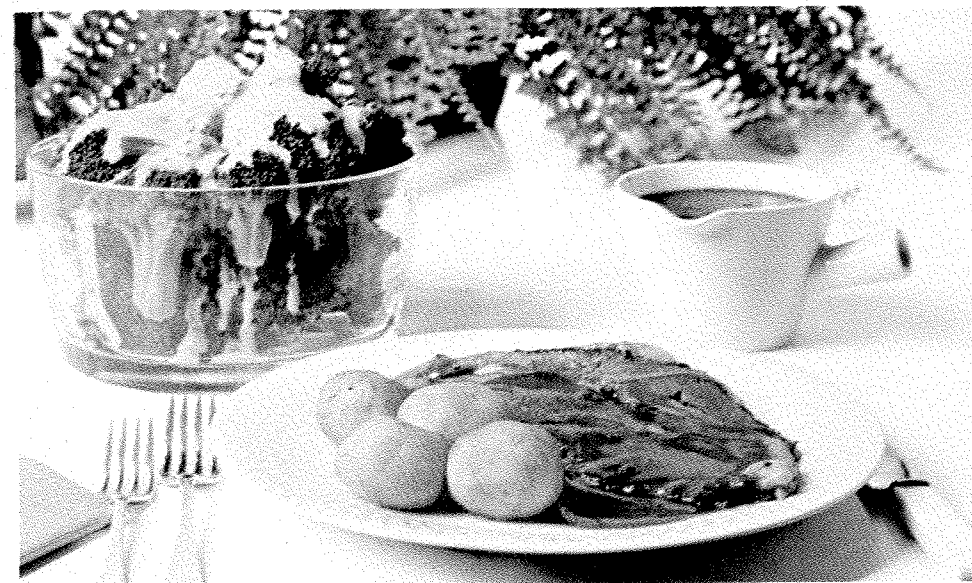
**3 egg whites**

**¼ teaspoon cream of tartar**

Gradually beat in

**6 tablespoons granulated sugar**

Beat until stiff and shiny. Cover pie with meringue, being careful to have it touch pastry edge all the way around.  
Bake in preheated 425° oven until lightly browned. Yield: One 9-inch pie.



### SOFT SAUCES

#### CREAM SAUCE

In a saucepan, melt  
**2 tablespoons butter or margarine**  
Blend in until smooth  
**2 tablespoons MONARCH Cake and Pastry Flour**  
**½ teaspoon salt**  
**Pinch of pepper**  
Gradually blend in  
**1 cup milk**

Cook over medium heat, stirring constantly, until thickened.  
Season to taste. Yield: 1 cup.

#### CHEESE SAUCE

Prepare Cream Sauce and stir in  
**¾ cup grated cheddar cheese**  
Heat until smoothly blended.

#### EGG SAUCE

Prepare Cream Sauce and stir in  
**1 hard cooked egg, chopped**  
Serve with fish, vegetables, or croquettes.

#### SAUCE FINES HERBES

Prepare Cream Sauce and stir in  
**¼ cup finely chopped fresh herbs, (chives, tarragon, chervil, green onions, dill)**

#### PARSLEY SAUCE

Prepare Cream Sauce and stir in  
**¼ cup chopped parsley**

#### MUSHROOM SAUCE

Prepare Cream Sauce and stir in  
**½ cup chopped or sliced cooked mushrooms**

#### TOMATO SAUCE

Prepare Cream Sauce and stir in  
**1 tablespoon tomato purée or 2 tablespoons tomato sauce**

#### GRAVY

Mix to a smooth paste  
**2 tablespoons MONARCH Cake and Pastry Flour**  
**2 tablespoons cold water**

Gradually add  
**1 cup hot beef broth**

Cook, stirring constantly, until thickened. Season with salt, pepper, onion salt or powder, to taste. Yield: 1 cup.