

The
Coupar Angus Abbey

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INTRODUCTION.

For some time, one of the principal maxims of instruction in the Abbey Church has been that there is a close connection between "Wholeness" and "Holiness". Since "we are what we eat", it follows that this is a distinctly religious book.....

I recommend it for Daily Reading with Meditation to all housewives, and guarantee that the result will raise the standard of living quite considerably and promote peace and harmony within and without.

It has been a delightful but taxing labour to many people, especially to the Editor Mrs. Anne Gibson, and to the typist, Miss Linda Nicoll. Many others have given of their skill, time, and material. To all of them thanks is due, and not least to the contributors whose recipes make the book.

William Cochrane,
Minister.

Green Tomato Chutney.

1 lb. Apples,
1 Large Onion,
 $\frac{1}{2}$ lb. Sultanas,
 $\frac{1}{4}$ lb. Brown Sugar,
1 lb. Green Tomatoes,
1 oz. Garlic,
1 Teaspn. Ginger,
1 Pint Vinegar,
1 Teaspn. Mustard,
 $\frac{1}{2}$ Teaspn. Cayenne Pepper.

Peel Apples - Chop apples, onions, tomatoes and Garlic very finely, add seasoning and sugar, also vinegar. Put into Jar and simmer for $2\frac{1}{2}$ Hours. Put in Jars and **cover** when cold.

Mrs. B. Sutherland.

Chutney.

2 lbs. Rhubarb,
2 lbs. Gooseberries,
2 lbs. Sultanas,
3 lbs. Sugar,
1 oz. Garlic,
 $\frac{1}{2}$ lb. Onions, (sliced thinly),
 $\frac{1}{2}$ oz. Cayenne,
1 quart White Vinegar,
1 oz. Salt.

Boil fruit sugar and garlic for $\frac{3}{4}$ hour, add other ingredients and boil 1 hour. Pour into earthen vessel and while hot add vinegar and salt. Bottle at once.

Mrs. Shepherd.

Mint Sauce.

Fresh Mint, 1 Tabspn. Salt,
4 Dsrtspsns. Sugar, 1 Pint White Vinegar.

Pick over the mint carefully, wash and dry, then chop up finely, and allow above ingredients for every six tablespoonfuls chopped mint. Mix sugar and salt with the mint, then stir in the vinegar and stopper closely. This will keep for a long time, and when it is to be used should be diluted slightly with water.

Mrs. B. Sutherland.

Mayonnaise Sauce.

2 Eggs,
2 Teasps Sugar,
2 Teasps Dry Mustard,
1 Teaspn. Salt,
 $\frac{1}{2}$ Teaspn. Pepper,
4 Tabspns. Cream,
4 Tabspns. Vinegar.

Beat eggs and add all other ingredients,
put bowl into pan with boiling water and
stir until it thickens.

Mrs. E. Davidson.

Tasty Sauce with any Fish (Hot or Cold).

1 Tabspn. Mayonnaise Sauce.
1 Tabspn. Cream slightly whipped.
 $1\frac{1}{2}$ Tabspns. Horse Radish Sauce.
1 Tabspn. Cucumber, finely chopped.

Mix together and serve with salmon,,
herring, fried fish, fish cakes etc.

Mrs. V. Paterson.

Tomato Sauce.

$1\frac{1}{2}$ oz. fat or cooking oil,
1 Onion,
2 to 3 bacon rinds,
1 oz. Flour,
1 lb. Ripe Tomatoes,
 $\frac{1}{2}$ Pint Stock,
 $\frac{1}{2}$ Teaspn. Sugar,
Salt and Pepper.

Peel and chop onions. Slice tomatoes.
Heat fat and fry onion and bacon rinds
until brown. Add flour stir. Gradually
add sliced tomatoes and stock and stir
until boiling. Cover and boil gently
for half an hour. Strain, then add
sugar, and salt and pepper to taste.

Mrs. M. Taylor.

Boiled Rice.

Wash very thoroughly in cold water,
then put in saucepan well covered with
cold water and bring to the boil, add
a dsrtspn of salt then boil for about
5 minutes, or till tender, then put
in strainer and run cold tap over it
till all starch removed. Dry in oven
leaving the door just open.

Mrs. Wimberley.

Golden Balls.

1 lb. Potatoes,
1 Egg,
1 Knob of Marg,

Boil potatoes and dry till floury, put them through fine sieve and beat with marg. Add yolk of egg and mix thoroughly, when cold, roll into balls - egg & crumb - (using egg white) and cook in hot deep fat till golden.

Mrs. Thomson.

Salad Cream.

2 Eggs,
1 Teaspn. Salt,
1 Teaspn. Dry Mustard,
2 Tabspns. Sugar,
 $\frac{1}{2}$ Teacup Vinegar,
Good slice of butter.

Beat eggs, add other ingredients. Put in jar and stir until it thickens and then thin with cream, (Put jar standing in pan of boiling water while stirring until it thickens.).

Mrs. J. McDonald.

Pickled Onions.

4 lbs. Pickling Onions,
 $\frac{1}{2}$ Cup Brown Sugar,
 $\frac{1}{2}$ Cup Salt,
6 Cloves,
6 Peppercorns,
1 oz. Pickling Spices,

Peel onions. Place in basin and sprinkle with salt, leave overnight. Rinse well and dry with clean towel. Boil sugar, spices and 1 quart malt vinegar for 5 minutes. Throw in onions and bring to boil. Pack in jars or bottles and cover with vinegar. When cold cover closely.

Mrs. Cochrane.

Indian Chutney.

1 lb. Apples, Plums & Pears after being peeled and chopped into fair-sized pieces.
4 Tabspns. Sultanas, $1\frac{1}{2}$ lb. Brown Sugar,
2 Medium Sized Onions chopped, $\frac{1}{2}$ oz. green Ginger, 2 Teasps. mixed Spice,
2 Dsrtsps. salt & vinegar to just seep through the mixture. Boil for 40 minutes, This chutney improves with keeping.

Miss Alexander.

Cauliflower Pickle.

3 Large Cauliflowers,
6 Large Tomatoes (about $\frac{3}{4}$ lb),
6 Large Onions,
2 lbs. Gran. Sugar,
2 Tabspns. Salt,
2 Tabspns. Mustard,
1 Heaped Teaspn. Turmeric Powder,
1 Cup Cornflour,
2-3 Pints Brown Vinegar.

Cut cauliflower into sprigs and cut tomatoes and onions into small pieces. Almost cover with vinegar and boil for 15 minutes. Add sugar and bring to the boil again. Meanwhile mix mustard, salt, corn: flour and turmeric powder to a smooth paste with cold water. Add this to ingredients in pan and boil for approx. 10 minutes till thick.

Mrs. Bryce.

Apple Chutney.

2 lb. Apples,
1 lb. Sultanas,
 $\frac{1}{2}$ oz. Mustard Seed,
 $\frac{1}{8}$ Teaspn. Cayenne,
 $1\frac{1}{2}$ Pints Vinegar,
 $\frac{1}{2}$ lb. Onions,
 $1\frac{1}{2}$ lb. Brown Sugar,
 $\frac{1}{4}$ oz. Salt,
 $\frac{1}{2}$ oz. Whole Ginger,

Peel, slice and chop the apples & onions, put them in a saucepan with sugar, vinegar, sultanas and condements, add the ginger and mustard seed tied in a muslin bag, bring to the boil and simmer gently until all the vegetables are tender, the vinegar has evaporated and the mixture is of a chutney consistency. Remove the muslin bag and bottle at once.

Mrs. H. Tindal.

Mint Jelly.

2 lbs. Crab or Cooking Apples, Sugar and a good bunch of fresh Mint, cut up apples and cover with water. Cook till soft, strain, add 1 lb. sugar to each pint of juice. Return to pan and bring slowly to boil. Add mint tied in a bundle. Boil gently till jelly sets. Remove mint, pour jelly into small pots and cover at once. (Delicious with Lamb).

Mrs. Cochrane.

Cream of Carrot Soup.

$\frac{1}{2}$ lb. Carrots,
1 Large Potato (thinly sliced),
1 Large Onion, (chopped),
1 Pint Chicken Stock,
1 oz. Butter,
1 oz. Flour,
 $\frac{1}{2}$ Pint Milk,
Seasoning - Salt, Pepper & Pinch of Sugar.

Clean and peel vegetables as necessary, and simmer in the stock until tender. Meanwhile melt butter, stir in the flour and cook gently without browning for two minutes. Gradually add milk, stirring constantly, and bring to boil. Press vegetables and stock through a sieve or mouli mill. Stir strained soup into the white sauce, a little at a time, until smoothly blended. Add seasoning to taste.

Mrs. M. Croll.

Cream of Onion Soup.

2 Rashers Streaky Bacon,
8 oz. Sliced Onions,
1 oz. Butter,
1 Tabspn. Flour,
 $1\frac{1}{2}$ Pints Milk,
Seasoning,
 $1\frac{1}{2}$ oz. Grated cheese,
Parsley and tiny cubes of fried bread.

Rind the rashers, cut up and fry gently to extract the fat. Add onions and butter and cook slowly till onions are soft keeping lid on to prevent colouring. Sprinkle in flour mix well and gradually add milk and seasoning. Bring to boil, stirring, cook about 10 minutes, sieve and reheat. Put cheese in tureen, pour on soup and garnish with chopped parsley and fried cubes of bread.

Mrs. V. Paterson.

Velvet Soup.

$1\frac{1}{2}$ ozs. Butter, 1 Teaspn. Curry Powder,
 $1\frac{1}{2}$ Teaspsns. Flour, $1\frac{1}{2}$ Pints of Milk.

Melt the butter in a pan, add flour and the curry powder and mix well, add the milk and stir till it boils - Boil for a few minutes. Put a little boiled rice onto the plates and pour the soup over it - Enough for 5 - 6 people.

Mrs. Wimberley.

Fish Soup.

Place one teaspoonful of butter, any fish stock and three ladles of milk into a saucepan, and bring almost to the boil - then add one teaspoonful of cornflour which has been mixed with a little milk and bring to the boil, then add seasoning.

Mrs. Wimberley.

Greek Soup.

Stock from Chicken or 4 Chicken Cubes.

$\frac{1}{2}$ Cup small Macaroni,
2 Eggs,
2 Lemons,
Salt.

Boil Chicken Stock with 4 Pints Water and Macaroni. Separate whites and yolks of eggs. Beat egg yolks and add lemon juice and salt. Remove macaroni from heat and gradually stir in yolks and lemon juice. Beat whites and add to soup just before serving.

Mrs. A. Gibson.

Cauliflower Soup.

1 Med. Sized Cauliflower,
2 Pints Chicken Stock - Cubes,
 $\frac{1}{4}$ Pint Cream - top of bottles,
 $\frac{1}{2}$ oz. Butter,
Grated cheese.

Melt butter and add sprigs of cauliflower cook gently but do not brown. Add stock and seasoning and cook 20 minutes. Sieve the soup, and add the cream. Serve with grated cheese.

Mrs. V. Paterson.

Kidney Soup.

$\frac{1}{2}$ lb. Kidney,	2 Potatoes,
1 oz. Rice,	2 Carrots,
1 oz. Butter,	2 Oxo Cubes.
2 Onions,	

Melt butter gently in saucepan. Add finely chopped onion and rice, core kidney and chop into small pieces, put into saucepan and brown mixture, prepare and grate potatoes and carrots and add to mixture. Pour in 3 pints of water and bring to the boil. Stir oxo cubes into some boiling water and add to soup, simmer for $1\frac{1}{2}$ Hours. Strain and serve.

(6) Mrs. Croll.

Tomato Soup.

1 Tin Tomatoes (2lbs), or Fresh Tomatoes,
2 Tabspns. Tomato Paste,
2 Onions,
2 Leeks,
1 Large Carrot,
2-3 Potatoes,
2 oz. Butter,
1 Tabspn. Sugar,
Salt & Pepper,
Rice (Optional),
5-6 Pints Marrow Bone Stock,

Melt Butter and gently fry vegetables in it. Add tomatoes (with juice), tomato paste and sugar. Pour the stock over this and simmer gently till vegetables are cooked. Rub the soup through seive and season to taste. Add about 2 tabspns. rice, bring to boil and simmer until rice is cooked.

Mrs. Bryce.

Hare Soup.

1 Hare,
1 Turnip,
Several Carrots,
2 Onions,
18 Cloves,
2 Blades Mace,
20 Peppercorns,
2 Bay Leafs,
Salt.

Skin hare, catch all the blood and keep in separate bowl, cut hare into pieces, wash thoroughly and put into large pan along with other ingredients. Cover well with cold water and boil slowly for 6 hours, take off and strain, put liquid back in pan and when almost boiling stir in blood (stirring all the time so the blood does not curdle), then add thickening (flour and water mixed to a paste), also stirring all the time.

Miss M. Nicoll.

Onion Soup.

1 lb. Onions, $\frac{3}{4}$ Pint Stock, 2 Level Tabspns. Flour, $\frac{1}{4}$ Pint Milk,
1 oz. Butter, Bouquet Garni, 3-4 Tabspns. Croutons, Grated Cheese.

Slice the onions thinly and cook slowly in the butter until tender. Add the stock and bouquet garni. Cover and simmer for 20 mins. Mix flour smoothly with the milk and stir into soup. Stir until boiling and boil 1 min.
Season, pour soup over croutons and sprinkle with cheese.

Mrs. Forsyth.

Salmon Pie.

- $\frac{1}{2}$ lb. Fine Breadcrumbs,
- 1 Egg, $\frac{1}{2}$ Pint Milk,
- 1 Tin Salmon, $\frac{1}{2}$ oz. Butter,

Soak breadcrumbs in hot milk for 20 mins. Beat up with fork, add $\frac{1}{2}$ lb. chopped salmon. Stir in beaten egg, melted butter and seasoning to taste. Put into buttered pie-dish and bake for $\frac{1}{2}$ hour at 375° Elec. or No.4 Gas.

Mrs. Thomson.

Fish and Egg Pie.

- 1 lb. Finnan Haddock,
- 2 Hard Boiled Eggs,
- 2 Tabspns. Chopped Parsley,
- 3 Skinned Tomatoes,
- 1 lb. Mashed Potatoes, Slice of Lemon.
- $\frac{1}{2}$ Pint thick white sauce.

Place fish in shallow pan and cover with boiling water. Add slice of lemon and a sprig of parsley and season to taste. Cook very slowly for 20-25 minutes, strain off stock into small pan and boil till only about $\frac{1}{4}$ pint remains. Remove skin and bone from fish and flake, chop eggs. Stir in fish stock, flaked fish, eggs and parsley. Place in buttered fireproof dish, top with tomatoes, cover with potatoes, Bake 1 Hour. (8)
Mrs. Milne.

Salmon Fish Cakes.

- 1 Teacup hot Mashed Potatoes,
- 7 $\frac{1}{2}$ oz. Tin Salmon,
- 1 Egg, ^{sps}
- 2 Teacups Yorkshire Relish or Tomato Sauce.

Remove skin and small bone from salmon and mix with potatoes, egg and relish. Form into cakes or rolls. Dress with brown crumbs and fry in shallow or deep fat.

Mrs. Hope.

Fish Cream.

- $\frac{1}{2}$ lb. Fillet Haddock,
- 2 oz. Breadcrumbs,
- 2 oz. Marg,
- 1 Egg,
- $\frac{1}{2}$ Teaspn. Salt,
- Shake of Pepper.

Boil fish in a cup of milk and then flake it, add margarine then add breadcrumbs salt and pepper and yolk of egg. Stiffly beat white of egg and fold in.

Mrs. M. Robertson.

Salmon Flan.

A rich short pastry is needed to cover an 8 inch flan ring.

Pastry:- 5 oz. Plain Flour, $1\frac{1}{2}$ oz. Butter, 1 oz. Lard, pinch of salt, milk to mix.

Filling:- $7\frac{1}{2}$ oz. Tin Salmon, 1 Egg (beaten) $\frac{1}{2}$ Level Teaspn. Paprika, 2 oz. Tin Shrimps, $1\frac{1}{2}$ Tabspns. Plain Yogurt, 3 Lemon Curls.

Supreme Sauce:- $\frac{1}{2}$ Pint Milk, 3 Peppercorns, small blade of Mace, Small piece of Bayleaf, 1 oz. Butter, 1 oz. Plain Flour, $1\frac{1}{2}$ Teaspsns. Lemon Juice, salt & Pepper.

To Make Pastry: Rub butter and lard into sifted flour and salt, until mixture resembles fine breadcrumbs, add just enough milk to make a firm but workable dough. Roll out to fit flan ring.

To Make Sauce: Put the milk in a pan with the peppercorns, mace and bayleaf, heat slowly to extract the flavours into the milk, strain when almost boiling to remove flavourings. Melt the butter, stir in the flour, add all the milk, taking care to keep a smooth mixture, simmer for a few minutes, add lemon juice, salt and pepper to taste. Remove any skin from the salmon, or bone, and mix with the sauce, add the paprika, yogurt, and beaten egg. Season if necessary. Turn this mixture into the flan case. Bake fairly hot oven Mark 6 or 400° for $\frac{1}{2}$ Hour. Slip the flan ring off, upwards, lower heat to Mark 5 or 380° for a further 10 minutes. Arrange the shrimps around the edge of the flan, garnish with 3 lemon curls.

Mrs. H. Robertson.

Finnan Haddock Au Gratin.

Make a white sauce with:- 1 Gill Milk, $\frac{1}{2}$ oz. Butter, $\frac{1}{2}$ oz. Flour, Season to taste.

Add a cupful of boned cooked finnan and a tablspsn. 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 grated cheese. Bake in a very hot oven till nicely brown.

Mrs. Netta Anton.

Smoky Kedgeree.

6 Tabspns. Long Grain Rice,
2 lb. Boiled Smoked Haddock,
2-3 oz. Butter,
Squeeze Lemon Juice,
Pinch Grated Nutmeg,
Salt & Cayenne Pepper to taste,
Dash of Tabasco,
Thick cream as required,
2 Hard Boiled Eggs,
1 Desrtspn. Minced Parsley.

Cook rice according to directions on package
Keep hot, remove skin & bone from fish and
break into flakes. Melt butter. Stir in
fish, rice, lemon juice, nutmeg, salt and
cayenne pepper, tabasco, then 2 or 3
tabspns. of whipped cream. Separate yolks
and whites of eggs. Chop egg white and
stir into mixture with parsley. Pile on
heated platter, sieve egg yolks over top.
Garnish with wedges of lemon.
Serves 6 - 8 Persons.

Mrs. A. Paterson.

Fish Pastry.

Cooked 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 or pastry, cook in quick oven till
pastry is well risen then move to cooler shelf - Time 30-40 minutes.

Mrs. Netta Anton.

White Fish with Tomato & Onion Sauce.

1 lb. White Fish,
1 Chopped Onion,
3 Skinned Tomatoes,
1 Desrtspn. Tomato Sauce,
 $\frac{1}{2}$ Cup Milk,
1 Teaspn. Cornflour,
Salt & Pepper,
Butter.

Place fish fillets in well buttered dish.
Season with salt and pepper and dot with
butter. Cover with buttered paper and
bake in a mod. oven. Cook chopped onion
and tomato in $\frac{1}{2}$ oz. butter till onion is
clear. Add tomato sauce and a pinch of
sugar. Strain liquor from fish and add to
sauce, thicken with cornflour & milk,
season to taste. Pour sauce over fish and
sprinkle with chopped parsley. Serve with
creamed potatoes.

Mrs. Cochrane.

Pickled Herring.

- 6 Large Herring,
- 2 oz. Kitchen Salt,
- 1 Pint Water,
- ($\frac{1}{2}$ Pint Malt Vinegar,
- ($\frac{1}{2}$ Pint Water,
- 2 Large Onions,
- 2 Bay Leaves,
- 2 Chillies (these are in packet of pickling spice).
- 1 Teaspn. Pickling Spice.
- 1 Teaspn. Sugar.

Clean herring and cut in pieces. Mix salt and 1 Pint water and soak pieces of herring in this for 2 hours. Boil vinegar and water with sugar and pickling spice and allow to become cold. Drain herring and arrange casserole in alternate rows with sliced onions. Add bay leaves. Strain cold vinegar over this.
Do Not Use For 24 Hours.

Mrs. Bryce.

Baked Herring.

- 4 Herrings,
- 1 Tabspn. Oatmeal,
- $\frac{1}{2}$ Breakfast-cup Breadcrumbs,
- Finely chopped Parsley,
- Finely chopped Onion - Pepper & Salt.
- Little Milk to bind -(Egg if preferred).

Scrape and wash herrings carefully. Mix together breadcrumbs, oatmeal, parsley and onion, salt and pepper. Add milk and mix well. Place a spoonful of this mixture inside each herring. Sprinkle a little fat and oatmeal on top of each. Lay on roasting tin. and bake for 20 minutes in Moderate oven.

Fish Mould.

- $\frac{1}{2}$ lb. Cooked White Fish, 1 Egg,
- 3 oz. White Breadcrumbs, 1 oz. Marg,
- 1 Gill Milk, Salt & Pepper.

Heat milk and marg, pour over breadcrumbs, cover and leave for 10 minutes. Add fish and beaten egg. Pour into greased bowl, cover and steam for $\frac{3}{4}$ hour. Turn onto hot dish and coat with parsley sauce.

Mrs. Milne.

Shrimp Cocktail.

$\frac{1}{4}$ lb. Shrimps,
Lettuce,
Teaspn. Vinegar, Squeeze Lemon Juice,
Salad Cream, Tomato or Anchovy Sauce,
Parsley and shake of cayenne pepper.

Clean and chop up lettuce. Fill glasses
 $\frac{3}{4}$ full. Mix together salad cream, lemon
juice, vinegar and teaspn. sauce.
Add shrimps to sauce and mix. Spoon
mixture on top of lettuce and shake a
little cayenne pepper on top for flav:
our and decoration. Keep few shrimps to
decorate side of glass. Add little chopped
parsley & serve cold.

Mrs. Cocker.

Cheese Souffle.

$1\frac{1}{2}$ Teacups of Milk,
 $\frac{1}{2}$ Teacup fine breadcrumbs,
1 Teacup Grated Cheese,
2 Eggs, Pepper & Salt, Parsley.

Put dry ingredients in bowl. Beat egg yolks
well with milk, add salt and pepper. add
this to mixture, then add well beaten
whites and bake in slow oven. Decorate
with parsley and tomatoes.

Cheese Souffle.

2 Eggs,
 $\frac{1}{2}$ Pint Milk,
Salt & Pepper,
4 oz. Grated Cheese,
4 pieces of bread (small pan loaf).

Remove crusts from bread and butter slices
thickly. Place in bottom of casserole.
Sprinkle grated cheese on top of bread.
Beat eggs with milk, season and pour over
cheese. Oven-350°, Cook for 20-25 mins.

Mrs. C. Kidd.

Cheese Souffle.

1oz Butter,
1 oz Flour,
3 oz Grated Cheese,
1 gill Milk,
3 Eggs,
Pepper & Salt.

Melt butter, add flour, mix to a paste
and add milk to make a white sauce.
Add pepper and salt, cheese and yolks of
eggs. Beat whites of eggs till stiff and
fold in to mixture. Put in a buttered souffle
dish or pie-dish and bake in a hot oven
for 20 mins. Don't allow to become too
brown.

Scotch Eggs.

3 Hard-boiled Eggs,
1 Egg,
 $\frac{1}{2}$ lb. Sausage Meat,
Breadcrumbs,
Frying Fat.

Let eggs get cold, remove shells and cover each egg with sausage meat, Coat with beaten egg and roll in breadcrumbs, fry in hot fat till nicely browned. Serve hot or cold.

Mrs. J. Smith.

Bacon Olives.

8 Rashers of Bacon, 2 oz. Marg,
8 Tabspns. Breadcrumbs, 2 Eggs,
2 Teaspsns. chopped parsley,
Few drops of lemon juice.

Mix breadcrumbs, parsley, melted marg and lemon juice together. Add a little salt and pepper to taste. Bind with the egg, then spread on the bacon, roll up, tie with cotton and fry slowly.

Mrs. G. McLaren.

Swiss Eggs.

2 Eggs,
2 oz. Grated cheese,
Salt & Pepper,
2 Slices of Bread.

Toast the slices of bread on one side only. Separate the yolks from the white of the eggs and beat the whites until stiff, adding salt and pepper. Spread the whites on the untoasted side of the bread making a nest. Place the yolk in the centre and sprinkle with grated cheese. Grill until golden brown.

Mrs. M. Bruce.

Supper Dish.

1 lb. Sausages,
Butter Beans, (tinned),
1 lb. Tomatoes,
White Breadcrumbs,
Knobs of marg, or butter.

Put a layer of sausages in a greased pie-dish. Cover with butter beans, then with sliced tomatoes. Finally cover with breadcrumbs, and top with knobs of marg. Bake in a moderate oven (approx. $\frac{1}{2}$ - $\frac{3}{4}$ Hour).

Mrs. K.G. Eadie.

Stuffed Tomatoes.

8 Large Tomatoes,
 $\frac{3}{4}$ oz. Marg,
 $\frac{3}{4}$ oz. Plain Flour,
 $\frac{1}{4}$ Pint Milk,
1 oz. Cheddar Cheese, (grated),
1 Teaspn. made Mustard,
2 oz. Chopped Ham.
Parsley to garnish.

Cut tops off tomatoes and scoop out centre pulp. Melt marg in a saucepan. Stir in flour, stir over low heat for $\frac{1}{2}$ min. Add milk slowly and continue stirring over heat until thick and creamy. Add cheese, mustard and ham, remove from heat and cool. When cold place mixture in tomatoes, replace tops and garnish with parsley.

Mrs. W. Still.

Kidney Collops.

$1\frac{1}{2}$ oz Ox Kidney for two.

Cut into pieces about the size of a pea, soak for a little while, dry and roll in seasoned flour, and fry till brown. Place in pan and cover with water, taking care to see that the flour does not lump. Bring to the boil and leave to simmer for about six hours, or till tender, serve with rice. - Mrs. Wimberley.

Sausage and Bacon Pancakes.

1 lb. Pork Sausages,
 $\frac{1}{2}$ Pint Milk,
 $\frac{1}{2}$ Teaspn. Baking Powder,
1 Egg,
4 oz. Lean Bacon,
4 Tabspns. Flour,
 $\frac{1}{4}$ Teaspn. Herbs,
Salt & Pepper.

Skin sausages, place in basin. Remove rind from bacon, and chop bacon finely. Add to sausages. Mix lightly, then turn into frying pan. Fry slowly until cooked stirring frequently. Keep Warm.
Sift baking powder, herbs and flour into a basin. Beat egg. Add a little of the milk and a little of the egg alternately to the flour mixture beating between each addition until these are used up, season with salt and pepper. Make four large pancakes. Fill each as it is cooked with the sausage and bacon mixture and roll up. Garnish with wedges of tomato. Serves 4.

Mrs. Netta Anton.

Scotch Mince & Mock Haggis.

1 lb. Beef Steak,
 $\frac{1}{2}$ lb. of Boiled Liver,
 $\frac{1}{4}$ lb. of Chopped Suet,
6 oz. Oatmeal - Seasoning.

Cut the beef and liver up very small.
Brown the oatmeal and mix altogether and
put in a casserole, add cold water or
stock to more than cover it and leave
to cook in an oven gently.

Mrs. Wimberley.

Barbecued Chops.

3 Pork or Lamb Chops, 1 Teaspoon Dry Mustard,
1 Tablespoon Rice, 1 Pinch Paprika
1 Onion (chopped), Pepper.
1 Teaspoon Salt,
1 Tablespoon Worcester Sauce,
 $\frac{1}{2}$ Tablespoon Vinegar,
 $\frac{1}{4}$ Teaspoon Brown Sugar,
Small Tin Tomatoes (or 2 fresh, skinned
 $\frac{1}{4}$ Pint Water, and chopped).

Sprinkle rice on bottom of casserole,
brown chops on both sides and place on
top of rice. Mix other ingredients in a
bowl and pour over chops, cover and cook
 $1\frac{3}{4}$ Hours at 350°.

Mrs. E. Porteous.

Meat Shape.

1 lb. Minced Steak,
1 lb. Minced Bacon,
 $\frac{1}{4}$ lb. Breadcrumbs,
2 Beaten Eggs,
1 Gill Stock or Water.

Mix all together and put in pudding-bowl
and steam for 2 hours. This should be
allowed to cool before being turned out,
and be served with salad.

Mrs. Hope.

Pork Chop Casserole.

1 Tablespoon Olive Oil, $\frac{1}{4}$ Pint Water,
4 Pork Chops, Salt & Pepper.
 $\frac{1}{4}$ lb. Mushrooms, 2 Chopped Onions,
1 Golden Oxo Cube,

Heat the oil and fry the chops until brown
on both sides. Add the onions and sliced
mushrooms. Dissolve the Oxo cubes in the
water, pour over the vegetables and meat.
Season well, Transfer to a covered
casserole and cook for 1 hour at
Gas Mark 3.

Mrs. Nancy Fraser.

Meat Roll.

1 Lb. Steak Mince, 1 Egg,
 $\frac{1}{4}$ lb Ham (not smoked), Salt.
1 Cup Breadcrumbs,
1 Small Onion (chopped),
1 Small Teaspn. Bovril,

Mix all ingredients in bowl and form into roll and with flour brown in frying-pan and put in a pyrex with a little water and carrots and turnip. Cook for $2\frac{1}{2}$ Hrs. Slowly. This is equally nice steamed in a bowl for $2\frac{1}{2}$ Hrs.

Mrs. Laing.

Potted Haugh.

2 lbs. Haugh, 2 Desrtspsns. Salt,
1 Small Onion, 1 Small Teaspn. Pepper,
1 Knap Bone, 6 Pints Cold Water,

Wash knap bone and put along with other ingredients into large pan, bring to the boil and simmer for 5-6 Hours until liquid has been reduced to half original quantity, take off. Strain liquid through hair sieve, put meat through mincer and mix very thoroughly then pour into bowls which have been previously rinsed in cold water. Set aside in cool place to set.

Mrs. E. Davidson.

Meat Roll.

$\frac{1}{2}$ lb. Steak, $\frac{1}{2}$ Teaspn. Salt,
 $\frac{1}{4}$ lb. Lean Bacon, $\frac{1}{2}$ Lemon,
 $\frac{1}{4}$ lb. Sausages, $\frac{1}{2}$ Teaspn. Herbs
2 oz Brown Breadcrumbs, (Mixed),
1 Egg (Hard Boiled), 1 Egg,

Mince steak, bacon and sausages together, add breadcrumbs and herbs, and grated rind of half lemon. Mix well with beaten egg and juice of $\frac{1}{2}$ lemon. Line greased basin with mixture, place hard boiled egg in centre, and pack in remainder of mixture. Cover with greased paper and steam for 2-2 $\frac{1}{2}$ Hours. Press, cool turn out and serve with salad.

Miss D. Herbert.

Savoury Supper.

1 Egg per Person, Mushrooms.
3 - 4 Rashers of Bacon,
Grated Cheese.

Fry mushrooms in a little butter for a few minutes. Lightly butter a shallow oven dish. Lay fried mushrooms out to cover the base of the dish. Break 1 Egg per person on top. Cover with bacon rashers then sprinkle with grated cheese. Bake in a moderate oven for 30 minutes.

Mrs. June Brown.

Bean Bake.

2 Cans Baked Beans,
2 Hard Boiled Eggs,
1 Medium Sized Onion,,
1 oz. Butter,
1 or 2 tomatoes (skinned),
Salt & Pepper,
4 oz. Grated Cheddar Cheese,
Few Breadcrumbs,
Little extra butter.

Turn beans into ovenproof dish and fold in one chopped hard boiled egg. Peel and slice onion and fry in butter until soft, set aside some of the onion rings keeping them warm. Fold remainder into bean mixture, together with seasoning and half of grated cheese. Sprinkle remaining cheese over surface adding a few breadcrumbs and pieces of butter. Put dish in moderate oven to heat through. Garnish with remaining egg, tomatoes and onion rings.

Mrs. M. Croll.

Creamed Sweetbreads.

1 pair good sized Sweetbreads, 1 Dsrtspn. Flour, 1 Teacup Milk, Seasoning.

Place sweetbreads in large pan of cold water (salted). Boil for 30-40 minutes. Drain. Carefully remove all fat and skin and place sweetbreads (in small pieces) in pan with half milk and 1 teacup water and 1 teaspn. salt. Simmer for 1 Hour. Mix flour with milk till quite smooth, add carefully to sweetbreads stirring well. Boil for 2 minutes. Serve with pieces of dry toast, fried bread, or border of mashed potatoes.

Miss D. Herbert.

Sausage and Egg Flan.

Short Crust Pastry (6 oz. Flour),
 $\frac{1}{2}$ lb. Skinless Pork Sausages,
1 Egg,
Seasoning,
Tomato & Button Mushrooms for garnish,
Line flan tin (or sponge tin) with pastry, leaving about 1" hanging over edge. Mash sausages and beat until soft. Beat egg and mix till thoroughly blended. Spread mixture evenly over pastry, then roll overhanging pastry over edge of mixture. Decorate with tomato slices and button mushrooms. Bake at 400° for 40 minutes. Can be served hot, or cold with salad.

Mrs. P. Chalmers.

Pig & Pepper.

Two Pigs Trotters,
1 Pepper (green or red),
1 Tin Baked Beans (16 oz.),
1 Cup French Vermouth,

Prepare trotters, singe off any bristle and stew till very tender in one cup of vermouth, two cups of water, use of a pressure cooker can speed things up. Take out trotters and leave to cool. Remove pith and seeds and slice pepper into juice (stew for 10 minutes). There is no fat on trotters, but very many bones, remove these, skin and everything left is good eating. Return to juice and add beans, heat up and serve hot.

Mrs. E. Whytock.

Savoury Pie.

Pastry: 4 oz. Plain Flour, Water to mix,
2 oz. Lard, Pinch of Salt,

Filling: 2 Small Onions (grated),
1 oz. Marg,
3 Tomatoes, (skinned),
 $\frac{1}{2}$ lb. Minced Beef,
Salt & Pepper,
 $\frac{1}{4}$ Pint Milk,
2 Standard Eggs,
4 oz. Grated Cheese.

Bake pastry case at 400° blind for 10 minutes. Fry onions in marg, add tomatoes, and minced beef and season to taste. Mix well then stir in milk and pour into half baked case. Beat the eggs and stir in the cheese and pour over mixture, Bake at 350° for 30-45 minutes.

Mrs. P.S. Murray.

Macaroni Tivoli.

8 oz. Macaroni, Small Chopped Onion, $\frac{1}{2}$ Level Teaspn. Dried Mustard, $\frac{3}{4}$ Pint Milk,
2 oz. Butter, 1 oz. Plain Flour, 3 Peeled quartered Tomatoes, Salt & Pepper,
4 - 6 oz. Boiled Ham in thick slice, 4 oz. Processed Cheese.

Cook macaroni in boiling salted water if serving right away. Fry onion in butter.
Sauce: Stir in flour & mustard. Add milk slowly, bring to boil stirring all the time. Boil for 2 minutes. Mix tomatoes cheese & ham (cubed) and seasonings into sauce. Toss macaroni in butter and serve with sauce.

Mrs. Sturrock.

Ham & Banana Cheese Bake.

6 ($\frac{1}{8}$ ") thick slices Ham,
Little made Mustard,
6 Bananas,
1 oz. Butter,
1 oz. Plain Flour,
 $\frac{1}{2}$ Pint Milk,
Salt & Pepper,
6 oz. Cheddar Cheese (grated),
 $\frac{1}{2}$ oz. Butter,
1 oz. Fresh Breadcrumbs,

Spread each slice of ham with a little mustard. Place a banana on each slice and roll up. Arrange in shallow oven proof dish. Sauce: Melt butter add flour and cook for a minute, remove from heat add seasoning and grated cheese stir until cheese has melted. Pour over ham rolls. Topping: Melt Butter add breadcrumbs and fry till golden brown. Sprinkle over the sauce. Bake in a moderate oven (Gas No.4 350°F) for about 30 minutes.

Mrs. A. Gibson.

Pork and Apple Casserole.

3 Pork Chops, 1 Large Cooking Apple, $\frac{1}{2}$ Cabbage (or small cabbage), Large Tomato, Carrot, Large Onion.

Shred cabbage and make bed in greased casserole. Brown chops and place over cabbage. Cut onion in large rings, brown, and place over chops. Over onion rings place slices of peeled and cored apple, and top with tomato slices. Arrange the rest of the onion, apple, tomato & carrot round chops. Combine juices in frying pan where chops & onions were browned, with water & stock-cube. Bring to the boil and pour over chops. Cover and cook at 350° for $1\frac{1}{2}$ - 2 Hours.

Savoury Flan.

6 oz. Flour,)
3 oz. Cooking Fat,) Shortcrust
Pinch of Salt,) Pastry.
Small Tin Zwan Chopped Ham & Pork),
Small Onion,
2 oz. Cheese,
1 Egg & little Milk,
1 oz. Marg,

Rub cooking fat into flour and salt mix to a stiff dough and put on to a floured board and roll out. Line a sponge tin with the pastry prick all over with a fork and place in the oven. (425°F) until part cooked. Melt marg in pan and add diced meat chopped onion and grated cheese and cook until cheese melts. Line the pastry case with the mixture and pour beaten egg and milk over and bake in the oven (425°) until egg is cooked.

Mrs. B. Robertson.

Pork Hot Pot.

1 lb. Fresh Pork Slices (streaky pork may
1 lb Carrots, be used).
1 $\frac{1}{2}$ oz. Seasoned Flour,
2 Med. Sized Onions,
1 lb. Peeled Potatoes,
1 $\frac{1}{2}$ Pints Stock, (stock cubes may be used),
Pinch dried sage,
1 lb. Cooking Pears (optional).

Roll pieces of meat in seasoned flour, fry
in a little fat. Put meat in casserole, add
vegetables and stock. Peel core and slice
pears if used and add to hot pot. Cook slow
oven 300-335° for 3 Hours or more.

Mrs. Sturrock.

Supreme de Volaille Champignons.

(Breasts of Chicken with mushrooms).

4 Breasts of Chicken, (skinned & boned).
1 Shallot, Seasonings,
2 oz. Butter,
 $\frac{1}{4}$ lb. Mushrooms,
 $\frac{1}{4}$ Pint Cream,

Saute shallot in 1 oz. butter in pan
(such as flat Pyrosil pan with lid) add
mushrooms and allow to cook gently for
2 minutes. Then lay chicken breasts on
top and on top of that lay a piece of well
buttered greasproof paper, buttered side on
chicken, now put on lid and cook slowly in (20)

Ham and Potato Casserole.

4 Cups sliced raw Potatoes,
1-1 $\frac{1}{2}$ Cups diced Cooked Ham,
1 Cup Milk,
1 Can Condensed Cream of Mushroom Soup,
 $\frac{1}{4}$ Cup finely chopped raw onion,
1 Teaspn. Salt,
 $\frac{1}{4}$ Teaspn. Pepper.

Combine potatoes and ham in buttered
baking dish. Stir milk into mushroom soup.
Add onion, salt and pepper to mushroom
mixture and mix well. Pour over potatoes.
Cover dish. Bake in 350° F oven for 1 $\frac{1}{2}$ hours.
or until potatoes are tender, removing cover
after 1 hour to brown top. Makes 4 to 5
servings.

Mrs. J. McDonald.

(Contd.).

oven for 50 minutes. When cooked lift out
chicken pieces and add cream and seasonings.
Bring to boil and lay chicken back in dish
to serve.

Mrs. G.M. Bowie.

Beef or Chicken Curry.

This is very useful for using left over meat, but can be made equally as well with mince.

Left over meat, chicken or $\frac{1}{2}$ lb. Mince, Raisins, chopped apple, peas, tomato sauce, onion, butter or marg, ginger, stock cube, curry powder.

Put 2 oz. Butter or marg in pan, cook onion slowly until soft, but not browned. Add cupful of chicken or beef stock (thickened with a little cornflour.) to onion, also $\frac{1}{2}$ cup raisins, $\frac{1}{2}$ chopped apple $\frac{1}{2}$ to 1 cup peas or beans, dash of tomato sauce, $\frac{1}{4}$ teaspn. ground ginger, simmer altogether for $\frac{1}{2}$ Hour then add cooked meat or chicken. Finally add curry powder to give your own taste. Serve with boiled salted rice.

Mrs. Park.

Steak & Kidney Pudding.

1 lb. Steak,
 $\frac{1}{4}$ lb. Kidney,
Flour, Salt & Pepper,
 $\frac{1}{2}$ Cup Hot Water,
Suet Pastry; $\frac{1}{2}$ lb. S.R. Flour,
 $\frac{1}{4}$ lb. Atora Suet,
Pinch Salt,
Cold Water.

Sieve flour and salt into basin, add suet and mix. Make well in centre. Add cold water and mix into a smooth soft dough, turn on to floured board and roll. Line greased pudding basin with pastry, and fill with steak and kidney cut into neat pieces, dipped in seasoned flour. Add hot water. Double down the edge of the pastry round the edges. Roll out the trimmings to make a round cover. Press this well down. Cover with greased paper and boil $2\frac{1}{2}$ - 3 Hours.

Mrs. M. Bisset.

Bobotee. (South African Dish)

1 lb. Minced Beef or mutton, 1 Slice Bread, 1 Egg, 1 Teaspn, Sugar, $\frac{1}{2}$ Tabspn. Chutney, 1 oz. Chopped Onion. $\frac{1}{4}$ Pint Milk, 1 oz. Curry Powder, 1 Tabspn. Lemon Juice, $\frac{1}{2}$ oz. Butter.

Soak bread in milk and mash. Fry onion in butter. Add curry powder and cook a little. Add sugar, salt, & lemon juice, mix meat, bread, milk and beaten egg, then other ingredients. Pour into well buttered pie-dish. Stick shredded almonds all over. Bake in oven 1-1 $\frac{1}{2}$ Hours.

Mrs. G.M. Bowie.

Chicken Curry.

4 Tabspns. Corn Oil or any good vegetable
4 oz. Onions (shred finely), oil,
3 Dsrtspn. Curried paste or powder,
2 lbs. Chicken (cut into pieces),
2 oz. Tomato Puree,
6 Med. Sized Potatoes, (cut into cubes),
4 oz. Carrots.
Salt to taste.

Cook oil well, add onions and brown lightly, add curry powder or paste, and fry well, adding a little water at a time to prevent burning. (The secret of a successful curry is to fry well the curry powder or paste). When this has been done put in chicken, and fry for five minutes, add tomato puree, potatoes and carrots, and add enough water to just cover the lot, first bring to the boil, and then simmer on a low heat, until chicken is well cooked. Serve with plain boiled rice and pickles.

Mrs. Keppie.

Baked Gammon with Pineapple.

2 Gammon Steaks (about 6 oz. each).
1 small tin pineapple (4 slices).
Cinnamon.

Sauce: 1 oz. Marg,
1 oz. Flour,
 $\frac{1}{4}$ Pint Milk,
 $\frac{1}{4}$ Pint Pineapple Juice,
1 Tabspn. Chopped Parsley.

Trim rind from gammon and place steaks in baking dish. Cover with slices of pineapple and sprinkle with cinnamon and pour over juice from pineapple. Cover and bake in moderate oven for 1 Hour. Melt marg in pan add flour and make sauce using milk and juice from the steaks. Add chopped parsley, serve steaks on hot dish garnish with pineapple. Serve sauce separately.

Miss Alexander.

Jam Rolly Pudding.

1 Cup S.R. Flour,
1 oz. Margarine, Pinch Salt.

Rub marg into flour. Mix with milk as if making pastry with water. Roll out length wise, spread with rasp-jam, roll up, put in buttered pie-dish. Put in a saucepan 1 cup milk, 1 tabspn, Caster Sugar, 1 oz. Marg, dissolve and bring to boil. Pour over roll and bake for 30 minutes, until liquid is all dried up. Reg. 4 or 350°F.

Mrs. C. Linley.

Rhubarb Souffle.

1 lb. Rhubarb, 2 Eggs,
2 Tabspns. Cornflour,
2 Tabspns. Creamola,
2 Tabspns. Sugar,
2 Teaspns. Baking Powder,
1 Knob Butter.

Partly cook rhubarb, mix butter and sugar to a cream, add eggs, mix in dry ingredients. Pour rhubarb in dish and cover with sponge mixture. Cook in oven Mark 4 for 20 minutes.

Mrs. D. Clark.

Meringue Boats.

Meringues,
Assorted fresh fruits or tinned fruit,
Fresh Cream,
Vermicilli,
Milk Flakes (Small),

Remove centre of meringues with sharp knife, being careful not to break them. Fill up shell with fresh or tinned fruit cover with whipped cream. Sprinkle verm: icilli over cream and stick in a milk flake.

Mrs. A. Gibson.

Lemon Delight.

2 oz. Marg,
2 Eggs,
 $\frac{1}{2}$ Pint Milk,
4 oz. Caster Sugar,
2 oz. Plain Flour,
1 Lemon.

Grease pie-dish and heat oven 375°F, cream marg and sugar, separate egg whites from yolks and beat in yolks, add rind and juice of lemon, mix in flour and add milk slowly, fold in stiffly beaten egg whites Turn into dish and bake on a tray of water for 40 to 50 minutes, serve hot or cold. (Orange may be used instead of lemon.)

(23) Mrs. J. Husband.

Sweet Apple Pie.

Spread 1 oz. of cooking fat in the bottom and around the sides of a 1 lb. pie-dish then sprinkle with 1 oz. brown sugar. Peel core and quarter 1 lb. apples and stand them around dish. Cover with short crust and bake at 400° for 30 minutes. Serve hot with cream.

Mrs. A. Clark.

Sago Plum Pudding.

Soak 4 Tabspns of fine sago overnight in a breakfast cupful of milk; to this add

- 1 Breakfast Cup Breadcrumbs,
- 1 Teacup Currants, ½ Teaspn. Baking Soda,
- 1 Teacup Sultanas, 1 Tabspn. Melted Butter,
- ½ Teacup Sugar,

Mix altogether and steam in a greased pudding basin for 3 hours. These quantities will be found to give just the right consistency if measured carefully and when cooked the pudding is rich brown and delicious to eat.

Mrs. J. Todd.

Fruity Dumpling.

- 12 oz. Plain Flour, 1 Teaspn. Baking Soda,
- 6 oz. Marg or lard, 2 Tabspns. Treacle,
- 6 oz. Sugar, Pinch of Salt,
- 2 Teasps Mixed Spice, Ginger, Cinnamon.
- 1 Cup Raisins, Currants, Sultanas,

Milk to Mix.

Boil 3-4 Hours.

Mrs. M. Bruce.

Syllabub.

- Juice of 1 Lemon,
- 3 oz. Caster Sugar,
- Small Glass of Sherry,
- ½ Pint of Double Cream.

Put all into a bowl and beat until it is thick - it can be served just like this, or you can add almost any fruit puree to it, or grated apple.

Mrs. V. Paterson.

Christmas Pudding.

- 8 oz. Shredded Suet, 4 oz. Plain Flour,
- 3 oz. Breadcrumbs, 4 oz. Sultanas,
- 4 oz. Currants, 8 oz. Seedless raisins,
- 2 oz. Ground Almonds, 1 Grated carrot,
- 8 oz. Sugar, 2 Large grated apples,
- 2 Eggs, 1 Dsrtspn. Treacle,
- Grated rind and juice of lemon.
- Pinch of Salt.

Mix all dry ingredients together then add beaten eggs, treacle, milk and grated rind and juice of lemon. Grease large pudding basin well, spoon in mixture and cover with paper or kitchen foil, and steam for 4 Hrs.

Mrs. J. Gilzean.

Clootie Dumpling.

1 lb. S.R. Flour,
1 Teacup Breadcrumbs,
1 Teacup Sugar,
1 Teacup Atora or Shredded Suet,
1 Teaspn. Mixed Spice,
1 Teaspn. Cinnamon,
 $\frac{1}{2}$ Teaspn. Salt,
 $\frac{1}{2}$ lb. Currants,
 $\frac{1}{2}$ lb. Raisins,
1 Large Grated Apple,
1 Tabspn. Treacle,
1 Egg,
 $\frac{1}{2}$ Pint Cold Milk,

Put all dry ingredients in bowl and mix thoroughly then add treacle, egg and milk. Scald a cloth with boiling water and liberally sprinkle with flour. Spoon mixture into floured cloth and tie into round shape loosely to allow for expansion. Place in pan of boiling water for $2\frac{1}{2}$ to 3 hrs. topping up with boiling water when necessary. A plate or trivet placed in bottom of pan prevents dumpling sticking.

Mrs. Ruby Doig.

Sultana & Apple Dumpling.

6 oz. Plain Flour,
4 oz. Butter,
2 oz. Caster Sugar,
1 Egg,
Filling: Apples, Sultanas, Sugar.

Rub butter into flour and sugar until crumbly. Make into a stiffish dough with beaten egg. Roll out and line a pudding basin, keeping back enough for a lid. Fill with layers of sliced apple, sultanas and sugar. Cover and steam for 2 hrs.

Mrs. Hope.

Apple Pudding.

Stew $1\frac{1}{2}$ lb. Apples in as little water as possible. Turn into heat-proof dish and leave to cook. Rub 3 oz. butter into 4 oz. S.R. Flour and a pinch of salt. Stir into a large egg beaten with 2 oz. caster sugar and $\frac{1}{4}$ pint milk. Spread this over apples and bake 40-45 minutes at 350°F . Sprinkle with caster sugar and serve.

Mrs. Hume.

Gulap Jamaan. (An Indian Sweet).

8 oz. Milk Powder,
1 oz. Flour,
1½ lbs. Sugar (White),
8 oz. Water.

Mix milk powder and flour thoroughly, and form into a light dough. Make dough into small balls or any shape you like, and shallow fry in any good cooking medium, over a slow fire. Do not over fry. When these become rich brown in colour, remove from heat and set aside. Make a syrup of the sugar and water. Add fried dough balls to the syrup, and leave for two hours, after which Gulap Jamaans will be ready for serving.

Mrs. Keppie.

Apple Pancakes.

2 Large Apples, 2 Eggs,
2 Level Tabspns Sugar, 2 Tabspns. Flour,
Squeeze of Lemon.

Separate yolks from whites and put yolks into basin with sugar and cream well with wooden spoon. Peel apples and grate them add them to yolks and sugar then stir in flour and lemon then whites stiffly beaten, fry as small pancakes.

Mrs. J. Smith.

Toffee Cream Mousse.

½ oz. Gelatine,
4 Tabspns. Water,
3 Eggs, (separated),
2 Tabspns. Treacle,
2 Tabspns. Coffee Essence,
½ Teaspn. Vanilla Essence,
3 oz. Caster Sugar,
Small tin evaporated milk.

Whisk egg yolks, treacle, coffee essence vanilla essence and sugar, over hot water. Dissolve gelatine in water and add. Whisk whites stiffly then fold in to mixture. Serve in a glass dish or a mould.

Mrs. Fiona Thomson.

Emperor Pancake.

This is a delicious and filling sweet from Austria.

2 Cups double cream, 1 Cup Flour,
5 Eggs, Pinch of Salt.

Beat egg yolks with double cream and flour and pinch of salt until smooth. Beat egg whites until stiff and add to mixture. Heat sufficient butter or marg. in frying pan and pour mixture into it. As soon as it begins to set, tear into small pieces with 2 forks and continue to fry gently until cooked. Dust with icing sugar and serve immediately. Tinned fruit goes well with it.

Mrs. Helene Turner.

German Apple Tart.

$\frac{1}{2}$ lb. Prunes,
 $1\frac{1}{2}$ lb. Apples,
 $\frac{1}{4}$ lb. Sugar,
1 Teaspn. Mixed Spice,
1 Teaspn. Cinnamon,
1 Gill Water.

Pastry: $\frac{1}{2}$ lb. Flour,
1 Teaspn. Cinnamon,
1 oz. Sugar,
 $\frac{1}{2}$ Teaspn. Mixed Spice,
 $\frac{1}{4}$ lb. Butter,
 $\frac{1}{2}$ Teaspn. Baking Powder,
1 Egg & Cold Water.

Stew mixture until soft, turn out to cool. Sieve dry ingredients except sugar. Rub in the butter. Mix all ingredients. Add enough liquid to form a firm elastic dough. Keep a piece for lid. Roll out and line tin. Put in the mixture. Fix on the lid. Brush with egg and dust with sugar. Bake in a hot oven until well risen. Then moderate heat till cooked.

Mrs. Harley.

Sweet Pudding. (Semolina Foam).

1 Jelly, 3 Cups water, 2 Tabspns. Sugar,
2 Tabspns. Semolina.

Put water & jelly in pan until melted add sugar & semolina stir almost boiling point. Put in dish to cool and whip till set.
Mrs. Finlay.

Apple Tart.

4 Large Cooking Apples,
2 oz. Butter,
2 Level Tabspns. Caster Sugar,
3 Digestive biscuits crushed into crumbs,
 $\frac{1}{4}$ Nutmeg grated,
2 Tabspns. Brandy or Sherry,
The grated peel of a lemon,
 $\frac{1}{2}$ Pint of double cream,
3 Egg yolks,
6 oz. Short Crust Pastry.

Line an 8" flan tin with the shortcrust pastry and bake it "Blind". Peel, core and slice the apples, put in just enough water to cover them and cook quickly until they are soft. Drain, and empty them into a large mixing bowl. Beat them to a pulp, while they are still hot, beat in the two ozs. of butter, and enough sugar to sweeten them to your taste. Stir in the grated lemon peel, biscuit crumbs, nutmeg and brandy or sherry. Mix it all in and leave it until cool. Beat the cream to thicken it - but not too much. Stir the cream in and finally add the well beaten egg yolks. Pour the mixture into the pastry case and bake for about 30 mins. Serve warm, but equally good chilled. Oven Heat 360°F, Mark 4 (Gas).

Mrs. A. Gibson.

Almond & Apple Sponge.

4 oz. Flour, $\frac{1}{4}$ Teaspn. B. Powder,
4 oz. Marg, $\frac{1}{2}$ oz. Caster Sugar,
4 oz. Sugar, $\frac{1}{2}$ oz. Ground Almonds,
1 Egg, 1 Med. Eating Apple.

Cream fat & sugar. Add beaten egg then sieved flour, and baking powder. Spread on greased shallow tin. Place slices of raw apple on top of mixture and sprinkle mixed ground almonds and sugar on top. Bake in moderate oven for 30-45 minutes.

Mrs. Moira Murray.

French Apple Pudding.

$1\frac{1}{2}$ oz Marg or Butter,
2 oz. Flour, 2 Eggs, Some Milk,
1 oz. Sugar, $\frac{1}{2}$ Teaspn Vanilla Essence,

Melt butter in saucepan, stir in flour add milk gradually stirring carefully all the time, let it boil for 3 minutes then add sugar and vanilla, beat in yolk of eggs one at a time, whip up whites and fold into mixture. Put stewed apples (cold) into casserole or pudding dish and pour mixture over. bake in oven for 30-40 minutes.

Miss. L. Maitland.

Apple Fritters.

2 Large Green Apples,
1 Teacup S.R. Flour,
 $\frac{1}{2}$ Teacup Caster Sugar,
1 Egg, Vanilla Essence,
Little Milk, Pinch of Salt.

Mix flour, sugar and salt. Beat in yolk of egg and add stiffly beaten white. Add vanilla, milk if needed to make mixture soft. Pare apples core and cut in rings. Dip each ring in mixture. Fry in fat, or butter, a nice golden brown. Sprinkle with sugar.

Ginger Pineapple Meringue.

4 Pineapple Rings,
4 Ginger Biscuits,
1 Egg White,
2 oz. Caster Sugar,
Glace Cherries,
Angelica.

Place drained pineapple on fireproof plate, lay a biscuit on top of each one, whisk egg and the sugar. Pipe the meringue over the biscuits. Bake at Mark 7 for 3 minutes. Decorate with cherries and angelica before serving.

Mrs. M. Bruce.

Creame Brulle.

4 Egg Yolks,
1 Pint of Single Cream,
1 Teaspn. Caster Sugar,
1½ Teaspoons. Cornflour,
Pinch of Salt,

Put yolks of eggs in a basin, and with a whisk mix in the sugar, then salt and lastly the cornflour. Bring cream to the boil then add to the yolk mixture, very slowly (using whisk all the time) then return to the pan and re-heat, but do not boil, and set aside with lid on top for about 5 minutes, then pour into a flat fire-proof dish, set aside till cold. Put dish in a tin with a little cold water and strew top of custard with plenty of demerara sugar evenly all over the top and place under a hot grill till all is caramelised. Set aside to harden. Serve with any type of stewed fruit.

Miss S. Shaw.

Fresh Fruit Salad.

½ lb. Sugar,
Grated Rind of 1 Lemon,
½ Pint Water.

Bring to boil and simmer for five minutes. Strain. Add juice of lemon and fresh fruit of own choice, grapes, apples etc.

Mrs. Elizabeth Ford.

Velvet Pudding.

1 Pink Milk,
2 Eggs (beaten),
2 Tablespns. Caster Sugar,
4 Egg Whites,
2 Tablespns. Icing Sugar,
Strawberry Jam.

Warm milk slightly, add eggs and sugar and mix well together. Pour into a greased 2 pint pudding dish and bake at 335° for 40 minutes, until custard is set. Then spoon a layer of strawberry jam over top of custard. Whisk egg whites until stiff and fold in icing sugar, spoon this over the pudding and make peaks with a fork. Return to oven 310° for 10-12 minutes until meringue is golden brown.

Mrs. P.S. Murray.

Jelly Mould.

1 Cup Hot Water,
1 Egg,
1 Jelly,
1 Cup Milk,

Melt jelly with hot water. Make custard with milk and yolk of egg (just bring to boil). Beat white of egg, put jelly in dish, add custard and mix. Fold in beaten egg white.

(29) Mrs. J. Husband.

Blackcurrant Sponge Sweet.

1 Pkt. Blackcurrant Jelly,
1 Tin Blackcurrant Puree,
Sugar to Taste,
2 Tabspns. Port,
2 Egg Whites.

Dissolve jelly in a little hot water and make the total of liquid up to the pint with the Blackcurrant Puree, sweeten to taste. Stir in port and leave to cool & set. Beat up whites and fold them in carefully into Blackcurrant puree and leave to set, serve with cream.

Mrs. Finlay.

Butterscotch Flan.

Short-Crust Pastry, Large Tabspn. Marg,
3 oz. S.R. Flour, 2 oz. Flour, 1 Egg,
1 oz. Marg, 1 oz. Lard, 2 Tabspns. B/Sugar,
Line tin with pastry, prick with fork and bake in a quick oven. Melt large tabspn. marg, add 2 oz. flour and stir till smooth add 2 tabspns. brown sugar, yolk of egg and a little milk to make a fairly thick mixture bring to boil. Cook for 2 mins. Cool then spread on pastry case. Beat white of egg with a little caster sugar till stiff, spread over top, place in cool oven to set.

Mrs. Shepherd.

Calypso Cream Pie.

Short-Crust Pastry,
 $1\frac{1}{2}$ oz. Custard Powder,
 $\frac{3}{4}$ Pint Milk,
1 oz Sugar,
 $1\frac{1}{2}$ oz. Marg,
2 oz. Cocoanut,
2 oz. Sugar,

Line shallow tin with short crust pastry and bake blind. Make custard and spread on top of pastry. Mix together sugar and cocoanut. Melt margarine, pour over sugar and cocoanut and mix well together. Sprinkle the mixture thickly over the custard, completely covering it. Brown lightly in hot oven.

Mrs. M. Dunn.

Steamed Syrup Pudding.

4 Tabspns. Syrup, 3 oz. Sugar,
6 oz. S.R. Flour, 1 Egg,
3 oz. Marg, Milk if necessary.

Grease pudding basin, put syrup in bottom, cream marg and sugar, add egg and flour, milk if necessary to make a dropping consistency. Place on top of syrup. Tie on greased paper and steam for $1\frac{1}{2}$ hours.

Mrs. M. Taylor.

Rhona's Favourite.

1 Large tin of Carnation Milk,
1 Strawberry Jelly, .
1 Banana,
1 Pear,
1 Orange,
1 Apple,
15 Marshmallows,
Fresh Cream,
Chocolate Vermicilli,

Make jelly allow to cool, whip with car:
:nation milk, slice fruit in small pieces,
cut marshmallows in quarters. Put whipped
jelly and milk in individual glasses, and
add fruit and marshmallows. Whip cream
adding sugar to taste, and decorate with
cream when mixture is set sprinkle with
chocolate vermicilli.

This is equally good with any sort of
tinned fruit, or any soft fresh fruit such
as raspberries or strawberries.

Mrs. Anne Gibson.

Apple Cake.

4 oz. Flour, 1 oz. Sugar, $\frac{1}{2}$ Teaspn. Baking Powder,
2 oz. Semolina, $2\frac{1}{2}$ oz. Marg, 1 Egg, (well beaten),

Rub marg into flour and semolina, add sugar and egg, roll out and line sandwich tin
with half mixture, put in filling of stewed apples and cover with remaining pastry
and bake in moderate oven for $\frac{1}{2}$ Hour. Dust with icing sugar.

Mrs. Geo. Crowe.

Orange Cream Pie.

$\frac{1}{2}$ orange jelly,
Small tin of Carnation Milk,
Small tin of Mandarin Oranges,
6 oz. Digestive Biscuits,
3 oz. Butter.

Crush biscuits with rolling pin between
two sheets of greased proof paper. Melt
butter and stir into biscuit crumbs. Line
an 8" sandwich tin with the mixture and
leave in a cool place to firm.

Drain mandarin oranges, dissolve jelly and
make up to $\frac{1}{4}$ Pint with cold juice or water.
Allow to cool. Chop half the fruit. Whisk
carnation milk until double its bulk.
Whisk in cold jelly. Fold in chopped
mandarins. Pour mixture into pie case.
Decorate with remaining fruit. Allow to
set in cool place.

Mrs. Nancy Fraser.

Cherry Crumble Flan.

Short-Crust Pastry (8 oz.)

2 Trifle Sponges,

$\frac{1}{2}$ lb. fresh red cherries (stoned) or small
can of cherries, .

Sugar to taste.

Topping: 3 oz. Plain Flour,

$1\frac{1}{2}$ oz. Butter,

$\frac{1}{2}$ oz. Sugar,

rubbed to breadcrumb consistency.

Line flan tin with pastry. Crumble the
sponges over base of pastry case, arrange
cherries on top and sprinkle with sugar.

Top with crumble mixture and bake at 350°F
for 40 minutes.

Mrs. Pat Chalmers.

Caramel Cream Flan.

Short-Crust Pastry,

$3\frac{1}{2}$ oz. Syrup,

Vanilla Essence to Taste,

$1\frac{1}{2}$ oz. Custard Powder,

$\frac{3}{4}$ Pint Milk,

$\frac{1}{2}$ oz. Gelatine,

Small tin Evaporated Milk,

Line shallow baking tin with short-crust
pastry, and bake blind. Boil syrup until
brown and add essence. Blend custard
powder with a little milk, and add with
rest of milk to syrup in pan and boil for
few minutes. Allow to cool. Melt gelatine
in as little water as possible. Whip up
custard, add melted gelatine and evaporated
milk and whip till creamy. Spread on pastry
1" thick and decorate with piped cream when
filling has set.

Mrs. Nan Mitchell.

Ice-Cream & Chocolate Sauce.

1 Hard frozen block of Ice-Cream, 4 Tabspns. Golden Syrup,

$\frac{1}{2}$ lb. Plain Chocolate,

1 Small tin evaporated Milk,

Break chocolate into saucepan and melt it over low heat. Blend in thoroughly 4 level
tabspns. syrup. Remove pan from heat and slowly pour in evaporated milk made up to
 $\frac{1}{4}$ pint with fresh milk. Cover ice-cream block (which must be very cold) with sauce
and serve immediately.

Mrs. P.S. Murray.

Brown Scones.

5 oz. Allison's Brown Flour,
3 oz. White Flour, 1 oz. Lard,
 $\frac{1}{4}$ Teaspn. Salt, 2 oz. Marg,
2 Teaspoons. Sugar, Sweet milk to mix,
2 Heaped Teaspoons, Baking Powder,

Blend the flours well, rub in lard and marg, add salt, sugar and lastly baking powder, mix to a soft dough, roll out and cut into wedges. Bake in hot oven 450°F or Gas No.8.

Mrs. J. Smith.

Oven Scones.

1 lb. Plain Flour, 1 oz. Marg,
2 Teaspoons Cream of Tartar, 2 oz. Sugar,
1 Teaspn. Bicarbonate of Soda,
Pinch of Salt, Milk, 2 Eggs,

Rub all dry ingredients till they are like fine breadcrumbs. Make well in centre, break in two eggs, add milk and mix with wooden spoon till soft dough, put onto floured board and knead lightly. Roll out and cut with cutter. Bake in oven 10-12 mins at 475°F or Gas No.8.

Mrs. Thomson.

Pancakes.

2 Cups S.R. Flour, $\frac{1}{4}$ Teaspn. Salt, 2 Fresh Eggs,
1 Teaspn. Baking Powder, 1 Tabspn. Warmed Syrup, Milk to Mix.

Sift flour, baking powder & salt. Add warmed syrup and break in two fresh eggs and milk. Beat to a dropping consistency. Bake on hot girdle.

Mrs. Anne Gibson.

Oven Scones.

8 oz. S.R. Flour, 1 Teacup Sweet Milk,
 $1\frac{1}{2}$ oz. Marg, $\frac{1}{4}$ Teaspn. Salt,
1 Dsrtspn. Caster Sugar,

Sift flour, salt and sugar into a basin and rub in marg. Add the milk and mix to a soft dough. Turn out on to a floured board, toss in the flour, and roll out to $\frac{3}{4}$ " in thickness. Cut into rounds and brush over with beaten egg or milk. Place on a floured baking tray and bake in a quick oven for 10-12 minutes. Cool on a wire tray. Regulo 8 or 450°F.

Mrs. W. Taylor.

Treacle Scones. (Girdle)

2 Cups S.R. Flour, 1 Tabspn. Treacle,
1 Dsrtspn. Sugar, Pinch of Salt,
1 Dsrtspn. Marg, Egg & Milk,
1 Teaspn. Baking Powder,

Melt marg and treacle in pan and add to dry ingredients. add beaten egg and milk.
Mrs. J. Dawson.

Girdle Scones.

$\frac{1}{2}$ lb. S.R. Flour, 1 Tbspn. Sugar,
1 Egg, 1 Teaspn. Baking Powder,
1 oz. Marg, Milk to Mix.

Sieve dry ingredients. Rub in marg. Stir in egg and milk, mixing to a light dough. Put spoonfuls on floured plate, form into rounds, patting them flat on the hot plate or girdle. Turn when golden brown. Cool on towel.

Mrs. A.S. Nicoll.

Oatcakes.

1 Cup medium Oatmeal,
 $\frac{1}{4}$ Teaspn. Salt,
 $\frac{1}{4}$ Teaspn. Bicarbonate of Soda,
Level Tbspn. Plain Flour,
2 Tbspns. Roast Fat or Dripping.
Boiling water to mix.

Put all dry ingredients in bowl, make well in centre, and add heated fat, and enough water to make the mixture into a consistency which sticks to the spoon rather than the bowl. Turn onto a board well sprinkled with oatmeal. Roll out and cut into triangles. Cook on hot plate, both sides, then toast.

Mrs. A.S. Nicoll.

Girdle Muffins.

1 lb. S.R. Flour, 2 oz. Lard,
 $\frac{1}{2}$ Teaspn. Salt, 2 oz. Sugar,
1 Egg Beaten with $\frac{1}{2}$ Pint Milk,

Mix flour and salt and rub in lard. Add sugar. Mix in egg and milk quickly until all flour is absorbed. Roll out gently on well floured board. Cut into small rounds $\frac{1}{4}$ " thick. Bake on a moderately hot girdle. When brown on one side, turn.
Mrs. Ruby Doig.

Bran Loaf.

1 Cup All-Bran, 1 Cup of Milk,
1 Cup Soft Brown Sugar, 1 Egg,
1 Cup Sunmaid Raisins,
1 Cup S.R. Flour,

Soak All-Bran in milk overnight. Mix all ingredients together. Bake in moderate oven. 1 Hour.

Mrs. Tarbet.

Banana Loaf.

6 oz. Sugar, 4 oz. Marg,
8 oz. S.R. Flour, 2 Eggs,
 $\frac{1}{2}$ Teaspn. Salt, 3 Bananas,

Cream Marg and sugar, add beaten eggs, then add mashed bananas and flour alternately. Put in loaf tin and bake for 1 Hr. at 375° F.

Vienna Bread.

1 lb. Flour, 1 Teaspn. Salt,
Almost $\frac{1}{2}$ Pint Milk, $\frac{1}{2}$ oz. Yeast,
 $1\frac{1}{2}$ oz. Marg, 1 Fresh Egg, (beaten),
1 Teaspn. Sugar,

Sieve flour and salt in large bowl. Melt marg, add milk and make tepid. Milk must not be too hot. Cream yeast and sugar till liquid. Pour tepid milk over beaten egg, add yeast. Pour into centre of flour and mix to smooth, soft dough. Beat. Cover with cloth and put to rise in a warm place for about 1 hour when it should be well-risen. Form into loaves, place on greased baking sheets or trays and leave for 15 minutes to rise again. Bake in hot oven for 20 to 30 mins.

Mrs. Cochrane.

Wholemeal Loaf.

$\frac{1}{2}$ lb. Wholemeal, 1 oz. Marg,
 $\frac{1}{4}$ lb. Flour, 1 Small Egg,
 $\frac{1}{2}$ Teaspn. Baking Soda, Little Milk.
 $\frac{1}{2}$ Teaspn. Cream of Tartar.

Rub marg into dry ingredients, add egg and milk to make a soft dough, put into greased loaf tin and bake at 375°F for about $\frac{3}{4}$ Hr. (egg may be omitted).

Mrs. J. Smith.

Orange Fruit Loaf.

7 oz. Plain Flour, 4 oz. Caster Sugar,
1 Level Teaspn. Baking Powder,
 $\frac{1}{2}$ Level Teaspn. Baking Soda,
1 oz. Lard, 1 oz. Marg,
3 oz. Currants, 3 oz. Sultanas,
Sift Flour, Baking Powder and Baking Soda. Rub in fats, add sugar, and fruit. Add grated rind or juice of orange, to $\frac{1}{4}$ Pint of sour milk (if available), stir into ingredients. Bake in Moderate oven for 1 Hour, reduce heat for another hour or when ready.

Mrs. Kinmond.

Dumpling Loaf.

1 Cup Sugar, 4 oz. Marg,
1 Cup Milk, 2 oz. Chopped Dates,
1 Cup Sultanas,

Put all in a saucepan, bring to boil slowly, then allow to cool. Mix in 1 beaten egg and two teacups of S.R. Flour and put in well greased loaf tin. Bake in centre of moderate oven for 1 Hour.

Mrs. Hill.

Banana Loaf.

14 oz. Plain Flour,
1 Level Teaspoon. Bicarbonate of Soda,
1½ Level Teaspoons. Baking Powder,
2 oz. Marg, 2 oz. Lard,
8 oz. Caster Sugar, 4 Bananas (fairly ripe)

Sift flour, bicarbonate of soda and baking powder together. Rub in lard and marg, add caster sugar. Mash bananas well and stir them into mixture with enough milk to make dropping consistency. Grease tin and turn mixture into it hollowing out the centre slightly. Bake at 350° for ¾ Hour. Reduce heat to 335° for a further hour. Cool loaf on a wire tray.

2 oz. chopped walnuts may be added to this recipe if desired.

Mrs. P.S. Murray.

Fruit Loaf.

1 Cup S.R. Flour, 2 oz. Marg,
½ Cup Caster Sugar, 1 Egg,
1 Cup Sultanas, Milk to Mix.
Pinch of Salt.

Rub marg into flour, put all other ingredients into bowl mix with egg and a little milk. Grease or line loaf tin and bake in oven Gas No.5-6 for about 45 minutes.

Mrs. Doreen Chessor.

Belgian Loaf.

1 Cup Caster Sugar,
1 Cup Milk,
1 Cup Sultanas,
¼ lb. Marg,
2 Cups Plain Flour,
½ Teaspoon. Baking Soda,
½ Teaspoon. Baking Powder,
1 Well beaten Egg.

Put sugar, milk, sultanas and marg in pan and bring slowly to the boil. Leave until tepid. Stir in flour, baking soda, baking powder and the well beaten egg. Bake in moderate oven for 1 Hour. No.5.

Mrs. E. Porteous.

Fruit Loaf.

8 oz. S.R. Flour, 3 oz. Caster Sugar,
8 oz. Mixed Fruit, ¼ Pint of Milk,
1 Teaspoon. Mixed Spice,

Put all ingredients into a bowl and mix with milk, put into greased tin and bake at 325° for 1 Hour.

Mrs. Lydia Porteous.

Sultana Tea Loaf.

8 oz. Sultanas,
 $1\frac{1}{2}$ Gill Warm Tea,
6 oz. Self Raising Flour,
3 oz. Dark Soft Brown Sugar,
1 Beaten Egg.

Put the fruit into a bowl and pour over the warm tea and leave the fruit to soak for at least two hours. Brush the tin with melted fat. Sift the flour and mix in the sugar, then add the beaten egg and the soaked fruit with the tea. Turn the mixture into the tin. Bake the cake in the centre of a moderate oven Gas No.4 or 350°F for one hour, then reduce the heat to gas mark 2 or 300°F for a further half hour or until cooked.

Mrs. Dunn.

Fruit Loaf.

1 Cup Water,
1 lb. Mixed Dried Fruit,
1 Cup Sugar,
 $\frac{1}{4}$ lb. Marg, or butter,
1 Teaspn. Mixed Spice.

Mix in heavy pan, bring to boil and cook gently for 10 minutes, cool and add:-

$\frac{1}{2}$ Teaspn Baking Soda, 2 Beaten Eggs.
Sieve 2 Cups Flour, $\frac{1}{4}$ Teaspn. Baking Powder,
make a well in centre and stir in the cooked mixture. Pour into lined tin. Bake at 350°F
for $1\frac{1}{4}$ - $1\frac{1}{2}$ Hours. Mrs. Ayton

Date Loaf.

8 oz. S.R. Flour,
2 oz. Marg or cooking fat,
2 oz. Caster Sugar,
 $\frac{1}{2}$ Teaspn. Salt,
3 oz. Chopped Dates,
 $6\frac{1}{2}$ oz. Milk.

Sift flour into basin, rub the fat into flour, add sugar. Mix to a soft dough with milk. Add the dates and mix well. Turn into a greased cake tin. Brush over with milk. Bake in a moderate hot oven for 45 minutes. Regulo 6 or 400°F . middle of oven.

Mrs. Ritchie.

Date Loaf.

$\frac{1}{2}$ lb. S.R. Flour,	1 Egg,
$\frac{1}{2}$ lb. Dates,	1 Teaspn. Spice,
1 Teacup Sugar,	2 oz. Walnuts,
2 oz. Marg,	1 Teacup boiling water.
$\frac{1}{2}$ Teaspn B/Soda,	
$\frac{1}{4}$ Teaspn. Salt,	

Put dates, marg, sugar & soda into a bowl, add boiling water. Add beaten egg and walnuts. Stir in flour salt and spice. Put into greased loaf tin and bake $1-1\frac{1}{4}$ Hours. Reg.4.

Mrs. E. Ford.

Brown Bread.

$1\frac{1}{2}$ lb. Wholemeal Flour,
 $\frac{1}{2}$ lb. Plain Flour or White Bread Flour,
 $\frac{1}{2}$ Tbspn. Salt,
1 oz. Sugar,
 $1\frac{1}{2}$ oz. Yeast,
2 oz. Lard,
1 Pint Water (Blood Heat)

Warm bowl and mixed flours. Cream yeast with 1 oz. sugar. Add salt to flours and mix well. Rub fat into flour. Make a well in flour and add yeast and warm water. Mix and knead well. Leave in a warm place (covered with damp cloth) for about $1\frac{1}{2}$ Hours. Re-knead and put into well greased containers. Leave in warm place to rise for about 1 Hour. Bake at 450°F for 45 minutes. Remove from tins and put back into oven (upturned) to crust.

Mrs. Bryce.

Braemar Brack.

Soak 1 lb. mixed fruit and 1 teacup soft brown sugar in 1 teacup cold tea and leave overnight. Add 2 teacups S.R. Flour and 1 egg, well beaten. Grease loaf tin and bake in a slow oven Regulo 3 for $1\frac{1}{2}$ Hours. Leave till next day then slice thinly and spread with butter.

Miss N. Ross.

Scotch Currant Loaf.

$1\frac{1}{2}$ lb. Fruit (Currants & Sultanias),
 $1\frac{1}{2}$ Cups Plain Flour, 1 Egg, (optional)
 $\frac{1}{2}$ Teaspn. Baking Soda,
 $\frac{1}{2}$ Teaspn. Cream of Tartar,
 $\frac{1}{2}$ Teaspn. Ginger,
 $\frac{1}{2}$ Teaspn. Mixed Spice,
 $\frac{1}{2}$ Teaspn. Jamaica Pepper,
 $\frac{1}{2}$ Teaspn. Salt,
1 Tbspn. Sugar,
1 Tbspn. Mixed Peel, or marmalade,

Mix together, add enough milk to make a dropping cake mixture. Bake for 2 to 3 Hours in not too hot an oven.

Mrs. Mabel Robertson.

Chocolate Biscuit Cake.

$\frac{1}{2}$ lb. Broken Biscuits,
2 Tbspns. Drinking Chocolate,
1 Tbspn. Sugar,
 $\frac{1}{4}$ lb. Marg,
 $1\frac{1}{2}$ Tbspns. Syrup.

Melt marg and syrup together. Mix dry ingredients. Pour in syrup and marg. Mix well and press into sandwich tin. Leave till the next day, cut into pieces.

Mrs. S. Robertson.

Rich Sultana Cake.

2 oz. S.R. Flour, 1 lb. Sultanas,
12 oz. Plain Flour, 6 Eggs.
8 oz. Butter or Marg,
8 oz. Caster Sugar,

Sift two flours together. Beat sugar and butter to a cream. Add eggs, 1 at a time lightly stir remaining flour. Add sultanas. Mix batter till smooth. Turn into papered tin. Bake in slow oven for about $2\frac{3}{4}$ Hours. Size of tin 8" x 4" deep. Regulo 3 or 350°F, middle of oven.

Mrs. Gowrie.

Irish Fruit Cake.

10 oz. Flour, 10 oz. Raisins,
10 oz. Butter, 10 oz. Currants,
10 oz. Brown Sugar, 6 oz. Sultanas,
4 oz. Ground Almonds, 4 oz. Chopped Nuts,.
6 oz. Mixed Peel, 5 Eggs, Brandy.
Grated Rind & Juice of one Lemon and one Orange.

Cream butter and sugar, add eggs and flour, lastly fruits and juices. Put mixture in tin and leave overnight. Bake next day for 5 hours in very moderate oven.

Mrs. Findlay.

Sultana Cake.

6 oz. Flour, 4 oz. Caster Sugar,
3 oz. Butter, 6 oz. Sultanas,
3 Eggs,

Beat butter and sugar to a cream. Beat in eggs, one at a time. Stir in flour and lastly the fruit. Put in a line greased cake tin. Bake in moderate oven for $1\frac{1}{2}$ Hours.

Mrs. M.C. Reid.

Genoa Cake.

8 oz. Flour, 6 oz. Marg, or Butter,
6 oz. Caster Sugar, 4 oz. Cherries,
6 oz. Sultanas, 2 oz. Mixed Peel,
3 Eggs, 2 Tabspns. Milk,
6 oz. Currants or Seedless Raisins,
1 Level Teaspoon. Baking Powder,
Pinch of Salt.

Prepare a 7" cake tin. Sieve flour, baking powder and salt together, beat marg and sugar, add one egg at a time beating each in thoroughly, fold in flour and mixed fruit gradually and last the milk, a slow oven Mark 2 or 315°F reduce to 300°F after one hour in oven. Time for cooking $2\frac{1}{2}$ to 3 hours.

Miss L. Douglas.

Duke Cake.

4 oz. Marg, 4 oz. Sugar,
4 oz. Flour, 1 Egg,
 $\frac{1}{2}$ Teaspn. Baking Powder,
 $\frac{1}{2}$ lb. Puff Pastry.

Cream sugar and marg, add flour and baking powder and egg, mix well, then leave aside. Line two sponge trays with pastry, spread a little jam on bottom, then a few sultanas then pour sponge mixture on both trays, bake at 350°F for about 20-25 minutes.

Mrs. Scott Lamond.

Ginger Torte Cake.

4 oz. Marg, 4 oz. Plain Flour,
2 oz. Rice Flour, 2 oz. Caster Sugar,
1 Level Teaspn. Ginger, Pinch of Salt,
4 Digestive Biscuits,

Cream fat and sugar, crush biscuits. Mix as for shortbread. Put in two 7" sandwich tins. Bake in Moderate oven for 20 minutes. Reg.4 350°F. Use any kind of filling and icing for top.

Mrs. C. Linley.

Hazelnut Meringue Cake.

4 Egg Whites, 9 oz. Caster Sugar,
 $\frac{1}{2}$ Teaspn. Vinegar, $\frac{1}{4}$ Pint Double Cream,
4 oz. Ground Hazelnuts.

Rub sides of 2 - 8" tins with butter and dust with flour. Line bottoms with rounds of non-stick paper (Bakewell). Set oven at 375°F or Reg.5. Beat egg whites very stiff, then gradually add sugar, beating it gently in. Add vinegar, and lastly fold in ground hazelnuts. Put into tins and bake for 30-40 minutes. Leave till cold in tins and then fill with whipped cream.

Mrs. G.M. Bowie.

Raspberry Crumble Cake.

Short-Crust Pastry, 2 oz. Butter,
2 oz. Caster Sugar, 1 Egg (beaten),
1 oz. Ground Almonds, 1 oz. Cake Crumbs,
Few drops of Vanilla Essence,
Pinch of Salt.

Line sandwich tin with pastry. Cream butter and sugar. Add egg and ground almonds and cake crumbs. Add salt and essence. Spread rasp. jam on pastry, put in mixture and spread. Put strips of pastry across. Bake at Regulo 4 or 350°F for 45 mins. When cold ice with white and pink icing.

Mrs. C. Linley.

Dundee Cake.

7" tin lined with greaseproof paper well greased.

3 Eggs, 6 oz. Butter,
6 oz. Dark Soft Brown Sugar,
1 Tabspn. Sherry or Orange Juice,
6 oz. Plain Flour,
 $\frac{1}{2}$ Level Teaspn. Baking Powder,
 $\frac{1}{2}$ Level Teaspn. Mixed Spice,
Pinch of Ground Nutmeg,
 $\frac{1}{2}$ lb. cleaned Currants,
 $\frac{1}{2}$ lb. cleaned Sultanas,
2 oz. chopped Almonds,
A few split almonds for the top of the cake.

Beat the butter to a smooth cream, add soft brown sugar and beat until mixture is soft. Beat eggs then add to mixture a little at a time, beating well between each addition. Stir in sherry or orange juice. Sift flour, baking powder, mixed spice and nutmeg. Mix currants, sultanas and almonds together and stir one tabspn. of flour into them. Lightly stir the flour into the creamed mixture, and lastly stir in the dried fruit. Scrape the mixture from bowl into prepared tin. Hollow out the centre slightly so that the cake will rise evenly. Stand the cake on a baking tray and put it into the centre of the very moderate oven for 45 minutes. Slip the cake just far enough out of the oven to put the halved almonds round the top

(Contd.).

Close oven gently and continue baking for a further hour to an hour and a quarter. When baked, cool, then take of greaseproof paper.

Mrs. J. McDonald.

Madeira Cake.

1 oz. S.R. Flour, 3 Eggs,
7 oz. Plain Flour, 2 Tabspns. Milk,
5 oz. Caster Sugar, Grated rind of one
5 oz. Butter or Marg, Lemon.

Sift flour, beat butter and sugar to a cream. Add lemon rind. Beat the eggs in one at a time. Add a little flour with second or last egg to prevent curdling. Add remainder of flour with the milk. Bake in a moderate oven for $1\frac{1}{2}$ Hours. Size of tin required 6" x 4" deep. Regulo 4 or 370°. Middle of oven.

Mrs. Gowrie.

Chocolate Cake.

6 oz. S.R. Flour, 6 oz. Marg, 3 Eggs,
8 oz. Caster Sugar, $1\frac{1}{2}$ Heaped Teaspn.
 $1\frac{3}{4}$ Tabspns. Hot Milk, Drinking Choc.
3 Tabspns. Hot Water.

Melt choc in hot water, add milk, cream marg & sugar add eggs and flour lastly add melted choc with hot water & milk, put in mod oven for 20 minutes.

Mrs. Findlay.

Chocolate Cake.

1 Heaped Tbspn. Cocoa,)
2 Tbspns. Hot Water,) Blend and cool.
4 oz. S.R. Flour, 5 oz. Caster Sugar,
4 oz. Marg, 2 Eggs. 1 Tbspn. Milk,

Cream marg, sugar, beat in cooled mixture, beat in eggs, add flour, add milk with last of flour. Bake 30-40 mins. in middle shelf of oven Mark 4 or 375°F. Either in 2" x 7" or 9" tin (Split 9" size).

Sandwich together with ~~mocha~~ cream and cover top with chocolate.

Mrs. W. Doig.

Coburg Cake.

8 oz. S.R. Flour, 2 Eggs & Milk,
 $\frac{1}{4}$ lb. Marg, $\frac{1}{4}$ lb. Sugar,
 $\frac{1}{4}$ lb. Fruit, 1 Teaspn. Ginger,
2 Tbspns. Treacle, 1 Teaspn. Cinnamon,

Cream marg and sugar, add eggs and dry ingredients, fruit and treacle. Add sufficient milk to make a rather soft consistency. Pour into well greased tin and bake in moderate oven for $1\frac{1}{4}$ to $1\frac{1}{2}$ Hours.

Mrs. Hume.

Festival Cake.

10 oz. S.R. Flour, 8 oz. Butter,
 $\frac{1}{2}$ Teaspn. Salt, 8 oz. Sugar,
8 oz. Mixed Peel, 5 Eggs,
4 oz. Chopped Walnuts, Almond Essence.
8 oz. Glace Cherries (cut in four & floured)
4 oz. Sweet Almonds (blanched & chopped)
4 oz. Crystallised Pineapple (cut in pieces)
Juice & rind of a Lemon.

Preheat oven Gas 2-3, Electric 300°-325°F
Line or oil tin 8" square or 9" round.

Sift flour & salt. Beat the butter & sugar and add lemon juice & rind. Add the eggs singly & beat well. Fold in flour & salt re-sieved, and add the fruit & nuts.

Lastly add a few drops of almond essence & mix well. Put mixture in tin & bake as follows:- 8" square tin - $3\frac{1}{2}$ -4Hrs. Mark 3 or 300°-325°F reducing heat to Mark 2 or 275°F after $1\frac{1}{2}$ Hrs. 9" round tin - 3- $3\frac{1}{2}$ Hrs. This is a delicious fruit cake with or without icing.

Butter Icing: 4 oz. Butter,
12 oz. Icing Sugar, 4 Tbspns. rum, brandy
 or sherry made hot.

Beat icing sugar into the butter until it will take no more. Add the alcohol & the rest of the icing sugar alternatively until all is beaten in. Fully cover the cake & decorate to choice.

Mrs. E.D. Thomson.

Cumberland Parkin.

4 oz. Porage Oats, 4 oz. S.R. Flour,
2 oz. Brown Sugar, 2 oz. White Sugar,
4 oz. Marg, 1 Tabspn. Syrup,
1 Teaspn. Bicarbonate of Soda,
2 oz. Cocoanut (if cocoanut disliked corn:
 :flour or semolina may be substituted),
1 Tabspn. Water (more if required),

Mix flour, oats, sugar cocoanut and bicarb together. Mix syrup, marg & water in pan over low heat till marg is liquid then add to dry ingredients. Make into walnut sized balls and place on greased baking sheet. Bake in moderate oven Gas 4-5 or 300-350°F 15-20 minutes, (till very brown)
Space well as biscuits spread in baking.
Mrs. Sturrock.

Iris Cake.

4 oz. Marg, 4 oz. Caster Sugar,
6 oz. S.R. Flour, 2 or 3 Eggs.

Beat marg and sugar, add eggs, fold in flour, divide mixture in three parts, mix 1 tabspn. drinking chocolate in one part, 10 drops cochineal in second part. Leave third part plain. Grease 7" round tin and line bottom. Spoon plain mixture into tin, add first part then second part. Bake in moderate oven 375°F for $\frac{3}{4}$ -1Hr. When cool cover with melted chocolate.

Mrs. W. Doig.

Fruitcake.

8 oz. S.R. Flour, 8 oz. Dark Raisins,
3 oz. Marg, 8 oz. Currants,
3 oz. Cookeen, 1 Large Apple & Sugar,
Sugar to Taste, 1 Teaspn. Mixed Spice,
Water to Mix, 1 Stale Cookie.

Stew apples with sugar. Put cookie in bowl and pour enough boiling water over it to make a paste. Wash fruit and put in large bowl, then add apples, spice and cookie. (the latter binds the fruit and makes cutting easier.)

Line tray with pastry rolled very thin and spread mixture in evenly. Cover with thin pastry. Brush with milk to seal edges and bake in moderate oven Gas 6 or 400°F for 20-25 minutes. Turn out on wire tray and dust with sugar, when cold. cut.

Mrs. E. Clark.

Egg Sponge.

3 oz. S.R. Flour,
3 oz. Caster Sugar,
3 Eggs,

Beat eggs & sugar together until very thick and creamy, gradually fold in sieved flour. Bake in Gas Oven No.4 for 30 minutes.

Mrs. M. Cargill.

Fruit Cakes.

$\frac{1}{4}$ lb. Sultanas, 1 Teaspn. Cornflour,
 $\frac{1}{4}$ lb. Currants, $\frac{1}{4}$ Teaspn. Mixed Spice,
1 Teacup Water, 1 Dsrtspn. Sugar,
Little Lemon juice,
Short-Crust Pastry.

Put sultanas and currants in pan with most of the water and stew till most of the water is absorbed. Mix cornflour and remainder of water and stir into mixture, add sugar, lemon juice and spice and leave to cool. Have ready some short-crust pastry, roll out very thin, sprinkle with fine sugar. Line flat tin with this pastry, spread on mixture, cover with other piece of pastry, mark in squares and brush over with a little egg. Bake in good oven until cooked brown. Turn out on cooling tray.

Mrs. M.C. Reid.

Sponge Cake. (No Fat)

2 Eggs,
3 oz. Caster Sugar,
3 oz. S.R. Flour.

Beat eggs well, add sugar and beat again. Fold in flour with knife. Bake in two sandwich tins 10-15 minutes, 400°F.

Mrs. Mabel Robertson.

Sponge Sandwich.

6 oz. S.R. Flour, 4 oz. Marg,
4 oz. Caster Sugar, 3 Eggs,
Pinch of Salt.

Sift flour and salt, cream marg and sugar, Add the eggs one at a time, with a little of the flour to each egg. Beat well. Lightly beat in remainder of flour, Turn the mixture into two greased & paper:ed sandwich tins. Bake in a hot oven for twenty minutes. When cold, spread with jam and sandwich together. Dust with icing sugar. Regulo 4 or 370°F.

Mrs. W. Taylor.

Chocolate Sponge Sandwich.

4 oz. Marg, 4 oz. Caster Sugar,
4 oz. S.R. Flour, 2 Eggs,
1 Heaped Tabspn. Drinking Choc. blended in
2 Tabspns. hot water, allow to cool.
Pinch of Salt.

Cream marg and sugar, add choc and water and beat. Add eggs, flour and salt. Pour into two 7" sandwich tins and bake Reg. 4 or 350°F for 30 minutes. Fill with any filling. Chocolate icing on top.

Mrs. C. Linley.

Ginger Sponge.

$\frac{1}{2}$ Teacup Sugar, 1 Egg,
 $\frac{1}{2}$ Teacup Syrup, filled up with milk,
1 Tbspn. Butter or Marg,
 $1\frac{1}{2}$ Breakfastcups Flour,
1 Teaspn. Ginger, 1 Teaspn. Mixed Spice,
1 Small Teaspn. Baking Soda.

Beat butter and sugar to a cream, add syrup and milk (heated) add egg and beat well. Mix in dry ingredients. Divide mixture into two sandwich tins and bake in moderate oven. Turn out on tray, when cool put butter icing between.

Mrs. M.C. Reid.

Sponge Sandwich.

6 oz. S.R. Flour, 4 oz. Marg,
3 oz. Caster Sugar, 2 Eggs.
2 Level Dstrspns. Syrup,
2 Dsrtspns. Milk.

Beat marg and sugar, also beat eggs and syrup, then mix in with marg and sugar, add flour and milk last, use two 7" tins. You can use flavouring if wanted, such as coffee or chocolate powder. Bake at Mark 3 or 325°F for 25 minutes.

Miss L. Douglas.

Treacle Sponge.

3 oz. Brown Sugar, 3 oz. Marg, 1 Egg, $1\frac{1}{2}$ Cups Plain Flour, 1 Teaspn. Bicarb Soda,
1 Teaspn. Cinnamon, 1 Tbspn. Treacle. $\frac{1}{2}$ Cup Milk.

Cream marg and sugar, add egg, sift dry ingredients, add treacle with milk, beat well
Bake moderate oven for 20 minutes.

Tango Sandwich.

4 oz. Marg, 2 Eggs,
1 Tbspn. Syrup, 3 oz. Caster Sugar,
6 oz. Flour, 1 Teaspn. Mixed Spice,
 $1\frac{1}{4}$ Teasps Bicarbonate of Soda,
 $\frac{1}{2}$ Teaspn. Cream of Tartar,
Milk.

Cream marg and sugar. Mix together flour and raising ingredients. Switch eggs. Work melted syrup into creamed sugar and marg, then flour and egg alternately. Add sufficient milk to make mixture fall easily from spoon. Divide between two sandwich tins (greased) and bake in a moderate oven for $\frac{1}{2}$ Hr. Turn out and allow to cool. Fill with cream or mock cream.

Mock Cream: 1 Cup Milk, 1 Dsrtspn Comflor
2 oz. Marg, 2 oz. Caster Sugar,
Vanilla Essence (if liked).

Blend flour and milk and bring to boil, stirring all the time. Allow to become absolutely cold. Beat marg and sugar together and very gradually work in sauce to make a cream. Add vanilla if liked.

Miss L. Gow.

Mrs. McCallum.

Feather Sponge. (with oil)

5 oz. Plain Flour, 1 oz. Cornflour,
5 oz. Caster Sugar, 2 Eggs,
 $\frac{1}{2}$ Level Teaspoon, Salt, $3\frac{1}{2}$ Fl. oz. Water,
2 Level Teaspoon, Baking Powder,
 $3\frac{1}{2}$ Fl. oz. Mazola Corn Oil.

Prepare 2 - 7" sandwich tins. Sieve dry ingredients into a bowl. Separate yolks of eggs from whites. Mix together egg yolks, mazola and water, add to dry ingredients. Beat well to form a smooth slack batter. Whisk egg whites until stiff and fold lightly into the mixture. Pour mixture into the prepared tins. Bake in moderate hot oven 375°F for 25-30 mins. Sandwich together with jam or cream.

Mrs. Kay Keay.

Fairy Cakes.

4 oz. Marg, 4 oz. Caster Sugar,
4 oz. Plain Flour, 2 Eggs,
2 Level Teaspoons. Baking Powder,
2 Dessertspoons. Milk,
Paper baking cases.

Beat marg and sugar till very soft and fluffy, light in colour. Add 1 egg to creamed mixture and beat well. Add other egg in same fashion. Stir sifted flour and baking powder into mixture with milk mix thoroughly without beating. Put large teaspoonful into each baking

Coffee Sponge.

4 oz. S.R. Flour, 4 oz. Sugar,
4 oz. Marg, 2 Eggs,
1 Teaspoon. Coffee Essence.

Beat sugar and marg, add eggs along with 1 teaspoon. flour, add coffee. Mix in remainder of flour. Divide between two 7" sandwich trays and bake 20 minutes in moderate oven.

Filling: 2 oz. Marg, 4 oz. Icing Sugar,
1 Dessertspoon. Coffee mix well together and sandwich the sponges together, keeping back a little of the mixture.

Top: 2 oz. Icing Sugar, Water and
 $\frac{1}{2}$ Teaspoon. Coffee. Decorate edge of sponge with filling mixture and pour coffee icing into middle and spread till all is covered.

Mrs. H. Pithie.

(Contd.).

case. Spread evenly round paper case, leaving hollow in centre for even rising. Mixture should be $\frac{1}{4}$ " below top of paper case. Bake 15-20 minutes Gas 5 or 380°F

(46) Mrs. Sturrock.

Quickie Sponge.

2 Large Eggs,
2 Dsrtspsns. Sugar,)
2 Dsrtspsns. S.R. Flour,) almost heaped
 $\frac{1}{2}$ Teaspn. Baking Powder & a good pinch Salt,

Well grease two sandwich tins. Whisk eggs, sugar and salt till they form a soft peak. Fold in sifted flour and baking powder. Pour into tins and bake in oven 400° - 425° F till golden. Spread with raspberry jam and fill with cream.

For a largersponge, 3 Eggs, 3 Spoons sugar and flour.

Mrs. Cochrane.

Lemon Meringue Pie.

6 oz. Short or Flaky Pastry,
1 oz. Marg,
1 Large Lemon,
2 oz. Sugar,
1 Dsrtspn. Cornflour or Custard Powder,
 $\frac{1}{4}$ Pint of Milk,
1 Large Egg or two if possible.
1 oz. Caster Sugar,

Line pastry tin with pastry and bake 25 mins, at Reg.8 for short-pastry or 9 for flaky-pastry. Blend cornflour and milk and cook gently until thick stirring all the time. Cream marg and sugar add yolk of egg and cornflour, grated rind of lemon and juice. Pour into pastry case. Whip egg white until(47)

Highlanders.

12 oz. Plain Flour,
8 oz. Marg,
4 oz. Caster Sugar,
Demerara Sugar,
Pinch of Salt.

Cream marg and sugar, sift flour and add with pinch salt. Mix as for shortbread. Knead well. Form into two rolls, brush with milk and roll in demerara sugar, cut into slices. Each roll should make 15 slices. Place on trays. Bake at Reg.4 or 350° F.

Mrs. C. Linley.

(Contd.).

very stiff, fold in almost all sugar and spread over mixture and dust over with remaining sugar. Bake for 45 minutes at Reg.1.

Mrs. C. Gilzean.

Crumb Cake.

4 oz. S.R. Flour, 3 oz. Butter,
2 oz. Caster Sugar, Pinch of Salt.

Rub butter into flour. Add salt and Sugar. Sprinkle in tin and press down. Bake in hot oven for 15 minutes. Take out and cut into squares. Put back and bake until brown.

Mrs. Kathy Fraser.

Raspberry Meringue.

4 Egg Whites, 8 oz. Caster Sugar,
 $\frac{1}{2}$ Pint Double Dairy Cream,
1 Large Pkt. frozen Raspberries.

Cover three upturned baking trays with 7" circles of kitchen foil. Grease then lightly. Beat egg whites until stiff, then add 2 Dsrtspsns. sugar, beat until the original consistency is reached. Using a metal spoon fold in the rest of the sugar. Divide the mixture into three, on 2 of the 3 rounds the meringue is spread smoothly, then with a teaspn. fill up the third round with rough blobs of meringue. Bake the meringue rounds in a cool oven at the lowest Gas Mark setting, or about 175°. They should be completely dry before the foil removed, leave to cool as long as possible, Assemble the meringue layers on the plate on which it is to be served. Spread half of the lightly whipped cream on the first round, scatter this with half the raspberries, put on the next layer of meringue. Spread with the rest of the cream, and raspberries. Put the rough meringue round on the top.

Mrs. H. Robertson.

Chocolate Coconut Slices.

6 oz. Cooking Chocolate,
 $\frac{1}{4}$ lb. Dessicated Coconut,
1 Egg,
 $\frac{1}{4}$ lb. Caster Sugar.

Grease an 8" tin, and line with grease-proof paper. Melt the chocolate, and pour in tin. When cold cover with the beaten egg, sugar and coconut well mixed. Bake till brown and firm, cut into fingers while warm, and leave till cold.

Mrs. H. Robertson.

Date Cake.

2 Cups Plain Flour, 1 Cup Sugar,
 $\frac{1}{2}$ lb. Dates, Milk to Mix,
 $\frac{1}{4}$ lb Lard (or marg & Lard mixed),
 $\frac{1}{2}$ Teaspn. Bicarbonate Soda,
1 Teaspn. Baking Powder,
Little Salt.

Chop the dates and add to the flour and baking powder and salt. Beat the sugar and lard together. Put the Bicarbonate of Soda in the milk and mix alternatively with the flour. Bake in moderate oven for about an hour.

Mrs. Mabel Robertson.

Sultana Squares.

$\frac{1}{4}$ lb. Marg, 1 Cup Sultanas,
2 Tabspns. Syrup, 2 Tabspns. Drinking Choc,
1 Pkt. Rich Tea Biscuits.
8-10 Squares Cooking Choc.

Melt marg and syrup and add drinking choc, sultanas and crushed biscuits mix thoroughly and put into baking tin, when cool cover with chocolate leaving overnight to set and cut into squares.

Mrs. Lydia Porteous.

Border Tart.

6 oz. Short-Crust Pastry,
1 Large Cup Raisins, 2 Tabspns. Milk,
 $\frac{1}{2}$ Cup chopped dates, Vanilla Essence,
Some chopped Walnuts, 2 oz. Marg,
Drtspn. Brown Sugar, 2 oz. Caster Sugar,
Little Baking Powder (more than a pinch),
Halved almonds for top.

Line 8" tin with pastry cream marg and sugar, add egg, dry ingredients, vanilla and milk. Mix well. Sprinkle pastry with a little flour and caster sugar before adding mixture. Spread evenly. Put strips of pastry lattice design on top. Sprinkle with almonds. Bake in moderate oven 30-40 minutes. Reg. 4 or 5.

Mrs. C. Linley.

Florentines.

Rice Paper, 4 oz. Caster Sugar,
 $3\frac{3}{4}$ oz. Butter, 1 oz. Sultanas,
1 oz. Chopped Peel, 1 oz. Cherries (chopped)
1 Tabspn. Whipped Cream,
 $\frac{3}{4}$ oz. Plain Flour,
4 oz. Plain Chocolate,
4 oz. Mixed broken walnuts & Almonds,

Place rice paper on baking trays. Melt the butter add sugar and dissolve, then boil together for 1 minute. Add all other ingredients (except chocolate) and mix. Drop the mixture in small, well shaped heaps onto lined trays keeping well apart and bake in mod. oven 350°F Mark 4 for about 10 minutes until golden brown. When cool remove rice paper and spread backs with melted chocolate, and mark with fork.
Mrs. Anne Gibson.

Date Fingers.

4 oz. Marshmallows, 4 oz. Cream Toffee,
4 oz. Butter, 1 Pkt. Cooking Dates,
1 Pkt. Rich Tea Biscuits,
1 Tabspn. Drinking Chocolate,
Cooking chocolate for top.

Melt mallows, butter, toffees, in a medium sized pan. Add biscuits crushed, chocolate powder, chopped dates. Mix well. Pour into a well greased swiss roll tray to set. Pour over melted chocolate. When cool cut in fingers.
Mrs. C. Linley.

Damp Gingerbread.

$\frac{1}{2}$ lb. Flour, 1 Dsrtspn. Ground Ginger,
5 oz. Treacle, 1 Teaspn. Baking Soda,
4 oz. Marg, 1 Egg,
4 oz. Sugar, 1 Gill. of Milk.

Mix dry ingredients. Melt marg and treacle. Switch egg and milk and mix with marg and treacle. Pour in centre of dry ingredients and beat quickly. Turn into prepared tin and bake in moderate oven, 1 Hour Gas 5. Sultanas can be added if desired.

Mrs. Laing.

Gingerbread..

12 oz. S.R. Flour, 6 oz. Marg,
4 oz. Caster Sugar, 2 Eggs,
4 Tabspns. Milk, 3 Tabspns. Syrup,
1 Tabspns. Treacle, Pinch Cinnamon,
Pinch Salt, Pinch Mixed Spice,
 $1\frac{1}{2}$ Level Teaspsns. Ground Ginger.

Grease tin, sieve flour, salt and spices. Place milk, sugar, syrup, treacle and marg in saucepan. Leave over a gentle heat to melt but do not allow to become very hot. Pour melted mixture onto flour, beat well. Add slightly beaten eggs. Beat until mixture is smooth. The consistency should be that of a thick batter. Add a little more milk if required. Pour into prepared tin. Bake 325°F.

Mrs. Moyra Bannerman.

Gingerbread.

$2\frac{1}{2}$ Teacups Plain Flour,
1 Teacup Raisins, Sultanas or Dates,
1 Teacup Sugar, $\frac{1}{4}$ lb Lard or marg,
2 Tabspns. Syrup, 2 Eggs,
3 Level Teaspsns. Ground Ginger,
 $2\frac{1}{2}$ Level Teaspsns. Cinnamon,
2 Teaspsns Baking Soda,
1 Teacup Boiling Water.

Melt margarine, sugar and syrup in pan. Mix dry ingredients. Add melted marg, sugar and syrup. Mix all together. Add beaten egg and finally the boiling water and mix well. Grease and line 2 lb. loaf tin and bake in moderate oven (300°F) for $1\frac{1}{2}$ Hours. Do not open oven door for 1 Hour.

Mrs. Janet Todd.

Russian Gingerbread.

$\frac{1}{2}$ lb. Flour, 2 oz. Sugar,
3 oz. Butter, 1 well beaten egg,
2 oz. Ginger Chips, 2 oz. Almonds,
 $\frac{1}{2}$ Teaspn. Mixed Spice, $\frac{1}{2}$ Teaspn. Ground Ginger,
 $\frac{1}{2}$ Teaspn. Soda, Milk to Mix,
2 Tabspns. Treacle or Syrup, Pinch of Salt,

Sieve the spices, soda, salt and flour, rub in butter add sugar also treacle, egg & fruit cut in small pieces. Mix to fairly soft consistency with milk. Beat well, turn into a greased tin and bake in slow oven for

(50) 1 Hr.

Miss MacKinlay.

Gingerbread.

$\frac{1}{2}$ lb. Plain Flour, 3 oz. Sugar,
 $1\frac{1}{2}$ Teaspn. Ground Ginger, 1 Teaspn. Mixed Spice,
2 Tabspns. Syrup, 2 Tabspns. Treacle,
2 oz. Marg, 1 Egg,
1 Teaspn. Baking Soda, $\frac{3}{4}$ Cup Milk.

Mix dry ingredients. Melt marg, treacle and syrup in a pan. Beat egg and add milk. Add marg mixture to dry ingredients then egg and mix. Put baking soda in cup and pour on $\frac{1}{2}$ cup boiling water. Add to mixture and mix. Pour into greased tin and bake in moderate oven. 1-1 $\frac{1}{4}$ hours. 350°F or Regulo 3.

Mrs. Blake.

Shortbread Biscuits.

4 oz. Plain Flour, 2 oz. Ground Rice,
4 oz. Marg, 2 oz. Caster Sugar,
Thinly grated orange or lemon rind.

Rub marg and flour, add sugar knead and press together to form a ball roll. Cut into fancy shapes place on greased tins and bake 25 mins in moderate oven.

Mrs. Findlay.

Shortbread.

5 oz. Butter, 3 oz. Caster Sugar,
8 oz. Plain Flour, Pinch of Salt.
Cream marg and sugar sift in flour, knead and divide into two, shape and prick with fork. Cut each round into 8 pieces. Bake about 1 Hr. 300°F.

Mrs. T. Stuart. (51)

Petticoat Tails.

3 Small Teacups Plain Flour, $\frac{1}{2}$ lb. Marg,
4 Tabspns. Caster Sugar,

Cream marg and sugar by hand, gradually work in flour, and knead till smooth and free from cracks. Divide into 4 pieces, roll each piece in rounds $\frac{1}{8}$ " thick. Prick over with fork. Bake $\frac{1}{2}$ Hr. at 325°F or Reg. 3. While still hot sprinkle with caster sugar and mark into triangles. Leave till cold before storing in airtight tin.

Mrs. Thomson.

Shortbread.

7 oz. Plain Flour, 2 oz. Cornflour,
3 oz. Rice Flour, 4 oz. Caster Sugar,
4 oz. Marg, 4 oz. Butter,

Cream butter and sugar. Add rice flour and then sifted flour and cornflour. Roll out and cut into biscuits. Prick and bake for 45 minutes in slow oven.

Mrs. M. Nicoll.

Shortbread.

10 oz. Plain Flour, 2 oz. Cornflour,
8 oz. Butter, 4 oz. Caster Sugar,
Sieve flour and cornflour, rub in butter, add the sugar and knead well into a smooth dough. Press in tin (swiss roll size), prick well. Bake in moderate oven 350°F, or Mark 4 for 1 $\frac{1}{2}$ Hrs. Cut into fingers when cold.

Mrs. J. Coogan.

Shortbread.

$\frac{1}{2}$ lb. Butter, $\frac{1}{4}$ lb. Caster Sugar,
 $\frac{3}{4}$ lb. Plain Flour, $\frac{1}{4}$ lb. Rice Flour,

Beat butter and sugar to a cream. Mix flours together and add. Knead well. Cut into cakes, prick with a fork. Bake in moderate oven until firm and light brown.

Mrs. M.C. Reid.

Chocolate Tipped Fingers.

6 oz. Marg or Butter, 6 oz. Plain Flour,
2 oz. Sifted Icing Sugar,
Pinch of Salt, Vanilla Essence.
6 oz. Butter Icing for filling.
2 oz. Plain Chocolate.

Cream fat and sugar and add a few drops of vanilla. Work in flour and salt gradually until a soft dough is formed. Put into large forcing bag fitted with star pipe. Pipe mixture on to a greased baking tin in 3" lengths leaving a space between. Bake in moderate oven 350°F or Reg. 4 for 10-15 mins. Until pale golden. Cool. Flavour butter icing with vanilla. Sandwich biscuits together, and dip ends in melted chocolate.

Mrs. C. Linley.

Truffles.

2 oz. Butter, 3 oz. Coconut,
4 oz. Icing Sugar, Cherries (chopped),

Cream butter, sugar add coconut and cherries.
Roll in balls, dip in chocolate, Mrs. Smith (52)

Chocolate Crunch.

4 oz. Marg, 1 Tabspn. Treacle,
1 Tabspn. Sugar, 1 Tabspn. Coco Powder,
8 oz. Digestive Biscuits,

Melt marg in saucepan. Add treacle, sugar, coco. When dissolved crumble the biscuits. Put into saucepan and stir well. Press into tin. Add chocolate after cool, then cut.

Mrs. Kathy Fraser.

Almond Macaroons.

4 Whites of Eggs, 8 oz. Caster Sugar,
6 oz. Ground Almonds, Pinch of Salt,
 $\frac{1}{2}$ Teaspn. Rice Flour or Farola,
Little Icing Sugar,

Sufficient Split almonds to cover macaroons.
Rice Paper to lay on baking Sheets or tins.

Beat whites stiffly, with salt, add half of sugar, and beat into the whites. add the rest of sugar and fold in, then add the almonds-(ground), rice flour or farola, fold into mixture lightly. Put rice paper on tins. Pour mixture into a forcing bag, with a plain pipe in it. Pipe small amounts on Rice paper, leave room to spread a little. Put a split almond on each and wet all over with cold water. Shake icing sugar on each one. Bake till golden brown. Cool a little then take off tins and break off surplus rice paper.

Miss S. Shaw.

American Frosties.

$\frac{1}{2}$ lb. Suenut, $\frac{1}{4}$ lb. Cherries,
1 Cup Dried Milk, 1 oz. Angelica,
1 Cup Coconut, $1\frac{1}{2}$ Cups Rice Krispies,
1 Cup Icing Sugar.

Melt fat, cool a little then add to dry ingredients. Cut angelica and add cherries in small pieces, press into greased baking tin. Cut into pieces when set.

Mrs. Sheila Robertson.

Truffles.

2 oz. Marg, $\frac{1}{4}$ lb. Drinking Chocolate,
1 Large tin Scottish Maid Milk,
15 broken rich tea biscuits.

Melt marg and take off heat. Add milk, crush biscuits and add with chocolate. Leave to cool after forming into balls and rolling in vermicilli.

Mrs. Kidd.

Oat Biscuits.

4 oz. Marg, 4 oz. Caster Sugar,
4 oz. Porridge Oats, 3 oz. Plain Flour,
1 Teaspn. Baking Soda,
1 Teaspn. Syrup,

Cream marg and sugar, beat in syrup. Add oats, soda and flour. Make into balls and slightly press. Bake moderate oven $300-310^{\circ}\text{F}$ until golden brown.

Miss. I. Suttie.

Mint Whirls.

White of Egg, Peppermint Essence,
Icing Sugar, Green Colouring.

Beat white of egg until stiff. Add icing sugar to make a firm consistency. Carefully add a few drops colouring and peppermint essence. Make into small balls and dip in melted chocolate.

Mrs. Sheila Robertson.

Rock Buns.

$\frac{1}{2}$ Teacup Sugar, 2 Teacups S.R. Flour,
1 Teacup Sultanas, 2 oz. Lard or Marg,
Pinch Salt, 1 Egg,
1 Teaspn Baking Powder,
Grated rind of lemon, Milk if required.

Rub lard or marg into flour and add other ingredients. Mix to a stiff dough. Grease and flour a baking tin, place mixture in heaps sprinkle with sugar and bake in a moderate oven till nicely browned.

By omitting lemon rind and adding 2 Teasps. of ground ginger you have ginger buns and by omitting sultanas you have paris buns.

Mrs. Adam.

Empire Biscuits.

$\frac{1}{4}$ lb. Marg, $\frac{3}{4}$ Cup Caster Sugar,
 $\frac{1}{4}$ Cup Custard, $1\frac{3}{4}$ Cups S.R. Flour,
1 Egg.

Beat marg and sugar to a cream, add dry ingredients. Roll out $\frac{1}{8}$ " with a cutter. Fire in hot oven till slightly brown. Put two together with a little jam, Ice on top.

Mrs. Findlay.

Heckle Biscuits.

$\frac{1}{2}$ lb. Plain Flour, $\frac{1}{2}$ lb. S.R. Flour,
 $\frac{1}{2}$ lb. Marg, $\frac{1}{4}$ lb. Caster Sugar,
2 Tabspns. Boiling Water, Pinch of Salt.

Sieve flour together and rub in marg. Put sugar in bowl and melt with boiling water. Add to rubbed mixture. Take off small pieces. Form into balls. Roll out thinly. Prick centre with fork. Bake Reg. 4 until golden brown.

Mrs. C. Linley.

Almond Biscuits.

4 oz. Plain Flour, 3 oz. Marg, 1 oz. Ground Almonds, $1\frac{1}{2}$ oz. Caster Sugar,
Beaten Egg or milk to bind, Jam, Icing Sugar,

Sift flour. Rub marg into flour, Add the sugar and ground almonds. Mix to firm paste with egg or milk. Roll out thinly on a floured board. Cut out into rounds. Cut out centres of half of the rounds so as to form rings. Place on greased tray and bake till firm, in a moderate oven. When cold sandwich together with jam, Sprinkle with icing sugar. Reg. 3 or 350° F.

Coffee Biscuits.

6 oz. S.R. Flour, 3 oz. Caster Sugar,
2 oz. Marg, 1 oz. Lard,
4 oz. Currants, 1 Beaten Egg,
1 Tabspn. Coffee Essence.

Mic flour and sugar, rub in marg and lard. Stir in egg and coffee essence. Add currants. Form into small balls and give a pat down. Bake in moderate oven. Gas 4 for 15-20 mins.

Mrs. Miller.

Iced Biscuits.

4 oz. Marg, 2 oz. Caster Sugar,
8 oz. Plain Flour,

Cream marg and sugar sift in flour and mix to a stiff dough. Roll out thinly and cut into rounds with a small cutter. Bake in moderate oven 375°-400° F. When cold sandwich together with butter icing flavoured with vanilla. Ice Tops.

Mrs. T. Stuart.

Mrs. D. Chessor.

Neenish Tarts.

$\frac{1}{2}$ lb. Plain Flour, Pinch Salt,
5 oz. Marg, Little Beaten Egg,
2 oz. Caster Sugar,

Cream sugar and marg and add other ingredients
Roll out and line patty tins. Prick and bake
in moderate oven.

Filling: 4 Tabspns. Butter,
 4 Tabspns. Icing Sugar,
 4 Tabspns. Condensed Milk,
 2 Dsrtspns. Lemon Juice.

Soften butter, add sifted icing sugar, con:
:densed milk and lemon juice. When set ice
half the top with white icing and half with
chocolate icing.

Mrs. G. McLaren.

Vienna Shells.

6 oz. Marg or Butter, 2 oz. Icing Sugar,
6 oz. Plain Flour,
 $\frac{1}{4}$ Teaspn. Vanilla Essence.

Cream fat and sugar and add vanilla. Gradually
work in flour. The mixture will be very stiff
Put mixture in icing bag and pipe onto pre:
:pared baking tray, in whirls. Bake for
20 minutes at 350°. Allow to cool slightly
before removing from tray. The shells may
be sandwiched together with butter cream.

Mrs. Pat Chalmers.

Chocolate Coconut Gems.

1 Egg White, 1 Teaspn. Lemon Juice,
4 oz. Caster Sugar, 4 oz. Dessicated Coconut,
Rice Paper, 2 oz. Plain Chocolate,

Whisk egg white, until stiff. Add lemon
juice and sugar and again whisk until stiff.
Stir in the coconut, cover some baking sheets
with rice paper. Take a little of the mix:
:ture and form small balls on prepared tins
and bake in very cool oven (275°F or Mark $\frac{1}{2}$)
until firm about 1 $\frac{1}{2}$ hours. Melt chocolate
and dip the base of each biscuit in it.
Place on wire tray to set. Makes about 12.

Mrs. Anne Gibson.

Paradise Slices.

$\frac{1}{2}$ lb. Short-Crust Pastry,
4 oz. Marg, 1 Beaten Egg,
4 oz. Caster Sugar,
2 oz. Ground Rice,
2 oz. Chopped Walnuts,
2 oz. Chopped Cherries,
1 Tabspn. Ground Almonds.

Line a swiss roll tin with pastry, prick
and partly cook in hot oven 425°F for
5-10 mins. Cream marg and sugar add ground
rice, almonds & egg. Beat well. Mix in
remainder of ingredients. Spread over
partly cooked pastry case. Bake at 350° for
30-35 mins. Allow to cool, sprinkle with

(55) sugar and cut into bars. Mrs. M. Nicoll.

Coffee Buns.

7 oz. S.R. Flour, $\frac{1}{4}$ Teaspn. Baking Soda,
2 oz. Sugar, $\frac{1}{2}$ Teaspn. Cream of Tartar,
3 oz. Lard, 1 Tabspn. Syrup,
3 oz. Fruit, 1 Egg,
 $\frac{1}{2}$ Teaspn. Spice, Ginger and Cinnamon.

Cream lard and sugar, add egg, syrup, and sieved dry ingredients, also fruit. Mix to stiff paste and form into balls, then flatten before baking on greased trays fairly well apart. Brush tops with milk and bake 375° for 20 minutes.

Mrs. Bonthrone.

Chocolate Fudge.

1 oz. Raisins,
 $\frac{1}{4}$ lb. Marg, $\frac{1}{4}$ lb. Caster Sugar,
4 Tabspns. Drinking Chocolate, 1 Egg,
1 oz. Cherries, 1 oz. Walnuts,
6 oz. Cooking Choc. $\frac{3}{4}$ Pkt. Digestive Biscs.

Melt marg and sugar in pan add chopped fruit and well beaten egg, add chocolate powder and crumbled biscuits. Mix all together. Press into a 7" square tin (lined bottom with greaseproof paper). Melt chocolate and pour over top. Allow to set 24 hrs. then cut into small pieces.

Mrs. E. Porteous.

Chocolate Crinkles.

4 oz. S.R. Flour, $\frac{1}{2}$ oz. Cocoa,
2 oz. Butter or Marg, 1 Tabspn. Syrup,
2-3 Tabspns. Icing Sugar.

Sift flour and cocoa, set aside. Cream butter and sugar, beat in syrup. Add $\frac{1}{2}$ flour blend well, stir in remainder to soft dough. Shape into balls roll in icing sugar. Place on baking tray, bake in centre of moderate oven. Gas No.4 or 355° for 20-25 minutes.

Mrs. Lamond.

Ginger Nuts.

1 lb. Plain flour, 1 Egg,
8 oz. Sugar, 8 oz. Syrup,
6 oz. Marg, 1 Teaspn. Salt,
1 Teaspn. Baking Soda,
1 Heaped Teaspn. Ginger,

Melt syrup and marg. Mix dry ingredients add egg then liquid, mix well. Form into balls the size of walnuts place on greased tray flatten with finger on top. Bake for 15 minutes. Reg. 3.

Mrs. J. Stewart.

Bounties.

8 oz. Coconut, 7 oz. Scotchoc,
1 Small Tin Condensed Milk,
2 Tbspns. Icing Sugar.

Mix together coconut, icing sugar and condensed milk. Heat chocolate over hot water until runny. Form into balls and dip in chocolate and allow to cool on greaseproof paper.

Mrs. C. Hynd.

Chocolate Chippers.

6 oz. Plain Flour, 4 oz. Caster Sugar,
4 oz. Butter or Marg, Pinch of Salt,
1 Egg, 4 oz. Chocolate Chips,
2 oz. Chopped Walnuts, 1 Teaspoon. Vanilla Essence.

Cream butter and sugar, beat in egg and vanilla essence stir in flour, chocolate chips and nuts. Drop mixture in rounded teaspoon on tray. Bake in centre oven. 355°F or Reg. 4 for 10-12 minutes.

Mrs. Lamond.

Gipsy Creams.

8 oz. Marg, 6 oz. Caster Sugar,
6 oz. Porridge Oats, 8 oz. S.R. Flour,
1 Dessertspoon Syrup, 3 Dessertspoons Boiling Water,

Cream marg and sugar. Melt syrup with boiling water and add to mixture alternatively with flour and oats. Bake in moderate oven until

(57)

Coconut Cakes.

4 oz. Plain Flour, 1 Egg,
2 oz. Marg, 3 oz. Coconut,
1 Teaspoon. Baking Powder,
3 oz. Caster Sugar,

Separate yolk and white of egg. Rub marg into flour, add baking powder and yolk of egg. Roll out paste, cut into rounds with 2" cutter. Switch up egg white with sugar, add coconut, and mix thoroughly. Fill cases with jam or lemon curd and put coconut mixture on top. Slow oven 20 minutes.

Mrs. Tarbet.

Meringues.

2 Good Sized Egg Whites,
4 oz. Caster Sugar, Pinch of Salt,

Beat egg whites and salt until very stiff. Add 2 oz. sugar fold in with metal spoon, beat well, fold in the remaining 2 oz. sugar. Pipe or put spoonfuls of mixture on very slightly greased foil. Bake in the lowest heat you can get in your oven. When cool, cream together with fresh cream. Time for cooking 2½-3 Hours.

Mrs. Park.

(Contd.)

golden brown. Sandwich together with chocolate butter icing.

Mrs. M. Nicoll.

Walnut Biscuits.

4 oz. S.R. Flour, 1 oz. Gran Sugar,
2 oz. Butter or Marg, 1 Tabspn. Syrup,
1 Tabspn. Coffee Ess. 2 oz. chopped Walnuts,
Caster Sugar for coating.
Few chopped walnuts for decoration.

Cream butter and sugar, beat in syrup and coffee essence, add half flour and mix to smooth paste, mix remaining flour with nuts add and mix to smooth paste. Roll into small balls, coat with caster sugar. Place on baking tray and press walnuts in centre. Moderate oven for 20 minutes.

Mrs. Lamond.

Special Apple Tart.

Line a sandwich tin or a flan ring with short-crust pastry, and cover the bottom with a thin layer of raspberry jam. Three quarters fill with chopped apples (or apple pie filling) and sprinkle with lemon juice and caster sugar.

The secret of the tart is in the next layer:-

Cream 4 oz. Butter, 4 oz. Sugar, 4 oz. Ground Almonds and a few drops orange essence. Add 2 beaten eggs and 1 oz. Flour. Fill up the tart and cover with more pastry. Brush with beaten egg and sprinkle with caster sugar. Bake in a moderate oven for 25 minutes.

Mrs. Mackie.

German Biscuits.

4 oz. Marg, 3 oz. Caster Sugar,
6 oz. Plain Flour.

Cream marg and sugar, add flour and work in well. Roll out $\frac{1}{4}$ " thick. Cut into shapes and bake in moderate oven until pale brown. When cool sandwich with jam and decorate.

Mrs. M. Rodger.

Lemon Curd Shortcakes.

4 oz. Marg, 2 oz. Caster Sugar,
4 oz. S.R. Flour, Lemon Curd,

Cream marg and sugar, mix in flour. Roll into balls and place in paper cases. Make dent in middle of balls with finger on end of wooden spoon. Bake in moderate oven until golden. Put lemon curd in cavity when cold, sprinkle with icing sugar.

Mrs. C. Linley.

Chocolate Dainties.

4 oz. Icing Sugar, 4 oz. Marg,
6 oz. Melted Chocolate, 4 oz. Coconut,
Some chopped nuts if fancied.

Beat icing sugar and marg until nice and light then add coconut. Roll into balls, dip into melted chocolate then let set.
A bit messy but end product worth it.

Mrs. Ena Clark.

Mincemeat Cookies.

6 oz. Plain Flour, 4 oz. Butter or Marg,
Pinch of Salt, 4 oz. Soft Brown Sugar,
1 Lightly mixed Egg, 2 Tabspns. Mincemeat,
Chocolate Glaze: 2 Tabspns Water,
 4 oz. Plain Chocolate,
 4-6 oz. Icing Sugar,

Sift salt and flour, cream butter and sugar, gradually beat in egg. Stir in sifted ingredients and mincemeat. Drop mixture in rounded teaspoon. on baking tray. Bake centre of oven. 355°F or Gas 4 for 20 mins.

Allow biscuits to cool thoroughly before finishing, prepare chocolate glaze.

Measure water, bring to boil, draw pan of heat add chocolate. Stir till smooth.

Gradually stir in icing sugar to make smooth thin glaze. Dip each cookie half-way into glaze, set on grease-proof paper until glaze has set firm.

Mrs. Lamond.

Raisin Drops.

$\frac{1}{2}$ lb. S.R. Flour, 3 Dsrtpsns. Sugar,
1 Dsrtpsns. Syrup, $\frac{1}{4}$ lb. Marg,
 $\frac{1}{2}$ Teaspsn. Baking Soda, Handful Sultanas or Raisins.

Melt marg, syrup and sugar, add to dry ingredients. Form into small balls and place on greased baking tray. Bake at Gas 4.

Mrs. J. Smith.

Date Fingers.

4 oz. Marg, 3 oz. Sugar,
8 oz. Dates, 1 oz. Cherries,
4 Cups Rice Krispies.

Melt marg and sugar. Add dates and simmer till soft. Add cherries and krispies. Spread on greased tin and mark into fingers, cover with melted chocolate.

Mrs. J. Dawson.

Coburg Cakes.

6 oz. Plain Flour, 3 oz. Marg,
3 oz. Sugar, 2 Eggs,
 $\frac{1}{2}$ Teaspsn Ground Ginger,
 $\frac{1}{2}$ Teaspsn Cinnamon,
 $\frac{1}{4}$ Teaspsn Baking Soda,
2 Dsrtpsns. Syrup,
2 Dsrtpsns. Hot Water.

Cream butter and sugar, add unbeaten eggs, then syrup and water. Mix in dry ingredients. Put spoonfuls of the mixture into prepared patty tins or paper shapes and bake in hot oven for 15 minutes.

Mrs. Watson.

Peppermint Slices.

$\frac{1}{4}$ lb. Marg, 1 Dsrtspn. Coco,
Pinch Salt, 1 Cup S.R. Flour,
 $\frac{1}{2}$ Cup Brown Sugar, 4 Handfulls of crushed
Flakes.

Melt marg, and add to dry ingredients, then put into swiss roll tin. Bake for 20 minutes at 425° F or Reg 4. Remove and leave to stiff: en.

Icing: $\frac{1}{2}$ lb. Icing Sugar, little water,
 $\frac{1}{2}$ Teaspn. Peppermint Essence.

Spread over mixture when set and then coat with chocolate.

Mrs. I.E. Pennycook.

Marshmallow Squares.

$\frac{1}{2}$ Cup Shredded Coconut, $\frac{1}{2}$ Cup Chopped Nuts,
30 Coloured Marshmallows,
30 Wafers, rolled fine,
 $\frac{1}{2}$ Cup Cherries, chopped fine.
1 Small tin sweetened condensed milk,

Combine marshmallows, rolled wafers, nuts, cherries and milk in bowl. Mix well and press into tin. Cover with sprinkling of coconut. Chill. Cut into squares to serve.

Mrs. Hunter.

Caramel Squares.

6 oz. Plain Flour, 1 Teaspn. Syrup,
4 oz. Marg, 1 Teaspn. B/Powder,
3 oz. Brown Sugar, $\frac{1}{2}$ Teaspn. Vanilla,
5 oz. Mixed Fruit, 1 Egg,
1 oz. Chopped Nuts, Pinch Salt.

Melt marg with sugar and syrup and beat well. When cool beat again and add all dry ingredients, then add baking powder, vanilla and lastly egg. Put in greased shallow tin and bake for 30 minutes, in moderate oven.

Icing: 5 oz. Sugar,
 $\frac{1}{2}$ Gill Creamy Milk,
1 Tbspn. Butter.

Boil together, sugar, milk and butter, stir until mixture thickens. While still warm spread over cake. Cut into squares when cold.

Mrs. G. McLaren.

Rock Buns.

8 oz. S.R. Flour, 3 oz. Caster Sugar,
3 oz. Marg, 3 oz. Currants,
1 Egg and very little milk.

Sift flour and sugar into bowl. Rub in marg, mix in currants and mix to a stiff dough with the beaten egg and milk. Bake in hot oven 425°-450° or Gas 5-6 for about 20 minutes.

Mrs. D. Chessor.

Quick Cup Cakes.

4 oz. Marg, 4 oz. Sugar,
1 oz. Cocoa, 2 Eggs,
3 oz. S.R. Flour, 1 Level Teaspn. B/Powder.

Put marg in pan and heat very slightly, work round pan until it is soft, though not oily. Take pan off heat and stir in sugar. Beat eggs add to mixture in pan. Sift flour cocoa and baking powder and lightly stir into mixture. $\frac{3}{4}$ fill paper cases and bake in hot oven 10 minutes.

Mrs. H. Pithie.

Kocanutties.

2 oz. Caster Sugar, 2 oz. Butter,
2 oz. Cocoanut (dessicated),
2 oz. S.R. Flour.

Cream butter and sugar till creamy. Stir in the flour and cocoanut. Form into balls, slightly flatten these on a greased baking tray, and bake slowly, for about 20 mins, or till golden brown, cool on tray.

Miss C.C. Galbraith.

Cocoanut Creams.

8 oz. Marg, 7 oz. Caster Sugar,
2 cups Cocoanut, 2 Cups S.R. Flour.

Cream marg and sugar. Add cocoanut and flour. Bake in moderate oven for 20 minutes or until golden brown. Filling: 2 oz. Marg, 2 oz. Icing Sugar, 1 Teaspn. of Cocoa. Miss I Suttie,

Chocolate Squares.

8 oz. Butter, 2 Cups S.R. Flour,
4 Tabspns. Sugar, 1 Teaspn. B/Powder.

Mix all ingredients together and press into two swiss roll tins. Cook moderate oven 10-15 mins.

Filling: 8 oz. Sugar, 8 oz. Butter,
4 Tabspns. Syrup,
1 Tin condensed milk,
6 oz. Cooking Chocolate.

Put sugar, butter, syrup and milk into pan and boil for 5 mins, stirring all the time. Divide mixture between two swiss roll tins. Allow to cool and cover with melted chocolate. When cold cut into squares.

Mrs. Sheila Robertson.

Butter Tartlets.

Line Patty Tins with 8 oz. Short-Crust Pastry.

Filling: 4 oz. Currants, 1 Egg,
4 oz. Demerara Sugar, 1 oz. Butter,
1 Teaspn. Vanilla Essence.

Melt butter in pan, add all ingredients and mix well. Put teaspnfull into each case. Bake at 325°F for 3 for 15-20 mins. When cool, decorate with a little icing and piece of cherry.

Mrs. Fullerton.

Afghans.

7 oz. Butter, 2 oz. Caster Sugar,
6 oz. Plain Flour, $\frac{3}{4}$ oz. Cocoa Powder,
1 Level Teaspn. B/Powder,
2 oz. Lightly crushed cornflakes,
1 Teaspn. Vanilla Essence,
Decorate with: Chocolate Glace Icing,
Walnuts.

Cream the butter and sugar together until light and fluffy. Sieve the dry ingredients together work into the mixture with the cornflakes and essence. (Work the dry ingredients in by hand.) Divide into small pieces and press roughly into biscuits and put on greased baking sheets. Bake in moderate oven Gas 4 or 350°F for 20-25 mins. Cool on wire tray. Put a little icing on top of each and decorate with half a walnut. A few chopped dates can be added to the mixture.

Mrs. B. Campbell.

Coconut Haystacks.

$\frac{1}{2}$ lb. Dessicated Coconut, 2 Beaten Eggs,
 $\frac{1}{2}$ Cup Moist Sugar,

Mix all together until fairly stiff. Fill an egg cup with mixture and turn on to a well greased tin. Bake about 10 mins in a hot oven.

Mrs. M. Croll.

Melting Moments.

2 oz. Lard, 2 oz. Marg,
6 oz. S.R. Flour, $\frac{1}{2}$ Teacup Sugar,
1 Egg, 1 Teaspn. Baking Powder.

Cream lard, marg and sugar. Add beaten egg, then flour and baking powder. Toss a spoonful of mixture in crushed cornflakes, and then put on greased baking tray. Press down slightly and bake in oven (moderate) until crisp and golden.

Mrs. Anton.

Yum Yum Cake.

2 oz. Brown Sugar, 3 oz. Marg,
2 Egg Yolks, 6 oz. S.R. Flour,
1 Teaspn. Vanilla Essence.

Cream together sugar and marg until light and fluffy add beaten egg yolks and flour and vanilla. Mix together by hand to a stiff paste. Place in a greased swiss roll tin and flatten.

Topping: 2 Egg Whites, 1 oz. Cherries,
4 oz. Caster Sugar,
1 oz. Chopped Walnuts,

Beat egg whites until stiff, gradually fold in sugar, then nuts and cherries. Spread evenly over base mixture & bake in a moderate oven for 20-25 mins. until lightly browned.

Mrs. G. McLaren.

Curly-Top Cakes.

4 oz. Butter or Marg, 4 oz. Caster Sugar,
6 oz. S.R. Flour, 2 oz. Glace Cherries
2 Eggs (whisked), (chopped),

Topping: 1 oz. Butter or Marg,
 1½ oz. Cornflakes,
 1 oz. Caster Sugar,
 8 Glace Cherries (halved).

Cream butter and sugar until soft and light.
Beat in egg a little at a time, then fold
in sieved flour and the chopped cherries.
Spoon mixture into paper cake cases.

To make topping: Melt butter in medium
sized pan, stir in flakes and sugar.
Press this mixture into top of cakes and
bake in a moderate oven 350°F for 20-25 mins.
Top each cake with half cherry and cool.
Makes about 16.

Mrs. Grace Donaldson.

Christmas Cake.

8 oz. Marg, 8 oz. Brown Sugar,
10 oz. Flour, 4 Eggs,
¼ lb. Gr. Almonds, 1 Tabspn. Treacle,
1 Teaspn. Mixed Spice,
½ Teaspn. Gr. Ginger,
1 Teaspn. Lemon Rind,
2¼ lbs. Fruit, (currants, sultanas &
Tin 8" diameter. cherries),

Prepare tin with paper. Heat oven to
300°. Cream marg and sugar, add treacle.
Sieve flour and spices. Add eggs gradually
with a little flour. Mix in fruit. Fold in
flour (a little baking powder (¼ teaspn.)
can be added). Put in tin and bake for
1 Hour then reduce to 250° and bake for
a further 2 hrs. or longer. Cover later
with marzipan and ice.

Mrs. Hume.

Chocolate Truffles.

3 oz. Cake Crumbs, 3 oz. Caster Sugar, 3 oz. Ground Almonds,
3 oz. Plain Chocolate, (melted), 1 Teaspn. Rum or essence,
Sieved Apricot Jam, Chocolate Vermicilli,

Put crumbs, ground almonds, and sugar in a bowl. Stir in essence and chocolate
to make a stiff consistency. Roll into balls. Melt jam and brush over truffles.
Roll in vermicilli. Leave to harden and put in paper cases.

Mrs. C. Linley.

Glace Fruit Christmas Cake.

12 oz. Sultanas, 8 oz. Glace Cherries (both red & green if possible),
6 oz. Glace Pineapple, 2 oz. Glace Ginger, 2 oz. Angelica,
2 oz. Candied Citron Peel, 2 oz. Shelled Walnuts, 8 oz. Plain Flour,
4 oz. S.R. Flour, Small Pinch Salt, 4 Eggs, 8 oz. Butter, Juice of $\frac{1}{2}$ Lemon,
8 oz. Caster Sugar, Finely grated rind of 1 Lemon, 3-4 Tabspns. Sherry.

Pick over and thoroughly wash sultanas. Drain well. Spread out on a cloth and leave to dry overnight. Rinse cherries under hot water to wash away surplus syrup. Drain well and press between folds of a cloth. Cut cherries into quarters. Chop glace pineapple and walnuts. Remove any solid sugar from citron peel, rinse and drain ginger and angelica and press in a dry cloth. Then chop citron, ginger and angelica into small pieces and mix them with the other fruit and nuts. Sift together the flours and salt and scatter half of it over the mixed fruit and stir in. Beat up eggs with lemon rind and juice. Set oven to 330-340°F or Gas 3½ and place shelf just below oven centre. Grease a 9" cake tin and line bottom and sides with double thickness of greased greaseproof paper. Tie a folded band of brown paper round outside of tin to protect cake from over-browning. Slice butter into a warm bowl and beat for a minute until softened, add caster sugar and beat until light and fluffy. Gradually beat in flavoured egg mixture, about one-sixth at a time. Fold in remaining flour smoothly, then add fruit and flour mixture and fold in lightly but thoroughly, adding sherry to produce a medium dropping consistency. Spread in prepared cake tin, carefully levelling off the top. Then with the back of a tablespoon make a wide shallow dip in the centre of the cake. This will fill in as the cake rises in baking, and produce a beautifully flat top for icing later. Bake cake for 1-1¼ hrs. until the top surface just sets. Reduce heat to 300°F or Gas 2½ for a further 1-1½ hrs. Then reduce to 275°F or Gas 1½ until the cake is baked. Total time 4½-5 Hrs. When ready turn the cake onto a rack and carefully peel away the paper. For an extra flavour spoon a little brandy or rum over the bottom of the cake while it is still hot. When cold wrap in waxed paper and store in a tightly lidded tin. Almond paste may be put on two or three weeks before Christmas and the white icing a week before Christmas.

The Manse Wedding Cake.

3 lb. Sultanas, 3 lb. Currants, 1 lb, seedles Raisins, 8 oz. Mixed Peel,
1 lb. Muscatel Raisins, 8 oz. Glace Cherries, (chopped), 4 oz. Almonds, (blanched
10 Fl. oz. Brandy, 2½ lbs. Plain Flour, 1 Teaspn. Ground Cinnamon, & shredded),
1 Teaspn. Salt, 1 Nutmeg (grated), 1 Tabspn. Cocoa, 2 lbs. Butter,
Grated Rind of 1 Lemon and 1 Orange, 2 lbs. Caster Sugar, 1 Tabspn. Black Treacle,
18 Eggs, 4 oz. Ground Almonds,

This quantity makes 2 tiered cake using 12" and 8" rounded tins.

Bake at 325°F. Make sure oven is big enough.

Prepare tins. Line with 4-5 thicknesses of greaseproof paper - tie several thicknesses of newspaper or brown paper round outside so that the paper stands up 2" round the rim. As the mixture is very rich and won't stick, don't grease tins or paper. Prepare fruit and almonds. Place in large basin or preserving pan (not brass) sprinkle with half brandy - stir, cover and leave 24 hrs. - stir during this time so that the fruit soaks up the brandy. Sift flour, salt, spices and cocoa. Mix 1/3 of it with prepared fruit. Cream butter till very soft, add grated lemon and orange rind and sugar, beat thoroughly till light and fluffy. Stir in treacle and beat in eggs one at a time. A spoonful of flour may be added if the mixture shows signs of curdling. Fold in the ground almonds and half remaining flour, add prepared fruit and the rest of the flour. Turn into the prepared tins. Smooth top with palette knife and brush with water. This keeps cake moist on top during long baking. Set tins on several thicknesses of paper in oven to prevent bottom of cake drying out. When the cakes are nicely coloured on top cover with a double thickness of brown paper and reduce heat to 300°F after 3 hrs. 2 tiered cake can be cooked together - small cake on shelf about bottom tier of oven. Test with skewer before removing from oven. Leave cakes to cool 30 mins. in their tins, then carefully turn onto wire trays leaving greaseproof paper on. When cold wrap in several thicknesses of greaseproof paper and store in tin or foil. During this time every 4-5 weeks, unwrap cakes pierce with fine steel knitting needle and baste with 5 tabspns. of brandy. Rewrap and store as before. Only pierce the cakes at the first soaking.

(Contd.).

Wedding Cake (Contd.).

Almond Paste - 7-8 lbs. Almond Paste required.

for 2 lbs. Marzipan.

1 lb. Ground Almonds, 10 oz. Caster Sugar, 6 oz. Icing Sugar, 1 Egg Yolk,
1 Large or 2 Small Eggs, 1 Tabspn. Brandy, Rum or Sherry, $\frac{1}{2}$ Teaspn. Vanilla Essence,
2 Tabspns. Orange Flower Water.

Mix dry ingredients together in bowl. Whisk eggs and extra yolk with remaining ingred:
:ients. Add this to mixture of almonds and sugar. Knead with the hand till smooth.
Almond paste should be put on cake one week before icing to give paste time to set firm.
Before putting on almond paste brush with hot apricot glaze.

Apricot Glaze: 1 lb. Apricot Jam (sieved), Juice of $\frac{1}{2}$ Lemon, bring to boil.

Royal Icing - 7-10 lbs. Icing Sugar,

To each pound of icing sugar -

2 Egg whites,

1 Tabspn. Lemon Juice, $\frac{1}{2}$ Teaspn. Glycerine.

Sieve sugar, whisk whites to a froth, add sugar a tablespn. at a time beating thoroughly
between each addition. Stir in lemon and glycerine and continue beating until icing
stands in peaks. Keep bowl covered with a damp towel to prevent icing hardening.

The cake requires 2 coats. First coat need only be thin. Next day a further coat of
icing and allow to dry in the same way before decorating.

Equipment for Icing:- Straight edged metal ruler, scraper, icing nail, various writing,
petal and shell metal pipes, turn-table if possible.

Mrs. Cochrane.

Puff Candy.

2 Tabspns. Sugar,
2 Tabspns. Syrup,

Boil together for 4 minutes.
Remove from heat and add 1 teaspn.
baking soda gradually.

Mrs. F. Thomson.

Toffee Apples.

10 to 12 Smallish Apples,
1 lb. Demerara Sugar,
4 Tabspns. Water,
3 oz. Butter,
 $\frac{1}{2}$ lb. Treacle,
1 Tabspn. Vinegar,
 $\frac{1}{4}$ Teaspn. Cream of Tartar.

Remove stems from apples, insert wooden skewer and roughen apple skins on grater. Dissolve sugar in water over a low heat, add butter, treacle, vinegar and cream of tartar. Bring to boil, stirring all the time until a little syrup dropped in cold water sets brittle. Stand the pan in hot water to prevent toffee setting and dip apples in quickly one at a time. When the first coating has set, dip each one again, stand on buttered baking sheets to dry.

Mrs. A. Gibson.

Treacle Toffee.

$\frac{1}{2}$ lb. Marg,
1 lb. Gran. Sugar,
3 Large Tabspns. Treacle,
5 Tabspns. Water,
1 Tabspn. Vinegar.

Bring ingredients to boil, then drop in half a pound of marg in pieces. Boil to 265 degrees if using a thermometer. If testing in cold water it snaps when ready.

Mrs. M. Nicoll.

Vanilla Tablet.

4 lbs. Sugar,
2 Teacups Milk,
2 Dsrtspsns. Syrup,
1 Large tin Nestles Milk,
2 Teaspsns. Vanilla Essence.

Dissolve sugar and milk slowly, add syrup, when mixed add Nestles Milk. Boil for 10 minutes or until it feels thick, stirring occasionally. Add vanilla essence, remove from heat and stir till it sets.

Mrs. E.M. Doig.

Macaroon Bars.

6 oz. Dessicated Coconut,
1 lb. Icing Sugar,
1 Med. Size Potato (mashed),
Scotchoc.

Toast coconut under grill and leave aside.
Add icing sugar to potato until paste is
formed. Roll out mixture and leave to set.
Cut into small portions, coat with toasted
coconut.

Mrs. Fullerton.

Peppermint Creams.

1 lb. Icing Sugar,
Pinch of Cream of Tartar,
2 Tabspns. Carnation Milk,
1 Teaspn. Lemon Juice,
Few drops of green cookery colouring,
Few drops of Peppermint Essence.

Sieve the icing sugar and cream of tartar
into a bowl. Add the milk, lemon juice,
green colouring and peppermint essence.
Knead until smooth. Roll out to $\frac{1}{4}$ " thick
and cut into one inch rounds. Leave to set.
Makes about a pound of peppermint creams
for 2/-. Can be coated with chocolate if
desired.

Mrs. A. Gibson.

Coconut Ice.

2 lbs. Sugar,
1 Teacup Milk,
1 Teacup Viota Coconut.

Dissolve sugar in milk slowly. Boil
7 - 8 minutes. Gradually stir in coconut,
when mixed remove from heat and beat for
few minutes.

Mrs. E.M. Doig.

Swiss Milk Tablet.

2 lbs. Sugar,
 $\frac{1}{4}$ lb. Butter,
1 Large tin Scottish Maid Swiss Milk,
 $\frac{1}{2}$ Cup Water,
 $\frac{1}{2}$ Cup Milk,

Melt butter, sugar and milk and water in
pan and bring slowly to boil after sugar
has melted. Boil for about 15 minutes,
stirring occasionally. Add swiss milk and
continue boiling till soft ball stage.
Remove from heat and beat till thick.

Mrs. C. Kidd.

Rhubarb & Apricot Jam.

4 lb. Rhubarb, 1 lb. Apricots,
6 lb. Sugar.

Cut rhubarb and cover with sugar and allow to stand 12 hrs. Cut up apricots, wash and cover with four cups water and soak 12 hrs. Put all in jelly pan and boil for $\frac{1}{2}$ Hr.

Mrs. Laing.

Marrow Jam.

3 lbs. Marrow, $\frac{3}{4}$ Pints Water,
3 $\frac{1}{2}$ lbs. Sugar, $\frac{1}{2}$ lb. Cryst. Ginger,

Chop marrow into small pieces. Add ginger, water and sugar. Bring to boil, then cook to required thickness.

Mrs. Martin.

Apple & Rowan Jelly.

Equal quantities of apples and rowans, wipe the apples cut into quarters, but do not pare them, pick the rowans from the stalks and wash them, put them with the apples in preserving pan, allowing a breakfastcupful of water to every pound of fruit. Bring slowly to boil and simmer for an hour. Strain and to every pint of juice allow one pound of sugar. Bring slowly to boil and boil for 10 minutes.

Mrs. Anne Gibson.

Grapefruit Marmalade.

2 Grapefruit, 2 Lemons,
2 Jaffa Oranges, 6 Pints Water,
4 lbs. Sugar,

Shred fruit and soak over-night. Put on to boil for $\frac{1}{2}$ hr. Add sugar with pips in muslin bag and boil for 30-40 minutes.

Miss Mackinlay.

Lemon Cheese.

1 lb. Lump Sugar, $\frac{1}{2}$ lb. Butter,
Juice of 2 Lemons & rind of one lemon,
4 Eggs.

Beat eggs, add sugar, juice and rind, pour all into a jar or jug. Add butter cut up and put into pan of boiling water and cook until thick stirring occasionally, and pour into jars, cover when cool.

Mrs. Cargill.

Lemon Curd.

$\frac{1}{2}$ lb. Caster Sugar, $\frac{1}{4}$ lb. Fresh Butter,
2 Lemons, 3 Eggs,

Shake sugar and butter in a pan over heat until creamy. Add lemon juice and rind, stir, then add well beaten eggs. Stir over a low heat until mixture thickens. (It must not boil) then pour into jars.

Mrs. J. McDonald.

STOP PRESS RECIPES.

Pork & Apricots (Austrian).

The Day Before -

Choose lean and matching pork chops,
Put 2 oz. of dried apricots roughly
cut up, in a cup and cover with cider -
leaving to soak overnight. Next morning
reduce to pulp in electric mixer.

Roll chops in seasoned flour. Fry on both
sides in butter until browned. Transfer to
a greased dish (ovenware) pour $\frac{1}{2}$ breakfast
cup of stock (chicken or veal) over them.
Spread the apricot pulp over each chop and
cover the dish closely with foil. Cook in
centre of oven 350°F for not less than 1 Hr.
or until really tender. Take off foil and
for the last 10 minutes cook chops with
brown sugar, sprinkled over them - uncovered
- season and serve in same dish.

Mrs. E.W. Benzies.

Banana Fritters.

Cup Flour, 3 Tabspns. Caster Sugar,
one-third cup milk, 1 Egg,
 $\frac{1}{4}$ Teaspn. Salt, $1\frac{1}{2}$ Teaspsns. B/Powder,
Mix dry ingredients, make into batter with
egg and milk. Leave standing for $\frac{1}{2}$ hour
then dip bananas cut suitably, and fry in
shallow fat. Turn onto greaseproof paper
and dust with caster sugar. Serve as soon
as possible.

Mrs. E.W. Benzies.

Chocolate Cream.

3 Eggs, 3 oz. Caster Sugar,
 $\frac{1}{4}$ oz. Gelatine, $\frac{1}{2}$ Teacup Milk,
 $\frac{1}{2}$ Teacup Boiling Water,
 $\frac{1}{4}$ lb. Terry's Bitter Chocolate.

Put chocolate in double saucepan with milk.
Beat yolks with sugar and add to chocolate.
Add gelatine melted in water when set.
If too stiff add more hot water and allow
to set again. Fold in stiffly beaten
whites.

Mrs. E.W. Benzies.