

From Glasgow

The

Scottish Women's
Rural Institutes

COOKERY BOOK

(SIXTH EDITION)

FOR HOME



AND COUNTRY

PREPARED BY THE
SCOTTISH WOMEN'S RURAL INSTITUTES
AS HELD AT THE CHAMBERLAIN

At Housewives Committee meeting
in May 1956, the Committee
agreed that the pages dealing
with food in season & jam
boiling (p. 175) should be
deleted.

Sw/1/6/2/6 (2/4)

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Rural Institutes

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For Home and Country

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Preface

THE idea of this Cookery Book was first mooted at a meeting of the S.W.R.I. National Conference Sub-Committee in Edinburgh. All Institute members were invited to send in recipes to help with it, and the book, as finished, consists of these recipes. It will thus be seen that the Institute members made the book, my part consisting only in arranging and editing. Of course, where several duplicate recipes have been received, it has only been possible to include one of these, and I have not found it possible to put in all the mottoes sent. Where the name and Institute of the sender of the recipe were sent these are printed after the recipe, but some only had the name of the Institute from which they came, others no name at all, and here, of course, the name of the sender does not appear.

An S.W.R.I. Cookery Book should certainly have our old Scots recipes in it; I am glad so many of these have been sent in. The inclusion of the old does not mean the exclusion of the new, and new as well as foreign recipes will be found in these pages. Editing a book such as this means a considerable amount of work, and for valuable help I am indebted to Miss L. J. Rintoul and Miss Ness, members of Largo W.R.I., to whom I tender my sincere thanks. I should also like to thank all those members who have so generously helped to fill the blanks which inevitably occur when a general appeal is made, and I much appreciate the exceedingly kind and courteous letters received from all over Scotland conveying good wishes and practical help for this book. I do hope it may prove really useful to many Institute members, and that they will feel satisfied with the result of their co-operation.

E. V. BAXTER, 1925.

Preface to Second Edition

THE first edition (10,000 copies) of this Cookery Book having been sold out and there having been many enquiries for more it has been decided to issue a second edition. A few new recipes and a new section, Supper Dishes, have been added, and the whole gone over and revised. The success of the first edition has been very gratifying and shows that the Cookery Book must have been a felt want.

E. V. BAXTER, 1928.

Preface to Third Edition

THE demand for the Cookery Book having continued, the second edition of 10,000 copies is now sold out, and we herewith present the third. The whole book has been revised and a few recipes, which were almost duplicates, have been omitted in order to make room for some not before included. I should like once more to thank those kind friends who have helped me with this and former editions.

E. V. BAXTER, 1931.

Preface to Fourth Edition

THE third edition of 12,000 copies having come to an end, it was resolved to print a fourth edition of our Cookery Book. A few additional recipes have been added and the whole revised. My grateful thanks for much kind help are due to Miss Howard, Miss Rintonl and Miss Ness: the very considerable amount of work entailed by each new edition of the book has been greatly lightened by their assistance.

E. V. BAXTER, 1934

Preface to Fifth Edition

AS Chairman of the Woman's Committee of the Empire Exhibition, I have been asked to write a foreword to this Cookery Book, which is to be sold at the Scottish Farm Kitchen in the Women of the Empire Pavilion as a memento of the Empire Exhibition. First a word about the Women of the Empire Pavilion. It is designed by a woman architect, Miss Margaret Brodie, Q.R.I.B.A., it covers an area of 10,000 sq. ft. and the exhibits within it have come from India and every Dominion and Colony and from all parts of the British Isles. They all show items of interest to women and children and include country-women's handicrafts, children's drawings in tiny classrooms, lovely embroideries and needlework.

Attached to the Pavilion is a beautiful theatre to seat 400, where there will be displays of British fabrics made into dresses by British dress designers, with a historical section showing fashions for the last 100 years.

Coming from the Theatre into the Pavilion again the domestic section gives new ideas in diet and kitchen planning, and these are all grouped together round the Scottish Farm House Kitchen, which is being shown by the S.W.R.I., and will be staffed by members of Institutes drawn from a different Federation each week. In this Kitchen there are demonstrations of Scottish baking, and samples of scones and outcakes can be obtained, the recipes for which will be found in this Cookery Book or in one of the leaflets specially prepared by the Guild of Housewives of the S.W.R.I.

Through this Cookery Book, all the members send greetings to those who visit the Farm House Kitchen. The recipes have been collected from far and wide, and when the dishes from them are prepared, perhaps in some distant country, they will, we hope, bring back a happy memory of Scotland.

KATHERINE ELGIN.

Preface to Sixth Edition

THE popularity which the S.W.R.I. Cookery Book has achieved not only in this country, but in England, America, the Dominions and the Colonies, demands once more the issue of a new edition. Much of its success is due to the fact, that many of the recipes have been collected from members all over Scotland, proving the truth of the old proverb—"In the multitude of counsellors there is wisdom."

In this new edition all the recipes have been revised, a few have been withdrawn to avoid duplication, whilst on the other hand many new recipes have been included.

This edition would in ordinary course have been published some time ago, but the war with its paper shortage and difficulties of printing have delayed its appearance until now. We are glad to think that at this time it will be specially welcome when so many of our young folk are setting up their first homes, and earnestly hope it will prove of great value to them. Our best wishes for a happy future go with it.

I desire to thank most sincerely the members of Committee and particularly Miss Adams and Miss Howard for their valuable assistance.

MARJORIE MERCER, 1946.

Preface to Seventh

Mottoes

"If you know a good thing, pass it on."

THE SELKIRK GRACE

"Some has meat and canna eat,
And some can eat that want it;
But we hae meat, and we can eat,
And aae the Lord be thanket."

"Life's but a day to each one given
From earth to scale the heights of heaven;
Who fill it full with love's bright light
Need fear no gathering glooms of night."

"If people could only concentrate on their work as wholeheartedly as they concentrate on their worries, success would be assured."

"To say 'I'm sorry' when I see a neighbour staggering under a heavy burden is all very well. To take hold and help is the better way—the S.W.R.L. way."

"They talk about a woman's sphere
As though it had a limit;
There's not a place in earth or heaven,
There's not a task to mankind given,
There's not a blessing or a woe,
There's not a whispered 'yes' or 'no',
There's not a life, or death or birth,
That has a feather's weight of worth,
But has a woman in it."

"There are better ways of doing things,
If people did but know;
And so 'tis little help we need
As through the world we go.
If you've a tip that brings success,
Why, tell your sisters so—
Don't hesitate to make it known,
'Tis what they want to know."

"Do the work that's nearest,
Though it's dull at times,
Helping, when you meet them,
Lame dogs over stiles."

"We may live without poetry, music and art,
We may live without conscience, and live without heart,
We may live without friends, and live without books,
But civilized men cannot live without cooks."

"A good dinner sharpens wit and softens the heart."

"The destiny of nations depends on their diet."

"Diet cures more than the doctor."

"Eat to live, not live to eat."

Economy is not how little one can spend, but how wisely one can spend it."

"Ladies who wish to keep their spouses
Content and happy in their houses,
Must learn that food to be a blessing
Must not be ruined in the dressing.
It's very nice to be good looking;
But that will not excuse bad cooking;
And men have got such funny natures,
They'll judge you by your beef and 'taters
So if you want to rule and lead them,
You'll do it if you nicely feed them."

General Foreword

If we ask ourselves why we eat, the answer which immediately springs to our minds is of course because we are hungry. It is possible, however, to satisfy this hunger without at the same time maintaining the body in a good state of nutrition.

Our food, therefore, acts principally as a fuel to keep our bodies warm and to supply them with energy for movement. The best fuel foods are the fats, sugars and starches, e.g., bread and potatoes, and these should carry with them as well as heat other substances necessary for the building and protection of the body.

The amount of fuel required by the average healthy body can usually be guided by the individual appetite.

It should be well understood that, although the demands of the growing body are certainly greater, in adult life there still remains the necessity for eating sufficient body-building foods to maintain the body in a healthy state. Certain foodstuffs rich in vitamins and mineral salts are also essential to protect the body against disease.

There are three main substances which the body requires for building purposes—

1. *Lime or Calcium*—necessary for the maintenance and production of sound bones and teeth.
2. *Protein*—essential for the repair of body flesh and muscle and also for growth.
3. *Iron*—essential for the manufacture of rich red blood.

For protection against diseases, for buoyant health and vitality and proper growth, the body also requires a supply of vitamins and minerals. See following table:—

<i>Food Constituents</i>	<i>Richest Sources</i>
LIME	Milk; Cheese; Eggs; Green Vegetables Nuts.
PROTEIN	Milk; Cheese; Eggs and Fish—two help- ings of one or the other daily; Meat Peas; Beans; Lentils.
IRON	Eggs; Whole grain cereal; Green vegetables especially dark leaves; Liver or lean meat; Peas; Beans; Lentils; Truacle; Cocoa; Dried Fruit.

For protection we find the building foods are also good but the list is increased:—

Protective Foods

Milk; Cheese; Green Vegetables (daily helping); Root Vegetables (daily helping); Eggs; Fruits; Meat; Wholegrain cereals; Oily Fish; Potatoes ($\frac{1}{4}$ lb. daily); Cod Liver Oil; National or Brown Bread.

Our daily diet must, therefore, be chiefly composed of these foodstuffs and our meals built round them. They can then be padded out with the more starchy sweet cakes and huns.

SAMPLE MENU

Breakfast:

Purridge or wholegrain cereal or fruit.
 ? Bacon Omelette.
 Rolls or toast.
 Butter and marmalade.
 Tea.

Mid-Morning:

not here!
 Milky drink or Marmite.
 Biscuit with or without butter.

Dinner:

White Vegetable Soup.
 Mince Balls, Potatoes in Jackets, Green Vegetables.
 Treacle Sponge.

Supper:

Grilled Herring.
 Raw vegetable salad, including cress.
 Oatcakes.
 Butter, Jam.
 Slice of Cake.

Bed-time:

with milk morning & best butter
~~Cocoa.~~
~~Biscuits.~~ *Sweet*

Section I

FOREWORD TO SOUP

Who does not welcome a bowl of hot soup on a cold day? Some soups can be almost a meal in themselves. Others contribute very little nutritive value to our daily menu. The old theory that there is any nourishment in a bone stock has now been exploded; therefore, the long boiling of bones, even to the jelly stage, is hardly justifiable if economy of fuel and time have to be considered. No one can deny, however, that the flavour of a bone stock is hard to beat, but, let us remember that the nourishment of the soup lies in what is put into the stock, viz., vegetables, peas, beans, lentils, barley, oatmeal, diced meat, milk and on a meatless day cheese added after the soup is dished improves the nutritive value and flavour.

Let the soup pot, not the brock pail, be the receptacle for the coarser, more nourishing leaves of green vegetables, and for the water in which any vegetables have been boiled.

Roughly chopped parsley should always be added immediately before dishing, and a fresh supply used each day.

SOUPS

" Beautiful soup, so rich and green,
Waiting in a hot tureen !
Who for such dainties would not stoop ?
Soup of the evening, beautiful soup ! "

" A penny baked is a penny galed."

" Let plain living and high thinking go hand in hand."

" Now good digestion wait on appetite and health on both."

" Make a little go a long way."

" Copy the kettle; though up to the neck in hot water it still continues to sing."

Stock is the liquid in which bones, vegetables, meat, or fish have been cooked for several hours to draw out the nourishment.

41 Soups may be divided into two chief classes—those made with meat or bone stock, and those without. For the first, fresh meat or bones, or the bones of cooked meat, may be used to form the stock; excellent and economical stock may be made from the bones and trimmings of meat, poultry or fish. When making this, the meat or bones should be put into cold water, the bones being broken and the meat cut up so as to expose as much surface as possible to the action of the water. The usual allowance of water is one quart to each pound of meat. The stock should simmer gently for at least ~~two~~ ^{three} hours with the lid on the pot; just before boiling point is reached, stock for clear soup should be well skimmed; a little salt or cold water will help the scum to rise. Vegetables should not be added to stock unless it be for immediate use, as they go sour and spoil it. The water in which ham or salt beef has been boiled makes excellent lentil or pea soup, but it should be allowed to cool before it is used so that the fat may be removed.

Good and nourishing soups can be made without meat stock; a little dripping or vegetable stock, i.e., the water in which peas, beans, or cauliflower, etc., has been boiled, may be used to form the basis of these.

The nutritive value of soups made with light stock may be raised by adding a little milk.

HOUSEHOLD STOCK

Any pieces of cooked or uncooked meat or bones, vegetable trimmings, 2 carrots, 2 onions, herbs, peppercorns, mace and seasonings. To every pound of meat and bones, add 1 quart of water. Simmer for several hours.

FOUNDATION FOR ANY BROWN SOUP

Into 3 quarts of cold water put a knap bone, broken up, 3 good-sized onions, skins left on, 3 or 4 large carrots, scraped, well washed and cut up each in several pieces, a few bits of Swede turnip, 2 or 3 parsnips, cut up and skins left on; some kitchen salt, a dozen black peppercorns and a dozen cloves. Put all on to boil for 4 or 5 hours, or until vegetables are soft enough to strain through a colander—allow to get quite cold before using, so that the grease may all come to the top of the basin, and be easily skimmed as required.

Relichote Soup (see recipe)

Asparagus

a barley meal, or 1 lb beef or mutton or
a good fresh marrow bone.
either
College recipe 15

SCOTCH BROTH

One runner of beef or a good fresh marrow bone, which makes
a good broth as either beef or mutton, 5 quarts cold water,
1 cupful well-washed pearl barley.

When water is hot, put in beef and barley, and salt to taste;
skim well; chop up 6 Brussels sprouts, 1 small cabbage or savoy,
1 small head of curly greens, and 3 leeks; cut in dice 1 good
slice of Swede turnip and 1 carrot; put in other 2 slices of turnip
whole, and mash well afterwards for a vegetable. Let the broth
boil for a few minutes after vegetables are added with lid off.
Cook thoroughly and slowly, and skim now and again; attention
to this makes such a difference to flavour. Boil 3 hours, taking
meat out when cooked 2 hours, and re-heating at the last. Then
15 minutes before ready add 1 carrot grated and a good table-
spoonful minced parsley. Lift meat on to a hot dish, and serve
with a little broth round it. (If broth is for persons of weak
digestion, scald vegetables before adding to broth by covering
them for 10 minutes with boiling water.)

SHEEP'S HEAD BROTH

A sheep's head, $\frac{1}{2}$ lb, pearl barley, 2 oz. rice, 1 leek, 2 oz. each
carrot, turnip and onion, a bunch of herbs, pepper and salt,
a little ketchup (if liked).

Clean the head thoroughly by soaking and washing it in water,
remove the brains, and put the head on the fire in a pan of cold
water. As it nears boiling point, skim well, then add vegetables
and other ingredients. Cook slowly till the meat is thoroughly
done, then lift out the head and cut the meat into small pieces.
Take out the tongue and thicken the soup with a little flour made
smooth in a little cold water. Season and boil for a few minutes,
then put the meat in and warm through. The brains and
tongue may be made into a separate dish—Brain Cakes.

Brain Cakes

Wash and blanch the brains of a sheep and boil them in milk
till tender. Skin the sheep's tongue, chop it up, also the brains,
and add a cupful of breadcrumbs, pepper and salt, and some
chopped parsley. Moisten with beaten egg, and make into flat
cakes. Dredge with flour, dip in beaten egg, then in breadcrumbs,
and fry a bright golden-brown in hot fat.

BROTH WITHOUT MEAT OF ANY KIND

2 quarts of water, 1 breakfastcupful lentils, 1 breakfastcupful
barley, 1 piece of turnip, 1 carrot, 1 piece of cabbage, onions
and any other vegetables liked.

Wash lentils in a good many waters until quite clean, wash
barley, wash and prepare other vegetables and cut them into
small pieces. Put them all on fire with 2 quarts water, bring
them to the boil, then let them simmer for $2\frac{1}{2}$ or 3 hours; season
with salt and pepper to taste.

HOTCH-POTCH

3 lb. neck of mutton, 1 lettuce, 6 young turnips, 1 cauliflower, 6 young carrots, 2 pints of green peas, 6 young onions, 1 pint broad beans, 2 1/2 quarts of water, 1 handful of parsley, salt and pepper.

Put rather more than half of the mutton in the soup pot, with the water and a little salt; when it boils, skim it carefully and allow to boil for one hour. Cut up the remainder of the mutton into small chops and add them, also the beans and turnips and carrots cut up in neat pieces, the onions and half the peas, and allow to boil for half an hour longer. Chop up the lettuce, divide the cauliflower into sprigs, chop the parsley finely, and add all to the soup with the remainder of the peas and boil for another half hour, then season to taste and serve.

COCKIE LEEKIE (I)

Stock of an old fowl, wash and cut a clean leek and add to stock, also a clean rutabaga.

Boil till all are nicely cooked, pepper and salt to taste. This can be made with a marrow bone.

COCKY LEEKY SOUP (II)

1 fowl, 6 leeks, 2 oss. rice, salt.

Boil the fowl in 3 quarts of water, put in salt and skim well; cut up 3 leeks into pieces an inch long; add pepper and let all boil slowly for an hour, then put in rest of leeks and the rice and boil 1/2 hour longer.

CHICKEN BROTH

1 fowl, 1 stalk of celery, 1 thick slice turnip, 1 small carrot, 1 thick slice parsnip, 1 sprig parsley, 1 medium onion, 2 leeks, 1/2 teacup rice, 3 quarts water, 2 cloves, 1 blade mace, salt and pepper.

Place prepared fowl in saucepan. Add cold water to cover, cloves, mace and parsley and a teaspoonful salt. Bring to the boil. Skim, cover, and simmer 2 1/2 hours. Drain. Return liquor to saucepan. Add prepared vegetables—the leeks shredded finely, the carrot, parsnip, onion and turnip finely chopped, shredded celery, and rice. Simmer gently from 1/2 to 3/4 hour till rice is tender.

KIDNEY SOUP

1 ox kidney, 3 quarts good stock made with bones, carrot, small piece turnip, 2 onions, and pepper and salt.

Soak kidney in water with some salt, remove all fat and cut in small pieces, and flour well. Put it into a pan with some good dripping, stirring till well browned. Then add the stock, simmer 1/2 hours, skim off the fat and thicken with 1 tablespoonful cornflour.

add
from H.P.
c/s

Traditional
recipe as H.P. Book
as written
Change - Potato Soup

see
sh/look

To act

Cream of Chicken Soup

is oatmeal.

HOUGH SOUP

1 lb. hough, 1 quart water, 1 large carrot, turnip and onion, 1 oz. fat, 1 oz. sage, seasoning.

Wash and cut up meat, prepare and slice vegetables, melt the dripping and fry meat and vegetables till brown. Add the water and simmer three or four hours. Strain, return to the pan with sage and cook till the sage is swelled.

GIBLET SOUP

1 lb. giblets, neck, gizzard, liver, heart of chicken or duck, etc., 1 onion, 1 stick celery, ~~seasoning~~

Cut up giblets, put all in pan with 2 pints water, bring slowly to boil, add 2 tablespoonfuls branched barley or rice, simmer for two hours. *15-20 mins. X. Add parsley*

HARE SOUP

Take a hare, skin it, taking care not to break the inside, put a your hand and take out the lungs. Hold the hare over a basin to catch the blood, cut it up into pieces, take all the bones out and lay the fleshy parts aside. Put all the bones into a pot, cover well with water (cold), add turnip, carrot, stalk of celery, a few onions and boil in a young hare) for 1½ hours. Pour the blood through a hair sieve, add some water, put in a handful of fine oatmeal and put into a stewpan. Stir it one way till it boils; be careful not to let it curdle. Take out bones, bruise vegetables well through a sieve, and add the blood which has already been boiled, cut the flesh into small pieces and put in with rest into pot and boil all together, stirring well for 1½ hours. Season with 2 tablespoonfuls ketchup, pepper and salt to taste, a small teaspoonful sugar.

MOCK HARE SOUP

¼ lb. liver, piece turnip, a large carrot, 1 onion, 4 pints water, pepper and salt, pinch Jamaica pepper, ground cloves.

Boil liver with water and the vegetables, cut small, for one hour. Then cut or mince liver very small. Return to soup. Add seasoning with 1 large teaspoonful flour, mixed previously with water, to thicken. Simmer 5 minutes more, then serve.

MULLIGATAWNY SOUP

Small knuckle of veal or bones, etc., of poultry or game, rabbit stock and bits of rabbit, a little ham, 1 carrot, 1 turnip, 2 onions, 2 apples, ½ head celery, 1½ oz. butter, 1½ oz. flour, 1 tablespoonful curry powder, 4 cloves, 1 bay leaf, 6 pepper-corns, 3 pints water.

Fry veal or rabbit and sliced vegetables in butter, add the curry powder, fry, then add the water, boil up and skim well. Add the flavourings and simmer 2 hours. Strain, melt an ounce of butter in the pan, add flour, stir till smooth, return soup to pan, stirring well, and reheat. Add veal or rabbit cut in pieces and serve with boiled rice.

FISH SOUP

1 quart fish stock, $\frac{1}{2}$ pint milk, $\frac{1}{2}$ oz. butter, $\frac{1}{2}$ oz. flour, 1 tablespoonful chopped parsley, pepper, salt.

Remove from fire
low To make the stock—~~Get~~ ^{head of} fresh fish-trimmings, or a haddock's head or cod's head. Cleanse and put in 1 quart cold water and salt. Bring slowly to the boil and skim thoroughly. Add 1 onion, 1 stick celery, 6 white peppercorns, and 1 blade of mace, simmer for 20 minutes, then strain.

To make the soup—Melt the butter, add the flour and fry for 2 or 3 seconds. Add the stock and boil well. Add milk, parsley and seasonings. Boil up and serve. If a richer soup be wanted, mix 1 yolk of egg with 2 tablespoonfuls of cream and strain into soup at the last.

Traditional PARTAN BREE (CRAB SOUP)

Crabs, rice, white stock, salt, pepper, anchovy and cream.

Pick all the meat from 2 crabs and set aside that from the large claws. Boil 5 or 6 ozs. of rice in milk till tender and soft and pass it with the crab-meat through a tammy. Stir this with a wooden spoon till perfectly smooth and add to it, very gradually sufficient white stock for 12 or 14 people. Season with salt, white pepper and anchovy. Put it all into a pan and stir it over the fire until quite hot, do not let it boil. Add pieces of meat from the claws and just before serving, stir in half a pint of cream.

Traditional CULLEN SKINK

A findon haddock, onion, mashed potatoes, buttermilk, pepper and salt.

Skin the findon haddock and place in a pan with sufficient boiling water to cover it (no more). Bring to the boil and add a chopped onion. When the haddock is cooked, take it out and remove all the bones. Flake the fish, return bones to the stock. Boil for 1 hour, strain the stock and again bring to boil. Boil about a pint of milk separately and add it to the stock with the flaked fish, and salt to taste. Boil for a few minutes. Add enough mashed potato to make the soup a nice consistency, with 2 tablespoonful of butter, and pepper to taste, and serve.

BARLEY SOUP

Take $\frac{1}{2}$ lb. Scotch barley, wash well and put into 3 quarts of water, with pepper and salt, and add worth of bones, and boil slowly for 2 hours. This can be done the afternoon before it is wanted. Then next morning reheat and add $\frac{1}{2}$ lb. split lentils and a sliced onion and boil 2 hours longer, strain, then a little while before serving add a teaspoonful of mixed herbs. This is a very nourishing soup.

LENTIL SOUP (1)

To 4 pints of water add 1 ham bone and 1 large cupful of lentils, 2 onions finely cut and 1 grated carrot. Boil for 2 hours.

LENTIL SOUP (2)

1 cup lentils, 1 piece carrot, 1 piece turnip, 1 onion, 1 blade mace, 6 peppercorns and salt, 6 cups stock or water, 1 dessert-spoonful lentil flour, rice flour, or ordinary flour, $\frac{1}{4}$ teaspoonful curry powder.

Melt dripping in soup pan, put in lentils which have been washed in several waters, and prepared vegetables. Stir till all dripping is absorbed, add stock or water and a bone, salt, peppercorns and mace, simmer with lid on for 2 hours; put through hair sieve. Mix flour and curry powder with milk, add to soup and return to pan; boil 3 minutes, stirring all the time. Serve with sippets of toast.

SAGO SOUP

$\frac{1}{4}$ oz. fine sago, yolk of egg, 1 pint good stock, 2 tablespoonfuls cream, pepper and salt.

Put $\frac{1}{4}$ oz. of fine sago into 1 pint of good stock, and let it simmer until clear, beat up yolk of 1 egg, pour soup into this, then return to pan and reheat, taking care it does not boil; add 2 tablespoonfuls of cream before serving, season to taste.

HARICOT PURÉE

Lentil soup
1 pint haricot-beans, lentils or split peas, 1 large onion, 1 pint milk, 2 quarts water, seasoning.

Soup
~~Soak beans, lentils or peas all night, put them in a pot with sliced onion and water and simmer for 2 hours. Press through a sieve or colander, stir in the milk and season well. Re-heat, stirring all the time; serve with fried bread.~~ *Sippets of bread, in the same way.*

Blended peas can be vegetable as they

CREAM OF CARROT SOUP

$\frac{1}{4}$ lb. carrots, $\frac{1}{2}$ lb. turnip, 1 onion or leek, 5 cupfuls water or stock, 2 teaspoonfuls milk or dried milk, 2 ozs. flour, 1 oz. fat, 2 ozs. chopped parsley, salt and pepper.

Wash and remove skin from vegetables, boil slowly in water for $\frac{1}{2}$ hour, rub through a sieve. Melt fat in pan, add flour, cook a little, add milk, bring to boiling point, stir well, add vegetable purée, parsley and seasoning. Cook 5 minutes, then serve.

NETTLE BROTH

Chicken stock, barley, nettles, pepper and salt.

Gather young nettles from the higher part of the wall where they are clean. Wash the tops in salted water and chop very finely. Have the stock boiling with the barley in it. Add the nettles, simmer till tender and season to taste. The soup may be thickened with some mashed potatoes.

BETROOT, BEAN AND POTATO SOUP

1 lb. potatoes, 1 beetroot, 5 pints water, 4 ozs. beans, 1 oz. fat, celery if liked.

Soak beans overnight and drain. Melt fat and toss vegetables in this till all the fat is absorbed. Add water, bring to boiling point; simmer gently for 2 hours. Add seasoning. Sieve if desired.

CABBAGE SOUP

Take out the white hearts of 2 or 3 spring cabbages. After washing, throw them into a little salted water for 5 minutes, drain through a colander and put them under the water tap; cut them into fine shreds. Have about 3 pints of some savoury stock ready, and as soon as it boils throw in the cabbage, with pepper and salt to taste. Immediately the cabbage is quite soft, serve.

VEGETABLE CONSOMME

Make stock by boiling for some hours a few carrots and turnips and 2 or 3 onions together in 2 quarts water, then strain. Boil up again, add 1 tablespoonful tapioca, cook till clear, add a small teaspoonful of Marmite (sell in small jars by all grocers).

CHESTNUT AND POTATO SOUP

1 lb. chestnuts, 1 large Spanish onion, 1 small head celery, 1 tomato, 2 oz. salt butter, 2 quarts boiling water, 2 lb. potatoes, teaspoonful hot milk, pepper, salt, small dessertspoonful mixed herbs, 1 lump sugar.

Wash chestnuts thoroughly, cut off small piece of skin from end of each, boil till soft from $\frac{1}{2}$ to $\frac{3}{4}$ hour; skin chestnuts when warm, carefully removing under skin, chop up. Take 2 quarts boiling water, add butter, chopped onion, celery, flavouring and minced chestnuts and chopped potatoes. Bring to boil and allow to simmer for 2 hours. Pass the soup through colander, put back into pan, and stir carefully, adding about 1 teaspoonful of hot milk. Bring to boil and serve.

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GREEN PEA SOUP

1 peck peas, stock, parsley, mint, onion, sugar, salt and pepper.

Shell the peas, which should be young, put the shells into a stewpan with a quart of water, a teaspoonful of salt and one of sugar; boil for one hour, then pulp through a colander or sieve, return to pot and add 1 quart of good stock made with shin of beef. Add 1 onion, a few leaves of lettuce chopped very finely, a very little mint and the peas. Boil till the vegetables are tender (about 15 minutes) then season to taste and serve.

PARSNIP PUREE

Add to Cream soup

Cut up 4 parsnips, boil till tender in 1 quart water or milk. Press through sieve and return with liquid to pan. Make a thickening with 1 tablespoonful flour in a teacupful of milk. Stir into soup. Boil 10 minutes. Season with salt, pepper and sugar.

Many other Vegetable Soups can be made as above—Artichokes, Pear, Carrot, Celery, Asparagus, etc.

PALESTINE SOUP

2 lbs. Jerusalem artichokes, 2 quarts milk, 1 oz. butter, 5 tablespoonfuls cream—last two may be omitted.

Pare artichokes—boil in water till soft then rub through sieve and add the pulp to milk in pan with butter and seasoning. Stir till it boils and simmer for 10—15 minutes. Beat yolks and cream. Put in tureen and stir hot soup in just before serving.

KILMENY KAIL (FIVE)

Rabbit, pickled pork, greens, salt and water.

Take a rabbit, clean it well and cut into pieces. Put them into a pot with a piece of pickled pork and sufficient cold water to cover them. Take 2 heads of greens, pick down with the fingers and wash well. Add to the broth and boil for 3 hours. If the pork is very salt, do not add more salt. Serve with outcakes.

Traditional

Only GREEN KAIL

Greens, oatmeal, pepper, salt, cream and sugar.

Remove the strong stalks from greens (this is "rubbing") and cover with boiling water. Boil for an hour, ~~then~~ ^{strain well} ~~squeeze them free of the liquor and wash or put through a sieve~~ ^{highly juicy}. Sprinkle with oatmeal and put back into the pot with the stock. Add a little warmed cream or butter with pepper and salt to taste. Stir, ~~boil for a few minutes~~ ^{bring to boil} and serve with thin outcakes.

RED POTTAGE

$\frac{1}{2}$ lb. haricot beans, 1 teaspoonful tomatoes, 1 beetroot, 2 onions, stick of celery, 1 parsnip, 1 oz. butter, 2 quarts water.

Soak beans for 24 hours. ~~Put in~~ Boil with butter and water. Add other vegetables, cook $2\frac{1}{2}$ hours. ~~Press through wire~~ ~~sieve~~—reheat.

CREAM OF LETTUCE SOUP

Remove imperfect leaves and cut the roots from $1\frac{1}{2}$ lbs. lettuce (3 large heads). Wash in several waters then chop rather coarsely. Melt $\frac{1}{3}$ of a cup of margarine in a saucepan. Cook the lettuce in it for 8–10 minutes, stirring occasionally. Add three pints of stock and onion into which 3 or 4 cloves have been pressed, 2 sprigs parsley, 1 teaspoonful each of salt and sugar, a piece red pepper, cover the pan and let simmer nearly an hour. Strain through a sieve. Add 3 cups white sauce made with milk or household milk. Reheat to nearly boiling point. Add salt and pepper as required. In days of plenty add beaten yolks of three eggs diluted with $\frac{1}{2}$ cup cream.

CREAMED MALLOW SOUP

add to cream soup
Method: Cut 2 vegetable mallows into pieces, 1 stalk celery, 1 leek, bring to boil with 2 pints water and simmer till very tender. Remove vegetables and rub through sieve. Put puree (rubbed mixture) back into soup. Add 2 tablespoonfuls white sauce, 2 lumps sugar, 1 tablespoonful chopped parsley, stir well and serve with toasted small bread cubes.

LEEK AND SPAGHETTI SOUP

Choose 6 or 7 medium-sized leeks, wash thoroughly and slice thinly and drain in a colander. Melt 1 oz. butter in a saucepan and add the leeks. Cook for 10 minutes with the lid on, then pour on 2 pints tepid water and cook for 20 minutes. Wash 3 ozs. spaghetti and break it in inch long pieces, add to soup and cook 15 minutes longer or until the spaghetti is soft. Boil 1 pint of milk and add to the soup just before serving. Season to taste and serve with a dish of grated cheese.

Macaroni or other cereals may be used.

MACARONI SOUP

1 quart stock, $\frac{1}{2}$ oz. macaroni, seasoning, 1 tablespoonful chopped parsley, 1 onion, 1 leek may be added.

Break up macaroni; wash and sprinkle into boiling stock with chopped onion and leek. Simmer 1 hour; pour on to chopped parsley in tureen. The soup may be thickened with 1 dessertspoonful of cornflour mixed with half pint milk stirred in 5 minutes before serving.

Rice or vermicelli soup may be made as above and grated cheese is often served with these soups.

ONION SOUP

4 large ~~Medish~~ onions, 1 quart water or stock, 2 oz. butter, 1 gill milk, $\frac{1}{2}$ oz. cornflour.

Peel and chop onions, fry lightly in butter; add stock and simmer till tender; mix cornflour with milk, add to soup and boil up, stirring well.

OATMEAL SOUP

1 good sized onion, a little carrot, turnip and leek cut up small, 1 oz. medium oatmeal, 1 pint stock, $\frac{1}{2}$ pint milk, seasoning, chopped parsley.

Put the vegetables in a pan with a little fat and toss them in it till they are clear or sweated, put on the lid and steam 5 to 10 minutes. Add the oatmeal and fry with the vegetables for a few minutes, then add the stock and simmer 45 minutes. After the soup is cooked add the seasoning and parsley. Just before dishing add the milk, reheat the soup and serve.

PEAPOD SOUP

Method: 1 basin peapods, sprig of mint, 1 oz. margarine or dripping, 1 oz. cornflour, 1 cup milk, 1 teaspoonful sugar. Wash pods, place in saucepan with mint and some salt. Bring to boil and simmer until pods are tender (about 2 hours). Rub as much as possible through a sieve. Return rubbed mixture to saucepan, add fat. Mix cornflour smoothly with milk, add to soup, stir until boiling and boil for 3 minutes. Add sugar and season with pepper and salt to taste.

POTATO SOUP

1 lb. ~~sock of mutton~~ ^{to peel} potatoes, 3 onions, 1 carrot, pepper and salt.

Take the mutton and put it in a pot with 3 quarts of cold water, bring to boil; pare thinly and slice small 2 lb. of potatoes and add them to the soup when it boils. Grate a nice red carrot, chop up the onions very finely and add to the soup, with a little pepper and salt. Boil 2 hours, season to taste, and serve. The potatoes should be boiled to a pulp and the soup nice and thick, not watery. Soup is improved if it is sieved.

This soup is excellent made with bones, either raw or cooked, with any inferior piece of meat, or the liquor in which tripe has been boiled or with part of a pluck. If made with raw bones they must be boiled for several hours before the potatoes are put in.

TOMATO AND RICE SOUP

4 tomatoes or 1 pint if tinned, 1 onion, 1 oz. rice, seasoning, $\frac{1}{2}$ oz. butter, 1 quart white stock or water, 1 teaspoonful sugar.

Chop the onion finely. Fry in the butter. Cut the tomatoes into dice and add with the boiling stock. Simmer gently for $\frac{1}{2}$ hour. Add the washed rice, season and serve when cooked.

to follow *Cream*
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TOMATO SOUP (1)

1 lb. tomatoes or 1 lb. tin puree of tomatoes.

Put tomatoes in enamelled pan with a teacupful water and let simmer for 1½ hours. Rub through sieve into a basin; add 1 mustard-spoonful bicarbonate of soda and allow to ferment for 10 minutes. Put 1½ pints milk into saucepan and thicken with 1 tablespoonful flour. When nearly boiling, add the tomatoes, pepper and salt, and bring to the boil. Add 1 table-spoonful cream, boil up once and it is ready. This soup is both light and nourishing. If puree is used, 5 minutes boiling is all that is necessary.

TOMATO SOUP (2)

1 oz. butter or dripping, 2 oz. bacon or ham, 1 carrot, 1 onion, 1 leek, 2 quarts stock, 1 stick celery, 1 tin tomatoes, 1½ oz. sago or tapioca, 1 tablespoonful lemon juice, salt and pepper.

Put into saucepan stock, vegetables, bacon, tomatoes cut in pieces, and boil gently for 1½ hours. Strain through hair sieve, pressing out as much of vegetables and tomatoes as possible. Bring to boil and thicken with sago or tapioca. Add salt and pepper and flavour with lemon juice if desired.

WHITE VEGETABLE SOUP

2 carrots, 1 leek, 2 turnips, 1 onion, 1 stick celery, 1 pint of water or stock, ¼ pint milk, 2 oz. butter, 1 oz. flour, ¼ teaspoonful castor sugar, 1 bay leaf, seasoning.

Shred the vegetables, place in a pan with butter, cook without browning and add seasonings and water. Boil till the vegetables are tender. Mix the flour in the milk and pour into the pan and boil up well once more, stirring carefully.

WHITE SOUP

4 pints water, 2 lbs. potatoes sliced, 4 onions, 4 ozs. butter, 1 pint milk, 3 dessert-spoonfuls sago.

Bring water to boil, add vegetables; when ready, strain and put back into pot. Add sago, milk and butter. Stir till boiling, then let simmer.

WHITE CURRY SOUP

1 tablespoonful butter, 1 tablespoonful flour, 1 teaspoonful curry powder.

Put all in a pan and stir over fire till smooth, then add 2 or 3 cupfuls of milk. Bring to the boil, and add pepper and salt. If too thick, add a little more milk.

WINDSOR MILK SOUP

1 lb. potatoes, $\frac{1}{2}$ turnip, $\frac{1}{2}$ parsnip, salt and pepper, 1 oz. butter,
2 large leeks or onions, 1 teaspoonful sugar, 1 teaspoonful
flour or sago, small piece of celery.

Put into a pot the potatoes, turnip, parsnip, celery, onions or
leeks, all cut up in small pieces, add sugar and butter, put it on
the fire to get quite hot; add 2 quarts of water and boil for an
hour, till all the vegetables are soft. Put through a strainer, *Sieve*
using a spoon to press it through, and return to the pot with a
cupful of milk, and boil for 5 minutes, stirring frequently till it
boils two tablespoonfuls of sago may be used instead of the
flour. *if desired to thicken and moistened in the same way as*
the flour and stirred till it boils. Add salt and pepper to taste
and *some chopped parsley - cream*

See book.

SOUTHFIELD SOUP

2 large onions, 2 ozs. dripping, stale pieces of bread, bacon rinds,
parsley, seasoning, liquor from any vegetable, little milk
or cream.

Slice onions, put in pot with fat, cover with lid and cook 1
hour. Pour in 1 quart liquid from any vegetable, bacon rinds,
some stale bread, seasoning. Simmer 1 hour, then press through
hair sieve, return to pan, reduce a little if necessary, add milk
or cream and parsley.

STRAWBERRY SOUP

Put 1 lb. of fresh strawberries into an enamel pan with 1 quart
of cold water and an ounce and a half of bread. Let all boil
gently for half an hour. Then put through a wire sieve and
return to the pan. Add 5 oz. sugar, 1 glass of white wine and
1 teaspoonful of cornflour dissolved in a little water. Stir the
soup again, remove the scum, and finish by stirring in half a gill
of cream. The soup must not boil after the cream is added.

FRUIT SOUP

2 pints water, 1 lb. of any fruit.

Boil till soft, sieve. Add lemon or orange peel or cinnamon.
Thicken with cornflour. Serve hot or cold.

DRIED APPLE SOUP

1 lb. dried apples (Raw apples can be used), 1 quart water, 1
orange or grapefruit, honey or sugar, nutmeg or clove,
 $\frac{1}{4}$ oz. cornflour.

Soak apples in some water, simmer till tender with grated
rind of orange, sieve, add other ingredients. Mix cornflour with
rest of water, pour into soup and boil 10 minutes. Serve with
puffed wheat or rice.

BEEF TEA (INVALID)

1 lb. good lean beef, 1 pint cold water, 1 small teaspoonful salt.

Remove all gristle and fat from the meat, and shred it finely. Place the shredded meat in a jar; add the water in which the salt has been dissolved; set aside for half-an-hour. Then cover the jar tightly, place it in a saucepan of water, and allow to simmer gently for an hour over a slow fire. Do not allow the water to boil. Strain through a coarse strainer, pressing the meat dry with a wooden spoon. The beef-tea should be served hot, with a finger of dry toast if patient is allowed it.

HASTY BEEF TEA

$\frac{1}{2}$ lb. lean beef, $\frac{1}{2}$ pint cold water, salt if allowed.

Remove skin and fat, shred beef finely and mix with water. Put in small pan, stir well over low heat with fork pressing against side of pan. Do this constantly for 20 minutes, do not boil. Serve hot with toast.

BEEF ESSENCE

1 lb. rump steak.

Shred steak, removing skin and fat. Put in jar, cover down and place jar in pan of hot water. Cook slowly 4 hours, stirring occasionally. Press through sieve. Give in teaspoonfuls.

EGG SOUP FOR INVALIDS

$\frac{1}{2}$ pint of stock, 1 egg, pepper and salt.

Put the stock on to boil, add a little water. Beat the egg well, and when the stock is almost boiling add the egg, stir well round with a fork and cook for 1 minute and serve as hot as possible.

FOAM SOUP

1 onion, 1 oz. butter, 1 oz. flour, 1 pint good white stock, 1 pint milk, 2 eggs, 1 tablespoonful chopped parsley, seasoning.

Melt the butter, add onion and cook. Do not brown. Add flour, cook, add liquid, cook 15 minutes. Add beaten yolks, seasoning and parsley. Fold in well whipped whites of egg and serve at once.

JELLIED SOUP

1 quart white stock, 4 slices raw bestroot, 1 stick celery, $\frac{1}{2}$ teaspoonful peppercorns, 1 onion, 2 whites and shells of eggs, $\frac{1}{2}$ gill sherry, few drops carmine.

Put ingredients into saucepan and clear as for consommé. Garnish with steamed white of egg cut in shapes or Italian paste. If wanted to use cold, add $\frac{1}{2}$ oz. gelatine and use jellied stock.

Section II

FISH

Who'll buy my coddle herrin',
They're bonny fish and hallowest farin'."

"God quicken'd in the sea, and in the rivers,
So many fishes of so many features
That in the waters we may see all creatures,
Even all that on the earth are to be found,
As if the world were in deep waters strow'd."

"Rivers and the inhabitants of the watery element were made for wise men to contemplate and fools to pass by without consideration."

"There's as good fish in the sea as ever came out of it."

"Oh! there's nothing that's certain in life," as I cried when the tubot eloped with the cat.

Fish contains the same elements as meat, though its food value is not as high. It is, however, more easily digested and is therefore suitable for brain-workers and people requiring a light diet. It might well be more used than it is and need not be an expensive food, many of the cheaper kinds being specially nutritious.

Fish may be divided into three sections, white, oily, and shell; the first is light and easily digested, because of the absence of fat, and is therefore a suitable invalid food. The second (i.e. herring, mackerel, salmon, etc.) have fat distributed throughout the flesh; they are rich and nutritious but more difficult to digest. It is important that fish should be carefully cooked; even plain boiled fish is much more appetising if nicely cooked and well served. The recipes sent chiefly refer to different ways of making up fish.

Choice:

1. Fresh smell; firm to touch.
2. Eyes bright and prominent; gills red.
3. Choose fish in season as it is cheaper, and quality and flavour are better. (See Section XVI).

Preparing Fish for Cooking :

Cleaning—Cut a slit, near the gills in flat fish, and in the abdomen in rounded fish, and scrape out contents. Remove gills.

Rub bloodstains or black marks with salt and they will quickly disappear.

Scrape the fish from tail to head with a blunt knife to remove scales.

Wash thoroughly in several waters.

Filleting—Use a sharp knife.

Press the knife well down against the bones and lift the fish away, either in four filets, cutting outwards from the backbone on both sides of the fish, or in two filets, cutting one filet from each side of the fish; the latter method is usually employed with round fish.

Skimming—Lay the filets skin side down on the chopping-board, with tail end towards you, hold the end of the skin down firmly, dipping fingers in salt to prevent slipping, and with a sawing action roll the flesh off the skin with a sharp knife, being careful not to cut through the latter.

Methods of Cooking :

Steaming—Fish can be steamed in a patent steamer, or between two plates over a saucepan of boiling water. It should be sprinkled with salt and lemon juice before cooking.

Boiling—It must be remembered in cooking all fish that it must be cooked at a lower temperature than most other food, because the fish is delicate, and easily burnt or broken by great heat. The water in the fish kettle or pan in which the fish is to be cooked must be brought to the boil, and salt and a few drops of lemon juice or a tablespoonful of vinegar added. The acid is needed to keep the flesh white and firm. As soon as the fish is put in, the pan should be drawn to a cooler part of the fire, and the fish cooked by simmering gently till the flesh looks white and flaky, and comes away from the bone easily. About 7 or 8 minutes to every pound and seven minutes over is the time usually allowed—a little longer will be needed for thick, fleshy fish.

Baking—Baked fish must be cooked in a moderate oven, in a baking tin, and basted carefully with hot fat occasionally.

Stewing—Cook as for ordinary stews.

Frying—The ordinary rules for coating and frying food apply to fish.

head

CRAPPIT HEID

Take 4 large cod heads and boil till all the fish leaves the bones. Then remove the bones and put the fish back in a stew-pan with a good large spoonful of salt butter and bring it to a nice brown. Season with pepper and serve hot, either on toast or on catcakes.

FISH PUDDING (1)

1/2 lb. white fish (cooked and boned), 2 oz. bread-crumbs, 1 or 2 eggs, a little milk, pepper and salt.

Flake fish, soak bread-crumbs in milk, add to fish, and mix. Separate yolks from whites of eggs, beat yolks with one table-spoonful of milk, stir into fish mixture. Beat up whites and fold in. Steam for one hour and serve with white sauce and finely chopped parsley.

FISH PUDDING (2)

Take any remains of boiled fish, carefully remove the flesh from the bones, cut it up into small pieces, and have equal bulk of mashed potatoes. Put both into a basin and mix them together with a fork, then melt 1 oz. butter and pour it in, mixing well; add salt and pepper, beat up 1 egg and add it last. Mix all well together. Put it in a pudding dish, smooth and score it neatly at the top and bake for half an hour.

STEAMED FISH-PUDDING

1 haddock, 2 tablespoonfuls bread-crumbs, 1 egg, 1/4 tinscupful of milk, pepper and salt.

Clean the fish and scrape from the bones. Place in a bowl, add the bread-crumbs and mix well, add seasoning. Beat the egg in a cup, add milk to egg and pour on to fish, etc. Mix well. Then half fill greased cups, twist a greased paper round, and steam gently for 20 minutes, then make sauce. (For sauces, see page 246). Turn out puddings and cover with sauce and serve hot.

FISH PIE (1)

1 lb. cold fish (cooked), a breakfastspoonful of fine bread-crumbs, 1 egg, and a little milk, seasoning to taste.

Flake the fish finely, mix with the bread-crumbs, beat the egg and add with milk enough to soften the mixture, put in a greased pie-dish and cook in the oven till set. *Or steam gently for 30 mins. until firm to touch*

FISH PIE (2)

2-3 lbs. cod, 1 or 2 eggs, $\frac{1}{2}$ pint milk, pepper, salt, and parsley, 1 heaped tablespoonful flour, 4 oz. margarine, 3 oz. bread-crumbs.

Boil cod in salted water for twenty to twenty-five minutes, retaining some of the stock for sauce. Flake the fish, removing skin and bones. Put into a pie-dish and slice over it the hard-boiled egg or eggs. Make a white sauce from $\frac{1}{2}$ pint milk, 1 tablespoonful flour and 1 oz. margarine, add the parsley, and pour over the fish. Put the rest of the margarine into a pan and melt. To the melted margarine add the bread-crumbs and stir until the crumbs absorb the margarine. Put on top of pie and brown lightly in oven.

FISH PIE (3)

Cook enough fillet (as for the persons required) in a little salted water. Make a stiff white sauce, add 1 egg or equivalent dried egg, then some chopped parsley. Cook for a short time. Add fish and some mashed potatoes, put in a pie-dish, cover well with mashed potatoes, then bread-crumbs and pats of margarine. Bake in a fairly hot oven for 25 minutes.

RUSSIAN FISH PIE

$\frac{1}{2}$ lb. fish, cooked or raw, 1 chopped hard-boiled egg, 1 teaspoonful chopped parsley, 1 tablespoonful chopped capers or pickle, grated-egg-of- $\frac{1}{2}$ -tendon, 2 tablespoonfuls white sauce, 1 oz. butter, seasoning. (Same boiled-egg may be filled and it can be made with tinned-tendon). *try to find*

Bone fish and mix all ingredients well together. Make $\frac{1}{2}$ lb. flaky pastry, roll out into oblong shape, put mixture on one half, fold over and seal—can be decorated with pastry leaves and brushed with egg. Bake 30-40 minutes. *this can be made with tinned Tuna*

FISH CREAM

Fish, any kind, boiled, 1 oz. butter, 2 oz. bread-crumbs, 1 $\frac{1}{2}$ gills milk, 2 eggs, salt and pepper.

Put boiled fish, bread-crumbs in basin and pour on hot milk, beat with fork till butter melted. Beat up eggs and add to mixture gradually. Steam or bake for 1 hour. Serve with Dutch or white sauce. (See Sauces).

FISH PASTY

Cold white fish, white sauce, pastry.

Flake fish, mix with sauce, and season well. Line an enamel plate or baking-tin with pastry, put in fish mixture, cover with thin layer of pastry, bake in a quick oven till pastry is well risen, then move to a cooler shelf. Time 30-40 minutes. One or two hard-boiled eggs, a few shrimps, or some chopped gherkins may be added to fish mixture.

FISH MOULD

$\frac{1}{2}$ lb. uncooked fish, 1 oz. bread-crumbs, 2 oz. suet, 1 egg, $\frac{1}{2}$ gill milk, 1 teaspoonful chopped parsley, pepper and salt.

Remove bones from fish, chop suet finely. Put the above ingredients in a bowl and mix well, and season well. When well mixed put into a greased pudding basin or tin. Steam gently $\frac{1}{2}$ —1 hour. Garnish with lemon or parsley. Serve with Dutch or White Sauce. (See Sauces).

FISH MOULD WITH SALAD

2 oz. Brown & Polson's "Patent" Cornflour, $\frac{1}{2}$ lb. cooked fish, 3 gills milk, $\frac{1}{2}$ pint water, pepper, salt and grated lemon rind to taste, 1 dessertspoonful chopped parsley.

Flake fish finely, removing all skin and bone. Mix the cornflour with a little cold milk, while bringing the rest of milk and water to the boil. Add cornflour and boil for 10 minutes, stirring all the time. Mix fish and seasonings with the parsley, and stir into the cooked cornflour. Pour into a well-rinsed mould; when cold, turn out and serve with salad.

FISH IN THE DISH

(A Norwegian Recipe)

Fry the fish, take out the bones and skin, and put fish in a fireproof dish. Make a hot sauce of butter and flour and a little gravy. Fill up the dish with the hot sauce, put bread-crumbs on the top, put in oven till boiling and serve straight up in the dish. It is improved by the addition of a tablespoonful of whisky added to the sauce.

MACARONI AND FISH

2 oz. macaroni, $\frac{1}{2}$ lb. white fish, $\frac{1}{2}$ teaspoonful lemon juice, 1 teaspoonful parsley, 1 yolk of egg, brown crumbs, $\frac{1}{2}$ oz. butter, $\frac{1}{2}$ oz. flour, $\frac{1}{2}$ pint milk (white sauce), pepper and salt.

Break macaroni and boil in boiling salted water about 20 minutes. When soft, drain well. Make white sauce in the usual way. Add macaroni, fish, parsley, seasoning, and lastly yolk of egg. Turn into greased pie-dish, sprinkle with brown crumbs and bake in a moderate oven about half an hour. Serve very hot.

Row

FISH CUSTARD

Two small filets of any white fish, seasoning, 1 egg, 1 teaspoonful cornflour, 1 teacupful milk. Put the fish in a pie-dish, add seasoning and place a few pieces of butter on the top. Beat the egg in a basin, add the cornflour and milk, mix well, and pour over the fish. Bake for 20 or 30 minutes.

medium

FISH AU GRATIN (1)

1 sole, 1 teaspoonful chopped parsley, 1/2 teaspoonful chopped onion, juice of 1/2 lemon, 3 oz. ~~baked~~ crumbs, ~~1/2 cup~~ *1/2 cup* ~~white~~ *white* ~~sauce~~ *sauce or any good sauce*, 4 mushrooms, 1/2 oz. butter, seasoning.

Skin sole, trim and chop. Mix other ingredients together. Butter a dish, sprinkle with 1/2 mixture, then lay in fish and sprinkle with rest of mixture. Squeeze lemon juice. Bake 1/2 hour moderate oven. *all from 1/2 lb fish* Serve with ~~sauce~~ *sauce and cover-browned bread-crumbs* *Sepagnole or any good sauce*

FISH AU GRATIN (2)

Remains of cooked fish, half a pint of white sauce, some grated cheese, bread-crumbs, pepper, salt and nutmeg.

Put the fish broken into flakes ~~in a hot dish~~ *in a hot dish*, removing all bones. Pour over it the white sauce seasoned with pepper, salt and nutmeg. Grate over it some cheese and bread-crumbs. Place some lumps of butter over this and put into a moderate oven to bake for 20 minutes.

FISH GATEAU

Grade 2 salmon—1 lb. tin salmon, 1/2 lb. cooked potatoes, mashed, 1 teaspoonful parsley, 2 tablespoonfuls white sauce, 1 egg, pepper and salt, dried bread-crumbs, little milk if required.

Grease tin with melted fat, dust with bread-crumbs. Flake fish, add potatoes. Add cold white sauce, parsley, 1 ~~drum~~ *drum* egg, salt and pepper. Put into tin or basin, cover with paper and bake in oven for 30 or 40 minutes. Serve with white-curry, tomato or parsley sauce. *or mustard sauce*

SAVOURY FISH

Filets of fish ~~sauce~~ *sauce*, meat, mushrooms, ~~and dried bread-crumbs~~ *and dried bread-crumbs*

Roll filets ~~with~~ *with* small portion of sausage meat, place on greased dish, cover with ~~butter~~ *butter*, ~~and~~ *and* tomato ~~sauce~~ *sauce*. Bake ~~in a hot oven~~ *in a hot oven* ~~for 20 minutes~~ *for 20 minutes* *as per Mrs. Wilson*

hap

TO SMOKE HADDOCK

Trad Clean the haddocks thoroughly, split them and take off the heads. Put salt on them and let them lie for 2 hours (if required to keep them more than a week, let them lie overnight). Hang them in the open air for 2 or 3 hours to dry, smoke them in a chimney over peat or hardwood sawdust or fir cones.

check recipe

To make a suitable chimney use an old cask open at both ends. Place rods of wood across top of cask, tie the haddocks by the tails in pairs and hang them on the sticks to smoke. Be sure to keep the heat as even as possible, as changes in temperature spoil the fish. When done the fish should be a fine yellow colour, which they should acquire in 12 hours at the most. Haddocks may also be smoked without splitting. (Arbroath and Auchmithie Smokies.)

TO COOK SMOKED HADDOCKS

1. Broil or grill over quick clear fire. Rub with butter and serve piping hot.

2. Cut haddock into pieces, place in a stewpan with some butter. Put on lid and cook for 5 minutes. Add some milk or make a sauce with flour or cornflour, pour over fish and butter, bring to boil and boil for 1 minute.

HADDOCK PUDDING

About 1 lb. smoked or fresh haddock, 3 oz. chopped suet, 3 oz. bread-crumbs, 2 teaspoonfuls chopped parsley, 1 teaspoonful chopped onion, $\frac{1}{2}$ teaspoonful powdered herbs, 2 eggs, 1 gill of milk, 1 gill fish stock or water, salt and pepper to taste.

Grease a pudding-basin well. Take all skin and bone from fish, chop finely and pound it with bread-crumbs, suet, parsley and onion. Beat up eggs, add milk and stock, then mix these, also herbs, with dry ingredients, seasoning mixture carefully. Turn into the greased basin, pressing well down; cover the top with a piece of greased paper and steam steadily for an hour. Turn carefully on to hot dish and pour over and round it any nice fish sauce. Garnish with lines of finely-chopped parsley or hard-boiled yolk of egg (previously rubbed through a sieve).

SMOKED HADDOCK AND RICE

1 Aberdeen haddock, 3 oz. Parna rice, sauce made with 1 oz. butter, 1 oz. flour and some milk.

Boil the rice till soft in boiling water. Drain and dry at the side of the fire. Scald the fish in boiling water, which will make the skin come off easily. Bone it and cut it into small pieces, stew it in enough milk to cover it. When it is cooked, lift it gently out and keep it hot. Thicken the milk with the flour and butter. Boil two or three minutes. Dish the rice hot. Arrange the fish neatly on the top, pour the sauce over all, and serve nice and hot.

SAVOURY HADDOCK

1 onion, 2 oz. butter, $\frac{1}{2}$ tin tomatoes or 4 fresh tomatoes, 1 dried haddock, Cayenne pepper.

Mince and fry the onion in the butter, add the tomatoes, cayenne pepper and the dried haddock, skinned and cut into neat slices. Stew slowly about 15 minutes, serve very hot, surrounded with boiled rice and sprinkled with chopped parsley.

STUFFED HADDOCKS

2 medium cold haddocks
 2 oz. finely chopped veal, 3 oz. white bread-crumbs, 1 dessert-spoonful finely chopped parsley, the grated rind of half a lemon, season with pepper and salt and bind with part of an egg.

Stuff the haddock with this mixture and fasten it. Sprinkle bread-crumbs over it. Bake in a sharp oven with sliced tomatoes and butter.

TRIMMED RIZZERED HADDIES

Trim
 For this dish it is best to use fair-sized haddocks, if they are too small they get very dry. Skin, clean and wipe the fish; flour them well. Put on a gridiron and cook over a clear hot fire till a nice brown. They should be served very hot, and melted butter handed with them.

PETITES CREMES A LA JOSEPHINE

$\frac{1}{2}$ lb. raw yellow haddock, 1 egg, 1 oz. butter, cayenne pepper, salt, 1 tablespoonful cream, $\frac{1}{2}$ teaspoonful Anchovy essence and a little colouring. Place in small greased tins. Bake in the oven till firm, turn out, leave till cold, then coat in egg and bread-crumbs and fry in deep fat. Serve with crisp bacon.

FRIED FRESH HERRING

Clean the herring, take off the heads, scrape the scales off, and wipe them quite clean, then split them open and lay them flat. Dust over them a little pepper and salt. Have a clean frying pan quite hot, place the herrings in it, the skin next the pan, and fry them for 5 minutes; then fry the other side about the same time. Good herrings need no dripping, as they contain sufficient oil in themselves to fry them.

FRIED HERRING

Clean and bone each herring. Sprinkle with salt and pepper and toss in oatmeal until well coated. Fry in shallow fat until well browned on both sides. Trout are excellent prepared and cooked in the same way.

POTTED HERRING

Fresh herring, salt, pepper, vinegar and water, bay leaf.

Clean, split and bone herring. Sprinkle with salt and pepper and roll up skin side out, beginning at the tail. Pack them neatly into a pie-dish and pour over equal quantities of vinegar and water. The fish should just be covered. Bake in a moderate oven 45 minutes. Herrings are best split down the front. *Serve with salad & Dutch Sauce*

HERRING SALAD

~~2 herrings, 1 dozen peppercorns, 1 lettuce, 2 tablespoons vinegar, a few radishes, 4 tablespoons water, 1 dried egg, seasoning.~~

~~Clean, bone, season and roll up herring. Place in dish. Mix vinegar and water, pour over fish, add peppercorns and seasoning. Bake in a moderate oven for 20 minutes. Allow to cool. Wash and drain lettuce and arrange round fish. Boil the ~~seasoned~~ egg and use as a garnish. If available garnish also with lemon and parsley. Serve with Dutch Sauce.~~

SAUCE

~~1/2 oz. margarine, 1/2 oz. flour, 1 gill milk, 2 teaspoons vinegar.~~

~~Melt margarine, add flour and stir, add milk and stir till boiling. Add vinegar and seasoning. Serve cold.~~

HERRING SAVOURY

~~2 herrings, 1 tablespoon oatmeal, 1 teaspoon flour, a little chopped parsley, a little chopped leek, a little melted margarine, a little milk, 2 tablespoons vinegar, 4 tablespoons water.~~

~~Clean, bone and season herring. Mix oatmeal, flour, parsley, leek, melted margarine, seasoning and milk. Form into 2 balls, place each on herring and roll up. Place in a pie-dish, cover with vinegar and water and bake in a moderate oven for 20 minutes. Serve with mashed potatoes and cooked grated carrot. If desired serve with sauce.~~

Sauce.

~~1 oz. margarine, 1 oz. flour, seasoning, 1 gill liquid in which herring have been cooked and a little milk.~~

~~Melt margarine, add flour and stir. Add liquid and stir till boiling. Add seasoning, boil up and serve.~~

SALMON PIE

Take $\frac{1}{2}$ lb. fine breadcrumbs and soak them in hot milk for 20 minutes, beat up with fork and add $\frac{1}{2}$ lb. chopped salmon. Stir in a beaten egg, a little melted butter and seasoning, turn into a buttered pie-dish and bake for $\frac{1}{2}$ hour.

Croquette ✓
FISH SAUSAGES

Miss Packer (original recipe)
1 teaspoonful cooked white fish, 1 teaspoonful cooked lobster or shrimps, 1 teaspoonful bread-crumbs, 1 dessertspoonful parsley, $\frac{1}{2}$ dessertspoonful thyme, 6 mushrooms, 1 raw egg, and 1 yolk, 1 teaspoonful salt and a little pepper.

Pound fish, add crumbs, seasoning, and egg. Make mixture into ~~sausages~~ *sausages*, with floured hands. Egg and bread-crumbs, and fry in fat till they are a golden brown colour.

Claf.

FILLETS OF SOLE WITH MUSHROOMS

1 sole, 1 doz. small mushrooms, shallot, sprig of parsley, 1 oz. butter, $\frac{1}{2}$ oz. flour, 1 gill milk, yolk of 1 egg, lemon juice, and salt.

Fillet the sole and roll up, beginning at the head. Put them on a flat buttered tin, sprinkle a little salt and lemon juice over and cover with thickly buttered paper; ~~put in the oven to cook~~ *filler* 10 minutes slowly. Meanwhile, put on bone of the sole with enough boiling water to cover it, add parsley and shallot. Let it boil about 30 minutes and strain. For sauce, melt the butter in a saucepan, add flour, add milk gradually and stir till it boils; add stock (1 gill), stir till it boils again, add more stock if too thick; season with pepper and salt. Add the mushrooms and warm through. Dish the fillets in a circle, add yolk of egg to sauce. *Put mushrooms in the centre of circle of fillets and pour sauce over and serve very hot.*

FISH FRICASSÉE

Filleted fish, white sauce, egg, parsley, lemon juice.

Make sauce in usual way. Wipe fish, cut into large pieces, put into sauce, add egg, lemon juice, parsley, pepper and salt, mix, do not fry a fish, pour into buttered pie-dish. Bake in moderate oven for 30 minutes. Serve with little pieces of lemon on top and sprig of parsley.

KEDGEREE

Wash a cupful of rice, put into boiling salted water and cook till soft. Then drain and set back to steam and dry. Take some cold cooked fish, free it from skin and bones. Stir in 2 ozs. butter to the rice, add the fish, season with salt, pepper, and cayenne. Have 2 eggs boiled hard cut up, not too small, and add to rice and fish; make all very hot and serve at once with a little chopped parsley as garnishing.

marked potatoes
 Equal quantities **FISH CAKES** *cooked*
 1 lb. cold-boiled potatoes, ~~1/2 lb. bread-crumbs~~ ~~1/2 lb. cold-boiled fish~~
 (fresh or salt) ~~1/2 lb. cold-boiled fish~~ *A little beaten egg*

Mash the potatoes well, grate bread-crumbs, cut the fish into very small pieces, removing all skin and bones. Mix all together and form into small cakes with the hands. Brush over cakes on both sides with beaten egg, and fry in deep fat for 4 or 5 minutes. ~~N.B. either the potatoes or bread-crumbs might be omitted and a beaten egg substituted.~~

*but altogether season well,
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 fat or egg & fry in deep
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Section III

MEAT

"A man loves the meat in his youth that he cannot endure in his age."

"Contented we' little and tasty we' meat."

"Sympathy without relief is like mustard without beef."

"It's a great thing to be thankful for your lot, even if it's not a lot."

"The sicker am a useful beast,"

A little dorkie said,

"Cause folks can eat him 'fore he's born

And after he am dead."

"Fair fa' your honest, suncie face,

Great cheifcain o' the puddin' race

Aboon them a' ye tak' your place,

Faith, tripe or thairn;

Weel are ye wardy o' a grace

As lang's my ain."

"In love and marriage only one thing is required—perfect confidence."

"It's no' what we hae, but what we din we' what we hae, that counts."

The food value of meat is very high; it contains a large amount of protein, which is the chief body-building substance. When cooking fresh meat (roast, boiled or stewed) it should be subjected to a high temperature to begin with to seal up the pores of the meat and keep in the juices. For instance, when boiling meat it should be put into fast-boiling water and boiled quickly for five minutes, after which the heat must be reduced and the meat cooked slowly till tender. Only the better cuts of meat should be roasted; cheaper and tougher pieces can be made tender and savoury by stewing.

The times allowed for roasting are: beef and mutton, 15 to 20 minutes to the pound and 15 minutes extra; pork and veal, $\frac{1}{2}$ hour to the pound and $\frac{1}{4}$ hour extra.

Chilled or Frozen Meat should be thawed before cooking by leaving in a warm, airy place until it softens. Cook as for fresh meat, but allow rather longer.

ALMUNDIGOES

1 lb. fillet of beef, 1 large onion, 1 dozen raisins (stewed), $\frac{1}{4}$ lb. stale bread, 1 egg, flour, pepper and salt to taste.

Put beef, onions, raisins, through a mincing machine; soak bread in cold water, squeeze out and mix all together; season and bind with the egg. Make into balls, flour, and brown by frying in very hot fat for a few minutes. Have ready some good boiling gravy, drop in, and simmer slowly for $\frac{1}{2}$ hour. Serve with gravy round the dish.

MEAT ROLL.

1 lb. beef steak minced, 1 lb. (Ayrshire) fat bacon, $\frac{1}{2}$ lb. sausage meat, $\frac{1}{2}$ lb. breadcrumbs or oatmeal, 1 raw egg, 1 gill stock (water with 1 teaspoonful Bovril), $\frac{1}{2}$ teaspoonful ground mace, $\frac{1}{2}$ teaspoonful ground nutmeg, $\frac{1}{2}$ teaspoonful pepper, $\frac{1}{2}$ teaspoonful salt (mushroom ketchup).

Chop bacon, mince with all other dry ingredients. Beat egg and add, moisten with stock. Make into a roll or ball. Fry an onion in stewpan, add carrot, turnip and about 1 pint stock (Bovril). Place meat roll on this bed of vegetables and stew 2 hours. Strain, thicken gravy and serve. May be steamed.

BEEF ROLL.

Put 1 lb. beef, $\frac{1}{2}$ lb. ham through mincer, grate $\frac{1}{2}$ lb. breadcrumbs, $\frac{1}{2}$ nutmeg (grated), salt and pepper. Mix all thoroughly with 1 beaten egg and a little milk. Make into roll and put into floured cloth. Roll up and tie ends and boil gently for $2\frac{1}{2}$ hours. Take out of cloth and cover with more bread-crumbs. Serve either hot or cold. If to be served cold, allow the roll to cool in the liquid in which it is boiled; this improves the flavour.

BUBBLE AND SQUEAK.

$\frac{1}{2}$ lb. cold salt beef, 2 oz. fat, 1 lb. cooked cabbage, seasoning.

Slice the meat thinly, chop the vegetables. Fry the meat lightly in smoking dripping and remove from the saucepan, keeping warm till the cabbage has been fried but not browned. Put the vegetables in the centre of the dish with the slices of meat round, and serve very hot.

OR

Any left-over greens, potatoes seasoned and put in frying pan. Cover and steam $\frac{1}{2}$ hour. Remove cover and fry. Serve very hot.

CUTLET A LA NELSON.

Mutton cutlets, $\frac{1}{2}$ teaspoonful rice, 1 small onion (sliced), cooked with 3 gills of water or milk for one hour, put through hair sieve, add yolk of egg, pepper and salt, 2 tablespoonfuls of fine bread-crumbs, 1 tablespoonful grated cheese.

Cut and trim cutlets, fry till nearly cooked, spread the rice mixture on the cutlets, sprinkle with cheese and bread-crumbs mixed together. Cook in a very hot oven 10 minutes. Serve with halved tomatoes baked and French beans, and also serve some good brown sauce.

DUTCH ROLL

1 lb. suet, 1 cupful bread-crumbs, $\frac{1}{2}$ lb. lean ham (minced), 1 hard boiled egg, salt and pepper, 1 egg to bind, a little chopped parsley.

Mix all together. Steam for $2\frac{1}{2}$ hours in a mould covered with paper, or form into a roll, cover with bread-crumbs and some pieces of dripping, place in baking tin and cook in moderate oven for 1 hour. Baste often. Instead of steaming, the above mixture may be spread on suet or short pastry, rolled up and baked in moderate oven for $1\frac{1}{2}$ to 2 hours.

KIDNEY PUDDING

3 sheep kidneys, 2 teacupfuls of bread-crumbs, 1 teaspoonful of minced suet, 1 egg, 1 teacupful of milk, pepper and salt to taste, and a little nutmeg if liked.

Skin the kidneys and chop finely, mince the suet, put bread-crumbs, suet and kidneys into a bowl, add seasoning. Beat the egg well, add it to the teacupful of milk and stir well into the dry ingredients. Steam in a buttered bowl for about 2 hours.

STUFFED VEAL OR MUTTON

Bone the meat—leg, shoulder, or breast—and fill with stuffing. This may be either roasted or stewed. (See Stuffings, page 210).

STEWES

BEEF OLIVES

1 lb. steak cut thin, 1 tablespoonful dripping, 1 tablespoonful flour, 1 pint stock. Stuffing—2 tablespoonfuls bread-crumbs, 1 tablespoonful suet, 1 tsp parsley, pepper and salt, egg, and $\frac{1}{2}$ teaspoonful herbs, lemon rind grated.

Make stuffing first. Shred suet, chop very fine with bread-crumbs sprinkled over, add chopped parsley, herbs and seasoning, and enough beaten egg to bind. Beat meat to make it tender, cut in strips 3 inches long and 2 broad, put a little of the stuffing on each, roll up, tie with a string. Fry a nice brown in hot dripping, lift out, fry remainder of flour a good dark brown, add stock gradually and when boiling return meat and simmer $1\frac{1}{2}$ hours. Remove string and dish neatly on potato border, strain sauce round and put cooked vegetables in centre. These may be baked in a quick oven, basting well. This mixture can be put in one large roll instead of several small.

STEWED BEEF

1 lb. stewing steak, 1 oz. flour, 1 oz. dripping, 1 pint stock, 1 onion, carrot and turnip (small), salt, pepper.

Cut the meat in neat pieces, skin and scald onion and cut into rings. Make dripping smoking hot in stew-pan, brown meat quickly on both sides and lift on to a plate. Fry the onion for a few seconds, add the flour, and fry them together till a good brown colour. Add stock (or hot water) by degrees, season, bring to the boil and skim. Return meat to pan and simmer gently about 2 hours. Cut turnip and carrot into even strips, boil separately and use to garnish dish, or cut vegetables in blocks and stew with meat.

BRAZIL STEW

Cut $1\frac{1}{2}$ lb. shin of beef or stewing steak into pieces of about 2 inches. Dip each piece in brown vinegar. Cut a few carrots, a bit of turnip, a stick of celery and any other vegetables into pieces. Put these, with the meat, some salt and pepper, into a stew-pan without any water and simmer slowly for 4 hours. There will be plenty of gravy and nice tender meat. A few tomatoes added to vegetables are a great improvement. Dish up with border of *sife* or macaroni boiled till tender and then steamed dry.

To Boil Rice: *Sim page 43*

$\frac{1}{2}$ lb. Patna rice, squeeze lemon juice, boiling salted water.

Wash rice thoroughly several times in cold water. Put in pan well filled with boiling water, add lemon juice, boil rapidly without lid for 12 minutes. Drain quickly in sieve, pour cold water over. Place in pan lined with buttered paper, cover, and steam half an hour.

HARICOT MUTTON

1 lb. lean mutton, 1 oz. flour, $\frac{1}{2}$ teacupful haricot beans, pepper, salt, 1 oz. dripping, small onion, carrot, turnip, 1 pint stock or hot water.

Soak beans in water all night, put on in cold water with pinch of salt, bring to boil and cook about 2 hours, drain. Wipe mutton and cut in pieces, not too small. Melt dripping in stew-pan, when smoking hot put in meat and brown lightly on both sides, lift on to a plate. Skin onion and cut in rings, fry for a few seconds in the dripping, add flour, fry together till a golden brown. Add the stock or hot water by degrees, bring to the boil and skim. Put in meat, add vegetables, simmer gently about 2 hours. Serve with haricot beans round dish, or add beans to stew just before dishing.

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HOT POT

1½ lb. mutton, 1 lb. potatoes, 3 onions, a little parsley, 2 sheep's kidneys, 1 oz. butter or dripping, ½ pint stock, pepper and salt.

This dish is cooked and served in an earthenware pot or casserole. Trim meat and kidneys and cut into neat pieces. Slice onions and scald in boiling water for a few minutes. Peel the potatoes, cut a few in halves or quarters and slice the remainder rather thickly. Arrange the ingredients in layers in the dish with the seasonings and make the last layer the pieces of potato. Cover with lid or twist a strong greased paper on top and cook in the oven 1½–2 hours. About 20 minutes before serving remove lid and allow top to brown. Beef or veal may be used instead of mutton.

HOUGH STEWED (SHIN OF BEEF)

This is more economical than stewed steak, is quite as nice, and contains more "staying" properties. Cut up your meat, dust it lightly with flour, put in a stew-pan with a good lump of dripping and shake briskly over a good fire until the meat is browned; do this as quickly as possible so as not to harden the meat. Then add cold water, a pint for every pound, and simmer slowly for 3 hours. Cut up some onion, turnip, carrot and any other vegetable you have and add them about one hour before the stew should be ready; slightly increase the heat but do not boil. What is left to-day makes a delicious dish for to-morrow's dinner, if put in a pudding dish covered with potatoes, mashed or sliced, and cooked in the oven till a nice brown on the top and thoroughly warmed through.

HOUGH FOR THE CHILDREN'S DINNER

Slice the hough rather thickly and lay in a pie-dish with a clove or two, cover the meat with a medium-sized onion cut into slices, pour in enough water to cover the meat. Place a plate or old sheet on the top so as to cover closely and bake in a moderate oven for 4 hours. Season with salt and pepper and serve with a wall of mashed potatoes.

IRISH STEW

1½ lb. potatoes, 1½ lb. neck or breast of mutton, 1 pint of water, onions, pepper and salt.

Cut the meat into pieces, place it in a stew-pan along with the potatoes cut in slices, and the other ingredients; stew all together with the lid on for 2 hours. Several of the potatoes may be kept whole and put into stew about 1 hour before serving.

N.B.—This may be put in layers in a pie-dish with a little dripping on the top and baked in a moderate oven for 1½ hours instead of stewing.

SWETTBREADS

To prepare, soak in cold water and salt for 2 hours. Wash well, put in pan of boiling water and boil 10 minutes. Strain when cool, skin.

Remove the bird
add yeast
 To Stew.—Put in a pan with 2 oz. butter and teacup milk or cream, simmer gently 1 hour, thicken with a little flour or corn-flour if desired.

Another Method.—Toss sweetbreads in flour, fry in butter, add 1 pint stock, seasoning, stew gently 1 hour, serve with green peas.

To Fry.—Roll in seasoned bread-crumbs and fry golden brown.

Toss Sweetbreads in 2 qts of scalded milk in a pan and

Real REAL SCOTCH HAGGIS (B)

from
hacked
P.
 Procure a large stomach bag of a sheep, liver, lights and heart. Bag must be well washed, first in cold water, then plunged in boiling water and scraped. Soak in cold water and salt all night. Wash the pluck and soak in cold water and salt. Boil pluck (which is liver, lights and heart) for 1½ hours. In boiling, leave the windpipe attached and let the end of it hang over the edge of the pot so that the impurities may pass freely out. When cold, cut away the windpipe and any bits of skin or gristle. Grate or put through the mincer, adding ¼ lb. suet. Mix all this mince with 2 cupsful of oatmeal, previously dried before the fire, ½ pint of the pluck liquid, season with pepper and salt. Fill bag only a little more than half full to leave room for meal to expand. Sew up the bag, put in a pot with boiling water. Prick occasionally with large needle to allow air to escape. If bag seems thin, tie in a cloth. Put in plate to prevent sticking to bottom of pot. Boil 3 hours and serve.

Note.—Instead of using a bag, make an ordinary suet paste of 8 oz. flour, 4 oz. suet, 1 teaspoonful baking powder; mix with cold water. Roll out paste, lay haggis inside and roll up. Lay in scalded floured cloth and steam for 3 hours.

STEAMED HAGGIS (B)

1 lb. ox heart, 1 lb. liver, ¼ lb. steak, ½ lb. suet, 2 teaspoonfuls salt, ½ teaspoonful pepper, 1 breakfastcupful oatmeal.

Mince heart, liver, steak, mix all together with salt, pepper, oatmeal; put all into a bowl, lightly pressed, cover with greased paper. Steam 2½ or 3 hours. Turn out and serve hot.

*Hock Haggis from Hock P.
hearty dumplings from H.P.*

*Small quantity of the recipe used for
stuffing GAME: CHICKEN: RABBIT: in a fowl*

To Bone a Chicken.

Birds are invariably plucked and singed before boning and not drawn. The crop should be removed, the wings and legs cut off at the first joint and tendons of the legs carefully drawn at the same time.

To bone the bird use a small sharp-pointed knife and first remove the merry-thought at the neck. This done, cut the skin down the centre of the back and raise the flesh carefully on either side, sever the wing joints and continue to detach the flesh, keeping blade of the knife close to the bone. When the legs are reached, dislocate the joints, cut the connecting tendons, but leave both wings and legs intact until the breast and back bones have been removed together with the viscera. Turn the body completely inside out, take the thigh bones of one of the legs in the left hand and strip the flesh downwards. Repeat this until all the small bones are removed. The bird may then be turned right side out again, when it will be found completely boned, and should be quite whole.

Large and small birds may be boned in this way. They are then stuffed, reshaped and trussed or rolled into Galantines.

MAKE AN OLD FOWL TENDER

A very old fowl can be made as tender as a chicken if cooked as follows:—Rub the fowl first over with lemon juice, which whitens the flesh and improves the flavour. Then wrap in buttered paper and steam for 2 or 3 hours according to size. The flesh of an old fowl is more nourishing than that of a young one, and quite as delicious if cooked like this. The fowl may be roasted after being partially steamed.

TO BOIL A FOWL

Clean and truss for boiling by cutting off legs at first joint, fill with onion and oatmeal stuffing, skewer and tie firmly, cover with greased paper. Put in boiling water with 1 onion, 1 carrot, 1 turnip, bunch of parsley, pepper and salt. Simmer gently—chicken $\frac{1}{2}$ hour, fowl 1-2 hours—depending on age. Remove from pan, remove paper, string and skewers, and coat with parsley sauce. Decorate with yolk of chopped egg and parsley. Serve hot or cold.

STUFFING FOR CHICKEN

Take $\frac{1}{4}$ lb. sausage meat, $\frac{1}{4}$ lb. bread-crumbs, 1 egg. Season ingredients to taste with salt and pepper, put the stuffing in the centre of the chicken, sew up the back, reshape and truss the bird.

Oatmeal stuffing - see hearty dumplings

ROAST GOOSE OR DUCK.

Clean and prepare goose. Stuff the body with sage and onion stuffing, or this may be baked separately in a tin. Cover with fat and roast slowly allowing 12 minutes to the lb. Dredge with flour about half-time. Boil giblets for gravy. Dish goose, pour off fat, put 1 tablespoon flour in pan, add giblets, season with salt and pepper, boil up. Strain, serve with apple sauce.

Sage and Onion Stuffing.—Boil $\frac{1}{2}$ lb. onions till soft, chop, add 1 breakfastup bread-crumbs, 1 teaspoon sage.

ROAST FOWL OR TURKEY

Take a young tender fowl, clean, singe, cut off feet, draw shews, put a little pepper and salt in the inside; pass a skewer or trussing needle with string through the wing and thigh, through the body into the thigh and wing on the other side. Fasten legs together by crossing string on the back and tying legs and "parson's nose" firmly together—or fasten with second skewer. Put in roasting tin with 2 tablespoonfuls of dripping, put into hot oven, baste freely, cover breast with greased paper or slices of bacon. Cook $\frac{1}{2}$ to $1\frac{1}{2}$ hours according to size. Serve with bacon rolls and bread sauce.

For stuffing, see page 219.

ROAST GAME

Parmigian or other game, thin gravy, bread sauce, fried crumbs, fat bacon, croûte of fried bread, butter.

Method.—Let the bird hang till tender; pluck, singe and draw the bird as for roast fowl; wipe inside and outside with a wet cloth; cut off the toes and remove the wings from the first joint; prepare giblets and put them on for stock; truss the bird by passing needle and string through the top of leg, wing, body, second wing and second leg; pull the string through and cross it on back of bird; wind string round legs and tail; tie a slice of fat bacon over breast of bird; bake in a hot oven for about 20, 30 or 40 minutes, depending upon size, basting with butter; remove bacon and dredge the bird lightly with flour; baste with the butter, and return to the oven for a few minutes; this is termed "frothing"; serve the bird on a croûte of fried bread; serve the bread sauce, crumbs and gravy separately.

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CREAMED CHICKEN OR RABBIT

Boil chicken until very tender in a small quantity of water to which is added a good sized onion, a few cloves and, if desired, peppercorns, blade of mace, celery or carrot and turnip, and the usual seasoning. Let the chicken stand in the stock till quite cool, then take off skin and bones, cut in medium slices. Strain stock and thicken with flour which has been first mixed with small tin of unsweetened Ideal Milk. Cook the sauce until smooth and creamy, then add the chicken. Keep it hot in a double saucepan to avoid burning. Serve with grilled sausage, bacon, tomatoes, or anything to suit, or a little mushroom or parsley, etc.

GALANTINE OF CHICKEN

1 chicken or fowl, 1 lb. sausage meat, 1 thick slice of ham, 2 hard-boiled eggs, $\frac{1}{2}$ doz. pistachio nuts, spice, pepper, salt, glass.

Pick and singe bird, remove legs at knee, wings at first joint, head and windpipe and crop, cut down centre of back and bone the bird. Lay meat flat and season well; spread thickly with sausage meat and arrange ham, eggs, etc., in strips from head to tail. Roll up tightly, tie in cloth and place in boiling water. Cook for about 1½ hours. Press till cold. Brush over with liquid glass. Dish and garnish with salad and chopped aspic.

RABBIT MOULD (I)

Take 2 small rabbits, cut up into joints, place in a saucepan, along with pepper and salt, also some mixed herbs tied in a muslin cloth, and 1 onion if liked. Cover with cold water and place by the side of fire to cook slowly. When tender, strain and allow 1 pint liquid to each rabbit, along with $\frac{1}{2}$ oz. gelatine for each rabbit, place in mould and after straining liquid return to pan along with gelatine and melt it, pour over cut-down rabbit and allow to set. The mould may be decorated with rings of hard-boiled egg. Half a pound of ham cooked with the rabbits improves this dish.

RABBIT MOULD (II)

Cooked rabbit, aspic jelly, hard-boiled eggs, shredded bacon.

Divide the rabbit into neat pieces; cover the bottom of a plain mould with a thin layer of aspic jelly, when set decorate with slices of egg and chopped parsley and add more jelly; arrange pieces of rabbit in layers mixed with strips of bacon and slices of egg. Fill up with jelly and put aside until set. Then unmould, and garnish with chopped aspic, lettuce and tomatoes.

CHICKEN OR RABBIT MOULD

1 rabbit boiled till tender, 1 oz. Cox's powdered gelatine, 2 hard-boiled eggs.

Take flesh from chicken or rabbit, chop into small squares, or mince it. Season with pepper and salt, cut eggs into rings. Wet a mould, place the egg rings into corners and sides, put in the chopped meat. Melt gelatine with hot water and add it to about 2 large cups of the liquid in which the rabbit was boiled, pour into mould slowly, not to displace the eggs. When cold, turn out and serve with beetroot or any salad.

RABBIT GALANTINE

1 lb. rabbit, $\frac{1}{2}$ lb. ham, 4 ozs. bread-crumbs, 2 hard-boiled eggs, 2 eggs, 1 gill stock, seasoning.

Mince rabbit and ham, add bread-crumbs. Beat eggs, add stock and mix into dry ingredients. Spread out mixture and place two hard-boiled eggs in centre. Shape into roll and tie in scalded pudding cloth, and place in boiling water. Cook for 2 hours. Before serving brush over with meat glaze or brown bread-crumbs.

RABBIT ROLL OR GALANTINE

1 rabbit, 2 ozs. bacon, 2 ozs. bread-crumbs, 1 onion, dried egg, salt, pepper, stock.

Method.—Cook rabbit with whole onion just to flavour, and put rabbit through mincer, along with bacon, add bread-crumbs, salt, pepper, and mix well.

Add egg to a little of the stock in which rabbit was cooked. Mix thoroughly together. Grease a straight 2-lb. jam jar, put in mixture. Put greased paper on top and steam steadily for 2 hours. When turned out glaze or roll in brown bread-crumbs.

A hard-boiled egg can be placed in centre of mixture.

STEWED RABBIT

1 rabbit, 1 oz. dripping, seasoned flour, 4 small onions, $\frac{1}{2}$ apple, $\frac{1}{2}$ lb. bacon, boiling water.

Scald and joint rabbit, dip in seasoned flour, and brown in smoking hot fat. Brown onions, leaving them whole. Add thin sliced apple, and sufficient boiling water to come half-way up meat. Boil 5 minutes, then simmer 1 to 2 hours, according to the age of the rabbit. Roll bacon and add to rabbit half-an-hour before serving.

FILLETS OF RABBIT

2 rabbits, 1 small egg, bread-crumbs, seasoning, $\frac{1}{2}$ pint brown sauce.

Remove flesh from the back and legs of each rabbit. Divide into pieces of suitable size. Coat with eggs and bread-crumbs and fry in deep fat till a golden brown. Serve with good brown sauce.

RAGOUT OF RABBIT

1 rabbit, 1 onion, 1 carrot, pike turnip, 2 oz. flour, 4 oz. bacon, pepper and salt, 1 pint stock or water.

Wash rabbit, cut into neat pieces, put in a pan, cover with cold water, bring to the boil and skim well, strain, dry the joints in a cloth, dip into seasoned flour and fry a nice brown in the dripping. Lift on a plate, fry scalded onion, cut in rings, remove from pan, fry flour slowly, stirring constantly, add stock gradually. When boiling, return meat and onion, simmer $1\frac{1}{2}$ hours. Cut carrot and turnip into strips, boil in separate pan of boiling salted water; when soft, drain. Dish rabbit in centre of hot asbet, strain gravy over, put some carrot and turnip at sides, sprinkle parsley over vegetables. Roll bacon in small rounds, bake in oven 10 minutes, place over rabbit and serve.

Corried Rabbit as above, mixing 1 tablespoonful curry powder with flour before frying.

RABBIT STEW

1 rabbit, small chop, 1 oz. butter, a little flour, onion stuck with three cloves, piece of parsnip, pepper and salt, one pint water.

Cut rabbit in neat pieces, wash in salt and water, drain well and dry in a cloth. Dip in seasoned flour, melt butter in a stew-pan and when quite hot put in rabbit and brown each piece. Brown chop in same way, add water gradually and stir gently. Put the onions with cloves and the parsnips into the pan, put on lid and simmer gently for 3 hours. May be served with a border of mashed potatoes or turnips.

STUFFED BAKED RABBIT

One skinned rabbit (whole), stuffing (ordinary chicken stuffing), seasoning, one or two rashers of fat bacon, 3 or 4 medium sized onions.

Stuff the carcase and sew up. Place in a baking tin containing water about one inch in depth. Add onions whole. Sprinkle rabbit with a little flour and place bacon on the carcase. Add seasoning to taste. Cover the whole with greaseproof paper and bake for $\frac{1}{2}$ an hour in a hot oven. Remove paper and

baste well until cooked tender. Thicken gravy with a little flour and water and a teaspoonful of gravy salt. Serve with bread sauce.

Vegetables.—Potatoes baked in jackets. Brassicas (cauliflower or broccoli for preference).

JUGGED HARE

1 hare, 2 oz. butter, 2 oz. fat bacon cut in small squares, 1 clove of garlic, 2 bay leaves, 2 cloves, 1 piece of cinnamon, 1 inch long, 1 oz. flour, 1 tablespoonful Harvey's sauce, 1 tablespoonful red currant jelly, 1 pint strong game stock, 1 gill port or claret, salt and Cayenne.

Remove the blood from the hare and wipe it. Cut into neat joints; fry these in butter and the fat bacon. Put into a wide mouthed jar or casserole. Tie the flavouring spices in a muslin bag, add salt and the stock. Cover with strong paper, put into a pan with boiling water, to come up nearly, but not quite to the top of the jar, and cook $2\frac{1}{2}$ to 3 hours, or stand jar in oven. Dish the hare neatly. Mix the flour with a little stock and port, add with the jelly to the stock and cook well. Mix the strained blood of the hare with a little port, pour into the sauce and stir until it thickens without boiling. Strain this over the hare and garnish with forcemeat balls.

TONGUE

To Boil a Tongue

Spiced salt beef is done in the same way.

Tie up firmly in a good shape. Place in boiling water with 2 carrots, 1 turnip, 1 onion, 1 bunch herbs, 12 peppercorns, 1 blade mace.

Simmer gently 3 hours. Take out and skin tongue while hot. Press meat between two boards. Put tongue in press, cake tin or basin with board on top and a weight. Leave till cold. Melt two leaves of gelatine in cup of liquor and pour over tongue or meat.

JELLIED TONGUE

1 Sheep's tongue, 1 knuckle bone, 1 pint stock, whites and shells of 2 eggs, $\frac{1}{2}$ oz. gelatine, nutmeg, a few cloves, rind and pith of $\frac{1}{2}$ a lemon—tomato, pepper and salt.

Boil tongue (along with knuckle bone) until tender; skin and arrange in glass mould along with tomato.

Jelly.—Put all other ingredients into saucepan, slightly beating the egg, with a little of the stock; stir with whisk until it boils, remove the whisk and let the froth boil to the top of the saucepan. Cover, let it stand ten minutes to clear, then pass through jelly-bag, first pouring boiling water to warm the bag. Strain over tongue and leave to set.

Pork
Half

Wash
the eye
thorough
well, and
simmer
take all
bones
season
Strain
season
cold
cold.

Roast

Loins
Prop
lines for
stuffing

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

Heat
Dip all
each side
patty
pieces of
remaining
centre
bake in
until the
necessary

Roast

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

Measure
elastic
beard.
so that
three tin

PORK

Pork Brown

Half a pig's head, 1 blade mace, 12 allspice, 1 onion, 20 peppercorns, 4 cloves, bunch herbs.

Wash the pig's head in tepid water. Take out the brains and the eyes. Remove any splinters of bone and clean the head thoroughly. Blanch the head to whiten and cleanse it. Rinse well, and again cover with cold water, bring to the boil, and simmer for about 2 hours. When the head is sufficiently boiled, take all the meat from the bones and cut into dice. Put the bones into the liquor in which the head was boiled, add the seasonings and the onion, boil up, and simmer for about an hour. Strain the liquor, add 1 quart of it to the prepared meat and season well with pepper and salt. Rinse a terrail or basin with cold water and pour in the meat and liquor, and set aside till cold. Turn out, garnish with parsley and serve.

Roast Pork

Loin of pork, sage and onion stuffing.

Prepare and weigh joint. Scrape the rind and score in narrow lines from top to bottom. Stuff the meat with sage and onion stuffing. Serve with thickened gravy and apple sauce.

PIES, Etc.

BEEFSTEAK AND KIDNEY PIE (1)

$\frac{1}{2}$ lb. rough puff pastry (see below), 1 sheep's kidney, 1 lb. thinly cut steak, water, seasoned flour.

Heat oven. Cut steak in neat strips, trim and wash kidney. Dip all in seasoned flour; wrap a piece of kidney and meat in each strip of meat. Fill pie-dish and add water. Roll out pastry 1 size larger than pie-dish, cut off a strip all round and place on wetted edge of pie-dish. Wet strip, and cover pie with remaining pastry. Trim and mark with knife. Make hole in centre and decorate with pastry. Brush with beaten egg and bake in hot oven till pastry is cooked, then in moderate oven until meat is cooked ($1\frac{1}{2}$ to 2 hours). Add a little hot stock if necessary and serve on a platter with dish paper.

Rough Puff Pastry.

$\frac{1}{2}$ lb. flour, 5-6 oz. margarine or margarine and lard, $\frac{1}{2}$ teaspoonful salt, cold water.

Measure flour and add salt. Cut fat in small pieces. Mix to elastic consistency with cold water. Roll into strip on floured board. Fold up $\frac{1}{3}$ and down $\frac{1}{3}$ and seal edges. Half turn so that open ends are top and bottom and roll out again. Repeat three times, then use as desired.

BEEFSTEAK AND KIDNEY PIE (II)

Suet Pastry.

12 oz. flour, 8 oz. chopped suet, salt, water to mix to a stiff dough.

Filling.

1½ lb. steak, ½ lb. kidney, 1 tablespoonful flour, salt and pepper, mushrooms and oysters may also be added.

Cut up the meat and wash and cut up the kidney, dip meat and kidney in seasoned flour. Line a pudding basin with suet crust, fill quite full with steak and kidney and a little water. Wet the edges and put on a lid of the suet crust; boil or steam 3½ to 4 hours.

CORNISH PIE

1 lb. shoulder of mutton, 1 lb. apples, 1 lb. onions, 1 teaspoonful each salt and sugar, ¼ teaspoonful pepper.

Short Crust Pastry (Page 164).

Cut the mutton into neat pieces and stew for ¼ of an hour. Skin, core and slice the apples. Skin, slice, and scald the onions. Put a layer of onion and apple in the bottom of the pie-dish, then pieces of mutton, sprinkling over them the salt, pepper and sugar, then more onion and apple, and so on, having a layer of the apple and onion on top. Then cover with a good short crust and bake for an hour. Have the oven hot at first, and after crust is set, lower heat somewhat.

CORNISH PASTIES

½ lb. steak skirt, 1 onion, ½ lb. potatoes (part boiled).

For Pastry.

1 lb. flour, 8 oz. dripping, ¼ teaspoonful baking powder, seasoning.

Cut the meat into small pieces and the potatoes into dice, chop the onion. Mix all in a bowl with seasoning and two tablespoonfuls of water. Make pastry. Roll out, cut in large rounds or squares. Place some of the mixture on each, wet the edges and pull the sides to the centre over the meat, making the join on top, brush with egg, and bake for ¼ of an hour in a moderate oven.

See Short Crust Pastry (Section VII, Page 164)

RAISED PORK PIE (I)

$\frac{1}{4}$ lb. pork, good pinch sage, 1 tablespoonful bread-crumbs,
1 teaspoonful salt, $\frac{1}{2}$ teaspoonful pepper, $\frac{1}{4}$ teacup water,
 $\frac{1}{2}$ hard boiled egg.

Pastry.

[See Hot Water Crust—Section VII, Page 165].

Line a greased pie tin with the pastry. Fill up with seasoned meat, pour the water over. Cover the top with pastry. Make a hole in the centre. Ornament with leaves and a twist of pastry. Brush over with beaten egg. Bake in a moderate oven $\frac{1}{4}$ —2 hours. Serve hot or cold.

To prepare meat.—Cut the pork in dice—remove shell from the egg, cut into four pieces. Mix seasonings, sage and crumbs together, toss the meat in this. Arrange meat in pie-dish. Place egg in four corners.

RAISED PORK PIE (II)

$\frac{1}{2}$ lb. flour, $\frac{1}{2}$ level teaspoonful salt and pepper, 3 ozs. fat from the tin of pork sausage meat, $\frac{1}{2}$ gills milk or water, tin pork sausage meat.

Turn sausage meat out and remove fat. Take required amount of fat and put in a saucepan with milk, heat until fat is melted, then bring to boil. Mix flour and salt in basin, make a "well" in the centre and pour in boiled milk and fat. Mix to a pliable dough adding a little more hot milk if required, then work by hand till smooth.

Grease cake tin, cut off $\frac{1}{4}$ of dough and put aside for cover, keeping it warm.

Roll out remainder to a round large enough to cover base of tin and sides, put it into tin and mould it firmly to the base and lower edges of tin, and then evenly to the sides until it is quite smooth. The edge of the lining should start just above the edge of the tin. Fill up pastry case with the sausage meat, cut up small, and put off top lid with remainder of pastry, sealing edges. Brush top. After making a hole add milk, decorate with pastry leaves and put in fairly hot oven. Reduce heat later if necessary. About 1 hour should do. When cooked remove centre decoration (from over hole) to let steam out, and add stock, which will jelly.

ROMAN PIE

4 ozs. short crust pastry, 2 ozs. cooked macaroni, 4 ozs. cooked meat, 1 tomato, 1 teaspoonful finely chopped parsley, a little finely chopped onion, pepper and salt, sauce to bind.

Grease a basin and dust out with brown bread-crumbs. Make a short crust pastry. [See Section VII, Page 164]. Cut off a small piece for lid. Line the basin with pastry and fill up in layers—macaroni, meat, vegetables, etc. Season well, put on lid of pastry and bake about 40 minutes. Serve with a tomato, curry or brown sauce.

SAUSAGE ROLLS

8 ozs. pastry, any kind, $\frac{1}{2}$ teaspoonful salt, 8 ozs. sausages, cold water.

Blanch sausages and skin them. Cut pastry into pieces five inches square. Place $\frac{1}{2}$ sausage on each, wet edges, turn over, and press edges. Trim edges. Brush over with egg and cook in a hot oven for 20 to 30 minutes.

SEA PIE

2 lbs. stewing steak, 1 onion, $\frac{1}{2}$ teaspoonful pepper, 1 carrot, 1 turnip, $\frac{1}{2}$ teaspoonful salt, 1 tablespoonful flour.

Pastry.

$\frac{1}{2}$ lb. flour, $\frac{1}{2}$ teaspoonful baking powder, $\frac{1}{2}$ lb. suet, water to mix.

Cut meat into pieces and dip in seasoned flour; place in stew-pan in layers with chopped vegetables. Cover with cold water, bring to boil and simmer $\frac{1}{2}$ hour. Make suet crust, roll out a little smaller than size of pan and place on top of stew; cover with lid and stew for 2 hours. Remove paste, dish stew, and place on top. Cut into four.

VEAL AND HAM PIE

Rough puff or flaky pastry (Section VII, Page 164), 1 lb. fillet of veal, $\frac{1}{2}$ lb. ham or bacon, 1 hard-boiled egg, pinch herbs, about $\frac{1}{2}$ gill stock, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{2}$ teaspoonful pepper, 1 teaspoonful chopped parsley, a little grated lemon rind.

Chop parsley and mix seasonings together. Cut bacon in thin slices, removing rind, then cut into neat pieces. Wipe veal, remove skin, cut into pieces 2 inches long, dip the veal into the seasonings. Place a layer of veal at the bottom of the pie-dish, then a layer of bacon. When dish is half-full put in stock and hard-boiled egg, cut into slices, then fill dish with rest of bacon and veal; cover with pastry, make hole in centre and bake in hot oven till brown, then reduce heat and cook meat thoroughly, about 2 hours altogether.

CURRIES

Curry (I)

Cut into slices 2 small onions and fry in 2 ozs. of butter to a light golden colour. Mix a tablespoonful of curry powder with a teaspoonful of cornflour in the pan with the onions and butter, until it is quite smooth; add breakfastcupful of good stock, an apple chopped up small and about a dessertspoonful of sugar. Cut up one pound of any kind of cold meat in pieces an inch square. Put them in the pan with the curry and let them simmer very gently for 1 to 1 $\frac{1}{2}$ hours. Before serving, squeeze in the juice of a lemon. Serve on a dish with a border of properly prepared boiled rice.

Curry (II)

Any meat can be curried such as beef, mutton, chicken, rabbit. Cut up or joint meat, fry brown in fat to seal in juices. Remove from pan; add 1 onion, fry, 1 tablespoonful curry powder, 1 teaspoon curry paste, 1 dessertspoon flour, 1 pint stock cooled 5 minutes, add 1 sour apple cut up, 1 teaspoon coconut (or other nut) 1 or 2 ozs. sultanas or raisins, 1 tablespoon chutney. Add the browned meat and cook slowly for 2 or 3 hours. If cooked meat or fish is used this is added half an hour before serving. Vegetables may be curried in the same way. These should be cut up and fried with the onion, using more fat—or the vegetables may be cooked separately and a curry sauce poured over them as for curried eggs.

MEAT LOAF

1 lb. round steak, 1 lb. rolled bacon, 1 or more eggs, a little stock, 4 teaspoonfuls bread-crumbs, pepper and salt, onion and herbs, if liked.

Mince bacon and steak and blend these very well together, using two forks to stir. Then add bread-crumbs and eggs and seasoning. Mix all together very well and then press the mixture into a buttered cake tin, cover with buttered paper and steam for 3 hours. Serve with sauce.

TO MAKE MINGE SPIN OUT

1 lb. mince, 1 egg, 1 lb. cooked rice, 1 lb. oatmeal, 1 cupful stock, vegetable water, or rice water, seasoning, sage, pepper and salt, or mixed herbs.

Mix all together and cook gently for $\frac{1}{2}$ hour, or steam in basin for 2 hours. Let cool, slice and fry; or it can be eaten cold.

MINGE COLLOPS

1 lb. minced steak, 1 oz. butter, teaspoonful water, seasoning, sippets of toast, 4 eggs.

Melt butter in a saucepan, add mince and stir with a fork till browned. Add water and simmer gently for one hour, add salt and pepper just before dishing. Pour on to a hot dish, place poached eggs on mince and garnish with little sippets of toast. A chopped onion or a little oatmeal may be added to the mince if too thin, the mince may be thickened with a little flour.

OX-TAIL POTTED MEAT

Ox-tail, hock knuckle, mace, salt and pepper.

Boil knuckle for 3 hours in $1\frac{1}{2}$ gallons water. Cut tail in joints and brown in pan with a little butter. When nicely browned, add to knuckle stock and boil for 3 hours more. Then separate meat from joints, allow to cool and mince. Return bones to stock and keep simulating for an hour or so longer. Strain stock, add minced meat, pour into wet moulds. This should be seasoned more highly than desired, as it loses sharpness slightly when cold. When sufficiently cooked, there should be about 1 gallon.

SAVOURY ROLY POLY PUDDING

Make a plain meat crust with $\frac{1}{2}$ lb. of flour, $\frac{1}{4}$ lb. meat finely chopped or minced; Roll it out rather thin, and cover it, first with a layer of finely sliced or grated raw potato; on this put a layer of finely chopped meat of any kind, with a very small quantity of minced onion, and a seasoning of salt and pepper. Wet the edge all round, roll up, and tie in a scalded floured cloth, and boil for 2 hours.

STEAMED SAUSAGE MEAT AND VEGETABLE SHAPE

1 lb. sausage meat, 1 grated carrot, 1 onion minced, 1 teaspoonful oatmeal, small grated turnip, pepper and salt.

Mix all together. Melt 1 Oxo Cube in a little hot water, stir into other ingredients and mix well. Put into greased basin, cover with greased paper and steam 2 hours. Serve with or without gravy. Good hot or cold.

VIENNA STEAKS

1 lb. mince, 1 egg, salt and pepper, 1 finely chopped onion (or white of leek), flour for dusting.

Mix all together and form into cakes about $3" \times 1"$. Dust with flour. Melt dripping in frying-pan. Brown cakes on both sides. Cover and cook on slower heat 10 minutes. Place on hot dish and serve with thickened gravy and French Fried Onions.

French Fried Onions

Cut onions crosswise in thin slices and separate the rings. Pass through milk, then flour, and drop into boiling fat. Cook till crisp. Drain and season with salt.

BAKED MINCE

1 lb. mince, 1 thick slice bread, 1 teaspoonful milk or stock, 1 egg, seasoning to taste.

Break up the bread and soak in the liquid, beat the egg. With a fork break up the mince in a large bowl and mix in the seasoning (salt and pepper and a little chopped parsley, or a little ground mace, or a dash of a good sauce). Beat the bread and milk and add to the mince, and finally mix in the egg. Beat all well together and turn into a greased pie-dish. Bake in a good oven for 1 hour.

CASSEROLE OF VEAL

1½ lb. veal, ½ lb. ham, juice of lemon, pepper and salt, cold water.

Cut veal in small pieces and roll, set aside any scraps. Roll ham and place with veal in casserole and add a cup of water, juice of lemon, pepper and salt. Bake slowly for 1 hour. Boil all the scraps for stock and pour over meat in casserole when it comes out of the oven. Set aside and leave till quite cold.

SAUSAGE AND RICE CUTLETS

½ lb. Patna rice, ½ lb. cold meat or sausages, 1 onion, ½ lb. suet finely chopped, 2 oz. bread-crumbs, pepper, salt and cayenne.

Boil rice in plenty of cold water, and put the onion in also. Strain rice, skin sausages or chop meat, and mix all the ingredients thoroughly. Add sufficient stock to form a paste, cut into shapes, dip in egg and bread-crumbs, fry in boiling fat till brown. A frying basket should be used.

TO DRESS A SHEEP'S HEAD

1 sheep's head, sufficient water to cover it, 3 carrots, 3 onions, 1 teaspoonful of salt, 3 turnips, 1 teaspoonful of pepper, ½ lb. oatmeal.

Clean the head well and let it soak in water for 2 hours to get rid of the blood. Put into a saucepan with enough water to cover it, and when it boils, add the vegetables peeled and sliced and the remaining ingredients. Before adding the oatmeal mix it to a smooth batter with a little of the liquor. Keep stirring till it boils up, then shut the saucepan closely and let it stew gently for 1½ to 2 hours. It may be thickened with rice or barley, but oatmeal is best.

Section IV

MADE-UP AND SAVOURY DISHES

"We are such stuff as dreams are made of."

"Take us delight in simple things,
Add faith that faith no bitter springs
Forgiveness from all done,
And love to all men 'neath the sun."

CHIPOLATA

Boil and peel a dozen chestnuts. Put in a saucepan an egg of dripping, or fat, 3 carrots, 1 turnip and $\frac{1}{2}$ lb. of mushrooms. Cut these in chunks and let them change colour. Dust salt and sugar over them and stir. Add a dessertspoonful of flour, stirring all the time, and a cupful of stock. Add the chestnuts and cook gently till the vegetables are cooked, stirring occasionally. It must make a thick gravy. Fry separately 6 rashers of bacon and 6 small sausages. Serve the mixture in small pans or in a large one, the sausages and rashers laid on the top alternately.

CREAMED CHICKEN IN PASTRY HORNS

Use puff or flaky pastry cut into a thin sheet, then cut the paste into long strips half an inch wide and brush over with beaten egg. Roll them round tin horn moulds, taking care that each strip of pastry overlaps the next. Set on baking sheet and bake in quick oven. Slip from moulds and fill with cooked chicken in sauce, or scraps of other meat or fish in sauce.

HAM TOAST

Melt 1 oz. margarine in a saucepan, add two or three slices of cold cooked ham finely chopped, 1 teaspoonful chopped parsley and a pinch of cayenne. When the mixture is thoroughly hot, spread on buttered toast, sprinkle a hard-boiled egg, finely chopped, on the top, and serve. Other meat or chicken, liver or kidney may be used for this toast.

KIPPER TOAST

Soften one or two kippered herrings by pouring boiling water over them, remove the skin and bones, and chop up the fish. Place chopped fish in a pan with 1 oz. of butter and the yolk of one hard-boiled egg, served. Add a dash of cayenne, heat well; serve on toast. Place in the oven for a few minutes and serve very hot. This may also be made with finnan haddocks or other dried fish.

MOCK GOOSE

$\frac{1}{2}$ lb. liver, 1 teaspoonful flour, 1 lb. potatoes, $\frac{1}{2}$ teaspoonful sage, 1 large onion, seasoning.

Wash, wipe and slice the liver, sprinkle with flour, salt and pepper and place in a pie-dish, sprinkling each layer with chopped onion and sage and adding a little water till the dish is half-full. Slice the potatoes, use as a crust on the top and bake for 40 minutes.

MUTTON AND MACARONI

1 lb. scraps of mutton, 1 carrot, 1 turnip, 2 onions, $\frac{1}{2}$ lb. cooked macaroni, 1 teaspoonful chopped parsley.

Cut up meat and vegetables small, add the seasoning and lastly the macaroni in short lengths. Cover with cold water and simmer gently for $1\frac{1}{2}$ hours.

TOMATO TOAST

Slice three large tomatoes and put them in a saucepan with a piece of butter the size of a walnut, 2 oz. of chopped ham, pepper and salt. Let all simmer for 10 minutes, then add two well-beaten eggs, and stir till set. Serve on buttered toast, with a little chopped parsley sprinkled over.

PILAFF

Fry some cooked rice in butter and season with onion chopped very fine. Sprinkle with either chicken or mutton broth; let this cook slowly at the side of the fire, add a pinch of saffron, garnish with sultanas, and almonds, and place poached eggs on the top. Scraps of meat or chicken may be used in place of the poached eggs.

PORK BALLS

The remains of a joint of pork may be used by cutting any meat from the bones, chopping it small along with one onion and some sage and adding one beaten egg to bind the mixture together. Add 2 oz. bread-crumbs, form into rolls or balls, and fry to a rich brown. Make a gravy with the bones, a little water and some browning or Oxo, and pour round the rolls.

RICE AND EGG PIE

4 oz. rice, 3 hard-boiled eggs, $\frac{1}{2}$ pint white sauce, 3 tablespoonfuls chopped celery, 2 tablespoonfuls bread-crumbs, $\frac{1}{4}$ oz. butter, seasoning.

Boil, strain and dry rice, slice eggs. Grease a pie-dish, fill with layers of rice, celery, eggs and sauce, finishing with a layer of bread-crumbs. Lay on butter in small pieces. Bake in a hot oven till brown. Instead of celery, grated cheese, chopped mushrooms or ham may be used.

ROAST SAUSAGES AND POTATOES

1 lb. sausages, 12 or more potatoes.

Have some dripping in your roasting pan. Put in sausages and roast 20 minutes, put them in a dish to keep hot, put potatoes in pan and roast 1 hour; when done, dish sausages on a large dish with a border of green peas round them, then a border of roasted potatoes.

TOAD-IN-THE-HOLE

$\frac{1}{2}$ lb. sausages, 1 egg, 4 oz. flour, $\frac{1}{2}$ pint of milk, seasoning.

Make a batter as follows:—

Batter.

4 ozs. flour, 1 egg, $\frac{1}{2}$ pint milk.

Sift flour into a bowl with a pinch of salt; make a hole in the centre, break in the egg. Stir egg and add half milk gradually. Beat well (10 minutes), add remainder of milk and let stand at least 1 hour.

Place sausages in pudding dish or tin, heat for 10 minutes, pour the batter over them and bake half an hour till brown. Mince, cold meat or cooked sausages may be used instead of the fresh sausages.

TRIPE AND BACON

Cut the cooked tripe into long strips about 3 inches wide. Lay a slice of bacon on each, sprinkle with chopped onion and parsley, roll up and tie firmly with string. Place the rolls in a casserole or saucepan, covered with stock, and cook slowly for one hour. Dish the rolls and remove string. Thicken the sauce with milk and cornflour and serve with a border of fried or mashed potatoes.

TRIPE AND RICE

1 lb. cooked tripe, 2 large onions, 2 oz. fat or margarine, 2 tablespoonfuls washed rice, 1 teacupful milk, salt and pepper.

Cut up the tripe into small pieces, slice the onions and fry them till soft in fat or margarine. Add the tripe, rice, salt, pepper and milk, and simmer all gently for 1 hour.

BAKED MEAT SOUFFLE

Any kind of cooked meat may be used, or a mixture, $\frac{1}{2}$ lb. cold meat, 2 eggs, 1 tablespoonful flour, 1 oz. butter or dripping, $\frac{1}{2}$ pint stock made of meat trimmings, $\frac{1}{2}$ pint milk, 2 tablespoonfuls chopped onion, pepper and salt and grated nutmeg.

Melt the butter in pan and stir in the flour, then add the stock, and minced meat and seasonings. Separate yolks from whites of eggs, beat up yolks and add to mixture. Then beat up the white stiffly and add, pour into well-buttered dish and bake 20 minutes. Serve with brown gravy or tomato sauce.

BEEF TRIFLES

Mince very finely 1 lb. of cold roast beef, put it into a basin, mix with it a seasoning of salt and pepper, 2 oz. of melted butter, 2 tablespoonfuls of finely-grated horse-radish, 6 tablespoonfuls of fine bread-crumbs, and 1 teaspoonful of minced onion.

Mix these ingredients well together, moisten with two or more well-beaten eggs. Put the mixture into small, well-buttered moulds, bake in a moderate oven for 20 minutes, then turn out and serve with a thick brown gravy, or if preferred, horse-radish sauce. This is a dainty way of using up the remains of cold beef.

BOUDINETTES

A little cold meat and bacon, some chopped parsley, cold potatoes, a little butter, flour and seasoning.

Chop the meat and bacon finely, add the seasoning. Mash the potatoes with plenty of butter, and add enough flour to make a stiff paste. Roll this out. Cut in small squares or rounds and lay on each as much as it will hold of the mince. Roll up securely, joining the edges, and fry in hot fat till brown.

GOLD MEAT BALLS

$\frac{1}{2}$ lb. cooked meat, 1 small cooked onion, $\frac{1}{2}$ teaspoonful salt, large tablespoonful mashed potatoes, little chopped parsley, white of 1 egg and pepper.

Chop the meat, parsley and onion very finely, add the other ingredients, and mix with fork, flour the hands, and roll up into balls, drop the balls a few at a time into smoking hot fat. Pile up in a dish with a border of mashed potatoes, and pour brown sauce over them.

DURHAM CUTLETS OR RISsoles

$\frac{1}{2}$ lb. scraps of meat, 1 oz. butter or margarine, 1 gill of stock (short measure), 1 oz. flour (good weight), 1 tablespoonful chopped parsley, 1 egg, bread-crumbs to coat, season with salt and pepper.

Chop meat finely, melt the butter, add flour (then gradually the stock). Stir well, add the meat and seasonings. Turn on to a flat plate to cool. Form into cutlets or into round balls, egg and crumb and fry in hot fat. Drain, dish and serve hot.

HASH

Slices of mutton or any meat, brown sauce (see Section XII, Page 216), 1 oz. dripping, 1 oz. flour, $\frac{1}{2}$ pint good stock, herbs and other seasoning such as Worcester or Tomato sauce.

Make a well-seasoned sauce and re-heat meat in it for 20-30 minutes. Serve in a border of mashed potatoes.

MACARONI AND MEAT PIE

$\frac{1}{2}$ lb. Cold meat, 3 oz. macaroni, 4 tablespoonfuls grated cheese, 1 oz. butter, 1 cup milk, $\frac{1}{2}$ oz. flour.

Cook macaroni in boiling water till tender. Mince any scrap of cold meat, grease a pie-dish, put in a layer of meat, the macaroni, and so on till dish is full. Make a little white sauce with butter, a little flour and the milk, then add grated cheese (keeping back a little to go on top). Pour over the meat and macaroni. Sprinkle remainder of cheese on top, put on in very small pieces butter, bake in moderate oven for $\frac{1}{2}$ hour.

MAJORCAN RICE

4 oz. rice, 2 tomatoes, $\frac{1}{2}$ cup of peas or other vegetables, also 4 oz. meat, rabbit, chicken, liver or fish, 1 onion well chopped.

Melt lard in a stewpan, stir in onion and meat, add salt, pepper, 1 good pinch of cinnamon. Cook about 10 minutes. Add tomatoes, peas and any other vegetables, a few raisins or currant washed in boiling water. Add rice, stirring all the time. Add cupful of boiling water. Cook for 10 minutes on the fire, add another cupful of boiling water as it gets thick, and still another. Serve in casserole.

MEAT SHAPE

$\frac{1}{2}$ lb. cooked meat, $\frac{1}{2}$ lb. mashed potato, 1 oz. small sage, 2 tablespoonfuls stock, tablespoonful finely chopped parsley.

Soak sage in stock for an hour. Mince meat finely. Mix and knead all the ingredients very thoroughly, and season carefully. Grease a pudding basin or mould and pour in the mixture. Tuck a greased paper over the stock and steam for at least an hour. Turn out and serve with a nice sauce poured over, round, or let it become cold and serve in slices with salad.

MOCK VENISON (HOT)

About 2 lb. cold mutton, 1 glass port or sherry or a little stock, 1 glass mushroom ketchup, 2 tablespoonfuls of currant jelly, or any jam, 1 tablespoonful lemon juice, 3 cloves, 1 finely-shred onion, salt and pepper, brown sauce.

Slice meat neatly, remove skin and gristle. Put meat on a plate. Mix all the ingredients together (except the brown sauce), pour them over the meat and leave until 1 hour before dish is required. If port is not used, use a little stock and less ketchup. While the meat soaks, make the brown sauce. Now strain the liquid from the meat into the brown sauce. Now place the meat in an earthenware casserole or a pan, cover, cook very, very gently for 1 hour. Serve hot with potato croquettes. If liked, accompaniments of crisp, fried bread.

RECHAUFFE OF MUTTON

Grill slices of cold boiled leg of mutton, put round dish with brown sauce and bread-crumbs on top of each slice. Fill centre of dish with fresh green peas.

To make Bread Sauce (see Section XIII, Page 216).

To make Bread-crumbs (see Section XIII, Page 216).

SAVOURY MOULD OR GALANTINE

1 lb. cooked veal, $\frac{1}{2}$ lb. cooked ham, $\frac{1}{2}$ pint of stock in which $\frac{1}{2}$ oz. of gelatine has been dissolved, 1 spoonful of chopped parsley, 2 hard-boiled eggs, season with grated lemon, pepper and salt.

Wet the mould and decorate with the egg and ham. Cut the meat into small squares, and put into the mould with the stock and the remainder of the egg. Add flavouring and bake in a moderate oven for 1 hour, or mix all ingredients together in a pan and then pour into mould till next day. When cold turn out and garnish with fresh salad. This can be made with cooked rabbit, hare, fowl, and a little bit of sausage instead of ham.

BEEF GALANTINE

6 ozs. beef steak, $\frac{1}{2}$ lb. sausage meat, $\frac{1}{2}$ lb. raw liver, little grated onion, 1 egg, 2 ozs. bread-crumbs, 2 large mushrooms, sauce, 4 pistachio nuts.

Mince meat, chop mushrooms, mix all ingredients together and bind with one egg. Wrap tightly in cloth, cook in gently boiling water for $1\frac{1}{2}$ hours. Remove from cloth and wrap in fresh dry cloth. Press lightly and glaze when cold.

BACON ROLLS

$\frac{1}{2}$ lb. rashers of bacon, 1 teaspoonful shredded onion, 2 sheep's kidneys, seasoning, 2 tablespoonfuls bread-crumbs, 1 teaspoonful finely chopped parsley, 1 egg.

Mix crumbs, onion, parsley and seasoning. Bind with egg. Spread some mixture on each rasher, roll up. Shewer slice of kidney on each. Place on greased tin, dab of fat on each and bake in hot oven 10 minutes, or dip in butter and fry.

Sausage Meat recipe.—Canned sausage meat can be used or sausages bought from the butcher, pork or meat, which of course require no points, which is a consideration.

SAUSAGE PIE

$\frac{1}{2}$ lb. sausage meat, or butcher sausages—skin them. 1 small onion chopped, or white part of leek.

Puff Pastry.

6 ozs. flour, 4 ozs. margarine, pinch of salt, water to mix. Make pastry and divide into two.

Line sandwich tin with pastry, spread sausage meat over pastry, sprinkle over onion. To make meat go further mashed potato can be mixed with meat or placed on top. Cover with lid of pastry, decorate edges and cut slits on top to let out steam. Bake in oven $\frac{1}{2}$ of an hour or till pastry is golden brown. Very nice for high tea or dinner served with mashed potato.

SAUSAGE MEAT ROLL

1 lb. sausage meat or sausages, $\frac{1}{2}$ teacupful bread-crumbs, 1 meat cube, 1 teacupful oatmeal, onion, 1 teaspoonful egg powder.

Mix sausage meat, oatmeal, bread-crumbs and egg powder thoroughly. Melt meat cube in 1 cup boiling water or stock may be used instead of cube, add to mixture and mix thoroughly. Place in a greased mould or jam jar and steam $1\frac{1}{2}$ to 2 hours. Serve hot or cold. If to be served cold make mixture moist.

SAUSAGE PYRAMIDS

$\frac{1}{2}$ lb. sausage meat or sausages, seasoning of onion or sage, $\frac{1}{2}$ lb. mashed potatoes, $\frac{1}{2}$ tincupful crisp bread-crumbs.

Mix together all the ingredients but the crumbs, form into little pyramids, coat well in crumbs. Place in a greased baking tin and bake 25 to 30 minutes.

SAUSAGE POTATOES

2 potatoes, 2 sausages, deep fat, garnish.

Scrub potatoes, core a hole through centre, fill with sausage, fry in deep fat till crisp. Serve hot with a garnish.

STUFFED POTATOES

4 potatoes, 2 whites of eggs, 1 yolk of egg, 1 tablespoonful cheese, 2 tablespoonfuls milk, 1 oz. butter, 1 teaspoonful parsley, salt and pepper.

Scrub potatoes and bake. Cut in halves, empty into a pan, add cheese, yolk, butter, milk and parsley. Season and heat. Beat whites stiffly and stir in. Fill skins piling high, brush with yolk and bake for 15 minutes.

SAVOURY ROLLS

4 pastry squares or horns, cup clear stock, little gelatine if required, crisp cooked chicken or meat, salt, pepper, salad.

Cut meat in neat pieces or mince it. Add to stock and season well. Leave till set. Fill horns and lay each on lettuce. Decorate with egg and cress and radish roses.

MINCE MEAT PIE

Covering 8 oz. potato pastry.

Filling.

$\frac{1}{2}$ lb. sheep's liver, 1 dessertspoonful flour, salt and pepper, 1 lb. sausage meat, a few rashers of bacon, a little stock or water.

Put alternate layers of bacon, sausage meat and sliced liver dipped in seasoned flour in a pie-dish. Pour over a little liquid then cover with potato pastry. Bake in hot oven for 10 to 15 minutes. When meat is tender and pastry crisp serve hot.

GLENDDEVON SAVOURY

Grease a fireproof dish of a suitable size for the number of eggs and tomatoes you wish to use.

Make the following into a white sauce:—

1 tablespoon margarine, 1 tablespoon flour, 1 tablespoon grated cheese, salt and pepper.

Just drop the eggs round the edge of the dish leaving a space between each one, cover over the dish with the white sauce, sprinkle bread-crumbs seasoned with a little salt and pepper and some grated cheese, put a tomato in centre of dish and one between each egg, put a pinch of the seasoned bread-crumbs on the top of each tomato, cook till the eggs are fairly hard and the top a light brown, decorate as for canned tomatoes. If using canned or bottled tomatoes cook the eggs and white sauce then put the tomatoes in the spaces left for them, put a pinch of the bread-crumbs and cheese on top of them. Heat them through, put a pinch of parsley on top of tomatoes and piece of beetroot on top of eggs.

JOLLY BOYS

1 black pudding.

Batter.

3 tablespoonfuls of flour, $\frac{1}{2}$ teaspoonful baking soda, chopped parsley, 1 egg if available, or 1 tablespoonful egg powder, salt and pepper, milk.

Method.

Cut and skin black pudding into suitable lengths. Have pan of boiling fat ready. Dip the pieces of black pudding into the prepared batter and fry till golden brown. Serve with potato fritters.

COTTAGE POTATO PUDDING

$\frac{1}{2}$ lb. cooked potatoes, 2 ozs. margarine or dripping, pinch salt, 1 dessertspoonful syrup, 1 oz. sultanas, 1 egg or egg powder.

Beat the potatoes till smooth, add margarine and egg, and rest of ingredients, and mix thoroughly. Turn into well-greased mould or pie-dish.

Bake for $\frac{3}{4}$ of an hour in moderate oven.

SAVOURY BACON STACKS

Trim half-slices of bread, but about one-third inch thick, and on each piece place a slice of cheese that is almost the same size as the bread, a slice of tomato and a piece of bacon. Bake in a moderate oven until the bacon is cooked, the cheese softly melted, the whole a delicious blend of flavours. Garnish with small sprigs of parsley—moderate oven 25 minutes before required.

Very easy

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MEATLESS SUPPER DISH

Very economical.

Ingredients.

1 small onion or leek, chopped, 2 tablespoonfuls barley kernels, or rolled oats, 1 teaspoonful chopped parsley, 1 small carrot, sliced, 1 slice of turnip, chopped in dice, $\frac{1}{2}$ teaspoonful Boveril, nut of fat, water, seasoning, mashed potatoes.

Fry the chopped onion or leek in the fat, golden brown. Add the sliced carrot and diced turnip. Completely cover with water. Sprinkle in the barley kernels, or oats, bring to the boil and simmer for about $\frac{1}{2}$ of an hour. Do not stir. When the vegetables are quite tender and the water absorbed, add Boveril, stirring it well in to thoroughly mix. Have ready the potatoes mashed. Make into nests with hole in the centre. Slightly brown under grill. Fill centres with hot mixture and sprinkle with chopped parsley. Serve with any other available vegetables.

OATMEAL SAVOURY FLAN

Make $\frac{1}{2}$ lb. rough puff pastry. This can be done most successfully with 3 tablespoons chicken fat and a little lard or margarine.

Pastry.

Sieve $\frac{1}{2}$ lb. flour on to a board with a pinch of salt, have your chicken fat fairly solid and not too runny and add to the flour with 1 oz. margarine. Mix well with a knife then add water to make a fairly stiff dough. Roll and fold in three, three times, and leave in cool place for an hour or less.

Oatmeal Sauce.

1 tablespoonful oatmeal, 1 oz. margarine, 1 dessertspoonful flour, milk.

Melt margarine, add meal and flour, cook till meal is golden brown; add milk to make a nice creamy sauce.

Have your oven hot and line a round sandwich tin with the pastry and cook for 15 to 20 minutes, till a light brown. Fill it with the sauce and poach egg for each person. Put the eggs on top, and if liked some chopped cooked bacon round the eggs makes this a very tasty supper or lunch dish.

Instead of eggs you can use any left-over rabbit, meat or sausage, or even cooked vegetables mixed with the sauce, in which case you could make a lid to put on top, from a round of the pastry.

STUFFED BACON ROLLS AND GOLDEN CAKES

Stuffing.

Brown bread-crumbs, chopped apple, pinch sugar, piece mixed herbs, a little milk to bind.

Place stuffing in centre of thin even slices of bacon or ham—roll the bacon round—tie with piece of thread. Fry slowly on both sides.

Golden Cakes.

Mash together some cooked carrot and cooked potato. Add seasoning. Form into little cakes. Fry on each side till golden brown. Arrange round bacon rolls and serve hot.

TOMATO DISH

$\frac{1}{2}$ lb. tomatoes, $\frac{1}{2}$ lb. bread-crumbs, 2 small onions, $\frac{1}{2}$ pint milk, 2 eggs, salt and pepper.

Skin tomatoes. Chop onions small. Switch eggs with milk. Mix all together. Put in a buttered pie-dish. Sprinkle some crumbs on top with a few small pieces of margarine; Bake in a moderate oven till nicely browned.

OATMEAL FRITTERS

2 tablespoons oatmeal, 1 tablespoon flour, $\frac{1}{4}$ teaspoon baking powder, pinch of salt and a little milk.

Add enough milk to make a creamy batter, and stir well. Drop in spoonfuls of mixture in hot fat and fry on both sides till crisp. This is served with bacon instead of egg.

MIDGETS

lb. puff pastry, $\frac{1}{2}$ lb. sausages, 1 egg.

Roll the pastry out very thinly and cut it in very small squares about 2 inches each way. Skin the sausages, cut them in half lengthways, then cut each half into 3 or 4 pieces, according to the size of the sausages. Place a small piece of sausage in the centre of each square. Wet round the edges with the lightly beaten egg. Double over, press the edges well together, mark them with the back of a knife. Brush over with the beaten egg, place on a greased baking tin, and bake in a moderate oven till the pastry is cooked.

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WHITE FILLETS

2 oz. semolina, 1 dessertspoonful grated onion, 1 dessertspoonful butter, 3 or 4 cooked potatoes, $\frac{1}{2}$ pint milk, salt and white pepper.

Put semolina and milk in a saucepan and stir over the fire till boiling, add butter and onion, cook slowly for 10 minutes, add sufficient cooked and mashed potatoes to thicken mixture, season with salt and pepper. Turn mixture out on to a floured board, form into pieces about $\frac{1}{2}$ inch thick, dip into beaten egg, toss in bread-crumbs, and fry in deep fat till brown. Serve with white sauce with a little finely chopped parsley in it.

EGG AND BACON PIE

Sieve 6 oz. S.R. Flour into a basin, add pinch salt and rub in 2 oz. margarine, 1 oz. lard, mix to a stiff paste with cold water, cut in half, roll out one half and line sandwich tin. Trim edges. Cut rinds off $\frac{1}{2}$ lb. bacon and cut bacon into small pieces. Spread on bottom of tin. Mix two-dried-eggs, and pour over bacon. Cover and decorate. Bake in a moderate oven for 40 minutes, Regulo (6).

Sausages can be used instead of bacon.

POTATO SOUFFLE

1 lb. well-mashed cooked potatoes, 1 gill warm milk, 2 teaspoonfuls chopped parsley, 4 or 5 oz. grated cheese or chopped ham, salt and pepper, a little made mustard, a little chopped onion or leek if possible, 1 dried-egg, 2 teaspoonfuls baking powder.

Mix potatoes with the milk and beat well. Add flavourings, grated cheese and reconstituted egg. Stir in the baking powder and mix thoroughly. Turn into a greased pie-dish and bake in a fairly hot oven for about 20 minutes (400-425° F.). Serve at once.

Some cooked beans with some white sauce at the bottom of the pie-dish make a good addition.

Section V

VEGETABLES AND SALADS

" Better a dinner of herbs when love is, than a stalled ox and hatred
therewith."

" Never pick a quarrel, even when it's ripe."

" Consider ye eye in Providence; for Providence is kind,
And bear ye a' life's changes wi' a calm and tranquil mind.
Tho' press'd and bound'd on every side, has faith and ye'll win through,
For like birds o' grass keeps its ain crop o' dew."

" Use what you have and you will not want."

" Simple diet, healthy children."

Vegetables are a much neglected part of the daily menu. A large proportion of the mineral salts and vitamins necessary for growth, for the maintenance of healthy bones, teeth and blood must come from the vegetable kingdom. It is not enough to have a plateful of soup. The eating of one serving of raw or properly cooked green vegetables should become a regular daily habit.

Salad ~~In times past we have learned the value of the salad and we have become or should have become acquainted with the use of ~~raw~~ vegetables. The lettuce, tomato, and hard-boiled egg variety of salad so rigidly adhered to in many households has been gradually ousted by the use of raw vegetables. These, judiciously added a little at a time, and in a finely chopped state, do not prove irksome to the digestion. Almost any vegetable, except the potato or artichoke, may be used raw, and a salad made with a raw cabbage base instead of lettuce is not only richer in nourishment but also in flavour.~~

Vegetables should be used very fresh, and after washing, quickly shredded and the salad made up and eaten with the least possible delay.

Let your slogan be "A Salad a Day" no matter the season of the year and introduce them not only with cold meat but with hot dishes, including cheese, egg, fish or game.

Cooking.

In order to conserve the goodness, the colour and attractiveness of green vegetables the following rules should be adhered to:—

1. Use vegetables very fresh and include as many of the outside dark leaves as possible.
2. Wash carefully, or if very dirty steep not longer than 30 minutes in cold salted water.
3. Choose a good stout pan with tight-fitting lid, and cover the bottom with $\frac{1}{2}$ -inch layer of water and put on to boil.
4. Shred greens quickly with a sharp knife.
5. Add to boiling water and sprinkle with salt. Cover with lid.
6. Cook quickly for 10 to 15 minutes.
7. Drain well, and serve immediately.
8. Use vegetable liquid in soups, stews and gravies—**Never throw it away.**

N.B.—Brussels sprouts must be steeped $\frac{1}{2}$ -hour in cold salted water and may be cooked whole. To facilitate cooking of stalk score across the base with a sharp knife.

Many appetising dishes can be made up from left-over vegetables. These, however, should not constitute the daily helping.

HINTS ON COOKING VARIOUS VEGETABLES*Asparagus.*

Scrape white end, tie in bundles, cook in salted water for 20 minutes.

Artichokes.

"Globe"—cook in a little boiling water 20 to 30 minutes. When leaf comes away readily the artichoke is ready.

"Jerusalem"—may be cooked peeled or unpeeled. If peeled put at once into water with a little lemon juice or white vinegar to keep colour. Boil 20 to 25 minutes. Can be grated raw in salad.

Cauliflower.

Place in pan with 2 inches of water, flower up, cook with lid on for 10 to 15 minutes.

Celery.

Wash well and cook head in boiling water for about 20 minutes.

Carrot.

Scrape thinly, if big cut in quarters, boil till soft. Young carrots can be cooked by sautéing in butter.

Onions and Leeks.

Cook in small quantity of water with lid on from 10 to 20 minutes, depending on size.

Peas.

Cook in enough water to cover, adding a little salt. A little sugar and mist may be added if liked.

Potatoes.

"New"—Put into boiling salted water, boil till tender.

"Old"—Put into cold salted water. When cooked the water should be poured off and potatoes should be left to steam with a cloth over instead of lid.

All Green Vegetables.

Cabbage, Savoy, etc.—Wash and chop, put into small quantity of boiling water with lid tightly on and boil 10 to 15 minutes. A small knob of butter is an improvement to all greens.

Spinach.

Wash well, take in handfuls from water and fill a dry pot. Put on lid and cook 10 to 15 minutes.

Turnips.

Peel thickly, cook in a little boiling water till tender.

*Scalloped Potatoes***POTATO CURRY (FOR THREE PEOPLE)**

4 or 5 potatoes, 1 onion, 1 oz. dripping, 1 teaspoonful curry powder, salt, 1 teaspoonful vinegar, 1 teacupful water.

Peel and slice potatoes and onion. Melt dripping in pan, put in vegetables, sprinkle in curry and fry. Add the water, salt and vinegar, and cook slowly by the fire for about 1 hour till the potatoes are soft. Serve very hot. Cooked or raw potatoes may be used for this dish.

Stones - from Helen Mich.

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POTATO AND CHEESE MOULD

1 lb. cooked potatoes, 2 oz. grated cheese, 2 table-spoonfuls milk or cream, 1 oz. butter, 2 eggs, a few browned bread-crumbs, pepper and salt.

Sieve potatoes and add the butter melted, the yolks of eggs, cheese, seasoning, and the milk or cream. Mix well together. Whip whites to a stiff froth, and stir them in lightly to the other mixture. Grease a plain ~~mould or basin~~ ^{tin}, and line it with the brown crumbs. Three-parts fill with the mixture and bake in a moderate oven for about 30 minutes. ~~Turn out on a hot dish and serve at once.~~

POTATO AND CHEESE PIE

2 lbs. potatoes, 4 ozs. cheese, a little margarine, seasoning.

Scrub potatoes and put in pan and cover with cold water. Cook gently till soft. Drain and peel, then mash the potatoes, add a little milk, if liked, fat and seasoning. Add grated cheese saving a little to go on top of the pie. Mix well and put into a greased pie-dish. Sprinkle the rest of the cheese on top and brown under the grill or put into a hot oven till brown.

Fish may be used instead of cheese for this dish.

POTATO SAVOURY CAKES

1 lb. mashed potatoes, any cold meat minced, 1 oz. butter, salt, pepper to taste, onion and eggs if liked, 1 whole egg.

Mix all thoroughly, make into cakes. Coat with egg and bread-crumbs, then fry in deep pan of hot fat. ~~or coat with flour - fry in shallow fat~~

STUFFED CABBAGE

Minced beef, rice (one-third bulk of beef when cooked), tomato sauce, cabbage, tomatoes (if available), salt and pepper.

Mince left over cold meat and mix with well-cooked rice. Season well with salt, pepper and tomato sauce. Boil some large cabbage leaves for 10 minutes, drain well and cool. Put a large spoonful of the meat mixture on each leaf and roll up. Put into a greased oven dish, cover with sliced tomatoes then with greased paper and the lid. Cook gently for 1 hour. Serve with ~~washed potatoes.~~

Keep in

CAULIFLOWER AND POTATO SOUFFLE

3 ozs. mashed potatoes, 3 ozs. white part of cauliflower, $\frac{1}{2}$ oz. butter, 3 eggs, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{2}$ teaspoonful pepper.

Beat the eggs well, whites and yolks separately, stir the yolks into the whites, add potatoes, the cauliflower chopped very fine, and the seasonings. Stir all well together, then fill small patty pans (which have been well greased), and bake in a moderate oven for half an hour. A small piece of butter placed on the top will help to brown them, and any flavourings such as chopped onion, parsley, or herbs may be added if liked.

SCALLOPED CAULIFLOWER

1 cauliflower, 2 tablespoonfuls cream, $\frac{1}{2}$ oz. butter, $\frac{1}{2}$ oz. flour, 2 tablespoonfuls grated cheese, pepper, salt, browned crumbs one teaspoonful milk.

Boil the cauliflower in the usual way, divide into neat sprigs. Make a nice sauce with the butter, flour and milk. Stir all the time till boiling and boil well. Take off the fire and add the cream, seasonings, and one tablespoonful grated cheese. Put a layer of the cauliflower sprigs in a pie-dish, or into a fancy dish, pour a little sauce over. Repeat layers until all are used up. Mix the remainder of the cheese with the bread-crumbs. Sprinkle on the top and brown in the oven. Serve very hot.

CELERY CREAMS

Boil white heart of celery and put through sieve when cold. Whip small jar cream very stiff. Season with pinch of cayenne pepper and celery salt. Melt one sheet of gelatine in a little milk, mix with the other ingredients, pour into little castle pudding moulds and set. Dish on little cheese biscuits.

CUCUMBER—CURRIED

Melt a little butter in a saucepan and fry one or two onions or a handful of shallots till golden. Add a heaped dessertspoon of curry powder and cook for a minute or two, stirring well. Add chunks of cucumber unpeeled, the juice of half a lemon, a slice of lemon rind and a breakfast cup of water. Stir till simmering, then put on lid and cook slowly till tender (about 20 minutes). Remove lemon peel and serve with boiled rice well dried.

COLCANNON

1 oz. onion, equal quantities cold potatoes and cabbage, 1 oz. dripping to 1 lb. vegetables, pepper and salt.

Chop cabbage, mash potatoes. Toss all in a saucepan or frying pan in melted dripping. Cream a ~~little~~ and put in the mixture and brown in the oven or in front of the fire.

Put this in a high in a square pie dish

~ Bake in the oven

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LEEK PIE

Take the white part of 10 leeks, cut small, wash well and boil for 20 minutes, strain, and then simmer in milk for a little while. Place them in a pudding dish with about a teaspoonful of milk and an egg. Add salt, pepper and butter. Cover with pastry and bake ~~for about 1 hour in a hot oven~~ *and cover with pastry*

FRESH GREEN PEA SOUFFLE

$\frac{1}{2}$ pint young peas shelled, 2 eggs, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{2}$ pint water, 1 oz. butter, sprig of mint.

Boil the peas in the water with half an ounce of butter, mint and salt for $\frac{1}{2}$ an hour, leaving the saucepan uncovered. When done, remove the mint and stand the saucepan on one side to cool a little. Well grease a pie-dish with the remainder of the butter. Stir the yolk of eggs into the peas, beat the whites to a stiff froth. Mix all together, pour into the pie-dish and bake for about 20 minutes.

HARICOT BEAN PIE

$\frac{1}{2}$ lb. haricot or butter beans, well washed and soaked in cold water for 24 hours.

Boil till soft. Put beans in pie-dish. Make a sauce with 1 oz. butter, 1 oz. flour, and $\frac{1}{2}$ pint of liquor from beans, adding 1 dessertspoonful chopped onion and chopped parsley. Season well. Pour over beans. A tomato or two may be added. Cover with short crust pastry made of $\frac{1}{2}$ lb. flour, 2 oz. lard, 2 oz. butter, 1 teaspoonful baking powder, pinch of salt and cold water. Paste made usual way. Cover pie-dish. Bake $\frac{1}{2}$ hour in quick oven. The liquor left over will make good stock for soup.

BOSTON BEANS

1 lb. haricot or butter beans, 2 tablespoonfuls black treacle seasoning, 3 ozs. fat pork or bacon, 2 small onions chopped

Soak beans 24 hours. Boil ~~for 1 hour~~ *1 hour*. Put in casserole well mixed with other ingredients—Pork on top—slow oven—add water occasionally. Bake 1 hour.

SAVOURY BEANS

12 ozs. haricot beans, washed and soaked, 1 onion, 1 oz. dripping or margarine, 1 tablespoonful treacle, 4 ozs. tomato, 2 ozs. slice of bacon, seasoning, salt and pepper.

Soak beans for 24 hours. Put into jar with onion, fat, treacle and just enough water to cover. Cook very gently for 4 hours, covered closely in the oven or on the stove, or in haybox. Add skinned tomatoes, ~~baked~~ *baked* cut in small pieces and seasonings $\frac{1}{2}$ hour before serving.

SAVOURY LENTILS

1 lb. lentils, $\frac{1}{2}$ lb. cooked rice, 2 ^{eggs}tablespoonfuls egg, 1 grated carrot, 1 onion, 4 oss. fat bacon or dripping, $\frac{1}{2}$ pint milk, 2 tablespoonfuls grated cheese.

Soak lentils in water or fish stock. Fry onion and bacon. Add carrot, put on lid and cook 10 minutes. Add lentils and cook 1 hour, adding water from time to time. Ten minutes before serving, beat in milk, eggs and cheese. Other vegetables may be used, and any left-overs. It should be well seasoned with salt and pepper. Serve in rice border.

LENTIL RISsoles

Soak 1 lb. of lentils in water all night, simmer very gently in a saucepan with one whole onion, a little curry powder, pepper and salt. When this becomes the consistency of mincemeat, put in a basin, add 4 tablespoonfuls of bread-crumbs, and make into rissoles with part of a well-beaten egg. Dip in the remainder of the egg and bread-crumbs and fry a golden brown.

LENTIL AND RICE CUTLETS

Half a pound of rice and lentils boiled together till soft, if desired an onion can be boiled along with them. When cold, make into patties with flour, pepper and salt, coat with egg and bread crumbs and fry in deep fat. ~~Serve for dinner in place of meat or fish or for tea where the vegetable dinner could not be had.~~

ONION DUMPLINGS

Take large onions (Spanish) cut in two, and take out as much of the heart as will leave room for a little piece of cold meat or some mince. Make pastry with flour, suet, and salt, as large as hold the onions. Put the two halves of the onion together, and close it up in the paste. Boil in cloths for 2 $\frac{1}{2}$ hours. A splendid supper dish.

Use onion as for Apple Dumpling recipe - the only large onion!

ONIONS AND CHEESE

Parboil onions, cut in slices, place in greased enamel dish, in layers, with grated cheese. Put a layer of grated cheese on the top, and a few small pieces of butter. Bake till brown.

ONION SALT

This is a very good way of preserving the precious onion. Cut onions in slices, place in jam jar a slice and a layer of salt alternately until onion is all used up. Make last layer salt and keep covered closely.

1 pint

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Add a
spoonful
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Ground RICE CUTLETS

$\frac{1}{2}$ pint of milk, 1 oz. of ground rice or farola, butter, 3 potatoes, eggs, oil (or butter), mace, shallot.

Put the milk on to boil and thicken with ~~rather more than one~~ ^{keep} ounce of ground rice to make a little stiffer than for rice moulds. Add a lump of butter, salt, a little grated shallot and a salt-spoonful of mace, and let all cook together for ten minutes, stirring frequently. Boil the potatoes and put through masher, and whilst hot, add them to the rice or it will not set well. Pour into dish to stiffen, and when quite cold, cut into slices, roll in egg and white bread-crumbs, fry and serve with parsley sauce. The mixture must be quite stiff.

SCOTCH CARROTS

Carrots, cooked potatoes, sausage meat.

Prepare carrots and cook till tender. Mash potatoes and coat carrots with them—keeping the carrot shape. Cover with sausage meat. Egg and bread-crumbs them. Fry in deep fat. Cut lengthways, and serve very hot.

GREEN PEAS AND CARROTS ON TOAST

10 or 12 button carrots, $\frac{1}{2}$ pint peas shelled, a little more than a gill of white stock, 1 oz. butter, 1 oz. flour, 6 rounds toasted bread.

Scrape and slice the carrots very thin and stew them in the butter until quite tender, stir in the flour, then add the peas (cooked); pour in the stock and stir over the fire for 10 or 15 minutes. Butter the toast, then spread the mixture on very thickly and serve hot. Salt and pepper should be added to taste, and a sprig of mint may be used for flavouring if liked.

SPINACH WITH CREAM ($\frac{1}{2}$ QUANTITY)

$\frac{1}{2}$ lbs. spinach, 4 table-spoonfuls cream, 1 table-spoon flour, 1 oz. butter, salt and pepper.

Cook the spinach in its own water with salt 15 to 20 minutes, uncovered. Sieve. Heat ~~over fire with butter, cream and seasoning.~~ ~~Spinach on the flour and stir till of a creamy consistency.~~ Pile on croutons of toast and serve hot.

heat butter, add flour, cream, then sieved spinach & stir till of a creamy consistency & serve

*Scalloped***SALSIFY AS SCALLOPED-OYSTERS**

Pare the salsify and cut in thick slices, cover with water and boil for an hour, till the water is nearly absorbed. Chop salsify about as fine as mince-meat, add 2 tablespoonfuls of cream, 2 tablespoonfuls of Anchovy sauce, flavour with white pepper and a pinch of cayenne. Add any liquid not absorbed in the process of cooking the salsify, mix together and put into buttered scallops and cover thickly with bread-crumbs with butter to brown. Bake in a slow oven for about $\frac{1}{2}$ hour and serve very hot. For 4 medium-sized shells 1 lb. salsify will be required.

Remains of Jerusalem artichokes which have been served as a vegetable can be used instead of salsify.

SAVOURY TOMATOES

3 tomatoes, 1 lettuce, 2 ozs. cooked fish ^{fish}, mayonnaise, parsley or other garnish.

Skin tomatoes, scrape out centre. Mix cooked fish with mayonnaise and tomato pulp and fill tomato cases with filling. Decorate, and serve on lettuce leaves.

TOMATO CAKES

$\frac{1}{2}$ pint sieved tomatoes, 1 breakfastcupful well boiled rice, 1 breakfastcupful bread-crumbs, 3 teaspoonfuls grated onion, 1 teaspoonful powdered herbs, salt, pepper, 1 egg, frying fat.

Mix rice with all other ingredients. Be particularly careful with the seasoning. Mix very thoroughly, leave to stand $\frac{1}{2}$ an hour to swell the crumbs. Make mixture into small cakes, roll in crumbs; ~~dash each~~. ~~Brush cakes over with egg, cook several times with~~ fry and serve very hot.

Double cook with egg + crumbs, fry in deep fat

TOMATO-LENTIL SOUFFLE

2 oz. lentils, 1 onion, 2 tomatoes, 1 teaspoonful ketchup, a pinch of salt, $\frac{1}{2}$ pint of water, 1 or 2 eggs.

Put lentils, onion and water into a small pan and cook until soft. Remove skin of tomato, press through a sieve, put into pan. Allow mixture to cook. Beat up the egg, yolk and white separately; when cold add the yolk. Beat thoroughly, fold in white and bake 30 or 40 minutes.

TOMATOES AND ONIONS AU GRATIN (HOT)

4 Spanish onions, 6 tomatoes, fine browned bread-crumbs, a little butter, salt, pepper.

Boil the onions till soft, then slice; wipe and slice the tomatoes. Arrange in layers in a fireproof dish with fine brown bread-crumbs and a little butter, salt and plenty of pepper between and over. Moisten with a little stock. Bake in a hot oven until hot throughout and brown on the top.

medium

~~Handwritten notes~~
Patience
—
—

RISOTTO

new recipe
 10 *conserve*
 (Sufficient for 4 or 5 Persons.)

$\frac{1}{2}$ lb. boiled rice, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. cooked meat or ham, half a medium sized onion, 2 tomatoes, 2 oz. grated cheese.

Cut the meat and onion into very small pieces and put them into a pan on the fire with half the quantity of butter. When the mixture has turned a reddish colour, add the rice. Stir continually until all the moisture has been absorbed. Then begin to add warm water with tomato, add salt, and cook till dry. Before dishing, add remainder of butter and sprinkle the cheese.

This can be made without the meat and using tinned tomatoes.

TOMATOES STUFFED

4 tomatoes, 3 large tablespoonfuls bread-crumbs, 1 oz. lean cold ham, 2 mushrooms, tiny piece chopped onion, 1 teaspoonful chopped parsley, pepper and salt, a few bread-crumbs.

Cut the top of the tomatoes and take out the pulp with a spoon. Put the pulp through a fine sieve. Chop ham, onions, parsley, mushrooms (if using them) very finely. Mix all the ingredients with the pulp and fry lightly in a small pan, add seasoning. Fill tomatoes with the mixture. Put in a greased baking tin. Put a few brown crumbs on top of each, also tiny piece of butter. Cover with greased paper and bake in a moderate oven for 10 minutes.

Onions may be stuffed in the same way—peel and parboil large Spanish onions, remove centre and proceed as above but bake 20-30 minutes. Serve with brown sauce.

VEGETABLE CREAM

1 gill vegetable puree (see) put through sieve, 3 eggs, 1 gill milk, $\frac{1}{2}$ gill cream, pepper and salt.

Serve.

$\frac{1}{4}$ oz. margarine, 1 oz. flour, 3 gills milk, $\frac{1}{2}$ oz. cheese, pepper and salt, a little cream. *Keep*

Beat the eggs and add the puree, cream and milk. Pour into greased basin, steam gently for 1½ hours. Make sauce in usual way, add grated cheese and cream, pour over shape.

VEGETABLE OLIO

Boil a nice firm cabbage, carrots, turnip, potatoes and small onions; drain them from water and cut into pieces, mix well with 2 handfuls of spinach leaves, 3 oz. butter, 3 spoonfuls of cream or milk, salt and pepper. Stew them closely covered for 2 hours, then stir in, over a clear fire, a bit of butter rolled in flour. In summer, peas, cucumber, spinach, lettuces, young onions, new potatoes or celery may be dressed in the same way. *Probably one*

VEGETABLE PIE (I)

3 or 4 medium sized potatoes, 3 or 4 tomatoes, 1 cauliflower, 1 small onion (optional), 1 pint white sauce, 4 or 5 oz. cheese, bread-crumbs, margarine.

Parboil and slice potatoes. Boil cauliflower, sprig and slice stem part. Skin tomatoes, slice and fry, slice onion and fry. Arrange vegetables in layers in a greased casserole, beginning with potatoes then tomato, onion, another layer of potatoes, then finally one of cauliflower. Make a cheese sauce by adding 2-3 oz. finely grated cheese to 1 pint white sauce just before pouring. Stir till cheese melts. Pour sauce over vegetables. Mix the remaining cheese with an equal quantity of bread-crumbs and sprinkle on top of casserole. Dot with margarine. Place in a moderate oven, and heat thoroughly but do not allow to cook. Brown before fire or under a grill.

VEGETABLE PIE (II)

Two onions cut in dice, 2 oz. margarine; Put in saucepan and allow to cook in own juice till tender. Add 2 tomatoes, skinned and chopped, and any other vegetables, and potatoes nearly or already cooked. Mix in fireproof dish. Cover with following sauce:—

1 oz. margarine; 2 oz. grated cheese; pepper and salt. Add milk till consistency of cream. Then beat in yolk of one egg. Cover the pie with this and sprinkle with brown bread-crumbs and bits of margarine on top. Bake in moderate oven.

VEGETARIAN PIE

2 teacups macaroni, 2 hard-boiled eggs, 2 tomatoes, 2 teacups white sauce, pepper and salt.

For the pastry.

2 teacups flour, 4 oz. margarine, $\frac{1}{2}$ teaspoon baking powder, cold water.

Boil macaroni in salted water 20 to 30 minutes, drain, mix in white sauce. Put in pie-dish, add ^{eggs} sliced and tomatoes peeled, pepper and salt. Cover with pastry, make a hole in centre, bake for $\frac{1}{2}$ an hour. May be steamed in a bowl.

VEGETARIAN POTTED MEAT

$\frac{1}{2}$ lb. tomatoes, 2 oz. grated cheese, 2 oz. butter, 4 oz. brown bread-crumbs, 1 grated onion, 1 egg-beaten, salt and pepper, parsley.

Skin tomatoes, slice into bowl, add butter and onion and cook in oven, or steam, 20 minutes. Add egg, cheese and recook till thick. Pour over crumbs, season well and turn into mould.

STUFFED VEGETABLE MARROW

Cut a vegetable marrow in half lengthways. Remove the seeds, mince very finely some cold meat, dredge over it a little flour, season with pepper and salt, add a little finely chopped onion, bind all together with the yolk of an egg and fill the marrow with this mixture. Tie the two halves securely with thread, and stew it in some well-flavoured stock. When the marrow is soft, remove it and thicken the sauce with a little cornflour. Take away the thread, and put the marrow on a hot dish, pour the sauce over it and serve.

* Leave to simmer & bake in oven $1\frac{1}{2}$ - 2 hrs. ✓
 Serve with sauce

SALADS

ASPARAGUS AND CAULIFLOWER SALAD

1 cold boiled cauliflower, 2 or 3 nice red tomatoes, 3 tablespoonfuls salad oil, $1\frac{1}{2}$ tablespoonfuls tarragon vinegar, tin of asparagus, lettuce, chopped parsley, pepper and salt, mayonnaise.

Divide cauliflower in small pieces and let stand in oil and vinegar for about 1 hour; do the same with asparagus.

The skinned tomatoes are put aside with pepper and salt.

Mix on individual plates—a lettuce leaf, a little cauliflower, 6 asparagus tips, few slices of tomatoes. Put little mayonnaise over. Put over everything little chopped parsley.

BEETROOT SALAD

1 pint chopped cooked beetroot, salt to taste, 1 cup vinegar, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ teaspoonful ground ginger, $\frac{1}{2}$ teaspoonful dry mustard, 1 egg.

Chop beetroot and put in a basin. Put all other ingredients except egg in a pan and heat slowly. Beat egg well, and add slowly to ingredients in pan—stir all over the fire until it begins to thicken, pour over chopped beetroot—mix together. Put in jars and cover. Serve with stamped out slices of beetroot or any mixed salad.

CAULIFLOWER SALAD

Boil a cauliflower (whole) until tender. When cold pour over some mayonnaise or salad dressing. Decorate with slices of hard-boiled egg, sarlines, or sliced tomatoes.

DUTCH DISHES

~~HERRING SALAD~~ *(Bread)*

~~2 herrings (salt), 8 cold boiled potatoes, 1 small boiled beetroot, 1 cooking apple, 2 hard-boiled eggs, lettuce, pickled onions and gherkins, 2 tablespoonfuls salad oil, 2 tablespoonfuls vinegar, 4 tablespoonfuls thick mayonnaise.~~

~~Clean herring, which has been soaked in cold water; take bones out and cut up in small pieces. Clean lettuce and dry in cloth. Cut up other ingredients. Mix all, except beet and eggs and half of lettuce and few pieces of herring with oil and vinegar. Heap on to dish like a cushion, cover with mayonnaise. Decorate with rest of lettuce and beetroot and egg. Instead of herring, cut up meat may be used.~~

HUSSAR SALAD

~~½ lb. cold meat, 8 cold cooked potatoes, 1 boiled beetroot, 2 hard-boiled eggs, 2 tablespoonfuls salad oil, 2 tablespoonfuls vinegar, 1 lettuce, pickled onions and gherkins, pepper and salt, mayonnaise.~~

~~Mix the cut-up meat, cut-up potatoes, biggest part of beetroot, about ½ of lettuce, with oil and vinegar. Arrange on dish, coat with a little mayonnaise and decorate with different colours in squares (1 with beetroot, 1 egg yolk, 1 pickles, 1 white of egg). Use rest of lettuce to put round dish.~~

Ripped Salad 10/17
LETTUCE, PEAS AND CUCUMBER SALAD

~~Arrange some small lettuce leaves so that their stalks meet in the middle of the plate. Put some green peas which have been put to soak in some Salad Cream in the middle of each and arrange thin slices of cucumber round them. Arrange a little watercress or mustard and cress in the centre, and serve with Salad Cream separately.~~

TOADSTOOLS

~~4 hard-boiled eggs, 3 medium sized tomatoes, 1 teaspoonful chopped parsley, little mayonnaise, lettuce, or cress or both, pepper and salt.~~

~~Cut from eggs a slice so that yolk becomes visible; take yolks out carefully, mix with mayonnaise, pepper and salt, and perhaps little white of egg. Put mixture back into eggs, but strike off flat so that eggs can stand with point upwards.~~

~~Cut from each tomato 2 round sides which serve as hats for toadstool, hollow them out and sprinkle the inside with pepper, salt and perhaps little yolk mixture. Put a tomato hat thus prepared on each egg and sprinkle finely chopped white over it.~~

~~Arrange on dish and decorate with chopped lettuce and cress.~~

~~If desired each egg may be placed on fried or toasted bread.~~

*rounds of buttered bread
decorated with cress or chopped
parsley*

VEGETABLE SALAD

1 lb. new potatoes, 1 lb. turnips, 1 small bunch spring onions,
1 beetroot, 1 lb. tomatoes, and 1 small mustard and cress.

Take potatoes, turnips, beetroot, boil till tender, when cold cut up in squares. Cut up uncooked vegetables and sprinkle over with salt. Put all cooked vegetables in salad bowl and mix well together. Add the uncooked. Add the following dressing at the very last minute:—Take 2 eggs, boil till hard (10 minutes), divide yolks from whites, put yolks in basin and pound them up with back of spoon. Add slowly 1 tablespoonful salad oil, $\frac{1}{2}$ teacupful vinegar, 2 tablespoonfuls cream, $\frac{1}{2}$ teaspoonful made mustard, $\frac{1}{2}$ teaspoonful salt, a small quantity pepper, mix well by beating up all together. The whites of eggs can be arranged on top of vegetables.

SUMMER SALAD

Wash well and break up the leaves of two or more young lettuces. Pour over this a French dressing made by putting 2 tablespoonfuls salad oil, 1 tablespoonful vinegar, 1 saltspoonful each salt, made mustard and sugar, and a shake of pepper in a cup and mixing with a fork till it looks thick. This forms the foundation of any summer salad and to it may be added mustard and cress, watercress, cooked green peas, carrots or turnips, hard-boiled eggs, any scraps of meat, fish, etc.

WINTER SALAD

Take the hearts from two heads of celery, cut them into small cubes and place them in the centre of a salad bowl. Cut into small pieces some freshly boiled beetroot and place them round the celery. Add a French dressing (see Summer Salad above). To make a variety, some boiled rice, cubes of cold potatoes or hard-boiled eggs may be added to this salad.

WINTER SALAD (INDIVIDUAL)

Beetroot, cooked till tender, chop into small squares, 1 table-
spoon beetroot, 1 tablespoon chopped raw dessert apple or
nutmeg. Place on a lettuce leaf, pour mayonnaise dressing over
the top. Serve on a small plate to each person.

*How to prepare (mashed)
Reg. How to prepare:*

MAYONNAISE DRESSING

3. $\frac{1}{2}$ yolk of egg, a little salt, pepper, mustard, pinch of castor sugar, about 1 gill of salad oil, a very little white vinegar or lemon juice.

Put the yolk of egg and seasoning into a bowl. Add the salad oil slowly, stirring all the time with a wooden spoon. When mixture is thick and smooth, thin down with vinegar or lemon juice. Should be about the consistency of thick cream.

SALAD DRESSING WITHOUT EGGS

1 small tin ^{Swiss} ~~Sauces~~ or ^{Swiss} ~~Condensed~~ milk, 1 tablespoonful made mustard, $\frac{1}{2}$ teaspoonful salt, 1 gill vinegar.

Mix mustard and salt with the milk, stir in vinegar slowly. Keep in airtight bottles.

CREAM SALAD DRESSING FOR COLD

SALMON, ETC.

2 eggs, 3 tablespoonfuls vinegar, 1 tablespoonful cream, 1 teaspoonful sugar, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{2}$ teaspoonful mustard.

Beat eggs well, add the other ingredients by degrees, place bowl in boiling water and stir till thickness of cream.

ECONOMICAL SALAD DRESSING

1 egg, butter the size of walnut, 1 teaspoonful sugar, 1 teaspoonful flour, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{2}$ teaspoonful mustard, pinch cayenne, one third cupful vinegar, two thirds cupful water.

Place in a stone jar in which should be standing in a pan of boiling water. Stir until mixture thickens, then add cream if desired.

SALAD DRESSING

(Without oil and vinegar)

1 tablespoonful flour, 1 tablespoonful butter, 1 tablespoonful sugar, 1 good large teaspoonful mustard, $\frac{1}{2}$ small teaspoonful salt, 2 eggs, 1 large teaspoonful milk, $\frac{1}{2}$ teacup lemon juice.

Mix the flour, butter, sugar, mustard and salt thoroughly together; add 2 well-beaten eggs mixed with 1 large teacup milk and $\frac{1}{2}$ teacup lemon juice alternately; Beat to a smooth cream; place over a slow heat and stir until thick; do not allow to boil.

Put them 1 and a together, of cream for use.

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Hors D'O Olives, ad baked bean mayonnaise Mayonnaise

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Recipe

2 Vegetable Hors D'Oeuvres

1 or 2 cooked potatoes, a few cooked peas, a piece of boiled or pickled beetroot, 1 gherkin, white of hard-boiled egg, salad dressing.

Cut potato in dice, beetroot in shreds or dice, white of egg and gherkin in shreds, mix with peas and dressing. Arrange on little dishes, garnish with cream or piles of sieved yolk.

① Varieties

Oysters, sardines, anchovies, whole or made into a paste or butter. Tomatoes, celery, cucumber, cress, radishes, etc. Prawns, shrimps, herring roes, smoked fish. *Salad peppers, Pineapple;*

Grapefruit (fresh), cut in half, sectioned and with a cherry in centre, makes an interesting start to a meal.

MIXED FRUIT COCKTAIL.

2 grapefruit, 3 bananas, 2 ozs. sugar, 1 orange, ½ lb. raspberries, 1 oz. crystallised ginger.

Cut grapefruit in half. Scoop pulp of orange and grapefruit into basin. Pick raspberries and add, keeping back eight of best. Chop ginger and add to fruit with sugar to taste. Slice bananas thinly. Fill grapefruit skins with mixed fruit, arrange a circle of banana on top and put two raspberries in centre.

Supplimentary
fruits
fruits · Cocktails
Grape & Orange Juice
Melon
Tomato Juice

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Pastry should be oven. X

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Section VI

PUDDINGS AND PIES

"Pudding and pie," said Jane, "Oh my!"
 "Which would you rather?" said her father,
 "Both," said Jane, quite bold and plain.

"Never say I cannot,
 Always say I'll try,
 Though the matter be no greater
 Than the making of a pie."

"Nil desperandum."

The proof of the pudding is the green's 't.

"An apple a day keeps the doctor away."

"At Christmas, play and make good cheer,
 For Christmas comes but once a year."

"Is there more things in heaven and earth,
 An ounce of sense is better than a ton of pride."

"Wants not, want not."

The term pudding embraces everything from the most stodgy of dumplings to the lightest of syllabub. Such a splendid range of recipes has been sent that we shall not do more here than indicate a few general hints.

Boiled and steamed puddings should be kept boiling sharply or they become heavy. Souffles should be steamed gently keeping the lid tightly shut. Puddings composed chiefly of eggs and milk should be gently cooked; if too hot the eggs will curdle. When beating whites of eggs add a pinch of salt or sugar, it makes them froth much quicker and the froth stiffer. Before putting milk in a pan to boil, put a little water in pan, bring to boil and then add milk. This prevents the milk singeing; to prevent milk boiling over put a spoon in pan.

^{is making} Pastry is the foundation of an endless variety of sweets; it should always be made in a cool place and with cool hands. It should be touched lightly and quickly and always put in a hot oven.

like the fashion of set aside.

hands

the utensils used should be as cool as possible.

MILK PUDDINGS

Classes of Grains.

1. Large grains—e.g., Whole rice, tapioca, barley.
2. Small grains—e.g., Ground rice, sago, semolina.
3. Powdered grains—e.g., Cornflour, custard powder, arrow-root.

Proportions.

- 1½ oz. grain to 1 pint liquid with egg.
2 oz. grain to 1 pint liquid without egg.

WHOLE RICE

Keep ½ oz. rice, 1 oz. sugar, ¼ oz. margarine, 1 pint milk, pinch salt.

Wash grain and put into greased pie-dish with other ingredients, stir until sugar is melted. Bake in a very slow oven for 2 hours, stirring occasionally till set.

N.B.—Other large grains may be cooked in the same way, e.g. Barley, macaroni, sago, etc.

N.B.—1 teaspoonful oatmeal gives a creamy texture.

SEMOLINA

Keep 1½ oz. semolina, 1 oz. sugar, 1 egg, 1 pint milk, pinch salt.

Heat milk and salt, sprinkle in semolina, stirring all the time. Cook till grain is clear and thick (7 to 10 minutes). Add sugar and when cooled lightly add beaten egg, and pour into greased pie-dish and brown.

N.B.—Yolk may be added and then stiffly beaten white folded in. Other small grains may be cooked in the same way.

CORNFLOUR MOULD

Keep 2 oz. cornflour, 1 oz. sugar, 1 pint milk, pinch salt.

Blend cornflour with a little of the cold measured milk and heat rest with salt, pour over grain, then return to pan and boil, stirring all the time, till cooked (3 to 5 minutes), add sugar, pour into wetted mould, and turn into glass dish when set.

N.B.—Other powdered grains may be cooked in the same way.

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GROUND RICE PUDDING

1½ oz. ground rice, 1 pint milk, 1 oz. sugar, 1 or 2 eggs, few drops essence (lemon or vanilla).

Break the ground rice to a smooth paste with a little of the milk. Boil the rest of the milk in a soup pan, then pour the boiling milk on to the ground rice. Put the milk and rice into a rinsed pan, bring to the boil and cook about 5 minutes, take off fire, add the sugar and let cool a little. Beat the egg, add the yolks to the rice and mix well. Beat up the whites of the eggs stiffly, then mix lightly and thoroughly with other ingredients. Turn into a greased pie-dish and bake in a moderate oven for about 20 minutes. *Farina, cornflour and arrowroot pudding are made in the same way.*

RUSK PUDDING

Grease a small pie-dish and fill it with pieces of rusks, using about two. Beat up an egg and stir well into 1 gill of milk, adding sugar to taste. Pour this over the rusks, and after allowing to stand 10 minutes, bake in a moderate oven until nicely brown (about 15 minutes). Serve hot with cream.

*Replaces egg to make from other hand baked
- to be taken out of oven*

RICE PUDDING

1½ oz. rice, 1 pint milk, 1 dessertspoonful granulated sugar, a little grated nutmeg if liked.

Grease a pie-dish, wash the rice well and put into the dish with sugar and milk. Sprinkle a little nutmeg over the top and bake in a moderate oven for about 2 hours. If the milk dries up too much, add a little more.

N.B.—1 teaspoonful of fine oatmeal gives a creamy texture.

SILVIE RICE PUDDING

2 oz. rice, 2 eggs, 2 oz. butter, essence of lemon, 1 breakfast-cupful bread-crumbs, 2 oz. sugar, 1 quart of milk, some raisins.

Boil rice in milk, add bread-crumbs. Beat the sugar and butter to a cream, add the eggs one at a time, beat well. Flavour with the lemon, and add rice and bread-crumbs. Butter a mould, ornament with raisins, pour in the mixture and steam for 2 hours. Serve with sweet sauce.

TAPIOCA PUDDING

1/2 lb. Tapioca, 1 gill water, 1 pint milk, 1 dessertspoonful granulated sugar, a pinch nutmeg, 1 egg.

Wash the tapioca, put it in a bowl and cover with water, soak it for about 1 hour till all the water is absorbed. Put the milk and tapioca into rinsed pan, bring to the boil and simmer till the grain is soft and clear (about 30 minutes), then draw to side of fire and let it cool a little. Break the egg, mix well with tapioca, add the sugar, pour the mixture into a buttered pie-dish and bake in a moderate oven for about 20 minutes.

N.B.—Sago pudding may be made in the same way.

CARAMEL CUSTARD

Boil together—1 large tablespoonful sugar and 2 tablespoonfuls water until it is brown like coffee, pour into a warmed bowl and turn about till all the bowl is coated.

Make custard with $\frac{3}{4}$ ^{whole egg + one yolk} eggs and 3 dessertspoonfuls sugar, well beaten together, add 2 small teacupfuls of warm milk. Pour into the prepared bowl, cover with greased paper and steam very gently for about 45 minutes.

Can be baked as before

BAKED CUSTARD

1 whole + one yolk
3 eggs, 2 small cups of milk, 2 teaspoonfuls sugar, vanilla essence.

Heat milk and pour on eggs which have been well beaten together with the sugar. Add a few drops of vanilla and pour into a well-buttered pie-dish and sprinkle a little grated nutmeg on top. Bake in a slow oven for about $\frac{3}{4}$ of an hour. It is advisable to put pie-dish in a roasting tin with a little water.

A Caramel Custard can be

STEAMED PUDDINGS

BASIC RECIPE FOR MANY STEAMED PUDDINGS

1/2 lb. 1/2 oz. butter or margarine, 1/2 oz. sugar, 4-6 ozs. flour, 2 $\frac{3}{4}$ eggs, 1 teaspoonful baking powder, a little milk.

1/2 lb. Cream butter and sugar. Sift baking powder and flour, add alternately with eggs.

N.B.—The yolks may be beaten into the mixture and the whites folded in at the end.

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CANARY PUDDING

4 oz. flour, 3 oz. sugar, 2 oz. butter, 2 eggs, 1 teaspoonful baking powder, milk.

Cream the butter and sugar together until thick and smooth and beat in each egg separately. Then stir in the flour and baking powder as lightly as possible, and add milk gradually until the mixture drops readily from the spoon. Pour into a well-buttered mould. Steam for about 1 hour and serve with jam, sauce or custard.

AUNT MARGARET'S PUDDING

3 oz. butter, 3 oz. sugar, 5 oz. flour, 2 small eggs, $\frac{1}{2}$ teaspoonful baking powder, 3 tablespoonfuls jam.

Beat butter and sugar to a cream, add gradually flour and baking powder; mix all well together with eggs (beaten); put jam at the bottom of well-buttered basin, pour in mixture and steam for $1\frac{1}{2}$ hours.

URNY PUDDING

2 eggs, their weight in flour and butter, the weight of 1 egg in sugar, $\frac{1}{2}$ teaspoonful bicarbonate of soda, 2 tablespoonfuls strawberry jam *or marmalade (a)*

Put the butter and sugar into a basin, beat them to a cream, then add gradually the flour and the eggs; now add the jam, and, lastly, the soda. Little more than half-fill a greased basin with the pudding, cover with greased paper and steam for $1\frac{1}{2}$ hours.

STEAMED ORANGE PUDDING

$\frac{1}{2}$ lb. flour, 2 oz. butter, 2 oz. margarine, 4 oz. castor sugar, a small pinch of salt, 1 heaped teaspoonful baking powder, 2 oranges, 2 eggs, 2 tablespoonfuls of milk.

Mix together the salt, flour and baking powder, and sift them. Rub in the butter and margarine. Add grated rind of the oranges to the flour, also the sugar. Beat in the well-whipped eggs and milk, and lastly the strained juice of the oranges. Turn into a well-buttered mould, and steam for $1\frac{1}{2}$ hours. Dish and serve with custard sauce or cream as desired.

STEAMED PUDDING (Different)

1 breakfastful of bread-crumbs, 1 teacup of suet, 1 teacup of sago, 1 teacup of brown sugar, 1 large dessertspoonful of marmalade, 1 teaspoonful baking powder, pinch of salt, 1 beaten egg (this may be done without).

Mix all dry ingredients, beat up marmalade with a teacup of warm milk and egg. Place in steamer and steam for $1\frac{1}{2}$ to 2 hours. Serve with sweet sauce.

SAGO PLUM PUDDING

2 tablespoonfuls sago, soaked with 1 teacupful milk and 1 teacupful of water (or all milk), and allow to stand overnight
 1 breakfastcupful bread-crumbs, 1 tablespoonful margarine
 2 $\frac{1}{2}$ tablespoonfuls sugar, with currants or raisins and a little peel, 1 teaspoonful baking soda.

Mix all with soaked sago and steam 2 $\frac{1}{2}$ hours.

APRICOT PUDDING

1 small tin apricots, 2 eggs, 5 oz. sugar, 6 oz. flour, 3 oz. butter, 2 tablespoonfuls milk, $\frac{1}{2}$ teaspoonful baking powder, 1 lemon.

Cream butter and 6 oz. sugar, add yolks, milk and flour, and baking powder, also 1 teaspoonful grated lemon rind; beat well; fold in stiffly beaten whites. Put into well-greased pudding dish and bake in moderate oven $\frac{1}{2}$ of an hour. Boil syrup of small tin apricots, add remainder of sugar and juice of lemon. Pour over pudding and decorate with apricots.

PINEAPPLE PUDDING

2 eggs, their weight in butter and sugar, 5 oz. flour, 3 tablespoonfuls chopped pineapple, $\frac{1}{2}$ teaspoonful baking powder.

Beat butter and sugar to a cream, ^{add a little salt} add half of flour, beat very thoroughly. Add the rest of ~~eggs, and flour, by degrees,~~ ^{eggs, and flour, by degrees,} and chopped pineapple. If mixture is too stiff, add little pineapple juice. Put in a greased bowl steam 1 $\frac{1}{2}$ hours.

STEAM PUDDING (War-time)

2 cups self raising flour, 1 tablespoonful sugar, 1 level teaspoonful baking soda, a nut of margarine, jam or fruit, a little water.

Put basin with margarine into a pan of boiling water till margarine is melted. Have ready in mixing basin dry ingredients—flour, sugar and baking soda. Pour in melted margarine after running it round basin to grease it, and add jam, currants, or dates (whichever one prefers) or syrup or treacle—1 tablespoon. Mix to a dropping consistency with water. Transfer to greased bowl, cover with greased paper and boil for 1 $\frac{1}{2}$ to 2 hours. Apples, rhubarb or jam may be put in bottom of greased basin, omitting jam, etc., from dry ingredients. Very light and spongy and most economical.

4 oz. flour
2 oz. sugar

Fate on
Mix all dry
egg and milk
Steam 1 $\frac{1}{2}$ to

3 oz. castor
oil and
ground

Beat butter
and beating
milk and
with
custard sauce

BA

6 oz. flour

Chop and
water. If
1 $\frac{1}{2}$ teaspoonful
flour can also

Made with
small portion
These dumplings
plain with

The puddings
baked.

If boiled,
If steamed—
paper. If

Put $\frac{1}{2}$ lb.
Basic recipe

Put $\frac{1}{2}$ lb.
Dates or Fig
Sweet

CHERRY AND APPLE PUDDING

4 oz. flour 4 oz. bread-crumbs, 4 oz. margarine, 4 oz. apples,
2 oz. glacé cherries, 2 oz. mixed peel, milk to mix, 3 oz.
sugar 1 egg.

Pare and chop up apples. Chop peel and cut up cherries.
Mix all dry ingredients together, rub in margarine. Mix with
egg and milk. Pour into greased basin, cover with greased paper.
Steam $1\frac{1}{2}$ to 2 hours.

CHOCOLATE PUDDING

3 oz. castor sugar, 3 oz. margarine, 3 ozs. flour, 1 level teaspoon-
ful of baking powder, 2 teaspoonfuls cocoa, 1 egg, a little
ground cinnamon, milk.

Beat butter and sugar to a cream, add egg; stirring quickly
and beating well. Sift flour with cinnamon, baking powder and
cocoa and stir in lightly, adding a little milk, turn into buttered
pudding basin with buttered paper and steam 1 hour. Serve with
custard sauce.

SUET PUDDINGS

BASIC RECIPE FOR SUET PUDDINGS

8 ozs. flour, 4 ozs. suet, pinch of salt, water, 1 level ^{teaspoon} ^{of} ^{self-raising} ^{flour} ^{or} ^{cream} ^{powder}

Chop suet and mix with flour. Make a stiff dough with
water. If less than 4 ozs. of suet to $\frac{1}{2}$ lb. flour is used add $\frac{1}{2}$
teaspoonful baking powder. Half flour and half self-raising
flour can also be used and no baking powder.

Made with self-raising flour the paste can be divided into
small portions and dropped into boiling water for 20 minutes.
These dumplings can be served with meat stews, etc., or served
plain with golden syrup or jam.

The pudding can be boiled in a cloth or basin, steamed or
baked.

If boiled, the basin must be filled and covered with a cloth.
If steamed—three-quarter fill the basin and cover with greased
paper. If baked put in a moderate oven.

RAISIN PUDDING

Put $\frac{1}{2}$ lb. raisins into dry ingredients before mixing. Use
Basic recipe for suet puddings.

SPOTTED DICK

Put $\frac{1}{2}$ lb. currants instead of raisins and use Basic Recipe.
Dates or Figs can also be used.

Suet Paste. Made the same as above.

Pastry

APPLE-PUDDING

Suet paste, sliced apples (plums or other fresh fruit), 2 table spoonfuls sugar.

Line a basin with suet pastry, fill with the fruit and add sugar. Cover with pastry lid and put on a cover of greased paper; if for boiling it must also be tied in a pudding cloth. Boil or steam $2\frac{1}{2}$ or 3 hours.

ROLY POLY

Roll out suet paste oblong shape spread with jam, wet edges and roll up. Tie in cloth and boil for ~~2 hours~~ ^{1 hour} in boiling water. Mince meat may be used instead of jam.

Roll out suet paste and sprinkle with chopped apple, brown sugar and currants, roll up and boil or bake.

Heat $\frac{1}{2}$ of flour, 4 ground ginger, 1 spoonful of 2 eggs and 1 ingredients, and boil for

4 oz. each of jam of suet
Mix all w

4 heaped flour spoon 2 oz.

Mix all making the and steam.

$\frac{1}{4}$ lb. of 1 tea spoon

Mix well

$\frac{1}{4}$ lb. flour 1 tea spoon or to

Mix all w greased pap

Clootie DUMPLING

(Can be boiled in a cloth or steamed in a basin).

This recipe for Dumplings.

4 oz. flour, 4 oz. bread-crumbs (or 2 oz. of either), 4 oz. fat, piece of salt. ^{Salt} _{flour less if good. 5 oz. fruit}

To this may be added any kind of fruit, e.g. raisins, currants, peel, figs, prunes and dates, or marmalade. The pudding takes its name from the fruit used. The dry ingredients may be mixed together with either milk or water. If less fat is used add baking powder.

COTTAGE DUMPLING

$\frac{1}{4}$ lb. flour, $\frac{1}{4}$ lb. bread-crumbs, 6 oz. suet, $\frac{1}{4}$ lb. currants, $\frac{1}{4}$ lb. dates, $\frac{1}{4}$ teaspoonful baking soda, 1 teaspoonful each of ground ginger, cinnamon and mixed spices, 1 teaspoonful jam of any kind, ^{add to mix}

Mix ingredients well together, then add jam and enough milk to make into a fairly soft dough. Scald a pudding cloth, sprinkle with flour, turn in pudding and tie firmly with a piece of twine leaving a little room to swell. Plunge into a pot of boiling water and boil for $3\frac{1}{2}$ hours. Turn out and serve with custard sauce.

UNCLE TOM'S PUDDING

Heat $\frac{1}{2}$ lb. of treacle in a basin. Mix with it $\frac{1}{2}$ lb. of flour, 4 ozs. suet; 2 ozs. brown sugar; 1 teaspoonful ground ginger; 1 teaspoonful of ground cinnamon; 1 teaspoonful of allspice; 1 teaspoonful of baking soda. Beat up 2 eggs and mix with a teaspoonful of buttermilk and add all to the ingredients. Mix them all together, pour into a buttered mould and boil for 2 hours.

AN EGGLESS PUDDING

4 oz. each flour, bread-crumbs, sugar and suet, 4 tablespoonfuls of jam, 2 oz. sultanas, 2 oz. peel, $\frac{1}{2}$ teaspoonfuls bicarbonate of soda, $\frac{1}{2}$ pint milk.

Mix all well together with $\frac{1}{2}$ pint of milk, steam for 2 $\frac{1}{2}$ hours.

STEAMED GINGER PUDDING

3 heaped tablespoonfuls chopped suet, 3 heaped tablespoonfuls flour, 3 heaped tablespoonfuls bread-crumbs, 1 dessert-spoonful treacle, $\frac{1}{2}$ teaspoonful ground ginger, a little milk, 2 oz. sugar, 1 teaspoonful baking powder.

Mix all dry ingredients, dissolve treacle in milk and add, making the mixture not too stiff. Put in buttered basin, cover and steam 1 $\frac{1}{2}$ to 2 hours.

HUNT PUDDING

$\frac{1}{2}$ lb. chopped suet, 8 ozs. flour, 1 tablespoonful of treacle, 1 teaspoonful baking soda, 2 tablespoonfuls sugar, 4 teaspoonful sultanas or jam, 1 cup of sour milk.

Mix well. Steam for 2 hours or longer.

SYRUP SPONGE

$\frac{1}{2}$ lb. flour, $\frac{1}{2}$ lb. suet, $\frac{1}{2}$ cupful sugar, $\frac{1}{2}$ teaspoonful ginger, $\frac{1}{2}$ teaspoonful baking soda, $\frac{1}{2}$ cupful of milk, $\frac{1}{2}$ cupful of syrup or treacle.

Mix all well together, put into a greased mould, cover with greased paper and steam 2 $\frac{1}{2}$ hours.

FIVE-CUP PUDDING (Steamed)

1 teacup bread-crumbs, 1 teacup seed tapioca, 1 teacup sugar, 1 teacup suet, 1 teacup milk, $\frac{1}{2}$ teaspoonful baking soda, 1 tablespoonful marmalade or jam, a few raisins or other dried fruit if liked.

✓ Soak tapioca in milk, add bread-crumbs, suet, sugar, marmalade and soda. Put into a buttered basin and steam for $2\frac{1}{2}$ hours.

CARROT PUDDING

1 cup sugar or syrup, 1 cup raisins, 1 cup currants, 1 cup grated carrots, 1 cup grated raw potatoes, $\frac{1}{2}$ cup suet, 1 cup of flour, 1 cup of bread-crumbs, $\frac{1}{2}$ teaspoonful salt, 1 teaspoonful soda dissolved in a little warmed milk or water.

✓ Mix all ingredients together. Steam $2\frac{1}{2}$ hours.

DATE PUDDING

$\frac{1}{2}$ lb. dates, 2 teacupfuls bread-crumbs, 1 teacupful flour, $\frac{1}{2}$ teacupful sugar, $\frac{1}{2}$ teaspoonful bicarbonate of soda, 1 teacupful cream of tartar, 1 large tablespoonful butter, 1 egg and milk.

Rub butter into flour, add all dry ingredients, then dates stoned and chopped. Beat up egg and mix with milk, add 1 dry ingredients, making a soft batter. Pour into greased pudding dish. Cover with buttered paper and steam for 2 hours. Other dried fruit—e.g. figs, raisins, etc.—can be used.

RUTHVEN RURAL PUDDING

$\frac{1}{2}$ oz. suet, 2 oz. bread-crumbs, 2 oz. flour, 4 oz. marmalade, 2 tablespoonfuls sugar, 1 egg, 1 teaspoonful baking powder a little milk.

Mix all the dry ingredients together. Add the milk and egg well beaten. Beat into a soft paste. Pour into a buttered mould and steam for 2 hours.

PLUM PUDDING

12 oz. bread-crumbs, $\frac{1}{2}$ lb. chopped suet, $\frac{1}{2}$ lb. sultana raisins, $\frac{1}{2}$ lb. Valencia peelings, $\frac{1}{2}$ lb. currants, juice of 2 lemons, milk to moisten, 4 oz. flour, 1 apple, $\frac{1}{2}$ lb. sugar, 4 large eggs, 1 teaspoonful salt, 1 teaspoonful mixed spices, 1 teaspoonful cinnamon.

Chop suet and apple finely, prepare fruit, and mix all dry ingredients together, beat up eggs, add to mixture with a little milk to moisten. Make it a soft dough, place in a greased basin and steam for 3 hours at first, then for other 3 hours when required. If lower eggs are used, put in a little baking powder.

✓ Mix all ingredients together, beat up eggs, add to mixture with a little milk to moisten. Make it a soft dough. Steam in a greased basin.

MY

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1 lb.
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1 cup bread
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teaspoon

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4 oz. currant
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This makes a

Sugar

Short Pastry
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in a hot oven

red.

Almond

MY GRANDMOTHER'S PLUM PUDDING

1 lb. suet, 1 lb. bread-crumbs, 1 lb. currants, 8 eggs, 1 lb. raisins,
1 lb. sulfura raisins, $\frac{1}{2}$ lb. mixed peel, $\frac{1}{2}$ lb. sugar, brandy
or whisky to moisten.

Chop the suet very fine and mix it into the bread-crumbs,
rubbing down any lumps. Prepare all the fruit and mix with
bread-crumbs and suet, break in the eggs one by one and stir
well. Add brandy till the pudding is moist but not too wet.
Flour a pudding cloth and put the pudding in it, tie up, allowing
room to swell, and boil for six hours. The great secret of success
is to keep the pudding boiling briskly all the time. If the water
boils in and more has to be added, it must be filled up from a
boiling kettle.

PIES, TARTS, Etc.

BUTTER SCOTCH PIE FILLING

1 cup brown sugar, 4 tablespoonfuls flour, 1 cup milk (scalded),
4 tablespoonfuls cold water, 2 tablespoonfuls butter, 1
teaspoonful vanilla, 1 egg.

Mix sugar and flour together and add scalded milk, water
and butter and mix thoroughly, cook slowly till thick; take
from the fire and add flavouring and yolk of egg and mix well
again. Put in a cooked pie crust with whipped white of egg on
top and brown slightly in oven.

FELIXSTOWE TART

4 oz. cornflour, 4 oz. ordinary flour, 1 tablespoonful sugar, 3 oz.
margarine, 1 egg, 1 small teaspoonful baking powder,
little milk if necessary.

Rub butter into the flour, etc., add egg to little milk and mix
to a stiff dough. Knead well and roll out to fit round tin, pinch
up edges all round to make a wall about $1\frac{1}{2}$ inches high. Into
centres (lined with buttered paper) put pieces of stale bread,
bake till a golden brown. Remove bread and put back into
oven to dry. When cold, fill up hollow with any kind of stewed
fruit, covering this with whipped cream or meringue. Decorate.
This makes a very nice summer sweet.

Syrup PLATE TART OR TARTILETS

Short Pastry See page 164.

Place pastry in tart tins. Fill ~~each~~ with a teaspoonful of
syrup, into which drop a teaspoonful of bread-crumbs. Bake
in a hot oven for 30 minutes.

Set.

Alternate with kernels of peaches

or little
stewed fruit

Pushy perum page page 164

Use water

LEMON MERINGUE PIE

1½ cups sugar, ½ cup flour, ¼ teaspoonful salt, 1 cup boiling water, grated rind of 1 lemon, 2 egg yolks, 1 tablespoonful butter, ¼ tablespoonful lemon juice.

Mix sugar, flour and salt, add boiling water, stirring constantly. Allow to come to boiling point directly over the heat, then cook in double boiler 15 minutes. Add butter, yolks, lemon juice and rind and mix thoroughly. Pour into a baked pie-crust. Make a meringue by beating 3 egg whites until stiff, and adding ½ cupful castor sugar and 1 teaspoonful lemon juice. Pipe on pudding and bake in a slow oven 20-30 minutes, or till light biscuit colour. Serve cold.

LEMON PIE (I)

Short Pastry (5 oz. plain flour, etc.).

1 lemon, 1 egg, 2 tablespoonfuls sugar, 1 small dessertspoonful flour.

Cover baking plate with pastry. Beat egg and sugar together, mix in flour and juice of lemon. Spread this filling over the pastry and cover with lid of pastry. Bake in sharp oven until a nice brown.

LEMON PIE (II)

3 oz. potatoes, boiled and rubbed through a sieve, 3 oz. fresh butter, 3 oz. sifted sugar, 2 eggs, juice and grated rind of one lemon.

Line a shallow plate or tin with 4 oz. puff paste and cook blind. Put the potatoes in a deep basin, add the butter, sugar and eggs, one by one, beating well for 15 minutes, last add the lemon and bake in cooked puff paste case for about half an hour. Good hot or cold.

LEMON PIE (III)

Short Pastry (3 oz. flour, 1½ oz. margarine, pinch of salt, sugar and baking powder).

1 cup brown sugar, butter size of walnut, 2 heaped dessertspoonfuls flour, juice of 1 lemon, yolk of 1 egg, 1 cup water and 1 ct. milk.

Frosting:

1 white of egg, 2 tablespoonfuls castor sugar.

Blend flour with a little milk, then add all other ingredients and mix thoroughly. Put into a pan and cook till thick. Pour on to cooked pastry and spread over with frosting. Place in oven until a nice brown. For frosting, beat white of egg till stiff and add 2 tablespoonfuls sugar.

1 lemon
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lemon juic
top. Put
nice brown

Make 6
4 oz. of
dish with
2 eggs in
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warm and
oven for
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boil juic
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Pastry.
3 oz. flu
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a l

Put all
them, be
paste. If
thinly 1½
and pinch
sugar on
till paste
very stiff

LEMON PIE (IV)

1 lemon, 1 egg, 4 oz. granulated sugar, 2 oz. castor sugar, 2 oz. cornflour, a pinch salt, a little cold water and boiling water — a pint or more.

Put cornflour, salt, and grated rind of lemon into a bowl and mix to a thick cream with a little cold water. Separate yolk of egg from white. Beat up white and add castor sugar to the white of egg. Pour sufficient boiling water over the thick cornflour until it begins to clear and is like starch. To this add the 4 oz. sugar and yolk of egg, stirring all the time, and lemon juice. Pour into pudding dish and put white of egg on top. Put into a moderate oven to set and let cool. This is a nice summer pudding.

MARMALADE TART

Use plate or dish with short crust pastry
 Make 6 ozs. of short pastry by rubbing in 2 ozs. of lard into 4 ozs. of flour and mix with water. Roll out and line a plate or dish with it. Then add the following mixture:—Beat together 2 eggs in a bowl and add to them 3 tablespoonfuls milk, 1 tablespoonful sugar, 1½ ozs. butter melted, and 1 tablespoonful marmalade. Pour mixture into lined plate and bake in a hot oven for about 20 minutes, reducing the heat after the first 7 minutes.

OPEN FRUIT TART

1 tin apricots, or any fruit, 2 tablespoonfuls sugar.

Cook fruit, juice and sugar for 10 minutes. Lift out fruit, boil juice to a syrup, and set fruit with juice poured over it to cool.

Use short pastry as for Marmalade Tart
 Paste.

1 oz. flour, 3 oz. cornflour, 3 oz. butter, ½ of a tablespoonful baking powder, 1½ tablespoonfuls sifted sugar, yolk of an egg and a little milk.

Put all dry ingredients into a basin, rub butter finely amongst them, beat up yolk with a little milk and moisten all to a stiff paste. Brush an ashet over with water, then roll out the paste thinly 1½ inches larger than ashet, turn up 1½ inches all round and pinch inner edge. Brush edge with water and sprinkle sugar on it, prick bottom with a fork. Bake in a moderate oven till paste is crisp, put fruit in centre, whip up whites of two eggs very stiffly with sifted sugar and pile up on top of fruit.

ALMOND TARTLETS

2 oz. short crust pastry, 2 oz. almonds, 1 oz. butter, 1 oz. sugar, half beaten egg, $\frac{1}{4}$ teaspoonful lemon juice, little grain lemon rind.

Blanch the almonds and chop finely. Cream butter and sugar and beat in the egg with the almonds, lemon juice and rind. Make pastry and roll out thinly. Cut in rounds and line greased patty tins evenly. Half-fill tins with mixture, place in a hot oven till pastry is set, then reduce the heat and cook more slowly about 30 to 40 minutes, till firm and pale brown colour.

COCOANUT PIE

2 cups milk, $\frac{1}{4}$ cup sugar, 2 eggs, 2 tablespoonfuls butter, $\frac{1}{4}$ oz. cocoanut, 2 tablespoonfuls cornflour, 1 teaspoonful vanilla, pinch salt.

Blend cornflour with a little milk, scald rest of milk, add cornflour, cook for a few minutes, then add the beaten yolks of eggs, sugar, salt, vanilla and butter. When cooked, add cocoanut. Put into cooked pie crust with whipped whites of eggs on top and brown slightly in oven.

Use with meringue from 2 with 2 eggs + 4 oz. sugar. Bake in very slow oven until set (1-2 hours)

OTHER PUDDINGS

MADEIRA PUDDING

Line a pudding dish with puff paste; lay on this strips of orange and lemon peel, spread over the peel some raspberry jam, then fill the dish with the following mixture:— $\frac{1}{4}$ lb. butter, $\frac{1}{4}$ lb. sugar. Beat them up together to a cream, then add 2 eggs well beaten up, add them gradually to the butter, just at the moment before putting the pudding in the oven. It should be baked for 2 hours in a very slow oven.

EVE'S PUDDING

1 lb. apples, 2 tablespoonfuls water, 2 tablespoonfuls sugar.

Stew apples and put in greased dish, then cover with the following mixture:—

1 egg, 2 oz. butter, $\frac{1}{4}$ lb. flour, 2 oz. sugar, $\frac{1}{4}$ teaspoonful baking powder, 2 tablespoonfuls water.

Beat sugar and butter to a cream, add egg well beaten, milk and flour, *very* baking powder. Spread over apples and bake in a moderate oven for 30 minutes.

fruit consisted of apples.

BAKED PUDDING

3 oz. flour, $\frac{1}{2}$ teaspoonful baking soda, 3 oz. margarine or lard, 1 teaspoonful cream of tartar, 1 oz. custard powder, 2 oz. sugar, a few raisins, if liked, $\frac{1}{2}$ pint milk and water.

Mix dry ingredients, rub in margarine or lard, mix with milk and water, pour into a greased dish and bake for $\frac{1}{2}$ hour.

LEMON PUDDING

3 sponge cakes, 2 oz. butter, 1 tablespoonful castor sugar, 2 eggs, 1 lemon, cup of milk, 1 oz. brown sugar, 1 tablespoonful red jam.

Soak sponge cakes in milk till soft, then beat with a fork until free from lumps. Grease a small pudding dish with butter and pour in the cake and milk. Add jam and brown sugar. Beat the white of 1 egg stiffly and add to the other ingredients and give all a final beat before putting into the oven. Cook for 20 minutes in a gentle oven till slightly browned. Meantime beat the yolks of the eggs with castor sugar and pour over them the juice of the lemon and finely grated rind. Stir in the butter and cook gently over a slow fire until all is melted and the eggs begin to thicken slightly. Beat the remaining white of egg thoroughly and stir into the lemon mixture. Pour over the baked pudding and allow to stand 7 minutes in the oven. Wrap the dish in a serviette and serve with whipped cream.

MOCHA PUDDING

2 eggs, 4 oz. castor sugar, $2\frac{1}{2}$ oz. sifted flour, $\frac{1}{2}$ pint whipped sweetened cream, coffee water icing, coffee butter icing.

Beat the eggs, add the sugar, and whisk over a pan of hot water until the sugar is melted, then whisk again till cold. Add flour (sifted). Turn into a carefully greased timbale mould. Bake in a very moderate oven until set and a pale brown colour (about half an hour). Turn out and allow to cool. Cover with coffee water icing and let it set. Decorate with coffee butter icing and fill up the centre with cream.

NORFOLK PUDDING

1 cupful flour, $\frac{1}{2}$ cupful sugar, $\frac{1}{2}$ cupful sultanas, 1 teaspoonful cream of tartar, $\frac{1}{2}$ cupful margarine, $\frac{1}{2}$ cupful milk, 1 teaspoonful soda, 1 egg.

Rub margarine into flour and add sugar, cream of tartar and sultanas. Warm the milk and stir in soda. Make a hole in centre of flour. Put in first egg, then the soda and milk. Beat well. Put in a greased pudding dish and bake in a moderate oven for half an hour.

QUEEN OF PUDDINGS

1½ cups fine bread-crumbs, 1 pint milk (boiled), 3 tablespoons white sugar, 1 oz. butter, 2 eggs, flavour of lemon, if desired.

Pour the milk over the bread-crumbs, sugar and butter, on the yolk of beaten eggs. Butter a dish, pour in the mixture and bake in a hot oven till set and nicely brown. Remove from oven, spread with raspberry jam, then put on the stiff-beat whites roughly (with a little sugar in them), return to the oven and bake till lightly brown.

SUN-DRIED RAISIN BREAD PUDDING

1 breakfastful stale bread, 1 pint scalded milk, 2 oz. eggs, 1½ tablespoons butter, 1 egg, ¼ teaspoonful salt, ½ teaspoonful vanilla, ¼ cup raisins.

Soak bread in milk, cool, add sugar, salt, butter, beaten egg yolk, vanilla and raisins. Bake 40 minutes in slow oven. ^{Keep in} with custard made of stiffly beaten egg (white) and 1 tablespoonful sugar. Brown and serve.

SWISS PUDDING

1 lb. stewed apples, ½ lb. bread-crumbs, 2 oz. cust., 3 tablespoonfuls brown sugar, ½ oz. butter.

Stew apples till tender. Chop cust. finely, and mix with bread-crumbs and sugar. Grease a pie-dish. Put half the mixture at the bottom, then put in the stewed apples and the rest of the mixture. Break butter in small pieces and place on top. Bake half an hour in a sharp oven.

CHOCOLATE AND DATE PUDDING

2 oz. bread-crumbs, 1 pint milk, 1 egg, 4 oz. castor sugar, ¼ cup chopped dates, a few drops of essence of lemon or vanilla, 1 bar plain chocolate or 2 tablespoonfuls cocoa.

Break a stick of chocolate in small pieces and dissolve in the milk. Stir in bread-crumbs, dates, sugar and pinch of salt. Beat all with a wooden spoon, add beaten egg and bake. Serve with custard or cream.

RHUBARB AND TAPIOCA

Fill a pie-dish with pieces of cut rhubarb, sugar to taste, and to every 1 lb. of rhubarb 2 tablespoonfuls of tapioca. The quarters fill the pie-dish with water and bake in a moderate oven till the tapioca has dissolved into a jelly and the rhubarb is quite tender. ^{or} served hot, send to table with a custard if cold, put in glass dish and serve with custard sauce.

1 cup sugar
flavour

Put sugar in water over fire and cured as sugar and flavoured apple. Sprinkle moderate oven

1 lb. of cust.

Choose any them. Fill a pie-dish with a pat of butter in and cook in moderate oven

4 oz. cust.

Wash the milk. Mix the mixture and

1 cup flour
garden
if you
sugar

Mix flour, roll out, spread edges. Bake and pour over

Melt together (syrup), 1 cup pastry and

Take 2 cups
Beat the butter of baking powder some Castor oven for 20 to turn out

SAGO AND APPLES

1 cup sago, 4 apples, sugar to sweeten, small bit of butter, any flavouring liked—ginger, cloves.

Put sago in pudding dish and well wash it, then pour boiling water over till the dish is three-parts full, have apples pared and cored and put whole into the sago, fill up the hole with sago and flavouring and put a tiny bit of butter on top of each apple. Sprinkle the whole with sugar and bake for 1 hour in a moderate oven or till apples are soft.

Baked Apples Delight

1 lb. of cooking apples, raisins and a little margarine or butter.

Choose apples as near the same size as possible, wipe and core them. Fill up the centre with raisins, no sugar required. Put a pat of margarine or butter on top. Place in a greased baking tin and cook in a moderate oven about 40 minutes. ~~Serve with custard sauce.~~

COTTAGE PUDDING

4 oz. cooked potatoes, 1 pint milk, 2 eggs, 2 oz. sugar.

Wash the potatoes, add the sugar, the eggs, and lastly the milk. Mix well together. Grease a pie-dish. Pour in the mixture and bake for 1 hour.

BAKED ROLY POLY

1 cup flour, 1 teaspoonful baking powder, 1 tablespoonful margarine, pinch of salt, 2 or 3 apples, rhubarb or sugary jam if you have any. If apples or rhubarb are used, to save sugar, melt a little syrup and pour over.

Mix flour, salt and baking powder to a stiff paste with water, roll out, spread on fruit or jam, wet edges and roll up, sealing edges. Bake on a flat tin for half an hour; or put in a pie-dish and pour over the following syrup:—

Melt together in a saucepan—a small 1/2-cup sugar (or a little syrup), 1 small 1/4-cup margarine, 1 large cup water. Pour over pastry and bake in a good oven for about 1 1/2 hours.

CASTLE PUDDINGS

Take 2 eggs, their weight (each) in flour, butter and sugar. Beat the butter to a cream, add the flour and sugar, a teaspoonful of baking powder; beat the eggs and add to above. Half-fill some Castle pudding tins (or small cups) and bake in a moderate oven for 20 minutes. Tins or cups to be well greased in order to turn out whole.

APPLE CHARLOTTE (B)

Line a butter pudding dish with slices of bread dipped in melted butter and syrup. ~~Put~~ dipped side next dish. Stew some apples and pour in ~~sauce~~ with bread also dipped in butter and syrup. Bake in ~~oven~~ for half an hour.

APPLE CHARLOTTE ~~(A)~~

4 oz. bread-crumbs, 4 oz. sugar, 2 lb. apples, 2 oz. margarine.

Grease pie-dish and alternately fill with layers of crumbs, apples peeled and sliced, sugar and pieces of margarine. Make last layer of crumbs and a squeeze of lemon juice. Bake in a moderate oven about 1 hour.

Charlotte
same way
John's made in his

GOLDEN DELIGHT

Slices of bread soaked in milk flavoured with vanilla for 20 or 30 minutes. Melt 2 oz. margarine and 2 tablespoonfuls of golden-syrup stirred in and simmer until golden brown. Put in the bread, leave 8 or 10 minutes, basting it with the liquid. Lift out with fish slice and put on dish, pouring any remaining liquid round.

BREAD AND BUTTER PUDDING

John Watson
Cut some slices of bread and spread thinly with butter, then cut into ~~small~~ ~~slices~~. Grease a pudding basin, sprinkle in a few currants (jam or marmalade may be used), adding sugar to taste, till bowl is two-thirds full. Beat up an egg and pour over bread with just enough milk to moisten the bread. Do not stir. Cover with a greased paper and steam from 1 to 1½ hours. Or bake 40 minutes.

DELICIOUS RHUBARB PUDDING

Put thin slices of bread in a pie-dish (crusts off). Have some stewed rhubarb and put carefully over the layer of bread while at boiling point, then put another layer of thin bread and more rhubarb and so on till you have the required quantity, the last layer being rhubarb. Then next half a jelly square (strawberry or raspberry), if it be a very large dish a whole square. Pour gently and regularly over the dish, set aside to cool, overnight is best. The next day it turns out a beautiful jellied shape. It can be served with whipped cream or a good sweet sauce. It can be made with any soft fruit.

PRUNE CHARLOTTE

1 lb. prunes, 6 slices of buttered bread, sugar to taste.

Soak prunes overnight and in the morning remove the stones. Place the fruit over the fire in the water in which it was soaked and simmer till very tender, sweeten to taste. Butter thin slices of bread and line a pudding bowl with them. Pour the hot stewed prunes over the bread, then cover with a second layer of bread; continue till dish is full, fitting them together so that each layer is complete. When finished, press a plate over top of dish and leave several hours to cool; then turn on to a glass dish, sprinkle with fine sugar, serve with thick cream.

SUMMER PUDDING

1 pint stewed fruit, 4-5 slices of bread.

Line basin with bread and pour in stewed fruit, covering with a round of bread. Press with a saucer or plate with weight on top and leave overnight. Turn out and serve with custard sauce.

ALPINE SNOW

1½ lbs. cooked apples, 1 oz. castor sugar, ¼ pint water, rind and juice of half a lemon, whites of 2 eggs.

Wash apples and cut in pieces, put in a stew-pan with water, sugar, lemon rind and juice. Stew gently until quite tender, then rub through a hair sieve and whip whites of eggs. When the apple pulp is quite cold, fold in the stiffly beaten whites. Colour with cochineal if desired and heap on a glass dish.

APRICOT CREAM

Dissolve ¼ oz. gelatine in 1 gill milk and whip up 1 gill of double cream to a stiff froth. Take ¼ tin apricots, strain the juice from them, cut up the fruit into small pieces, add a table-spoonful of juice and 1 oz. castor sugar. Mix these with the cream and add the milk and gelatine. Pour the mixture into a wetted mould and turn out when set.

DRIED APRICOT PUDDING

¼ lb. dried apricots, 2 oz. tapioca or sago, 1 oz. sugar, or more to taste.

Soak the tapioca, simmer apricots in plenty of water till quite pulpy, add tapioca and, lastly, sugar to prevent burning. Can be used hot or cold. A little whipped cream makes it excellent.

BONITA PUDDING OR CREAM

3 eggs, $\frac{1}{2}$ lb. castor sugar, $\frac{1}{2}$ oz. gelatine, juice of 2 lemons and rind of 1, half tumbler of water.

Dissolve gelatine in water. Separate yolks from whites and beat yolks and sugar for 10 minutes. Add lemon juice and grated rind, then add gelatine. Mix well and pour into crystal dish and set in whites of eggs beaten to a stiff froth. When set decorate with whipped cream. Best to be made day before required; if to be used as soon as set $\frac{1}{2}$ oz. of gelatine should be used.

BROWN BETTY PUDDING

Grate $\frac{1}{2}$ lb. brown bread into a bowl, stir in 1 lb. raspberry jam or arrange in layers. Grate 2 bars chocolate and mix all thoroughly. Leave till next day, stir well and put into crystal dish and serve with cream.

BURNT RICE

Wash 2 tablespoonfuls of rice and cook 20 minutes in boiling water with a little salt, strain, and be sure every grain separates. Beat $\frac{1}{2}$ pint cream stiffly with a little sugar, add rice and vanilla flavouring. Blanch some almonds and brown them in the oven, then chop them, and mix with the rice and cream.

Use 1 can custard
page 90 CARAMEL CREAM Custard

Put $\frac{1}{2}$ lb. soft sugar in a stew-pan with enough water to cover it, let it boil till it becomes a nice brown colour, taking care not to let it burn, then add a very little more water and let it boil up again. Then make a custard with 2 yolks of eggs and a little milk and the boiled sugar. When it is cold, add $\frac{1}{2}$ oz. gelatine melted and a jar of whipped cream and put in a mould.

CARAMEL PUDDING

4 oz. sugar, 1 gill water—caramel, 1 oz. ground rice, 3 gills milk, 2 eggs, 1 oz. sugar, vanilla.

Put sugar and water into unlined pan and place over strong heat till caramel is of a golden brown colour—do not stir. Pour the caramel into pudding mould and line the mould evenly. Next prepare the ground rice as for ordinary milk pudding, and when made, pour into the mould and steam steadily for 1 to 1 $\frac{1}{2}$ hours. When cooked turn out on flat ashet—the surplus caramel forming a sauce round the pudding.

White rice can be used instead
of ground rice

COLD CHOCOLATE SOUFFLE

$\frac{1}{2}$ lb. chocolate, 4 eggs, 5 oz. castor sugar, ~~4~~ ² ~~ounces~~ gelatine.

Work sugar and yolks in a basin for 10 minutes. Melt chocolate in a little milk, add to mixture and the melted gelatine. Whip whites of eggs very stiff, mix all together. Pour into souffle dish; add whipped cream to the top.

CHOCOLATE MOULD

$\frac{1}{2}$ gill water, 1 heaped teaspoonful Cox's powdered gelatine, 1 heaped tablespoonful cocoa, $1\frac{1}{2}$ ~~tablespoonfuls~~ ^{teaspoonfuls} sugar, $\frac{1}{2}$ pint milk, 1 white of egg.

Heat milk, add cocoa and mix well. Add sugar, mix gelatine with cold water, just before it is wanted and mix with milk, etc. When mixture is cool add stiffly beaten white of egg, and mix well. Pour into glass dish.

CHOCOLATE CREAM

$\frac{1}{2}$ lb. chocolate, $\frac{1}{2}$ pint milk, 1 tablespoonful cornflour, 1 table-
spoonful sugar, 1 teaspoonful vanilla essence.

Melt chocolate in milk over very slow heat, add cornflour mixed to a smooth cream with a little milk, sugar, essence. Stir over very slow heat until well cooked to a very smooth cream. Serve hot or cold.

CHOCOLATE MOUSSE

$\frac{1}{2}$ lb. Messlers' black chocolate, 4 eggs.

Place chocolate in a bowl in a saucepan of boiling water over the fire and stir until quite liquid and smooth. One by one drop in the yolks of the eggs, stirring all the time with a wooden spoon, add the whites stiffly beaten beforehand, and mix quickly and lightly. At once pour into a glass dish and leave to stand for 24 hours. It ought to stand not less than 24 hours and should not be moved. Serve with whipped cream spread over the top or as it is with plain cream. Sufficient for six persons.

DATE CREAM PUDDING

1 pint milk, $1\frac{1}{2}$ tablespoonfuls fine tapioca, 1 egg, $\frac{1}{2}$ cupful sugar,
 $\frac{1}{2}$ lb. dates.

Cook milk and tapioca together about 15 minutes, then add yolk of egg and sugar beaten together and dates. Cook about 15 minutes longer, remove from fire and fold in beaten white of egg. Serve hot or cold.

DELICIOUS SWEET

Melt a lemon jelly in 1 pint of water and, when starting to jelly, add 2 tablespoonfuls of castor sugar and whisk till frothy. Pour into a glass dish and allow to firm. Then divide the yolk from the whites of 3 eggs, add 4 tablespoonfuls of sugar and the grated rind of $\frac{1}{2}$ lemon to the yolks and whisk till light and creamy. Next add the strained juice of 3 lemons (2 if large). Dissolve $\frac{1}{2}$ oz. powdered gelatine in a little water and strain into egg mixture. Continue beating until the mixture feels beginning to set, then stir in gradually the whites of the 3 eggs already beaten to a stiff froth. Pour this on top of lemon jelly and serve with a little whipped and sweetened cream on the top.

DUNESSLIN PUDDING

2 tablespoonfuls flour, 1 tablespoonful sugar, 1 tablespoonful (small) butter, 2 tablespoonfuls jam, 2 eggs, $1\frac{1}{2}$ breakfast-cupfuls milk, lemon essence.

Put the jam into a medium-sized pudding dish, already buttered. Put the flour and sugar into a lined saucepan and add the milk gradually, then the butter and stir till it just boils and gets thick. Let it cool a little and add a few drops of lemon essence and the eggs well beaten. When quite smooth pour over the jam in a pie-dish and brown in the oven. A little stewed fruit may be used instead of jam.

FAIRY PUDDING

$\frac{1}{2}$ pint water, 2 tablespoonfuls of cornflour, 2 tablespoonfuls of sugar, 1 large lemon, 2 whites of eggs.

Put the water on to boil with the sugar, lemon rind and juice. When it boils take out the rind. Mix the cornflour with a little cold water and stir it in. Allow it to boil two or three minutes then turn it into a basin. Beat the whites of egg to a stiff froth and stir them through the pudding. Wet a mould with cold water and put the pudding into it. When cold, turn out and serve with the following sauce poured round :—

Yolks of 2 eggs, $\frac{1}{2}$ pint milk, 1 teaspoonful cornflour, 1 dessert-spoonful sugar, $\frac{1}{2}$ teaspoonful vanilla.

Let the milk get very hot. Mix the cornflour with a little milk and the yolks of eggs and beat together for a little. Then stir them into the milk and keep on stirring till it boils. Put it aside to cool.

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FRUIT JELLY

Dissolve $2\frac{1}{2}$ ozs. tartaric acid in a quart of cold water. Pour it over 5 lbs. of raspberries, strawberries or currants, or a mixture of all three. Let it stand 24 hours without pressing or bruising the fruit. To every pint of clear liquid add 1 lb. of powdered white sugar, stirring frequently till dissolved. Bottle the liquor, tying down the corks, and keep in a cool place. When required for table put $1\frac{1}{2}$ oz. gelatine in half cup of water; add 1 small tumblerful of boiling water. When entirely melted put in a pan with a bottleful of the liquor and stir till just boiling. Pour into moulds and serve with whipped cream.

FRUIT JUNKET

Any soft fruit such as raspberries, strawberries, ripe or tinned pears, or bananas may be used. Milk, fruit, syrup, individual glasses, rennet in correct proportion.

Arrange a little fruit in each glass required. Warm the milk to blood heat, stir in 1 tablespoonful of syrup to each pint used and 1 small teaspoonful essence of rennet. Fill up the glasses and set in a warm place to firm. Serve with cream.

Traditional Scotch

HATTED KIT (A very old Highland Dish)

Warm slightly over the fire 2 pints of buttermilk. Pour it into a dish and carry it to the side of a cow. Milk into it about 1 pint of milk, having previously put into the dish sufficient rennet for the whole. After allowing it to stand for a while, lift the curd, place it on a sieve, and press the whey through until the curd is quite stiff. Season with sugar and nutmeg before serving, whip some thick cream, season it also with a little grated nutmeg and sugar and mix gently with the curd. This dish can quite well be made without milking the cow into it, although the contributor's mother always considered that direct milking put a better hat on the kit.

IVORY CREAM

Peel and mash 5 large bananas till smooth, then beat in 5 teaspoonfuls icing sugar till free from lumps. Now whip a cup of cream till stiff and mix with banana pulp. Dissolve a packet of orange jelly in $\frac{1}{2}$ pint boiling water and leave till cold. Stir in cream mixture, pour into a wet mould and leave till set. Serve with whipped cream.

JACK FROST'S SNOWBALLS

Dissolve 1 oz. gelatine in a pint of new milk then add another $\frac{1}{2}$ pint and boil in it a teacupful of fine sago and $\frac{1}{4}$ lb. lump sugar. Let it boil together for 20 minutes, pour the mixture into six small china moulds which have been well soaked in cold water, and leave until next day. Turn out the little moulds in a glass dish and garnish with stewed fruit. Arrange on top of each mould a little whipped cream and cover all over with "hundreds and thousands."

LEMON SAGO PUDDING

1 pint water, 3 tablespoonfuls syrup, 2 tablespoonfuls sago, 2 tablespoonfuls sugar, 1 lemon.

Put $\frac{1}{2}$ of water, syrup and sugar on to boil, soak sago in rest of water, squeeze juice out of lemon. Put sago into boiling water, etc., and stir till it boils again, allow to cook until sago is done. Then add lemon juice and mix well. In the summer-time any fruit juice may be added instead of lemon.

LEMON-SPONGE

Soak 1 oz. of gelatine in 1 pint of water, allow it to stand 1 hour, then put into a saucepan with the rind of a lemon and $\frac{1}{4}$ lb. lump sugar. Simmer gently for half-an-hour, strain and allow to cool. When nearly cold add the juice of lemon and white of one egg and whisk until it becomes white and thick. Turn into a mould wet with cold water, and let it stand to set.

Orange can also be used.

MACEDOINE OF FRUITS IN JELLY

Tin of fruit salad, packet jelly (vanilla), 2 bananas.

Drain the juice from the fruit salad and with boiling water make up to one pint. Dissolve the jelly in this and pour over the fruits. A little whipped cream may be used to decorate.

NORWEGIAN CREAM

3 eggs, 2 oz. castor sugar, 3 tablespoonfuls warm water, $\frac{1}{4}$ oz. gelatine, vanilla essence, fruit—crushed and sweetened—raspberries or strawberries, or stewed soft fruit.

Beat whites and yolks separately, putting half the sugar with each. Mix lightly but well together, then beat a little longer. Dissolve the gelatine in the water and add to the egg mixture. Flavour with vanilla. Put in a glass dish, spread a layer of prepared fruit over. Pipe whipped cream on top. Thinned fruit or raspberry jam may be used.

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ORANGE CREAM

1 orange jelly, $\frac{1}{2}$ pint milk, $\frac{1}{2}$ oz. sugar, 2 eggs, $\frac{1}{2}$ pint almost boiling water.

Beat the eggs well, boil the milk with the sugar and pour over the eggs, whisking lightly, return to the saucepan, stir until the mixture is creamy but do not allow to boil. Dissolve the jelly in $\frac{1}{2}$ pint water, when cold but not set, whisk for two minutes and add gradually the egg mixture. Pour into wet mould to set. If liked, a little jelly may be put in bottom and decorate with cherries or other fruit.

ORANGE DELIGHT

Tin of oranges, orange jelly, 2 eggs, cup of water.

Drain juice from oranges, put on with water and bring to boil, pour on jelly and melt. When cold, but not set, beat up yolks of eggs and add them. Have the whites beaten stiff and fold in. When cold decorate with cream and oranges.

ORANGE FLUFF

2 oranges, $\frac{1}{2}$ lemon, 2 eggs, 2 tablespoonfuls sugar, 2 tablespoonfuls water, $\frac{1}{2}$ oz. powdered gelatine, sponge finger biscuits.

Put the sugar and yolks of eggs into a basin and cream together. Add the grated rind of 1 orange and $\frac{1}{2}$ lemon. Mix thoroughly. Dissolve the gelatine in the water, add the juice from the oranges and lemon. Mix and strain into the egg mixture. Beat till beginning to set. Whip the egg whites till stiff and mix in lightly. Line individual glasses or one large dish with the finger biscuits and fill up with orange mixture. Serve very cold.

ORANGE AND RICE PUDDING

Boil 2 tablespoonfuls of rice in milk, sweeten and add a little vanilla. When cold, put into a glass dish and slice some oranges on the top. Boil the rind and juice of 4 oranges with 1 gill of water and sugar. Mix 2 teaspoonfuls of arrowroot in water and add. Bring to the boil and pour over the oranges and serve cold.

ORANGE SEMOLINA

Rind and juice of 2 oranges or 1 lemon, 2 good tablespoonfuls semolina, 6 tablespoonfuls sugar, 3 teacups water.

Put 2 cups of water and sugar on to boil, mix semolina, rest of water, and add and boil quickly for 5 minutes. Add orange and heat until light and creamy.

ORANGE SOUFFLE

Juice of 6 oranges, 3 oz. sugar, 3 eggs, 10 leaves gelatine or half half an oz. powder gelatine.

Beat yolks and sugar to cream. Melt gelatine with teaspoonful of water, add to strained juice. Pour juice and gelatine into yolks and sugar. Mix well. When it begins to set, add the stiffly beaten whites, and put in mould which has been rinsed in cold water.

PARTY CREAM

Make a pint lemon jelly with jelly square, and when nearly set, add a pint of warm blancmange made with cornflour flavoured with a few drops lemon essence. Beat both together with a whisk and put in a wetted mould. When set, turn out into a glass dish and smother with whipped cream and put teaspoonful of apple jelly as a decoration.

PRUNE FLUFF

Steep $\frac{1}{2}$ lb. prunes in just enough water to cover—all night. Next day stew till soft and take out the stones and mash well up with a fork. Beat the whites of 3 eggs into a very stiff froth, mix in the prunes, beating thoroughly. Put into individual cups and serve with cream if possible.

RICE AND APPLE PUDDING

Cook rice same as for Orange Pudding, but set it in a mould. When set turn out, fill centre of mould with a-boiled custard. Stew some apples, pass through a sieve, add just enough gelatine to stiffen, and colour one-half with carmine. Put on plates to set, cut out in fancy shapes and decorate the rice. Put a little apple jelly on top of custard in the centre.

JELLY

$\frac{1}{4}$ bottles kola or other coloured aerated water, 2 dessertspoonfuls powdered gelatine, 2 dessertspoonfuls sugar.

Put in pan till gelatine is dissolved, but do not boil.

"RODE GROED"—A DANISH JELLY

2 pints of raspberry or red currant juice, 2 oz. arrowroot or cornflour, sugar to taste.

To make the fruit juice, take one pound of raspberries and one of red currants. Pick them carefully, washing the currants if necessary. Squeeze the fresh fruit through a jelly cloth. Measure the juice carefully and allow arrowroot or cornflour in the above proportions. Put the juice into a clean pan and let it heat. Add the arrowroot and sugar, mixed smoothly with a little water, and stir until boiling. Cook until clear—about 15 minutes—add more sugar if necessary. Let the mixture cool and then pour it into a glass dish. When thoroughly cold, serve with whipped cream on top, and garnish with a few whole raspberries.

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SAGO JELLY

2 dessertspoonfuls sago (white), 1 pint water, 1 jelly (any flavour).

Clear the sago in the water over a gentle heat, add the jelly and stir till melted. If liked, a little sugar may be added to the sago. Pour into dish. When cold, decorate with cream or just before setting, whisk in the white of an egg beaten stiff.

SAGO AND RASPBERRY MOULD

$\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ lb. raspberries, 1 tablespoonful small sago, 1 pint water.

Let the sago and water boil for a few minutes until clear, then add the fruit (if the raspberry seeds are objected to, pass through a sieve before cooking), put in the sugar, and let it boil 7 or 9 minutes. Pour into a deep mould and let it get cold. Serve with cream.

SEMOLINA SNOW

1 oz. semolina, 5 oz. sugar, 3 breakfastcupfuls of cold water, grated rind and the juice of a lemon or orange, stewed apples.

Put 2 of the cups of water in pan to boil. Mix the semolina, sugar and lemon with the other cup of water, add to hot water, and boil till cooked (about 5 minutes). Put into large bowl, add some stewed apples (or two bananas cut in small pieces), switch half an hour or until frothy. Serve with cream.

SPONGE CAKE PUDDING

4 penny sponge cakes, strawberry jam, $\frac{1}{4}$ wineglassful of water, few drops lemon essence, 1 dessertspoonful sugar, 1 pint thin custard.

Split and spread sponge with jam, place in dish and pour over water to which lemon and sugar have been added. Cover with custard, stage till cold. Decorate with almonds, etc., and whipped cream.

SUMMER TRIFLE

$\frac{1}{2}$ pint gooseberry puree, 3 or 4 small sponge cakes, $\frac{1}{2}$ pint custard, 1 gill cream (thick).

Stew sufficient gooseberries, sweeten to taste, and sieve. Divide the sponge cakes and arrange in a glass dish. Pour the fruit over them and allow to soak. Make the custard with $\frac{1}{2}$ pint milk, 1 egg, 1 oz. castor sugar, in the usual way. Then carefully stir $\frac{1}{2}$ gill cream into it when it has cooled. Pour over the fruit, decorate with remainder of cream, whipped and sweetened to taste.

SYLLABUB

1 pint of cream, juice of 2 lemons, $\frac{1}{2}$ lb. sugar, glass of sherry.
Whisk till stiff. Put in glasses and let stand 12 hours.

TRIFLE

6 or 8 stale sponge cakes, 2 gills custard, $\frac{1}{2}$ gill sherry or more to taste, strawberry jam, 1 small tin fruit salad, 3 or 4 bananas, 1 oz. vanilla biscuits, $\frac{1}{2}$ pint double cream, and glace fruits and chopped nuts for decoration.

Slice the sponge cakes thinly and spread with jam. Arrange in layers in glass dish. Mix sherry with syrup of fruit salad and pour over the sponge cake. Then put a layer of sliced bananas, make custard, sweetening to taste, and while still warm put over sponge cake, keeping back about one-third. Slice fruit and place on top of custard, then add the remaining third. While quite cold put the cream, whipped and sweetened to taste, on top and decorate with fruits (cherries, etc.) and chopped nuts.

WHIPPED FRUIT JELLY

1 tin plums, $\frac{1}{4}$ oz. gelatine.

Separate the juice from the fruit, put fruit in glass bowl, and heat the juice enough to melt gelatine, pour almost half over fruit and leave the other half of juice to cool, then when it has begun to set whip up till fairly stiff and put on top of fruit. Place in a cool place till set.

GOOSEBERRY FOOL

Boil fruit in a little water till soft, strain off liquid, pass this through a hair sieve. Sweeten to taste. Mix with equal quantity of thick cream, or rich custard, and serve. Raspberries, loganberries, huckleberries, blackcurrants or apples may be used instead of gooseberries.

APPLE FOOL

4 apples, 1 twopenny sponge cake, 1 dessertspoonful sugar, 1 egg.

Bake apples till soft, scrape pulp out, add sugar and cake crumbled up and the egg (beaten). Whisk all together, stir over the fire till hot, and serve either hot or cold.

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FRUIT SALAD

1 orange, 1 apple, 2 bananas, a few black and white grapes, a few strawberries, raspberries and white heart cherries, small piece melon, castor sugar, 3 gills water, 6 oz. granulated sugar, 2 tablespoonfuls sherry, 1 gill cream, cochineal.

Prepare all the fruit. Peel and quarter the oranges, removing pith and seeds. Peel core, quarter and slice the apple, then cut across. Peel and slice the bananas. Cut the melon into small squares, having removed the skin and seeds. Wash and pick over the other fruits, mix them all together, sprinkle well with castor sugar and leave them to soak for about an hour. Boil the granulated sugar together with the water until a thick syrup is formed, strain this well, when cold add two tablespoonfuls sherry and sufficient cochineal to make a pale pink syrup. Heap the fruit into glasses, add a little syrup, but not sufficient to cover the fruits. Whisk the cream until it thickens shake a little on to each and garnish with black grapes.

APPLE PUREE

Wash apples. Cut in quarters ~~without skinning or coring~~. Put in a pan with very little water and boil till tender. Then put through a sieve. Sweeten to taste.

BATTERS

A batter is a mixture of flour and liquid mixed to the consistency of thick cream and well beaten. It is considerably enriched if an egg is added to the mixture. Batters are used for puddings, Pancakes, Coating, etc. Make the batter in a cool place. Mix the egg in smoothly, then beat, adding sufficient liquid to make beating easy. Beat the mixture thoroughly. Add the remainder of the liquid and allow to stand for at least half an hour. Subject to great heat at first, then lower the heat slightly. Serve immediately.

Proportions.

1 lb. of flour, $\frac{1}{2}$ pint of milk, 1 egg.

Proportions for Coating batter for fried food.

2 oz. flour, $\frac{1}{2}$ gill tepid water, 1 dessertspoonful of olive oil or melted margarine or butter, 1 white of egg, beaten stiffly.

(The white of the egg is used, and the fat is supplied in this case by the olive oil.)

PANCAKES

Batter, lard, sugar, lemon juice.

Cover the bottom of a clean frying-pan with fat and have it smoking hot. Pour in quickly enough batter to cover the bottom of the pan thinly. Cook till brown on one side, turn and brown on the other side. Turn on to sugared paper and sprinkle with sugar and lemon juice and roll up. Serve as soon as possible while they are still hot.

APPLE FRITTERS

3 or 4 apples, $\frac{1}{2}$ lb. flour, pinch salt, 1 tablespoonful salad oil, 1 gill or small teacupful tepid water, whites of 2 or 3 eggs.

Sieve flour into a basin and add pinch of salt. Make a well in the centre and add by degrees 1 gill of tepid water, mixing all the time. Beat until smooth and free from lumps, then add 1 tablespoonful of salad oil (or melted butter) and leave the batter to stand for some time. Just before using it, stir in the whites of eggs, beaten to a stiff froth. This can be used for all kinds of fritters, also for coating fish for frying.

Peel apples, cut them across core in slices of about $\frac{1}{2}$ inch thick, scoop out the cores. Have pan ready with 3 inches of smoking hot fat. Dip slices of apple in sugar, drop in batter coating them well, and fry a few in fat until they puff out and become brown. Care must be taken not to put too many fritters in the fat at the same time in case of lowering temperature, and they must get room to swell. When fritters are crisp, brown and puffed out, lift with skimmer, draining fat off. Let them dry on kitchen paper sprinkled liberally with sugar, flavoured with cinnamon if desired.

For serving, fritters should be arranged neatly on a hot dish with a dish-paper under them and sent to table as quickly as possible. Banana, orange or other fritters may be made in the same way.

BATTER PUDDING

4 oz. flour, 1 egg, $\frac{1}{2}$ pint of milk.

Sift flour into a bowl with a pinch of salt; make a hole in the centre, break in the egg. Stir egg and add half milk gradually. Beat well (10 minutes), add remainder of milk and let stand at least 1 hour. This mixture may be steamed or baked. One tablespoonful sugar may be added to make sweet, and currants, figs, etc., added, or pie-dish may be half-filled with stewed fruit and the batter poured over it and baked, or hot jam may be poured over after baking.

RHUBARB PUDDING

1 lb. rhubarb, 2 tablespoonfuls flour, tablespoonful syrup, pinch of salt, pinch of ginger, 1 oz. sugar, 1 dried egg, 2 oz. margarine, milk.

Stew rhubarb with a tablespoonful of syrup and a pinch of ginger, leave to cool. Take two tablespoonfuls of flour, pinch of salt, 1 oz. sugar, 1 dried egg and rub in 2 oz. margarine, add milk to make fairly thick batter, pour over rhubarb and cook till nicely brown.

The other half in oven can be used for a scone or teacake for the tea or a plate scone.

SIMPLE JAM OMELETTE

2 eggs, 1 teaspoonful caster sugar, pinch salt, 1 dessertspoonful water, 1 dessertspoonful milk, a little jam.

Whip the yolks and whites of the eggs separately. Add the salt, sugar, water and milk to the yolks and mix well, then stir in the whipped whites. Put 1 oz. of butter or lard in a small pan, turn in the mixture. Cook over a gentle heat: when it has cooked 2 or 3 minutes, when brown on one side, toss over and brown other side. Put a spoonful of hot jam on one half, fold over and serve at once.

WAFFER PUDDINGS OR SAUCER PANCAKES

2 oz. flour, 2 eggs, 1½ oz. butter, ¼ pint milk, 1 teaspoonful fine sugar.

Cream butter and sugar, add the eggs previously beaten, then the milk and flour. Mix well together lightly, pour into six buttered saucers and bake in a hot oven for about 20 minutes. Turn them out and upon the half of each put a spoonful of jam, fold over and serve quickly.

ST. HILLANS' PASTE

4 oz. flour, 2 oz. sifted sugar, 1½ oz. butter, 2 eggs, ¼ teaspoonful baking soda, ¼ teaspoonful cream of tartar, a pinch of salt, a little milk, stewed fruit, e.g., prunes, figs or apples.

Mix the dry ingredients together, rub in the butter, make a well in the middle and drop in the eggs, unbeaten. Mix to a thick batter with a little milk. Have the fruit in a medium-sized pie-dish and on it drop the batter in spoonfuls. Bake in a moderate oven for ¼ hour. If prunes or figs are used, be sure to have sufficient juice to cover the fruit, otherwise the pudding will be too dry. Sufficient for five persons.

Section VII

BAKING

"How he would creep and expand over a muffin."

"Practice makes perfect."

"He that will have a cake out of the wheat, must tarry to the grinding."

"Do what you can, being what you are;
Shine like a glow-worm if you can't be a star."

"The art of pissing is the art of rising in the world."

"To all the prize is open,
But only she can take it
Who says with Roman courage:
'I'll find a way or make it.'"

"Barley rigs and corn rigs and hasty rigs are lousy."

The women of Scotland have always been famous for the excellence of their baking, and Scottish scones and cakes are famous all the world over. That this is not a lost art among us is shown by the number of recipes sent for this section.

The success of baking depends largely on the proper regulation of the oven; small cakes need a hotter oven than large ones. For seed and pound cakes the oven must be rather hot, but only a moderate oven should be used for light sponge cakes and large cakes with baking powder; if a very light cake be put in a quick oven it rises rapidly round the sides but is hollow in the middle. The heat of the oven should be reduced after the cake has risen, otherwise it is liable to burn; the door of the oven should not be opened for the first seven minutes for small cakes, and twenty for large cakes or bread. Always open and shut the door very gently or the process of rising will be checked. An oven is moderate when a teaspoonful of flour browns while you count 30, a quick one while you count 12. Test cake with a heated skewer or knitting wire—when this comes out clean the cake is done. To make your biscuits light and flaky, handle as little as possible and get quickly into a hot oven.

AMERICAN LAYER CAKE

1 breakfastcupful castor sugar, $\frac{1}{2}$ teaspoonful butter, 3 egg yolks, pinch salt, 2 tablespoonfuls chocolate or cocoa, $\frac{1}{2}$ breakfastcupful milk, $1\frac{1}{2}$ breakfastcupful flour, $\frac{1}{2}$ teaspoonful cream of tartar, $\frac{1}{2}$ teaspoonful baking soda (flour, cream of tartar and baking soda sieved together), 2 whites of eggs, beaten stiff.

Method.—Cream butter and sugar, add beaten egg yolks and salt, beating well; add chocolate, then milk, stirring well. Lightly stir in the flour, soda and cream of tartar, and lastly add the stiffly beaten whites. Bake in sandwich tins in moderate oven.

Frosting.

$1\frac{1}{2}$ cupfuls granulated sugar, $\frac{1}{2}$ cupful water, whites of 2 eggs.

Method.—Boil sugar and water till it spins a thread, then pour it over beaten whites, beating well. Pour over cake.

Filling.

1 cupful chopped raisins and nuts, $\frac{1}{2}$ cupful sugar, $\frac{1}{2}$ cupful water, 1 tablespoonful flour blended with water, small piece butter, little lemon juice.

Method.—Boil till thick, spread quickly between layers of cake.

Note.—This cake never goes wrong.

BACHELOR CAKE

1 lb. flour, $\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. currants and sultanas raisins, $\frac{1}{2}$ nutmeg grated, 1 teaspoonful ground ginger, 1 teaspoonful cinnamon, 1 teaspoonful Royal baking powder, 3 eggs, $\frac{1}{2}$ teaspoonful boiling sweet milk.

Method.—Rub butter into the flour, add all the other ingredients. Mix with well beaten eggs, and as much milk as will make the whole into a smooth mixture. Bake in a moderate oven about $1\frac{1}{2}$ hours, covering top with a greased paper if oven is quick.

BERWICKSHIRE FRUIT LOAF

$1\frac{1}{2}$ lb. flour, $\frac{1}{2}$ lb. flour of rice, $\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ lb. butter, 2 lb. currants, 2 oz. lemon peel, 1 teaspoonful carbonate of soda, 1 pint of new milk.

Method.—Rub the butter into the flour. Clean currants, chop peel. Mix all dry ingredients, then add the milk, with the soda well dissolved in it, and bake in a good oven $1\frac{1}{2}$ to 2 hours.

BRIGADE CAKE

1 lb. flour, $\frac{1}{2}$ lb. moist sugar, $\frac{1}{2}$ lb. sultanas or raisins, 1 small teaspoonful of bicarbonate of soda, 1 teaspoonful spice, 6 oz. butter, 3 eggs.

Method.—Clean the fruit, beat butter and sugar to a cream, whisk the eggs and add them to the mixture. Sift in dry ingredients (flour and baking powder). Beat the mixture well, stirring in the fruit gently. Put in a lined and buttered tin and bake in a moderate oven for about 2 hours.

Various fruits and a larger quantity can be added, if desired.

CHOCOLATE CAKE (II)

4 oz. fat, 4 oz. sugar, 2 eggs (beaten), 8 oz. flour (plain), 2 level teaspoonfuls baking powder, 2 level teaspoonfuls Rowntree's cocoa, a little milk, few drops vanilla essence.

Method.—Cream fat, egg and sugar, add flour, cocoa, baking powder and salt. Mix to a soft consistency with a little milk, and add the vanilla essence. Put in a greased tin and bake in a moderate oven from 20-25 minutes.

CHOCOLATE CAKE (III)

1½ cups flour, 2 tablespoonfuls cocoa, ½ cup sugar, 1 teaspoonful vanilla essence, 1 teaspoonful bi-carbonate of soda, 2 tablespoonfuls melted margarine, ¼ teaspoonful salt, ½ to 1 cup sour milk, or coffee and milk, or sweet milk with 1 teaspoonful vinegar.

Method.—Melt margarine, stir in sugar till smooth. Add vanilla and sour milk—add dry ingredients. Put into 2 greased sandwich tins and bake in moderate oven for about 20 minutes. Put two together with following filling, some of which may also be used to ice the top.

Filling.

1½ oz. margarine, 1½ dessertspoonfuls cocoa, 1½ tablespoonfuls sugar, 1½ dessertspoonfuls hot black coffee.

Method.—Melt margarine, mix in dry ingredients and add hot black coffee. Cool slightly before spreading.

COCOANUT CAKE

4 oz. flour, 2 oz. margarine, 1 teaspoonful baking powder, 1 egg, a little over a cupful of coconut, less than 1 cup of sugar.

Method.—Rub margarine into flour, add baking powder and mix with the yolk of an egg. Roll out paste and line a sandwich tin with it, put coconut into a bowl with the sugar, switch up the white of egg, and add to the mixture; mix all thoroughly and fill tin with it. Any paste left over can be cut into strips and used to decorate top of cake. Put into moderate oven.

COFFEE CAKE

½ lb. butter, 2 oz. castor sugar, 2 eggs, ½ lb. flour, 2 small teaspoonfuls of baking powder, ¼ teaspoonful vanilla essence, 2 tablespoonfuls coffee essence.

Method.—Beat the butter and sugar to a cream, then add the eggs well beaten, separately. Add the other ingredients. Bake in fairly hot oven.

CORNFLOUR CAKE

4 oz. "Patent" cornflour, $\frac{1}{2}$ oz. "Raisley," 2 oz. butter, 2 eggs,
2 oz. sifted sugar, grated rind of 1 lemon.

Method.—Beat the butter to a cream, add the sugar and mix well. Break in the eggs and beat all well together. Stir in lightly the cornflour, and beat well till thoroughly mixed. Stir in the grated rind of a lemon. Last of all, add the "Raisley." Mix well, pour into a prepared cake tin, and put at once into a quick oven. Bake for half-an-hour, turn out, and cool on a wire tray.

CURRENT CAKE

$\frac{1}{2}$ lb. margarine, $\frac{1}{2}$ lb. castor sugar, 2 eggs, $\frac{1}{2}$ lb. flour, 3 oz. currants, $1\frac{1}{2}$ teaspoonfuls baking powder, 2 teaspoonfuls ground cinnamon, $\frac{1}{2}$ teaspoonful lemon essence, and 1 table-spoonful milk.

Method.—Beat margarine and sugar to a light cream, and work in eggs one by one; beat mixture well for 10 minutes, then stir in currants, add sifted flour, cinnamon, essence, baking powder and milk. Pour into a paper-lined well greased cake tin and bake about 45 minutes in a moderate oven.

DARK FRUIT CAKE

$1\frac{1}{2}$ lbs. flour, 1 lb. soft brown sugar, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ doz. eggs,
1 lb. Valencia raisins, $\frac{1}{2}$ lb. peel, $\frac{1}{2}$ teaspoonful baking soda.

Method.—Proceed as for a plum cake. Bake in a paper lined tin for $2\frac{1}{2}$ hours in moderate oven.

DATE CAKE

$\frac{1}{2}$ lb. flour, 8 oz. brown sugar, $\frac{1}{2}$ lb. butter, 1 level teaspoonful soda melted in a half teacupful warm water, 2 well beaten eggs, $\frac{1}{2}$ lb. broken walnuts, $\frac{1}{2}$ lb. stoned dates (chopped).

Method.—Cream the butter and sugar, add eggs, flour, dates, walnuts. Add soda and water, mix well. Do not beat, just fold over. Bake $1\frac{1}{2}$ hours.

DUMGOYNE WAR-TIME FRUIT CAKE

1 cup brown sugar, $1\frac{1}{2}$ cups seeded raisins, $\frac{1}{2}$ teaspoonful mixed spices, $\frac{1}{2}$ teaspoonful ground ginger, 1 cup water, some orange peel, 1 teaspoonful cinnamon, $\frac{1}{2}$ teaspoonful salt, 1 teaspoonful baking soda, 2 cups flour.

Method.—Put in saucepan and boil together for 3 minutes—then cool. Add 1 teaspoonful baking soda dissolved in hot water (or milk) and 2 cups flour. Bake in moderate oven for 1 hour.

DUNDEE CAKE

12 oz. self raising flour, $\frac{1}{2}$ lb. margarine, $\frac{1}{2}$ lb. brown sugar, $\frac{1}{2}$ lb. sultanas, $\frac{1}{2}$ lb. currants, $\frac{1}{2}$ lb. mixed peel, 6 oz. raisins, $\frac{1}{2}$ oz. mixed spice, 2 oz. ground almonds, 4 eggs

Method.—Cream margarine and sugar, beat eggs and add, sift flour and spice together, and mix in the prepared fruit, add to the sugar, margarine and eggs. Put into a tin lined with greased paper. Bake in moderate oven from 2 $\frac{1}{2}$ -3 hours. If liked, cover the top with split almonds. A most delicious and inexpensive cake.

DUNDEE GINGERBREAD

1 cupful flour, 1 teaspoonful ground cinnamon, 2 oz. margarine, 3 tablespoonfuls syrup, 1 tablespoonful dried egg, 1 teaspoonful ground ginger, 1 teacupful milk, 4 tablespoonfuls treacle, 1 teaspoonful baking soda, 6 oz. fruit (if desired).

Method.—Put the milk, syrup, treacle, and margarine into a pan and dissolve slowly. Sieve the flour and spices into a basin. Add the liquids from the pan, the egg mixture, and beat for 5 minutes before adding the fruit. Turn into a paper-lined and greased tin and bake in a rather slow oven for about 2 hours. If fruit is added, have a moderate oven.

ECONOMICAL CAKE (I)

1 lb. self raising flour, $\frac{1}{2}$ teaspoonful salt, 3 oz. sugar, 6 oz. raisins, 2 oz. lard, $1\frac{1}{2}$ gills water.

Method.—Put lard, sugar, and cold water in a saucepan and boil for 1 minute. While this syrup is cooling, mix the other ingredients in a basin; pour in the syrup still fairly warm into the flour. Mix thoroughly together, and, if necessary, add a little more water. Put into a greased tin and bake in a moderate oven for about one and a half hours.

EGGLESS CAKE

1 breakfastcup flour, 1 breakfastcup cold tea, $\frac{1}{2}$ breakfastcup sugar, $1\frac{1}{2}$ breakfastcup fruit, 2 oz. margarine, 1 teaspoonful spice, 1 teaspoonful baking soda, (2 teaspoonfuls treacle an improvement).

Method.—Put tea, sugar, fruit, margarine, and treacle into pan. Bring to boil and simmer for 3 minutes. Allow to cool. Sift in flour, spice and baking soda. Bake for an hour or a little longer in a moderate oven.

EGGLESS, BUTTERLESS AND MILKLESS CAKE

4 cups flour, 1 cup sugar, 2 cups water, 1 lb. small fruit, 2 teaspoonfuls spice, 2 teaspoonfuls baking soda, pinch salt, piece of lard.

Method.—Boil fruit, sugar and water for 5 minutes. Let stand till nearly cold then put in the lard. When thoroughly cold stir in the flour and bake slowly for nearly 2 hours.

FAMILY CAKE

8 oz. self-raising flour, $\frac{1}{2}$ teaspoonful mixed spice, 8 oz. dried fruit, 4 oz. sugar, 4 oz. margarine, 2 eggs beaten with flour, tablespoonful milk.

Method.—Mix the flour, spice and dried fruit all together. Beat the sugar and margarine to a cream, then stir in the beaten eggs—and milk and the flour mixture alternatively, a little at a time and mix thoroughly. Use a well-greased 6 in. cake tin (3 in. deep), and bake in a moderate oven for about an hour and a quarter.

FRUIT CAKE

6 oz. sugar, 3 eggs, 1 teaspoonful baking powder, $\frac{1}{2}$ lb. currants, $\frac{1}{2}$ lb. peel (mixed), 6 oz. butter, $\frac{1}{2}$ lb. flour, $\frac{1}{2}$ lb. sultana raisins, $\frac{1}{2}$ lb. cherries, milk.

Method.—Clean the fruit, beat butter and sugar to a cream, whisk the eggs and add them to the mixture. Sift in dry ingredients (flour and baking powder). Beat the mixture well, stirring in the fruit gently. Put in a lined and buttered tin and bake in a moderate oven for about 2 hours.

Various fruits and a larger quantity can be added if desired.

FRUIT CAKE (Without Fat)

$\frac{1}{2}$ lb. flour, 6 oz. sugar, 1 lb. currants, 2 tablespoonfuls milk, 2 tablespoonfuls syrup, $\frac{1}{2}$ teaspoonful baking powder, 3 eggs.

Method.—Bake in a slow oven for 3 hours.

Icing.

4 oz. grated almonds, 3 oz. sifted sugar, $\frac{1}{2}$ teaspoonful vanilla essence, a squeeze of lemon juice and a beaten egg.

Mix all together to a stiff paste, brush top of cake with egg, put paste on top of cake, ice all over with plain icing.

GINGERBREAD (I)

1 lb. flour, 6 oz. butter, 6 oz. sugar (soft), 6 oz. preserved ginger, 1 teaspoonful soda, 2 teaspoonfuls ginger, 2 teaspoonfuls cinnamon, 1 teaspoonful milk, 1 lb. syrup, 2 eggs.

Method.—Chop ginger, melt butter and syrup together, mix all dry ingredients, stir in fruit, then syrup, milk, and last of all 2 eggs well beaten up. Bake carefully in a steady oven.

GINGERBREAD (II)

1 lb. flour, 1 lb. sugar, 6 oz. lard, 2 eggs, 1 lb. treacle, 1/2 a nutmeg, 2 oz. peel, 3 teaspoonfuls ground ginger, 3 teaspoonfuls cinnamon, 1/2 teaspoonful cloves, 1/2 teaspoonful bicarbonate of soda, a little pepper and salt, and about 1 1/2 teaspoonfuls buttermilk.

Method.—Mix bicarbonate of soda in the dry flour, then add seasonings. After the seasonings are in and mixed, rub the lard down amongst the flour, add sugar, then peel. Switch eggs, add treacle, then switch again to mix thoroughly. Add buttermilk and pour into dry ingredients. Put in shallow tins and bake 30 to 45 minutes.

GINGERBREAD (III)

1 lb. flour, 1/2 lb. butter or margarine, 1 lb. sugar, 1 good tablespoonful syrup, 2 eggs, 1/2 teaspoonful soda, 1 teaspoonful ground ginger, 1 teaspoonful cinnamon, 1/2 teaspoonful cloves. (Fruit may be added, if desired).

Method.—Put the flour, soda and spices into a basin and mix well. Put the butter, sugar, and syrup into a sauce-pan and bring to the boil. Beat up the eggs, and pour the boiling syrup, etc., among them, stirring well all the time. Pour all in among the dry ingredients in the basin, and beat up the whole thoroughly. Bake for about an hour.

GINGERCAKE

1 breakfastcup sugar, 1 1/2 breakfastcups chopped ginger, 1 breakfastcupful water, 1/2 breakfastcupful lard, 1 tablespoonful ground ginger, a pinch salt.

Method.—Boil these ingredients together for 3 minutes and allow to cool. When nearly cold add:—

1/2 breakfastcupfuls flour, 1/2 teaspoonful baking powder, and lastly, 1 teaspoonful baking soda dissolved in 1 dessert-spoonful vinegar.

Mix all well together, put into well greased tin and cook in a moderate oven for about 2 hours.

GINGER CAKE WITHOUT EGGS

3 heaped teaspoonfuls flour, 1 heaped teaspoonful ginger, 1 heaped teaspoonful cinnamon, 1 heaped teaspoonful mixed spice, 1 cup milk, $\frac{1}{2}$ teaspoonful bi-carbonate of soda, $\frac{1}{2}$ cup soft brown sugar, 2 tablespoonfuls syrup, 1 teaspoonful treacle, $\frac{1}{2}$ lb. margarine, slice lemon peel (grated).

Method.—Mix all dry ingredients. Have margarine, syrup, treacle and sugar all melted, add a little flour and a little milk till all is used up, mix the carbonate of soda with milk, add lastly. Bake $1\frac{1}{2}$ to 2 hours slowly.

STEAMED GINGERBREAD

2 teaspoonfuls flour, $\frac{1}{2}$ teaspoonful bi-carbonate of soda, $\frac{1}{2}$ teaspoonful sugar, 2 tablespoonfuls margarine, 2 tablespoonfuls treacle, 1 egg, and 1 teaspoonful milk, 1 teaspoonful ground cinnamon, 1 teaspoonful mixed spice, $\frac{1}{2}$ teaspoonful Jamaica pepper, preserved ginger, sultanas.

Method.—Mix dry ingredients, rub in margarine, then add treacle, egg and milk. Steam for 1 hour, then bake in a moderate oven for 20 minutes.

GOOD CAKE

1 lb. butter, 1 lb. sugar, $1\frac{1}{2}$ lb. flour, $1\frac{1}{2}$ lb. currants, $\frac{1}{2}$ lb. candied peel, 1 nutmeg, 2 teaspoonfuls baking powder, $\frac{1}{2}$ lb. ground almonds, 1 glass brandy, and 8 eggs.

Method.—Beat butter and sugar to a cream, then the eggs one by one and beat well between each. Mix all dry ingredients thoroughly and add to mixture by degrees, and lastly brandy. Bake in moderate oven for 6 hours.

INEXPENSIVE GOOD CAKE

$1\frac{1}{2}$ lbs. flour, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ lb. currants, $\frac{1}{2}$ lb. sultanas, $\frac{1}{2}$ lb. candied peel, a pinch of salt, 2 teaspoonfuls ground cinnamon, 2 teaspoonfuls bicarbonate of soda (level), 3 or 4 eggs and milk to mix soft dough.

Method.—Mix cinnamon and salt with flour, rub in butter, then add sugar and fruit. Beat eggs well, dissolve soda in a little warm milk, and fold all together. Bake in a moderate oven for 2 hours.

IRISH PLUM CAKE

1 lb. flour, $\frac{1}{2}$ lb. butter or margarine, $\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ lb. currants, $\frac{1}{2}$ lb. sultanas, 2 oz. mixed peel, 2 oz. ground sweet almonds, 1 oz. ground bitter almonds, 2 oz. treacle, 1 small teaspoonful bi-carbonate of soda, pinch of salt, 3 eggs, 1 teaspoonful milk.

Method.—Rub butter into flour, add fruit and all dry ingredients. Beat eggs well, mix with milk and treacle, dissolve soda in 1 tablespoonful of hot water, add to liquid and mix cake thoroughly. Bake in two small, or one large tin, in moderate oven from 2-3 hours. Keeps well, and is lovely iced with almond icing, and butter or water icing on top.

MADEIRA CAKE

$\frac{1}{2}$ lb. flour, 1 teaspoonful baking powder, $2\frac{1}{2}$ oz. butter, $2\frac{1}{2}$ oz. sugar, 2 eggs, lemon essence.

Method.—Cream the sugar and butter and add the flour, baking powder, beaten eggs, and flavouring. Beat well, pour into a prepared tin and bake for $1\frac{1}{2}$ hours.

LUNCH CAKE

$\frac{1}{2}$ lb. flour, 1 lb. sugar, 1 lb. sultanas, 1 lb. currants, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. peel, 5 eggs, $\frac{1}{2}$ teaspoonful grated nutmeg, 1 teaspoonful cinnamon, 1 teaspoonful ginger, $\frac{1}{2}$ teaspoonful bicarbonate of soda and a little milk if necessary.

Sieve flour, spices and soda. Cream butter and sugar. Add flour, etc. alternatively with the eggs, adding picked and cleaned fruit with the last addition of flour. Add milk if consistency is too stiff. Divide into 2 prepared tins and bake $2-2\frac{1}{2}$ hours in a moderate oven. If one large cake is required bake 3-4 hours.

MOCHA CAKE

4 eggs, 4 oz. castor sugar, 2 oz. flour, 2 oz. cornflour or potato flour, $\frac{1}{2}$ teaspoonful baking powder.

Mocha Icing.

3 oz. fresh butter, 4 $\frac{1}{2}$ oz. icing sugar, coffee to flavour.

Method.—*Cake.*—Whisk yolks and sugar, add whites stiffly beaten, whisk this mixture over boiling water till thick (do not allow to boil), whisk till cold. Fold in the flour and baking powder dried and sieved. Place in a greased tin and bake in a moderately hot oven for about 1 hour; when cold, decorate with Mocha icing.

Icing.—Work the butter till soft, then gradually beat in the sieved icing sugar, beat till white and soft, add enough coffee essence to give the colour desired.

NEAPOLITAN CAKE

$\frac{1}{2}$ lb. flour, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. castor sugar, $\frac{1}{2}$ lb. ground almonds, 2 eggs.

Method.—Rub all dry ingredients together and mix with the yolks of eggs into a stiff paste. Roll out thinly on a floured board. Cut into rounds and bake a pale brown in a moderate oven; there should be about 10 rounds. When cold, spread with jam (apricot best). Pile one above the other, ice with icing sugar and one white of egg. Decorate with cherries and angelica; the icing should be made rather thick.

NEVER-FAIL CAKE

4 oz. flour, 3 oz. dry mashed potatoes (sieved), 4 oz. sugar, $\frac{1}{2}$ teaspoonful baking soda, 1 teaspoonful baking powder, $\frac{1}{2}$ teaspoonful salt, 2 oz. melted margarine, 2 tablespoonfuls cocoa, 1 teaspoonful vanilla essence, $1\frac{1}{2}$ gills milk, or $\frac{1}{2}$ milk and $\frac{1}{2}$ water.

Method.—Melt margarine and beat in sugar till smooth. Work in cocoa and vanilla essence. Sieve the dry ingredients and add the sieved potatoes. Rub in until like fine bread-crumbs. The lightness of the cake depends on doing this carefully. Add the milk to the cocoa mixture, then add the prepared flour and potato mixture gradually. Put at once into two greased sandwich tins and bake in a moderately hot oven for about 40-50 minutes. Cool and fill with—*Mocha Filling*.—Melt a teaspoonful of margarine, and work in about a tablespoonful sugar until smooth. Add a tablespoonful cocoa and enough strong coffee to make a mixture of the consistency to spread.

NOUGAT CAKE

Pastry.

4 oz. flour, 2 oz. margarine, 1 oz. sifted sugar, a pinch salt, a little milk.

Filling.

1 egg, $1\frac{1}{2}$ oz. sifted sugar, 3 oz. desiccated coconut.

Method.—Grease a medium-sized sandwich tin. Well mix the flour, salt and sugar, rub in the margarine lightly and mix to a smooth dough with the milk. Turn on to a floured board and knead very lightly. Roll out to $\frac{1}{4}$ inch thickness. Line the tin with this pastry, then pour in the filling prepared as follows:—Beat the sugar and the egg together for 5 minutes or till light and creamy. Gently add the coconut and whisk for a few minutes longer. Spread evenly in the prepared tin and bake in a moderate oven for $\frac{1}{2}$ hour.

NURSERY CAKE

$\frac{1}{2}$ lb. flour, 8 oz. mixed dried fruits, 2 teaspoonful spice, 1 teaspoonful cinnamon, $\frac{1}{2}$ teaspoonful baking soda, 3 oz. margarine, 3 oz. sugar, 1 tablespoonful jam, 1 tablespoonful vinegar, 1 teacupful milk, salt, 1 teaspoonful baking powder.

Method.—Add salt and baking powder to flour, rub in fat lightly until evenly mixed, add jam, spice, sugar and dried fruits. Warm milk and add to make a cake mixture. Finally add the vinegar in which the baking soda has been dissolved at the very last moment. Bake in a lined and greased tin for $1\frac{1}{2}$ hours in a moderate oven.

ORANGE CAKE (I)

$\frac{1}{2}$ lbs. butter or margarine, 6 oz. sugar, $\frac{1}{2}$ lb. flour, 3 eggs, 1 orange and 1 lemon, pinch salt, a third of a teaspoonful baking soda.

Method.—Remove yellow rind from orange, put in basin with juice of lemon, also remove lemon rind and put orange juice over this in cup, to stand $\frac{1}{2}$ hour before using for icing. Beat butter and sugar to cream, add beaten eggs and flour alternately; lastly, add strained lemon juice and baking soda dissolved in dessertspoonful hot water. Bake in moderate oven 1 hour or longer.

Icing.

$\frac{1}{2}$ lb. icing sugar, strained orange juice, little hot water, if necessary.

Sieve icing sugar, add strained orange juice (which was prepared when baking cake), and about dessertspoonful hot water. Beat until thick and glossy looking; amount of hot water depends on large or small quantity of orange juice. Pour over cake when cold and decorate with chopped pistachio nuts.

ORANGE CAKE (II). (From an American Cookery Book)

Three eggs, their weight in butter, sugar and flour. Beat butter and sugar to a light cream, add 2 eggs and half the flour, beating well, then add the grated rind of 1 orange and the juice, then put the remainder of the flour, a small teaspoonful baking powder and the third egg. Bake in buttered mould for $\frac{1}{2}$ an hour.

PLAIN CAKE

$\frac{1}{2}$ lb. flour, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. sugar, 3 eggs.

Method.—Beat the butter to a cream, then add the yolks (separated from the white) of eggs with the sugar, beat together for a few minutes; have the whites whipped to a stiff snow, put in a pinch of salt, a little bicarbonate of soda, and a little tartaric acid with the flour; stir the flour with the whites of egg into the mixture. Bake in a moderately heated oven.

PLUM CAKE

Cream 8 oz. butter, add 7 oz. sugar. Beat 3 eggs, and add them and 12 oz. flour alternately to the butter. Mix in $\frac{1}{2}$ lb. candied peel (cut thin), $\frac{1}{2}$ lb. currants, $\frac{1}{2}$ lb. raisins, and 2 oz. cherries, 1 teaspoonful baking powder, and a pinch of salt, and about $\frac{1}{2}$ teacupful milk. Put into tin, sprinkle 1 oz. almonds (blanched and shred) on top. Bake in moderate oven $1\frac{1}{2}$ hours.

PORTER PLUM CAKE

1 lb. flour, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. Demerara sugar, 1 lb. currants, $\frac{1}{2}$ lb. peel, 2 eggs, 1 teaspoonful baking soda, $\frac{1}{2}$ teaspoonful cinnamon and nutmeg, $\frac{1}{2}$ pint brisk stout.

Method.—Rub the butter (or margarine) finely into the flour, and add all the dry ingredients. Mix with the eggs and stout, and pour in papered tin. Bake in moderate oven. Must not be cut for several days after baking and improves with keeping.

ST. JOHN'S CAKE

Mix $\frac{1}{2}$ lb. flour, $\frac{1}{2}$ lb. ground rice, $\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ lb. currants, $\frac{1}{2}$ lb. sultanas, $\frac{1}{2}$ lb. mixed peel, 1 teaspoonful ground ginger or cinnamon, 1 teaspoonful bicarbonate of soda, and a little less than 1 pint of boiling milk.

Method.—Bake 2 hours in a slow oven.

SCRIPTURE CAKE

4 $\frac{1}{2}$ cupsful of 1st Kings, iv., 22, 1 $\frac{1}{2}$ cupsful of Judges v, 25, 2 cupsful Jeremiah vi, 20, 2 cupsful of 1st Samuel xxi, 12, 2 cupsful of Nahum iii, 12, 1 cupful of Numbers xvii, 8, 2 table-spoonfuls of 1st Samuel xiv, 25, 8 articles of Jeremiah xvii, 11, a pinch of Leviticus ii, 13, 2 teaspoonfuls of Amos iv, 5, season to taste with 2nd Chronicles ix, 9.

Method.—Add citrus and follow Solomon's advice for making a good boy—Proverbs xxiii, 14, and you have a good cake.

SCOTCH BUN

Sieve 12 oz. flour with $\frac{1}{2}$ teaspoonful baking powder. Rub into it 6 oz. butter, add 1 oz. sugar and pinch salt. Form into stiff paste with cold water and roll out into thin sheet. Have a well-greased tin ready and line it neatly with the paste, keeping enough back for the top of the bun. Mix in large basin 1 lb. flour, 8 oz. sugar, 2 lbs. sultana raisins and $\frac{1}{2}$ lb. currants carefully washed, picked and dried, 4 oz. orange peel finely chopped, 8 oz. almonds blanched and chopped, $\frac{1}{2}$ oz. ginger, $\frac{1}{2}$ oz. cinnamon, $\frac{1}{2}$ oz. allspice, $\frac{1}{2}$ oz. cream of tartar, $\frac{1}{2}$ oz. baking soda, 2 eggs, and just enough sweet milk to moisten mixture. Mix with the hands or knife and put in lined tin. Make it flat on top and moisten edges of paste. Lay on the round of pastry, prick centre and brush with beaten egg. Bake in a good oven for 3-4 hours.

SCOTCH CURRANT BUN

1½ breakfastcupfuls flour, ¼ lb. butter, ½ teaspoonful baking powder, 1 lb. flour, ¼ lb. sugar, 2 lbs. raisins, 3 lbs. currants, ½ lb. almonds, ½ lb. orange peel, ½ oz. ginger, ½ oz. cinnamon, ½ oz. Jamaica pepper, 1 teaspoonful baking soda, 1 teaspoonful creosol tartar, ½ teaspoonful black pepper, 1 breakfastcupful milk.

Method.—Take 1½ breakfastcupfuls flour and rub in ¼ lb. butter and ½ teaspoonful baking powder. Mix to a firm paste with water and roll into a thin sheet; grease cake tin and line with the paste, reserving a piece for top of bun. Put together all the other ingredients and a breakfastcupful of milk or just as much as half moisten the mixture, and mix thoroughly with the hands. Put into lined tin and cover with remaining paste. Prick over with a fork and brush with a little beaten egg. Bake for 2½ to 3 hours in a moderate oven.

SULTANA CAKE (I)

8 oz. margarine or butter, 8 oz. castor sugar, ½ lb. sultanas, 8 oz. plain flour, 4 oz. self raising flour, 4 eggs, a little milk.

Method.—Beat butter and sugar to a cream, beat in eggs one at a time, add a little of the flour and then the milk. Put in sultanas, and then put in the rest of the flour. Keep the mixture rather soft. Bake in oven not too hot.

SULTANA CAKE (II)

½ lb. flour, ½ lb. sultanas, ½ lb. butter or margarine, 2 oz. peel, ½ lb. castor sugar, grated rind of half a lemon, 1 teaspoonful baking powder, 2 eggs, pinch of salt, little milk.

Method.—Heat oven and prepare cake tin, clean sultanas, shred peel, and grate lemon rind and mix with a teaspoonful of flour. Cream the butter and sugar, and gradually beat in the eggs with a little flour, add the fruit, and mix in the rest of the flour, lightly adding the baking powder with the last teaspoonful of flour. Turn into the tin and bake in a steady oven till ready—about 1-1½ hours.

N.B.—Dried eggs, reconstituted, can be used and peel can be left out.

TREACLE FRUIT CAKE

1 lb. flour, 8 oz. currants, ½ lb. margarine, 8 oz. sultanas, ½ lb. sugar, ½ lb. golden syrup or treacle, 2 oz. candied peel, 2 eggs, 1 gill milk, ½ flat teaspoonful bi-carbonate of soda.

Method.—Wash the fruit, rub well and put to dry. Grease a large round cake tin and line with greased paper. Sieve the flour with the bi-carbonate of soda, rub the fat into the flour until it is like fine bread-crumbs. Cut the peel into small pieces

Remove the stalks from currants and sultanas. Add the peel and fruit to the flour, etc. Mix all well together. Break the eggs into a small basin, whisk them well. Add the golden syrup or treacle to the eggs and whisk again. Dissolve the sugar in the milk, then add the milk to the eggs, etc., and whisk all well together. Add the wet ingredients to the dry, and beat for a few minutes. Put into prepared cake tin, and bake in a moderately hot oven for 2 hours.

RAILWAY CAKE

2 eggs and their weight in butter, sugar, flour, $\frac{1}{2}$ teaspoonful baking powder, a few drops of essence, 2 tablespoonfuls milk.

Method.—Beat butter and sugar to a cream, add one egg and a little flour, beat well, then add second egg and some more flour, beat again. Mix baking powder with remainder of flour, add it with milk, add essence. Mix well and turn into greased tin, and bake in hot oven from 20-25 minutes.

RUSSIAN GINGERBREAD

1 lb. flour, 6 oz. butter, 3 tablespoonfuls syrup, $1\frac{1}{2}$ teaspoonfuls baking soda, 1 teaspoonful each ginger and spice, $\frac{1}{2}$ teaspoonful cloves, 4 oz. sugar, 4 oz. ginger chips, 2 eggs, pinch salt, little milk.

Method.—Rub butter into flour, add eggs, and other ingredients. Bake in moderate oven 1 hour.

VINEGAR CAKE

$\frac{1}{2}$ lb. flour, $\frac{1}{2}$ lb. margarine (or mixed fat lard, dripping or margarine), $\frac{1}{2}$ lb. mixed fruit and candied peel, 3 oz. sugar, $\frac{1}{2}$ teaspoonful salt, $1\frac{1}{2}$ tablespoonfuls vinegar, $\frac{1}{2}$ teaspoonful bi-carbonate soda, $\frac{1}{2}$ teacupful milk.

Method.—Put $\frac{1}{2}$ teacupful milk in large jug and stir in $1\frac{1}{2}$ tablespoonfuls vinegar. Mix $\frac{1}{2}$ teaspoonful bi-carbonate soda in a cup with a little milk. Put it into jug with milk and vinegar. (Before doing this, have cake tin ready greased and oven hot). Add the milk, etc., to mixture, mix quickly, and put in hot oven first 20 minutes moderate oven the remainder of time. If mixture is too dry (owing to war-time flour varying at times), more milk may be added. Mixture should just drop from spoon. Bake 1-1 $\frac{1}{2}$ hours.

YORKSHIRE CAKE

1½ cupfuls flour, 1 cupful sugar, ¼ lb. lard, 1 egg, 1 teaspoonful baking powder.

Method.—Rub lard into flour, add sugar and baking powder, mix with egg. Cut in two, put one layer on flat tin, spread with jam, then the other paste on top. Bake for approximately 30-40 minutes in a hot oven.

Icing.

¼ lb. icing sugar, little milk, piece of butter half size of egg, few drops flavouring.

Method.—Put all into bowl, set before fire a little, mix to a paste, spread on top of cake when warm, mark both ways with fork.

SANDWICHES AND SPONGE CAKES

APPLE CAKE

3 oz. butter, 3 tablespoonfuls castor sugar, 1 egg, 6 tablespoonfuls flour, 3 tablespoonfuls ground rice or semolina, a little milk if necessary, 1 teaspoonful baking powder.

Method.—Cream butter and sugar, add well beaten egg, then flour, rice (or semolina) and milk if necessary, then add baking powder. Divide the mixture and roll out. Line sandwich tin, spread with stewed apples and cover. Bake in steady oven for 20 minutes. Jam can be used instead of stewed apples, then cake will keep for a week or two.

BROWN GINGER SPONGE

¼ lb. flour, ¼ teaspoonful sugar, ¼ teaspoonful syrup, ¼ teaspoonful buttermilk, 1 egg, 1 teaspoonful ginger, 1 teaspoonful soda, 1 teaspoonful mixed spice, 1 tablespoonful margarine.

Method.—Mix all dry ingredients in a bowl, heat the syrup, buttermilk, and margarine, and pour into bowl along with the beaten egg. Beat to a smooth batter, and bake in two sandwich tins well greased in moderate oven. Time—about 15 minutes.

Filling for Sponge.

1 cupful icing sugar, 1 teaspoonful butter.

Pour a few drops of boiling water on and mix to a smooth paste.

BRUNSWICK CAKE

2 oz. butter, ¼ teaspoonful sugar, 1 teaspoonful flour, ¼ teaspoonful bi-carbonate of soda, ½ teaspoonful cream of tartar, 1 egg, a little cinnamon.

Method.—Beat butter and sugar to a cream, add egg, beat well, mix dry ingredients and add slowly. Bake in a greased sandwich tin in a hot oven. When cool, cover with icing sugar melted with tepid water, add a little cinnamon.

BUTTER SPONGE CAKE

*In hands
of
Paris Cook*

$\frac{1}{2}$ lb. flour, $\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ lb. butter or margarine, 2 eggs, $\frac{1}{4}$ teacupful milk, 1 teaspoonful cream of tartar, $\frac{1}{4}$ teaspoonful bi-carbonate of soda.

Method.—Beat butter and sugar, add eggs one at a time, then add the flour and raising powder, lastly milk. Line two sandwich tins and divide mixture. Bake $\frac{1}{2}$ an hour in a quick oven.

CALIFORNIAN LAYER CAKE

$1\frac{1}{2}$ cups flour, $\frac{1}{2}$ cup sugar, 1 egg, 2 teaspoonfuls baking powder, 1 cup half milk and warm water, butter size of small egg.

Method.—Rub butter into flour, add sugar, baking powder, beaten egg and milk and water. Bake in a moderate oven in layer tins for 20 minutes. It is the milk and warm water that makes the sandwich light.

CHOCOLATE LAYER CAKE (American Origin)

$1\frac{1}{2}$ cupfuls national flour, $\frac{1}{2}$ cupful sugar, 1 teaspoonful bi-carbonate of soda, 1 teaspoonful baking powder, $\frac{1}{4}$ teaspoonful salt, 2 teaspoonfuls cocoa, 1 cupful sour milk, beaten smooth, 1 teaspoonful vanilla, 2 tablespoonfuls melted margarine.

Method.—*Note*—As in most American recipes, the measures are in cups and spoonfuls. The cup should be breakfast size and the spoonfuls level. Melt the margarine, beat in sugar till smooth. Add vanilla, chocolate and sour milk. Work in all the other dry ingredients which should have been previously mixed. Put into two greased sandwich tins and bake in moderate oven. *Filling*—Melt 1 teaspoonful margarine, stir in 2 tablespoonfuls powdered sugar till you have a thick mixture. Then add 2 tablespoonfuls cocoa and enough coffee to make the filling thin enough to spread.

GINGER SANDWICH

2 oz. butter, $\frac{1}{2}$ lb. sugar, 2 eggs, 2 tablespoonfuls syrup, $\frac{1}{4}$ teacupful milk, $\frac{1}{2}$ lb. sifted flour, $\frac{1}{4}$ teaspoonful bi-carbonate of soda, 1 teaspoonful ground ginger, $\frac{1}{4}$ teaspoonful cinnamon.

Method.—Beat butter and sugar to a cream, add syrup and beat well, add eggs one by one, beating well. Add milk, then all dry ingredients. Put in two large sandwich tins, well buttered and dusted with flour. Bake $\frac{1}{2}$ hour. Fill with whipped cream or butter icing.

GOOD SPONGE CAKE

3 eggs, the weight of 4 in sugar, 2 in flour, and flavouring.

Method.—Beat eggs and sugar to a cream, add flour very gently, and a few drops of any essence. Bake in moderate oven for about 1 hour.

INVALID SANDWICH CAKE

2 eggs, $\frac{1}{2}$ lb. sugar, $\frac{1}{4}$ lb. flour, $\frac{1}{4}$ teaspoonful baking soda, $\frac{1}{4}$ teaspoonful cream of tartar, lemon essence.

Method.—Beat eggs and sugar together well (10 minutes), add sifted flour and baking soda and cream of tartar, fold in lightly; last thing before putting into tins add 1 tablespoonful boiling water. This is a beautiful light sponge.

JAM ROLL

1 cupful of sugar, 1 cupful of flour, 3 eggs, 2 tablespoonfuls milk, 1 teaspoonful essence of lemon, $\frac{1}{4}$ teaspoonful baking soda, 2 teaspoonfuls melted butter, 1 teaspoonful cream of tartar.

Method.—Beat eggs well, stir in sugar and melted butter; add flour, mixing cream of tartar with it. Dissolve baking soda in milk and add it to the other ingredients. Butter flat tin and pour in the mixture. Bake in quick oven. When ready turn out and spread with jam and roll up quickly.

JAM SANDWICH

4 tablespoonfuls flour, 4 tablespoonfuls sugar, 2 eggs, 2 tablespoonfuls milk, 1 teaspoonful baking powder, a few drops vanilla or lemon essence.

Method.—Break the eggs into a basin, add the sugar and milk and beat slightly. Sieve the flour and add it gradually. With the last spoonful of flour add the baking powder. Lastly, add flavouring. Pour the mixture into two sandwich tins which should be well buttered, lined with buttered paper to prevent cake sticking or burning. Bake in a quick oven till slightly browned and firm to the touch. When cool, spread jam between.

JAM SPONGE

1 teacupful of flour, $\frac{1}{4}$ teacupful sugar, 1 teaspoonful baking powder, 2 eggs.

Method.—Beat the eggs and sugar together, add the flour and beat again; now add the baking powder. Have ready two well-greased round tins, divide the mixture into two portions and put into tins. Bake in a quick oven 10 minutes; when cold, spread jam on one and cover with the other.

JELLY SANDWICH

4 oz. plain flour, 4 oz. fine sugar, 2 eggs, 2 tablespoonfuls hot water, 1 teaspoonful baking powder.

Method.—Beat the 2 eggs and sugar together, fold in sifted flour, then add the hot water gradually; lastly, the baking powder. Grease the two tins and pour half of the mixture into each tin and bake in a fairly hot oven for 15-20 minutes.

ORANGE CAKE

4 oz. flour, 4 oz. margarine, 4 oz. sugar, grated rind of an orange,
2 made-up dried eggs, 1 small teaspoonful baking powder.

Method.—Cream margarine and sugar, add orange rind, then beat in the eggs, with a little flour, and add remaining flour with the baking powder. Turn into two sandwich tins and bake in a moderate oven 15-20 minutes. Cool and sandwich together with mock whipped cream.

SANDWICH CAKE (I)

3 eggs, 1 cupful sugar, 1 cupful flour, $\frac{1}{2}$ teaspoonful baking soda,
 $\frac{1}{2}$ teaspoonful cream of tartar.

Method.—Break the eggs into a basin and beat them, add sugar and continue beating for 20 minutes. Mix the flour, baking soda and cream of tartar and stir gently into the egg mixture. Divide equally into two tins and bake in a moderate oven for about 15 minutes.

SANDWICH CAKE (II)

3 eggs, 3 oz. flour, 4 oz. sugar, 1 tablespoonful hot water, $\frac{1}{2}$ tes-
poonful baking powder.

Method.—Separate whites from yolks of eggs, put whites into a bowl and stiffly whip. When quite stiff, add one yolk of egg at a time and beat 3 minutes between adding each; next add sugar and hot water, beat 5 minutes; carefully sift in the flour and baking powder, stirring these in lightly, and bake 20 minutes in two prepared sandwich tins.

SANDWICH

Pastry.

2 oz. flour, 1 oz. margarine.

Method.—Rub the margarine into the flour, mix with cold water to make a stiff dough. Roll out to size required and cover the bottom of the sandwich tin. Remember to grease the bottom of the tin before putting on the pastry.

Sponge.

4 oz. margarine, 3 oz. flour, 4 tablespoonfuls water, 4 oz. sugar,
2 tablespoonfuls dried egg, 1 teaspoonful baking powder.

Method.—Cream margarine and sugar. Drop in half of the egg mixture with half of the flour. Add the other in the same way. Add the baking powder last. Before putting on the sponge, spread the pastry with two tablespoonfuls of jam and a few raisins. Bake in a moderate oven for 30 to 35 minutes.

SPICE SANDWICH

6 oz. flour, 2 oz. butter, 2 eggs, 1 teaspoonful baking powder, 2 oz. castor sugar, pinch salt, $\frac{1}{2}$ teaspoonful cinnamon, a few drops vanilla.

Method.—Beat the sugar and butter to a cream, beat the eggs, add to the sugar and butter, then add the flour, baking powder, salt and flavouring. Pour the mixture into well-greased sandwich tins. Bake for 20 minutes in a moderately hot oven, cool on a wire tray.

Filling (Almond Paste).

3 oz. ground almonds, 2 oz. castor sugar, 1 teaspoonful orange flower water, a little egg.

Method.—Mix the dry ingredients in a small basin, add the orange flower water, mix with the egg until the mixture is soft enough to spread on one half of sandwich, place the other half on top.

TREACLE SANDWICH

6 oz. flour, 3 oz. sugar, 3 oz. butter, 1 teaspoonful bi-carbonate of soda, $\frac{1}{2}$ teaspoonful mixed spice, $\frac{1}{2}$ teaspoonful cinnamon, $\frac{1}{2}$ teaspoonful ginger, 2 eggs, 1 tablespoonful treacle.

Method.—Mix dry ingredients (rubbing butter in flour), beat eggs, sugar, treacle together. Mix all together and bake for 20 minutes in a quick oven; after cool spread with butter icing— $\frac{1}{4}$ lb. butter, $\frac{1}{4}$ lb. castor sugar, and vanilla.

SPONGE CAKE (I)

1 lb. flour, $\frac{1}{2}$ lb. sugar, 7 eggs, $\frac{1}{2}$ pint water. NO baking powder.

Method.—Sieve flour, whisk eggs, boil sugar and water for 3 minutes, pour on to eggs, and beat till mixture is thick, for $\frac{1}{2}$ hour, then fold in flour gently. Grease a large cake tin and dust it with rice-flour and castor sugar. Pour mixture into tin, and bake in moderate oven for about 1 hour.

SPONGE CAKE (II)

4 eggs, 4 oz. sugar, 3 oz. flour, 2 oz. melted butter, a little flavouring.

Method.—Beat eggs and sugar over boiling water for 20 minutes, stir in lightly the flour and baking powder, add melted butter and flavour. Bake in two tins well-greased.

TREACLE SPONGE

2 teaspoonfuls flour, $\frac{1}{2}$ teaspoonful sugar, $\frac{1}{2}$ teaspoonful margarine, $\frac{1}{2}$ teaspoonful hot water, $\frac{1}{2}$ teaspoonful melted treacle, $\frac{1}{2}$ teaspoonful spice, 1 teaspoonful baking soda, 1 egg.

Method.—Mix dry ingredients, add egg. Put margarine, treacle and hot water in pan and make very hot, then mix all together and bake in hot oven for 15 minutes.

SPONGE SANDWICH

4 oz. self-raising flour, 2 tablespoonfuls of flavoured cornflour,
2 oz. sugar, 2 teaspoonfuls egg-powder, pinch salt.

Method.—Mix flour, sugar, salt and egg powder. Then mix the cornflour with a cupful of milk. Pour over the flour and beat for a few minutes. Bake in a well-greased sandwich tin for about 10 minutes. When cold spread with jam or marmalade.

SPONGE (ECONOMICAL)

2 tablespoonfuls dried egg, 2 oz. sugar, 1 teaspoonful baking powder, 4 tablespoonfuls water, 4 tablespoonfuls flour, a little milk, vanilla essence.

Method.—Mix the egg and water, add sugar and essence and beat well. Then fold in the flour. Pour into a tin and bake in a warm oven for 15-20 minutes.

Quick Sponge

SPONGE (EASY)

5 oz. sugar, $\frac{1}{2}$ lb. butter or margarine, 4 eggs, $\frac{1}{2}$ lb. self-raising flour.

Method.—Cream 5 oz. sugar with $\frac{1}{2}$ lb. butter or margarine, beating very well. Beat in 4 eggs, one at a time for fully 3 minutes. When the last one is in, beat for 5 minutes, then sift in $\frac{1}{2}$ lb. self-raising flour. Mix well, then put into a tin lined with greaseproof paper. Bake in a moderate oven for 1 hour.

SWISS ROLL

4 oz. flour, 4 oz. sugar, 3 eggs, 1 tablespoonful cold water, 1 teaspoonful cream of tartar, $\frac{1}{2}$ teaspoonful baking soda, 2 teaspoonfuls melted butter.

Method.—Break eggs into a basin and beat slightly, then add cold water and sugar. Whisk over pan of hot water till thick and creamy—about 15 minutes. Mix soda and cream of tartar with flour and sift gradually into mixture. Then stir in the melted butter carefully. Bake in a greased oblong tin and bake in a moderate oven till firm. Turn out on to sugared paper, cut narrow strips from long sides; spread with warmed jam. Roll up in paper and leave till cold.

SMALL CAKES, Etc.

Almond Tarts Lib. p 100.

ALMOND CAKELETS

4 oz. flour, 2 oz. butter, 6 oz. castor sugar, 4 oz. ground almonds, 2 oz. of whole almonds (blanched and cut in strips), 2 eggs, a spoonful milk.

Method.—Cream the butter and 4 oz. sugar together, add the yolks of the eggs mixed with the milk and 1 white beaten to a stiff froth alternately with the sifted flour and ground almonds. Pour the mixture into a shallow buttered tin, cover with a meringue made of remaining 2 oz. sugar, white of egg and sliced almonds, and bake in a moderate oven 20-25 minutes until firm to the touch and lightly brown. Leave to cool and cut in fingers.

AMERICAN DOUGHNUTS

4 lb. flour, $\frac{1}{2}$ oz. yeast, 1 oz. butter, $\frac{1}{2}$ tablespoonful sugar, 1 egg, little milk, jam, fat for frying.

Method.—Mix yeast, pinch of sugar and a little water. Rub butter into flour, add sugar and salt, pour in yeast and milk, stand 15 minutes, add egg, make a dough and knead, leave to rise 1 hour. Make into small balls or twists with a little jam in centre; allow to rise $\frac{1}{2}$ hour, fry in hot fat 8-10 minutes till brown.

AMERICAN HOT CAKES

Recipe section.
 $\frac{1}{2}$ lb. flour, 1 tablespoonful sugar, $\frac{1}{2}$ teaspoonful baking soda, 1 teaspoonful cream of tartar, 1 egg, a little salt, $\frac{1}{2}$ breakfastcupful milk.

Method.—Mix dry ingredients together and add egg and milk. Butter a swiss roll tin, pour in mixture, and bake in a moderate oven for $\frac{1}{2}$ hour. Cut in squares, and serve hot in a napkin.

BOSTON DROP COOKIES

1 cup butter, 3 eggs, 1 teaspoonful cinnamon, $\frac{1}{2}$ cupful flour, $\frac{1}{2}$ teaspoonful salt, 1 cupful currants, $\frac{1}{2}$ cupful sugar, 1 teaspoonful soda, $\frac{1}{2}$ teaspoonfuls hot water.

Method.—Mix well together and drop on buttered tins and bake quickly.

BUNS

2 gills milk, 1 oz. yeast, 1 teaspoonful castor sugar, $\frac{1}{2}$ lb. flour.

Method.—Rub the flour through a sieve into a basin; cream the yeast and sugar together in a small basin, and add to it the milk lukewarm. Strain the milk with the yeast and sugar into the flour and beat them well together; cover the basin with paper, and set this sponge to rise for about 1 hour.

In another basin put:—

$\frac{1}{2}$ lb. flour, $\frac{1}{2}$ lb. fat, 2 oz. scalded peel, 2 eggs, $\frac{1}{2}$ lb. sultanas, $\frac{1}{2}$ lb. sugar.

When the sponge in the first basin has risen, beat in all these dry ingredients from the second basin, with the two eggs. Thoroughly mix and beat them for about 5 minutes. Then set this sponge to rise again for about $1\frac{1}{2}$ hours; shape into buns and place on a greased tin, prove for 15 minutes, then bake for $\frac{1}{2}$ an hour. When cooked, and still hot, brush them over with a little milk and sugar to glaze them.

CANMORE BUNS

$\frac{1}{2}$ lb. flour, $\frac{1}{2}$ lb. butter or margarine, 2 oz. sifted sugar, pinch of salt, 2 oz. sultana raisins, small $\frac{1}{2}$ teaspoonful baking soda, large $\frac{1}{2}$ teaspoonful cream of tartar, 1 egg, a little milk.

Method.—Mix all the dry ingredients thoroughly. Rub in the butter lightly with the finger-tips. Add the fruit, make a well in the middle of the mixture, and into this pour the lightly-beaten egg. Mix with a knife, adding a very little milk as required, but taking care to keep the dough rather dry. Use only sufficient milk to bind the ingredients together, otherwise the buns will lose their shape. Form into balls, with floured hands, and place about 2 inches apart, on a baking sheet. Bake in a moderate oven for 20 minutes. ~~This quantity makes 12 buns.~~

N.B.—Currants, coconut, or peel may be used instead of raisins.

CHEESE CAKES

Scraps of flaky pastry, 2 eggs, 4 oz. flour, 4 oz. butter, 4 oz. sugar (castor), $\frac{1}{2}$ teaspoonful baking powder, flavouring.

Method.—Line 12 patty pans with pastry, beat butter and sugar to a cream, sift flour and baking powder, beat eggs. Add flour and eggs to beaten butter and sugar, and add flavouring lastly. Put 1 large teaspoonful in each pan, place in a quick oven and bake 20-30 minutes.

Super Cheese Cakes

Make sponge with a 1/2 lb of flour or 1 lb
bake on baking sheet with a little milk

CINNAMON BUNS

$2\frac{1}{2}$ cupsful flour, 1 teaspoonful salt, 1 teaspoonful baking powder, 2 tablespoonfuls shortening, 1 egg, $\frac{1}{2}$ cupful water, $\frac{1}{2}$ cupful sugar, 2 teaspoonfuls cinnamon, 4 tablespoonfuls seeded raisins.

Method.—Sift two tablespoonfuls of measured sugar with flour, salt and baking powder, rub shortening in lightly, add beaten egg to water and add slowly. Roll out $\frac{1}{4}$ inch thick on floured board, brush with melted butter, and sprinkle with sugar, cinnamon and raisins. Roll ~~it to jelly-roll~~, cut into $1\frac{1}{2}$ inch pieces, place with cut edges up on well-greased pan, and sprinkle with a little sugar and cinnamon. Bake in moderate oven 30 to 35 minutes. Remove from pan at once.

COBURG CAKES (I)

$\frac{1}{2}$ lb. flour, 1 oz. sugar, $\frac{1}{2}$ teaspoonful baking soda, 1 egg, 2 oz. margarine, 2 oz. syrup, 1 teaspoonful mixed spice.

Mix all dry ingredients, melt butter and syrup together over the fire, and stir in eggs well beaten. Mix all well, and put into greased patty pans, with half an almond on each. Bake in a moderate oven.

COBURG CAKES (II)

$\frac{1}{2}$ lb. flour, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. soft brown sugar, $\frac{1}{2}$ lb. syrup, $\frac{1}{2}$ teaspoonful ground cloves, $\frac{1}{2}$ teaspoonful cinnamon, 1 teaspoonful ginger, $\frac{1}{2}$ teaspoonful soda, 2 eggs.

Put syrup, butter and sugar on to boil, then stir among beaten eggs. Mix flour, spices and soda in a basin. Pour in slowly the mixture of syrup, eggs, etc., and mix well. Bake in a moderate oven.

COCOANUT CAKES (I)

1 can condensed milk, $\frac{1}{2}$ lb. grated cocoanut, 1 teaspoonful vanilla extract.

Mix all together, drop from teaspoon on buttered sheet, bake in moderate oven until golden brown.

COCOANUT CAKES (II)

$\frac{1}{2}$ lb. flour, 3 oz. sugar, 3 oz. butter, 2 oz. ground cocoanut, 1 teaspoonful baking powder, 1 egg, a pinch of salt, and 1 teaspoonful essence of lemon.

Mix dry ingredients, rub in butter, add egg and enough milk to make a stiff dough, then bake in pieces the size of an egg in warm oven 10 minutes. When nearly done, sprinkle a little cocoanut over top. Return to oven till a light brown colour.

COCOANUT SHORT CAKES

Beat 2 oz. butter and 2 oz. castor sugar to a cream. Add 2 oz. desiccated cocoanut and 4 oz. flour mixed with $\frac{1}{4}$ teaspoonful baking powder, and mix to a stiff paste with the yolk of an egg and a little milk. Knead well, form into two cakes, notch the edges, and divide into small wedge-shaped sections before baking in a fairly cool oven.

COCOANUT QUEEN CAKES

Make a good firm pastry of $\frac{1}{4}$ lb. butter or margarine rubbed into $\frac{1}{4}$ lb. flour. Add 1 teaspoonful sugar, $\frac{1}{4}$ teaspoonful cream of tartar, $\frac{1}{4}$ teaspoonful baking soda and a small pinch of salt, and a little water. Grease some patty tins, roll out pastry very thin and cut in rounds large enough to line patties to top. Put in $\frac{1}{2}$ teaspoonful thin jam or jelly. Then take 2 eggs and teaspoonful sugar and beat for 5 minutes and add cocoanut till it thickens egg mixture. Fill patties, having pastry a little over height of cocoanut. Cut another piece of pastry into strips and put crosses on top and bake in hot oven till golden brown.

COFFEE BUNS

$\frac{1}{2}$ lb. flour, 6 oz. margarine, 6 oz. soft sugar, 1 egg, 2 oz. currants (~~see recipe~~), $\frac{1}{2}$ teaspoonful cream of tartar, $\frac{1}{4}$ teaspoonful baking soda.

Cream margarine and sugar, add egg, then currants. Mix baking soda and cream of tartar with flour and add, mix well. Knead till firm, make into flat buns and brush with egg or milk. Bake in a moderate oven 15-20 minutes, till crisp and brown.

COOKIES

Beat 1 egg and 1 cupful sugar to cream. Work 2 oz. butter soft, and beat it with egg and sugar. Grate in $\frac{1}{2}$ nutmeg, add 1 gill milk, and prepared flour enough to make a sufficiently stiff paste to roll out, about 1 lb. Roll $\frac{1}{2}$ inch thick, cut out with cutter, and lay on a floured baking pan, and bake 12 minutes in moderate oven.

CORNFLOUR CAKES

Cream 2 oz. margarine with 2 oz. castor sugar, then add a well-beaten egg and 4 oz. cornflour. Flavour with lemon or orange rind. Half fill buttered small cake moulds and put a split almond on each. Bake in a good oven 10 to 20 minutes.

Yellow Moments
CREAMOLA CAKES

3 oz. self raising flour, 3 oz. margarine, 1 oz. creamots or custard powder, 1 oz. sugar.

Cream margarine and sugar. Mix flour and creamola. Mix in. Form into balls, put on to a well-greased sheet. Score on top with flat end of fork. Bake in a good hot oven 15-20 minutes.

DATE COOKIES

1 cupful brown sugar, $\frac{1}{2}$ cupful buttermilk, 1 cupful lard, 2 cupfuls oatmeal, 2 cupfuls flour, 1 teaspoonful salt, 1 teaspoonful baking soda.

Beat lard and sugar, then add dry ingredients except soda, mix soda with sour milk and add:—

Filling.

1 lb. dates, 1 cupful sugar, 1 cupful boiling water. Stew until soft and allow to cool before using.

Roll out mixture to $\frac{1}{4}$ inch thick, cut in rounds and place filling in, wet edges and cover with rounds. Bake in moderate oven. Serve hot.

Do not use (sugar)
DOUGHNUTS (I)

Sift together 3 teaspoonfuls flour, 3 level teaspoonfuls baking powder, $\frac{1}{2}$ teaspoonful of sugar, $\frac{1}{2}$ teaspoonful ground cinnamon and pinch of salt. Make into a soft dough with 2 well-beaten eggs and about teaspoonful milk. Cut out, fry in deep fat, drain and sprinkle with sugar.

DOUGHNUTS (II)

2 teaspoonfuls flour, $\frac{1}{2}$ teaspoonful baking soda, buttermilk, 1 teaspoonful sugar, $\frac{1}{2}$ teaspoonful arsenic of tartar.

Mix dry ingredients well, then add well-beaten egg and enough buttermilk to make a thick batter. Lightly flour 1 spoonful at a time and fry in deep fat.

DOUGHNUTS (III)

$\frac{1}{4}$ lb. flour, 2 oz. sugar, 1 oz. butter, $\frac{1}{2}$ teaspoonful baking powder, pinch of salt, 1 egg, a little milk, 4-6 lb. fat for frying.

Rub butter into flour and other dry ingredients, mix to a soft dough with egg and milk. Lift a little out with 2 spoons and drop into boiling fat. When cooked, they will rise to top. Leave for a few seconds after that. Lift on sugared paper and sprinkle over with sugar. Serve hot or cold.

ECCLES CAKES

Melt in a saucepan, $1\frac{1}{2}$ oz. of butter, add to it $1\frac{1}{2}$ oz. Demerara sugar and stir till melted; put in 3 oz. of cleaned currants, 2 oz. chopped peel, a little grated nutmeg, mix well. Have ready $\frac{1}{2}$ lb. of any pastry, rough puff or flaky are best, roll this out $\frac{1}{4}$ of an inch thick and cut into rounds size of breakfast cup. Turn each round so as to have the best side up. Place a large teaspoonful of the mixture in the middle of each, wet and bunch the edges over the top, turn rough edges downwards and roll out until the currants just show, then make a small slit, but not through. Brush with cold water and dust with castor sugar. Bake in a quick oven for about 20 minutes.

EDINBURGH TART

(Old Scots Tea-table Dainty)

Traditional

Line a buttered plate with some good puff pastry, pour in the following mixture and bake in a quick oven for a few minutes:—

Melt 2 oz. butter and 2 oz. sugar in a pan, add 2 oz. chopped candied peel, 1 dessertspoonful of sultana raisins and 2 beaten eggs. Small-tarts may be made using petty-tins.

FEATHER BUNS

$\frac{1}{2}$ lb. flour, 2 oz. sugar, 2 oz. butter, 1 egg, 1 teaspoonful cream of tartar, $\frac{1}{2}$ teaspoonful baking soda, vanilla essence, and a little milk.

Rub butter into flour, add sugar and cream of tartar; beat egg and add to mixture. Mix soda in milk and add. Pile in small heaps on tin and bake in a quick oven 10 minutes.

FIG BUNS

4 teacupfuls flour, 4 oz. butter, $\frac{1}{2}$ teacupful sugar, $\frac{1}{2}$ teaspoonful salt, 2 teaspoonfuls baking powder, 2 eggs, 6 good figs.

Sift flour, rub in butter and add dry ingredients. Wash figs and cut into small pieces, then add. Beat up eggs and make into a stiff dough with a little milk. Bake in hot oven 10 minutes. This quantity makes 40 buns. When cold, cover with water icing, made as follows:— $\frac{1}{2}$ lb. icing sugar, 1 dessertspoonful orange-flower water and 1 teaspoonful hot water. Spread on with knife which has been heated in hot water.

FILLED COOKIES

$\frac{1}{2}$ cupful shortening, 1 cupful sugar, 1 egg, $\frac{1}{2}$ cupful milk, 1 teaspoonful vanilla extract, $\frac{3}{4}$ cupful flour, 1 level teaspoonful baking soda, 2 level teaspoonfuls cream of tartar, a pinch of salt.

Cream shortening, add sugar, beaten egg, milk and vanilla; add flour, salt, soda and cream of tartar, which have been sifted together. Roll out thin on floured board and cut with round cutter. Place 1 teaspoonful of filling on each cookie, cover with another cookie, press edges together. Bake in moderate oven 12 to 15 minutes.

Filling.

1 tablespoonful flour, $\frac{1}{2}$ cupful sugar, $\frac{1}{2}$ cupful water, $\frac{1}{2}$ cupful chopped raisins, $\frac{1}{2}$ cupful chopped figs.

Mix flour and sugar together, add water and fruit, cook until thick, being careful not to burn.

FRUIT CAKES (I)

$\frac{1}{2}$ lb. currants (good weight), 2 small apples (cut small), 1 dessertspoonful sweet almond oil, 2 dessertspoonfuls sugar.

Steam this mixture about 1 hour.

Paste.

$\frac{1}{2}$ lb. margarine, $\frac{1}{2}$ lb. flour, 2 dessertspoonfuls sugar, 1 egg, 1 teaspoonful baking powder.

Make short paste, with which line tin; spread on fruit, etc.; cover with other half of paste. Brush over with beaten egg. Bake in fairly sharp oven and cut into small squares when cold.

HERMITS

3 eggs, 2 cupfuls sugar, 1 cupful butter, $\frac{1}{2}$ tablespoonful milk, $\frac{1}{2}$ teaspoonful soda, 1 teaspoonful cinnamon, 1 teaspoonful cloves, $\frac{1}{2}$ teaspoonful nutmeg, $\frac{3}{4}$ cupful flour, 1 cup raisins.

Cream butter and sugar, add beaten eggs, mix in flour, spices, soda and raisins. Place in spoonfuls on a greased tin (like rock cakes). Bake in moderate oven 15-20 minutes.

LEMON JUMBLES

$\frac{1}{2}$ lb. flour, 4 oz. butter, 2 oz. sugar, $\frac{1}{2}$ teaspoonful baking powder, 1 egg, pinch salt.

Beat butter and sugar to a cream, add beaten egg, leaving a little to brush top; add flour, baking powder and salt. Divide lump into about 12 equal portions; roll out with palm of hand to 6 or 7 inches and twist into knot. Brush with egg and sprinkle with sugar. Bake in moderate oven till brown.

LADY ABBESS TARTS

3 oz. ground almonds, 2 oz. butter, 2 oz. castor sugar.

Mix all together, cut into shape and bake in patty pans in a moderate oven. Fill with jam and whipped cream on top.

MACARON TARTS

Pie-Crust. 1/2 egg with shortening particles

4 oz. flour, 2 oz. margarine, $\frac{1}{2}$ teaspoonful salt, moisten with a little cold water.

Roll out thin, cut in rounds and line 18 to 20 patty tins.

Filling.

Beat whites of 2 eggs stiff, add $\frac{1}{2}$ cup castor sugar, 1 cup desiccated coconut.

Cook to a golden brown.

Alternative filling. Mix together 4 oz. ground almonds, 4 oz. castor sugar, flavour with lemon juice. Add enough whipped white of egg to form a stiff paste. Put a little raspberry jam in each pastry-lined tin and half-fill with mixture, and bake in a moderate oven for 20 minutes.

MINCE PIES *meal section*

$\frac{1}{2}$ lb. flour, 2 oz. lard, 2 oz. margarine, $\frac{1}{2}$ lb. mince, $\frac{1}{2}$ teaspoon baking powder, $\frac{1}{2}$ teaspoon Jamaica pepper, salt and pepper a little water.

Rub fat into flour, add baking powder and salt; mix to a stiff paste with water and roll out. Put mince in a bowl, add water and seasonings, then spread mixture using either a plate or sandwich tin and bake in good oven 30-40 minutes; brush over with egg or milk.

PATTY CAKES

4 oz. flour, 2 oz. butter, 1 egg, 2 $\frac{1}{2}$ oz. castor sugar and a little milk, $\frac{1}{2}$ teaspoonful baking powder.

Grease several patty tins and dust them with castor sugar. Beat butter and sugar to a cream, add beaten egg and about a teaspoonful milk, then fold in the flour and baking powder and mix thoroughly. Half fill the patty tins with the mixture. Bake in a hot oven for 12 minutes.

POTATO CAKES

$\frac{1}{2}$ lb. hot potatoes (put through masher), $\frac{1}{2}$ lb. flour, 5 oz. best clarified dripping, 1 teaspoonful baking powder, 2 oz. currants, 2 oz. sugar, pinch of salt.

Rub dripping into flour, sprinkle in baking powder and salt, stir in lightly the potatoes, then currants and sugar. When well mixed, press into a stiff dough and roll out, and cut into 1 dozen flat cakes. Bake until nicely brown, about $\frac{1}{2}$ hour in a moderate oven.

POTATO DOUGHNUTS

4 oz. flour, 2 oz. margarine, 2 oz. cooked potato, $\frac{1}{2}$ teaspoonful spice, 1 egg, 1 teaspoonful baking powder.

Sieve the flour, baking powder and spice together. Rub in fat, add the potato and break up finely with other ingredients. Mix to a stiff dough with beaten egg and, if necessary, a small quantity of milk. Roll out to $\frac{1}{4}$ inch in thickness and cut out. Fry in deep fat which has a faint blue smoke coming from it. Cook 5 to 7 minutes, drain and sprinkle with sugar.

QUAKER OAT TEA CAKES

The same weight of quaker oats, margarine and sugar (brown is best).

Cream butter and sugar, add quaker oats and roll flat. Cut into fingers and bake till crisp.

QUEEN CAKES (I)

$\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. sugar, 3 oz. cornflour, 2 oz. ordinary flour, 2 or 3 eggs, $\frac{1}{2}$ teaspoonful baking powder.

Cream butter and sugar, sieve flour and cornflour, add eggs well beaten and flour gradually. Lastly add baking powder mixed with a little of the flour. Put in small greased tins. Bake 15 minutes in a hot oven. 3 oz. of currants can be added if liked.

RASPBERRY BUNS

$1\frac{1}{2}$ oz. Brown & Poulson's "Raisley," 12 oz. flour, 1 egg, 3 oz. butter, a little milk, 3 oz. castor sugar, small quantity raspberry jam.

Measure out the ingredients. Rub the butter lightly into the flour, add the "Raisley" and sugar. Beat the egg, stir it into the dry ingredients with sufficient milk to make a stiff paste; with floured hands form this mixture into balls. Make a hole in centre with your finger, fill in with jam and cover over. Place on a greased oven shelf, flatten slightly and bake in a sharp oven about 12 minutes. Cool on a wire tray. Mixture for 12 buns.

ROCK CAKES

1 lb. flour, 6 oz. butter, $\frac{1}{2}$ lb. sugar, 1 oz. of candied peel (cut
them), $\frac{1}{2}$ teacupfuls of Benger's baking powder, 2 eggs,
 $\frac{1}{2}$ lb. currants and sultana raisins mixed.

Knead butter into flour, add sugar and fruit. Put a dessert-
spoonful of milk amongst the beaten-up eggs, then stir in with
other things, this will only just damp them. Have 4 large tin
dish-buttered. Place on tin in little heaps as rough-looking as
possible. Bake in quick oven.

SPICE BUN

2 breakfastcupfuls flour, 1 teacupful brown sugar, 1 teacupful
each ground ginger, cinnamon and allspice, pinch of cayenne,
1 cupful each currants and raisins, 2 eggs, and 1 teacupful
baking soda, 2 cupfuls sweet milk, 1 tablespoonful vinegar.

Sieve flour and all dry ingredients together. Add sugar and
fruit and mix to a stiff dough with beaten eggs. Add vinegar
last. Form into buns, place on greased tray and bake in hot
oven 15-20 minutes.

TANTALON CAKES

1 lb. flour, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ oz. castor sugar, 1 tablespoonful rice
flour or ground rice.

Take a tablespoonful of flour out and replace with a table-
spoonful of rice flour or ground rice. Put all the ingredients
into a bowl and work together with the hands until they are in
a lump about the consistency of putty. Then place on a floured
board and press with the hands, not a rolling-pin, till it is about
 $\frac{1}{2}$ an inch thick, but into rounds with a cutter or wine-glass and
bake in a moderate oven till they are golden brown. Sprinkle
a little castor sugar over them when cold.

TEA CAKES

2 breakfastcupfuls flour, 1 tablespoonful sugar, 1 dessertspoon-
ful lard, a few currants, good pinch of salt, 1d. worth of
yeast, 2 teacupfuls of new milk.

Warm the milk in pan to blood heat, mix all the other ingredi-
ents in a deep basin, make a hole in the centre and crumble in
the yeast, and pour on the warm milk. Mix well with the hand
until a firm smooth batter is formed, cover the basin with a thick
paper and put it to rise before the fire for an hour. Take it out
of the basin and divide into 9 pieces, press them into rounds with
the hand and put on a hot greased tin before the fire. Let them
rise until twice their size. Bake in a hot oven for 15 minutes.

YORKSHIRE TEA CAKES

$\frac{1}{2}$ lb. flour, 1 egg, $1\frac{1}{2}$ gills milk, $\frac{1}{4}$ oz. Gossamer yeast, 1 oz. fat, 1 teaspoonful castor sugar.

Cream the sugar and the yeast; melt the fat in a saucepan; pour the milk on it and make it lukewarm; pour this on to the yeast and sugar. Pour the yeast and milk through a strainer into the flour, add the egg beaten up, and mix well together. Flour a board and turn the dough on to it, beat it, and cut it into cakes. Grease some cake-tins and fill them with cakes in, and stand by the fire to rise for 1 hour, then bake them for $\frac{1}{2}$ of an hour.

SCONES, Etc.

BAKING POWDER

1 lb. ground rice flour, $\frac{1}{2}$ lb. baking soda, 4 oz. tartaric acid.

SCONE FLOUR

4 lb. white flour, 2 oz. cream of tartar, 1 oz. baking soda.

Sieve these together, keep in biscuit tin or covered jar. The longer it is kept the lighter it gets. It is a splendid thing for a busy woman, as it only needs a little butter or lard fat rubbed in thoroughly, mixed with sweet milk, for scones, and is equally useful for sweet puddings, economical cakes, etc.

AFTERNOON TEA SCONES

$\frac{1}{2}$ lb. flour, $1\frac{1}{2}$ oz. butter, $\frac{1}{4}$ teaspoonful baking soda, $\frac{1}{4}$ teaspoonful cream of tartar, 1 teaspoonful sugar, pinch of salt, and milk.

Mix and roll $\frac{1}{2}$ inch thick. Bake on greased girdle.

BARLEY SCONES

2 cupfuls barley flour, $\frac{1}{4}$ teaspoonful baking soda, $\frac{1}{2}$ teaspoonful cream of tartar, small piece butter, pinch of salt, buttermilk.

Mix dry ingredients, rub in butter, add enough buttermilk to make a soft dough. Roll out and bake on a hot girdle, turn when ready. Cool on towel.

BARLEY SCONES (SWERT)

2 breakfastcupfuls barley flour, 2 tablespoonfuls dripping or margarine, 4 tablespoonfuls sugar, $\frac{1}{4}$ teaspoonful baking soda, $\frac{1}{2}$ teaspoonful cream of tartar, skin or buttermilk.

Mix to a soft dough, knead a little, roll out about $\frac{1}{2}$ inch in thickness. Cut in small rounds, and fire on a hot greased girdle, turning when ready. If barley meal is used, add half a cupful of plain flour (instead of all barley flour), as the meal makes scones more difficult to handle.

*Bowl recipe
- no Picken*

*Hold potato
Mrs Ferguson*

Traditional

BOILED MILK SCONES

Put a small bowl of flour into a baking basin, add a teaspoonful sugar, a little salt and a piece of butter the size of a walnut. Over these pour the same measure of boiling milk as you have of flour. Mix well with a knife, then turn on to a well-floured bake-board. Knead lightly, adding as little flour as possible. Roll very thinly and cook on hot griddle. Before turning scones, brush over with milk, and cook quickly on the other side.

N.B.—Water may be used instead of milk.

CHEESE SCONES

8 oz. flour, 1 oz. margarine, 1 oz. lard, 2 oz. grated cheese, 1 teaspoonful cream of tartar, $\frac{1}{2}$ teaspoonful baking soda, 1 tablespoonful dried egg, 1 teaspoonful milk.

Sieve flour, salt, soda, tartar—rub in fat. Add cheese and egg and mix with milk to a soft dough. Knead lightly—roll out $\frac{1}{2}$ inch thick. Cut in rounds. Bake 12 minutes, hot oven.

PANCAKES (I)

$\frac{1}{2}$ lb. flour, 1 tablespoonful castor sugar, buttermilk, $\frac{1}{2}$ teaspoonful baking soda, $\frac{1}{2}$ teaspoonful cream of tartar, 1 egg.

Sieve the dry ingredients into a basin, make a well in the centre, and drop in the egg and a little buttermilk. Beat well together with the back of a wooden spoon till perfectly smooth, then add enough buttermilk to make a thick creamy batter. Grease a hot griddle and drop on the mixture in small rounds. When the surface rises in bubbles, turn the scones over with a knife and brown the other side.

PANCAKES (II)

Reep

$\frac{1}{2}$ lb. flour, 2 dessertspoonfuls sugar, $\frac{1}{2}$ cupful buttermilk, $\frac{1}{2}$ teaspoonful baking soda, $\frac{1}{2}$ teaspoonful cream of tartar, 1 teaspoonful melted butter, *less*

Beat egg and sugar together for 10 minutes, add melted butter. Mix flour, baking soda and cream of tartar thoroughly. Add gradually to creamed egg and sugar. Add milk, and bake in spoonfuls on a hot griddle till brown on both sides. Cool on a clean towel.

*Note of recipe with sweet milk
don't use cream of tartar
& wash & butter soda*

GIRDLE SCONES (FOUNDATION RECIPE)

4 teacupfuls flour (or 1 lb.), 1 teaspoonful salt, 1 teaspoonful bi-carbonate of soda, 2 teaspoonfuls cream of tartar, sweet milk to mix.

When using sour or buttermilk use one teaspoonful cream of tartar. Sift the flour, mix the dry ingredients and make into a soft dough with milk. Handle as little as possible and try to have the dough just the right consistency for cutting out. Turn on to a floured board, roll out and cut with a cutter and fire on a hot, clean, girdle.

Instead of rolling out this dough it may be put into a cake tin and baked for $\frac{1}{2}$ of an hour and makes a nice milk loaf.

Syrup, fat, sugar, currants, etc., may be added if desired.

MUFFINS

1 pint milk, 2 eggs, 1 tablespoonful butter, $\frac{1}{2}$ teaspoonful salt, $1\frac{1}{2}$ teaspoonfuls baking powder, 2 tablespoonfuls sugar, flour enough to make a stiff batter.

Mix the ingredients and melt the butter and put in last. Turn out on floured board. Cut into rounds with a plain cutter. Bake in a hot oven for 20 minutes.

OVEN SCONES (I)

$\frac{1}{2}$ lb. flour, $1\frac{1}{2}$ oz. butter, $\frac{1}{2}$ teaspoonful baking soda, $\frac{1}{2}$ teaspoonful cream of tartar, $\frac{1}{2}$ pinch of salt, buttermilk, 1 teaspoonful castor sugar.

Sieve the dry ingredients and rub in butter, add enough buttermilk to make a soft dough. Turn on to a floured board, knead lightly, roll out. Cut in rounds. Place on a greased tray and bake in quick oven for 10 to 15 minutes.

OVEN SCONES (II)

$\frac{1}{2}$ lb. flour, 3 large tablespoonfuls sugar (castor is best), 2 oz. margarine, 1 small teaspoonful salt, 1 small teaspoonful baking soda, 2 small teaspoonfuls cream of tartar, and, if desired, raisins or peat may be added, as much sweet milk as will make a fairly moist dough, an egg may also be used, if liked.

Have very hot oven and two greased sandwich tins. Mix and sieve dry ingredients, rub in margarine, then add sugar and fruit. If egg is used, beat well and add to mixture along with enough milk, or milk only, to make proper consistency. Knead, divide and roll out. Place in tins, brush over with a little beaten egg or milk and bake in good oven from 12 to 15 minutes till firm and nicely browned. Cool and store.

POTATO SCONES

$\frac{1}{2}$ lb. cold potatoes, $\frac{1}{4}$ oz. butter, 2 oz. flour, $\frac{1}{4}$ teaspoonful salt.

Mash potatoes with butter and a little milk, beat up a few minutes with wooden spoon, add flour and salt. Roll out very thinly, cut and place on hot griddle, bake for 3 minutes each side and cool on towel.

PUFF SCONES

8 oz. flour, 1 teaspoonful sugar, 1 teaspoonful baking soda, 2 $\frac{1}{2}$ oz. lard or margarine, 1 small teacup milk (sour), $\frac{1}{4}$ teaspoonful salt, 1 teaspoonful cream of tartar.

Mix flour, cream of tartar, baking soda, sugar and salt in a mixing bowl and rub in the margarine with the finger tips. Using a knife, stir in milk to make a soft dough. Knead very lightly, roll out $\frac{1}{4}$ inch to $\frac{1}{2}$ inch thick and cut into rounds. Place on a floured baking tin and bake in hot oven for 10 minutes.

TREACLE SCONES

1 lb. flour, 1 teaspoonful baking soda, 1 teaspoonful ginger, 1 teaspoonful cinnamon, 2 tablespoonfuls treacle, 2 dessert-spoonfuls sugar, $\frac{1}{4}$ teaspoonful salt, small piece butter, buttermilk.

Sift all dry ingredients, rub in butter lightly, stir in treacle and enough buttermilk to make a fairly stiff dough. Turn on to floured board and divide into desired portions, roll out and bake on a hot griddle, turn and bake on other side. Cool on towel.

BISCUITS**ARROWROOT BISCUITS**

$\frac{1}{2}$ lb. flour, $\frac{1}{2}$ lb. arrowroot, $\frac{1}{2}$ lb. butter, 6 oz. sugar, 1 teaspoonful baking powder, 1 egg.

Beat together sugar, butter and add egg. Sift in flour, arrowroot and baking powder; mix well, adding a little milk, if necessary, for rolling out. Flour board well and roll out to $\frac{1}{4}$ inch thick. Cut out and put on well-floured baking tin and bake in quick oven.

AUSTRALIAN LOGS (TEA BISCUITS)

8 oz. flaked oats, 2 oz. flour, 4 oz. margarine, 2 oz. sugar, a little vanilla essence.

Melt margarine and sugar, add to dry ingredients, press into a sandwich tin, and bake in a hot oven 30 minutes. After they have been in oven 10 minutes, take out and mark size required with knife, then put back to finish.

BISCUITS

8 oz. self-raising flour, 2 oz. sugar, $1\frac{1}{2}$ oz. lard, $1\frac{1}{2}$ oz. margarine, 1 dried egg (reconstituted), 1 oz. chopped sultanas, $\frac{1}{2}$ teaspoonful ground ginger, a little milk if necessary.

Mix dry ingredients, rub in fats, add chopped fruit and bind together to a stiff dough with egg, using a very little milk, if necessary. Turn out on a floured board and roll out thin. Prick with a fork all over and cut into biscuits with a cutter. Bake in moderate oven until golden brown—10-15 minutes.

BRANDY SNAPS

1 tablespoonful sugar, 1 tablespoonful syrup, 1 tablespoonful butter, 1 tablespoonful flour, 1 teaspoonful ginger.

Warm in a pan, drop in teaspoonfuls on tin, bake in moderate oven.

CHEESE BISCUITS

8 oz. self-raising flour, 8 oz. oatmeal, 6 oz. grated cheese, 2 teaspoonfuls salt.

Mix flour, oatmeal, cheese and salt to a stiff dough with milk or water. Roll out and cut into rounds and bake in a moderate oven 15-20 minutes.

CHOCOLATE BISCUITS

8 oz. flour, 2 oz. sugar, 1 oz. cocoa, 4 oz. butter, 1 egg.

Sieve together flour and cocoa and rub in butter. Make a hole in the centre and place in the sugar and egg and mix together. Draw in the other ingredients and work all into a nice smooth dough. Roll out to an $\frac{1}{4}$ of an inch thickness, cut and bake in a very moderate oven for 15 to 20 minutes.

COCOANUT BISCUITS (I)

$\frac{1}{2}$ lb. desiccated coconut, 1 lb. sugar, 1 teacupful flour, and the whites of 2 eggs.

Mix thoroughly and drop in spoonfuls on a greased paper placed on a baking tin. Bake in a moderate oven for about 20 minutes.

COCOANUT BISCUITS (II)

6 oz. flour, pinch salt, $\frac{1}{2}$ oz. butter, 3 oz. sugar, 2 oz. coconut, $\frac{1}{2}$ teaspoonful baking powder, 1 egg.

Put flour, salt and baking powder in a bowl, rub in butter, add coconut and sugar into a bowl, mix with egg, roll out thinly, cut with fancy cutters and bake slowly.

Call Coconut Super Waffles.

CRUNCH OAT BISCUITS

4 oz. margarine or butter, 1 tablespoonful castor sugar, 3 tablespoonfuls flour, 1 teaspoonful breakfast oats, $\frac{1}{2}$ teaspoonful baking powder, yolk of an egg.

Beat the butter and sugar to a cream and then work in the other ingredients and bind with the beaten egg yolk. Add flavouring if desired—almond essence is best—only a few drops. Turn mixture out on to floured board, knead and roll out about $\frac{1}{2}$ of an inch thick. Cut out into rounds or fingers and bake on a greased tray for 15 minutes in a moderate oven.

EMPIRE BISCUITS

$\frac{1}{2}$ lb. flour, 4 oz. butter, 2 oz. sugar, 1 egg, 1 teaspoonful cream of tartar, $\frac{1}{2}$ teaspoonful baking soda.

Beat sugar and butter to a cream, add egg and other ingredients. Knead into a soft dough, roll out at once very thin; cut in rounds. Bake in a quick oven for 10 minutes. Ice and jelly, putting two together.

FANCY BISCUITS

The quantities given will make 60 biscuits:—

Beat together 8 oz. of margarine and 4 oz. sugar to a cream. Add 1 tablespoonful dried egg. Sift together 6 oz. custard powder, 10 oz. flour, and 1 small teaspoonful baking powder. Stir into beaten margarine and egg carefully, then knead up into a nice dough. Roll out on floured board. Cut into small rounds. Bake till a delicate colour. When done, cool on a wire tray. Spread a little jam on one and place another on top.

GARIBALDI BISCUITS

1 oz. dried fruit chopped, 4 oz. self-rising flour, salt, $1\frac{1}{2}$ oz. fat, $\frac{1}{2}$ oz. sugar, milk.

Make pastry, roll out $\frac{1}{2}$ inch thick. Sprinkle half with chopped fruit, fold other half on top. Roll out again till $\frac{1}{2}$ inch thick. Cut into fingers and bake in hot oven till golden brown—20 minutes.

GINGER BISCUITS

$\frac{1}{2}$ lb. flour, $\frac{1}{2}$ lb. castor sugar, 3 teaspoonfuls ground ginger, 3 teaspoonfuls ground cinnamon, 1 teaspoonful soda, 1 egg, $\frac{1}{2}$ lb. syrup, $\frac{1}{2}$ lb. butter or margarine.

Melt butter and syrup and while hot add egg beaten with soda. Mix in the dry ingredients, roll out thin, and cut into biscuits. Bake in a very slow oven.

GINGER CRISPS

Melt 4 oz. margarine and 1 tablespoonful syrup. Add 4 oz. Post Toasties made smaller, 2 oz. Scott's (Porage) Oats, 2 oz. sugar, 2 teaspoonfuls ginger—mix well. Put into tin. Press down with a knife. Cook 10-15 minutes till golden brown. When cool, cut, leave in tin till cold.

GINGER NUTS (I)

1 lb. flour, 4 oz. sugar, 4 oz. butter, 8 oz. syrup, ground ginger to taste, level teaspoonful bicarbonate of soda, dissolved in a little milk.

Rub butter into flour with ginger, add sugar and syrup. Lastly, soda. Mix into stiff dough, roll out thin, cut, and bake in moderate oven.

GINGER NUTS (II)

10 oz. flour, 4 oz. margarine, 4 oz. sugar, 1 tablespoonful ground ginger, $\frac{1}{2}$ teaspoonful bi-carbonate of soda, 3 tablespoonfuls syrup.

Beat butter and sugar to a cream, add syrup, flour and ginger. Dissolve soda in a little warm water, mix all and work into a stiff dough, adding more flour, if necessary. Roll into small balls. Bake in a well-greased tin in a hot oven.

GINGER SNAPS

*Plus 2
to make*
1 lb. self-raising flour, 4 oz. cooking fat, 4 oz. sugar, 2 teaspoonfuls ginger, 1 egg, 1 teaspoonful baking soda, 2 tablespoonfuls syrup. (Spice can be added, if desired).

Melt fat and syrup slightly, add sugar and egg, cream together, then add flour with which ginger and baking soda has been sifted. Roll into small balls on floured palms of hands, put on baking tin and bake in a moderate oven for 15 minutes.

IMPERIAL BISCUITS

very brown
1 lb. flour, $\frac{1}{2}$ lb. margarine, $\frac{1}{2}$ lb. castor sugar, $\frac{1}{2}$ teaspoonful baking powder, 1 teaspoonful ground cinnamon, 1 egg, 1 ~~teaspoonful~~ ~~castor~~ ~~sugar~~.

Beat margarine and sugar to a cream, sift flour and spices together, also baking powder. Beat egg until creamy. Add flour, then egg to margarine and sugar, mix to firm dough, turn out and work smoothly. Roll out to $\frac{1}{4}$ of an inch in thickness. Cut out and bake in a moderate oven 15 to 20 minutes. Ice while hot.

Icing.

4 oz. icing sugar, squeeze of lemon juice, a little cold water.

Put icing on one half of biscuit and lay aside to firm up. Put jam on the other half and put the iced biscuits on top of those with jam.

LADIES' FINGERS

$\frac{1}{2}$ teacupful butter, $\frac{1}{2}$ teacupful sugar, 2 teacupfuls flour, 1 table-spoonful milk, 1 egg, $\frac{1}{4}$ teaspoonful bicarbonate of soda, 1 teaspoonful cream of tartar, a little essence of lemon.

Whisk butter and sugar together in a hot basin, break in egg and beat for 5 minutes. Shake out whisk, and add flour, bicarbonate of soda and cream of tartar (all previously sieved) by degrees with a wooden spoon until it is quite a stiff paste. Then add essence. Take up small pieces of the mixture, roll it with floured hands into a long piece. Dust over top with a little castor sugar. Place on a floured baking tin and bake in a moderate oven for about 10 or 15 minutes, then when hot sift over top with castor sugar.

LANCASHIRE NUTS

$\frac{1}{2}$ lb. flour, $\frac{1}{2}$ lb. cornflour, $\frac{1}{2}$ lb. castor sugar, $\frac{1}{2}$ lb. butter, 1 egg, 1 teaspoonful baking powder.

Beat the butter and sugar to a cream, add the egg and beat, then add all dry ingredients. Mix into a paste, place teaspoonfuls on buttered tin and bake. When done put two together with a little jam while hot.

NEW-YEAR BISCUITS

$\frac{1}{2}$ lb. flour, $\frac{1}{2}$ lb. sugar, a little flavouring, $\frac{1}{2}$ lb. butter, 1 egg.

Beat to a cream the butter and sugar. Beat egg and add it, sift flour and add essence. Roll out thinly and cut in fancy-shapes and bake on a greased oven tin or shelf for 10 minutes.

PARKINS

$\frac{1}{2}$ lb. oatmeal, $\frac{1}{2}$ lb. flour, 6 oz. syrup, $\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ lb. lard, 1 teaspoonful cinnamon, 2 teaspoonfuls ginger, 1 teaspoonful mixed spice, $1\frac{1}{2}$ teaspoonfuls baking soda, 1 egg.

Mix all the dry ingredients and rub in lard. Melt sugar and syrup together and pour over dry ingredients, and mix with egg beaten up. Take up in pieces and roll into balls with dry oatmeal, and bake until a nice brown.

PLAIN BISCUITS

8 oz. flour, 2 oz. sugar, 2 oz. margarine, 1 teaspoonful baking powder, pinch of salt, 1 dessert-spoonful egg powder.

Beat the sugar and margarine to a cream, stir in the flour and other dry ingredients. Mix in the egg powder and a little milk or water to make a light soft dough. Roll out thinly and prick with a fork. Cut into shapes. Put on a greased flat tin and bake in a moderate oven until lightly browned. Cool, and store in air tight tins.

only one Quaker No. 7

QUAKER OAT BISCUITS (I)

8 oz. Quaker oats, 4 oz. butter or margarine, 4 oz. sugar, 1 teaspoonful almond essence.

Melt butter and add to other ingredients. Press down evenly in a flat greased tin, and bake in a moderate oven to a light brown.

QUAKER OAT BISCUITS (II)

4 oz. Quaker oats, 3 oz. flour, $\frac{1}{2}$ lb. margarine, 3 oz. sugar, $\frac{1}{2}$ teaspoonful baking powder, yolk of 1 egg.

Beat butter and sugar together, then add dry ingredients. Bind together with beaten yolk of egg. Bake in a slow oven.

QUAKER OAT SHORTBREAD

4 oz. sugar, 6 oz. Quaker oats, 8 oz. butter, 8 oz. flour.

Beat butter and sugar, and add oats and flour. Turn on to board and knead in remainder. Bake in moderate oven for 20 minutes.

SAVOURY BISCUITS

leave in

Take equal quantities of flour and butter. Beat butter in basin to a cream. Add flour, pinch of cayenne pepper and salt. Add 1 teaspoonful meal extract to every 2 oz. of mixture. Mix together and roll into little balls. Flatten out to desired shape and bake in slow oven.

SMALL YORKSHIRE PARKINS

10 oz. flour or wholemeal, 8 oz. oatmeal, 8 oz. butter or lard, 8 oz. syrup, 2 oz. sugar, $\frac{1}{2}$ oz. bicarbonate soda, 2 teaspoonfuls ground ginger, a little spice or Cassia (if liked) $\frac{1}{2}$ teaspoonful.

Rub fat into dry ingredients. Warm syrup and mix well. Put on to tins as Rock Buns. Bake in moderate oven, time about $\frac{1}{2}$ hour.

SHORTBREAD (I)

Applesauce (chut)

1 lb. flour, 9 oz. butter, 2 yolks of eggs, 5 oz. sugar, a little essence vanilla.

Put all ingredients into a bowl and knead well until the butter absorbs the flour, etc. Do not use any more moisture. Make into two round, flat cakes, pinch round the edges, and bake very slowly for 30 minutes.

*Beloved Trail***SHORTBREAD (II)**

6 oz. flour, 2 oz. rice flour or ground-rice, 2 oz. castor sugar,
 $\frac{1}{2}$ lb. butter.

Cream butter and sugar, then gradually add flour and rice-flour (which have been mixed together), knead into smooth ball and roll to a $\frac{1}{2}$ of an inch in thickness and pinch edges. Bake in a moderate oven for $\frac{1}{2}$ an hour. Leave on tray until cold.

SHORTBREAD (III)

$3\frac{1}{2}$ lb. flour, 2 lb. butter, 1 egg, $\frac{1}{2}$ lb. cornflour, 1 lb. granulated sugar, 1 dessertspoonful cream.

Mix plain flour and cornflour together. Work butter and sugar, then add egg and cream and work in flour in usual way.

SHORTBREAD (IV)

14 oz. flour, 3 oz. ground rice, $4\frac{1}{2}$ oz. castor sugar, 10 oz. butter, yolk of 1 egg, $\frac{1}{2}$ teaspoonful baking powder.

Cream butter and sugar and add egg and flour, ground rice and baking powder. Then knead for 30 minutes and bake in a moderate oven.

SHORTBREAD (V)

$\frac{1}{2}$ lb. flour, 3 oz. margarine, 1 oz. butter, 2 oz. castor sugar.

Beat butter, margarine and sugar to a cream (about 10 mins.), then add flour gradually, beating all the time. Put into a greased tin, flatten down, prick with a fork, and bake in a moderate oven for about 1 hour.

SHORTBREAD (VI)

3 oz. flour, 3 oz. margarine, 3 oz. oatmeal, 2 oz. syrup.

Cream syrup and margarine, stir in other ingredients. Allow mixture to stand 5 minutes. Roll out $\frac{1}{4}$ inch to $\frac{1}{2}$ inch thick. Cut into fingers or rounds. Bake in moderate oven for 20 minutes.

SYRUP SNAPS

This recipe should make 70-80 biscuits if rolled out thinly enough. Warm together to blood heat, $\frac{1}{2}$ lb. syrup, $\frac{1}{2}$ teaspoonful each of cinnamon, ginger, nutmeg, and 2 oz. margarine. Mix $\frac{1}{2}$ lb. flour and 1 level teaspoonful of cream of tartar. Mix a well, pour in syrup, mix to a stiff paste, knead well. Leave overnight in a warm place, then knead again. Take small pieces of the paste, roll out paper thin, stamp out small rounds and bake on a greased baking sheet in a moderate oven for about 10 minutes.

VANILLA BISCUITS

$\frac{1}{2}$ lb. butter, 6 oz. sugar, $\frac{1}{2}$ lb. flour, 1 egg, $\frac{1}{2}$ teaspoonful vanilla essence.

Beat butter and sugar to a cream, then add flour and well-beaten egg. Put through a ricer or roll out till $\frac{1}{4}$ inch thick and cut in desired shapes. Bake 20 minutes in a quick oven.

WHEATEN BISCUITS

3 oz. self-raising flour, 3 oz. oatmeal, $2\frac{1}{2}$ oz. butter or fat, 2 oz. sugar, and pinch of salt.

Mix dry ingredients together, add cold water to make stiff paste. Roll out. Cut in rounds and bake in slow oven.

BREAD

BREAD MAKING AT HOME

*Place
in
oven*

Put $1\frac{1}{2}$ lb. of flour into a bowl and mix in $1\frac{1}{2}$ teaspoonfuls of salt. Cover with a teacloth and place on the rack. Crumble $\frac{1}{2}$ oz. of yeast with a teaspoonful of sugar in a small basin, working it gently with a teaspoon. This is testing the yeast. By so doing you may save wasting a quantity of flour. If the yeast is fresh it will liquify and begin to bubble. Measure $\frac{1}{2}$ pint of tepid water on to the yeast and sugar. Make a well in the middle of the flour, and pour in the liquid, tossing the flour over lightly. Replace the bowl on the rack for 20 minutes, at the end of which time the liquid will be bubbling and spongy. This is called "setting the sponge." Stir round with a wooden spoon. If more water has to be added, showing that the flour is good, be sure that it is added at about blood heat. Now turn on to a floured board, and knead very thoroughly, so as to get the yeast in contact with every part of the flour, thus obviating the little hard lumps which we sometimes find in bread. Return to the basin and score across, twice, then cover and place on the fender to rise until the dough is double its original size. This will take about $2\frac{1}{2}$ to 3 hours. At the end of that time knead the dough again, this time lightly, and shape into a loaf. Then press it into a greased and floured tin, and prick it with a fork. Let the bread "prove" in a warm place for $\frac{1}{2}$ hour, then bake in a hot oven for 45 to 60 minutes. Sprinkle a little flour on the oven shelf. If it turns a golden brown quickly the oven is right. When the loaf looks done and has been in the oven for the right time, take it out and tap it. If it sounds hollow, put it on a sieve to cool. It is better to overbake bread than to underbake it.

BOSTON BROWN BREAD

2 cups wholemeal or white flour, 1 cup semolina and flour mixed, 1 cup treacle, 1 large teaspoonful baking soda, 1 teaspoonful spices to taste, 1 cup nuts (may be omitted), 2 cups wholemeal flour, 2 cups sour milk, 1 egg if desired, 1 teaspoonful salt, 1 cup fruit.

Mix to cake consistency and steam $2\frac{1}{2}$ hours to 3 hours. This makes a large cake, and can be done in several smaller tins, if a large one isn't available. Container should not be more than half full to start with. Serve slices buttered. It is almost like cake and tastes very good.

BRAN BREAD

1 lb. self-raising flour, 2 tablespoonfuls bran, 2 tablespoonfuls sugar, 1 teaspoonful salt, piece of lard the size of a walnut.

Mix to a soft dough with milk, and bake 1 hour in not too hot an oven.

BROWN BREAD (I)

$\frac{3}{4}$ lb. plain flour, $\frac{1}{4}$ lb. wheat meal, 1 teaspoonful salt, 1 teaspoonful cream of tartar, 1 teaspoonful bicarbonate of soda, 1 dessert-spoonful syrup, and sufficient milk to make a dough of the consistency of gingerbread. *Small pieces of butter or margarine*

Sift all the dry ingredients together, add the syrup and milk. *Use 4 lb. size Mackintosh's toffee tin, fill proof the mixture in.* Put on the lid and bake for 1 hour in a moderate oven. If sweet milk is used, add a little more tartar. *Use 7*

BROWN BREAD (II)

2 teacupfuls white flour, 2 teacupfuls wheaton flour, 1 teaspoonful salt, 1 teaspoonful each bicarbonate of soda, cream of tartar, and baking powder, small piece butter or margarine rubbed in, 1 tablespoonful syrup, 1 egg and milk to mix.

Mix as for scones, dough to be soft. Bake in two "Cerebos" salt tins (1 lb. size), with lid on for about 1 hour, in moderate oven. *Use 7*

DATE, WALNUT AND RAISIN BREAD

10 oz. wholemeal, 12 oz. flour, 3 teaspoonfuls baking powder, 1 $\frac{1}{2}$ teaspoonfuls salt, 4-6 oz. sugar, 3 gills milk, 1 egg, & oz. chopped fruit (raisins, dates, walnuts).

Mix together wholemeal, flour, sugar, salt and baking powder, add fruit. Beat egg slightly and add to milk. Make a well in centre of dry ingredients and add milk until a soft dough is formed. Put in well-greased tins and bake in a moderate oven $\frac{1}{2}$ hour, or till ready.

DINNER ROLLS

2 teaspoonfuls flour, $\frac{1}{2}$ teaspoonfuls baking powder, $\frac{1}{2}$ cupful milk, $\frac{1}{4}$ teaspoonful salt, $\frac{1}{4}$ tablespoonful butter.

Mix the dry ingredients. Rub in the butter. Mix to a smooth dough with the milk. Turn on to a floured board and knead well. Cut dough into small pieces to make rolls $4\frac{1}{2}$ inches long and 2 inches wide. Form each into a smooth roll with square ends. Place on a greased tin far apart, and stand in a warm place for 15 or 20 minutes, to rise. Brush with melted butter. Bake in a very hot oven for 10 minutes. Brush again with melted butter. Put back in oven and bake 5 minutes more. Serve hot.

FIVE MINUTES LOAF

6 oz. self-raising flour, 1 gill milk, 1 teaspoonful salt, 1 gill water.

Put flour and salt into basin, add liquids and mix with a fork to a fairly moist dough. Beat well. Knead lightly and shape. Put into a greased tin and bake in a hot oven 30-40 minutes.

FRENCH BREAD

1 lb. flour, 2 oz. butter, $\frac{1}{2}$ teaspoonful warm water, $\frac{1}{2}$ pint milk, $\frac{1}{2}$ oz. yeast, 1 teaspoonful salt.

Put yeast, water and a pinch of sugar in a basin in a warm place to rise. Rub butter into flour, pour yeast into centre, sprinkle salt round. Add milk, knead to a light dough and leave to rise 1 hour. Make into rolls, twists or plaits, brush with ~~milk~~ or ~~white of egg~~, place on a greased tin, allow to rise 20 minutes, and bake in a quick oven.

NUT BREAD

4 cupfuls flour, 4 heaped teaspoonfuls baking powder, 1 teaspoonful salt, $\frac{1}{2}$ cupful granulated sugar (or 1 cupful brown), 1 cupful chopped nut meats, 2 cupfuls sweet milk, 1 egg (beaten).

Sift the flour, baking powder, salt and sugar together, and add the nut meats. Stir egg and milk together and add to above. Put into tin and let rise $\frac{1}{2}$ hour in a warm place, then bake 1 hour. This bread cut thinly and buttered is a nice change from meat sandwiches.

NUT LOAF

1 lb. flour, $\frac{1}{2}$ cupful castor sugar, $\frac{1}{2}$ cupfuls chopped walnuts, 1 teaspoonful baking soda, $\frac{1}{2}$ teaspoonful cream of tartar, milk to mix.

Mix all ingredients to a soft dough with milk. Bake in hot oven 20 minutes, then lower heat and bake 1 hour altogether.

SIMPLE BREAD RECIPE

8 lb. flour, halfpenny salt, $1\frac{1}{2}$ oz. yeast, good teaspoonful brown sugar, warm water to make good dough.

Mix salt with the flour. Make a well in the middle and crumble in the yeast, sprinkle sugar over. Fill the well with water—it should be just blood heat, work in the flour with the hands and keep adding water and working in flour till all is in and a good sponge made. Knead for about 20 minutes, cut across and put by the fire to rise for $1\frac{1}{2}$ hours. It is best to make it in an earthenware basin as it holds the heat round the bread. Turn out on a board, cut into loaves, knead up and put into greased tins (4 or 6 loaves), stand to rise for 20 minutes, not more, either close to fire or on plate rack. Bake in hot oven for 1 hour. The bread should be put in when the oven is at its hottest and baked at a falling temperature; when ready it should sound hollow when tapped.

STEAMED BROWN LOAF

1 breakfastcupful flour, 1 breakfastcupful whole meal, 1 teacupful barley flour, 1 small teaspoonful cream of tartar, 1 small teaspoonful bi-carbonate of soda, $\frac{1}{2}$ good pinch of salt.

Mix with milk, and steam for $1\frac{1}{2}$ hours.

WHEATEN BREAD

$\frac{1}{2}$ lb. wholemeal, $\frac{1}{2}$ lb. flour, 1 dessertspoonful syrup, small piece butter, 1 teaspoonful salt, 1 teaspoonful cream of tartar, 1 teaspoonful bi-carbonate of soda, about 1 breakfastcupful milk. (Butter can be omitted if desired).

Mix all dry ingredients together and rub in butter. Mix syrup with milk and add to dry ingredients. Mix to a fairly soft consistency. Put into well-greased tins. Bake in a moderate oven with lids on for $\frac{1}{2}$ hour and another $\frac{1}{2}$ hour with lids off.

WHEATEN LOAF

2 teacupfuls flour, 2 teacupfuls wheaten flour, 1 tablespoonful lard, 1 tablespoonful treacle, pinch of salt, 1 teaspoonful baking soda, $\frac{1}{2}$ teaspoonful cream of tartar, sour or butter-milk to mix.

Rub flour and lard together, add soda, tartar and salt, and mix all well together. Make a hole in centre, and put in treacle and a teacupful milk, and mix. Grease tin, put in mixture, smooth top, and dredge with flour. Bake in moderate oven for 1 to $1\frac{1}{2}$ hours. Ten minutes before taking out, take out of tin and set in cooler part of oven to dry off.

PASTRY

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When making pastry it is advisable to keep the ingredients as cold as possible; to use accurate proportions; to handle it very little and roll lightly; and to subject to great heat at first.

SUET CRUST

1 lb. flour, 4-8 oz. suet, 1 teaspoonful salt, 2 teaspoonfuls baking powder, cold water.

Suet, shred and chop finely and add to flour, then add the salt and baking powder. Mix with a little cold water to an elastic dough and roll out on a floured board. Use as desired.

SHORT CRUST

1 lb. flour, 8 oz. margarine or margarine and lard, $\frac{1}{4}$ teaspoonful salt, cold water.

Rub the fat into the flour until as fine as bread-crumbs. Then add the salt and sufficient cold water to make a stiff dough. Roll out at once.

OATMEAL PASTRY

Made the same way as Short Crust but using equal quantities of flour and oatmeal.

ROUGH PUFF PASTRY

1 lb. flour, 10-12 oz. margarine or margarine and lard, $\frac{1}{4}$ teaspoonful salt, cold water.

Add the salt to the flour then add the fat cut in small pieces. Mix with a little cold water to an elastic dough. Roll to a strip on a floured board. Fold up one third and down two thirds and seal the edges. Half turn so that the open ends are top and bottom and roll out again. Repeat three times then use as desired.

FLAKY PASTRY (1)

$\frac{1}{2}$ lb. flour, 3 oz. margarine, 3 oz. lard, pinch of salt, $\frac{1}{4}$ teaspoonful lemon juice, cold water.

Mix the lard and margarine. Rub $\frac{1}{2}$ of it into the flour. Mix to an elastic dough with the lemon juice and water. Work lightly on a floured board and roll into a strip. Place $\frac{1}{2}$ of the fat in small pats on two thirds of the strip. Flour lightly, fold in three, turn and roll into strip. Repeat twice with remaining fat. Set aside if possible for $\frac{1}{2}$ an hour to cool. Roll and fold twice, then use as required.

FLAKY PASTRY (II)

1 lb. flour, 1 lb. butter, or if less rich pastry is required 6 oz. butter and 6 oz. lard to the lb. of flour, pinch salt.

Put the flour on the board, put butter into flour and chop up finely amongst the flour, then lightly roll, keeping the butter in as large flakes as possible. Gather up, taking care not to break flakes, roll out as before. Then gather up into two halves. Make into a dough with a very little water, to which a little lemon juice has been added. The dough should be as stiff as possible. Then lay aside for at least $\frac{1}{2}$ an hour in a cool place. The longer it can be left the better. When ready for use, take a piece of dough and roll out to the thickness of a wafer. Fold up and roll out fairly thin, and use as required.

HOT WATER CRUST

1 lb. flour, 5-6 oz. lard, $1\frac{1}{2}$ gills water, 1 teaspoonful salt.

Boil the water and lard and stir into the flour and salt. Then knead until smooth. This is used for pies, etc.

Palato ✓

Clam

Cheese

Biscuits Crust

Section VIII

CHEESE DISHES

- New Dishes, new appetites."

"She does much who does well what she does."

"Don't hide to-day's sun behind to-morrow's cloud."

"I hold there ain't no use o' dyin' before yer time."

Cheese is a highly concentrated food rich in body building substances, mineral salts, vitamins and fats. It is particularly important in the diet of children where it can be given in its most digestible form (grated), as early as eighteen months.

Not only should cheese dishes be appetising and savoury, but they should constitute the main part of the meal, being used as a substitute for meat or fish.

Cheese is more digestible when eaten raw and grated, or added to a white sauce, or cereal food. If heated, care should be taken not to overcook the cheese as it easily becomes tough and rubber-like, rendering it difficult to digest.

CHEESE AND EGGS

3 eggs, small lump butter, salt and pepper, 1½ tascupfuls grated cheese.

Butter a fireproof baking dish well, shake into it a thick layer of cheese. Carefully break the eggs into it, dust each with a little salt and pepper, and cover entirely with the remainder of the cheese. Bake in a quick oven until the cheese is lightly browned. Serve at once, or may be served in individual dishes.

CHEESE CRUNCHIES

4 oz. cheese pastry (4 oz. flour, 2 oz. margarine, 1-2 TB. ~~CHESSE~~ ~~WATER~~ ~~OR~~ ~~MILK~~).

½ cup grated cheese, ½ oz. margarine, ½ cup rolled oats or Force, pepper and salt.

To make cheese pastry—Rub fat into flour and add other ingredients. Mix to a stiff dough with cold water; roll out and line a flat tin with pastry.

Mix cheese and force or rolled oats. Rub in margarine to mixture and spread on pastry. Bake in hot oven for 15 minutes.

CHEESE FRITTERS (I)

Make a batter with 2 teaspoonfuls of flour, 1 egg, 1 teaspoonful of milk, 1 teaspoonful of baking powder, and pepper and salt to taste. When smooth, stir in $\frac{1}{2}$ lb. grated cheese. Drop in tablespoonfuls into boiling fat, and when fluffy and brown, drain on white paper. Dish up with slices of lemon and sprigs of parsley.

CHEESE FRITTERS (II)

Slices of cheese, salad oil, cayenne, batter.

Cut cheese $\frac{1}{2}$ in. thick, 2 in. long, 1 in. wide; soak in salad oil $\frac{1}{2}$ hour; dip in batter; fry.

Batter.

4 oz. flour, 1 egg, $\frac{1}{2}$ pint warm water, 1 tablespoonful oil of butter melted.

Mix flour, yolk of egg, salt, oil and water; beat stand half hour. Add stiffly beaten white of egg. Dip seasoned cheese into this and fry at once. Sprinkle fritters with cayenne and serve very hot.

CHEESE FRIZZLES

4 tablespoonfuls medium oatmeal, 2 tablespoonfuls plain flour, 1 or 4 tablespoonfuls grated cheese, 2 teaspoonfuls baking powder, salt and pepper, a little water to mix, fat for frying.

Mix all dry ingredients, except baking powder. Add enough cold water to make a stiff batter. Just before frying add the baking powder. Melt fat in frying pan and when very hot drop spoonfuls of the mixture into the hot fat. Fry till golden brown on both sides.

CHEESE OMELETTE

Melt 1 oz. butter in omelette pan. Beat up 2 eggs with 1 tablespoonful milk. Add 2 good tablespoonfuls grated cheese, one or two sliced tomatoes and pepper and salt to taste. Pour into buttered pan and allow to set. Sprinkle with grated cheese and brown under grill.

CHEESE PASTY

2 oz. grated cheese, 1 egg, 1 teaspoonful milk, pepper, salt and cayenne, $\frac{1}{2}$ lb. short crust pastry.

Make pastry of $\frac{1}{2}$ lb. flour and 5 oz. margarine. Line patty pans or baking tin. Beat egg slightly, mix with cheese and flavourings, add milk. Three-quarters fill patty pans or baking tin. Cover with pastry rolled thin, and bake.

CHEESE TARTLETS

Some short or any kind of pastry. Roll out and line patty tins.

Mixture.

1 oz. butter, 1 oz. flour, 1 cup milk, 1 egg, 2 oz. grated cheese.

Make a sauce with butter, flour, milk. Stir in egg yolk, seasoning and cheese. Just before baking stir in stiffly beaten white of egg. Half fill each pastry case. Quick oven, 20 minutes.

CHEESE POTATO PIE

4 boiled potatoes, $\frac{1}{2}$ gill milk, $\frac{1}{2}$ oz. dripping or butter, 1 oz. grated cheese.

Mash the potatoes smoothly, add salt, pepper, milk and butter and most of the grated cheese. Mix well and put in a greased pie-dish, sprinkle the remaining cheese and some browned bread-crumbs over the top. Brown in the oven or before the fire, or cheese and potatoes may be put in dish in layers and some white sauce poured over before sprinkling with brown crumbs and cheese.

CHEESE POTATOES

4 medium sized potatoes, $\frac{1}{2}$ oz. butter, 1 tablespoonful milk, 4 oz. grated cheese, browned bread-crumbs, salt and pepper.

Scrub and prick the potatoes, and bake them in their skins until soft. Cut in two lengthwise. Remove the potato, keeping the skins whole. Mash the potato, add butter, milk, cheese and seasoning. Mix well. Return the mixture to the potato cases. Put a few shavings of butter and some browned crumbs on the top, and re-heat in the oven or under the grill.

CHEESE PUFFS

2 eggs, 1 cupful flour, 1 cupful cheese grated or rubbed through sieve, 1 teaspoonful baking powder, 1 cupful milk, little salt and pepper.

Beat eggs well and add milk. Sift together flour, baking powder and seasoning. Add to milk and eggs, then add the cheese and beat well. Drop by spoonfuls into hot fat and fry until golden brown. Drain and serve very hot.

CHEESE RISsoles

2 oz. grated cheese, 3 oz. brown bread-crumbs, 1 tablespoonful soaked capers, $\frac{1}{2}$ onion chopped finely, 1 tomato chopped, oatmeal, pepper, salt.

Mix ingredients, roll in oatmeal, fry.

CHEESE SOUFFLE

1 oz. butter, 1 oz. flour, 1 gill milk, $\frac{1}{4}$ teaspoonful salt, 3 oz. grated cheese, 3 yolks eggs, 4 whites, a little white and cayenne pepper.

In a small saucepan mix butter and flour over the fire, add milk, stir till it boils and thickens. Take pan off the fire, add seasonings, mix well. Add yolks one by one, then the cheese. Have whites beaten to a stiff froth, stir in gently. Pour into a buttered souffle tin or pie-dish, bake in quick oven for 30 minutes.

CHEESE STRAWS

4 tablespoonfuls sifted flour, 2 tablespoonfuls butter, 4 tablespoonfuls grated cheese, 1 egg & tiny pinch of cayenne pepper and salt to taste.

Rub the butter into the flour, add the salt, cayenne and grated cheese, bind with the well-beaten egg, then roll very thin and cut in narrow 2-inch lengths. Bake a pale brown in a quick oven.

CHEESE TIMDALE

Take a 1 lb. stone jam jar, cut some rounds of buttered toast, grate some cheese. Put a layer of cheese on bottom of jar with a pinch of salt and pepper and one teaspoonful of milk, then a round of buttered toast. Fill the jar with alternate rounds of toast and cheese and bake in a hot oven for 20 minutes.

CORN FLOUR AND CHEESE FRITTERS

2 oz. cornflour, 1 pint milk, 8 oz. grated cheese.

Mix cornflour with a little cold milk and add remains of 1 pint. Pour into a saucepan and boil for about five minutes. After it is cooked stir in the cheese and pour into a plate to cool. Then cut with a wine glass, brush over with yolk of egg, roll in bread crumbs and fry in boiling fat.

FINNAN HADDOCK AU GRATIN

Make a white sauce of 1 gill milk, $\frac{1}{4}$ oz. butter and $\frac{1}{4}$ oz. flour, with seasoning to taste, to which add a cupful of boned cooked finnan, 2 tablespoonfuls of grated cheese. Cook for 5 minutes. Make a border of mashed potatoes on a souffle dish. Pour the mixture into centre. Sprinkle the top with a little grated cheese. Bake in a very hot oven till a nice brown.

FINNAN HADDOCK WITH CHEESE

1 teaspoonful cooked flumm, 2 oz. grated cheese, 1 egg, 1 oz. butter, 1 tablespoonful milk, pepper and salt and mustard, a few rounds buttered toast.

Free the haddocks from bones. Melt the butter, and add fish, cheese and milk and seasonings. Stir over the fire till hot, and serve on buttered toast.

INDIAN CHEESE TOAST

Put 2 oz. grated cheese, $\frac{1}{2}$ oz. butter, pinch salt, little pepper and a little made mustard into a small saucepan. Stir slowly over a slow fire till the cheese melts. Butter two slices of toast, remove crusts, spread with mixture and send hot to table.

MACARONI AND CHEESE (I)

1 cupful macaroni, 1 tablespoonful butter, 1 tablespoonful flour, 1 cupful milk, $\frac{1}{2}$ cupful grated cheese, 1 teaspoonful salt and pepper.

Boil macaroni in salted water, drain and rinse with cold water. Put all in buttered pie-dish and cover with the following sauce. Bake 20 minutes in hot oven.

Sauce.

Put butter into saucepan, add flour, mix well; add cold milk slowly, stirring until smooth, add cheese, salt and pepper. Boil for 2 or 3 minutes until cheese is melted.

The macaroni may be stirred into the sauce before putting in pie-dish with a few browned crumbs and cheese sprinkled on top. A small onion may be fried in the butter before making sauce, or a rashie of bacon.

MACARONI AND CHEESE (II)

Have ready a pan of boiling water. Into it break some macaroni—from $\frac{1}{2}$ to $\frac{3}{4}$ lb. in 4 teaspoonful water—and boil briskly for 25 to 30 minutes, then strain. Place alternate layers of macaroni with a few pieces of butter and grated cheese and bread-crumbs in a pudding dish—top layer being bread-crumbs. Pour over all a little milk and bake in a brick oven until it is a light brown. Avoid burning it.

MAGARONI AND CHEESE GROQUETTES

2 cupsful macaroni, 2 tablespoonfuls chopped bacon, 1 cupful milk, 2 tablespoonfuls butter, 4 tablespoonfuls flour, 1 cupful cheese, 1 teaspoonful onion juice, 1 teaspoonful parsley, salt and pepper.

Cook macaroni and put it through mincer. Put butter in saucepan and when melted add flour, then milk. Add cheese, onion juice, salt, etc. Mix well and boil one minute. Add to sauce, the macaroni, bacon and parsley. Mix and set aside to cool. Make into croquettes, dip in egg and bread-crumbs. Fry in boiling fat and serve with tomato sauce.

MAGARONI AND CHEESE TIMBALES

1½ lb. mashed potatoes, 2 oz. macaroni, ¼ pint cheese sauce, parsley.

Break the macaroni into pieces about 2 inches long, and cook in boiling salted water until soft (about 40 minutes). Drain well. Prepare the cheese sauce:

Cheese Sauce.

¼ oz. butter, ¼ oz. flour, ¼ pint milk, salt and pepper.

Mix the flour to a smooth paste with a little of the cold milk. Boil the remainder of the liquid and stir in carefully to the paste. Pour it back into the pan and boil for 3 minutes, stirring all the time. Add the seasoning and butter. The butter must be added slowly to prevent it from becoming oily.

Add 1 oz. grated cheese and 1 teaspoonful made mustard to each ¼ pint of above sauce.

Mash the potatoes and turn on to a floured board. Make into a roll, put into a tin, shape into a high ring, and brush over with egg. Place in a quick oven until golden brown (about 20 minutes). Take out the ring and put on to an entree dish. Fill the centre with macaroni and cheese sauce mixed well together. Garnish with parsley.

MOCK CRAB

1 large tomato or 2 tablespoonfuls ham, 1 beaten egg, 1 oz. cheese margarine, seasoning, toast.

Cook tomato (or ham) in fat, add egg, simmer 2 to 4 minutes. Add cheese and seasoning, stir well, serve on toast.

NICE BREAKFAST DISH.

Dip half-slices of bread in milk—do not soak. Make sandwiches with thin slices of cheese between. Season with salt and pepper and fry in pan slowly, with plenty of dripping.

SAVOURY SEMOLINA

Mix 2 tablespoonfuls of semolina into a smooth paste with a little milk. Boil the remainder of the pint of milk, add to it the semolina paste, boil for 5 minutes. Season with salt and cayenne pepper to taste. Stir into the mixture 3 oz. grated cheese. Grease a pie-dish, cover the bottom and sides with bread-crumbs, pour the mixture into the dish, cover with bread-crumbs, dot a piece of butter here and there. Bake in a hot oven for 20 minutes until it becomes brown. A chopped onion may be boiled in the milk, if liked.

SAVOURY RICE AND CHEESE

2 breakfastcupfuls milk, 2 oz. ground rice, 2 eggs, 4 oz. grated cheese, 2 oz. butter, a little salt and pepper.

Put the milk on to boil. Stir in the ground rice and stir till it thickens. Now draw back from the fire, put in the cheese, salt, pinch of cayenne, egg yolks and butter, and mix well. Beat the whites well with a knife and stir lightly into the pan of rice. Grease a pie-dish, pour in the mixture and bake till ready. Sprinkle a little grated cheese on top.

SEMOLINA CHEESE CUTLETS

1 pint milk, 6 oz. semolina, 5 oz. cheese (grated fine, red preferred), salt and pepper to taste.

Put milk in pan and add semolina as for pudding. When partly cooked add cheese and cook till very thick, spread on plate one inch thick. Leave till cold, then cut in cutlets. Dredge in flour and beat frying pan with little fat. Fry cutlet till brown. (More cheese can be added if liked.)

WAR-TIME CHEESE SOUFFLE

2 slices bread (stale if you have it), 1 egg (or dried egg), $\frac{1}{2}$ to 1 pint milk (dried milk or tin-milk does), 4 to 6 oz. grated cheese, margarine and seasonings.

Place one slice of margined bread in bottom of pie-dish. Sprinkle in grated cheese, then place other slice of bread on top. Beat the egg, add milk and seasonings; pour over. See that the milk soaks into the bread before placing in oven. Bake in a good hot oven for 20 to 30 minutes. Sufficient for 4 persons. (Serve at once.)

WELSH RAREBIT

3 or 4 oz. Dunlop or Cheddar cheese, 1 oz. butter, $\frac{1}{2}$ oz. flour, 1 teaspoonful milk, pepper, salt, mustard, 1 egg.

Melt butter, stir in flour and seasoning carefully. Add milk by degrees, then cheese (cut in thin slices). Stir till boiling and cheese has all melted. Take pan off the fire. Add egg and mix thoroughly, and heat again to cook egg. Spread on buttered toast. If liked, this can be sprinkled with grated cheese and browned in the oven.

TOASTED CHEESE

Make some buttered toast, sprinkle with grated seasoned cheese, and brown under grill. Wafers may be used instead of toast.

CHEESE WAFERS

Wafers, cheese.

Fill two wafers with grated cheese, and fry in deep fat until golden brown. This is delightful as a supper dish, or served with vegetables and potatoes.

CHESHIRE CHEESE TOAST

2 oz. grated cheese, 1 large carrot grated, 1 teaspoonful margarine, $\frac{1}{2}$ teaspoonful made mustard, seasoning.

Cook carrot in 2 tablespoonfuls water for 5 minutes. Put in all other ingredients, stir briskly till cheese melts. Pile on toast.

Section IX

EGG DISHES

"Cut your coat according to your cloth."

"There's so much bad in the best of us
And so much good in the worst of us
That it ill becomes any of us
To find fault with the rest of us."

"Better do our good thing to-day than dream of ten that might be done to-morrow."

"Eggs are perhaps the highest, most nourishing, and easiest of animal food."

For dwellers in rural communities eggs are a useful and economical food, and many nourishing and delicious dishes for breakfast, supper or the children's dinner can be made of them. Under this heading are to be found dishes in which eggs are the principal items. Many of these are easy to make, do not need much cooking, and are very easily digested.

BREAD OMELET

Crumb down into a small bowl one slice of bread (the bread should be one day old), then drop in an egg and a little milk to moisten it, but it must not be too wet. Add, by way of seasoning, a little minced parsley, pepper, and a very little salt. Put a small piece of butter into omelet pan. When hot, pour in mixture, spreading it equally over the bottom of pan. When it firms, cut it across into squares; turn when brown, and when both sides are brown, serve.

CAULIFLOWER AND EGGS

Boil 3 or 4 small cauliflowers in the usual way with a little salt, strain them, put them (as whole as possible) into a fireproof dish; poach an egg for each person, lay the eggs on top of cauliflower, lay at corners and one in centre if required. Make white sauce:— $\frac{1}{4}$ oz. butter, $\frac{1}{4}$ oz. flour, 1 teacupful milk, season with pepper and salt; now spread this sauce over the cauliflower between the eggs; put a sprinkling of grated cheese over. Set in the oven for 5 minutes. Serve with mashed potatoes.

CHEESE EGGS.

$\frac{1}{2}$ oz. flour, $\frac{1}{2}$ oz. butter, $\frac{1}{2}$ pint milk, 2 tablespoonfuls grated cheese, 4 eggs, pepper and salt to season.

Make a white sauce quite smooth, into which put the grated cheese. Boil a few seconds; pour into a flat dish. Break eggs into the four corners. Put into oven. The dish is ready when the whites are firm. These may be cooked separately in rattlekin cases.

CHEESE OMELET

3 eggs, 1 oz. butter, 2 or 3 oz. grated cheese, seasoning.

Beat yolks and whites separately, mix together, add cheese. Melt the butter in omelet pan, skim well, pour in the mixture and brown underneath. Toast the top in front of fire or under grill, and serve at once.

CONVENT EGGS

2 hard-boiled eggs, $\frac{1}{2}$ pint of milk, 1 oz. of butter, 1 oz. flour, 1 onion, salt and pepper to taste.

Cut the onion in rings and cook 5 minutes in butter, with lid on. Add flour and milk gradually, and boil 3 minutes. Cut eggs in very thin rings, and put in pan till hot. Garnish with toast or bread-crumbs.

CURRIED EGGS

2 hard-boiled eggs cut in eight, 1 oz. butter, 1 dessertspoonful flour, 1 teaspoonful curry powder, little chopped onion, 1 apple finely chopped, 1 gill cream, 1 gill stock, salt to taste.

Melt butter, fry onion and apple, mix flour and curry, add to pan and fry; add stock gradually and bring to boil. Season and simmer for fifteen minutes. Add cream and squeeze of lemon juice if liked. Pour over the eggs. Garnish with parsley. Serve hot.

EGG CUTLETS

2 hard-boiled eggs, $\frac{1}{2}$ oz. margarine, $\frac{1}{2}$ oz. flour, $\frac{1}{2}$ gill milk.

Make a stiff white sauce; let it cool. Chop up the 2 boiled eggs and add to the sauce. Form into little cutlets. Dip in egg and crumbs, and fry in deep fat smoking hot. Drain on white paper and put a little bit of macaroni in the end of each cutlet.

EGGS IN EGG NEST

Add a few grains of salt to the white of an egg and beat until dry, then pile it upon a round slice of buttered toast, giving it the form of a nest. Drop the yolk in the little impression made and cook in a moderate oven until set.

EGGS IN POTATO CASES

2 cups hot mashed potatoes, 2 tablespoonfuls butter, eggs, a little milk or cream, seasoning, grated cheese.

To 2 cups of mashed potatoes, add 2 tablespoonfuls butter and the beaten yolks of 2 eggs. Moisten with the milk or cream and spread evenly to the depth of 2 inches in a shallow, buttered tin. When cold cut into circles with a cutter; to serve, remove a round from the centre of each circle, and drop in a raw egg. Sprinkle a little salt and pepper and 1 tablespoonful of grated cheese on each egg, add a tiny piece of butter. Bake in a moderate oven until the white of the egg is firm.

EGG SALAD

Four hard-boiled eggs, peeled. Place on a plate, and pour mayonnaise dressing over them. Sprinkle with pepper and finely chopped parsley.

EGGS WITH SWEET CORN

Eggs, prepared sweet corn (see below), Coralline pepper, chopped parsley, sieved yolk of egg, green salad, brown bread and butter, Mayonnaise sauce.

Take required number of fresh eggs—half an egg to each person—boil hard. Half-fill ramekin cases with sweet corn, place half egg on each and pour sauce over. Sprinkle with Coralline pepper, finely chopped parsley, or sieved yolk of egg. Serve very cold with brown bread and butter.

To prepare Sweet Corn.

1 tin of corn, 2 tablespoonfuls of milk, seasoning.

Open tin, draw off liquid, then simmer the corn in the milk until tender, adding salt and pepper. The cooking takes about 10 minutes.

FILLED OMELET

Make as in Herb Omelet, on next page, omitting herbs. Have ready cooked mushrooms, kidney, liver, squares of bread fried in butter, chopped ham or other filling. Stir omelet till it begins to set, then drop in heated filling and fold over.

FLORENTINE EGGS

$\frac{1}{2}$ lb. spinach, 2 eggs, slices of bread, 1 oz. butter, salt and pepper.

Wash and pick spinach, place in boiling water to which has been added a pinch of bicarbonate of soda. Boil till tender, squeeze dry in the corner of a towel, chop and pass through a coarse sieve. Re-heat in a pan with butter and seasoning, fry slices of bread, cover with spinach and place a poached egg on the top of each portion.

HAM AND EGG DARTOIS

$\frac{1}{2}$ lb. flour, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ teaspoonful baking powder, cold water.

Make into rough puff paste and divide into two pieces. Make each piece round and lay one on a greased oven shelf.

$\frac{1}{2}$ lb. finely chopped boiled ham, 2 eggs, pepper and salt.

Wet the edge of the paste all round; lay on the ham. Pour over beaten egg, keeping a little to brush over the top. Cover neatly with other round of paste. Mark top. Brush over with egg. Bake in a hot oven half hour.

HAM OMELET

1 heaped tablespoonful cooked ham, chopped, 2 eggs.

Put the yolks in a basin with a tablespoonful of water and a little pepper, salt, and beat a little. Add the ham. Beat the whites of eggs and add them, mix gently. Put 1 dessertspoonful of butter in a frying-pan, pour in the omelet, stir till nearly set. It may be cut in four or other convenient pieces and turned or folded over and allowed to cook till firm. Fried ham left over from breakfast does very well for this delicious dish.

HERB OMELET

2 eggs, 1 tablespoonful water, 1 teaspoonful mixed herbs, 1 oz. butter.

Beat eggs and water together, add the herbs, melt the butter in the pan, skim and pour in the eggs. Stir till it begins to set, when browned underneath, fold over and slip into hot dish.

MAYONNAISE EGGS

Poach eggs pretty hard, put in a dish, and round put lettuce and cold vegetables chopped up. Cover all with mayonnaise dressing, and garnish with tomatoes and beetroot.

POTATO OMELET

Remove the floury part of a large baked potato and press it through a fine sieve. With it mix the yolks of 3 eggs, 3 table-spoonfuls of milk, a few drops of lemon juice, a dash of nutmeg and a little salt and pepper. Then whisk the whites of the eggs to a stiff froth, and fold them into the mixture. Fry the omelet in 1 oz. of hot butter, rolling up quickly when done.

RECIPE FOR FRENCH TOAST

(Suitable for high tea or supper dish)

Beat the whites of 2 eggs until stiff, then beat up the yolks well with 1 tablespoonful of milk and a good pinch of salt. Add this to whites and beat all thoroughly together. Cut the crusts off 4 or 5 slices of bread. Spread with butter on both sides (sparingly). Spread the mixture on both sides of each slice, and fry in plenty of dripping or lard and margarine mixed, first one side and then the other until a nice golden colour. Serve hot.

SAUSAGE EGGS (I)

3 hard-boiled eggs, $\frac{1}{2}$ lb. sausage meat, $\frac{1}{2}$ lb. bread-crumbs, 1 raw egg, salt, pepper and a little nutmeg.

Skin sausages and put into a bowl with bread-crumbs and seasoning. Mix with egg, divide into three, and with floured hands roll each hard-boiled egg in the mixture. Fry in hot fat. Cut in two and serve hot or cold. Cold meat or chicken may be used in place of sausage.

SAUSAGE EGGS (II)

2 eggs, $\frac{1}{2}$ lb. sliced sausages, $\frac{1}{2}$ tablespoonful seasoned flour.

Boil eggs for 10 minutes, stirring occasionally to keep yolk in centre. Take shell off, and dip in seasoned flour. Roll in sausage meat, taking care to cover all the egg. Coat with beaten egg and bread-crumbs, and fry until a nice brown in boiling fat.

SCRAMBLED EGGS

4 eggs, 1 oz. butter, 4 tablespoonfuls of milk, pepper and salt, 1 slice of buttered toast cut in four.

Beat the eggs and add the milk and seasonings. Melt the butter in a pan and pour in eggs and milk. Stir quickly over the fire till the egg begins to set, then pile on pieces of buttered toast. Buttered eggs are done in the same way with extra butter and no milk. Scrambled eggs make an excellent supper dish with the addition of cooked meat, ham, liver, kidney, fish or vegetables.

STUFFED EGGS

2 hard-boiled eggs, seasoning, $\frac{1}{2}$ oz. butter, 1 oz. chopped ham, fish or cheese or 1 tablespoonful ketchup, 1 tomato, 1 lettuce.

Place eggs in cold water, boil for 10 minutes, cool in cold water. Remove the shells, cut in half. Mix the yolks, butter, seasoning and flavouring together, beat well, and heap up into the whites. Slice the tomato, put the lettuce in a glass dish and arrange the eggs and tomato on the lettuce.

EGG KROMESKIES

4 hard-boiled eggs or 4 dried eggs reconstituted, and steamed in a bowl till hard, $\frac{1}{2}$ oz. plain flour, $\frac{1}{2}$ oz. margarine, 1 gill milk, pepper and salt, a little beaten egg to coat and bread-crumbs.

Chop up eggs with a fork, put margarine in a pan to melt, add flour, then milk, and stir until it becomes thick, add chopped eggs and seasoning and put on a plate to get cold. When cold, form into cutlets with a little flour and coat with egg and bread-crumbs. Fry in deep fat until golden brown.

ST. SYLVESTER'S CLOCK

Six hard-boiled eggs are cut in half and placed face downwards on a Macaroni Salad. The figures can be cut with slices of tomato stuck on with a little mayonnaise, or they may be cut in the eggs and filled with thick tomato or anchovy sauce.

Macaroni Salad.

$\frac{1}{2}$ lb. macaroni, 1 cooked beetroot, 1 onion. French dressing.

Slice the beetroot, chop the onion, boil, drain and dish the macaroni, which should be in small pieces. Garnish with chopped parsley or cress.

EGGS IN SNOW

Beat the whites of the eggs to a very stiff froth with a pinch of salt. Heap this in a pyrex buttered dish; use a wooden spatula to shape as many holes in the white froth as there are yolks. Drop the yolk with a spoon very carefully in the holes, heap the beaten white over, and bake in the oven for 10 minutes until set.

CORONATION EGGS

Press mashed potatoes into a fireproof plate, make small nests each large enough to hold an egg. Sprinkle with grated cheese or brush with butter. Put into warm oven from 2 to 4 minutes, remove from oven and put hard-boiled eggs into nests, and fill centre with green peas or other vegetable.

Allow one egg per person.

POACHED EGGS WITH RICE

4 oz. rice, 1 oz. butter, 2 oz. parmesan cheese, seasoning.

Cook the rice in boiling water, strain and stir into it the butter, salt and pepper, and grated cheese. Stir well and heap up in the middle of dish when well mixed. Have the poached eggs ready, arrange them round the heaped up risotto and cover all with a thick tomato sauce.

SCRAMBLED EGGS WITH FRENCH BEANS

4 eggs, 4 oz. butter, 1 gill milk, cooked French beans.

Warm the beans in butter with a little diced ham. When hot, season with salt and pepper, and heap in the centre of dish. Surround with scrambled eggs.

SCRAMBLED EGGS WITH TOMATOES

Allow 1 egg, 1 large tomato, 1 onion, per person.

Cut tomatoes in half, take out a little of the pulp, season the rest, and bake tomatoes on a buttered plate for 15 minutes. Have the scrambled eggs ready. Slice and fry the onions. Cover the dish with the sliced onions, take out tomatoes and fill with scrambled eggs, serve on the onions and sprinkle with chopped parsley.

Section X

OATMEAL DISHES

Dr. Johnson's definition of oats was: "A grain, which in England is generally given to horses, but in Scotland supports the people." To which the reply was made: "Yes, Sir, but where will you find such horses or such people?"

"Ye maun aye bow tae the lous' that bide ye."

"Cultivate not only the cornfields of your mind but the pleasure grounds also."

"Be pleasant every morning till ten o'clock; the rest of the day will take care of itself."

"Live to learn and learn to live."

These dishes are some of Scotland's specialities. Oatmeal had high food value containing flesh-forming and body-building properties. When nicely prepared, there is nothing more delicious than porridge; it is very wholesome, and with milk forms an excellent food for children.

BROSE

Put the amount of meal wanted in a basin with a little salt. Pour enough boiling water over it to wet the meal thoroughly and stir well. Stand for a few minutes to let the meal swell, but do not let it get cold. An excellent dish if eaten with rich milk or cream.

CREAM OF OATMEAL

Steep about $\frac{1}{2}$ lb. of oatmeal in milk, put $\frac{1}{2}$ pint of whisking cream in basin. Strain the oatmeal and milk through a piece of muslin and add what is strained to the cream. Add a little sugar. Melt $\frac{1}{2}$ oz. gelatine with a little water, have it cold but liquid, put into the cream and oatmeal juice. Whisk a little, but not too much, pour into a mould. Turn out of mould when wanted. It may be eaten with a hot chocolate or fruit sauce or with stewed fruit.

GRUEL (I)

1 tablespoonful of oatmeal, $\frac{1}{2}$ pint of water, and a pinch of salt.

Put the oatmeal in a basin and pour cold water over it. Let it soak 20 or 30 minutes. Then with a spoon press all the flour from the oatmeal and pour into a pan, leaving the meal as dry as possible. Keep stirring liquid till it boils. Boil very slowly, with a pinch of salt, for 15 or 20 minutes. You may use milk instead of water to cook it, or half and half.

GRUEL (II)

Fine oatmeal, water, salt, sugar, wine or honey, etc., to taste.

Cover oatmeal with cold water and infuse for an hour or two. Stir it up, let it settle again and strain it. Bring liquid slowly to boil, and boil for 1 hour, stirring frequently. Add salt and sugar, and a little wine, jelly, honey or butter, as desired. Serve hot. An old Scottish way is to lace with "Usquebaugh."

A "FITLESS COCK"

4 oz. oatmeal, 2 oz. suet, finely chopped onion, salt, pepper, egg and milk (if required).

Mix all dry ingredients and bind well with beaten egg. Scald a cloth. Shape mixture like a fowl and tie in a cloth, cook in boiling water for 2 hours. Serve alone or with meat or fowl.

MEALY PUDDING

2 handfuls oatmeal (toast in oven), $\frac{1}{2}$ lb. suet, season with onion, pepper and salt.

Mix with a breakfastcupful of water, put in a pudding basin and boil for 2 hours.

OATMEAL BROSE

Oatmeal, salt, butter and water.

Place 2 handfuls of oatmeal in a bowl. Add salt and a piece of butter. Pour over boiling water to cover oatmeal and stir it roughly, allowing knots to form. Serve hot with buttermilk or sweetmilk. May be made with buttermilk or broth stock instead of using water.

OATMEAL CREAM

To one small teacupful milk stir in a teaspoonful oatmeal, add teaspoonful dissolved Plasmon. Boil 4 minutes. Strain. Flavour with lemon and serve with toast.

OATMEAL CUTLETS

4 oz. oatmeal, 1 oz. flour, 2 tablespoons fat, 1 oz. fat, 1 teacupful milk, $\frac{1}{2}$ teaspoonful salt, pepper.

Mix oatmeal, flour, leek and pepper. Add milk and stir to make a soft dough. Allow to swell and become firm. Form into cutlets, brush with egg and coat in bread-crumbs. Fry in smoking hot fat. Drain and serve on a mound of mashed potatoes. Pour round a brown sauce. Garnish with potato ribbons and mixed vegetables.

Brown Sauce.

$\frac{1}{2}$ teaspoonful sugar, 1 teaspoonful flour, 1 teaspoonful margarine, 1 gill water.

Caramel sugar, then add margarine. Stir in flour. Add water and stir till boiling. Season well before pouring.

SCOTCH RISsoles

4 ozs. oatmeal, 2 oz. margarine, 1 oz. flour, 1 dessertspoonful leek (chopped), $\frac{1}{2}$ teaspoonful salt, $\frac{1}{2}$ teaspoonful parsley (chopped).

Mix oatmeal, flour, parsley, leek and salt. Melt margarine and add along with enough milk to make a soft mixture. Allow to swell and become firm. Form into rissoles, coat with egg and breadcrumbs. Fry in smoking hot fat till golden brown. Drain and serve on a mound of potatoes with sauce poured round. Garnish with mixed vegetables and serve hot.

Sauce.

$\frac{1}{2}$ oz. margarine, $\frac{1}{2}$ oz. flour, 1 ~~teaspoonful~~ dried egg, 1 gill milk.

Melt margarine, add flour and stir. Add milk and reconstituted egg and stir till boiling. Add seasoning and serve.

PORRIDGE (I)

Into 2 pints boiling water sift a handful of oatmeal through the fingers of the left hand, stirring all the time with a porridge stick. Repeat this until the porridge is fairly thick. About 4 or 5 handfuls to this quantity of water. Draw the pan back from the fire, add salt, put the lid on, and cook steadily for about 1 hour, stirring vigorously at intervals. Quantity sufficient for 4 persons.

PORRIDGE (II)

1 pint water, handful oatmeal, level teaspoonful salt.

Bring water to the boil, add salt and sprinkle in the oatmeal, stirring all the time. Allow to simmer at least half an hour, stirring frequently. Serve with cream, buttermilk or sweetmilk.

OATMEAL PUDDING

$\frac{1}{2}$ lb. oatmeal (browned a little in the oven), $\frac{1}{4}$ lb. suet (finely minced), a very small quantity of onion (minced), to flavour, pepper and salt to taste, 1 egg well beaten.

Boil in a basin for 2 hours.

SKIRLEY (I)

3 handfuls of oatmeal (toasted in oven), $\frac{1}{4}$ lb. suet, 2 onions (chopped), pepper, salt.

Brown the onions with the suet, add the oatmeal and seasonings, and fry till brown.

SKIRLEY (II)

2 oz. chopped suet, finely chopped onion, pepper, salt and oatmeal.

Melt fat, add onion and brown well. Add enough oatmeal to absorb fat. Stir well till ready—about 10 to 15 minutes. (Mixture should be fairly thick). Serve with mashed potatoes.

WHITE PUDDINGS

Procure skins from butcher (see that they are thoroughly cleaned), $\frac{1}{4}$ lb. oatmeal (toasted), $\frac{1}{4}$ lb. suet (grated), onion if liked (chopped), pepper and salt.

Mix well, half-fill skins and tie both ends of each skin. Prick with a needle, put into boiling water, and boil 1 hour. If the skins are more than half-filled they will burst.

WHITE OR MEALIE PUDDING

1 lb. oatmeal, $\frac{1}{4}$ lb. beef suet, 2 onions, pepper and salt and pudding skins.

Wash skins well in warm water and let them soak in cold water with salt till slightly brown. Toast oatmeal till slightly brown, chop onions and suet very finely, add to the oatmeal, and season well with pepper and salt. Tie end of pudding skin with thread, put in enough mixture to make it the length of a sausage, tie again, leaving room for pudding to swell. Leave about 1 inch of skin, fill again and tie. Repeat till skin is full. Prick the puddings thoroughly with a darning needle and place in pan with plenty of water almost at boiling point. Add salt to it. Cook gently for 1 to $1\frac{1}{2}$ hours and pierce again while cooking if inclined to burst. Serve hot.

FIVE BANNOCKS

8 oz. plain flour, 4 oz. oatmeal, $\frac{1}{2}$ teaspoonful soda, $\frac{1}{2}$ teaspoonful cream of tartar, pinch of salt and sugar, butter or margarine size of walnut, milk.

Sieve the dry ingredients, and rub in the butter or margarine. Make into a dough with milk (sour milk or buttermilk is best). Turn on to a floured board, knead lightly, and roll out. Cut in four, place on a hot griddle, or bake in hot oven.

OATMEAL BISCUITS (I)

10 oz. oatmeal, 10 oz. flour, 4 oz. sugar, 4 oz. butter, 1 egg, 1 teaspoonful baking soda, pinch of salt, and a little milk.

Rub butter into oatmeal and flour, add sugar, baking soda and salt, beat egg and add with milk sufficient to make stiff dough. Roll out and cut into rounds and bake until crisp in moderate oven.

OATMEAL BISCUITS (II)

$\frac{1}{2}$ teacupful flour, $\frac{1}{2}$ teacupful oatmeal, 1 tablespoonful sugar, 2 oz. margarine, a little salt, $\frac{1}{2}$ teaspoonful bicarbonate of soda, $\frac{1}{2}$ teacupful sweet milk.

Put flour, oatmeal, salt and soda in mixing bowl, rub in margarine, add sugar, mix with milk (not more than $\frac{1}{2}$ teacupful) to a stiff dough. Roll out, cut into rounds, prick all over with a fork. Bake in moderate oven until pale brown (15 to 20 minutes).

OATMEAL BISCUITS (III)

$\frac{1}{2}$ lb. flour, $\frac{1}{2}$ lb. fine oatmeal, 3 oz. soft sugar, 1 tablespoonful lard, 1 egg.

Mix dry ingredients, add lard melted, egg beaten, cold water to make a firm dough, roll out, cut round, and bake for 15 minutes.

OATMEAL BISCUITS (IV)

8 oz. flour, 5 oz. oatmeal, 3 oz. lard, 3 oz. sugar, 1 teaspoonful baking powder, pinch of salt, sweet milk.

Rub lard into flour, mix all dry ingredients, add sufficient milk to mix very stiffly. Sprinkle board with oatmeal, roll out very thinly, cut out with round cutter, prick over with fork, and bake in moderate oven 10 minutes.

OATMEAL CAKES

1 breakfastcupful of oatmeal, $\frac{1}{2}$ teaspoonful (small measure) each of salt and bicarbonate of soda, 1 tablespoonful melted fat, $\frac{1}{2}$ breakfastcupful of tepid water.

Mix the dry ingredients in a basin, add the melted fat and mix with the water to a soft dough. Turn the dough on to a board sprinkled with oatmeal and knead with the hands until thoroughly stuck together. Flatten with hands and roll it out with a rolling pin till as thin as it will hold together. Brush off the superfluous oatmeal, cut to desired size and place on a hot, dry girdle. Bake slowly for about 5 minutes until browned. Place in front of fire to cook the other side.

OATCAKES

1 breakfastcupful oatmeal, 1 teaspoonful melted fat, pinch of bi-carbonate of soda, $\frac{1}{2}$ teaspoonful salt, hot water to mix.

Mix dry ingredients and add fat. Add sufficient water to make a moderately stiff dough. Roll out as thin as possible. Bake one side on girdle till corners begin to curl, toast in front of fire or under grill. May also be baked in moderately hot oven. When rolling out use plenty of oatmeal and handle quickly.

OATCAKES (Thick)

14 oz. oatmeal, 2 oz. flour, 3 oz. dripping, $\frac{1}{2}$ teaspoonful baking soda, 1 teaspoonful salt, 1 teaspoonful sugar, boiling water.

Mix dry ingredients, make dough with boiling water, roll out and cut up. Handle quickly. Cook in a good oven.

OATMEAL BISCUITS OR CAKES

7 oz. oatmeal, 3 oz. butter, 1 egg, 5 oz. flour, 1 teaspoonful sugar, pinch salt, 1 tablespoonful milk, $\frac{1}{2}$ teaspoonful baking powder.

Put oatmeal flour, sugar and salt in a bowl, rub in the butter, add baking powder, and mix to a stiff paste with egg and milk. Roll out thinly and cut with plain cutter into round, or make 4 round cakes and quarter. Bake slowly for 15 minutes.

OATMEAL GINGERBREAD

1 lb. plain flour, $\frac{1}{2}$ lb. fine oatmeal, 6 oz. sugar (brown), 2 oz. preserved ginger, 1 lb. golden syrup and black treacle mixed, 6 oz. lard, butter or dripping, 2 small teaspoonfuls ground ginger, 1 teaspoonful bi-carbonate of soda dissolved in a teaspoonful of warm milk, 1 egg (beaten).

Mix dry ingredients together. Warm syrup enough to run, and add. Then add egg and milk with soda dissolved in it, beat well. Bake in a moderate oven in a shallow meat tin for 1 to $1\frac{1}{2}$ hours.

OATMEAL MUFFINS

Quinton
1 cupful toasted oatmeal, $1\frac{1}{2}$ cupfuls flour, 2 tablespoonfuls sugar, 4 teaspoonfuls baking powder, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{2}$ cupful milk, 1 egg, 2 tablespoonfuls melted butter.

Mix and sift together all the dry ingredients, add half the milk, egg well beaten, the remainder of the milk mixed with the oatmeal, and beat thoroughly; then mix in shortening. Form into muffins, place on greased tray and bake in a hot oven.

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Section XI

SANDWICH FILLINGS

"Don't worry, keep smiling, do something for somebody quick."

"Diligence is the mother of good fortune."

"Industry is the parent of success."

"Better a wee lass' than nae lassie."

"Better hear the lark sing than the mouse cheep."

SANDWICHES

Many varieties of sandwiches may be made for a light supper—lettuce, tomato, cucumber, egg, and the various meat and fish pastes between plain bread and butter are very generally used. Other fillings include chopped dates and raisins, bananas, walnut and cheese, walnut and ginger, sardines, shrimps, and fish roe and grated cheese.

A novel filling is made by mixing 1 tablespoonful grated cheese, 1 tablespoonful Yorkshire relish or other sauce, 1 teaspoonful chopped parsley and 1 cup cooked barley. Dainty filling is made by beating cream cheese to a thick cream and adding as much red current jelly as will make it pink. For a fancy sandwich make a filling of walnuts chopped very fine and mixed with cream cheese and French dressing. Place four thin slices of white and brown bread arranged alternately one on the top of the other with the filling between each slice and press down very firmly. Cut through perpendicularly in narrow slices, showing the alternate layers of white and brown bread. These may be varied with different fillings as desired.

BANANA BUTTER

6 bananas, juice of 3 lemons, 6 oz. castor sugar, $\frac{1}{2}$ lb. fresh butter.

Mash bananas, whisk in the sugar, add the juice of lemons and pour the butter, previously melted, on this mixture. Whisk again and turn into jar to set. Delicious on bread or as a filling for sponge sandwich, tarts, etc.

EGG SANDWICHES

Chop finely yolks and whites of hard-boiled eggs, season with salt and pepper. If liked, moisten with mayonnaise or cream salad dressing. Spread between thin slices of buttered bread. Cream may be added to these sandwiches, and egg and cream fillings are delicious in bridge rolls, split and buttered.

FRUITARIAN CHEESE FOR BREAD AND BUTTER SANDWICHES

2 lb. dates (stoned), $\frac{1}{2}$ lb. figs, $\frac{1}{2}$ lb. walnuts, a small piece of butter.

Chop all well together. Put in covered jar till wanted.

FRUIT SANDWICHES

Remove stems and finely chop figs; add a small quantity of water, cook in double boiler till a paste is formed, then add a few drops of lemon juice. Cool mixture and spread on thin slices of buttered bread; sprinkle with finely chopped peanuts and cover with pieces of buttered bread.

GINGER CREAM FILLING

2 oz. fresh butter, 4 oz. icing sugar, 1 oz. preserved ginger, little ginger essence.

Cream butter and sugar, chop ginger small, and add with essence.

MEAT PASTE

1 lb. best steak, $\frac{1}{2}$ lb. Belfast ham, 1 tablespoonful anchovy essence, 1 teaspoonful powdered mace, $\frac{1}{2}$ teaspoonful cayenne pepper.

Cut the meat into fingers. Put all ingredients in a bowl, and steam for 4 hours. Then take out meat and mince it, and afterwards return it to the meat juice. Beat well until it forms a nice paste and put in jars. Anchovy essence may be omitted.

MINCE PASTE

2 lb. lean steak and 2 tablespoonfuls water.

Cut meat into small squares, put into jar with water, and steam 3 hours. Take out the meat and put through a mincer twice. Add gravy and season well with pepper and salt. Press into jars and cover with melted butter.

POTTED CHEESE

(A good way to use the last pieces of hard cheese)

1 lb. cheese (grated), 4 oz. butter, 1 tablespoonful made mustard, salt and pepper to taste.

Mix all to a thick paste with cream. This mixture will keep for several weeks.

SALMON PASTE FOR SANDWICHES

Put 6 oz. of margarine in a warm bowl, add 1 tablespoonful of hot water and beat till soft. Add the contents of a small tin of salmon. Beat again till perfectly smooth, and season to taste. This is very much nicer and more economical than spreading the bread with butter and then with salmon.

TOMATO PASTE

$\frac{1}{2}$ lb. tomatoes, 2 oz. butter, 2 oz. grated cheese, 1 egg, pepper and salt to taste.

Put tomatoes into boiling water for a minute, and then peel them. Mash to a pulp, add butter, and let them cook for a little. Add the other ingredients, and egg last of all. Stir gently until it thickens but do not boil. Delicious eaten with oatrakes, or as filling to bridge rolls or baps.

EGG AND TOMATO SANDWICHES

2 hard-boiled eggs, 1 large or 2 small tomatoes, 1 teaspoonful thick cream, pepper and salt.

Chop eggs and mince finely, peel tomatoes and mince, mix eggs, tomatoes and seasoning together, finally add the cream, and mix all well. The mixture must not be too wet; to avoid this, it can be placed on a sieve in order to allow the extra moisture to drain off. Place filling in well-buttered sandwich rolls, or failing these, on thin bread and butter.

CARROT SPREAD (On Biscuits)

Grated carrot, chopped nuts, cream cheese, olive oil, lemon juice.

Grate 1 large carrot; mix with a small cream cheese, 1 teaspoon nuts, 1 tablespoon oil and a few drops of lemon juice.

CHEESE BUTTER

2 oz. margarine, pepper, salt, mustard, 4 oz. cheese, milk (about 4 tablespoonsfuls).

Melt margarine in pan, but do not heat too much. Remove from fire and stir in grated cheese, milk and seasonings, mixing well. Put back on fire and heat very gently to avoid curdling. When thoroughly blended put into a jar and leave to set.

CHEESE PASTE

~~½ lb. cheese, 1 teacupful milk, 1 teaspoonful cornflour, ¼ teaspoonful mustard, cayenne, seasoning.~~

~~Make a white sauce with cornflour, add ½ lb. grated cheese, season with salt and pepper, cayenne and ¼ teaspoonful dry mustard. Pour into jars and seal.~~

KIPPER PASTE

~~1 large or 2 small kippers, 2 oz. butter or margarine, 2 teaspoonfuls essence of anchovy.~~

~~Boil kippers, remove flesh from bones and pound in a mortar, or put through masher, till very fine. Add melted butter and heat together with 2 teaspoonfuls essence of anchovy.~~

PILCHARD FILLING

1 small tin pilchards, 1 teaspoonful vinegar, ¼ teaspoonful sugar, seasoning.

Pour off liquid, skin, bone and mash fish. Add vinegar and sugar. Make into paste with sauce.

GREENPEA FILLING

Cook as usual, with sprig of mint, drain and mash. Mix with a little salad dressing. Use with thin bread and butter.

Section XII

FRUIT PRESERVATION

For full information on selection and preparation of fruit for bottling, canning and pulping see "Preserves from the Garden," price 4d., published by H.M. Stationery Office.

When sterilizing bottled fruit in a large fish kettle or other container the following table, reproduced from "Preserves from the Garden" by permission of the Controller of H.M. Stationery Office may be of use:—

<i>Fruit.</i>	<i>Time and Temperature.</i>
Apples	} Raise the temperature of the water to 165° F. in 1½ hours and maintain for 10 minutes.
Apricots	
Blackberries	
Dansons	
Gooseberries	
Loganberries	
Plums (ripe, whole)	
Raspberries	
Strawberries	
Pears (in halves or unripe)	Raise the temperature to 165° F. in 1½ hours and maintain for 20 minutes.
Currants	Raise the temperature to 180° F. in 1½ hours and maintain for 15 minutes.
Cherries (sweet or acid)	Raise the temperature to 190° F. in 1½ hours and maintain for 10 minutes.
Quinces	} Raise the temperature to 190° F. in 1½ hours and maintain for 20 minutes.
Pears	
Tomatoes	Raise the temperature to 190° F. in 1½ hours and maintain for 30 minutes.

NOTES ON USE OF "DIXIE" CANNING MACHINE

(Owned by County Federations)

Most Important.—The machine must be kept oiled and greased. When grease is necessary undo screws, remove top and put in axle-grease or vasoline. This is not required so often as oil, and neither should be overdone. After use it must be washed down with a cloth wrung out in boiling water, and then wiped dry. Great care must be taken to see that no sugar, syrup, etc., is left on any part of the machine, otherwise it cannot be used to good advantage.

1. Preparation.

Screw machine firmly to table or bench, slip in base plate, adjust handle; have base-plate lever up. Be sure the machine is at neutral. (Neutral is with the two lines marked "neutral" exactly one above the other, and the small wheel on the left-hand side one-eighth of an inch distant from the large circular wheel, i.e. the machine open to take the can). Cans should be sterilised by dipping quickly in and out of boiling water.

2. Filling Cans.

Cans should be filled with fruit to within $\frac{1}{4}$ " (one quarter of an inch) of the top.

Immediately before sealing fill up with *boiling syrup* to within $\frac{1}{8}$ " (one-eighth of an inch) of the top. This syrup should be of a density of 6 ozs. sugar to 1 pint of water—approximately 3 ozs. per can.

Put on lid, *which must be dry*, and proceed at once with sealing. (Contents of can, date, and initials of member to whom the can belongs, should have been scratched on the outside of the lid with a nail or other sharp-pointed tool.)

3. Sealing.

Place can and lid on the base-plate, see that it fits exactly, and depress base-plate lever until it clicks.

Turn the handle 20 times, when the can will be sealed. (The machine clicks at the 10th turn but one more is required to complete the sealing operation and put the machine into neutral, ready for the next can). Raise base-plate and remove can.

4. Sterilising.

Immediately after sealing, the can should be put into a boiler of *boiling water*. When the boiler is full of cans and has *reboiled*, it should boil as follows:—

Soft fruits	15 minutes
Hard fruits (green gooseberries, etc.)	20 "
Ripe Plums	15 "
Hard Plums	20 "
Pears	30 "
Apples	As Plums

5. Cooling.

Remove cans from boiler, place in sink or bath of cold water, and leave till thoroughly cool.

See that machine is thoroughly clean and dry before putting back in box.

Machines should be sent for overhaul at the end of the season to the Metal Box Co., Ltd., Service Dept., Perry Wood Factory, Worcester.

STRENGTHS OF SYRUP AND TIMES OF STERILISING FOR CANNED FRUIT

Fruit	Strengths of syrup (1 lb. sugar to 1 gal. water)	Time (in. min.) for sterilising in boiling water (No. 2½ cans)
Apples in syrup	3	20
Apricots	3	20
Blackberries	3	20
Blackcurrants	4	20
Damsons	4	20
Gooseberries	3	20
Loganberries	4	20
Plums, green or yellow	3	20
" Victoria or red	3	20
Raspberries	3	20
Redcurrants	3	20
Rhubarb	3	20
Strawberries	3	20
Apples, solid pack	—	25
Cherries, sweet white	3	25
" sweet red or black	3	25
" acid	4	25
Tomatoes	—	30
Pears	3	30

The above table is reproduced from "The Preserves from the Garden" by permission of the Controller of H.M. Stationery Office.

JAMS, JELLIES, and PRESERVES, Etc.

"Make provision in time of plenty."

"We must put good work into our wives if we expect to obtain success."

"Life is mostly froth and bubble,
Two things stand like stone,
Kindness in another's trouble,
Courage in your own."

"Forethought will often save afterthought."

"The hand of the diligent maketh rich."

"We'll have misfortunes great and small,
But eye a heart about them all."

One of the most important of woman's duties is to make the most of the fruit which grows in the garden and hedgerow. To do this efficiently we must be ready to preserve these fruits as they come into season. The most usual method of doing this is boiling with sugar, either in the form of jam or jelly. Jam and jelly must be boiled rapidly, not merely simmered, and must always be stirred with a wooden spoon. Most people prefer to skim off the thick scum which rises when the jam boils; some people, however, think this is rather unnecessary and rather wasteful. All jam should be carefully covered, and properly labelled and dated. It should be stored in a cool dry place; heat may make it ferment, and damp turn it mouldy.

A SEASONABLE HINT

When making jam, it is always advisable to wipe the inside of the preserving pan with a well-buttered paper. This prevents the jam when boiling from adhering to the pan and burning.

ABERDEEN APPLES

The apples used for preserving in the following way should be a rather hard variety, such as Ribston pippin.

To every pound of apples allow 1 lb. white sugar, 2 oz. whole ginger, 1 pint water.

Boil the ginger in the water till soft, take it out, slice it and return it, boiling till the water tastes very hot. Then strain it and add the sugar, boil again and skim well. Pare, core, and put the whole apples in buttermilk, and allow them to soak for 48 hours. Lift the apples out of the buttermilk, let them drip, then put them in the cold syrup and boil till they become perfectly clear. After some days the syrup may get thin and require to be boiled again. The apples should be kept in a large jar covered with syrup, and when wanted for table should be taken out carefully, not to break them. Serve with or without cream.

APPLE GINGER

6 teacupfuls water, 2 lemons, 3 oz. ginger, 7 lb. hard apples,
7 lb. sugar.

Boil water and gradually add sugar till dissolved. Then add lemon juice and ginger and lastly apples cut into small squares. Boil quickly for $\frac{1}{2}$ of an hour.

APPLE JAM

Take 6 lb. good cooking apples, wash and dry, peel, quarter, and core them. Cut up in pieces the size you desire. Drop into a basin of cold water to keep colour. Put 1 lb. apples to 1 lb. sugar, and let stand for three days. Boil skins and cores for half an hour and strain. Strain the syrup from apples, and boil with juice for 10 minutes, then put in apples, and boil till clear and transparent. Flavouring may be added if desired.

APPLE JELLY

Wash the apples thoroughly and cut into 4 or 6 pieces without removing the skin or core. Put into a preserving pan and just cover with cold water. Bring to the boil and boil gently till pulpy, stirring occasionally (about 1 hour). Pour into jelly bag and allow juice to drip overnight. Then measure the juice and allow 1 lb. sugar to 1 pint juice. Return to preserving pan and boil briskly, skimming when necessary, till jelly sets when tested (20 to 30 minutes). The jelly may be flavoured with whole ginger or lemon rind tied in a muslin bag, and boiled with juice and sugar, or damsons or brambles may be boiled with the apples.

APRICOT JAM (I)

2½ lb. dried apricots, 9 lb. sugar, 7 pints water.

Thoroughly wash fruit and steep them in water overnight. Then put steeped apricots and water into jelly pan and allow to boil to a pulp. Add sugar and leave the whole to boil for an hour, softly. It is best to halve the apricots before cooking them.

APRICOT JAM (II)

1 lb. dried apricots, 4 lb. sugar, 3½ pints of boiling water.

Wash and quarter the apricots, pour the boiling water over them, and allow them to stand 24 hours, or soak in 3 pints cold water for 2 days. Put in a pan and boil for 1 hour. Add the sugar, and boil for $\frac{1}{2}$ hour.

APRICOT AND PINEAPPLE JAM (I)

2 lb. dried apricots, 1 tin pineapple, 7 lb. white sugar.

Soak apricots in 12 breakfastcupsful of water for 48 hours. Boil up with sugar and pineapple, which should be cut up into small pieces, boil for 30 minutes.

APRICOT AND PINEAPPLE JAM (II)

1 lb. dried apricots, small tin pineapple, and 4 lb. crystallized sugar.

Wash and cut apricots, put to soak for 2 days with 2 pints of water. Afterwards put apricots and water in jelly pan with juice of pineapple and boil for 20 minutes. Add sugar and pineapple, cut small, and boil for another 20 minutes.

APRICOT AND ORANGE JAM

2 lb. dried apricots, 6 marmalade oranges, water and sugar.

Cut each half apricot in two or three pieces, wash and put them in a basin and cover with 1 quart water. Soak all night, next day wash oranges well, cut up roughly and boil for 1 hour with 1 quart of water. Now strain them through a sieve, weigh the fruit, apricots and juice, and allow an equal weight of sugar and half a pound extra. Boil all together for $\frac{1}{2}$ of an hour, stirring well all the time.

APRICOT AND RHUBARB JAM

Cut up 1 lb. dried apricots, wash and soak in $3\frac{1}{2}$ pints of water for 2 days. Cut up 2 lb. of rhubarb, cover with 2 lb. of sugar and stand overnight. Put the rhubarb and sugar into a preserving pan and the soaked apricots, adding 4 lb. more sugar, that is, 6 lb. in all, and boil about 1 hour or until jam thickens when tested on a plate.

BLACK CURRANT JAM (I)

4 lb. currants, 10 breakfastcupsful water (that is $2\frac{1}{2}$ cupsful to each pound of fruit). Boil for 10 minutes, add 2 lb. of sugar for every pound of fruit (8 lb.), and boil for $\frac{1}{2}$ hour. When ready, a small piece of fresh butter may be added if desired.

BLACK CURRANT JAM (II)

4 lb. fruit, 8 breakfastcupsful water (full cups), 8 lb. sugar.

Put fruit and water into jelly pan and bring to the boil. Boil for 10 minutes, then add the sugar and boil for another 10 minutes. This is a very economical way of making this jam. The fruit does not get hard, and is of an excellent flavour.

BLACK CURRANT JAM (III)

2 quarts black currants, 2 quarts water, 8 lb. sugar.

Put fruit and water on to boil for 20 minutes, then add sugar, then boil 20 minutes and test.

BLACK CURRANT JELLY

Wash the currants. Put them into a preserving pan and cover with cold water. Bring to the boil and simmer until the fruit is reduced to pulp, then strain through a jelly-bag. To every pint of juice allow 1 lb. of sugar. Put the juice and sugar into a pan, stir till boiling. Skim well and test after 20 minutes steady boiling. If firming, put into small pots. This method applies to nearly all kinds of jelly, such as green gooseberry, raspberry, bramble, etc.

CANDIED ORANGE PEEL

Remove the skin from the orange in halves, if possible, scrape away all the white, lay the skins in strong salt and water for 6 days. Take out and drain on a cloth. Boil the skins in plenty water until soft, drain on a sieve. Make a thin syrup, allowing 1 lb. sugar candy to 2 pints of water, put the peel into this and boil until they are transparent. Make another syrup very thick, only using as much water as will melt the sugar, boil over a very soft fire until the peel turns to candy. Turn out, sprinkle liberally with sugar, dry in a cool oven.

CANDIED PEEL

Skins of 6 oranges or lemons, 1 lb. crystallised sugar.

Put the skins in salt and water to soak for a few days; then put them on in a saucepan, with fresh cold water, to boil till they are quite soft, i.e., when the head of a pin is easily put in. Remove them from the saucepan, drain and put them in a basin. Boil 1 lb. sugar and a breakfastcupful of water for a few minutes, and pour it over the peel and allow it to stand for about a week. Pour the syrup into a pan and allow it to boil up; put the peel in and let it boil gently till it looks clear—about 20 minutes. Take it out and spread it on a dish, put a little of the syrup in the hollows, dust some fine sugar over, then put in a warm place till dry and candied. When dry, put away in a jar.

GRAPE FRUIT MARMALADE (I)

2 lb. grapefruit, 1 lb. lemons, 18 breakfastcupfuls sugar, 21 breakfastcupfuls water.

Cover the seeds with $\frac{1}{2}$ cupful of water. Shred the fruit very thin. Cover with water and stand for 24 hours. Add the liquid from the seeds previously boiled. Boil for 2 hours. Warm the sugar before adding to the fruit. Boil again until it is a good jelly—about $\frac{1}{2}$ an hour.

GRAPE FRUIT MARMALADE (II)

1 grapefruit, 1 lemon, 1 sweet orange, 18 teacupfuls water, 8 lb. sugar.

Cut up fruit and cover with water, let stand till next day. Boil 10 minutes. Let stand overnight and boil with sugar for 2 hours simmering slowly.

GREENGAGE JAM

6 lb. greengages, $\frac{1}{2}$ pint water, 8 $\frac{1}{2}$ lb. preserving sugar.

Wipe and stone the plums. Break half the stones, remove the kernels and blanch and skin them. Tie the rest of the stones in muslin. Dissolve the sugar in the water and put in the plums, and the stones tied in muslin. Stir till boiling. While boiling skim thoroughly. Test after 30 minutes boiling and, if firming, add the kernels, boil well up and dish. The kernels may be left out if desired. All stone fruits, such as Victoria plums, damsons, etc., are made in the same way.

GREEN GOOSEBERRY JAM (I)

Pull the gooseberries when quite green and hard. Cover them with water and boil for 1 hour. Add sugar double the weight of the berries, and then boil for about 10 minutes. Be careful to remove from the fire before the colour changes. The jam should be quite green.

GREEN GOOSEBERRY JAM (II)

(Recipe of Year 1789)

3 lb. unripe gooseberries, boiled with 5 breakfastcupfuls of water for 1 hour. Add 6 lb. sugar (4 $\frac{1}{2}$ lbs. will do if not wanted very sweet) and boil for 1 minute.

GREEN GOOSEBERRY AND ELDER-FLOWER JELLY

Put green gooseberries in a preserving pan with just enough water to cover them and let them get very hot but not boiling. Strain next day and boil with 1 lb. of sugar to 1 pint of juice and allow 4 or so heads of elder-flower to a pint of juice. Tie the bunch to the handle of the pan, and if the petals are inclined to come off, put elder-flower in a muslin bag. Boil them all the time with the jelly for about 1 hour, then put into pots. It is best to taste the jelly while boiling, and remove elder-flowers if their flavour is considered strong enough.

LEMON CHEESE (I)

$\frac{1}{2}$ lb. butter, 1 lb. lump sugar, 6 eggs (leaving out 2 whites), the rinds of 2 lemons grated, and the juice of three.

Beat the eggs and put all into a jug, place it in a pan of boiling water on the fire and keep stirring until the sugar is dissolved and it thickens like honey, then put it into jars, tie up and keep in a dry place.

LEMON CHEESE (II)

$\frac{1}{2}$ lb. loaf sugar, 3 oz. butter, 3 lemons, 3 eggs.

Rub each piece of sugar on lemon to extract flavour and put in saucepan. Squeeze juice from lemons and strain over sugar. Add butter and heat over slow fire till butter is melted and sugar dissolved. Cool a little, add well-beaten eggs. Return to heat and cook gently till the consistency of honey; do not allow it to boil. Store in covered jars.

LEMON CURD WITHOUT EGGS

Steam 4 lb. of vegetable marrow until tender; then drain well and mash. Add 4 lb. of lump sugar and $\frac{1}{2}$ lb. butter, the grated rind and juice of 6 or 8 lemons. Put into a double pan, and cook for about $\frac{1}{2}$ an hour, stirring well until a nice smooth paste.

LEMON CURD

Put $\frac{1}{2}$ lb. butter in a pan and let it melt, add $\frac{1}{2}$ lb. sugar, and finely grated rind of 2 lemons, and the juice of 3. Stir over the fire, but do not let it boil, draw to the side for a little, then add 2 well-beaten eggs, again on the fire till it thickens, but do not allow to boil.

MARMALADE (I)

Take as many pounds of bitter oranges as you want to make. To every 7 lb. of oranges add 2 lemons. Wipe the oranges, put them in a clean brass pan with plenty of cold water, cover them close, put on the fire and let them boil for an hour or two. To know when they are done, with the head of a pin pierce them—if it goes through the oranges easily, they are ready. Take out the oranges and divide in four, scrape out all the inside, making the skin as thin as possible, and cut into chips. Put all the inside of oranges into the pan in which the oranges were boiled, cover with water and boil slowly until the water is reduced. Run through a sieve, add the chips. Take a pound of sugar for each pound of oranges. Boil 20 to 30 minutes.

MARMALADE (II)

2 lb. Seville oranges, 2 large or 3 small lemons.

Cut in half and squeeze with lemon squeezer, keeping juice in separate bowl. Take all pulp out of skins and put in with seeds into a muslin bag, tied. Put skins through mincing machine then cover chips and bag containing pulp with 7 pints water; let stand overnight. Weigh preserving pan before putting in chips and bag. Bring chips to boil, then let simmer until soft—about 2½ hours. Take out bag of seeds, squeezing as much juice as possible out of it; then add juice squeezed from oranges and weigh the whole without taking from the pan. Contents of pan should weigh from 7 lb. to 7½ lb. Add same quantity of sugar and boil for ½ hour, or until it jellies. I get my pan boiling by 9 a.m. and my marmalade dished not later than 12.30.

MARMALADE (III)

Measure into pan 7 pints of water. Take 2 lb. marmalade oranges, 2 sweet and 2 lemons. Cut into quarters, remove pipe and add fruit to water. Soak pipe in bowl with some of the water from pan. Allow all to stand 24 hours, then take fruit from pan. Put pipe into sieve, and wash with water from pan, allowing water to flow back into pan. Throw pipe away. Remove skins from fruit. Pass pulp through mincer and return to pan. Now shred skins finely. A suet shredder does nicely. Rub very lightly and discard skins when too difficult to hold. Add shredded skins to pan and boil for 1 hour. Then add 7 lb. sugar and boil for 20 minutes longer.

MARMALADE (IV)

12 Seville oranges, 4 sweet oranges, 4 lemons, 12 lb. sugar,
3 quarts water.

Quarter oranges, and lemons, remove pulps and pips, cut rind and soak 24 hours in 2 quarts of the water (put the pips in separate quart of the water to soak). Strain pips through a coarse cloth, boil pulp, rind, etc., until tender with remaining 2 quarts of water. Leave until next day; boil again, adding sugar. Three-quarters of an hour sharp boiling. If wanted extra bitter, boil pips in muslin bag in first boiling.

MARMALADE JELLY

4 lb. bitter oranges, 4 lb. sugar, 2 lemons.

Boil oranges till soft. Take out pulp and scrape skins. Cut rind finely. Put pulp in jelly pan with 2½ pints water, boil for ½ hour then pour through jelly bag. Put liquid, chips and sugar in pan and boil ½ hour or till clear.

The pulp may be put through mincer and used in marmalade instead of making jelly.

GENERAL OLDFIELD'S MARMALADE

To every pound of Seville oranges put 1 quart water and boil for 2 hours, or till skins are soft. For every pound of oranges boiled, take ½ pint of this liquid, and 1 lb. sugar and put together to melt.

Cut up oranges with knife and fork to size desired, add to sugar and boil all together for about 1 hour.

WAR-TIME MARMALADE

Rind of 3 oranges, 3 pints water, 3 lb. apples, ½ lb. sugar to every pint of juice.

Soak uncut orange rinds in 3 pints cold water for 24 hours. Put rind and water in saucepan, bring to boil, and simmer till peel is soft (about 1 hour). Remove rinds and chop finely or shred, put aside, keeping the water. Cut apples in quarters—do not peel or core. Make up water in which oranges were boiled to 3 pints, add apples and cook till soft. Pour into jelly bag and drip till well drained. To every pint of juice add ½ lb. sugar. Pour into jelly pan and bring to boil. Boil briskly for 20 minutes. Remove scum 2 minutes before completion of boiling, add shredded rinds, cool slightly—pot and tie down while still hot.

ORANGE JELLY (I)

3 lb. bitter oranges, 4 large sweet oranges, 1 lemon and 1 stick cinnamon.

Skin the oranges and cut in quarters, place in a stone jar along with the lemon peel and pulp, also cinnamon stick. Cover with three quarts cold water and let stand overnight; then boil all in a jelly pan for one hour. Pour all into a wire sieve with a piece of clean flannel over it and let stand for 20 minutes; then add 1 lb. of loaf sugar to 1 pint juice and boil for 20 minutes when it should be lovely and set quickly.

ORANGE JELLY (II)

1 dozen bitter oranges, 3 sweet oranges, 3 lemons.

Remove the skins, cut up the centres and put them in a jelly pan with a small breakfastcup of water to each orange. Let it boil slowly to a pulp and strain through jelly bag. Put the juice on again with a cupful of crystallised sugar to every cup of juice. Boil till it jellies, which will be from 10 to 15 minutes.

POOR MAN'S MARMALADE

1 lb. marmalade oranges, 1 sweet orange, 3 lemons, 5 whole bottles water, 7 lb. sugar.

Mince all, and steep with water 48 hours, boil half an hour; add sugar and boil three-quarters of an hour.

RASPBERRY JAM

Weigh equal quantities of fruit and sugar. Put the fruit into a preserving pan, boil and break it, stirring constantly, and let it boil quickly. Add the sugar and boil quickly 3-5 minutes. Gather the fruit on a dry day and preserve as soon as possible.

RED CURRANT JELLY*First Method.*

Wash the currants. Put them in a preserving pan with about 1 gill of water. Bring to the boil and simmer till the fruit is reduced to a pulp, then allow it to drip through a jelly-bag. Put the juice in a pan and add sugar in the proportion of one pound of sugar to one pint of juice. Bring to the boil, skim well and test after 10 minutes' steady boiling. If firming, dish up in small pots.

Second Method.

Wash the currants. Squeeze them in a coarse cloth with the hands until all the juice is extracted. Measure this into a preserving pan, and add 1 pound of sugar to each pint of juice. Bring to boil, skim well, and boil exactly 3 minutes. Dish up in pots.

MARTHA WASHINGTON'S RECIPE FOR PRESERVED PEARS

The pears should be fresh. Wash and put into boiling water for one minute, then into cold water. Next put the fruit in a prepared syrup of sugar and water, use half a pound of sugar for every pound of fruit, enough water to dissolve it. Now cook for a quarter of an hour. Remove and put on plates to cool. Boil the syrup down to half the original quantity, put syrup and pears into jars and add some rum or brandy. Seal while hot.

MIXED JAM

2 lb. apples, 2 lb. plums, 2 lb. pears, 5½ lb. sugar.

Cut the apples in quarters, pare and core them; do the same with the pears. With a sharp knife cut the plums down and remove the stones; put the stones of the plums in an enamelled pan with 1½ breakfastcupsful of water and boil for ½ hour gently. Strain them and put liquid in preserving pan with the sugar, then put in all the fruit and boil for 20 minutes, then put in pots.

ROWAN JELLY

Pick and wash rowans, and put into preserving pan with water to cover. Simmer slowly until berries will crush with wooden spoon, then strain through jelly-bag. Add 1 pound of sugar (if wanted sweeter, a very little more) to 1 pint of juice and boil till it jellies—about 20 to 45 minutes.

STRAWBERRY JAM (I)

6 lb. strawberries, ½ pint red currant juice, 6½ lb. preserving sugar.

Carefully wipe and pick the berries. Put the sugar and fruit juice in the preserving pan and stir over the fire till the sugar is melted, then add the berries and stir gently till boiling. Skim thoroughly and allow to boil steadily for 20 to 30 minutes. Test by putting a little on the plate; if it firms, put up. This method may be employed when making all small fruits into jam.

STRAWBERRY JAM (II)

Choose strawberries that are in good condition, not over-ripe; the small jam berries are best. Remove stalks and hulls. To 1 lb. fruit allow 1 lb. sugar. Put fruit into preserving pan and boil till tender—about 20-25 minutes. Warm sugar in oven, then add and boil all, stirring well and removing scum when necessary. Boil briskly and test for setting after 15 minutes. Cool slightly, pour into jars and cover.

TOMATO MARMALADE

4 lb. ripe tomatoes, 3 lemons, 6 lb. sugar.

Wipe tomatoes and put them in boiling water for a few minutes, then remove skins and cut in thick slices. Put slices in a deep basin and cover with 4 lb. sugar. Let this stand overnight and you will find the sugar dissolved. Pour the juice into preserving pan along with the strained juice of the 3 lemons and the other 2 lb. of sugar. Put this on to melt, add pulp, and boil quickly until the preserve hangs thickly on the spoon. Pour into pots and cover when cold.

VEGETABLE MARROW CREAM

2 lb. marrow, 2 lb. sugar, $\frac{1}{2}$ lb. margarine, 3 or 4 lemons—juice and rind.

Boil the marrow, drain off water well. Add the sugar and margarine, lemon juice and grated rind. Boil all together till as thick as cream. When boiling the marrow first time, it must be soft enough to pierce with a straw—not to a pulp. This is a fine filling for sponge sandwiches or small cakes.

VEGETABLE MARROW JAM

3 lb. vegetable marrow, after being peeled and cut up, 3 sour apples, peeled and cut up, 4 lb. sugar, 3 lemons, rind and juice, $\frac{1}{2}$ lb. root ginger.

Peel and cut up marrow, let stand overnight, boil the apples till soft, then add marrow, sugar, etc. Boil till firm and clear.

Section XIII

CHUTNEYS, PICKLES, SAUCES, STUFFINGS, Etc.

"Hunger is the best sauce."

"Mustard is a good sauce butmith is better—be happy."

"To be or not to be, that is the question,
But what I want is a cure for indigestion."

"Das machis' in the daytime which will get ye greet at sight."

"Any time is a good time to start carrying out a good idea."

"Work for some good, be it ever so slowly,
Cherish some flower, be it ever so lowly."

Though rich sauces and pickles can easily be overdone, as they tend to be very indigestible, yet a good sauce is a great addition to fish, vegetables, or made-up dishes. Pickles and chutneys add interest to cold meat, and the thrifty housewife will find it more economical to make them at home than to buy them ready-made.

APPLE CHUTNEY (I)

1 lb. apples (pared), $\frac{1}{2}$ lb. dates (stoned), $\frac{1}{2}$ lb. brown sugar, 1 pint white vinegar, 1 large onion, 1 tablespoonful Jamaica pepper, 1 teaspoonful ground ginger.

Cut apples, dates and onions very small. Put into large bowl with other ingredients, mix well, cover with plate, and stew gently in oven for two hours.

APPLE CHUTNEY (II)

$\frac{1}{2}$ lb. bruised ginger, $2\frac{1}{2}$ oz. garlic, 1 oz. mustard seeds, 1 oz. pounded chillies, 2 lb. sugar, $\frac{1}{2}$ lb. salt, $\frac{1}{2}$ lb. onions, $\frac{1}{2}$ lb. seedless raisins, 1 lb. sultanas, $1\frac{1}{2}$ quarts brown vinegar, 2 doz. large green apples, 6 stoned figs, 1 oz. citron peel (cut fine), 1d. worth horse-radish.

Chop garlic and onions and raisins like mince-meat. Chop all together (or put all dry ingredients through mincer), add vinegar. Boil slowly for 40 minutes, stirring occasionally. Put into jars or bottles, cover with bladder soaked in tepid water, and cut to fit. Tie down well.

APPLE CHUTNEY (III)

Take $1\frac{1}{2}$ lb. apples and cut into small pieces, after peeling and coring, and stew in $1\frac{1}{2}$ pints vinegar until reduced to pulp. When cold, add $\frac{1}{2}$ lb. brown sugar, 3 teaspoonfuls salt, 3 small onions chopped fine, 2 oz. ground ginger, 3 oz. mustard, $\frac{1}{2}$ oz. cayenne pepper, $\frac{1}{2}$ lb. raisins chopped fine. Mix all very thoroughly and put into glass jars, and it is ready for use but is much improved if kept for a while, in fact this chutney will keep for years.

APPLE CHUTNEY (IV)

3 lb. apples, 1 lb. moist sugar, 3 oz. salt, 4 oz. mustard, 3 pints vinegar, 2 oz. ground ginger, $\frac{1}{2}$ teaspoonful cayenne pepper, $1\frac{1}{2}$ lb. onions, 1 lb. raisins.

Peel and chop apples and onions. Put vinegar into a pan with apples, onions, sugar, salt, mustard, and ginger. Bring to boiling point, then add raisins (chopped) and cayenne pepper. Boil for $\frac{1}{2}$ hour.

APPLE CHUTNEY (V)

$1\frac{1}{2}$ lb. apples, $\frac{1}{2}$ lb. raisins, $\frac{1}{2}$ lb. sultanas, $\frac{1}{2}$ lb. onion, 1 lb. brown sugar, $\frac{1}{2}$ lb. preserved ginger, 6 teaspoonfuls salt, 1 teaspoonful dry mustard, $\frac{1}{2}$ teaspoonful cayenne pepper, 1 teaspoonful ground ginger, 1 pint vinegar.

Chop ingredients, add sugar and spices. Pour on vinegar and cook till tender.

APPLE AND TOMATO CHUTNEY (I)

4 lb. sour apples (weighed after peeling and coring), 4 lb. tomatoes, 2 lb. onions, 1 lb. brown sugar (soft), $\frac{1}{2}$ lb. garlic (if that cannot be got add more onion), 2 tablespoonfuls salt, 1 teaspoonful cayenne pepper.

Cover with brown vinegar, boil slowly for 6 hours.

APPLE AND TOMATO CHUTNEY (II)

1 lb. apples, 1 lb. tomatoes, 1 lb. onions, 1 lb. Demerara sugar, $\frac{1}{2}$ lb. large blue raisins, 20 cayenne pea pods, $\frac{1}{2}$ teaspoonful salt, 2 pieces root ginger, $\frac{1}{2}$ bottle white vinegar.

Boil from 2 to 3 hours slowly, remove ginger, then put into glass jars and cover.

BEETROOT CHUTNEY

2 lb. cooked beetroot, 2 lb. apples after peeling and coring, 1 lb. onions, $\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ lb. raisins, $\frac{1}{2}$ lb. sultanas, 2 teaspoonfuls ground ginger, 2 teaspoonfuls ground cinnamon, 1 tablespoonful salt, 1 pint vinegar.

Dice beetroot and put into a large basin. Cook apples and onions in vinegar, add fruit, spices, salt and sugar. Cook a little longer. When cool add to beetroot. Mix carefully and store in jars.

CHUTNEY (I)

3 lb. apples, 1 lb. onions, 1 lb. sultana raisins, 1 lb. brown sugar, 1 teaspoonful ground ginger, 2 teaspoonfuls mustard, 1 teaspoonful salt, 1 lb. tomatoes, 1 lb. ginger, $\frac{1}{2}$ lb. almonds, $\frac{1}{2}$ oz. cayenne pepper, 2 bottles vinegar.

Chop and mix all together. Boil for 3 hours.

CHUTNEY (II)

3 lb. apples (cut in slices), 1 lb. onions (cut small), $\frac{1}{2}$ lb. Demerara sugar, 1 tablespoonful salt, 1 teaspoonful ground ginger, 1 teaspoonful mixed spice, $\frac{1}{2}$ teaspoonful white pepper, 1 pint vinegar (brown).

Boil 1 hour, or until dark coloured. Cooking apples are best.

CHUTNEY (III)

3 lb. apples, 1 lb. onions, $\frac{1}{2}$ lb. sultanas, $\frac{1}{2}$ lb. figs, $\frac{1}{2}$ lb. salt, 2 lb. Demerara sugar, $\frac{1}{2}$ oz. chillies, $\frac{1}{2}$ oz. ground ginger, 2 pints vinegar.

Chop all up roughly and put in enamel pan with vinegar, bring to boiling point, and keep at that for 30 minutes. When cool, put into bottles and seal with wax.

CHUTNEY (IV)

1 pint vinegar, 1 lb. brown sugar, 12 oz. ripe tomatoes, 1 quart green tomatoes, 1 quart sour apples, $\frac{1}{2}$ lb. vegetable marrow, $\frac{1}{2}$ lb. sultana raisins, 2 oz. onions, $\frac{1}{2}$ lb. ground ginger, $\frac{1}{2}$ dozen red chillies (keep whole).

Cut everything up and boil for 2 hours. Put in jars and cover.

FRENCH MUSTARD

2 teaspoonfuls of dry mustard, 4 teaspoonfuls each of salt, castor sugar, sifted butter, 1 saltspoonful cayenne pepper, juice of 1 raw onion, or 1 onion finely chopped, enough small vinegar to make the desired consistency.

Put into small jars, cork or tie down. Will keep good for twelve months.

GREEN GOOSEBERRY CHUTNEY

Boil together $\frac{1}{2}$ pint vinegar, 1 teaspoonful each of ginger, cinnamon, nutmeg and cloves, and allspice, 1 lb. sugar. Boil 10 minutes, add 2 lbs. green gooseberries, topped and tailed, boil 20 minutes or till thick, then bottle.

GREEN TOMATO PICKLE (I)

7 lb. of green tomatoes, 7 lb. of Spanish onions, 2 lb. brown sugar, $1\frac{1}{2}$ bottles brown vinegar, 1 oz. pepper corns, $\frac{1}{2}$ oz. chilli pods.

Slice tomatoes and onions, put in separate dishes overnight with a good handful of salt and brown sugar over them. Pour off the juice next day and boil till tender with other ingredients added.

GREEN TOMATO PICKLE (II)

8 lb. green tomatoes, 1 lb. small onions, 1 lb. Demerara sugar, 1 quart vinegar, and a few pickling spices.

Slice tomatoes and leave overnight with salt sprinkled over them on a flat dish. Next morning strain all salt and liquor off. Boil sugar and vinegar, then add the other ingredients and keep boiling till tender.

GREEN TOMATO CHUTNEY

4 lb. green tomatoes, 1 lb. apples, $\frac{1}{2}$ lb. chopped onion, $\frac{1}{2}$ lb. stoned raisins, 1 lb. brown sugar, $\frac{1}{2}$ oz. bruised ginger, 12 peppercorns, 2 oz. garlic, 1 pint vinegar, 1 teaspoonful salt.

Pour boiling water over tomatoes and remove skins. Cut up in slices and chop apples, onions and raisins. Put into pan with vinegar and bring to boil. Simmer till soft. Stir very frequently. Time $1\frac{1}{2}$ hours. When ready take the spices which are tied in a muslin bag and drop into mixture and stir. Then leave till cold. Pot and cover.

SPICED GREEN TOMATOES

3 lb. small green tomatoes, salt, $\frac{1}{2}$ lb. sugar, 1 pint spiced vinegar.

Wipe and prick tomatoes. Put in a bowl and sprinkle with coarse salt (thickly). Leave 12 hours, then wash off brine. Bring spiced vinegar to boil in a white lined pan. Drop tomatoes in and simmer gently for 20 minutes. Drain, and put in jars. Boil up liquid and pour over tomatoes, cover as for jam.

Spiced Vinegar.

Infuse pickling spices as available, 1 tablespoonful whole spices to a pint, from 1 to $1\frac{1}{2}$ hours. Strain vinegar and use.

TOMATO CHUTNEY (I)

(Make in September)

3 lb. tomatoes, skin and rub through a sieve, 2½ lb. apples, pared and cored, 1 fair sized onion, 1 lb. Demerara sugar, 2 tablespoons salt, 1 tablespoonful white pepper, 1 tablespoonful ground ginger, ¼ bottle vinegar.

Put the lot on to boil for 1 hour, then bottle and cork for use.

TOMATO CHUTNEY (II)

4 lb. tomatoes, 1 lb. apples, 1 oz. crushed mustard seed, ¼ oz. grated ginger, 6 small onions (chopped), 4 oz. salt, ¼ teaspoonful cayenne, 1½ pints vinegar, 1 lb. moist sugar.

Cut up tomatoes, apples and onions and place in preserving pan. Add all ingredients except sugar. Simmer to a pulp, and when nearly soft add sugar. Pass through a sieve, stir well, and bottle next day.

TOMATO CHUTNEY (III)

4 lb. apples, 4 lb. tomatoes, 3 lb. brown sugar, 1 oz. garlic, 1 oz. chillies, 1 quart vinegar, 2 lb. onions, 1 teaspoonful salt, 1 lb. raisins.

Cut and slice tomatoes, apples, onions. Put all together in a pan and leave overnight. Put a few whole cloves and a little whole ginger in a muslin bag and boil in the mixture. Boil slowly for 3 hours. If you don't like it hot, just put in half of the chillies.

TOMATO CHUTNEY (IV)

2 lb. green tomatoes, 2 lb. apples, 1 lb. blue raisins, 1 lb. Spanish onions, 1 lb. sugar, 1 oz. mace spice, 2 tablespoonfuls salt, 24 chillies, 1½ pints spiced vinegar.

Chop up tomatoes, apples, raisins and onions into small pieces, add other ingredients and boil slowly in jelly pan for 3 hours.

RHUBARB CHUTNEY (I)

2 lb. rhubarb, 1 lb. sweet apples, 1 lb. sugar, 2 lemons, ¼ oz. garlic, 1 oz. salt, 1 oz. ginger, ¼ teaspoonful of cayenne, 1 oz. root ginger, 1 pint vinegar.

Peel and core the apples, and cut into dice. Cut rhubarb into shreds, remove the skins and pips from lemons, and slice the pulp. Peel and mince the garlic, bruise the ginger. Put all the ingredients into an enamel pan, cover with vinegar, bring to the boil and simmer until the mixture thickens, stirring constantly. Put into jars and cover.

RHUBARB CHUTNEY (II)

4 lb. rhubarb, 1 lb. Demerara sugar, 1 lb. sultana raisins, $\frac{1}{2}$ pint best vinegar, $\frac{1}{2}$ oz. chillies, $\frac{1}{2}$ oz. turmeric, a little salt.

Cut the rhubarb into small, i.e., thin pieces. Put into a jar and place in the oven till soft. Put into an enamelled pan, add vinegar, sultanas, chillies, turmeric and salt. Boil together for an hour or till it becomes as thick as jam.

RHUBARB CHUTNEY (III)

2 lb. rhubarb, 1 lb. raisins, 2 large onions, 1 lb. brown sugar, 2 teaspoonfuls salt, $\frac{1}{2}$ teaspoonful cayenne pepper, 2 teaspoonfuls ginger, 1 pint vinegar.

Chop onions, rhubarb and raisins very small, add sugar and spices, pour vinegar over and stew till tender. Stir well and put like jam.

RHUBARB CHUTNEY (IV)

1 lb. rhubarb, $\frac{1}{2}$ lb. sultanas, 1 lb. brown sugar, 1 onion, 1 teaspoonful salt, 1 teaspoonful ginger, $\frac{1}{2}$ teaspoonful cayenne, 1 pint vinegar.

Cut up rhubarb and onion, add the other ingredients. Mix and cook till tender. Put like jam.

RHUBARB CHUTNEY (V)

2 lb. green rhubarb, 2 lb. Demerara sugar, 1 lb. dates, 1 lb. sultana raisins, 2 oz. salt, 1 oz. Jamaica pepper, $\frac{1}{2}$ oz. cayenne, 2 oz. ground ginger, 1 chopped onion.

Wash and cut up the rhubarb. Put into a preserving pan with the dates chopped, the sultanas chopped, and $1\frac{1}{2}$ pints brown vinegar. Boil till rhubarb is soft. Add all other ingredients. Boil a further 10 minutes. Bottle and cover.

MARROW CHUTNEY

4 lb. vegetable marrow, 3 pints malt vinegar, $1\frac{1}{2}$ oz. mustard, $\frac{1}{2}$ lb. lump sugar, 6 cloves, 6 chillies, $\frac{1}{2}$ oz. turmeric (procurable at chemists), $\frac{1}{2}$ lb. onions cut very fine.

Cut marrow in small even pieces. Lay in basin and sprinkle with salt. Stand overnight, squeeze water off next morning and put marrow in a pan with vinegar and seasonings. Boil gently for 25 or 30 minutes. Put in jars and cork well.

MINCE MEAT

8 oz. sultanas, 8 oz. Valencia raisins, 8 oz. best suet, peel and chop one apple thoroughly, shred 3 oz. orange peel.

Pass all twice through the mincer. Mix in a bowl with 8 oz. Demerara sugar, $\frac{1}{2}$ teaspoonful ginger, $\frac{1}{2}$ teaspoonful cinnamon, $\frac{1}{2}$ teaspoonful grated nutmeg, with the grated rind and strained juice of 1 orange and 1 lemon. When thoroughly mixed put into jelly jars, cover like jam, and lay aside till required for the Christmas pies.

MUSHROOM POWDER

Pick, clean and skin $\frac{1}{2}$ peck of mushrooms, throw them in cold water, drain and put them in a saucepan with 2 spoonfuls of white pepper, $\frac{1}{2}$ oz. of mace and 5 cloves pounded. Simmer and shake them till dry. But be careful they do not burn. Lay them on dishes, put them into a cool oven till dry. Then beat them to a powder, put into wide-mouthed bottles. Tie leather over the cork and keep them in a dry place.

MIXED PICKLE

Equal quantities of cauliflower, onions, French beans, green tomatoes or any other vegetable cut into small pieces.

Pour brine over vegetables and let stand and soak till next day, then put in preserving pan and let get hot enough to scald. Strain off water and allow vegetables to drain. Make a mixture of a tablespoonful of mustard, $1\frac{1}{2}$ tablespoonfuls of turmeric, 1 cupful flour, $\frac{1}{2}$ cupful sugar, add cayenne. Mix all together with cold vinegar till it becomes a paste, add more cold vinegar until there is a gallon of the mixture, boil this until it thickens and is smooth, stirring all the time. Then put in vegetables and let it boil for ten minutes, stirring all the time, and bottle down.

MIXED SPICE

1 oz. black pepper, $\frac{1}{2}$ oz. Jamaica pepper, $\frac{1}{2}$ oz. ginger, $\frac{1}{2}$ oz. cinnamon, $\frac{1}{2}$ oz. nutmeg, 8 cloves.

Pound and mix all ingredients.

SAUER KRAUT

Choose nice firm heads of cabbage, remove stalks and outside leaves. Cut the heads in half and chop finely. Scald your wooden tub thoroughly and then cover with clean cabbage leaves and sprinkle with a handful of salt. Now put a layer of shredded cabbage, a handful of salt alternately, until the tub is full, pressing all down hard with a wooden pestle, so as to get the cabbage packed tightly. Mix with the cabbage a few apples (not too many). When the tub is full cover it with a tight-fitting lid, and put heavy stones on top. In a few days remove the lid to see if the cabbage has drawn enough water. If not, add enough water to cover the cabbage. Ready for use in three or four weeks. Each time some of the Sauer Kraut is used, the lid and stones must be thoroughly washed, and if there is too much water on the cabbage, ladle it out.

PRESERVED BEETROOT

Wash and peel carefully 6 lb. of parboiled beetroot, simmer in the preserving pan in just enough water to cover, for 20 minutes. Add 3 lb. sugar, the strained juice of 2 lemons, and a slight flavour of cinnamon. Again simmer till the beets are tender enough to cut small after they are strained, then pack the pieces in jars. Boil up the syrup rapidly until it thickens, skimming all the time. Pour this over the beetroot, cover closely, and store in a cool place.

PARSLEY BUTTER

$\frac{1}{2}$ oz. butter, dessertspoonful chopped parsley, a little cayenne, a few drops lemon juice.

Mix all together on a plate, form into a neat pat, cool till firm, cut into pieces. Used for garnishing grilled meat and fish.

PICKLED BEETROOT

Wash 6 beetroots, taking care not to break the skins. Place in boiling salted water and simmer gently $1\frac{1}{2}$ hours until three-parts cooked. Peel and slice into $\frac{1}{4}$ -inch rounds when cold. Boil 1 quart white vinegar with $\frac{1}{2}$ oz. whole pepper, $\frac{1}{2}$ oz. all-spice, for 10 minutes. When cold, cover beet with it and do not use for a week.

PICKLED EGGS

(To use with Cold Meat, etc.)

Boil 1 dozen hen eggs for 20 minutes, when cold pick the shells off, being careful not to break the surface of the egg. Have ready $\frac{1}{2}$ oz. each of cloves and mace, half a nutmeg grated, $\frac{1}{2}$ oz. whole pepper, 1 oz. of salt, and a couple of bay leaves, or a pinch of dried thyme.

Put the eggs into a stone or glass jar with this seasoning between them. Then pour over them enough boiling vinegar to cover them. When cold close the jar in the usual way. Eggs pickled in this fashion keep delicious for years and are very appetising.

PICKLED VEGETABLE MARROW

2 lb. marrow (weighed after being parboiled and cut up), $\frac{1}{2}$ oz. ground ginger, $\frac{1}{2}$ oz. mustard, $\frac{1}{2}$ oz. curry powder, 4 oz. sugar, a few peppercorns, 3 gills vinegar.

Cut up the marrow, sprinkle with salt and let stand overnight. Boil the other ingredients 5 minutes, add the marrow and cook till tender.

TO CURE HAMS

Prepare the following ingredients in the pickling trough—
To 6 lb. common salt add 4 oz. saltpetre, 2 oz. salprunella, $\frac{1}{2}$ lb. moist sugar, 1 oz. bruised cloves and mace, 1 oz. Jamaica pepper, 4 cloves of garlic, a few bay leaves, thyme, and marjoram.

With clean cold hands rub this mixture over the hams for five successive mornings. The hams should remain in the pickle for ten days longer, being turned over every morning. At the end of a fortnight take out, and if the hams are to be smoked, first rub them over with some pea-meal mixed with a little salt. They should be placed in a cool dry atmosphere to dry. The above quantities are for curing two hams only. If more are to be done, allow 4 ounces of salt to each pound of meat, and the other ingredients in proportion.

SUGAR CURED MEAT

Rub each piece with salt and let drain overnight, and then pack in a barrel. Make a brine of 8 lbs. of salt, 2 oz. saltpetre and 2 lbs. of brown sugar dissolved in 4 gallons of water. Boil, let cool, and pour over the meat. This sugar cured meat is very sweet and delicious. It fries a golden brown and is much nicer than that salted in plain brine.

PICKLE FOR PRESSED BEEF

3 lb. bay salt, 2 lb. Demerara sugar, 2 oz. saltpetre, 2 oz. powdered black pepper, 1 oz. ground cloves, 1 oz. ground nutmeg, 2 gallons water.

Put seasonings in muslin bag. Boil them, together with salt and sugar in 2 gallons water for 20 minutes. Skim thoroughly. Pour into pickle crock when cold. Lay meat in, see that every part is covered, place weight on to keep meat down. For a moderate sized round, 14 days in the pickle; turn meat occasionally. This pickle can be boiled up several times, skimmed well, and used again and again. Better add extra salt if used more than twice.

TO BOIL A HAM

When boiling a ham or a piece of bacon, add a cupful of vinegar and 6 cloves. It will be found to have a delicious flavour, and especially when cold. Remember to keep in the pot overnight; this improves the flavour. Boil half an hour to the pound.

TO PICKLE PORK

1½ lb. salt, 4 oz. brown sugar, ¼ teaspoonful saltpetre.

Mix these and rub into pork daily for 14 days, turning pork each day. Then hang for a few days to dry.

MUSHROOM KETCHUP

Gather nice fresh mushrooms (the morning preferred), go over them all and put in large earthenware basin. Sprinkle with common salt. Go on adding more mushrooms every morning for three or four days, always adding another sprinkle of salt and stirring up with a wooden spoon. After adding the last lot let them remain overnight, then put all the contents into a pan, bring to the boil and let simmer slowly for 30 to 35 minutes, then strain through a muslin. Put liquid on again and boil for another 30 to 35 minutes, but add seasoning this time, ¼ oz. black peppercorns, a little cayenne pepper, a little cloves, and a blade or two of mace. Strain all and bottle when cold; this ketchup will keep for two years if well made.

HAWTHORN ESSENCE

Gather the white flower from hawthorn, when dry. Select a large clean jar, with a neck that is not too narrow, put in enough petals to make it three-quarters full, and cover these well with good brandy. Cork the jar tightly and leave undisturbed for a month or more. The essence should then be strained and poured into several smaller bottles and used as required. To flavour custards and puddings, 1 quart of custard needs 1 teaspoonful.

BEAUVILLIERS RECIPE FOR SAUCE ROBERT

Cut 6 large onions into dice, dredge them with flour and fry in butter till brown, but not burnt; moisten with a little stock ($\frac{1}{2}$ pint) and let them cook. Add salt, pepper, and lastly, when you have taken it off the fire, a teaspoonful of mustard made with Tarragon vinegar. If wanted hotter, add more mustard, but it must not be cooked after the mustard is added.

BECHAMEL SAUCE

1 pint milk, 1 onion stuck with 4 cloves, 1 bay leaf.

Simmer together for half an hour, then strain. Thicken with flour or cornflour and serve with fish, vegetables, etc.

BREAD SAUCE

$\frac{1}{2}$ pint milk, 1 onion, 6 cloves, 1 teaspoonful bread-crumbs, 6 peppercorns.

Simmer onion stuck with cloves in milk, with peppercorns for $\frac{1}{2}$ hour. Remove onion, add bread-crumbs, a tablespoonful of cream or nut of butter. Reheat. The bread-crumbs should be very coarse.

BROWN SAUCE

$\frac{1}{2}$ oz. dripping, $\frac{1}{2}$ oz. flour, $\frac{1}{2}$ pint second stock, 1 onion, small piece carrot, 1 dessertspoonful ketchup, pepper and salt.

Prepare carrot and onion, dry well, and cut in slices. Melt the dripping, fry vegetables slightly, add flour and stir carefully over a slow fire till of a good brown colour. Add stock by degrees, also a pinch of salt. Boil up and skim thoroughly. Put on the lid and simmer the sauce steadily for 30 or 40 minutes, stirring and skimming when necessary. Strain and reheat.

HARD SAUCE

4 oz. butter, 1 egg white, 1 gill honey or syrup, 1 teaspoonful vanilla.

Beat butter till creamed—add honey and mix well, then beat white and vanilla. Beat together. Pile in dish, dust with nutmeg. Leave in cool place to harden.

HOME-MADE SAUCE

2 cupfuls brown vinegar, 1 tablespoonful treacle, 1 tablespoonful flour, 1 tablespoonful sugar, 1 teaspoonful mustard, 1 teaspoonful allspice, $\frac{1}{2}$ teaspoonful salt.

Mix well and boil 5 minutes. Very good and cheap.

MINT SAUCE

2 tablespoonsful of finely chopped mint, 1 heaped tablespoonful of sugar, $\frac{1}{4}$ of a tumbler of white vinegar, 2 tablespoonsful hot water.

Put mint into a sauce boat, add sugar and hot water, when cool add vinegar.

PRUNE SAUCE

$\frac{1}{2}$ lb. prunes, 1 lemon, 1 saltspoon powdered cinnamon, $\frac{1}{4}$ pint fruit juice.

Wash and soak prunes. Cook in water in which soaked, simmer till soft. Crack a few stones, sieve prunes, add fruit juice, grated rind and juice of lemon, kernels, cinnamon. Consistency of cream. Serve hot or cold.

PLUM PUDDING SAUCE (Merton College Sauce)

Quarter pound of butter, quarter pound of sugar; well braid them together. Beat in by degrees a wineglassful of brandy and a few drops of bitter almonds.

TOMATO SAUCE

10 lb. tomatoes, 3 oz. salt, 12 oz. sugar, $\frac{1}{2}$ oz. cloves, 1 oz. whole ginger, $\frac{1}{2}$ oz. cayenne, $\frac{1}{2}$ oz. peppercorns, 2 oz. garlic, 2 $\frac{1}{2}$ pints brown vinegar.

Scald and peel tomatoes, boil until soft, rub through sieve, return to pan with vinegar, salt and sugar. Add other ingredients, tied in muslin bag. Boil until thick (3 to 4 hours), remove muslin bag, bottle and cork tightly. Should be kept at least 6 weeks before using.

TARTARE SAUCE

$\frac{1}{2}$ teaspoonful gherkins, 1 teaspoonful capers, 1 teaspoonful parsley, $\frac{1}{4}$ pint mayonnaise sauce.

Chop gherkins, capers and parsley finely and mix thoroughly into the mayonnaise.

"WALESLEY" H.P. FRUIT SAUCE

1 $\frac{1}{2}$ lb. red currants, $\frac{1}{2}$ lb. brown sugar, 1 $\frac{1}{2}$ lb. gooseberries, $\frac{1}{2}$ lb. salt, 1 $\frac{1}{2}$ lb. onions, 1 $\frac{1}{2}$ teaspoonful Turmeric, $\frac{1}{2}$ teaspoonful Jamaica pepper, 1 teaspoonful cinnamon, small $\frac{1}{2}$ teaspoonful cayenne, $\frac{1}{2}$ teaspoonful ground cloves, 1 teaspoonful white pepper, 1 nutmeg.

Boil berries with $\frac{1}{4}$ pint vinegar. Put through a sieve. Boil the onions in another pan with a little vinegar and also rub through sieve. Put all back into pan with $\frac{1}{4}$ pint vinegar. Boil for 15 minutes. Bottle when cool, always sieve onions and fruit separate. Onions must simmer at fire for 3 to 4 hours. Specially good fruit sauce to take with all meat.

WHITE SAUCE (Basic)

$\frac{1}{2}$ oz. butter, $\frac{1}{2}$ oz. flour, $\frac{1}{2}$ pint milk, pepper and salt.

Melt the butter in a saucepan, draw the pan to the side of the fire. Add flour and mix well with the back of a wooden spoon. Add about one-third of the milk, stir carefully till boiling, add the rest of the milk gradually, bring to the boil and boil for 2 minutes. Season with pepper and salt. This sauce forms the foundation for other sauces such as Capers Sauce for boiled mutton, Parsley Sauce, Egg Sauce, Onion Sauce and so on, the sauce being prepared in the same way and the extra ingredients added.

Proportions of Flavourings

Anchovy Sauce.—Add 1 teaspoonful essence of anchovy to each $\frac{1}{2}$ pint of white sauce.

Capers Sauce.—Add 1 dessertspoonful capers and a little of the caper vinegar to each $\frac{1}{2}$ pint of white sauce.

Cheese Sauce.—Add 1 oz. grated cheese and 1 teaspoonful made mustard to each $\frac{1}{2}$ pint white sauce.

Egg Sauce.—Add 1 hard-boiled egg, roughly chopped, to each $\frac{1}{2}$ pint of white sauce.

Mustard Sauce.—Mix 1 teaspoonful mustard with 1 dessertspoonful vinegar, and add to each $\frac{1}{2}$ pint of white sauce.

Onion Sauce.—Add 1 large cooked onion, chopped very finely, to each $\frac{1}{2}$ pint of white sauce.

Parsley Sauce.—Add 1 tablespoonful finely chopped parsley to each $\frac{1}{2}$ pint of white sauce.

Shrimp Sauce.—Add 2 tablespoonfuls shelled shrimps to each $\frac{1}{2}$ pint of white sauce.

CHESTNUT STUFFING

1 doz. chestnuts, 1 tablespoonful chopped ham, a small onion a little parsley, 2 oz. butter, liver of turkey or fowl, salt, pepper, and pinch of mace.

Roast and shell the chestnuts, pound them. Add the onion, minced ham, parsley, seasoning and butter. Mix all together and stuff turkey or fowl with it.

FORCEMEAT FOR FOWL, TURKEY, VEAL, HARE OR FISH

4 oz. bread-crumbs, 2 oz. suet or melted fat, 1 teaspoonful chopped parsley, grated rind of half lemon, $\frac{1}{2}$ teaspoonful mixed herbs, 1 egg, a little milk, 1 oz. chopped ham if liked, salt and pepper.

Mix all the dry ingredients and moisten with egg and milk. This may either be used as a stuffing or made into balls and fried, or the balls may be poached in boiling water.

FRIED BREAD-CRUMBS

Put bread through sieve and brown in oven or frying pan with a little pepper and butter.

SAGE AND ONION STUFFING

1 lb. onions, 8 sage leaves or 1 teaspoonful dried sage, 2 table-spoonfuls bread-crumbs, salt and pepper.

Peel onions and cut in quarters, boil till nearly soft, strain and chop finely. Mix in other ingredients and use for stuffing pork.

Section XIV

BEVERAGES

"Happy we'll be a' together."

"Sometimes counsel take and sometimes (O) Tea."

"Courage mounteth with occasion."

"Mrs. Jean she was makin' her elderflower wine."

"If your lips would keep from slips,
Five things observe with care—
Of whom you speak, to whom you speak,
And how, and when, and where."

"There's aye a muckle slippy stane at ilka body's door."

"Empty barrels make the most sound."

BARLEY WATER

2 oz. pearl barley, 1 oz. sugar, rind and juice of 1 lemon, 1 pint boiling water.

Pour over it one pint boiling water. Cover with a clean towel and let stand till cold.

CURRANT SHERBERT

4 cupsful water, 1½ cupsful sugar, 2 cupsful red currant juice (2 lb. red currants makes 2 cupsful of juice), 2 whites of eggs.

Make a syrup by boiling water and sugar together for 20 minutes. Add currants that have been washed and squeezed through double cheesecloth. Strain and cool. Add the beaten whites of eggs and freeze.

ELDERBERRY WINE

Gather ripe elderberries and put them into a pan, adding ½ gallon of water to each gallon of fruit. Boil for 15 minutes, then lightly strain through a hair sieve. For each gallon of liquor add 3½ lbs. of moist sugar and the peel of 6 lemons. Put into a boiler and bring to boiling point, then add the whites of 6 eggs well beaten. Stir thoroughly, drop in ½ lb. bruised ginger, tied in a muslin bag, add spices to taste, and let the wine stand for a week before bottling. To make the wine perfectly, practice is required; there is a knack in the process that can only be acquired by experience.

ELDERFLOWER WINE

1 gallon water, 3 lb. loaf sugar, 1 white of egg (well beaten)—boil 1 hour and skim. Put into a jar 3 teacupfuls of elderflowers (free from stains), 1 lb. raisins, split, but not stoned, and the juice of 1 lemon.

Pour the boiled sugar and water over these ingredients, stir well, and when rather more than milk-warm, add 1 oz. of baker's yeast. Stir every day for a week, then strain and put into a stone jar, corking loosely at first. When it is done working, cork tightly and in six months will be fit for use and should be bottled.

FRUITADE

Black currants, red currants, raspberries, etc.

Put fruit into preserving pan, allowing a quart of water to every pound of fruit. Heat them up and strain through jelly bag. Add juice of 1 lemon and $\frac{1}{2}$ lb. sugar to every quart of syrup. Stir till sugar is dissolved.

Delicious served with piece of ice in the glass.

GINGER BEER

2 lb. loaf sugar, 2 gallons boiling water, 3 large juicy lemons, 6 oz. whole ginger, $\frac{1}{4}$ oz. cream of tartar, whites of 3 eggs.

Put the sugar in an earthenware crock, peel the lemons, remove the pith, cut the fruit in slices, remove pipe. Put fruit with sugar, add bruised ginger and boiling water. Mix well, whisk in beaten whites (beat with dessertspoonful cold water), strain through fine muslin. Return to the pan and leave 12 hours. Put in stone bottles or cask. Ready to use in a few days.

GOOD GINGER BEER

3 lemons, 6 lb. sugar, 2 oz. cream of tartar, $\frac{1}{2}$ lb. root ginger, well bruised, 7 quarts boiling water, 10 quarts cold water, 1 slice toast spread with yeast (about 1 oz.).

Put sugar, slices lemons and bruised ginger and tartar into a large vessel, and pour 7 quarts boiling water amongst them. When slightly cold and sugar dissolved, add cold water with toast spread with yeast. In 24 hours it is ready to bottle in screw-stoppered bottles. Be careful and not add too much yeast. Strain.

OLD RECIPE FOR GINGER BEER

2 gallons boiling water, 3 lb. loaf sugar, juice and peel of 6 lemons, 4 table-spoonfuls of good yeast, 4 oz. bruised ginger.

Let it ferment for 18 hours leaving everything in. Strain through muslin, bottle and cork it closely.

HARVEST DRINKS

Stokos

$\frac{1}{2}$ lb. fine oatmeal, $\frac{1}{2}$ lemon cut in slices, about 6 oz. sugar,

Put the ingredients into a pan and mix all together with a little warm water, then add a gallon of boiling water; stir thoroughly, and use when cold.

Cokos

Is a good-nourishing drink.

8 oz. sugar, 4 oz. Cadbury's cocoa, 6 oz. good fine oatmeal.

Mix into a thin batter, then add a gallon of boiling water. Can be kept in a stone jar.

HOME-MADE "O.T."

4 lb. sugar, 6 quart bottles of water, $\frac{1}{2}$ oz. tartaric acid, 2 drachms essence of ginger, 2 drachms tincture of cayenne, enough browning to colour.

Boil sugar and water for 5 minutes. Pour into bowl. Dissolve acid in $\frac{1}{2}$ teacupful boiling water; add this with ginger, cayenne and browning to syrup. Bottle when cold. Dilute in the proportion of 2 wineglass to a small tumbler of plain soda water or boiling water.

INVALID CUP

1 breakfastcupful new milk, 1 egg, 1 teaspoonful sugar, 1 teaspoonful cornflour, $\frac{1}{4}$ glass brandy.

Break down cornflour with a little milk, add this to remainder of milk and boil. Draw from heat and add egg yolk and sugar, lastly add brandy and white of egg. Heat up but do not allow to boil.

LEMONADE (B)

1 lb. of powdered loaf sugar, 1 teaspoonful essence of lemon, $\frac{1}{4}$ oz. tartaric acid.

Pour on the sugar 1 pint of boiling water. When melted stir in the acid and lemon essence. When cold put in well-corked bottles.

LEMONADE (II)

3 large lemons, 3 lb. loaf sugar, 6 breakfastcupfuls cold water,
1 oz. citric acid.

Roll the lemons to soften them, pare the rind off, put it in a pan with the water, and boil for quarter of an hour. Add the juice of the lemons, and boil another quarter of an hour with the lid on. Strain. Boil gently with the sugar and the acid for 5 minutes. When cold bottle for use.

LEMONADE (III)

For present use. Put 1 lb. of white sugar, 1 oz. cream of tartar, and 2 lemons cut in slices in a large jug, and pour over all 3 quarts of boiling water.

LEMONADE (IV)

3 lemons, $\frac{1}{2}$ lb. loaf sugar, 1 gallon ~~boiling~~ water.

Peel lemons finely, taking ~~no~~ white, squeeze juice out of lemons, strain into large jug, add rind and sugar. Pour on boiling water and let stand till cold. If Orangade be desired, use 4 oranges instead of the lemons.

LEMONADE SYRUP

24 oz. citric acid crystals, 1 tablespoonful essence of lemon,
 $\frac{1}{4}$ lb. granulated sugar, 1 quart water.

Boil the sugar and water and when cooling add the essence and the acid. About a tablespoonful of the syrup is sufficient for a tumbler of water.

LEMONADE POWDER

1 oz. tartaric acid, 4 oz. sugar (sulfur), 1 drachm essence of lemon.

Mix all these ingredients well together. Spread them on a plate, stir, and turn over repeatedly till thoroughly mixed and dry. Divide into 20 equal portions, wrap each in separate paper and in air-tight tin. Each is enough for 1 glass lemonade.

MEAD

After the honey is run and put in jars, put the honeycomb in a hairy large pan and cover with cold water and let it soak for a little time, rub it about with hands and squeeze all the nutriment out of it into the water. When this is done strain it through muslin and test it with an egg, if it floats it is strong enough, if it sinks to the bottom a little honey must be added to make it float at the top.

Bring it to the boil and let it simmer and keep skimming it until it is clear, with 2d. worth of cloves and 2l. worth brown.

ginger to about 2 gallons. After it is cool put it in a big gallon bottle. It may ferment for a day or two or it may not. Ready to drink after 3 months or more.

The best of the honeycomb can then be used again—put it into a saucepan, melt it down in boiling water and set it to cool and the bees-wax will be on top of the water when cold.

OATMEAL DRINK

$\frac{1}{2}$ lb. fine oatmeal, $\frac{1}{2}$ lb. coarse sugar, $\frac{1}{2}$ oz. ground ginger, 30 drops essence of lemon, 1 gallon of boiling water.

Pour the boiling water over the whole of the other ingredients, stirring well all the time, then boil about 3 minutes. $\frac{1}{2}$ lb. oatmeal can be used with the same quantity in other ingredients and is, of course, more nourishing.

ORANGEADE

Peel 2 oranges very thinly. Put in a saucepan with one gill of water and 2 ozs. of sugar. Let this boil for a little to draw out the flavour. Squeeze the juice of 4 oranges into a jug adding the liquid from the rind, then add 1 $\frac{1}{2}$ pints cold water and 1 $\frac{1}{2}$ syphons of soda water.

RASPBERRY WINE

First: Put the rasps into a bowl or jar. *Second*: Cover with white vinegar and cover with a cloth. *Third*: Stir every day for a week, then drain through a jelly-bag. *Fourth*: A bowl of juice to a bowl of sugar. *Fifth*: Boil for $\frac{1}{2}$ hour, skimming frequently. *Sixth*: Put back into bowl or jar, allow to cool. Then bottle and cork.

RASPBERRY VINEGAR

Fill a wide-mouthed bottle with rasps freshly gathered, fill up with vinegar. Cook and let stand for a month. Then strain them. If the juice is very thick add a little cold vinegar and to every breakfastful of juice add $\frac{1}{2}$ lb. sugar. Boil in a jelly pan for $\frac{1}{2}$ hour. Skim and bottle when cold.

ROSEHIP COCKTAIL

Boil 2 lbs. wild hips with 1 pint water for 20 minutes (an enamel saucepan must be used or the colour will be lost). Rub through a hair sieve 3 times. Put into bottles and sterilise in the usual way. A small wine-glassful gives enough vitamin C for one day. In taste and colour, rosehip cocktail is almost indistinguishable from tomato cocktail.

SHERRY WHEY

1 teacupful milk, $\frac{1}{2}$ teacupful sherry, 1 lump sugar.

Put milk and sugar into a pan, bring to boil, add sherry. When curdled, strain and serve.

SUMMER PUNCH

$\frac{1}{2}$ pint mint leaves, 3 oz. castor sugar, $1\frac{1}{2}$ lemons, 3 tablespoonfuls water, some ice, 1 pint ginger ale.

Heat the castor sugar and water in a pan until the sugar is dissolved, leave to cool. Wash the mint leaves thoroughly, drain them, put them in a jug with the juice of the lemons. Add the dissolved sugar and water. Mix together and leave to stand in a cool place for about 45 minutes, stirring occasionally. Strain into a bowl, add the contents of a pint bottle of ginger ale and about 1 pint ice broken up. Serve with slices of lemon.

SPECIAL CHRISTMAS GINGER CORDIAL

4 drachms essence of ginger, 1 drachm essence of lemon, 2 drachms capsicum, 6 drachms burnt sugar (chemist can place all 4 in one bottle), 1 oz. citric acid.

Dissolve 3 lbs. sugar in 2 quarts of boiling water. When cool add citric acid and the others. Stir well and bottle.

Section XV

SWEETS

"Sweet is the secret."

"The best way to explain it is to do it."

"Joy shared with others are the more enjoyed."

"Do well at all times to thy neighbour both by word and deed."

"—Pleasure is spread through the earth
In stray gifts to be claimed by whomever shall find."

ALMOND TABLET

3 breakfastcupfuls granulated sugar, $\frac{1}{2}$ breakfastcupful milk,
1 piece of butter (size of walnut), 2 oz. ground almonds.

Boil for 7 minutes, stirring all the time. Take off the fire and stir till thick, then pour on buttered tins.

ALMOND TOFFEE

2 oz. granulated sugar, 2 teaspoonfuls syrup, 2 teaspoonfuls milk,
 $\frac{1}{2}$ teaspoonful salt, 3 oz. almonds, 1 teaspoonful vanilla.

Put sugar, syrup, milk and salt into a pan. Stir till boiling. Boil for 15 minutes. Take the pan off the fire. Put in almonds and vanilla. Stir 10 minutes. Pour into well-greased tin. Cut into squares when cold.

BOHEMIAN TOFFEE

2 lb. sugar, 2 tablespoonfuls syrup, 2 oz. butter, 1 cupful milk.

Put all in pan. Boil for 15 minutes. Pour into buttered dish. Keep stirring till it sets. Cut into squares when still slightly warm.

CARAMELS

1 oz. margarine or butter, 1 tablespoonful syrup, 1 tablespoonful sugar, 1 large tin condensed milk (sweetened).

Melt margarine or butter then add syrup and sugar and melt. Add condensed milk, bring to boil. Boil slowly for about 2 minutes, stirring all the time in a good thick pan. Pour into greased tin to cool and roll into small balls with buttered hands. Roll each piece in paper, waxed and greased.

CARAMEL WALNUTS

$\frac{1}{2}$ lb. walnuts, 1 gill water, $\frac{1}{2}$ lb. loaf sugar, 1 teaspoonful lemon juice, 3 drops acetic acid.

Take some marzipan paste and form into an oval shape. Place half a peeled walnut on either side, then make the caramel by boiling the sugar, water, lemon juice and acetic acid, till it comes to the snap, then dip walnuts in quickly, giving them a coating all over. Let them dry on an oiled plate and serve in little cases.

CHOCOLATE CARAMEL

$4\frac{1}{2}$ oz. grated chocolate, $6\frac{1}{2}$ oz. sugar 2 tablespoonfuls honey, 1 teaspoonful milk.

Put in a pan and stir till it boils. Keep stirring and boil for $\frac{1}{2}$ hour. Pour into buttered tin.

CHOCOLATE FUDGE (I)

Fudge Mixture.

1 lb. granulated sugar, 1 teaspoonful sweet milk, 2 oz. grated chocolate, $\frac{1}{2}$ teaspoonful salt.

1 oz. butter, $\frac{1}{2}$ teaspoonful vanilla.

Place the fudge mixture in a pan over a slow heat, and stir constantly with a wooden spoon till the sugar is thoroughly melted. Then stop stirring, but keep steadily boiling till when a drop is dropped into a cup of cold water it forms a soft ball which can be handled. Now remove and plunge the pot into a basin of water to cool just a little, then add the butter and vanilla and beat the whole with a wooden spoon till it is stiff and creamy enough to knead. Turn out on a greasy slab, grease your hands and work it together like dough, then flatten and cut in fingers or shapes and leave to cool. If stored, it is best put away in wax paper to keep the inside soft.

CHOCOLATE FUDGE (II)

Put 2 dessertspoonfuls syrup in saucepan, place over low heat until liquid, do not let it boil. Sift together 2 generous dessertspoonfuls dried milk and 2 heaped teaspoonfuls cocoa. Remove pan from heat, stir in milk and cocoa, mix thoroughly and turn on to a cold plate or press into a small square tin. When nearly cold, lightly dust hands with cocoa and roll small pieces in rounds or cut in squares.

To make chocolate marzipan use the same recipe but replace the dried milk by the same amount of Soya Bean flour and add 1 tablespoonful of water to the syrup.

CHOCOLATE FUDGE (HI)

1 tin dried milk, 2 oz. margarine, $\frac{1}{2}$ cup milk (fatly), 4 dessert-spoonfuls cocoa, 4 dessert-spoonfuls sugar.

Mix dry ingredients. Melt margarine and add. Then add milk. Roll into sweets and then dip in sugar.

CHOCOLATE TABLET

4 breakfast-spoonfuls granulated sugar, $\frac{1}{2}$ breakfast-spoonful milk, 1 piece of butter (size of walnut), 3 bars of plain chocolate or 2 teaspoonfuls of cocoa.

Boil for 7 minutes, stirring all the time. Take off fire and stir till it thickens.

COCOANUT TABLET (I)

2 lb. white sugar, 1 teacupful milk, 1 large teacupful coconut, piece of fresh butter (size of walnut).

Boil sugar, milk and butter 7 minutes. Take off fire, add coconut, and beat till cold.

COCOANUT TABLET (II)

2 lb. sugar, $\frac{1}{2}$ lb. desiccated coconut, $\frac{1}{2}$ teacupful of water.

Boil 10 minutes, then stir 6 minutes off the boil.

COLLEGE FUDGE

1 lb. granulated sugar, $\frac{1}{2}$ pint milk, 1 oz. butter, 1 teaspoonful vanilla essence, 2 oz. chopped nuts, 2 oz. glacé pineapple or ginger, 1 oz. glacé cherries, 1 oz. chocolate.

Chop nuts and fruits finely. Scrape chocolate with a knife, dissolve in a little water and boil until smooth and creamy. Put the sugar, milk and butter into a saucepan and boil steadily until when tried in water the mixture forms a soft ball. Add chocolate and boil up again. Remove from heat and grain by beating with a wooden spoon, when thickening add essence, prepared nuts and fruit. Continue graining until it thickens creamy pour out and make into a thick slab, cut into neat chunks.

COLOURED SUGARS

Mix 2 tablespoonfuls of castor sugar with 2 or 3 drops of desired colouring. Rub with the back of a spoon and let it dry in a warm place.

MARZIPAN

$\frac{1}{2}$ lb. icing sugar, $\frac{1}{2}$ lb. ground almonds, $\frac{1}{2}$ teaspoonful vanilla essence, few drops orange flower water, white of egg.

Sieve icing sugar to free from lumps. Add almonds and mix well together, then add essences and enough white of egg to form a stiff paste. Colour and shape as desired.

MARZIPAN DATES

Remove stones from dates and insert a roll of marzipan paste made as follows:—

3 oz. icing sugar, 3 oz. castor sugar, 6 oz. ground almonds, almond and vanilla essence, white of egg to mix.

Sieve sugar, mix well with ground almonds and mix to a stiff consistency with white of egg. Divide into portions and colour pink and pale green. To finish, roll dates in castor sugar.

PEPPERMINT CREAMS

White of 2 eggs, as much icing sugar as will make a stiff paste, $\frac{1}{2}$ teaspoonful peppermint essence.

Mix well and roll out to $\frac{1}{4}$ -inch thickness. Cut in small moulds and spread on a sheet of white paper to set. They will be ready next day.

PEPPERMINT LUMPS

1 lb. granulated sugar, $\frac{1}{2}$ lb. syrup, 3 tablespoonfuls water, $\frac{1}{2}$ lb. butter, few drops of peppermint.

Bring sugar, syrup, water and butter to boiling point. Boil to 265 deg. if using thermometer; dropped in cold water, it snaps if ready. Time about 20 minutes. Add flavouring just before pouring.

PUFF CANDY (Sponge)

Put 2 lb. brown sugar into a large lined pan and add a cupful of cold water. Boil for 20 minutes and try in cold water. If it cracks easily it is ready. Draw aside from the fire and add 2 teaspoonfuls of baking soda. This makes it puff out and froth up in the pan. Hence a large pan must be used. Pour into deep buttered tins and cut up when half cold.

RUSSIAN TOFFEE

$\frac{1}{2}$ lb. brown sugar, $\frac{1}{2}$ lb. white sugar, 3 oz. grated chocolate, 1 teaspoonful syrup, 1 teaspoonful cream or milk, $\frac{1}{2}$ lb. salt butter 1 teaspoonful vanilla essence.

Melt butter in pan. Mix syrup and milk together and stir among the butter, then add the dry ingredients. Boil from 15 to 20 minutes and add vanilla before dishing. Pour on to a buttered dish.

SWISS MILK TOFFEE (I)

Rinse a clean enamelled saucepan with cold water and leave a teaspoonful in. Add 2 oz. butter, $1\frac{1}{2}$ tablespoonfuls of golden syrup and 1 lb. of white moist sugar. When these are melted stir in one 4 $\frac{1}{2}$ l. tin of Swiss milk. Boil for exactly 20 minutes. Lift from the fire and stir in 2 teaspoonfuls of vanilla essence. Pour on to a buttered dish and score when cold.

SWISS MILK TOFFEE (II)

2 lb. white sugar, 1 lb. syrup, 1 tin condensed milk, 2 oz. butter, breakfastcupful water.

Boil sugar, water and syrup for 15 minutes, put in butter, then add milk slowly. Boil until it hardens. Add a few drops vanilla essence. Pour into buttered tin.

SWISS MILK TABLET

1 lb. brown sugar, 1 tin Swiss milk, 2 teaspoonfuls hot water, vanilla essence.

Put on sugar, Swiss milk, and hot water, and boil 18 minutes, stirring all the time. Take from fire and add vanilla, then beat 2 minutes. Pour into buttered tins, and then cut in squares when cool.

SYRUP TOFFEE

1 lb. Demerara or brown sugar, 2 tablespoonfuls golden syrup, 2 oz. fresh butter.

Place butter in a saucepan and melt. Then add syrup and sugar. Boil quickly for 15 minutes, stirring occasionally. Try a few drops of liquid in a cup of cold water. When crisp it is ready. Spread out on buttered tin and break when firm.

TOFFEE

2 lb. white sugar, $\frac{1}{2}$ lb. butter, 1 tin Swiss milk, 1 cupful milk.

Melt butter in pan, put in Swiss milk, and cup of milk and sugar. Stir all the time for 25 minutes. Flavour with vanilla, after taking it off the fire.

TOFFEE RECIPE

4 oz. butter, $\frac{1}{2}$ lb. treacle, $\frac{1}{2}$ lb. moist sugar.

Melt the butter in a saucepan and then pour the treacle and sugar in. While it is boiling stir all the time with a wooden spoon. After it has boiled for about 10 minutes drop a little from the spoon into a cup of cold water. If it hardens it is ready. Then pour the toffee into a large dish or tin which you have well buttered and leave it to cool. It will set hard and can be broken up into little pieces.

TREACLE TOFFEE

$\frac{1}{2}$ lb. butter, 1 lb. granulated sugar, 3 large tablespoonfuls treacle, 3 tablespoonfuls water, 1 tablespoonful vinegar.

Bring to boiling point. Then drop in half a pound of butter in chunks. Boil to 265 degrees if using thermometer. If testing in cold water it snaps when ready.

TURKISH DELIGHT (I)

1 oz. gelatine, $\frac{1}{2}$ cupful cold water, 1 lb. granulated sugar, $\frac{1}{2}$ cupful boiling water, grated rind of 1 orange, juice of 1 orange, juice of 1 lemon, 1 tablespoonful rum, red colouring, $\frac{1}{2}$ cupful chopped nut meats.

Break gelatine in pieces, add cold water, cover and let soak for 2 hours. Put sugar and boiling water in saucepan, bring to the boiling point, add gelatine and let simmer 20 minutes. Add flavourings and colourings, strain, add nut meats, and turn into a break pan (first rinsed with cold water) to 1 inch in depth. Let stand until cold, remove to board, cut in cubes, and roll in confectioners' sugar. The rum and nut meats may be omitted.

TURKISH DELIGHT (II)

Soak in a breakfastcupful of cold water, 2 oz. leaf gelatine for 20 minutes, then add $\frac{1}{2}$ breakfastcupfuls granulated sugar and half a breakfastcupful of hot water. Boil half an hour, stirring all the time. Take pan from fire and add 2 teaspoonfuls of essence of lemon, and 1 of vanilla. Pour into three wetted soup plates, and stand till next day. Then cut into squares and roll in icing sugar.

TURKISH DELIGHT (III)

2 lb. loaf sugar, 2 teacupfuls water, 1 oz. gelatine, 1 teaspoonful lemon essence, juice of 2 lemons, cochineal.

Soak gelatine in one cupful of water for 2 hours. Boil the sugar in the other cupful of water, and pour over the soaked gelatine. Add juice of lemons and lemon essence and a few drops cochineal. Pour into shallow dish and leave for 24 hours. Cut in squares and roll in icing sugar.

TURKISH DELIGHT (IV)

1 lb. granulated sugar, 2 gills boiling water, 1 oz. gelatine, 1 table-spoonful rose essence.

Melt the gelatine in water and stir till dissolved, then add the sugar, and boil for 2 minutes, stirring all the time. Take it off the boil and add the essence. Put into a tin that has been rinsed with cold water, and place on a cold shelf. Cut into pieces when cold, and roll well in icing sugar.

WHOLESOME TOFFEE

1 lb. soft brown sugar, $\frac{1}{2}$ lb. syrup, 6 oz. butter, 1 teaspoonful water, a little vanilla flavouring.

Put sugar, syrup and water in pan and bring to boil, add butter and boil for 20 minutes (time really depends on rate of boiling). Take pan off fire and add a little vanilla essence, and pour into tins to cool.

Section XVI

GENERAL NOTES ON METHODS OF COOKING

The following notes may prove helpful to those who have not had very much experience in cooking :—

Boiling is cooking by immersion in boiling or simmering liquid for a given period.

Steaming is cooking in a covered vessel in the steam that rises from boiling water. This is a simple and economical method, and should be used instead of boiling whenever possible.

Stewing is cooking in a small quantity of liquid in a tightly covered vessel. This method is very suitable for the cheaper cuts of meat, as the long slow cooking makes the fibres tender.

Roasting, properly speaking, is cooking by radiant heat in front of a hot fire. This method is no longer practised, and the term Roast Meat really refers to Baked Meat.

Pot Roasting.—Use a strong iron pot and heat the fat in it. Brown meat all over. Put on pot lid. Cook as for roast in oven, turning the meat in addition to basting. Additional time may be required for cooking.

Baking is cooking in a hot oven.

Braining is a combination of stewing and baking.

Frying is cooking in hot fat. There are two kinds of frying :—

(1) *Shallow frying*—frying with just enough fat to prevent the food from sticking to the pan, or to come half-way up the food to be cooked.

(2) *Deep frying*—frying in sufficient fat to cover the food.

The correct temperature for frying has been reached when a slight blue haze rises from the fat.

Grilling or Broiling is cooking food on a gridiron over a clear fire, or in a pan under a gas or electric griller.

Seasoning means addition of salt and pepper to taste.

SOME TERMS USED IN COOKERY

To *Blanch* is to cover food with cold water and bring it to boiling point. The water should then be strained off. Blanching is used to improve the colour of food or to remove over-strong flavour.

To *Break or Blend Flour* is to mix it to a smooth consistency by the addition of cold liquid stirred in smoothly and gradually.

To *Parboil* is to boil food until it is partly cooked, i.e. in boiling water for 5–10 minutes.

To *Scald Milk* is to bring it nearly to boiling point.

To *Reduce* is to boil quickly to thicken a liquid and to concentrate its flavour.

A *Bouquet Garni* is a small bunch of herbs, parsley, thyme, marjoram, etc., used for flavouring soups, sauces, stews, etc.

Glaze is stock or gravy reduced by boiling to the consistency of jelly.

Panada is a thick paste used to bind dry ingredients. The usual proportions are 1 oz. fat, 1 oz. flour, 1 gill liquid.

Now is a mixture of equal quantities of fat and flour fried together until fawn or brown.

Seasoned Flour is flour mixed with salt and pepper in the proportion of 1 tablespoonful of flour, 1 teaspoonful of salt and a quarter of a teaspoonful of pepper.

Saute is to toss in fat, preferably butter. Put on a lid and steam, shaking occasionally, for 10–15 minutes.

QUANTITIES OF FOOD PER PERSON

Soup	$\frac{1}{2}$ pint per person and $\frac{1}{2}$ pint over.
Fish	4-6 oz. per person.
Meat	3 oz. per person.
Vegetables	2-4 oz. per person.
Potatoes	2 per person.
Milk Puddings	1 gill per person.
Steamed Puddings ...	2 oz. per person.
Scones and Buns	2 oz. per person.
Cakes	$1\frac{1}{2}$ oz. per person.
Tea	1 teaspoonful per person and 1 over (up to four persons).

ACCOMPANIMENTS

Fish :—

Cod and Hake—Hard-boiled egg, parsley or oyster sauce.

Halibut, turbot and brill—Lobster, shrimp, or curry sauce.

Herrings—Mustard sauce.

Soles—Melted butter or Dutch sauce.

Whitebait and sprats—Cayenne pepper, pieces of cut lemon and thin slices of brown bread and butter.

Whiting and plaice—Melted butter and anchovy sauce.

Boiled mackerel—When in season, gooseberry sauce, otherwise parsley sauce.

Salmon—Green peas, cream sauce.

Meat :—

Sirloin of beef—Horse-radish sauce and Yorkshire Pudding, or tomato sauce; pickles.

Hot Ox-tongue—Red currant jelly.

Grilled steak—Pickled walnuts or oyster sauce.

Tripe—Onion sauce.

Roast mutton—Red currant jelly.

Boiled mutton—Caper sauce.

Roast shoulder of mutton—Onion sauce.

Mutton cutlets—Tomato sauce.

Sheep's or calf's head—Parsley sauce.

Roast lamb—Mint sauce.

Roast pork—Apple sauce and forcemeat balls.

Roast veal—Tomato, mushroom, onion or cranberry sauce. Horse-radish and lemons are good.

Roast Venison—Red currant jelly.

Poultry :—

Boiled turkey or fowl—Boiled ham or bacon, melted butter, celery or parsley sauce.

Roast turkey or fowl—Cranberry, chestnut or bread sauce, fried sausages.

Duck or Goose—Apple sauce, sage and onion stuffing.

Wild duck—Orange sauce.

Roast game—Bread sauce and fried bread-crumbs.

Jugged Hare—Red currant jelly.

OVEN HEATS

Moderate Oven—A piece of white paper should brown in 2 minutes.

Hot Oven—A piece of white paper should brown in 1½ minutes.

Small Cakes—Top shelf of hot oven.

Plain Cakes—Middle of hot oven, heat to be decreased after cake has risen and browned.

Sponge Cakes—Top shelf of moderate oven.

Rich Cake—Middle of moderate oven.

HANDY MEASURES

1 level teacupful of flour or other powder	4 oz.
1 rounded tablespoonful of flour or other powder	1 oz.
1 rounded dessertspoonful of flour or other powder	½ oz.
1 rounded teaspoonful of flour or other powder	¼ oz.
1 teacupful sugar, rice, etc.	6 oz.
1 level tablespoonful sugar, etc.	1 oz.
1 level dessertspoonful sugar, etc.	½ oz.
1 level teaspoonful sugar, etc.	¼ oz.
1 teacupful grated cheese	3 oz.
1 teacupful bread-crumbs	2 oz.
1 tablespoonful treacle, syrup, or jam	2 oz.
1 piece of fat the size of a small egg	1 oz.
1 piece of fat the size of a walnut	½ oz.
1 piece of fat the size of a hazelnut	¼ oz.
1 breakfastcupful liquid	½ pint
1 small teacupful liquid	¼ pint

CLARIFICATION OF DRIPPING, Etc.

CLARIFIED DRIPPING

Put the dripping into a saucepan with enough cold water to cover it. Bring gradually to the boil, removing any scum as it rises. Strain into a bowl and put aside to get cold. The fat will set on the top of the water. Take it off, scrape the bottom. Put the fat into a saucepan and heat it gently until all the water in it has evaporated. If water is left in the fat it will not keep. Dripping beaten up to a soft creamy consistency is excellent for making cakes, pastry, etc.

CLARIFIED FAT

Method 1.—Cut the fat into small pieces. Put into a saucepan, cover with cold water and bring to the boil. Skim well. Boil until nearly all the water has evaporated. Reduce the heat and stir occasionally to prevent the fat from sticking. When the pieces look dried up and sink to the bottom of the melted fat, remove the pan from the fire. Cool slightly and strain through a fine strainer.

Method 2.—Cut fat in pieces and place in baking pan in a moderate oven till pieces are brown, then strain.

To Clear Fat.

Heat and pour into a large bowl, then stir in $\frac{1}{2}$ teaspoonful of bi-carbonate of soda—it froths up. Then leave to cool.

TABLES OF FOOD IN SEASON

	<i>In Season</i>	<i>Best and Cheapest</i>
Poultry :		
Chickens	At any time	July—October
Ducklings	March—September	May—July
Ducks	August—March	September and October
Fowls	All the year	June to October
Geese	September—February	October and November
Green Geese	August—November	September
Guinea Fowl	February—August	Summer
Pigeons	All the year	March—September
Turkeys	September—March	November to January
Game :		
Blackcock	August—November	September to October
Capercaillie	August—December	September—November
Ducks (wild)	August to March	November—December
Grouse	August—December	September
Hares	September—March	October
Landrail	August—September	September
Leveret	August—February	October
Partridges	September—February	October and November
Pheasants	October—February	Winter
Plovers	October—February	Winter
Ptarmigan	September—April	September
Quail	September—February	September and October
Rabbit	September—March	October—February
Snipe	October—February	October and November
Teal	October—February	Winter
Venison	May—January	September and October
Widgeon	October—February	October and November
Woodcock	August—March	October and November
Fish :		
Cod	November—March	February—March
Crabs	April—October	Summer
Flounders	All the year round	August—November
Haddock	August—February	Winter
Hake	April—August	May—July
Hallibut	All the year round	November—June
Herring	May—November	June—September
Ling	September—April	April
Lobsters	All the year round	Summer
Mackerel	April—July	May and June
Mussels	All the year round	Winter
Oysters	September—April	Winter
Plaice	All the year round	May—November
Salmon	February—September	July and August
Sturgeons	All the year round	April—November
Soles	All the year round	April—July
TROUT	February—September	April—July
Turbot	All the year round	Spring and Summer
Whitebait	January—September	February—May
Whiting	All the year round	October—March

TIME TABLE

BOILING

Meats :	<i>Time.</i>
Mutton—per pound	15 minutes
Beef—per pound	20 minutes
Veal—per pound	15 minutes
Ham—per pound	18 to 20 minutes
Turkey—per pound	15 minutes
Fowl—per pound	20 to 30 minutes
Tripe—per pound	2 to 5 hours
Fish :	
Codfish—per pound	6 minutes
Haddock—per pound	6 minutes
Hallibut—per pound	15 minutes
Salmon—per pound	10 to 15 minutes
Small Fish—per pound	6 minutes
Lobster—per pound	30 to 40 minutes
Vegetables, etc. :	
Potatoes	20 to 30 minutes
Asparagus	15 to 20 minutes
*Peas (Fresh)	10 to 15 minutes
*Beans (Fresh)	15 to 20 minutes
Spinach	10 to 15 minutes
Turnips (sliced)	15 to 20 minutes
Beetroot	1 hour
Cabbage	15 minutes
Cauliflower	10 to 15 minutes
Brussels Sprouts	10 to 15 minutes
Onions	15 to 20 minutes
Parsnips	15 to 20 minutes
Macaroni	25 minutes
Rice	15 minutes
Artichokes	15 to 20 minutes
Celery	20 to 25 minutes

* Dried and soaked overnight—20-30 minutes.

BAKING (Meats, etc.)

Meats :	<i>Time.</i>
Beef, ribs, underdone—per pound ...	8 to 10 minutes
Beef, ribs, well done—per pound ...	12 to 15 minutes
Beef, ribs, boned and rolled—per pound	12 to 15 minutes
Round of Beef—per pound	12 to 15 minutes
Mutton, Leg (underdone)—per pound ...	10 minutes
Mutton (well done)—per pound	15 minutes
Mutton, Loin (underdone)—per pound	8 minutes
Mutton, Shoulder (underdone) per pound	15 minutes
Mutton, Saddle (underdone)—per pound	10 minutes
Lamb (well done)—per pound	15 minutes
Veal (well done)—per pound	18 to 20 minutes
Pork (well done)—per pound	20 minutes
Venison (rare)—per pound	10 minutes
Chicken—per pound	15 minutes
Goose—per pound... ..	18 minutes
Fillets (hot oven)	30 minutes
Braised Meats	3 to 4 hours
Turkey (8 lbs.)	2 hours
Turkey (very large)	3½ hours
Birds (small)	20 minutes
Ducks (tame)	1 hour
Ducks (wild)	45 minutes
Partridge	45 minutes
Grouse	20 to 30 minutes

Fish :

Large Fish (about 2 lbs.)	60 minutes.
Small Fish	20 to 30 minutes

BAKING (Bread, etc.)

Bread	1 hour
Biscuits	10 to 15 minutes
Custards (very slow oven)	30 to 40 minutes
Buns (quick oven)... ..	10 to 15 minutes
Cakes	20 to 45 minutes
Large rich cakes	2 to 3 hours

BROILING

Time.

Steak (1 inch thick)	8 to 10 minutes
Steak (1½ inch thick)	10 to 15 minutes
Mutton Chops	10 minutes
Spring Chicken	25 minutes
Quail	8 to 10 minutes
Grouse	15 minutes
Trout	15 to 25 minutes
Small Fish	5 to 10 minutes

JAM

Apricot Jam	To 1 lb. of fruit, ½ lb. sugar
Blackberry Jam, if mixed with Apple	To 1 lb. of fruit, ½ lb. sugar
Gooseberry Jam	To 1 lb. of fruit, ½ lb. sugar
Greengage Jam	To 1 lb. of fruit, ½ lb. sugar
Raspberry Jam	To 1 lb. of fruit, ½ lb. sugar
Rhubarb Jam	To 1 lb. of fruit, ½ lb. sugar
(½ the rind of 1 lemon,	juice of 1 lemon)
Strawberry Jam	To 1 lb. of fruit, ½ lb. sugar
Blackcurrant Jam	To 1 lb. of fruit, 1 lb. sugar
Red Currant Jam	To 1 lb. of fruit, 1 lb. sugar
Damson Jam	To 1 lb. of fruit, 1 lb. sugar
Plum Jam	To 1 lb. of fruit, 1 lb. sugar

Asparagosa cream of soup
Cream of celery
chicken
oxtail

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