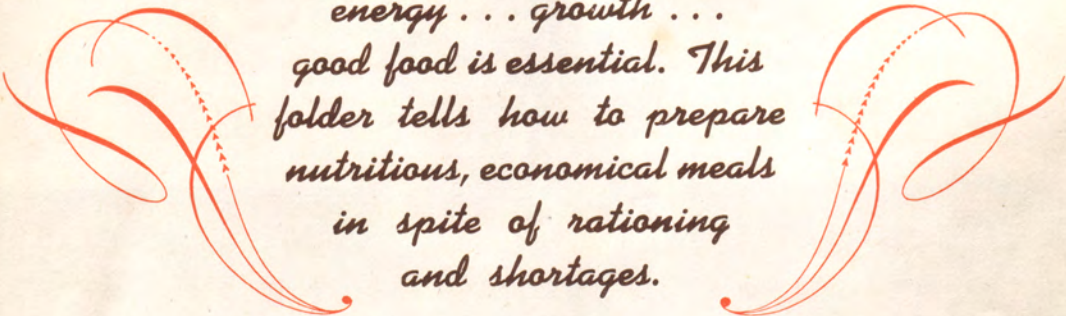


RATION RECIPES



Robin Hood Flour Mills Limited

For health . . .
energy . . . growth . . .
good food is essential. This
folder tells how to prepare
nutritious, economical meals
in spite of rationing
and shortages.

The text is centered and framed by two large, symmetrical red flourishes. Each flourish consists of a solid red line that loops and swirls around the text, with a dotted red line following a similar path inside the solid line. The flourishes are anchored at the bottom with small red dots.



Several months ago we started experimenting in the Robin Hood Kitchen with new recipes designed to save on sugar and butter and meat! This little folder is the result. We sincerely hope you find it helpful.

The recipes presented here are designed to meet the growing demand for nutritious dishes available within present food supplies and ration coupons. Each of these recipe ideas has been thoroughly home tested. You will find them good to look at, good to eat and easy on both the budget and your ration coupons. They have been acclaimed, by many women, wonderful recipes not only for tastiness and food value but also for economy.

These recipes are important and valuable because *THEY ARE HIGHLY NUTRITIOUS*. This is because they feature Robin Hood Pan-Dried Rolled Oats, one of the finest sources of proteins. Proteins are essential to growing children, and men and women who work hard. In addition

to proteins Robin Hood Oats supply useful amounts of minerals like Phosphorus and Iron—up to 72 Units of Vitamin B₁ in every ounce.

Robin Hood Oats milled from the cream of the sun-ripened western crop have a distinctive nutty flavour that has never been successfully imitated. They're *Pan Dried*.

Robin Hood Oats long famous as a breakfast food now assume a brand new job in your kitchen helping out in two ways with: 1—great food value, and, 2—low cost. Try these recipes real soon. You and your family will be delighted I am sure.

*Tested and Approved by
Ruth Davidson Reid
Recipe and Nutrition Consultant.*

Evangeline

Director Robin Hood Kitchen

Robin Hood Flour Mills Limited



★ *Beef Loaf*

Beef Loaf



Increased Beef Ration Recipe

- $\frac{3}{4}$ lbs. minced beef.
- $\frac{1}{4}$ lb. minced shoulder of pork.
- 1 egg.
- 1 cup milk, or 1 cup diluted gravy.
- $\frac{1}{2}$ cup ROBIN HOOD ROLLED OATS.
- 1 teaspoonful salt.
- $\frac{1}{8}$ teaspoonful pepper.
- pinch of sage (*may be omitted*).
- 2 tablespoonfuls finely chopped onion.

1. Mix minced beef and pork. Beat egg, add milk or gravy and blend well with meat mixture.
2. Add ROBIN HOOD ROLLED OATS and seasonings, stir until smooth and thoroughly mixed.
3. Pack in loaf tin and cover with greased paper.
4. Bake in moderate oven (375 degrees F.).
Baking time 1 hr. 15 min. Serves 5

Three Variations for Beef Loaf

1. Garnish the meat loaf with sliced hard cooked egg placed in the bottom of the tin. Serve with baked potatoes, baked whole carrots and onions, brown gravy and mustard pickle relish. Tomato juice as an appetizer and a baked chocolate cottage pudding will give a meal that will please all the family—and it's all cooked in the oven, too.
2. Or serve this beef loaf with a tomato sauce, oven fried onion rings, escalloped potatoes and sweet sour cabbage. A tossed green salad and deep rhubarb pie will make everyone forget ration problems.
3. For a warm weather meal serve the beef loaf cold with sliced tomatoes and cucumbers on crisp lettuce, home fried potatoes or scoops of potato and celery salad and bread and butter pickle. With ox-tail soup for the first course and a floating island pudding with crisp oat cookies (*Page 16*) as dessert, you will have an appetizing meal that will please the whole family.

Stuffed Veal Birds



An Increased Meat Ration Recipe

Serves six

- 1 1/2 lbs. veal fillet cut in 6 thin slices.
- 1/2 cup ROBIN HOOD ROLLED OATS.
- 2 cups bread crumbs.
- 1 teaspoonful salt.
- 1/8 teaspoonful pepper.
- 1 teaspoonful poultry seasoning.
- 1 tablespoonful finely chopped onion.
- 2 tablespoonfuls melted dripping.
- 1/4 cup hot water.

1. Have veal fillet cut into 6 thin slices size about 4" x 6".
2. Mix ROBIN HOOD ROLLED OATS, bread crumbs and seasonings and add melted shortening. Moisten with hot water to make stuffing.

3. Spread stuffing on each slice of veal, roll up and tie, or fasten with tooth picks.
4. Dredge birds with flour and brown in hot fat in frying pan. Season with salt and pepper and add boiling water or stock.
5. Cover closely and simmer over low heat until tender (about 50 minutes). Occasionally replenish water in pan as it cooks down.
6. Remove birds from pan, add 1 cup tomato juice to gravy and thicken with 2 tablespoonfuls ROBIN HOOD FLOUR mixed to a smooth paste with cold water. Remove strings or tooth picks from birds.

This delicious recipe only requires $\frac{1}{4}$ pound meat per person, but with its tasty stuffing and gravy makes a satisfying meal. Serve with parsley, potatoes, green beans and kernel corn mixed, and your favourite green tomato relish. Tomato cocktail and cup custard with oat drop cookies (Page 17) will complete this ration dinner.

Buy Robin Hood Oats in the giant economy package—handy to use—
a real money-saving value.

Wartime Meat Cakes



A Recipe to Extend your Meat Rations

½ lb. minced beef.

½ lb. minced pork.

½ lb. minced veal.

1 egg.

½ cup water.

3 tablespoonfuls tomato catsup.

½ cup ROBIN HOOD ROLLED OATS.

1 teaspoonful salt.

⅛ teaspoonful pepper.

2 tablespoonfuls finely chopped onion.

1. Mix minced meats. Beat egg, add water and blend well with meat mixture.
2. Add tomato catsup, ROBIN HOOD ROLLED OATS and seasoning, stir until smooth and thoroughly mixed.

3. Form into 6 or 8 flat cakes and place in a well-greased pan.
4. Cover and bake in a moderate oven (360 degrees F.) for 30 minutes. Uncover and bake for 25 minutes longer, basting the meat several times with the dripping in the pan. Serve with brown gravy.

Makes 8 medium sized cakes or 6 large ones.

Variations

Broiled mushroom caps give these meat cakes a "company" touch. Mushroom gravy is a tasty addition. When tomatoes are in season a thick slice can be baked on top of each meat cake or you may prefer a highly seasoned Spanish Sauce of tomato, green pepper, celery and onion. Jacket potatoes and green peas as vegetables, heart of lettuce salad and a steamed pudding with honey sauce (Page 19) will round out a really appetizing meal.

Baked Corn & Tomatoes



A Tasty MEATLESS Dinner

- 1 1/2 cups canned corn, drained, or cooked fresh corn.
- 1 1/2 cups strained canned tomatoes.
- 3/4 teaspoonful salt.
- 1/8 teaspoonful pepper.
- 1 teaspoonful sugar.
- 1/2 cup ROBIN HOOD ROLLED OATS.
- 1 tablespoonful dripping.
- 1/2 cup grated, strong cheese.

1. Mix first seven ingredients in baking dish.
2. Sprinkle grated cheese on top and bake in a moderate oven (360 degrees F.).

Baking time—20 minutes.

Serves 4 to 5

Here's the main dish you've been wanting for your meatless dinner, with good nutrition and good flavour marching hand in hand. Serve it with cream soup, stuffed egg salad and a baked rhubarb cobbler for dessert.



★ *Sausage Loaf*

Sausage Loaf

A Meat Extender Recipe

- 1 lb. sausage meat.
 - $\frac{1}{4}$ cup finely chopped onion.
 - $\frac{1}{2}$ cup finely chopped celery.
 - $\frac{1}{4}$ cup finely chopped sweet pickle.
 - $\frac{1}{2}$ teaspoonful salt.
 - 1 egg.
 - $\frac{1}{2}$ cup ROBIN HOOD ROLLED OATS.
 - 1 cup tomato juice.
- Serves 5.

1. Combine sausage meat with seasonings.
2. Add well-beaten egg, ROBIN HOOD ROLLED OATS and tomato juice. Mix thoroughly.
3. Pack in a loaf tin, cover with greased paper, bake in a moderate oven (375 degrees F.). Baking time— $1\frac{1}{4}$ hours.

Two Variations for Sausage Loaf

Serve the sausage loaf with apple rings, brown gravy, stuffed baked potato, baked whole tomatoes in season, or escalloped canned tomatoes. A bowl of crisp coleslaw and Economy Oat Muffins (Page 20) (baked in the same oven with the meat and vegetables) with home-made jam make an inexpensive and delicious meal.

Here's another oven dinner—sausage loaf with brown gravy, browned potatoes and baked onions, with apple crisp for dessert. Serve chili sauce with the meat loaf and raw carrot and turnip sticks as an appetizer—nutritious and economical.



For breakfast there's nothing more satisfying than a steaming bowl of porridge made with Robin Hood Oats. The flavour is distinctive because Robin Hood Oats are pan-dried. For economy buy the giant economy package.

Crisp Oat Cookies



Easy on Rationed Items Like Sugar and Butter

- 1 cup shortening.
- $\frac{1}{2}$ cup brown sugar, firmly packed.
- $\frac{1}{4}$ cup honey.
- 2 cups ROBIN HOOD ROLLED OATS.
- $\frac{1}{3}$ cup milk.
- $1\frac{3}{4}$ cups ROBIN HOOD FLOUR (measured after sifting).
- 2 teaspoonfuls baking powder.
- $\frac{2}{3}$ teaspoonful salt.
- 1 teaspoonful vanilla.

1. Cream shortening, which has been softened to room temperature, add sugar and honey, blend until very smooth.
2. Add ROBIN HOOD ROLLED OATS and milk, and beat well.
3. Sift flour, baking powder and salt and add to first mixture; then add vanilla.
4. Shape dough into small balls, place on well-greased tins. Press flat with fork dipped in ROBIN HOOD FLOUR.
5. Bake (12-15 minutes) in a moderate oven (350 degrees F.).

Makes $4\frac{1}{2}$ to 5 dozen cookies, $2\frac{1}{2}$ inches diameter.

This recipe is specially designed for ration days. It uses no butter and only a small amount of sugar to give a large number of cookies. Busy housewives will find it a time saver since it requires no tedious rolling and cutting of the cookies. They may be made medium size for ordinary use, large for the lunch box, or small for afternoon tea.

Robin Hood Oat Drop Cookies



Another "Mighty Good" Sugar-saving Recipe

- 1/2 cup shortening.
- 1/4 cup brown sugar, firmly packed.
- 1/4 cup honey.
- 1 egg.
- 1/2 cup sour milk.
- 1/2 cup ROBIN HOOD FLOUR (measured after sifting).
- 1 teaspoonful soda.
- 2/3 teaspoonful salt.
- 1 3/4 cups ROBIN HOOD ROLLED OATS.
- 1 cup raisins.

1. Cream shortening, which has been softened to room temperature, add sugar and honey, blend until very smooth.
2. Beat egg until very light and add to the first mixture, then add sour milk.
3. Sift flour, soda and salt together and add to the first mixture.
4. Add ROBIN HOOD ROLLED OATS and raisins.
5. Drop from a teaspoon 1 inch apart on to a well-greased baking pan. Bake in a moderate oven (350 degrees F.).
Baking time—12-15 min.
Makes 36 cookies, 2 1/2 inches diameter.

Honey is a "sugar saver" in this recipe and helps keep the cookies moist. It is most easily handled if it is kept at room temperature and is in liquid form when measured. Raisins, which are usually available, help sweeten these cookies too. The raisins may be omitted without hurting the cookies.

Oatmeal Jam Squares



These "scrumptious" squares are for special occasion

$\frac{3}{4}$ cup shortening.
 $\frac{1}{2}$ cup brown sugar, firmly packed.
 $2\frac{1}{2}$ cups ROBIN HOOD ROLLED OATS.
1 cup ROBIN HOOD FLOUR (measured after sifting).
1 teaspoonful soda.
 $\frac{1}{2}$ teaspoonful salt.
thick jam.

1. Cream shortening, which has been left to soften at room temperature, add sugar and blend until very smooth.
2. Add ROBIN HOOD ROLLED OATS and mix thoroughly.
3. Sift flour, soda and salt and blend with first mixture until crumbly.
4. Put one half the mixture on a well-greased baking pan, 9" x 12", and press firmly into a smooth layer. Spread with jam (plum or strawberry gives excellent flavour).
5. Sprinkle remaining crumb mixture over the top of the jam and pat until smooth. The whole mixture should be no more than $\frac{3}{4}$ " thick.
6. Bake in a moderate oven (350 degrees F.). Baking time—30 minutes.
7. While warm cut into squares. Makes 30 squares.

Do you want something "super" that tastes like the cakes you made in pre-ration days? Then this is the recipe for you, though probably you'll want to keep it for special occasions. The actual cake uses only a small amount of sugar, and jam will be readily available due to the special canning sugar ration.

Simple Fruit Pudding



An economical pudding with good flavour, using simple materials

- 1 cup ROBIN HOOD ROLLED OATS.
- 1 teaspoonful cinnamon.
- $\frac{1}{4}$ teaspoonful nutmeg and cloves.
- $\frac{1}{2}$ teaspoonful salt.
- 1 cup raisins.
- 1 tablespoonful honey or 2 tablespoonfuls brown sugar.
- 1 teaspoonful soda.
- 1 cup thick buttermilk.

1. Mix dry ingredients with raisins and honey or sugar.
2. Dissolve soda in buttermilk, add to first mixture and blend until smooth.
3. Pour into well-greased pudding mould, $\frac{2}{3}$ full, cover tightly with waxed paper and steam 1 hour.
Serve with honey foamy sauce. Serves 4-5.

Honey Foamy Sauce

- 1 egg.
- 1 tablespoonful honey.
- $\frac{1}{8}$ teaspoonful salt.

1. Separate the egg and beat the yolk until very thick.
2. Gradually add honey and salt.
3. Beat egg white stiff, combine with first mixture and serve at once.

The sauce gives a maximum quantity from minimum ingredients and would be useful with other types of puddings as most sauces require generous amounts of sugar.

Economy Oat Muffins



Delicious Without Butter, and Very Economical

½ cup cooked ROBIN HOOD ROLLED OATS.
(left-over porridge).

¼ cup milk.

1 egg.

⅔ cup ROBIN HOOD FLOUR (measured after sifting).

⅔ teaspoonful salt.

1½ teaspoonfuls baking powder.

2 teaspoonfuls sugar.

1 tablespoonful shortening, melted.

1. Mix cooked oats with milk, blend until smooth.
2. Add beaten egg.
3. Sift flour, measure, add salt, baking powder and sugar and sift again.
4. Combine with the first mixture, stirring until flour is absorbed.
5. Add melted shortening and pour into well-greased muffin tins.
6. Bake in a moderately hot oven (375-400 degrees F.). Baking time—20-25 minutes.

Makes 6 medium-sized muffins.

These muffins are light, tasty and economical. Better make double the quantity—they're that good!

Variety Oat Muffins



Makes 12 Muffins, Medium Size

- 1 cup ROBIN HOOD ROLLED OATS.
- 1 cup ROBIN HOOD FLOUR (measured after sifting).
- 4 teaspoonfuls baking powder.
- ½ teaspoonful salt.
- 2 tablespoonfuls sugar.
- 1 egg.
- 1 cup milk.
- 2 tablespoonfuls shortening, melted.
- Marmalade, jam, raisins or maraschino cherries for garnish.

1. To ROBIN HOOD ROLLED OATS add ROBIN HOOD FLOUR, sifted with baking powder, salt and sugar.
2. Beat egg light and mix well.
3. Make a hole in the center of the flour mixture, pour in the liquid, then the melted shortening. Combine with as little stirring as possible.
4. Fill well-greased muffin tins half full and bake in a moderately hot oven (375 degrees F.)—20-25 minutes.

Variation

Put one teaspoonful of marmalade or jam or 6 raisins in each muffin tin which has been well greased. When baked place pan on a damp cloth for 2 minutes, then loosen muffins with a knife and turn the pan upside down. The muffins will turn out garnished with fruit on the top—eat while warm. They're so good they can be served without butter!

Robin Hood Oats are a favorite with thousands of families because of their distinctive pan-dried flavour.

HIGH IN FOOD VALUE — LOW IN COST

Selected from the choicest of Western Oats—the cream of the crop—ROBIN HOOD PANDRIED ROLLED OATS have a distinctive flavour that has never been successfully imitated. To seal in and protect this distinctive flavour, these famous oats are packed in clean, air-tight packages. You have a choice of two sizes:—

A—48 ounces (3 lb.) size.

B—80 ounces (5 lb.) Giant Economy Package.

Both offer genuine bargains in fine food that is not rationed.

Look for the Robin Hood Archer on the package to be sure you get the distinctive nutty Robin Hood Flavour—known the world over.

Note:—If you have found these new-day recipes delight your family, you may want a friend to have a copy. I will be very glad to send a copy free to any one. Please write Robin Hood Flour Mills Limited, at the nearest office listed below, ask for "Ration Recipes." Vancouver, Calgary, Moose Jaw, Saskatoon, Winnipeg, Toronto, Montreal, Moncton.



★ ONE OF THE **FINEST FOODS** YOU CAN BUY ★

Robin Hood Oats are one of the finest foods you can buy. In addition to proteins they supply useful amounts of essential minerals like Iron and Phosphorus—up to 72 Units of Vitamin B₁ per ounce and 65% or more of energy-giving carbohydrates—all of which are needed by growing children and hard-working men and women.

Milled from the cream of the Western oat crop, Robin Hood Oats have a flavour magic all their own—the result of our exclusive pan-drying process. Their toasty goodness has never been successfully imitated. So for oats so good be sure to ask for Robin Hood! Buy and serve Robin Hood Oats regularly.

Robin Hood Flour Mills Limited