

HAZELNUT MERINGUE GATEAU

Oven Temp. - 350F/180C/Gas Mark 4. Cooking Time 40 mins.

4 Large Egg Whites	1 oz. Icing Sugar
8 oz. Caster Sugar	3 oz. Finely Chopped or Ground Hazelnuts
Few Drops Vanilla Essence	$\frac{1}{2}$ Pint Whipping Cream
Few Drops Vinegar	

Fill two 7 or 8" sandwich tins - line bottoms with a ring of non-stick paper. Whisk egg whites until stiff, add caster sugar one tblsp. at a time, beating well until stiff and shiny, add vanilla essence and vinegar, whisk in icing sugar and lastly fold in the nuts. Divide the mixture between two tins and cook for time given, the outside should be crisp and the inside soft. Turn out on a wire tray and cool. Fill with cream, and fruit if desired.

Mrs. I.E. Pennycook

RHUBARB FOOL (Serves 4)

1 lb. Fresh Rhubarb (trimmed and cut into pieces)	4 oz. Caster Sugar
2 Tblsp. Water	10 fl. oz. Double Cream

Put the rhubarb into a pan with the water and sugar. Put over a low heat until the sugar has dissolved, then simmer gently for 10 mins. or until the rhubarb is very soft. Puree in a liquidiser or push through a sieve and cool. Whip the cream until soft and thick. Fold in the puree. Spoon into glasses and chill.

Donna Hindmarch.

RASPBERRY PARFAIT

- | | |
|---|--------------------------------|
| 1 lb. Frozen Rasp. (preferably without sugar) | 4 ozs. Castor Sugar |
| or fresh if available | $\frac{1}{2}$ Pt. Double Cream |
| 2 Egg Whites | |

Rub the raspberries through a nylon strainer, put resulting puree in fridge ice trays and leave in freezing compartment overnight. If you have a home freezer, the puree can be put in a polythene container. About 1 hour before serving, whisk the egg whites until stiff with an electric or rotary beater, then add the sugar, 1 tblsp. at a time, and continue beating, until the mixture stands in peaks. Whisk the cream lightly until a little lifted on the whisk and allowed to fall leaves a trail. Remove the ice trays from the fridge and work the raspberry puree with a wooden spoon to break down the crystals, or if puree is in a deep container beat with a whisk. Fold the cream and egg whites together and then quickly but carefully fold in the semi-frozen raspberry puree. Pile into tall glasses or a crystal bowl and keep in the coolest part of the fridge until wanted. This Parfait is best put together just before needed. Whisk cream and leave in fridge and chill glasses or bowl ready.

Mrs. Sylvia Brewer

PINEAPPLE FRIDGE CAKE

- | | |
|---------------------------------------|-----------------------------------|
| 1 Pkt. Nice Biscuits (finely crushed) | 2 ozs. Icing Sugar |
| 4 ozs. Double Cream | 1 Egg |
| $2\frac{1}{2}$ oz. Margarine | 1 tin crushed Pineapple (drained) |

1 cake tin with removable base.

Butter cake tin -- spread half crushed biscuits on the base -- cream marg and sugar, then add beaten egg. Beat cream until thick and fold into mixture. Spread mixture over biscuit base, lay fruit on top and cover with remaining biscuits. Press cake into tin and leave in fridge overnight.

Mrs. I.E. Pennycook

STRAWBERRY FLUFF FLAN

4 ozs. Plain Flour

Pinch Salt

2 ozs. hard Butter

6 ozs. Raspberries

8 ozs. Strawberries - choose fairly firm ones

3 ozs. Castor Sugar

1 Large Egg White

Single cream, for serving

Turn on oven; set at moderately hot, 400F. Lightly grease 8" tin or flan dish. Sift the flour and salt into a mixing bowl. Rub in the butter until mixture resembles fine breadcrumbs. Mix in 4 teasp. cold water to make a stiff pastry dough. Roll out the dough and use to line the flan tin or dish. Prick all over with a fork and bake empty, in centre of preheated oven for 15 mins. Take flan out of oven and leave the oven on. Put the raspberries and 6 ozs. strawberries in flan. Sprinkle 1 oz. sugar on top of fruit. Whisk egg white with remaining 2 ozs. castor sugar until very stiff, then pile on top of the fruit. Bake in upper part of oven for 15 mins. or until set. Leave to cool. Decorate with remaining strawberries; serve within 4 hours, with cream served separately in a pretty jug.

Mrs Sheila Robertson

SWEDISH APPLE CHARLOTTE

2 x lg. Cooking Apples
1 Small Tin Carnation Milk
1 Tblsp. Castor Sugar
1 oz. Marg

1 oz. Cornflakes
1 Heaped Teasp. Gelatine
3 oz. Soft Brown Sugar

Stew apples in a little sugar. Whisk milk until twice its bulk. Dissolve gelatine in a little hot water, add this slowly to milk, whisking until milk thickens. Add castor sugar in carefully. Make caramel by boiling marg and brown sugar (add a few drops of milk if necessary) stir in cornflakes until caramel is absorbed, then sprinkle on top when cold.

Mrs. Margaret Butchart

RASPBERRY SWEET

1 lb. Frozen Raspberries
4 oz. Castor Sugar

2 Egg Whites
 $\frac{1}{2}$ Pint Cream

Strain raspberries through a strainer, whisk egg whites until stiff, then slowly add sugar, keep beating till firm. Beat cream and add to egg whites, then fold in raspberry puree and mix well. Pile into individual glasses and keep in fridge.
(Prepare this as late as possible).

Mrs. Mary Findlay.

CHOCOLATE KRACKLE FLAN

Base: 9-10 Tblsp. Cornflakes
25g. Marg
1½ Level Tblsp. Syrup
1 Level Tblsp. Cocoa
50g Sugar

Filling: 1 Small Tin Cream
¼ Pear
¼ Eating Apple
½ Cooking Apple
1 Teasp. Sultanas

Decoration: Lemon Juice and ½ Red Apple

Grease flan tin, sandwich or cake tin with marg. Melt marg, syrup, cocoa and sugar. Stir in cornflakes till well coated. Press into ring or tin. Leave to set. Chop fruit and add to mixed cream. Place in flan tin and decorate with apple and lemon juice. Chill.

Miss Irene Forsyth.

BANANA CREAM

4 Tblsp. Cold Water
1 Level Dessp. Gelatine
3 Large Bananas

3 oz. Castor Sugar
Juice of Lemon
Small Tin Carnation Milk

Measure water into small pan, sprinkle in gelatine, set aside 5 mins. Place over low heat until dissolved, do not boil. Draw pan off heat. Mash bananas with sugar and lemon juice. Whisk carnation milk until stiff, slowly beat in gelatine mixture, fold in bananas. Pour into serving dish, chill till ready to serve.

E. Ford.

NORWEGIAN CREAM

3 Eggs	1 dash of lemon juice
3 ozs. Castor Sugar	1 tin crushed pineapple
$\frac{1}{2}$ oz. sachet gelatine	

Strain pineapple, line glass dish with fruit. Separate eggs. Beat yolks with sugar. Heat juice from tin with dash of lemon. Melt gelatine add to pan but do not boil - cool. Then add beaten egg yolk. Beat egg whites until stiff fold into mixture. When cool, cover with cream and decorate.

Mrs Netta Anton

PINEAPPLE CRUMB CAKE DESSERT

2 ozs. Butter	$\frac{1}{2}$ pt. Double Cream
and $\frac{1}{2}$ oz. Butter	Small tin crushed Pineapple (not juice)
2 eggs yolks	2 ozs. chopped walnuts and a few half ones
6 ozs. Icing Sugar	$\frac{1}{2}$ lb. Digestive biscuits

Cream 2 ozs. butter and icing sugar until fluffy. Then beat in the egg yolks. Whip the cream and fold the drained pineapple and the chopped walnuts in. Crumble the digestive biscuits in a bag. Line a small 1 lb. loaf tin with the $\frac{1}{2}$ oz. butter melted (use pastry brush for this). Cover the bottom of the tin with $\frac{1}{2}$ crumbs. Then pour in the cream mixture and top with the other $\frac{1}{2}$ crumbs. Chill in refrigerator for at least 12 hours. Turn out onto a dish before serving and decorate with the walnut halves and extra cream if you feel extravagant. A loose bottom tin is best, if not line with foil.

Mrs Bette Strachan

RASPBERRY SOUFFLE (serves 6)

3 large eggs (separated)

3 ozs. Castor Sugar

$\frac{1}{2}$ oz. powdered gelatine

Juice of $\frac{1}{2}$ lemon made up to fl. oz.

(6 tblsp) with water

$\frac{1}{2}$ pt. sieved raspberries

$\frac{1}{4}$ pt. double cream

1 oz. chopped browned almonds

A few **extra** rasps for decoration

Encircle a $1\frac{3}{4}$ pint souffle dish with a doubled sheet of foil that stands about 2" above the rim of the dish. Fasten it with tape. Put the egg yolks and sugar into a bowl, suspend the bowl over a pan of hot water and whisk the mixture until it is thick and creamy in consistency. Remove the bowl from the heat. Dissolve the gelatine in the lemon juice and water over a low heat, then beat it into the creamy mixture and continue beating until the mixture cools. Whisk the cream to a soft peak consistency. Reserve a little for decoration then fold the rest into the mixture with the raspberries puree. Stirring occasionally, leave the souffle mixture until it is on the point of setting. Quickly whisk the egg whites until they are stiff, then fold them into the mixture and pour it into the souffle dish. Leave the souffle overnight to set. To serve, remove the foil collar carefully with the help of palette knife. Press the nuts into the souffle mixture standing **above** the rim of the dish so that they adhere, then decorate with the remaining cream and extra raspberries.

Mrs Christine Kidd

APRICOT CHIFFON FLAN

Approx. Preparation time 30 mins. (plus stading time). Cooking time: 20 mins.

6 oz. Plain Flour
Pinch of Salt
3 oz. Lard (chilled)
 $\frac{1}{2}$ oz. Gelatine
1 Medium-size Orange

15 oz. Can Apricot Halves
2 oz. Caster Sugar
2 Standard Eggs
 $\frac{1}{4}$ Pint Double Cream
Few drops edible orange food colouring

Turn on oven, set at moderately hot, 400F (200C) Mark 6. Lightly grease an 8" sandwich tin.

Sift the flour and salt into a mixing bowl. Rub in the lard until mixture resembles fine breadcrumbs. Mix in 6 teasp. cold water to make a pastry dough. Roll out the dough and use to line the sandwich tin. Prick dough all over with a fork. Bake, empty, in centre of preheated oven for 20 mins. or until cooked through, leave to cool. Put the gelatine in an old cup with 4 tblsp. cold water. Stand the cup in a bowl of very hot water until the gelatine has dissolved. Cut off fine shreds of orange peel, then squeeze out and strain the orange juice. Put the apricots and syrup from can in a blender to make a puree or use a sieve. Put the caster sugar in a bowl. Separate the eggs, put the yolks with the sugar and beat until thick and mousse-like. Beat in the dissolved gelatine, apricot puree and orange juice. Whisk up the egg whites until stiff, then fold into mixture. Mix in the cream and colour a gentle orange with food colouring. Spoon into the pastry case and leave to set. Decorate with shreds of orange rind.

Sheila Robertson.

GINGER AND CREAM SWEET

1 x 8 oz. Pkt. Ginger Nuts
1 Tin or Bottle Cream (small)

$\frac{1}{2}$ Cup Sherry
1 Tblsp. Caster Sugar

Beat cream and sugar until firm. Dip biscuits in sherry. Sandwich biscuits and cream until used up. Cover all over with remainder of cream. Chill in fridge for 1 hour.

Nan McIntosh.

STRAWBERRY FOOL

$\frac{1}{2}$ lb. Strawberries (hulled)
 $\frac{1}{4}$ Pint Fresh Cream - Double

2 Tblsp. Sugar
Squeeze Lemon Juice

Put strawberries into pan with sugar and lemon juice. Heat but do not boil. Cool. Whip cream till stiff. Blend strawberries. Fold into cream and mix. Put into serving glasses and chill. Sprinkle with chocolate gratings before serving.

Miss K. Dixon.

ORANGE DESERT

1 Tin Mandarin Oranges
1 Small Family Block Ice Cream
1 Orange Jelly

Melt jelly, add oranges (keep back some for decorating). Add ice cream, while stiff hot mix, pour into dish. It will separate. When cold decorate top with oranges. Make up juice with water to pint. If you have ice cream in deep freeze put in equivalent.

Mrs. Chris Linley.

PINEAPPLE AND CHOCOLATE DELIGHT

1 Pineapple Jelly
1 tblsp. Cocoa
3 tblsp. Sugar
 $\frac{1}{2}$ pt. Milk
 $\frac{1}{2}$ pt. Hot Water

Whipped Cream
Glace Cherries
Angelica
Small Tin Pineapple

Dissolve jelly in hot water, blend cocoa and sugar with a little of the milk. Heat remaining milk, add to cocoa. Return to pan and boil for one minute. When jelly and cocoa mixtures are cold, whisk together. Do not mix while hot. Pour into mould (I use flan tin). When set turn onto serving dish. Fill centre with whipped cream and decorate with pineapple, cherries and angelica.

Mrs. Hutton.

WINE CAKE

8 oz. Mixed Dried Fruit

3 oz. Sugar

$\frac{1}{4}$ pt. Fruity Wine or Tea (cold)

8 oz. Self-raising Flour

1 Beaten Egg

Leave fruit, sugar and tea in a bowl overnight. Stir now and again to dissolve sugar. Next day add flour and egg. Bake for 1 hour at Gas Mark 3.

Mrs. Nancy Fraser.

DUKE CAKE

Base: 4 oz. Shortcrust Pastry, Jam and Sultanas.

Filling: 4 oz. Marg.

4 oz. Sugar

4 oz. Self-raising Flour

2 Eggs

Pinch Salt

Hot water or milk if needed

Line sandwich tin with shortcrust pastry. Prick lightly, spread with jam and sprinkle with sultanas. Cream marg. and sugar until fluffy and add eggs and flour alternately. If required add hot water or warm milk to give soft consistency. Put over pastry case and bake in moderate oven until golden brown. This can be iced with water icing or sprinkled with icing sugar.

Mrs. Jeanette Stewart.

COFFEE FUDGE CAKE

(for the Cake)

2 oz. Margarine
2 oz. Caster Sugar
1 Egg
2 oz. Self-raising Flour
1 teasp. Coffee Essence

(for the Icing)

3 oz. Icing Sugar
1 oz. Butter
1 tblsp. Water
1 oz. Granulated Sugar
1 teasp. Coffee Essence

Grease and flour 6" sandwich tin. Put 2 oz. margarine and 2 oz. caster sugar into the mixing bowl and cream together with a wooden spoon. Break the egg into a small bowl and beat with a fork to mix yolk with white. Mix the egg a little at a time into the marg. and sugar mixture and beat really hard with the wooden spoon. Add 1 teaspoon coffee essence and beat again. Turn on the oven at Gas No. 4, Electricity 350. Sift 2 oz. flour into the mixing bowl and fold in with the tablespoon. Put the mixture in the sandwich tin and bake in the top half of the oven 20-25 mins. (until the top springs back when pressed). Remove cake from the oven. Leave a few minutes then turn onto wire tray to cool. Sift 3 oz. icing sugar into a small bowl. Turn on the ring. Put 1 oz. butter, 1 tblsp. water and 1 oz. granulated sugar into pan and gently stir until melted. Bring to the boil and pour, still bubbling, over the icing sugar. Add 1 teasp. coffee essence and beat well with the wooden spoon. When cold beat until light and fluffy. Spread roughly on top of the cake.

Mrs. Moira Mackie.

ALMOND CAKE

6 oz. Caster Sugar
4 oz. Margarine
2 Large Eggs
2 drops Almond Essence

2 oz. Ground Almonds
6 oz. Self-raising Flour
3 dessp. Milk
7" or 8" Cake Tin

Grease and line tin and grease lining too. Beat marg. and sugar to soft cream. Beat in eggs one at a time with a little flour. Add essence, then almonds. Sift in flour. Fold in lightly with milk. 325° for 1 hour or until soft and springy to touch. When cool sift icing sugar on top.

Mrs. F. Kidd.

SULTANA ALMOND CAKE

4 oz. Margarine
4 oz. Self-raising Flour
4 oz. Caster Sugar
2 Eggs

1 oz. Sultanas
Few drops of Almond Essence
 $\frac{1}{2}$ oz. Flaked Almonds
1 level teasp. Icing Sugar

7 $\frac{1}{2}$ " sandwich tin greased and lined with greaseproof paper.

Cream margarine and sugar. Beat in egg yolks. Whisk whites until stiff, then fold into mixture with flour. Add almond essence. Sprinkle sultanas in bottom of tin and spoon in mixture. Sprinkle almonds on top. Bake at 300° for 35 mins.

Mrs. Kathleen Dawson.

PINEAPPLE CAKE

4 oz. Margarine
4 oz. Caster Sugar
2 Large Eggs

6 oz. Self-raising Flour
8 $\frac{1}{2}$ oz. tin Crushed Pineapple

Brush a 6" square cake tin with melted fat and line the base with a piece of greaseproof paper. Brush the paper lining also. Cream margarine and sugar together until light and fluffy. Beat the eggs, then gradually add to the creamed mixture, beating well between each addition. Sift the flour and drain the pineapple. Stir the pineapple into the creamed mixture, then lightly and quickly fold in the flour. Turn the mixture into the prepared tin and hollow out the centre slightly so that the cake rises evenly. Bake on the centre shelf of a moderate oven, Gas 4 or 350F for 55 minutes to 1 hour or until a warmed skewer inserted comes out clean. Turn the cake onto a wire tray, remove paper and leave to cool.

Barbara Lark.

TOSS-IN CAKE

8 oz. Self-raising Flour
4 oz. Caster Sugar
12 oz. Mixed Fruit
2 Eggs (not beaten)
4 oz. Margarine melted

$\frac{1}{4}$ teasp. Spice
 $\frac{1}{4}$ teasp. Nutmeg
 $\frac{1}{4}$ teacup Milk
Pinch Salt
1 or 2 drops Vanilla Essence

Beat all together well. Pour into 6" cake tin (deep). Bake at 275° for 2 hours.

Mrs. S.G. Kennedy.

COCONUT AND CHERRY CAKE

12 oz. Self-raising Flour
Pinch of Salt
6 oz. Margarine
8 oz. Glace Cherries quartered

6 oz. Caster Sugar
2 Large Eggs lightly beaten
 $\frac{1}{4}$ pt. Milk
2 oz. Desiccated Coconut

Cook $1\frac{1}{2}$ hours, oven 180C 350F, Gas Mark 4. Well grease 8" cake tin and the base should be lined with greased greaseproof paper. Sieve together the flour and salt. Rub in the marg. until the mixture resembles fine breadcrumbs. Toss the cherries in the coconut and add to the mixture with sugar. Mix lightly. Add the eggs to the mixture with most of the milk, beat well, then add sufficient extra milk to give a soft dropping consistency. Turn into the prepared tin, level off and bake in moderate oven for $1\frac{1}{2}$ hours or until well risen and golden brown. Leave in tin for 5 minutes then turn out on a wire tray.

Mrs. Frances Hogg.

APPLE CAKE

4 tblsp. Self-raising Flour
3 tblsp. Semolina
 $1\frac{1}{2}$ tblsp. Caster Sugar
4 oz. Margarine

1 Egg
Pinch Salt
Cooked Apples

Blend margarine into dry ingredients and make into dough with egg and milk or water. Roll out and line sandwich tin with half of dough. Brush over with beaten egg before putting in the cooked apples (previously steamed). Cover with remainder of dough and brush over with egg. Make small hole in middle and bake in moderate oven.

Mrs. P. O'Brian.

PEACH SPICE CAKE

6 oz. Self-raising Flour
6 oz. Butter or Marg.
6 oz. Caster Sugar
3 Medium Eggs

Large Pinch Salt
2 level teasp. Mixed Spice
1 level teasp. Cinnamon

Decoration: $\frac{1}{2}$ pt. Double Cream, 6 Peach Halves drained of Syrup, 1 oz. walnuts chopped fine.

Sift together dry ingredients. Cream fat and sugar till light and fluffy then add eggs, one at a time, beating thoroughly after each addition. Fold in dry ingredients then divide mixture equally between 2 well greased 8" sandwich tins. Bake just above centre of a moderate oven (375F, Gas Mark 4) for 25-30 minutes. Turn out onto a wire tray and leave till cold. Whip cream. Split each cake in half then sandwich layers together with cream. Spread remainder over top and sides of cake then press walnuts against sides. Arrange peach halves on top and decorate with swirls of cream between peaches and in middle.

Mrs. Dickson.

PINEAPPLE CAKE

15 oz. can Crushed Pineapple
1 lb. Mixed Fruit
2 Eggs
1 cupful Sugar
4 oz. Butter or Margarine

1 cupful Plain Flour
1 cupful Self-raising Flour
1 teasp. Baking Soda
1 teasp. Mixed Spice

Put all ingredients except flour and eggs into pan and boil for 3 minutes. Remove from heat and cool. Sift flour into cold mixture with well beaten eggs. Put into a greased and lined 6-7 inch cake tin. Bake in moderate oven for 2 hours.

Mrs. Margaret Butchart.

CHRISTMAS CAKE (not too rich)

6 oz. Butter	4 oz. Cherries
6 oz. Soft Brown Sugar	3 oz. Mixed Peel
8 oz. Flour	6 oz. Currants
4 Eggs	10 oz. Sultanas
1 teasp. Mixed Spice	

Line 8" round tin with greaseproof paper. Tie brown paper round outside. Clean fruit, wash and quarter cherries, beat eggs. Cream butter and sugar till soft and light. Add eggs and flour alternately as for sponge. Mix remaining flour with spice and fruit and add to the mixture. Mix thoroughly and put into prepared tin. Bake for 10 minutes at 5 or 350° or 180° then 1½-2 hours at 3 or 300° or 150°. 1 lb. marzipan will cover this cake. 1 lb. icing sugar used for Royal Icing for covering and decorating.

Mrs. M. Macnaughton.

CHRISTMAS CAKE

8 oz. Plain Flour	8 oz. Raisins	1 teasp. Ginger
8 oz. Butter	2 oz. Mixed Peel	1 teasp. Cloves
8 oz. Soft Brown Sugar	2 oz. Almonds	1 teasp. Mace
4 Eggs	4 oz. Cherries	1 teasp. Allspice
8 oz. Currants	1 teasp. Cinnamon	1 tblsp. Treacle
8 oz. Sultanas	1 teasp. Nutmeg	½ gill Brandy

Sift flour. Cream butter and sugar and add beaten eggs with a little flour. Mix in rest of flour with spices. Add fruit, treacle and brandy. Turn into prepared cake tin and bake in moderate oven for 3 hours.

Mrs. B.E. Robertson.

WALNUT LOAF

2 Cups S.R. Flour

$\frac{1}{2}$ Cup Sugar

1 Cup Fruit

$\frac{3}{4}$ Cup Chopped Walnuts

1 teasp. Mixed Spice

1 Egg

1 Cup Milk

Mix Flour, sugar and spice. Beat Egg and add to dry ingredients with milk. Add Fruit. Pour into greased loaf tin and bake for 1 hour at 375F/190C.

Mrs. B.E. Robertson.

DATE TEA LOAF

8 oz. S.R. Flour

1 Teasp. Mixed Spice

8 oz. Chopped Dates

4 oz. Sultanas

4 oz. Raisins

8 oz. Soft Brown Sugar

2 fl. oz. Brewed Tea (4 tbsps.)

2 Beaten Eggs

Place fruit in a large bowl with sugar. Stir in tea, cover and leave to soak overnight. Sift spice and flour and mix in alternately with beaten eggs. Pour into greased loaf tin and smooth top. Bake at Gas Mark 3 about 1 hr. 15 mins.

Anne Murray.

SNOW CAKE

8 oz. Marg.
8 oz. Castor Sugar
9 oz. S.R. Flour

1 oz. Cornflour
4 Eggs
Walnuts or cherries

Cream marg. and sugar, add eggs, fold in flour and cornflour, add walnuts or cherries, or both. Put in oven 350° F for 1 hr.

Mrs. Mary Findlay.

SMIDDY LOAF

4 oz. Margarine
8 oz. Sultanas
1 Cup Sugar

1 Cup Water -
1 teasp. Bicarbonate of Soda
1 teasp. Mixed Spice

Put margarine, sultanas, sugar, water, bicarbonate of soda and water into a pot, bring to boil and boil for 5 minutes. Allow to cool and add 2 eggs and 8 ozs. S.R. Flour to mixture. Put into greased and lined 2 lb. loaf tin and bake in moderate oven 300° - 350° for 1 - 1½ hours. Check after 1 hour.

Mrs. Jean M. Baldie.

BOILED FRUIT CAKE

1 Teacup Granulated Sugar
1 Teacup Cold Water
4 oz. Margarine
1 Teacup S.R. Flour
1 Teacup Plain Flour

1 Teasp. Baking Soda
1 Teasp. Mixed Spice
1 lb. Mixed Fruit
2 Eggs

Put first six ingredients in a pan and bring to boil, and cook for 2 mins. Add flour then beaten eggs, put into large loaf tin or 2 small ones in oven for 1 hour - 350F.

Rea Smith.

FRUIT LOAF

2 Teacups S.R. Flour
 $\frac{1}{2}$ Teacup Castor Sugar
1 Teacup Milk
1 Teacup Sultanas

$\frac{1}{4}$ lb. Marg.
1 Egg
 $\frac{1}{4}$ Teasp. Baking Soda

Put into a pan, marg. sugar, milk and sultanas, and simmer until it comes through the boil. Boil for five minutes. When cool, add flour and beaten egg. Pour into prepared loaf tin, and bake in pre-heated oven for 1 hour to $1\frac{1}{4}$ hrs.

Mrs. Ritchie.

APRICOT TEA LOAF

8 oz. Dried Apricots

6 oz. Castor Sugar

3 oz. Lard

$\frac{1}{2}$ Level Teasp. Cinnamon

$\frac{1}{4}$ Level Teasp. Nutmeg

$\frac{1}{2}$ Level Teasp. Salt

1 Egg

8 oz. Plain Flour

1 Level Teasp. Bic. of Soda

8 fl. oz. Water

Cut apricots into small pieces and stew in water. Add sugar, lard, spices and salt. Cook for 5 mins. and allow to cool. Add beaten egg and bicarbonate of soda sieved with the flour and mix well. Place in 1 lb. greased loaf tin and bake 350F for 1 hour.

Mrs. Mavis Ogilvie.

GINGERBREAD

12 oz. Plain Flour

12 oz. Treacle

$4\frac{1}{2}$ oz. Soft Brown Sugar

6 oz. Butter or Marg.

2 Eggs

1 Cupful Milk

$\frac{3}{4}$ Teasp. Bicarb. of Soda

2 Teasps. Mixed Spice

3 Teasps. Ground Ginger

Mix all dry ingredients together. Melt butter, treacle and milk. When melted and well mixed, pour on to beaten eggs. Mix with dry ingredients. (Add 3 oz. peel if desired). Pour into a well greased 3 lb. tin and bake in mod. oven for $1\frac{1}{2}$ hrs. or until ready.

Mrs. McDonald.

SAND CAKE

6 oz. Butter
6 oz. Castor Sugar
3 Eggs
 $\frac{1}{2}$ teasp. Vanilla Essence

4 oz. Cornflour
4 oz. Plain Flour
1 Level teasp. Baking Powder
2-3 tblsps. Milk to mix
2 lb. Loaf Tin

Cooking Time - $1\frac{1}{2}$ hrs.
Oven Temperature - 375°F

Cream butter and sugar until soft and light. Add beaten eggs and vanilla essence. Fold in cornflour sieved with flour and baking powder. Lastly add milk to make a medium soft consistency. Spread in greased lined tin. Bake for time and temperature given until firm.

Heather Clark.

FRUIT CAKE

8 ozs. S.R. Flour
2 Eggs
6 ozs. Brown Sugar
 $\frac{1}{4}$ lb. Butter
12 ozs. Mixed Fruit

4 ozs. Cherries
Small tin Crushed Pineapple
1 Dessp. Treacle
2 teasps. Mixed Spice
1 teasp. Cinnamon

Put ingredients into pan and allow butter to melt gently. When all soft and mushy add eggs. Beat all together in pan then add flour. Put into lined tin. Bake at low heat for $1\frac{3}{4}$ or 2 hours.

Mrs. T. McDonald.

SULTANA CAKE

10 ozs. Plain Flour
8 ozs. Butter
6 Large Eggs

2 ozs. S.R. Flour
8 ozs. Caster Sugar
1 $\frac{1}{4}$ lbs. Sultanas

Grease and line an 8" Cake Tin with greaseproof paper. Tie band of brown paper round outside of tin. Sift flours, cream sugar and butter till light and fluffy then add 3 of the eggs, one at a time beating each in well. After third egg has been added, fold in a little flour to avoid curdling. Whisk remaining eggs and fold into mixture alternately with remaining flour. Fold in cleaned sultanas, turn mixture into tin and smooth over top with palette knife. Bake in centre of moderate oven (335° or Mark 3) for 1 hour. Reduce heat to 310° or Mark 2 and bake until ready.

Mrs. T. McDonald.

BANANA CAKE

5 oz. S.R. Flour
 $\frac{1}{4}$ teasp. Soda
1 Ripe Banana
2 oz. Soft Butter

1 Egg
5 oz. Sugar
 $\frac{1}{2}$ teasp. Vanilla
 $\frac{1}{4}$ teasp. Salt

Place egg, banana, sugar, butter, vanilla and salt in a liquidiser. Blend on speed 3 till consistency is smooth. Sift the flour and soda into bowl and pour the liquidised mixture over. Mix on speed 3 to combine thoroughly. Bake in greased 7" tin 40 mins at 375° F.

Miss Irene Forsyth.

CHOCOLATE GATEAU

Approximate preparation time: 25 mins.

7 oz. Plain Chocolate
7 oz. Soft Brown Sugar
2 tblsps. Milk
Few Drops Vanilla Essence
5 oz. Salted butter, softened
3 Large Eggs

Cooking Time: 50 mins.

8 oz. S.R. Flour
7 oz. Unsalted Butter
1 Rounded teasp. grated lemon rind
14 oz. Icing Sugar
Brandy to taste
Slice of Lemon for decoration

Turn on oven; set at moderate 375°F (190°C), Mark 5. Grease a deep 8" (20cm) cake tin and line with greaseproof paper. Break up 4 oz. chocolate and put it in a small pan with 3 oz. brown sugar, milk and vanilla essence. Stir over a low heat until it all melts into one. Leave to cool - don't let it harden. Cream the salted butter with remaining 4 oz. brown sugar until light and fluffy. Gradually beat in the eggs. Fold in the flour and the cooled chocolate mixture. Spoon into prepared tin. Bake the cake in the centre of the preheated oven for 45 mins. or until firm to the touch and beginning to shrink away from the sides of tin. Turn out to cool on a wire cooling rack. Put 4 oz. unsalted butter and the lemon rind in a mixing bowl. Beat in 8 oz. sifted icing sugar; flavour with brandy. Cut the cooled cake into 4 thin layers. Sandwich with the butter cream. Melt remaining 3 oz. chocolate. Beat into rest of unsalted butter (3 oz.) with remaining icing sugar. Spread over top and sides of cake. Add lemon slice.

Sheila Robertson.

BOUGAT CAKE

3 oz. Shortcrust Pastry

Currants

1 Rounded Tblsp. Sugar

Topping: $1\frac{1}{2}$ oz. Marg

2 Dessps. Castor Sugar

1 Level Tblsp. Syrup

2 oz. Marg.

$1\frac{1}{2}$ Cups Porage Oats

2 Dessps. Water

2 Dessps. Coconut

Line a 7" sandwich tin with pastry. Sprinkle with currants. Melt sugar, syrup and Marg., stir in porage oats. Spread on top of Currants and bake in mod. oven till golden brown (25 mins.) Cream marg., beat in sugar and water till light and fluffy. Stir in Coconut. Spread on top of cake and sprinkle with coconut.

Miss Johann Forsyth.

GINGER TORTE

4 oz. Marg. or Fat

2 tblsps. Castor Sugar

6 oz. Plain Flour

1 Level Teasp. Ground Ginger

2 Ginger Nuts or Digestive Biscuits crushed

Cream marg. and sugar, then add other ingredients. Divide mixture into two round cakes. Bake in mod. oven (Gas 4) for 20 mins. Turn out and Cool. Sandwich together with ginger cream.

Cream: 2 oz. Butter or Marg

2 oz. Icing Sugar

$\frac{1}{4}$ Teasp. Ground Ginger

Cream all together until nice and smooth.

Mrs. J. Todd.

TEATIME TREATS

Base: 4 oz. Plain Flour
1 oz. Caster Sugar
3 oz. Marg.
Cherries and Sultanas

Topping: 3 oz. Marg
3 oz. Caster Sugar
1 Egg
2 oz. Ground Almonds or
Dessicated Coconut
Vanilla Essence

Base: Grease swiss roll tin. Sift flour and sugar, rub in marg. Press into tin.
Sprinkle on cherries and sultanas.

Topping: Cream marg. and sugar, beat in egg and add ground almonds and essence. Spread on base. Bake 40-45 mins. at 350F. until golden brown. Cool. Cut into fingers.

Mrs. D Christie

BERWICKSHIRE TART

2 oz. Cherries
2 oz. Caster Sugar
2 oz. Currants

2 oz. Walnuts (Chopped)
2 oz. Coconut
1 Egg

Make enough short pastry to cover a swiss roll tin. Mix all above ingreds. together adding egg last. Spread this over the pastry and bake in oven 350F for 20-30 mins. When slightly cooled cover with icing.

Mrs. Mary Findlay

MASSERINES

Base: 4 oz. Plain Flour
1 oz. Ground Almonds
1 oz. Caster Sugar
2 oz. Marg.
Yolks 2 Eggs

Filling: well switched 2 Whites Eggs
4 oz. Caster Sugar
2 tblsp. grated Chocolate
2 oz. chopped Almonds

Mix ingreds. into pastry, roll out thinly and place in swiss roll tin, raising edge all round. Bake for 10 mins. in medium oven, then spread thinly with raspberry jam. Over this spread filling and cook till crisp and brown 30-35 mins. Cut into squares or fingers when cool.

Method of filling: Put all ingreds. in pan, bring to boil (just a few bubbles), remove and spread over jam base.

Mrs. Mavis Ogilvie

MARS BAR BISCUITS

2 Mars Bars
2 oz. Marg.

1 dessp. Sugar
2½ Cups Rice Crispies

Melt together Mars Bars, Marg. and Sugar, then add Rice Crispies. Spread on a baking tray and cover with melted chocolate and cut into squares.

Mrs. Mary Findlay

DATE FANTASIES

1 lb. Butter
1 Cup Sugar
10 oz. pkt. Tea Biscuits

1 pkt. Stoned Dates
 $\frac{1}{2}$ teasp. Vanilla Essence
1 Beaten Egg

Melt butter and sugar in pan. Crush pkt. tea biscuits, chop up dates and put in mixing bowl. Add melted butter and sugar to this, then essence and beaten egg. Mix well. Put into toffee tin and flatten to about 1" thickness. Put into fridge to harden for a couple of hours or longer. Mark off into squares and toss in castor sugar.

Mrs. Janet Todd

DATE CRUNCHIES

4 oz. Wholewheat Flour
6 oz. Rolled Oats
8 oz. Butter or Marg.
8oz. Dates

2 tblsp. Water
1 tblsp. Lemon or Orange Juice
1 tblsp. honey
Pinch of Cinnamon

Mix together flour and oats. Add butter and rub in well. Divide mixture into two and press half into a well greased tin - 7" square or larger. Simmer dates with water until soft, cool. Stir in fruit juice, honey and cinnamon. Spread date mixture over oat mix and cover with remaining oat mixture. Smooth top and bake in a moderate oven 350 F. for 25 mins. Cut into fingers while still warm and cool in tin.

Mrs. Noëleen Lindsay

GINGER TORTE

4 oz. Marg. (or fat)
2 tblsp. Caster Sugar
5 oz. Plain Flour

1 level teasp. Ground Ginger
2 Ginger Nuts or 2 Digestive Biscuits
(crushed)

Cream marg. and sugar, then add other ingredients. Divide mixture into two round cakes and bake in moderate oven Gas 4 for 20 mins. Turn out and cool and sandwich together with ginger cream.

Cream: 2 oz. Butter or Marg.
2 oz. Icing Sugar
 $\frac{1}{4}$ teasp. Ground Ginger

Cream all together until nice and smooth.

Mrs. Janet Todd

PEPPERMINT SLICES

$\frac{1}{2}$ lb. melted marg. add to 1 dessp. cocoa or drinking chocolate, pinch salt, 1 cup S.R. Flour, $\frac{1}{2}$ cup brown sugar, 4 handfuls crushed cornflakes. Bake 20 mins. at Gas 7. Leave to firm.

$\frac{1}{2}$ lb. Icing Sugar, little water, $\frac{1}{2}$ teasp. peppermint essence. Spread over mixture when firm. Cover with melted chocolate.

Mrs. Jean Smith

JAFFA CAKES

2 Eggs
2 ozs. Caster Sugar

2 ozs. S.R. Flour
Apricot Jam
Chocolate

Put egg and sugar in bowl and beat till thick, fold in flour. Grease patty tins and put a large teaspoonful in each. Put in oven at 400F for 10-15 mins. Warm jam and spread a layer on each. Heat chocolate and spread over jam.

Mrs. Mary Findlay

1, 2, 3, 4 BUNS

1 Egg
2 ozs. Marg.
3 ozs. Caster Sugar

4 ozs. S.R. Flour
A little Milk

Beat egg, cream marg. and sugar and add half the egg and half the flour. Mix well and add the rest of the egg and flour and 1 tblsp. of milk. Bake in paper cases or bun tin for 15 mins. at Gas mark 6. This mixture is good too as a topping for fruit pudding.

Anne Murray

CHOCOLATE WALNUT CAKES

8 ozs. Icing Sugar
4 ozs. Marg
6 ozs. Coconut

4 ozs. Walnuts (finely chopped)
save some for decoration
12 ozs. cooking Chocolate
2 dessp. coffee essence

Cream marg. and sugar add coffee essence, coconut and walnuts. Roll into small balls and pop into bowl of melted chocolate to coat, using a fork to lift out. Place on greaseproof paper to dry with small piece walnut on top.

Mrs. Una McLaren

SNOWBALLS

6 ozs. S.R. Flour
3 ozs. Butter or Marg.
1 Egg
2 ozs. Caster Sugar

1-2 tblsp. cold milk
Icing Sugar and a little water
Coconut
Raspberry Jam

Beat butter and sugar until light and fluffy. Add egg and beat and fold in flour. Add milk and mix well. Divide dough into small balls place on greased baking sheet, flatten slightly. Bake Gas 6 for 10-12 mins. When cold sandwich two together with jam. Make up icing sugar with a little cold water. Dip cake into icing sugar then into coconut. Place in cake cases.

Mrs. Anne Gibson

SPICY TUTTI FRUITI BUNS

2 level tblsp. Syrup
2 ozs. Marg.
1 large Egg Yolk
2 oz. Glace Cherries chopped
3 ozs. Plain Flour

$\frac{1}{4}$ level teasp. Baking Soda
1-2 tblsp. Milk
Meringue Topping: 1 Egg White
2 oz. Caster Sugar
 $\frac{1}{4}$ level teasp
Cinnamon

Cream marg. and syrup together, beat in egg yolk, stir in cherries. Sieve flour and Baking soda, fold into mixture and add milk. Divide mixture into cases. Topping: Whisk egg white until stiff. Stir sugar and cinnamon together then add half to egg white and re-whisk until stiff. Fold in rest of sugar. Pile heap of meringue on top of Tutti Frutti mixture. Bake at 350F for about 20 minutes.

Mrs. K. Dawson

TRAY BAKE

15 Digestive Biscuits
15 Marshmallows

15 Cherries or Walnuts or half each
Small tin Condensed Milk

Crush biscuits and cut up other ingredients and bind with condensed milk. Line a swiss roll tin with greaseproof paper. Place mixture in tin and smooth out. Cut an orange in half and rub over mixture squeezing the juice out evenly until mixture is compressed and smooth. Cover with melted chocolate and when cold turn tin upside down on sheet of greaseproof paper and spread underside with chocolate. Cut into squares.

Mrs. E. Brown

WALNUT FINGERS

Shortbread base cooked previously in swiss roll tin.

2 Eggs
6 oz. Caster Sugar
2 oz. Rice Flour

3 oz Chopped Walnuts
Vanilla Essence

Beat eggs and sugar till thick. Add other ingredients, spread on base and bake 375-400F till nicely brown - about 15-20 mins.

Mrs. P. O'Brian

CHOCOLATE CRUNCH

5 oz. Cooking Chocolate
4 oz. Digestive Biscuits

4 oz. Icing Sugar
4 oz. Marg.

Crumble biscuits finely into bowl, sieve icing sugar into same bowl. Into another bowl melt marg. and chocolate. When melted add to biscuits and icing sugar. Spread out in a greased dish till about $\frac{1}{2}$ "- $\frac{3}{4}$ " thick. Place in fridge till hard then cut into small squares.

Alison Currie

DATE CRUNCH

4 oz. Marg.
6 oz. Dates
3 oz. Cooking Chocolate

6 oz. Caster Sugar
6 handfuls Rice Crispies

Melt marg. sugar and dates in saucepan. Add crispies and mix well. Spread onto greased shallow baking tray. Melt chocolate and pour over mixture. Cut into squares when cold.

P. Kinmond

COCOANUT FARE

1 Tea Cup Desc. Coconut
1 Tea Cup S.R. Flour
1 Tea Cup Crushed Corn Flakes

$\frac{1}{2}$ Tea Cup Sugar
 $\frac{1}{4}$ lb Marg. (melted)

Mix all ingredients together and press into flat tin. Bake in moderate oven until golden brown. Cool and pour over thin icing made with 5 tblsp. icing sugar and sufficient water.

Mrs. M. Nicoll

TRICKLE TRAY BAKE
(makes 12)

For the base:

6 oz. Plain Flour
Pinch of Salt
 $1\frac{1}{2}$ oz. Marg.
 $1\frac{1}{2}$ oz. Lard

For the Sponge Top:

4 oz. Softened Marg.	Pinch of Salt
4 oz. Caster Sugar	2 tblsp. Milk
2 large Eggs	4 level dessp. Strawberry Jam
6 oz. S.R. Flour sifted	Few drops of Almond Essence

Brush the tin with a little melted fat. Sift flour and salt for the base into a bowl, add fats cut into small pieces, using the fingertips only rub them in until mixture resembles fine breadcrumbs. Mix in sufficient water to make a fairly stiff dough, transfer it to a lightly floured working surface. Roll the pastry into a rectangle large enough to cover the base and sides of the tin and very carefully lift it into position. Press the dough into the sides and corners then run the rolling pin over all the edges to remove the excess dough. Mix together the marg. eggs, sifted flour and salt, sugar, milk and almond essence in a mixing bowl. Beat them for a minute. Spread the sponge mixture evenly over the pastry base. Finally trickle the jam over top - as it cooks the jam will seep through sponge onto the pastry. Bake the tray bake on the centre shelf of a mod. oven Gas mark 4 for 30 mins. then reduce the heat to Gas mark 3 and cook it for a further 10-15 mins. until the sponge is golden brown and well risen. Cut the tray bake into 12 squares and leave it to cool on a wire tray before serving for tea.

Tracey Rodger

GINGER CRUNCH

4 oz. Marg.
2 oz. Sugar
1 Cup S.R. Flour
1 teasp. Ground Ginger

1 tblsp. Butter
3 teasp. Golden Syrup
3 lg. tblsp. Icing Sugar
Coconut

Cream marg. and sugar and add flour and ginger. Grease and line a swiss roll tin and spread on mixture. Bake in mod. oven for 20 mins. Melt butter and syrup in saucepan and add icing sugar. Pour this over hot biscuit and sprinkle with coconut. Cut into squares when cool.

Mrs. B. E. Robertson

PEPPERMINT SQUARES

4 oz. Marg.
 $\frac{1}{2}$ Cup Soft Brown Sugar
1 Cup S.R. Flour

2 tblsp. Coconut
1 tblsp. Cocoa
2 small handfuls cornflakes

Icing: 2 oz. Marg.
9 oz. Icing Sugar
Peppermint Essence
Green Colouring

Cream marg. and sugar, mix together dry ingredients and add to this. Spread and press into swiss roll tin and bake for 20 mins. at 350F. While still warm spread with icing. When set cover with melted chocolate. Cut into squares when cool.

Mrs. B. E. Robertson

TOLLHOUSE SQUARES

4 oz. S.R. Flour
4 oz. Marg.
4 oz. Brown Sugar
2 Eggs

$\frac{1}{2}$ teasp. Salt
1 teasp. Vanilla
2 oz. Chocolate Chips

Grease and line 7" square tin (shallow) (Base)

Cream marg. and sugar, mix dry ingreds. add 2 tblsp. of sieved flour, mix, add 1 egg at a time if using mixer. If not, beat eggs and add gradually, beating well between each addition. Add vanilla and fold in flour with chocolate chips. Bake 350F for 25-30 mins. Turn on rack to cool.

Icing: 3 oz. Marg.
4 oz. Icing Sugar
1 tblsp. Syrup

Chocolate Bits or chopped Chocolate
for decoration
Walnuts if liked

Beat marg. sugar and syrup until smooth. Ice cake, mark with fork, cut into 16 squares.

Mrs. Chris Linley

ALBERT CAKE

Make a short crust pastry, roll out thin and line sandwich tin, then spread with jam.

Sponge Mixture:

3 oz. Marg.
2 oz. S.R. Flour
1 oz. Cornflour

2 Eggs
 $\frac{1}{4}$ teasp. Baking Powder
3 oz. Sugar

Cream marg. and sugar, then add egg and flour turn about until all is used up. Spread evenly over top of jam and bake for 15 mins.

Mrs. J. Dallas

CHOCOLATE CRUMBLE

4 oz. Marg.	4 teasp. Drinking Chocolate
1 dessp. Sugar	2 tblsp. Syrup
$\frac{1}{2}$ lb. Cooking Chocolate	1 lb. Digestive Biscuits

Crunch up biscuits in a bag. Melt marg. sugar, syrup and drinking chocolate over a low heat till melted. Stir in biscuit crumbs. Turn into a swiss roll tin and leave to cool. Cover with melted chocolate. Cut into squares when cool.

Mrs. Hazel Chessor

CHOCOLATE DIGESTIVE TRAY BAKE

$\frac{1}{2}$ Pkt. Chocolate Digestive Biscuits (Plain)	4 oz. Marg.
$\frac{1}{2}$ Pkt. Digestive Biscuits (both crushed)	2 oz. Sugar
1 small tin Nestles Condensed Milk	2 oz. Raisins
2 level dessp. Syrup	

Melt condensed milk, syrup, margarine, sugar and raisins and boil for 5 mins., then stir in crushed biscuits. Press into swiss roll tin and cover with melted chocolate.

Mrs. Christine Kidd

COBURG CAKES

$\frac{1}{2}$ lb. Flour
2 ozs. Sugar
 $\frac{1}{2}$ teasp. Baking Soda
2 Eggs

4 ozs. Marg.
4 ozs. Syrup
2 teasp. Mixed Spice

Mix all dry ingredients, melt marg. and syrup together over a low heat, and stir in well beaten eggs. Mix in dry ingredients and put into greased patty tins with half an almond on each tin, bake at 350F - 375F.

Mrs. J. Dallas

GINGER CHOC ROCK CAKES

8 ozs. S.R. Flour
1 large teasp. Ground Ginger
4 ozs. Marg.
3 ozs. Granulated Sugar

1 large Egg
1-2 tblsp. Milk
2 ozs. Cooking Chocolate
1 oz. Crystalised Ginger.

Chop chocolate and ginger into small pieces. Sift flour and rub in marg, add sugar, chocolate and spice etc. Mix to a stiff dough with egg and milk. Pile in rough heaps and sprinkle with sugar. Bake 400F for 20-25 mins.

1 oz. currants can be used instead of ginger if preferred.

Mrs. Moira Fraser

PRINCESS CRUNCHIES

4 ozs. Princess Marshmallows
4 ozs. Slab Toffee (or Caramels)

4 ozs. Marg
1 small Pkt of Rice Crispies

Melt marg, toffee and mallows slowly in a pan (do not boil). When thoroughly melted remove from heat and stir in Crispies (having first stirred the melted ingredients thoroughly), make sure all Crispies are coated with mixture. Line a swiss roll tin (or grease) with foil. Press into tin and allow to set

Mrs. M. Thomson

BRAN LOGS

4 ozs. Cooking Choc.
4 ozs. Evaporated Milk
2 ozs. Hazlenuts

2 ozs. Sifted Icing Sugar
4 ozs. Bran Flakes - crushed
Icing sugar - for dusting

Melt choc. with milk over hot but not boiling water, over low heat stirring constantly. Remove from heat, stir in 2 oz. icing sugar. Add bran and nuts and mix well. Drop by tblsps. into additional sugar. Roll into logs. Refrigerate at least 1 hour before serving.

Mrs. D. McTavish

CANADIAN CHOCOLATE COOKIES

1 Cup White Sugar
2 ozs. Marg.

$\frac{1}{4}$ cup Milk
2 squares Chocolate

Put above ingredients in pan, bring to boil stirring constantly. Boil for 3 minutes. Remove from heat and add: $1\frac{1}{2}$ cups Rolled Oats, $\frac{1}{2}$ Cup Raisins or Coconut, Sultanas or Cherries. Spoon into paper cases and cool in fridge.

Mrs. S.G. Kennedy.

MACAROON TARTS

Pie Crust - 4 ozs. Plain Flour
2 ozs. Marg

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

Moisten with a little cold water. Roll out thinly, cut into rounds and line 18-20 patty tins.

Filling - Beat whites of 2 eggs stiffly add $\frac{1}{2}$ cup Caster Sugar and 1 cup coconut. Put a little rasp jam in each pastry lined tin and half fill with mixture. Bake in moderate oven 375F or 190C. for 20 minutes to a golden brown.

Mrs. Netta Anton

PUNK ROCK CAKES

4 ozs. S.R. Flour
2 ozs. Marg.
2 ozs. Sugar

4 ozs. Currants
1 Egg
Lots of food colouring

Place flour, marg, sugar and currants into a bowl and mix together. Add the egg to bind the ingredients together. Add the food colour to make it look revolting, then place the buns onto a baking tray. 400 - 425F, Mark 6 for 12-15 minutes.

Miss Susan Thomson

ORANGE CHIP CAKE

4 ozs. Marg
4 ozs. Sugar
5 ozs. S.R. Flour (sifted)
2 Eggs

1 tblsp. Orange Juice
1 dessp. grated Orange Peel
3 ozs. grated Chocolate
2 ozs. chopped Walnuts (optional)

Cream marg. and sugar and peel until light and fluffy. Add the eggs one at a time. Add flour, chocolate, orange juice and walnuts until well mixed. Turn into a tin $7\frac{1}{2}$ " x $7\frac{1}{2}$ " and bake 25-30 mins. 375F, Gas mark 5. Could be iced with orange flavoured butter icing and decorated with walnuts.

Miss Susan Thomson

EGG YOLK SPONGE

4 Egg Yolks
2 tblsp. cold Water
 $3\frac{1}{2}$ ozs. caster Sugar

$3\frac{1}{2}$ oz. Plain Flour
1 teasp. grated Lemon rind
Icing Sugar

Grease a deep 7" sponge tin and line base with greased paper.

Whisk egg yolks and water until well blended - add caster sugar and continue whisking until mixture is light and foamy - fold in sifted flour with lemon rind. Put mixture into tin and bake for time given. Turn out and cool on a wire rack. Sprinkle with a little sifted icing sugar before serving.

Oven temp - 350F/180C/Gas mark 4; Cooking time - 40 minutes.

This is a useful cake to make when egg yolks are left over after making meringues.

Mrs. I.E. Pennycook

SPONGE SANDWICH

6 ozs. Marg
6 ozs. S.R. Flour

6 ozs. Caster Sugar
3 Eggs

Cream marg and sugar together until very light. Beat in eggs one at a time, adding a little sieved flour with each egg. Fold in remaining flour. Divide mixture equally between two 7" x 1½" sandwich tins with a round of greaseproof paper in the bottom of each, and brushed round inside with melted marg. Smooth tops. Bake in mod. oven 375F or 190C for 30 minutes.

Mrs. Netta Anton

CHOCOLATE SPONGE SANDWICH

4 ozs. Marg
4 ozs. S.R. Flour
4 ozs. Caster Sugar
2 Eggs

1 heaped tblsp. Drinking Chocolate
blended with 2 tblsp hot water,
allow to cool
Salt

Cream marg and sugar, add chocolate and water (add some of sieved flour to prevent curdling). Add eggs beaten or one at a time in mixer. Add remainder flour and salt, fold in. Put into two 7" sandwich tins, greased and base lined. Bake Reg. 4 or 350F for 30 mins. Fill with chocolate butter cream. Melt chocolate for top.

Mrs. Chris Linley

APPLE SHORTCAKE

4 ozs. Marg
3 ozs. Caster Sugar
6 ozs. S.R. Flour

Pinch Salt
1 Egg
1 lb. Cooking Apples

Stew apples until soft, put into strainer to drain off juice. Cream marg and sugar, add egg and beat well, then add flour and salt. Divide mixture into two. Pat out one half of mixture to fit bottom of sponge tin, put in apples and then second half on top. Bake at 375F for 30-35 mins. until golden brown. When cold sprinkle with caster sugar.

Mrs. Jean Baldie

ALMOND ROUND

4 ozs. Plain Flour
3 ozs. Marg.
1 oz. Sugar
Small teasp. Baking Powder
Very little milk to mix

Filling - 1 teacup Coconut
1 teacup Sugar
1 well beaten Egg
 $\frac{1}{2}$ teasp. almond essence

Rub marg into flour. Add sugar and mix with milk. Line tin with pastry and spread with jam. Add filling and bake at 375F for 20 minutes.

E. Hutton

CARAMEL TART

Line 7" baking tin with pastry.

Filling - 1 oz. Marg
1 egg
1 cupful Sultanas
3 ozs. Sugar
1 teasp. Vanilla essence

Beat marg and sugar, add egg, and beat. Add sultanas and vanilla essence. Pour into pastry tin. Bake in moderate oven until crisp on top.

Mrs. M. Lamond

BRIGHTON SANDWICH

5 ozs. S.R. Flour
2 ozs. Fat

2 ozs. granulated Sugar
1 Egg.
Desired filling

Rub fat and flour, add sugar, mix with beaten egg, divide pastry in two. Roll one piece into round and place in sandwich tin. Spread desired filling to $\frac{1}{2}$ " from the edge. Cover with other half of pastry. Bake in mod. oven for 30 minutes. When cool sprinkle with icing sugar.

Mrs. M. Lamond

RAISIN TART

8 oz. Shortcrust Pastry
(or 1 Pkt Frozen Shortcrust Pastry)
2½ ozs. Marg
4 ozs. Sugar

4 ozs. Fruit
1 teasp. Mixed Spice
1 teasp. Cinnamon

Line 11" x 7" tin with pastry. Melt all ingredients in pan. Pour over pastry base.
Bake at 300F for 40 minutes.

Mrs. D. Christie

VICTORIA SPONGE

6 ozs. Caster Sugar
6 ozs. Butter or Marg

6 ozs. S.R. Flour
3 Eggs

Make in electric mixer.

Beat butter and sugar until light and fluffy. This is very important. Break in 1 egg add a little flour, add second and third eggs the same way, reduce speed (2) and tip in rest of flour, switch off, using the spatula turn mixture into two sandwich tins.
Bake 375F for 25 minutes.

Mrs. Margaret Butchart

NESTLES SHORTCAKE

Base:-

Beat together 6 oz. margarine, 2 oz. castor sugar. Add 6 oz. plain flour and 2 oz. cornflour. Mix all together and press into oblong tray, size 12" x 7½". Prick with fork and bake for 1 hour, gas 3, or electricity 315° until golden.

Toffee:-

4 oz. sugar	small tin condensed milk
2 tblsp. syrup	

Melt slowly in thick pan and bring to boil. Boil for 5 minutes, stirring continually. Take off heat and beat for few minutes. Pour over shortbread base. Melt 12 squares cooking chocolate and spread over toffee. Leave until cold, cut in fingers.

Mrs M. Petrie.

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BRIDAL SLICES

4 oz. sugar	2 oz. cherries
2 oz. margarine	6 oz. raisins
2 eggs	6 tblsp. crushed biscuits
	shortcrust pastry

Line Swiss Roll tin with pastry. Cream margarine and sugar. Add all other ingredients and spread over pastry. Bake at 350°F for ¾ hour. When cool, ice and cut into slices.

Mrs Sheena Lawn.

BISCUIT CAKE

8 oz. broken biscuits	1 level tblsp. syrup
4 oz. margarine	2 oz. cleaned sultanas
2 level tblsp. cocoa	4 oz. cooking chocolate
1 level tblsp. caster sugar	icing sugar

Melt margarine, cocoa, sugar, syrup and sultanas gently together in a saucepan. Crush the biscuits into crumbs and stir into mixture. Press the biscuit mixture into a greased sandwich tin and leave until set. Cut up and melt chocolate in a plate over a pan of hot - not boiling - water for about 5 minutes. Beat chocolate to make it smooth and spread over biscuit mixture and leave to set. Sprinkle with icing sugar.

Mrs Sandra Patterson.

CHOCOLATE BARS

3½ oz butter	6 oz. plain chocolate
1 oz. sultanas	8 oz. Country Store or similar cereal
1 oz. golden syrup	1 oz. mixed peel
2 oz. glace cherries	

Grease a 7" square tin. Melt butter and add syrup. Remove from heat and stir in cereal, sultanas, cherries and mixed peel. Press the mixture into the tin. Melt the chocolate in a basin over a pan of hot water. Spread evenly over the fruit base. Chill well, cut into bars.

Mrs Jeanette Stewart.

CURRENT LOAF

1 Cup Castor Sugar
1 Cup Water
1 Cup Sultanas
1 Cup Raisins
2 oz. Marg.

1 Teasp. Mixed Spice
1 Teasp. B. Soda
2 Cups S.R. Flour
2 Eggs

Put all in pan and simmer for 5 mins., cool, add 2 well beaten eggs and add 2 cups flour. Beat till smooth, put in tin and bake 350° F for 1 hour.

Mrs. Mary Findlay.

WELSH TEA LOAF

Soak $\frac{3}{4}$ lb. Mixed Fruit overnight in $\frac{3}{4}$ pt. of black tea (no milk added). Mix 1 lb. S.R. Flour, 1 teasp. Mixed Spice and $\frac{1}{4}$ lb. sugar together. Stir in one beaten egg into tea and fruit mixture then blend the wet and dry ingredients. Spoon into a large loaf tin and bake in moderate oven for 1 $\frac{1}{2}$ hrs. Gas Mark 3.

Mrs. C. Martin.

BARA BRITH (Fruit Loaf)

2 Cups Flour
 $\frac{1}{2}$ Cup Sugar
 $\frac{1}{2}$ Cup G. Syrup
1 or 2 Eggs

Pinch Salt
Dried Fruit
Milk

Mix dry goods, beat in eggs, add enough milk to make mixture med. soft. Bake in mod. oven approx. 1 $\frac{1}{2}$ hrs. 325° - 1 hr. 300° - $\frac{1}{2}$ hr.

Mrs. D. Parker.

BARRA-BRITH LOAF

1 lb. S.R. Flour
1 Teacup Sugar
12 oz. Mixed Fruit
1 Teacup Milk

2 Eggs
1 Good Tblsp. Syrup
1 Good Tblsp. Treacle
Pinch Salt

Mix all dry ingredients. Put milk, syrup and treacle in pan and heat till warm (not hot). Beat eggs till frothy. Add milk mixture and eggs alternately. Stir well. Put in 2 loaf tins. Bake at 190°C (350°F) for approximately 1 hour.

Mrs. Christine Kidd.

FRUIT LOAF

2 oz. Marg.
1 Cup Water
1 Cup Sugar

1 Cup Sultanas
Pinch Salt

Put into pan and boil for 4 minutes. Allow to cool, and pour into bowl. Add 2 cups S.R. Flour and 1 egg. Beat together. Pour into loaf tin which has been lined with foil, and bake for 1 hour at 350°F or Reg. 4.

Mrs. June Currie.

GINGERBREAD

4 oz. Marg
6 oz. Black Treacle
2 oz. Golden Syrup
 $\frac{1}{4}$ pt. Milk
2 Eggs

6 oz. Plain Flour
2 oz. Sugar
1 teasp. Mixed Spice
1 teasp. Bicarb. of Soda
2 teasp. Ground Ginger

(to this basic recipe can be added 4 oz. Sultanas, Dates, Ginger or Chopped Almonds)

In saucepan warm together marg. treacle and syrup. Add milk and allow to cool. Beat eggs and add to mixture. Sieve together dry ingredients and blend to cooled mixture with tablespoon. Turn into greased and lined 7" square tin and bake on middle shelf of cool oven 310F. for $1\frac{1}{4}$ to $1\frac{1}{2}$ hrs.

Mrs B.E. Robertson

STICKY GINGERBREAD

4 oz. Marg. or Lard
6 oz. Black Treacle
2 oz. Golden Syrup (or use all black treacle)
 $\frac{1}{4}$ pt. Milk
8 oz. Plain Flour

2 oz. Brown Sugar
1 level teasp. Bicarb. of Soda
1 level teasp. Mixed Spice
1-2 level teaspns. Ground Ginger
2 Eggs

Warm marg. black treacle and syrup. Add milk and allow to cool. Sieve dry ingredients into a bowl. add the treacle mixture and the eggs, beat well. Pour into lined 7" square tin and bake for $1\frac{1}{4}$ to $1\frac{1}{2}$ hrs. at 300 - 325F.

Heather Clark

CHOCOLATE SPICED LOAF

3 Eggs (size 3)
6 oz Soft Brown Sugar
6 oz. Butter
6 oz. S.R. Flour
1 Level tblsp. Mixed Spice
Pinch Salt

Few Drops of Vanilla Essence
5 tblsp. Milk
5 tblsp. Lemon Juice
3 oz. Chocolate (coarsely grated)
2 lb. Loaf tin (9x4x3)
Melted Lard, Greaseproof Paper

To Complete: 1 tblsp. Apricot Jam - melt in pan and brush over top of warm loaf
Chocolate Vermicelli - decorate edges with vermicelli. Prepare loaf tin by greasing inside with melted lard and line base with greaseproof paper. Beat eggs with sugar until pale. Melt butter gently and add to egg and sugar mix. Sift flour, mix spice and salt into bowl and stir into mix. Heat milk until lukewarm in pan that was used for the butter and add to mix with lemon juice, vanilla and chocolate. Mix well. Bake in centre of oven Gas 4 for 1 hr.

Miss L. Baird

MARSHMALLOW SQUARES

6 oz. Butter
 $\frac{1}{2}$ Cup Sugar
 $\frac{1}{2}$ teasp. Vanilla Essence
 $1\frac{1}{2}$ Cups Flour

24 Marshmallows
 $\frac{1}{2}$ Cup Milk
 $\frac{3}{4}$ Cup Chopped Almonds
 $\frac{1}{2}$ Cup Cherries

Preheat oven 325F. Cream together butter and sugar till fluffy beat in vanilla, fold in flour. Spoon mixture into 8" tray. Bake for 20 - 25 mins. or until golden brown. Allow to cool, melt marshmallows in the milk gently. Remove from heat. Add almonds and cherries Smooth on the biscuit base. Leave to cool and set before cutting into squares.

This is an Australian recipe.

Mrs Margaret Lamond

MALT LOAF

12 oz. S.R. Flour	6 oz. Currants
2 oz. Sugar	$\frac{1}{2}$ pt. Milk
2 Rounded tblsps. Ovaltine	4 Tblsps. Syrup

Mix all ingredients together and pour into 2 lb. loaf tin and bake at 325°F for $1\frac{1}{4}$ - $1\frac{1}{2}$ hours till golden.

Mrs. Anne Scott.

SPICED FRUIT LOAF

6 oz. Marg.	3 teasps. Mixed Spice
$1\frac{1}{2}$ teacups Sugar	$1\frac{1}{2}$ teasps. Baking Powder
$1\frac{1}{2}$ teacups Boiling Water	Walnuts if required.
6 ozs. Fruit	

Put all ingredients into a pot. Simmer for 5 mins. Allow to cool then add 3 teacups S.R. Flour, 2 beaten eggs. Bake in oven at 350°F for 1 hour. This quantity makes 2 loafs.

Mrs. Margaret Lamond.

YOUMA LOAF

2 teacups S.R. Flour	2 dessps. Treacle
$\frac{1}{2}$ teacup Sugar	Handful Sultanas or Raisins (optional)
1 teacup Milk	

Mix all ingredients together to a soft dough. Place in greased 1 lb. loaf tin and bake for 1 hour in moderate oven.

Mrs. Anne Scott.

FRUIT SLICE

4 oz. Margarine
4 oz. Demerara Sugar
1 Cup Raisins

1 Cup Currants
1 Cup S.R. Flour
1 Egg

Melt margarine and sugar in a pan, remove from heat, add beaten egg, fruit and flour. Mix well. Place in a square 7" x 7" tin. Bake in oven 375° F for $\frac{1}{2}$ to $\frac{3}{4}$ hour.

Moir Fraser.

BRAN FRUIT LOAF

4 oz. All-Bran
5 oz. Sugar
10 oz. Mixed Fruit

$\frac{1}{2}$ pt. Milk
4 oz. S.R. Flour

Put All-Bran, sugar and dried fruit in a basin and mix them well together. Stir in milk and leave to stand for half an hour. Sieve in the flour, mixing well, and pour mixture into a well greased 2 lb. loaf tin. Bake in a moderate oven (Gas No. 4 - 350° F) for about $1\frac{1}{4}$ hours. Turn out of tin and allow to cool.

Barbara Lark.

FRUIT LOAF

$\frac{1}{2}$ lb. Mixed Fruit
1 cup hot Tea

$\frac{1}{4}$ lb. Castor Sugar

Put all in bowl and soak overnight. Add $\frac{1}{2}$ lb. S.R. Flour, 1 tblsp. Marmalade and 1 egg. Mix well together. Bake in mod. oven for 1 hour.

Mrs. Mgt. Nicoll.

FIR CONE CAKES

1 level tblsp. cocoa
 $1\frac{1}{2}$ oz. S.R. Flour
 $1\frac{1}{2}$ oz. Marg
 $1\frac{1}{2}$ oz. Caster Sugar
1 Egg

Decoration 2 ozs. Butter
4 ozs. Icing Sugar
1 level tblsp. Cocoa
1 tblsp. boiling Water
Vanilla Essence
2 Pkts. (large) chocolate buttons

Sieve dry ingredients into a bowl; add marg, sugar and egg, then cream thoroughly until well blended. Spoon into greased bun tins. Place in oven 375F, Mark 5 for 15-20 mins. until springy to touch. Cool. Trim buns slightly either side to make an oval shape. Cream butter and icing sugar. Mix cocoa with water and vanilla and stir into creamed mixture. Cover each cake with the butter icing. Stick on buttons, overlapping each other to resemble a fir cone. Place in paper cases and put a small piece of a fir tree in one end.

Miss Susan Thomson.

CUSTARD CREAMS

3 ozs. Butter
1 oz. Icing Sugar
3 ozs. S.R. Flour

1 oz. Custard Powder
 $\frac{1}{2}$ teasp. Baking Powder

Cream butter and sugar, add flour and custard powder and baking powder. Divide mixture into balls (size of walnuts), place on greased tray and flatten with fork. Bake in oven 4-5 Gas, 350F until golden brown. When cool fill with butter icing, placing one biscuit on top of other. Sift icing sugar on top to decorate.

Miss L. Baird

GIPSY CREAMS

4 ozs. S.R. Flour
2 ozs. Marg.
2 ozs. Lard
3 ozs. Sugar

1 teasp. syrup dissolved in 3 teasp.
of hot water
1 teacup Oatmeal
Vanilla Essence

Cream sugar and fats, add syrup dissolved in hot water and all dry ingredients. Roll into small balls, place on trays and bake in mod. oven for 15 mins.

Filling - 2 oz. Marg.
2 level dessp. Sugar

2 dessp. dried Milk
1 dessp. Cocoa

Cream marg and sugar and add dried milk and cocoa. Sandwich two rounds together with chocolate cream.

Mrs. J. Dallas

MACAROONS

1 tblsp. Ground Almonds
3 tblsp. Caster Sugar
 $\frac{1}{2}$ teasp. Almond essence
1 White of egg
Little Jelly

Pastry - 1 oz. Marg.
1 oz. Lard
 $\frac{1}{4}$ lb. Flour
1 dessp. Sugar
 $\frac{1}{2}$ teasp. Baking Powder
Very little water.

Beat white of egg stiffly, fold in sugar and almonds, add essence. For pastry cream fats, add other ingredients, moisten with water if necessary; roll out and fork, stamp out rounds and line patty tins. Put a little jelly in each case then a spoonful of beaten egg on top. Bake at 375F for 15-20 minutes.

Mrs. J. Dallas

GOLDEN CRUNCHIES

4 ozs. Marg	1 teasp. vanilla essence
4 ozs. Caster sugar	1 teasp. syrup
4 ozs. Plain Flour	1 teasp. treacle
3 ozs. Rolled Oats	1 teasp. warm water

Cream marg. and sugar - add all other ingredients. Roll into small balls and flatten with fork. Bake at 350F for 15 - 20 minutes.

Mrs. Una McLaren

GINGER BISCUITS

6 ozs. S.R. Flour	1 teasp. Ginger
4 ozs. Marg.	1 tblsp. Syrup
3 ozs. Sugar	$\frac{1}{2}$ teasp. Baking Soda

Put marg. and syrup in pan to melt, then put flour, ginger, sugar and soda all together in pan and mix. Take a little at a time and roll and flatten on a tray. Put in oven 350F for 25 minutes.

Mrs. Mary Findlay

SHORTBREAD BISCUITS

16 ozs. S.R. Flour
8 oz. Marg.
4 oz. Sugar

Knead or mix in Chef Mixer. Roll out; cut into rounds; Bake in moderate oven till slightly browned. Cool on wire tray. Can be used to make Empire Biscuits.

Mrs. Joan Black

SHORTBREAD

4 ozs. Castor Sugar
 $\frac{1}{2}$ lb. Butter

8 oz. Plain Flour
4 oz. Cornflour

Cream butter and sugar, mix in blended flours, using hands. Turn onto floured board and press out. Prick and cut into shapes, or press into biscuit tray and cut into fingers. Bake in moderate oven till golden.

Mrs. H. Pithie

PARKINS

4 oz. S.R. Flour
4 oz. Oatmeal
1 teasp. Ground ginger
4 oz. Caster sugar
2 oz. Marg.

1 egg
1 tblsp. treacle or syrup
1 tblsp. milk
14 almonds, blanched and split

Mix all dry ingredients thoroughly and rub in the margarine. Add the syrup or treacle, mixed with the beaten egg, and work all into a paste with the milk. Place single teaspoonfuls in rounds on a greased baking sheet and put a split almond on top of each. Bake in a moderate oven, 350F for about 15 - 20 minutes.

Mr. James Lindsay

BANANA OATIES

1 large ripe Banana
2 oz. soft Marg.
3 ozs. Lard
3 ozs. Castor Sugar

1 Egg
5 ozs. S.R. Flour
1 oz. Rolled Oats

Decoration - 2 ozs. Rolled Oats. 8 Glace Cherries (quartered)

Cut banana and fats into small pieces. Place in liquidiser with castor sugar and egg. Run machine until well mixed, looks curdled. Do not be alarmed. Place flour and oats in bowl. Add mixture from liquidiser. Mix together with wooden spoon. Roll into walnut size balls with wet hands, then dip into rolled oats on a plate to coat. Place on baking sheet leaving room to spread. Press out slightly with a fork. Place quartered cherry in centre of each oatie. Bake in oven 350F for 15-20 mins. Makes about 32.

Mrs. Alison Murray

SHORTBREAD

1 lb. Plain Flour
1 lb. S.R. Flour
1 lb. Butter

$\frac{1}{2}$ lb. Caster Sugar
 $\frac{1}{2}$ teasp. Salt

Cream butter and sugar together, then work in the sieved flours and salt very lightly. Do not knead it, for that toughens it. Turn out onto a lightly floured board and press with the hand into 1 or 2 large rounds. Do not roll as this also toughens it. Put on to an ungreased baking sheet. Pinch the edges with finger and thumb and prick with a fork. Bake in a moderate oven for 1 hour. Leave to cool before turning out.

Mrs. Anne Whytock

EASTER BISCUITS

4 oz. Marg.		3 oz. Castor Sugar
6 oz. Plain Flour	} sieved tog.	2 oz. Currants
1 level teasp. mixed Spice		1 tblsp. Milk

Rub marg. into dry ingredients. Add sugar, currants and milk and mix to form a stiff dough. Turn on lightly floured board and knead till smooth. Roll out thinly and cut in rounds. Bake at 350F. Dredge with castor sugar.

Mrs. K. Dawson

DOUBLE BISCUITS

6 ozs. Plain Flour	2 ozs. Icing Sugar
6 ozs. Marg.	2 ozs. Cornflour

Knead all together or put marg. and sugar in mixing bowl and cream with mixer. Fold in flours (sieved together) gradually until all is a nice smooth mixture. Roll out, cut in rounds. Sandwich together with jam and ice tops. Oven 325F. 20-30 minutes.

Mrs. H. Dunn

CHOCOLATE COFFEE BALLS

2 ozs. Marg.	3 ozs. Coconut
4 ozs. Icing Sugar	1 heaped teasp. dry coffee
Cooking Chocolate	

Cream marg. and sugar. Mix in dry coffee and coconut. Roll into balls. Dip in melted chocolate. Leave to harden.

Mrs. Sheena Lawn

GINGER FINGERS

8 ozs. S.R. Flour
4 ozs. Marg.
3 ozs. Caster Sugar

$\frac{1}{2}$ teasp. Ground Ginger
 $\frac{1}{2}$ teasp. Mixed Spice
1 dessp. Syrup
Pinch of Salt

Sieve flour, spice, ginger and salt into a bowl and rub in the margarine. Add the sugar and syrup and mix until crumbly. Spread the mixture evenly in a greased flat tray and rough up the top with a fork. Bake for 30 mins. at Gas mark 4. Cut into fingers while still hot but allow to cool in the tray.

Mrs. Anne Murray

LADY BISCUITS

6 ozs. plus 1 tblsp. Butter
10 ozs. Sugar
2 Egg whites - lightly beaten

1 teasp. Vanilla essence
8 ozs. Flour (sifted)
2 tblsp. Cornflour

Preheat oven to 375F or gas mark 5. Using the teaspoon of butter lightly grease two medium sized baking sheets. Cream butter and sugar until light and fluffy. Beat in egg whites, fold in flour and cornflour. Stir until mixture forms a firm dough. Divide dough into 24 small balls. Place on baking sheets about 2" apart. Flatten each ball with the prongs of a fork. Bake for 15 - 20 minutes until biscuits are golden brown

Mrs. Anne Gibson

CINNAMON BUTTER WHIRLS

6 ozs. Butter or Marg.
2 ozs. sifted Icing Sugar
 $\frac{1}{2}$ teasp. Vanilla Essence

6 ozs. Plain Flour
 $\frac{1}{2}$ teasp. Ground Cinnamon
8-9 glace cherries (halved)

Time - 20 mins. or until pale gold at 325F - Gas mark 3
Cream butter with sugar and vanilla essence in a bowl until light and fluffy. Stir in sifted flour and spice. Using large star pipe, swirl mixture on to a large baking sheet. Put half a cherry on each. Cook 20 mins. Cool on a wire rack.

Mrs. Sheena Lamond

ALMOND SLICES

6 ozs. Shortcrust Pastry
3 tblsp. Raspberry Jam
4 ozs. Butter
4 ozs. Caster Sugar

4 ozs. Ground Almonds
1 oz. Plain Flour
2 beaten Eggs
Few drops Almond essence

Line swiss roll tin with pastry spread with raspberry jam. Cream together butter and sugar add egg and essence gradually fold in flour and ground almonds. Spread mixture evenly over raspberry jam. Use any spare pastry forming a lattice on top. Oven 350F
30-40 minutes.

Mrs. Alison Murray

CREAM SLICES

1 14 oz. Pkt Frozen Pastry
 $\frac{1}{2}$ Pt. Whipping Cream

Fresh or tinned Fruit

Thaw pastry and roll out thinly, cut strips approx. 5" x 2". Bake in hot oven till risen and baked through. Leave to cool and split lengthways. Fill with cream and fruit just before serving. Dredge with icing sugar.

Mrs. H. Pithie

SODA SCONES

1 lb. flour	$\frac{1}{2}$ teasp. salt
1 teasp. baking soda	2 oz. margarine
1 teasp. Cream of Tartar	buttermilk

Rub margarine into flour, add dry ingredients. Mix with buttermilk to a softish dough. Roll lightly out into two rounds on a well floured board, cut into 4 or 6 three cornered scones and bake on lightly floured girdle until lightly browned and turn over on other side.

Mrs J. Dallas.

CHERRY SLICES

8 oz. plain flour	2 oz. castor sugar
5 oz. margarine	

Pastry:-

Mix above together and knead as for shortbread. Line a Swiss Roll tin and bake at 350° for 10 minutes.

4 oz. margarine	2 beaten eggs
4 oz. castor sugar	4 oz. chopped cherries
2 oz. ground rice or Semolina	1 tblsp. ground almonds
	2 - 3 tblsp. self raising flour

Base:-

Cream margarine and sugar. Add ground rice, eggs and almonds. Mix in cherries and lastly flour. Spread over base and bake 350° for 30 minutes. Sprinkle with sugar when cool and cut into fingers.

Frances Kidd.

DATE SLICE

Filling:-

Put 1 packet dates in pan with small cup of water and 1 teasp. vanilla essence.
Heat till soft and beat with fork.

Pastry:-

7 oz. self raising flour	4 oz. porridge oats
5 oz. castor sugar	6 oz. margarine

Put flour, sugar and oats in basin and mix together. Rub in margarine until dough.
Mrs Anne Scott.

CHOCOLATE COCONUT FINGERS

6 oz. plain chocolate	4 oz. coconut
4 oz. castor sugar	2 oz. cherries (cut in small pieces)
1 large egg	

Melt chocolate on Swiss Roll tin. Beat sugar and egg till thick and creamy. Add coconut and cherries. Spread on top of chocolate which has been allowed to cool. Bake in moderate oven 350° F, gas 4, for 15 minutes. Cut into fingers and leave on tray till cold. (This is an excellent 'keeper').

Mrs R.G. Scott.

TRAY BAKE

$\frac{1}{2}$ lb. Spry	1 cup mixed fruit
1 cup icing sugar	1 cup coconut
1 cup powdered milk	1 cup rice crispies
	few cherries and angelica

Melt Spry and add other ingredients. Spread on to Swiss Roll tin. Cover with melted chocolate when set. Cut into squares.

Mrs E. Brown.

TREACLE SCONES

8 oz. flour
 $\frac{1}{2}$ teasp. Bicarbonate of Soda
 $\frac{1}{4}$ teasp. salt
 $\frac{1}{2}$ teasp. cinnamon
 $\frac{1}{2}$ teasp. mixed spice

2 teasp. Castor sugar
 $1\frac{1}{2}$ oz. butter (small pieces)
1 tblsp. treacle
6 tblsp. sour milk (1 teasp. lemon juice to
 $\frac{1}{4}$ pt. milk)

Rub butter into dry ingredients, melt treacle in 2 tablespoons milk in a pan, then add to flour mixture with enough milk to give a fairly stiff dough. Bake at 400°F for about 15 minutes.

Mrs A. Fotheringham.

CHEESE SCONES

8 oz. self raising flour
pinch of salt
 $1\frac{1}{2}$ oz. butter or margarine

4 oz. grated Cheddar cheese
1 level teasp. dry mustard
approximately $\frac{1}{4}$ pt. milk

Grease baking tray. Mix flour and salt and rub in the fat until mixture resembles fine breadcrumbs. Stir in the cheese, mustard and enough milk to give a fairly soft light dough. Roll out about $\frac{3}{4}$ " thick and cut into rounds. Brush the tops with milk. Bake near top of oven at 425°F for approximately 10 minutes.

Dot Brown.

PANCAKES

1 cup self raising flour
 $\frac{1}{4}$ cup sugar
pinch of salt

1 teasp. syrup
1 egg
milk to make "dropping" batter

B.E. Robertson.

PANCAKES

2 cups self raising flour
 $\frac{3}{4}$ cup sugar
1 oz. melted margarine

1 teasp. Bicarbonate of Soda
 $\frac{3}{4}$ teasp. Cream of Tartar
1 egg
milk to mix

Beat all ingredients to make batter. Cook on girdle to pale golden brown.

Mrs Sheena Lawn.

PANCAKES

1 teacup plain flour
1 egg
2 level tblsp. castor sugar

$\frac{1}{2}$ level teasp. Bicarbonate of Soda
 $\frac{3}{4}$ level teasp. Cream of Tartar
a little milk

Sift dry ingredients. Add egg and milk and beat to a dropping consistency.
Bake on a hot girdle.

Netta Anton.

OVEN SCONES

1 lb. self raising flour
4 oz. margarine

4 oz. castor sugar
pinch salt
milk

Sieve flour, sugar and salt and rub in margarine, add enough milk to make a soft dough. Turn on to a floured board, knead lightly. Roll out, cut in rounds. Place on a greased tray and bake at 220° for 15 minutes.

Netta Anton.

BREAD

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

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

15 fluid oz. water (warm)

1 oz. lard or oil

$\frac{1}{2}$ oz. freeze dried yeast (1 sachet)

Rub fat or oil into flour and salt. Add yeast and mix well. Add water then knead 7 - 10 minutes. Shape and put into oiled tins. Leave to rise about 30 minutes. Bake in hot oven, gas 7, electricity Bake 25 - 30 minutes.

Mrs M. Petrie.

WHEATEN BREAD

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

$\frac{1}{2}$ lb. Allinson's flour

1 teasp. Baking Soda

2 teasp. Cream of Tartar

1 teasp. salt

1 dessp. syrup

Full $\frac{1}{2}$ pt. milk

Mix all dry ingredients. Dissolve the syrup in the milk. Mix with dry ingredients. Bake in tin with a lid or cover with foil for 1 hour at Regulo 5. Remove lid and bake for further $\frac{1}{2}$ hour.

Mrs Anne Whytock.

WHOLEWHEAT BREAD

1 $\frac{1}{2}$ lb. wholewheat flour	2 oz. soft lard
1 $\frac{1}{2}$ lb. strong white bread flour	2 sachets Harvest Gold Dried yeast (or 1 oz. fresh yeast)
2 teasp. salt	1 pt. cold water
2 teasp. Castor sugar	$\frac{3}{4}$ pt. boiling water

Put all dry ingredients into mixing bowl including the dried yeast and mix, then rub in the lard. Add all liquid and mix till mixture leaves sides of bowl, turn out on to work top and knead for 10 minutes. Put back into bowl and allow dough to prove (i.e. rise till about twice the size). Remove from bowl and knead for 5 minutes. Divide mixture into approximately 2 lb., 2 lb. and 1 $\frac{1}{2}$ lb. pieces and knead to shape for 2 lb. loaf tins and 1 lb. loaf tin. Place tins into large polythene bags and allow to prove till dough is approximately level with top of tins. Bake in oven at 220°C for 45 minutes. Turn loaves out on to baking tray to cool. The loaves should sound hollow if tapped on bottom.

For white bread, 3 lb. of strong white bread flour should be used and the boiling water reduced to half a pint.

If fresh yeast is used it should be creamed with a little of the liquid and added just before the liquid.

Mr J. Kidd.

SCONES

2 cupfuls flour
3 teasp. baking powder
1 egg

2 tblsp. margarine
1 tblsp. castor sugar
 $\frac{1}{2}$ cupful water

Sift flour with baking powder and milk in sugar. Rub in margarine lightly. Mix to soft dough with the beaten egg and water. Divide and put on greased tin. Bake in hot oven (Regulo 8) for 12 minutes. Split, spread with butter and serve piping hot.

Mrs D. McTavish.

SCOTTISH POTATO CAKES

8 oz. boiled potatoes
 $\frac{1}{2}$ oz. butter

2 oz. self raising flour
1 grated or very finely chopped onion
salt

Mash potatoes while hot, add butter and beat in the flour, add salt. Roll out thinly on to a floured baking board. Cut into rounds about size of a saucer and fry in hot fat, cooking 3 minutes on each side. Prick with fork while they fry. Serve hot.

E.P. Sharp.

OVEN SCONES

8 oz. sieved self raising flour
 $\frac{1}{2}$ teasp. Cream of Tartar
 $\frac{1}{4}$ teasp. Baking Powder

$\frac{1}{4}$ teasp. Baking Soda
then rub in 2 oz. margarine

Beat 1 egg yolk with 4 large tbsp. milk, add 1 - $1\frac{1}{2}$ oz. castor sugar and beat again. Fold this into the flour mixture to make a stiff sticky dough. Pat into a round shape about $\frac{3}{4}$ " thick - keep well floured - then cut with a small round cutter into scones. Put on to a greased tray spaced well apart, and bake in hot oven 425 - 500F for 10 - 15 minutes. Brush the tops of scones with a little of the egg white before putting in oven, gives a nice finish.

Mrs E. Dunn.

QUICKIE BRAN SCONES

7 oz. self raising flour
1 oz. bran
1 teasp. baking powder
2 oz. margarine

2 tbsp. castor sugar
salt
1 egg (beaten)
milk to mix

Sieve flour, baking powder and salt into bowl, add bran and sugar, rub in margarine. Add egg (beaten) and milk. Mix to a fairly soft dough. Flour dough and gather together. Divide in two. Place in two 7" sandwich tins. Pat even and mark in 8 portions. Bake in hot oven, gas 7, for 10 - 12 minutes.

Mrs Chris Linley.

CHRISTMAS CAKE

8 oz. Marg.
10 oz. Flour
 $\frac{1}{2}$ lb. Ground Almonds
1 teasp. Mixed Spice
 $\frac{1}{2}$ teasp. Ground Ginger

1 teasp. Lemon Rind
 $2\frac{1}{2}$ lbs. Fruit (currants, sultanas & cherries)
8 oz. Brown Sugar (dark)
4 Eggs
1 teasp. Treacle

Use 8" diameter tin. Prepare tin with paper, heat oven to 300F. Cream Marg. and sugar and add treacle. Sieve flour and spices, add eggs gradually with a little of this mixture. Mix in fruit. Fold in remainder of flour and $\frac{1}{4}$ teasp. Baking Powder (if wished). Place in tin and bake for 1 hr. then reduced temperature to 250F and bake for a further 2 hrs. or longer. Cover with marzipan and ice.

Miss J. Forsyth

ORANGE CAKE

4 oz. Marg.
4 oz. Sugar
3 Eggs

6 oz. Flour
2 Oranges
 $1\frac{1}{2}$ teasp. Baking Powder

Beat butter and sugar till creamy then add the yolks of eggs and beat again. Grate rind off orange squeeze out juice, strain and add to mixture. Mix flour and baking powder together and stir in. Beat whites of eggs till stiff and add. Grease and line a 7" cake tin and pour in mixture. Bake in moderate oven for 45 to 50 mins. When cool cover with orange icing and decorate with crystalised orange slices.

Mrs. B. E. Robertson

CHRISTENING CAKE

12 $\frac{1}{2}$ oz. Butter
12 $\frac{1}{2}$ oz. Soft Brown Sugar
1 lb. Plain Flour
3 lb. 2 oz. Mixed Fruit
7 oz. Glace Cherries
5 oz. Ground Almonds

6 oz. Mixed Peel
3 teasp. Mixed Spice
8 Eggs
2 small teasp. Treacle
3 teasp. Coffee Essence
Minature Rum or Brandy

Use 10" square or round tin. Cream marg. and sugar till light and fluffy, also treacle. Add sieved dry ingredients, fruits and eggs and 2 tblsp. rum or brandy and coffee essence. Put in prepared tin lined with double thickness of greaseproof paper. Bake 325F for 1 hr. then 300F. for approx. 2 hrs. Pour remainder of brandy over cake until all is used and allow to soak in. This requires 1 $\frac{1}{2}$ lb. marzipan and Royal icing, depending on type of decoration.

Mrs. Moira Fraser

SCRIPTURE CAKE

4 $\frac{1}{2}$ cupfuls of 1st. Kings IV 22 (Flour)
1 $\frac{1}{2}$ cupfuls of Judges V 25 (Milk)
2 cupfuls Jeremiah VI 20 (Sugar)
2 cupfuls of 1st Samuel XXX 12 (Raisins)
1 cupful of Numbers XVII 8 (Almonds)
2 cupfuls of Nahum III 12 (Figs)

2 tabbsp. of 1st Samuel XIV 25 (Honey)
6 Articles of Jeremiah XVII 11 (Eggs)
A pinch of Leviticus II 13 (Salt)
1 teasp. of A^{os} IV 5 (Baking Powder)
Season to taste with 2nd Chronicles IX 9
(Spice)

Add citron and follow Solomon's advice for making a good boy (Beat). Proverbs XXIII 14 and you have a good cake.

Mrs. Muirhead

CHOCOLATE ROLL

5 Eggs
1 cup Icing Sugar

3 tblsp. Cocoa
Whipped Cream

Separate egg yolks and whites. Beat yolks until thick, add sugar and beat thoroughly. Add cocoa and fold in stiffly beaten egg whites. Spread mixture on buttered and floured biscuit sheet (8" x 12" x $\frac{1}{2}$ " high) and bake in the oven for about 10 mins. at 350F. Turn out onto a floured cloth cover with a damp cloth and when cool spread with whipped cream and roll. Instead of cream you can use ice cream if preferred. May be served with chocolate sauce. Serves 6 - 8.

S. Colville

QUICK SPONGE (FATLESS)

6 Eggs
6 ozs. Caster Sugar
4 ozs. S.R. Flour
1 teasp. Baking Powder

Filling -
Fresh cream or lemon curd

Whisk whites of eggs stiffly. Whisk yolks and sugar well in another bowl. Whisk part of the whites to yolks and sugar, fold in remainder with flour and baking powder. Bake in greased sandwich tins at regulo 7 for 9 minutes. Fill with fresh cream or lemon curd.

Mrs. Isobel Fleming.

APRICOT JAM

1 lb. Dried Apricots
2 $\frac{1}{2}$ Pts. Water
3 $\frac{1}{2}$ lbs. Sugar

Cut apricots into cubes and soak overnight. Put all on over a moderate heat stirring until sugar is dissolved. Bring to boil and boil keeping testing until jam starts to set.

Mrs. J. Dallas.

APPLE PRESERVE

4 lbs. Apples
4 lbs. Sugar
3 Pts. Water

Boil sugar and water. Peel and slice apples, tip into the hot syrup. Cook until clear. Store in jars. Excellent for pies etc.

Mrs. Jeanette Stewart.

BLACKCURRANT JAM

3 lbs. Currants	9 Breakfastcups Water
3 lbs. Sugar	9 Breakfastcups Sugar

Boil fruit and water for 10 minutes. Add sugar and boil a further 20 minutes.

RHUBARB CHUTNEY

3 lbs. Rhubarb
4 Large Onions
1 tblsp. Salt
2 tblsps. Mustard Seed

$\frac{3}{4}$ lbs. Sugar
6 oz. Sultanas
 $\frac{3}{4}$ pint Vinegar
Pinch Cayenne Pepper

Cut rhubarb into small pieces. Chop onions. Place all ingredients in an earthenware bowl and stew in oven at medium setting until tender and brown. Can be cooked in pan if desired until brown. Leave to cool then put into jars and cover.

Mrs. Daisy Gilzean.

BANANA AND APPLE CHUTNEY

$\frac{1}{2}$ kg. Cooking Apples
 $\frac{1}{2}$ kg. Bananas, thinly sliced
 $\frac{1}{4}$ kg. Onions, thinly sliced
100 g. Seedless Raisins
10 ml. Salt

1.25 ml. Ground Ginger
1.25 ml. Cinnamon
1.25 ml. Dry Mustard
10 ml. Curry Powder
 $\frac{1}{2}$ litre Malt Vinegar
200 g. Granulated Sugar

Collect together suitable jars and plastic-coated or plastic lids, or a thick piece of polythene for covering. Wash and dry jars and lids thoroughly. Place jars in a cool oven or warming drawer to dry. Peel, core and roughly chop apples. Place apples, bananas and onions in a large saucepan with remaining dry ingredients and 250 ml vinegar. Bring to boil, cover and simmer for 30 minutes, stirring occasionally. Add remaining vinegar and sugar. Stir over a low heat until sugar has dissolved, then cook, uncovered for 15 mins to 20 mins until the fruit chutney thickens. Ladle chutney into warmed jars. Cover while hot with lids or double thickness circles of polythene secured with elastic bands. Label jars, giving variety and date.

Mrs. Mavis Ogilvie.

BEETROOT CHUTNEY

$3\frac{1}{2}$ lbs. Boiled Beetroot
 $1\frac{1}{2}$ lbs. Cooking Apples
2 Large Onions
 $\frac{1}{2}$ lb. Sugar

1 teasp. Ground Ginger
1 tblsp. Salt
Juice of 1 Lemon
1 Pint Vinegar

Peel beetroot and cut in cubes. Peel and chop apples and onions. Put all ingredients in pan and boil for 30 minutes.

Mrs. M. Macnaughton.

INDIAN CHUTNEY

Boil 2 lbs. peeled and chopped apples to a pulp in $1\frac{1}{2}$ pts. of Vinegar. Add 2 lbs. Sugar, 1 lb. Sultanas, $\frac{1}{2}$ lb. Chopped Dates, 1 large chopped onion, 1 teasp. Salt, 1 Dessertspoon Mustard, 4 oz. crystalised Ginger. Bring to boil and simmer slowly for 30 minutes.

E.P. Sharp.

JELLIED BEETROOT

Boil beetroot until tender. Skin and cut into cubes. Dissolve raspberry jelly using half vinegar and half water. Place beetroot in a large shallow serving dish and cover with jelly. When set serve with salad. Alternatively this can be set in jars and sealed.

Mrs. M. Drummond.

LEMON CURD

4 Lemons
1 lb. Caster Sugar

6 oz. Butter or Margarine
4 Eggs

Wash and dry lemons, grate rind and squeeze out juice. Put juice, rind, fat and sugar into pan and cook very gently till fat has melted and sugar dissolved. Remove pan from heat. Beat eggs thoroughly and add to pan. Return to heat and cook gently stirring all the time until the curd has thickened sufficiently to coat the back of the spoon. Do not allow to boil. It will take 8-10 minutes. Pot while hot.

Mrs. M. Macnaughton.

MULTI FRUIT MARMALADE (about 9 lbs.)

2 large sweet oranges
1 Grapefruit
3 Lemons

1 large Cooking Apple
2 Pears (4 lbs. fruit in all)

Wash and skin citrus fruits. Shred peel finely and chop insides, putting pips into muslin. Put fruit, peel and pips into large bowl, add $5\frac{1}{2}$ pts. water and soak overnight. Put into large pan (12 pt. size). Peel, core and chop apples and pears and add to rest of fruit. Bring to boil and simmer gently till quite tender (about $1\frac{1}{2}$ hours). Remove pips and add 6 lbs. granulated sugar, stirring till dissolved. Boil rapidly to setting stage which can take up to 40 minutes.

Mrs. R.G. Scott.

DUNDEE MARMALADE

2 lbs. Seville or Bitter Oranges
2 Lemons

4 Pints Water
4 lbs. Preserving Sugar

Wash oranges and lemons and put whole into a saucepan, add the water and put the lid on. Bring to boil and simmer for about $1\frac{1}{2}$ hours so that you can easily pierce the fruit. When ready remove and leave on big dish to cool. Slice to thickness required and remove pips. Add pips to juice, boil for 10 mins. and strain. Add sliced fruit, bring to boil and add sugar. Stir over gentle heat until it is dissolved then rapidly without stirring for about $\frac{1}{2}$ hour or until setting point. Makes about 4 lb. The fruit for this marmalade should be coarsely cut, which gives it the characteristic bitter taste.

Mrs. A. Whytock.

PICKLED ONIONS

2 quarts pickling onions
 $\frac{1}{2}$ cupful Salt
 $\frac{1}{2}$ cupful Sugar

$\frac{1}{2}$ oz. Mixed Allspice
Cloves and Peppercorns
1 quart Pure Malt Vinegar

Time: about 10 minutes. Temperature: Low.

Soak the onions and put them into a basin. Sprinkle with salt and leave to stand overnight. Rinse them thoroughly and dry as well as possible. Put the sugar, salt, spices and vinegar into a pan and bring to the boil. Simmer for five minutes, then toss in the onions and boil briskly for a minute or two. Put into bottles or jars. Fill up with vinegar right to the tops. When cold, cover closely.

Mrs. Kathleen Pirie.

PEPPER CHUTNEY

3 Red Peppers	1 teasp. Allspice
3 Green Peppers	1 teasp. Dry Mustard
1 lb. Ripe Tomatoes	2 teasp. Peppercorn
12 oz. Onions	6 oz. Demerara Sugar
1 lb. Cooking Apples	16 oz. Malt Vinegar

Peel, core and chop apples. Peel and chop onions and tomatoes and de-seed and chop peppers. Add to vinegar and sugar with allspice, mustard and peppercorn and simmer for $1\frac{1}{2}$ hours.

Mrs. Anne Gibson

RHUBARB CHUTNEY

1 lb. Rhubarb	1 teasp. Pepper
$\frac{1}{2}$ lb. Dates	1 teasp. Ground Ginger
1 Onion	$\frac{1}{2}$ pt. Vinegar
$\frac{1}{2}$ lb. Sugar	Grated rind and juice of Lemon
1 dessp. Salt	

Chop all ingredients small and boil until thick. Test on saucer as in jam making. Bottle in warmed jars.

Mrs. M. Butchart.

SPAGHETTI SAUCE

Ham Fat or Oil (Ham best for flavour)
2 Onions
Mince and Stock Cube and Water

Herbs, Salt and Pepper
2 Tomatoes
Tomato Puree

Drop required amount of spaghetti into salted boiling water and simmer till soft but firm. Drain into oven casserole. Heat ham fat or oil, add chopped onion and cook till tender. Brown mince, then add cube stock. Add chopped tomatoes and season with salt and pepper and herbs. Cook until mince is tender. Add tomato puree and cook for another five minutes until well mixed. Serve on cooked spaghetti or macaroni and sprinkle with grated cheese. Add a knob of butter on top.

Mrs. Joan Black.

RELISH

3 lbs. Tomatoes
 $2\frac{1}{2}$ lbs. Onions
2 lbs. Granulated Sugar
1 pt. Vinegar

2 tablesp. Salt
2 tablesp. Mustard Powder
2 tablesp. Curry Powder

Skin tomatoes and cut up. Onions should also be skinned and cut. Put into pan with all other ingredients. Boil for 1 hour and allow to cool slightly, then thicken with 6 tblsp. of flour. Cream with vinegar. Mix and bring to boil.

Mrs. Gladys Whyte.

ORANGE OR LEMON SQUASH

2 Oranges or Lemons
2 Pints Water

1½ lbs. Sugar
1 oz. Citric Acid

Peel rind of fruit and put in liquidiser with ½ pint water and liquidise. Put further 1½ pints water into a pan and add liquidised mixture. Squeeze fruit and add to pan. Bring to boil then add Sugar and Citric Acid. Stir till dissolved, with heat off. Leave to cool. Sieve before bottling. Makes 2 lemonade bottles. Serve diluted.

Mrs. Christine Kidd

ORANGE SQUASH

6 Oranges
5 lbs. Sugar
4 Pts. Boiling Water

2 ozs. Epson Salts
2 ozs. Citric Acid
1 oz. Tartaric acid

Grate rinds and squeeze out juice, put all ingredients into a bowl and pour over boiling water. Stir until dissolved with a wooden spoon. Strain and bottle when cold. Lemons or Grapefruits can also be used.

Mrs. Gladys Whyte

RASPBERRY JUICE

12 lbs. Rasps
4 ozs. Tartaric Acid

6 Pts. Water

Steep for 24 hours in bucket, strain through jelly bag. Add 1½ lbs. caster sugar to 1 Pint juice. Stir till dissolved. Put into bottles and cover with muslin. Approx. 12 bottles.

Mrs. P. O'Brian

WHEAT WINE

4 lbs. Demerara Sugar
1 lb. Wheat
1 lb. Potatoes scrubbed and chopped
2 Oranges

1 lb. Sultanas
1 Gallon Boiling Water
1 oz. Baker's Yeast

Put sugar in plastic container, melt with some boiling water. Add potatoes, wheat and sultanas. Once sugar is melted, add remainder of water add peeled and sliced oranges. Sprinkle yeast on top cover and keep for 14 days. Strain, bottle and cork lightly. Cork well about a fortnight later. Keep about three months before using.

Mrs. Anne Gibson

SAVOURY DIP

1 250 g. tin of nestles cream
1 Pkt. Knorr Onion Soup

1 tblsp. Lemon Juice or
1 teasp. Vinegar

Mix all ingredients together and place in fridge for at least two hours before use. Will keep in fridge for a week.

Mrs. Muirhead

OATCAKES

$\frac{3}{4}$ lb. Oatmeal
 $\frac{1}{4}$ lb. Flour
 $\frac{3}{4}$ oz. Baking Powder

3 ozs. Lard
 $\frac{1}{4}$ oz. Salt
5 oz. (approx) Water

Mix dry ingredients. Add water and mix. Roll out thinly and cut in rounds. Bake in hot oven until slightly brown.

Mrs. H. Petrie

BARBECUE SAUCE

2 tblsp. Oil
1 Onion chopped
 $\frac{1}{4}$ pt. Tomato Ketchup
 $\frac{1}{4}$ pt. Water
3 tblsp. Wine Vinegar

2 teasp. Made Mustard
2 tblsp. Soft Brown Sugar
Salt and Pepper
2 tblsp. Worcestershire Sauce
1 tblsp. Tomato Puree

Heat the oil in a pan. Saute the onion until softened. Stir in the remaining ingredients, bring to boil and simmer for 5 minutes. Remove the lid and cook for a further 2-3 minutes to reduce and thicken the sauce. This can be served with burgers, meatballs, meat loaves, kebabs as well as many other meats.

June McLaren.

ECONOMY SALAD DRESSING

$\frac{1}{2}$ tin Sweetened Condensed Milk
 $\frac{1}{2}$ teasp. Salt

$\frac{1}{4}$ pt. Vinegar
1 teasp. Dry Mustard

Beat all the ingredients together very well, then allow to stand for a few minutes, till mixture thickens. Bottle. Does not keep as well as mayonnaise.

Mrs. Muirhead.

MAYONNAISE

3 Eggs

$\frac{3}{4}$ Breakfastcup Vinegar

4 dessp. Caster Sugar

$\frac{1}{2}$ teasp. Made-up Mustard

Beat eggs, add sugar and beat again. Add mustard and vinegar (vinegar very slowly). Thicken over a pot of boiling water. Do not allow to boil.

E.P. Sharp.

MAYONNAISE

$\frac{1}{2}$ tin Sweetened Condensed Milk

$\frac{1}{4}$ pt. Salad Oil or Melted Butter

$\frac{1}{4}$ pt. Vinegar or Lemon Juice

2 Egg Yolks

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

1 teasp. Dry Mustard

Dash of Cayenne Pepper

Place all ingredients into bowl and beat well, until mixture thickens. That's all - it makes a delicious salad cream that can be stored in a cool place for a very long time.

Mrs. Muirhead.

CHEESE STRAWS

3 oz. Plain Flour

2 oz. Margarine

2 oz. Grated Cheese

Yolk of 1 Egg, Salt

FILLING:

1 tblsp. Margarine

1 tblsp. Grated Cheese

Pepper and Salt

Rub margarine into flour. Add cheese, salt, egg. Roll out once. Cut into strips or biscuit shape. Fairly hot oven till light brown.

CHEESY FLAPJACKS

4 oz. Margarine
8 oz. Rolled Oats
3 oz. Cheddar Cheese (grated)
 $\frac{1}{2}$ level teasp. Salt

Shake of Pepper
1 level teasp. Paprika Pepper
 $\frac{1}{2}$ level teasp. Dry Mustard
1 large Egg

Cream margarine until soft and add the remaining ingredients. Mix until well combined and press into shallow greased tin. Bake towards top of oven for half an hour Gas 5. Allow to cool before cutting into fingers (best eaten same day).

Anne Murray.

ECONOMICAL FUDGE

2 teacups Caster Sugar
 $\frac{1}{2}$ teacup milk
2 tblsp. Margarine

2 tblsp. Syrup
3 oz. Unsweetened Chocolate
1 teasp. Vanilla

Put sugar, syrup, milk and chocolate into a pan. Stir over low heat till sugar is dissolved. Stir till boiling. Boil slowly to soft ball forms when a little is dropped in water. Remove from heat and stir in margarine. Allow to cool a little then add essence and beat till thick. Pour into buttered tin and mark in squares. For vanilla fudge omit chocolate and increase vanilla essence to $1\frac{1}{2}$ teasp.

Mrs. R.G. Scott.

TRUFFLES

4½ oz. Icing Sugar sifted
3 oz. Cocoa Powder
3 tblsp. Double Cream

1 teasp. Rum or Brandy
Chocolate Vermicilli
Sweets Paper Cases

Sift sugar and cocoa, add cream and rum or brandy. Mix to a thick consistency. Roll into 15 small balls (a dusting of icing sugar on hands makes it easier to handle the mixture). Toss in vermicilli and leave for a short time to set.

Mrs. K. Stewart.

SNOWBALLS

10 Digestive Biscuits Crushed
1 Small Tin Nestles Condensed Milk
2 oz. Margarine

2 oz. Coconut
1 dessp. Cocoa
1 pkt. Marshmallows

Melt margarine and milk, add rest of ingredients. Cool slightly, wrap round marshmallows and roll in coconut.

Mrs. A. Fotheringham.

CARAMEL SPONGE TOPPING

1 Caramac Candy Bar
Walnut Size Knob Butter

2 tblsp. Icing Sugar
Little Milk

Melt butter slowly in pan and put in Caramac Bar. Dissolve sugar with a little milk. When Caramac is nice and soft add sugar and beat vigorously with wooden spoon. When nice and thick spread on sponge and decorate with walnuts or cherries.

E.P. Sharp.

VANILLA TABLET

2 lbs. Sugar (+ 1 cupful)
1 Teacup Milk
14 oz. Tin Nestles Condensed Milk

1 oz. Butter
2 Drops Vanilla Essence

Put sugar, milk, condensed milk and butter into a large pan, and cook at low heat all the time. When through the boil cook for 5 minutes or until it begins to thicken. Take off heat, add vanilla essence and beat for 5 minutes. Pour into highly greased trays.

Mrs. Ritchie

FRUIT FUDGE

1 lb. Caster Sugar
1 lb. soft Brown Sugar
Tin condensed Milk
 $\frac{1}{4}$ lb. Sultanas

$\frac{1}{4}$ lb. Marg
1 dessp. Syrup
1 cup Water

Place all ingredients in large pan, allowing sugar to dissolve slowly. Bring to boil and boil till mixture reaches 'soft ball stage' (15-20 mins). Remove pan from heat and beat till mixture begins to thicken. Pour into greased swiss roll tin. Cut into squares when cold.

Mrs. E. Brown

TRUFFLES

2 ozs. Marg

1 small tin Condensed Milk

2 ozs. Drinking Chocolate

Melt above ingredients in a pan. Crush 8 Digestive biscuits and add to biscuits 1 cupful coconut. Pour melted mixture over biscuits and coconut. When cool form into small balls and roll in coconut or chocolate vermicilli.

Mrs. Jean Baldie

TRUFFLES

2 ozs. Butter

1 tblsp. Double Cream

1 oz. Ground Almonds

6 ozs. Icing Sugar

1 tblsp. Rum or Sherry

Chocolate Vermicilli

Melt butter and chocolate. Add all other ingredients. Set for $\frac{1}{2}$ hour. Roll in vermicilli and place in paper cases.

Miss M.J. Donaldson

BOUNTY BARS

4 ozs. Marg

1 tblsp. Condensed Milk

4 ozs. Icing Sugar

8 ozs. Coconut

Cream marg and sugar, add milk and mix well. Add coconut and mix well again. Form into fingers. Leave overnight in fridge. Dip in melted chocolate.

Mrs. Chris Linley

ICINGS AND FILLINGS

Royal Icing (for Xmas Cakes etc)

1 lb. Icing Sugar
Whites of 4 eggs

2 teasp. Lemon Juice

Sieve the icing sugar. Add the lemon juice and mix with the white of eggs. (When mixed a little icing dropped into the bowl from the spoon should just find its own level). Beat thoroughly about 15 minutes with a wooden spoon until icing is white. Pour all the icing onto the top of the cake and allow it to run down the sides. If necessary, it may be eased over the top of the cake with a long bladed knife. The icing that runs off the cake should be collected on a large plate, put into a basin and kept for decorating. Allow the icing to harden before decorating.

Decoration:

Stiffen up the royal icing that was left by adding more sieved icing sugar until it will stand up in points when beaten with a knife. Press this through forcing tubes in different shapes as required on cake.

Mrs. Whyte

Plain Icing

2 tblsp. Icing Sugar
Water to mix

Vanilla Essence

Mix the icing sugar to a smooth paste with cold water. Flavour with a few drops of vanilla essence. Spread onto cake when cake is cool.

Mrs. Whyte

ALMOND ICING

1 lb. Ground Almonds
12 ozs. Icing Sugar
12 ozs. Caster Sugar

1 dessp. Rose Water
Yolks of 4 Eggs

Mix almonds, sugar and rose water to a stiff dough with the egg yolks. If top of cake is uneven, straighten it by cutting a slice off, or by levelling it with pieces of icing. Brush over with the beaten egg to prevent the icing falling off when cake is cut. Divide the icing into 3 portions. Roll one-third into a strip long enough to go half-way round the cake, the same depth as the cake. Press it on to the side of the cake. Cover the other side of the cake in the same way. Roll the remaining third into a circle and press on to the top of the cake. Smooth the joins in the icing with a knife until not visible.

Mrs. Whyte

ORANGE ICING

2 tblsp. Icing Sugar

3 teasp. Orange Juice

Mix the icing sugar to a smooth paste with the orange juice. When cake is cool spread with icing and decorate with the grated rind of an orange. (dried thoroughly in the oven, powdered, and sprinkled over the icing). Dessicated coconut, previously browned in the oven, makes an alternative decoration.

Mrs. Whyte

COCONUT ICING

3 tblsps. Icing Sugar
Water to mix

Some dessicated Coconut

Mix the icing sugar to a smooth paste with cold water. When cake is cool, spread with icing and cover with dessicated coconut.

Mrs. Whyte

BUTTER ICING

4 ozs. Butter or Marg

8 ozs. Icing Sugar

Sieve sugar and cream thoroughly with butter or margarine. Flavour with:

Coffeebutter icing - add 1 dessp. strong coffee

Chocolate butter icing - add 1-2 ozs. grated chocolate and some vanilla essence

Walnut filling - add 1 tblsp. chopped walnuts.

Mrs Whyte

CONFECTIONER'S CUSTARD

$\frac{1}{2}$ pint milk

2 Egg yolks

$\frac{3}{4}$ oz. Cornflour

1 oz. Castor Sugar

$\frac{1}{2}$ teasp. Vanilla Essence

Mix cornflour and milk to a smooth paste and stir well until it boils. Let it simmer for 10 mins. Add egg yolks, sugar and vanilla essence, and stir until custard has thickened (do not allow it to boil). When cool, the custard is ready for use, and may be used instead of whipped cream for filling eclairs, plain cookies, trifles, etc.

Mrs Whyte

CHOCOLATE FROSTING

4 ozs. Plain Chocolate

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

4 oz. Icing Sugar (sieved)

2 Egg yolks

4 tblsp. milk

$\frac{1}{2}$ teasp. Vanilla Essence

Melt chocolate in a bowl over hot water. Add butter, beat in remaining ingredients. Whisk mixture until it will thickly coat the back of a spoon. Swirl over cake.

Mrs Whyte

RECIPE FOR A HAPPY LIFE

One cup of confidence
One cup of love
In a pan of Happiness
Mix the above

Add a pinch of Tenderness
A tablespoon of Truth,
Stir well in the sunshine
Roll out a loving trust

Flour well with contentment
Keep all free from strife,
Fill with understanding
And bake well all your life.

RECIPE FOR PRESERVING CHILDREN

Half-a-dozen children	1 grass-grown field
2 or 3 puppies (or more if available)	Dash of sunshine

Into the field pour the children and puppies, allowing to mix well. Leave for approximately 1 hour. When children are nicely brown remove from field and place in warm baths. When dry serve with milk and biscuits.

Mrs M Drummond

HOW TO COOK A HUSBAND

First you must catch a male, preferably young, fresh and pliable, but this recipe has also been successful with the older out of season variety as well. Coat him lavishly with affection which has been liberally sprinkled with trust and loyalty. Steep him in the milk of human kindness and season well with understanding.

Simmer over the fire of love, stirring occasionally with a little passion. It is most important that the fire be kept burning brightly, as this is the most crucial part of the cooking. If the fire be allowed to grow cold through cool indifference, he will become hard and bitter. Yet, on the other hand, if the flame be fanned to a white heat by jealousy it will prove too hot for him and he will crack right across the top.

Garnish with a little humour and tact, handling him lightly but firmly, and for vanity you might add a little spice or sharp sauce but never never with cold shoulder or pickled tongue, as this will absolutely ruin the subtle flavour of the other ingredients and spoil a most delectable dish.

A husband cooked in this way is guaranteed to remain fresh and appetising for the rest of his life.

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