



# Light Fare Recipes

for

**CORN FLOUR  
"RAISLEY"**

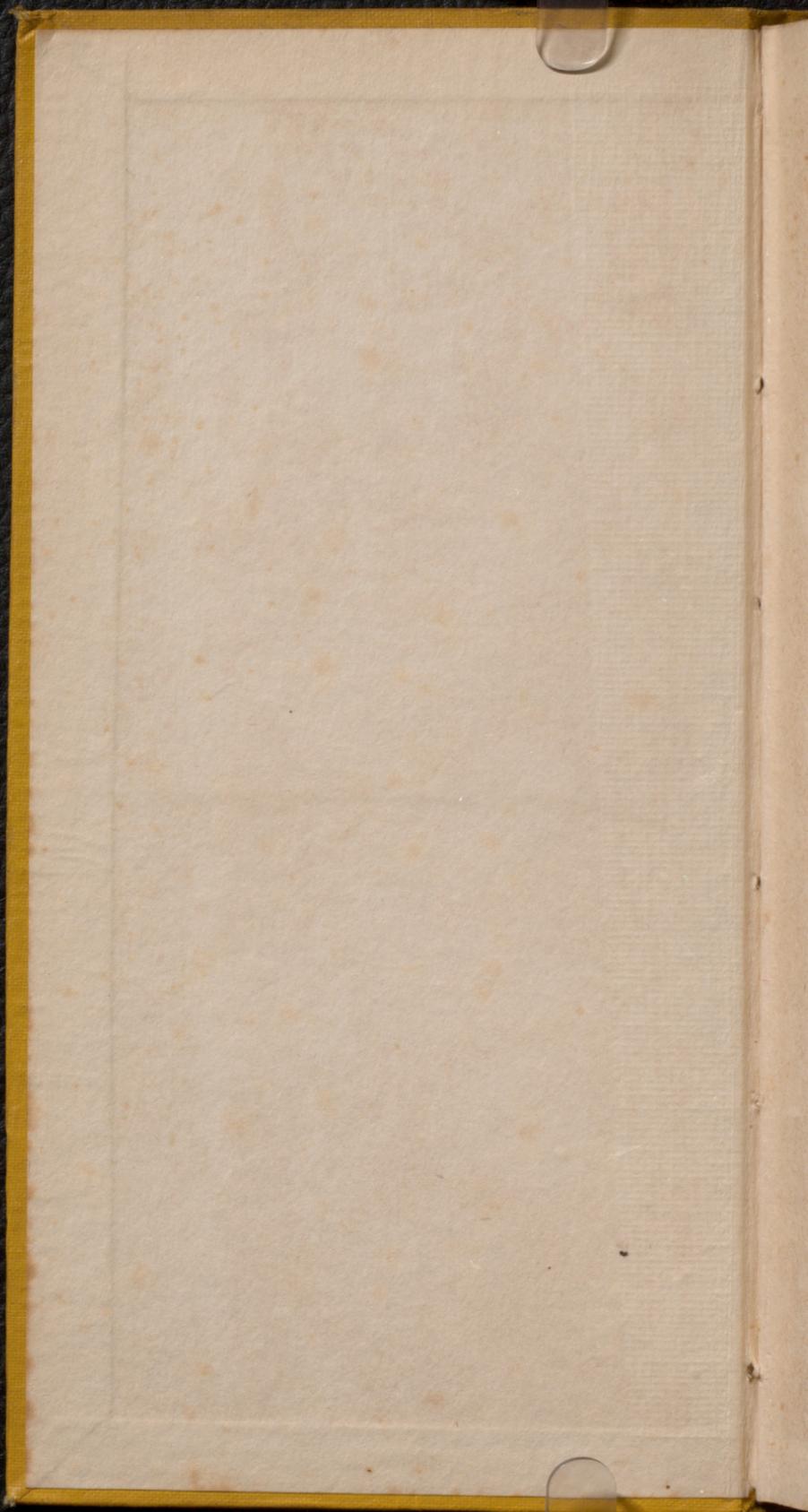
and

**CUSTARD POWDER  
COOKERY**

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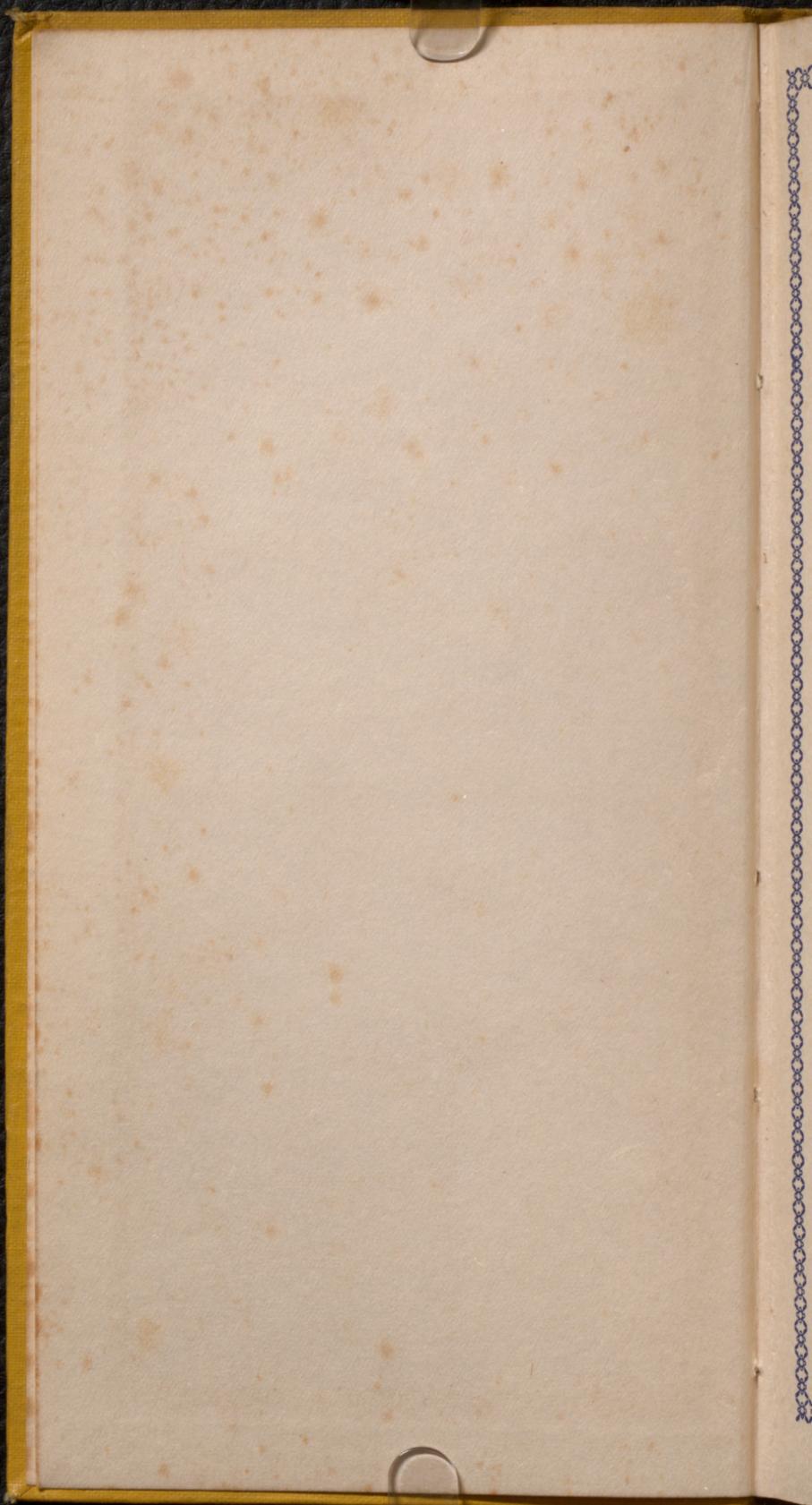
**BROWN & POLSON LTD.  
PAISLEY, SCOTLAND**

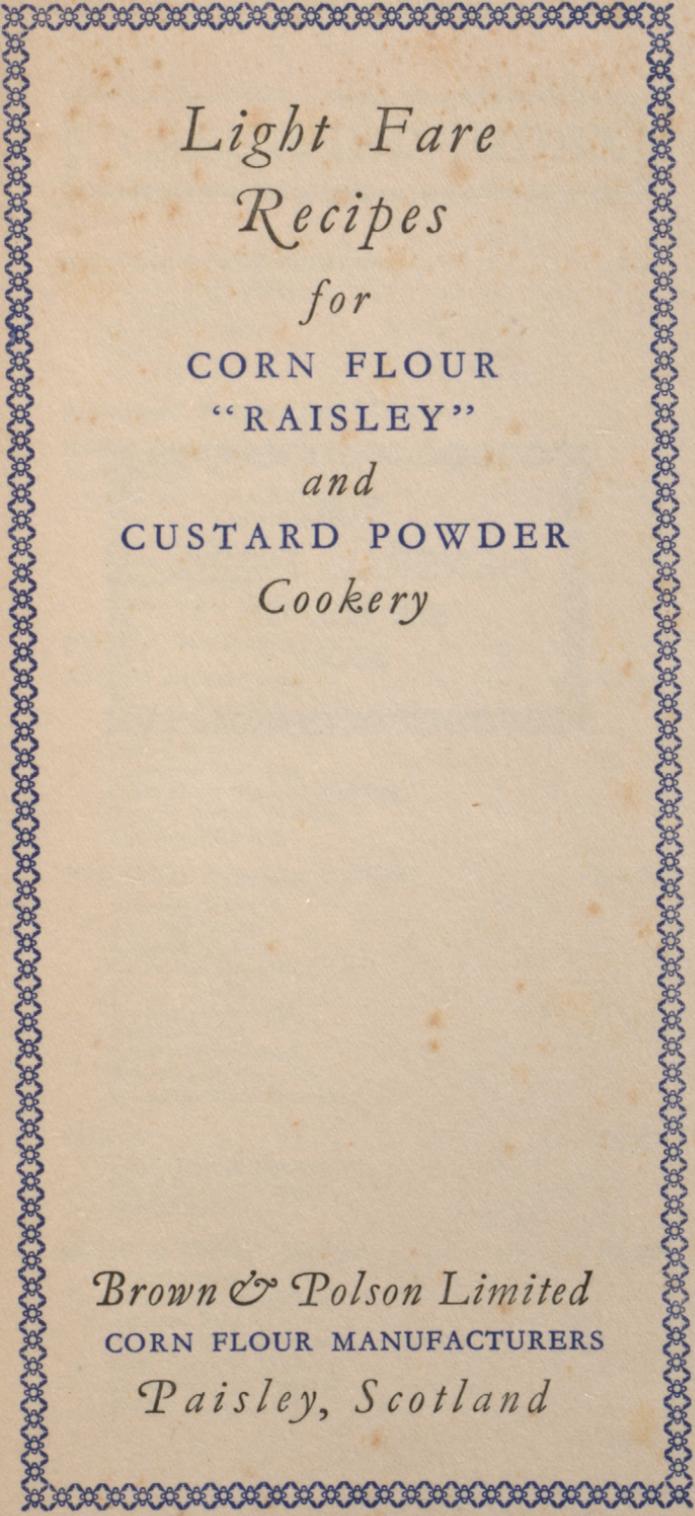
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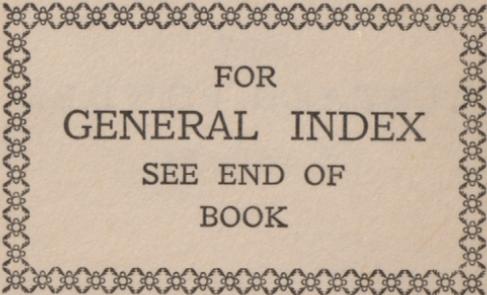
Manfred G. Sicker





*Light Fare*  
*Recipes*  
*for*  
CORN FLOUR  
"RAISLEY"  
*and*  
CUSTARD POWDER  
*Cookery*

*Brown & Polson Limited*  
CORN FLOUR MANUFACTURERS  
*Paisley, Scotland*



FOR  
GENERAL INDEX  
SEE END OF  
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:: :: EQUIVALENT :: ::  
WEIGHTS & MEASURES

FOR DRY MATERIALS.

- 16 oz. = 1 lb. = 3 Tea-cupfuls or 2 Breakfast-cupfuls,  
closely filled, but not heaped.
- 8 oz. =  $\frac{1}{2}$  lb. = 1 Breakfast-cupful, closely filled, but not  
heaped.
- 4 oz. =  $\frac{1}{4}$  lb. = 1 Tea-cupful, loosely filled.
- 1 oz. = 2 Table-spoonfuls, filled level.
- $\frac{1}{2}$  oz. = 1 do. do.
- $\frac{1}{4}$  oz. = 1 Dessert-spoonful, filled level.
- 1 oz. Butter = 2 Dessert-spoonfuls, do.

FOR LIQUIDS.

- 2 Pints = 1 Quart = 3 large or 4 small Breakfast-cupfuls.
- 4 Gills = 1 Pint = about  $3\frac{1}{2}$  Tea-cupfuls, or nearly 2 Break-  
fast-cupfuls.
- 1 Gill = 1 Small Tea-cupful.

APPROXIMATE WEIGHTS AND COINAGE.

- 2 oz. = 10/- in Silver, or Six Penny Pieces.
- 1 oz. = 5/- in Silver, or Three Penny Pieces.
- $\frac{1}{2}$  oz. =  $\frac{2}{6}$  in Silver, or a Penny Piece and a Halfpenny  
piece.
- $\frac{1}{4}$  oz. =  $\frac{1}{3}$  in Silver, or a Threepenny Piece and a Half-  
penny piece.

IMPORTANT.

Where "1 gill" is mentioned in the recipes it is to be  
understood as an Imperial Gill, equal to  $\frac{1}{4}$  pint.

# Introduction

## CORN FLOUR

### Its Name

THE name was invented by Brown & Polson as long ago as 1856. During the seventy years which have elapsed, the public have become ever more familiar with the name, but it is sometimes forgotten that it was originally applied to *one specific article*, namely, "a refined starch specially prepared for food from Maize." At various times, articles of a different constitution have been described by the same name for the purpose of acquiring a selling value which they would not otherwise possess. The public, however, are the best judges, and they speedily find that these so-called Corn Flours are very different in nature and quality from that invented by BROWN & POLSON, the standard of which is guaranteed by their name.

### The Position of Corn Flour as a Food

A food may be defined as anything which, when taken into the body, is capable of either repairing its waste or of furnishing it with material from which to produce heat or nervous and muscular energy.\*

The above definition indicates the two broad classes into which foods may conveniently be divided, viz. :

(a) Flesh formers. (b) Heat givers, or energy producers. The latter include the starches found so

\* See Robert Hutchison, M.D., F.R.S.P., "Food and the Principles of Dietetics," published by Edward Arnold, 1906, p.1.

largely in cereals and roots, and represented by potatoes, rice, sago, tapioca, and, in its purest form, by Corn Flour.

### Corn Flour as a Food for Children

Corn Flour is not suited for young infants for the simple reason that the first process of the digestion of starch foods takes place in the mouth by means of certain juices of the saliva, which are not present in the baby until about the time of teething. After teething these juices are abundantly present, and then is the time when Corn Flour may be given with advantage to young children. As the child grows older the preponderance of carbohydrates (starches, etc.) in the diet becomes more pronounced. It is during these years that children often show a craving for sweets, which is considered by some authorities to be the natural expression of a physiological need. This craving is best satisfied by a pudding, blancmange, custard, or other dinner sweet, such as can be made so easily and economically with Corn Flour and Milk. A selection of recipes, each of which has been tested by a cookery expert, is contained in the pages which follow.

### A Valuable Property of Corn Flour in Relation to Milk

Sometimes children and invalids cannot assimilate milk owing to its clotting in the stomach. If, however, a little Corn Flour be well boiled with the milk—a teaspoon to a breakfast cup boiled for ten minutes—the clotting will be prevented. The action of the Corn Flour is to break up the casein clot which would otherwise form, and a light flocculent mass is the result. This facilitates greatly the digestion of milk.

## “ RAISLEY ”

“ RAISLEY ” is a pure and wholesome preparation, and fulfils all the requirements of a high-class baking powder or leavening agent. For ordinary baking purposes it should be used in the proportion of

1 part “ Raisley ” to 8 parts of plain flour  
(=2 oz. “ Raisley ” to 1 lb. of flour).

In some cases the proportion may have to be varied: the exact proportion is given in each recipe. This mixture gives a perfect self-raising flour because it is fresher and more reliable than ready-made self-raising flour, as “ Raisley ” retains its full raising power in its damp-proof tin.

SCONES AND CAKES baked with “ Raisley ” can be eaten almost fresh from the oven, with all the pleasant fresh flavour of the newly baked, without fear of indigestion. If scones get too dry the second day brush over with milk and re-heat in the oven, when they will become quite moist and soft again. They are so easily and quickly made, however, that it is quite simple to make them fresh for every meal, and thus have them always at their best.

PASTRY AND PIE-CRUSTS made with “ Raisley ” turn out short and crisp—Suet Puddings deliciously light and crumbly, and are easy to digest.

“ RAISLEY ” mixes so easily with flour, and raises so evenly and well, that you may be sure of your baking being perfectly raised and uniformly cooked throughout.

“ RAISLEY ” is very easily distributed through the other materials and greatly simplifies the preparation of the dough.

“ RAISLEY ” produces a larger amount of goods in proportion to other types of raising agents—for instance— $\frac{1}{2}$  lb. of scone mixture made with “ Raisley ” produces a larger amount of scones than a similar amount made with other raising agents. Also a Swiss Roll is larger and thicker when made with “ Raisley ” than with other raising agents.

**“RAISLEY”—Continued**

To ensure success, observe the following points :

1. Use no yeast or baking powder.
2. Use 1 part “Raisley” with 6 to 8 parts plain household flour.
3. For rubbing in mixtures, mix “Raisley” and flour.
4. For creaming mixtures, add “Raisley” at the last and mix well.
5. Prepare the oven beforehand so that it is hot enough to receive the mixture as soon as prepared.
6. Always be as quick as possible with the mixing and as soon as ready put the mixture at once into the prepared oven.

### CUSTARD POWDER

Brown & Polson’s Custard Powder is a companion article to the famous Corn Flour of the same name.

It has been placed on the market in order to meet the demand for a Custard of high quality at moderate cost. No claim is made that this article contains dried eggs, milk or cream. It is made from the finest materials carefully prepared and choicely flavoured and its uniform high quality has earned for this Custard Powder the right to find a place in every well-appointed kitchen.

Many people like to substitute a little Custard Powder for some of the Corn Flour when making blancmange or a similar dish.

### SEMOLINA

Brown & Polson’s Semolina is made from the finest wheat, and contains in large proportion the salts and nitrogenous parts which form bone and muscle. It is so rich in flavour that it forms a palatable dish for breakfast or supper prepared with WATER ALONE. Boiled with milk it forms a most agreeable and nutritious food.

### GROUND RICE

Brown & Polson’s Ground Rice is of uniform quality, never varying, and for this reason it is appreciated by many. It is absolutely pure and wholesome, very palatable, and when prepared with good milk is especially suited as a light diet for Children and Invalids. When served with stewed fruit it makes a delicious and refreshing dish.

# Useful Hints

## BAKING

The first requisites for successful and wholesome baking are :

The utmost cleanliness of all utensils and of the hands when mixing ;

The soundness and quality of all the ingredients ;  
Judgment and attention to the directions.

### Utensils.

Below we give a list of the utensils required for baking. Most of these will be found in an ordinary kitchen.

SCALES AND A SET OF WEIGHTS, OR SPRING BALANCE.

GILL AND PINT MEASURES.

PASTRY BOARD AND ROLLING PIN.

SPOONS.—Wooden and Metal.

GRIDDLE for baking scones, pancakes, etc.

SUGAR DREDGER for sifting sugar over cakes, tarts, puddings, etc.

WIRE TRAY on which to cool cakes, etc.

SMALL BRUSHES for greasing tins and brushing pastry.

GRATER for bread, cocoanut, almonds, orange and lemon rind, etc.

CAKE, PATTY AND TART TINS

PASTRY CUTTERS for cutting out shapes and ornamenting pastry.

EGG WHISK.

WIRE STRAINER for sifting flour, etc.

We supply certain highgrade cookery utensils and baking tins, which are specially made for us. The prices are very moderate. See list on page 119.

### Ingredients.

FLOUR.—Flour should be perfectly dry when used for baking. If at all damp, the preparation is sure to be heavy. Before using the flour it is a good plan to place it for an hour or two before the fire until it feels warm and dry, and then run it through a sieve.

:: :: USEFUL HINTS :: ::

Good flour should have a pleasant smell, and be free from an acid or rancid taste. A test for good flour is the amount of liquid it will absorb, and when spread out it should show no traces of bran.

**MILK.**—Milk should be perfectly sweet, as, if slightly sour, it will not only injure the flavour of the bread, etc., but may cause it to be quite uneatable.

Unsweetened Condensed Milk may be substituted for fresh milk or cream and is to be preferred to sweetened condensed milk. If the latter is used, reduce the quantity of sugar.

Butter-milk will make excellent bread and scones with "Raisley," but it should be used as fresh as possible, as when it is kept it gets more acid and is apt then to flavour the scones, etc.

For invalids, however, only good sweet milk should be used, as it makes the most digestible bread.

**SUGAR.**—Castor or sifted sugar is the best to use. Coarser kinds should be pounded and sieved before using. Coarse sugar leaves cakes, etc., heavy and hard.

**BUTTER.**—Never be tempted to use inferior butter as it will spoil the quality of the cake or pastry. Good margarine may be used instead of butter. If the butter is very salt, it should be washed in cold water and then dried in a clean towel. When beating butter to a cream, never allow it to become oil by placing it too near or *too long* beside the fire.

**EGGS.**—Each egg should be broken into a cup by itself before it is added to others. By doing this you will prevent a bad one spoiling the rest.

**CURRENTS & SULTANAS.**—Remove the stems; wash in cold water; dry thoroughly in a coarse towel to clean them and remove any grit. This should be done some time before using them that they may be thoroughly dry. Even a slight dampness will make the currants heavier, and cause them to sink to the bottom of the cake. The cake also will be liable to be heavy.

**RAISINS.**—The stones should be taken out of raisins, and the stems removed.

**ALMONDS.**—Almonds for cakes should be blanched by putting them into boiling water for a few minutes, then into cold water, and afterwards rubbing them in a coarse towel to remove the softened skins.

“**RAISLEY.**”—In any general recipe calling for carbonate of soda and cream of tartar, use “Raisley” instead, in the proportion of a heaped tablespoonful to half a pound of flour for bread, scones, etc. When many eggs are used, a much smaller proportion will be sufficient, say, half as much.

“Raisley” should always be used to make the cakes light and digestible. Cakes should be put in the oven as soon as possible after the addition of “Raisley,” as it commences to work as soon as the moisture is added.

Scones and bread made with “Raisley” can take, with advantage, a larger amount of liquid than is required with other raising agents.

### **Mixing the Ingredients.**

There are more cakes spoiled by insufficient mixing than in any other way, therefore, do it thoroughly.

When butter and sugar are to be creamed together, they should be beaten until almost white and quite soft. When fat is very hard, it should be softened very slightly in a warm place, but on no account allow it to oil.

Never cream butter and sugar together in a tin basin but always use an earthenware bowl and a wooden spoon, as the tin will cause the mixture to darken.

When using the creaming method for cakes, etc. a little flour should always be added to the creamed butter and sugar before any eggs are added—this prevents the mixture curdling.

Care must be taken that the cake mixture is of the right consistency. For fruit cakes it should be fairly stiff, as if too moist the fruit will sink to the bottom.

:: :: *USEFUL HINTS* :: ::

Flour should always be sifted, as this incorporates the cold air with it and also ensures it being free from lumps. Lumpy flour is never conducive to a good result.

Mix Spices with the dry flour.

### Preparing Tins.

For large rich cakes always line the cake tin with well greased paper. For other cakes well grease the tins, sprinkle in a little flour, shake the tin till the inside surface is covered with a coating of flour, and empty out any that remains.

A good method for greasing tins is to melt a little lard and apply this to the inside of the tins with a pastry brush. Keep a small tin of lard and a brush especially for this purpose and place the tin on the stove to melt when preparing to bake.

### Oven Management.

If the baking is to be done in a gas oven, light it first thing; if in an ordinary coal oven, make up the fire beforehand; so that, in either case, the oven will be at the proper heat when the bread, etc., is ready to be put in. When an ordinary oven is at the proper heat, build up the fire with coal, and partly close the damper; this will give a steady heat, and by pulling out the damper the heat can be increased if wanted.

Scones, muffins, rolls and little dinner loaves require a very quick oven.

Buns and small cakes require a hot oven.

Large cakes require a moderately heated oven, in order that they may be well baked in the centre without being overdone on the outside. Solid cakes, such as seed, pound, etc., require a rather quick oven. If the oven is too slow, the fruit will sink to the bottom, and the cake will be very heavy.

Sponge cakes must have a moderately hot oven. If too hot they will rise quickly and fall again.

:: :: *USEFUL HINTS* :: ::

**Oven heats for General Cooking.**

Very hot -	-	-	-	-	340°-350° Fahrenheit.
Hot -	-	-	-	-	320°            ,,
Moderate -	-	-	-	-	290°-300°   ,,
Slow -	-	-	-	-	250°            ,,

(No cooking is done at less than 180° Fahrenheit.)

*Bread, Scones, Little Dinner Loaves*

340° Fahrenheit.

*Puff Pastry* - - - - 340°-350° Fahrenheit.

*Short Pastry, Small Cakes, Tarts*

300°-320° Fahrenheit.

*Meat Pies, Biscuits* - - 290° Fahrenheit

The following tests may be found useful for trying the heat of the oven :

Put a sheet of writing paper in the oven, and leave it there for one minute.

1. If it burns, the oven is too hot.
2. If the paper becomes dark brown, it is suitable for pastry, scones, muffins, little dinner loaves, etc.
3. If light brown, it does for buns and small cakes, pies and tarts.
4. If very pale brown, for cakes.
5. If pale yellow, for biscuits, puddings, etc.

**FLOUR TEST (NOT CORN FLOUR).** Heat oven in usual way. Sprinkle baking sheet with flour, place in centre of oven and leave for three minutes exactly. Results as paper test.

Cakes should not be moved while baking until quite set, especially very light mixtures.

The oven door should be opened and closed very gently and not wider than necessary when looking at the cakes, as a current of cold air will often cause the cake to sink and be heavy.

To prevent a cake from being burned on the bottom, place it on a barred oven shelf instead of an ordinary close one. If you have not a barred shelf, raise the tin up from the shelf by placing a flat tin or brick under it, which will have the same effect. In order to ascertain if a cake is sufficiently baked, insert a fine skewer or knitting needle previously warmed into the centre of it. If it comes out quite clean, the cake is ready, but if any dough is sticking to it, or if the needle is the least damp,

:: :: *USEFUL HINTS* :: ::

put the cake back into the oven at once. If the cake gets brown on the top before being cooked in the middle, cover it with a well-greased paper.

Cakes should be left for a few minutes in the tin before being turned out.

If the cake tins have been lined with paper—this should be removed from cake immediately it comes out of the tin. The old idea that if the paper is left on, the cake keeps more moist, is a fallacy. The paper prevents the steam escaping, and tends to make the cake damp and heavy.

Cakes should be put to cool on a wire tray, and should be kept in air-tight tins in a cool place.

## BOTTLED FRUITS AND PRESERVES

When fresh fruit is out of season, it is useful to have a provision of bottled fruits and home-made jams in the larder. These served round a blanc-mange, or similar sweet dish, help to make the dish doubly palatable. A point to remember is that fruit for jam or preserve making should be gathered on a dry day, and should be boiled as soon as possible afterwards.

The best quality of sugar will be found the most economical in the long run. An enamelled saucepan should be used and a wooden spoon for stirring. If a brass preserving pan is used, it is particularly important that it should be thoroughly clean and bright.

To bottle fruit make the bottles hot and dry in the oven, then fill with picked fruit, not too full. Pour boiling water over, covering the fruit, to the top of the bottle. Cork down as soon as possible, and keep in a cool, dry place. Any fruit can be done in this way.

## COOKING VEGETABLES

1. All vegetables must have some kind of preparation, washing, drying, scraping, peeling, etc., before they can be cooked in the correct sense, and unless this is done well, the success of a dish is often spoiled.

2. Always cook the vegetables on the same day as they are prepared and wanted for table.

:: :: USEFUL HINTS :: ::

3. Vegetables of strong flavour, which include almost every kind of green vegetable, should be cooked in a large quantity of water, sufficient to well cover the articles to be cooked.

4. The water in which they are cooked must be well seasoned with salt. About a tea-spoonful to every quart of water is the average proportion used.

5. All green vegetables, and most others, should be put into fast boiling water and be cooked rather rapidly till done. Old potatoes and Jerusalem artichokes are put into cold water, new potatoes with boiling water.

6. Over-cooking vegetables is just as harmful as under-cooking them ; they must always be done to a nicety.

7. After cooking, vegetables should always be well drained, to free them of all superfluous moisture, whether they are to be served with the sauce poured over them or in a separate dish.

8. The strong and often offensive smell caused in boiling cabbage, cauliflowers, onions, leeks, and other greens can be avoided by using plenty of water, and by putting a piece of toasted bread or a crust of bread in with them whilst boiling, LEAVING THE LID OFF. This also preserves the colour, which is further assisted by a pinch of soda in the water.

9. It is essential that all vegetables and their sauces should be served HOT.

10. It is a good plan to cook cauliflower and green peas loosely tied in a piece of muslin or a muslin bag and they should be boiled gently to avoid breaking.

Root vegetables such as artichokes, parsnips, carrots, beetroots, etc., and vegetables such as cauliflower, sprouts, beans of all kinds, celery, seakale, marrows, etc., are all made more palatable and are greatly improved in appearance by being served with a well made smooth sauce of suitable consistency. The sauce may be served separately or the vegetable may be covered with a white sauce, sprinkled with grated Parmesan cheese and coloured a delicate brown before the fire or in the oven.

## INVALID DIET

1. All food served to invalids should be dainty in appearance and pleasing to the taste.
2. Small quantities only should be prepared, and not more served at one time than the patient is likely to eat. Jellies, moulds, puddings, etc., should be made in small moulds or darioles wherever possible, such being daintier and more attractive than a portion taken from a larger pudding.
3. As much variety as possible should be introduced.
4. Only the best quality ingredients should be used, eggs should be new laid, vegetables, milk, etc., always perfectly fresh.

## PASTRY MAKING

1. Absolute cleanliness of hands and all utensils is essential. Pastry absorbs flavour very readily.
2. Keep everything as cool as possible ; use cold water and a steel palette knife for mixing. Roll on a marble or enamel slab if possible.
3. For short crust or biscuit crust use water sparingly ; for puff, rough puff or flaky pastry, have a fairly soft dough.
4. Use very little flour when rolling ; roll short crust once only.
5. If " Raisley " is used in pastry making, less fat is required. It is therefore more economical, and the pastry is lighter and more digestible.
6. Equal quantities of butter and lard, or of margarine and lard, make good pastry. The latter makes richer short crust pastry than by using all margarine.
7. A little lemon juice added to the water used for mixing will improve the flavour and take away from the rich taste of the fat.
8. A very hot oven is required in order that the starch cells may burst and absorb the fat before it has time to run out. If the oven is too slow, the pastry will be heavy and sodden.

## SAUCE MAKING

The success of many dishes depends largely on the sauces that are served with them. Foods lacking in flavour are made attractive and palatable by the addition of a good sauce, also the appearance of the dish is improved and the food value greatly increased.

A sauce should be of good colour, suitable consistency, and perfectly smooth. These qualities will depend largely on the thickening ingredient used. Corn Flour is the most satisfactory substance for this purpose, and it will be found that sauces made with BROWN & POLSON'S Patent Corn Flour are superior in appearance, consistency and flavour to those made with ordinary flour. Moreover only half the quantity is required.

Care must be taken in measuring the quantities of ingredients, as any difference in weight will alter the consistency of the sauce.

Most sauces require cooking for some time to extract the flavour of the different ingredients. All sauces containing Corn Flour must be well boiled in order that the starch grains in the Corn Flour may be thoroughly cooked.

Proper seasoning is essential to the making of a good sauce—if not sufficiently seasoned, it is insipid; if too much, the distinctive flavour of the sauce is spoiled.

When adding hot liquid to a sauce, remove pan from fire before pouring it in, always stir vigorously, or whisk to avoid the formation of lumps.

The consistency of a sauce should depend on the purpose for which it is intended. A sauce for coating should be thicker than a sauce to be served separately. If a sauce is found to be too thick, a little extra liquid may be added; if too thin, a little extra Corn Flour mixed smoothly with cold liquid may be added, stirring it well in and again boiling the sauce.

The addition of cream is a great improvement to most white sauces. If cream is used, it should be added at the very last just before serving. Sauce must not be boiled after the addition of cream.

### GENERAL METHOD FOR MAKING SAUCES

- (a) Melt fat in saucepan.
- (b) Stir in Corn Flour with wooden spoon. Cook without letting Corn Flour brown.
- (c) Remove pan from heat and pour in liquid.
- (d) Stir well and carefully. Replace pan on heat and bring to the boil.
- (e) Cook for about five minutes.
- (f) Add seasoning, and if to be used, the cream last of all.

### STEAMING AND BOILING PUDDINGS

All boiled or steamed puddings require some raising agent to make them light. "Raisley" is the best thing to use; its results are certain, and puddings made with it are most light and digestible. Less suet is required, and the pudding is therefore more economical. Steaming gives the "Raisley" a better chance than boiling.

Steaming means that a very little water is put into a pot or saucepan having a tight-fitting lid. When the water boils, the pudding basin or mould is put in and the lid of the saucepan closed, and it cooks in the steam. There should only be enough water to keep steam in the saucepan. Steamed puddings should always be covered with a buttered paper. A lid to the pudding basin is particularly to be avoided, as it so hermetically seals the pudding that none of the gas engendered by the cooking escapes, and it cannot either be so light or wholesome.

Boiling means that a pudding is either covered with a cloth or put in a tin mould with a closed lid, and is then plunged in boiling water and cooked thus for the necessary time.

Puddings containing suet, butter, or fat of any kind are greatly improved by having a hot sauce served with them, as cold milk or cream is liable to congeal the fat and render it unpleasant.

## SAUCES

### White Sauce.

$\frac{1}{2}$  oz. Brown & Polson's "Patent" Corn Flour.  
1 oz. Butter or Margarine.  $\frac{1}{2}$  pint Milk.  
Salt and Pepper.

Melt the butter, stir in the Corn Flour, add the milk. Stir till boiling, and cook for five minutes. Season as required.

If hot liquid is used, it must be added very gradually, stirring vigorously to avoid lumpiness.

Sauces to serve with fish may be made with half milk and half-pint fish stock.

For sauces to serve with boiled meat use half milk and half stock from the meat.

Half a tea-spoonful of lemon juice added is an improvement if the sauce is to be served with fish.

### Parsley Sauce.

To  $\frac{1}{2}$  pint of White Sauce add two tea-spoonfuls chopped parsley, and, if for fish, half tea-spoonful lemon juice.

### Anchovy Sauce.

Add enough essence of anchovy to colour the sauce a pale pink.

### Caper Sauce.

To  $\frac{1}{2}$  pint of White Sauce add one table-spoonful capers and a little of the liquid from the bottle. The capers may be cut into halves if liked.

### Egg Sauce.

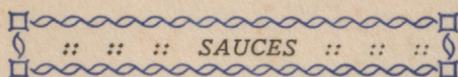
To  $\frac{1}{2}$  pint of White Sauce allow one hard-boiled egg. Cut the egg in half, remove the yolk, chop the white rather finely and add the sauce. Pour this over the fish. Rub the yolk through a sieve or strainer and use as a garnish.

### Onion Sauce.

To  $\frac{1}{2}$  pint of White Sauce add one Spanish onion cooked and chopped.

### Shrimp Sauce.

To  $\frac{1}{2}$  pint of White Sauce add 1 oz. shelled shrimps, a little cayenne, and one tea-spoonful lemon juice.



### Sauce Hollandaise.

½ pint White Sauce.      2 or 3 Yolks of Eggs.  
Juice of ½ Lemon.

Let the sauce cool for a few minutes, then whisk the egg yolks in carefully, cook gently, stirring all the time, and on no account allow to boil or the eggs will curdle. Lastly add the lemon juice.

### White Fish Sauce

¾ oz. Brown & Polson's "Patent" Corn Flour.  
¼ pint Milk.                      1 Clove.  
¼ pint Fish Stock.              Small piece of Mace.  
1 oz. Butter.                      Lemon Juice.  
1 Shallot.                          Salt and Pepper.

Put the milk and fish stock into a saucepan with the clove, mace, and shallot peeled and sliced. Heat very slowly to boiling point. Simmer gently for ten minutes, then strain. Melt the butter, stir in the Corn Flour, add the liquid and stir till boiling. Simmer for a few minutes, stirring all the time. Add the lemon juice and seasoning. It is then ready to serve.

### Sauce Bechamel

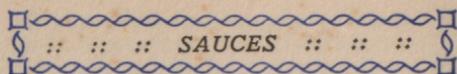
¾ oz. Brown & Polson's "Patent" Corn Flour.  
½ pint Milk.                      1 oz. Butter.  
1 Small Onion.                  ½ Small Carrot.  
1 Clove.                              6 Peppercorns.  
Small Bunch of Herbs.        1 Bay Leaf.  
Small piece of Mace.         Salt and Pepper.

Method as for White Fish Sauce.

### Sauce Maître D'Hôtel

½ pint Bechamel Sauce.  
½ Lemon.  
2 tea-spoonfuls Chopped Parsley.

Add the lemon juice and parsley to the Bechamel Sauce. Serve with fish or meat dishes, or with vegetables.



### Mayonnaise Sauce

2 tea-spoonfuls Brown & Polson's "Patent" Corn Flour.  
1 tea-spoonful Mustard.  
1 dessert-spoonful Sugar.  
Few grains Cayenne Pepper.  
2 Yolks of Eggs.  
2 table-spoonfuls Salad Oil or Melted Butter.  
 $\frac{1}{4}$  pint Vinegar.  
 $\frac{1}{2}$  pint Milk.

Mix all dry ingredients, beat up the yolks and add; then add the oil gradually, and the vinegar. Lastly add the milk, put in a double saucepan, and stir till the consistency of custard.

### Mustard Sauce.

To serve with boiled or fried herrings or mackerel.

$\frac{3}{4}$  oz. Brown & Polson's "Patent" Corn Flour.  
1 oz. Butter. 1 table-spoonful Vinegar.  
 $1\frac{1}{2}$  tea-spoonfuls Mustard.  $\frac{1}{2}$  pint Stock.  
Pepper, Salt, Cayenne.

Melt the butter, stir in the Corn Flour, add the stock, and stir till boiling. Cook for five minutes. Add the mustard mixed with the vinegar, also the seasoning. Cook for a few minutes more, then serve.

A little more mustard or vinegar can be added according to taste.

### Brown Sauce.

$1\frac{1}{2}$  oz. Brown & Polson's "Patent" Corn Flour.  
1 Carrot.  
1 Onion.  
2 oz. Dripping.  
Seasoning.  
1 pint Stock

Slice the carrot and onion, and fry in the dripping till brown. Add the Corn Flour, and continue frying till this also is brown, stirring to prevent burning. Add the stock, and stir till it boils. Boil for ten minutes. Skim off the fat, season, add a few drops of colouring if necessary, strain, and boil for ten minutes.

### Tomato Sauce.

- |  |                           |
|--|---------------------------|
| 1 tea-spoonful Brown & Polson's "Patent" Corn Flour. |                           |
| 1 small Onion.                                       | ½ small Carrot.           |
| ½ oz. Ham or Bacon trimmings.                        | ½ lb. Tomatoes.           |
| ¼ pint Stock.  | ½ oz. Dripping or Butter. |
| Small bunch of Herbs.                                | 2 Cloves.                 |
| 4 Peppercorns.                                       | Salt and Pepper.          |

Slice the onion and carrot, and fry with the ham in the butter, but do not allow to brown. Add the tomatoes sliced, stock, seasoning and herbs, and simmer for half an hour. Rub through a hair sieve, or fine strainer, return to the pan, and add the Corn Flour mixed with a little cold water. Stir till boiling, boil for a few minutes to cook the Corn Flour. If fresh tomatoes are used, one tea-spoonful vinegar may be necessary; if tinned tomatoes, one tea-spoonful sugar. If the tomatoes are a poor colour, a little colouring should be added to the sauce.

### Jam Sauce.

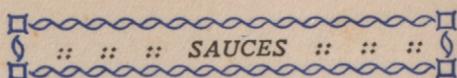
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| 1 tea-spoonful Brown & Polson's "Patent" Corn Flour. |
| 1 table-spoonful Red Jam.                            |
| ¼ pint Water.  |
| Juice of ½ Lemon.                                    |
| ½ oz. Sugar.   |

Put the jam into a saucepan with the water and sugar, and simmer for ten minutes. Mix the Corn Flour with the lemon juice. Strain the syrup, add the mixed Corn Flour, and stir until boiling.

### Fruit Juice Sauce.

- |  |
|--|
| ½ oz. Brown & Polson's "Patent" Corn Flour.                  |
| ½ lb. Raspberries, Currants, or other fresh fruit in season. |
| 3 or 4 oz. Sugar.  |
| ¼ pint Water.  |
| 1 tea-spoonful Lemon Juice.                                  |

Stew the fruit till tender with the water and sugar. Strain, and, if necessary, make up to nearly ½ pint with water. Add to the Corn Flour mixed with a little cold water. Stir till boiling, and boil for three or four minutes. Add the lemon juice, and, if necessary, a little cochineal. The fruit left in the strainer can be used for tarts, fruit moulds, etc.



### Custard Sauce.

1 tea-spoonful Brown & Polson's "Patent" Corn Flour.  
½ pint Milk.  
1 Egg.  
½ oz. Sugar.  
Vanilla or Almond Essence.

Mix the Corn Flour smoothly with a little of the milk. Boil the rest of the milk, then add to the mixed Corn Flour, while stirring. Return to the saucepan and cook for three minutes. Remove from the fire, add the sugar, add gradually the beaten egg, stir over the fire till it thickens, but do not allow it to boil. Lastly add the flavouring.

### Syrup Sauce.

1 tea-spoonful Brown & Polson's "Patent" Corn Flour.  
2 table-spoonfuls Golden Syrup.  
Juice of ½ Lemon.  
½ gill Water.

Put the water, lemon juice and syrup into a saucepan, and bring to boiling point. Mix the Corn Flour with a little cold water, add the hot liquid while stirring, return to the saucepan, and stir till boiling. Serve with steamed puddings.

### Sweet White Sauce.

To ½ pint White Sauce add 1 oz. sugar, and almond, vanilla or sherry flavouring.

### Marmalade Sauce.

½ oz. Brown & Polson's "Patent" Corn Flour.  
½ pint Water.  
1 table-spoonful Marmalade.  
1 Lemon.  
2 oz. Sugar.

Peel the lemon thinly, and boil the rind with the water. Mix the Corn Flour with the lemon juice. Strain the liquid on to the mixed Corn Flour, stir in the sugar and marmalade, and boil for a few minutes.

### Lemon Sauce.

½ oz. Brown & Polson's "Patent" Corn Flour.  
½ pint Water.  
3 oz. Sugar.  
Rind and Juice of 2 Lemons.

Make in the same way as Marmalade Sauce.  
For Orange Sauce use two oranges instead of the lemons with the juice of half a lemon.

## :: SOUPS ::

### Tomato Soup

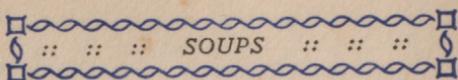
- 1 oz. Brown & Polson's "Patent" Corn Flour.
- 2 oz. Margarine.
- 2 oz. lean Ham or Bacon trimmings.
- 1 Onion, 1 Carrot, 1 stick Celery.
- 1 small bunch of Herbs.
- 2 lbs. Tomatoes, or 1 Tin of Tomatoes.
- 1 pint liquor from Tomatoes with Stock or Water to make up to 3 pints.
- Salt and Pepper. 2 tea-spoonfuls Castor Sugar.

Melt the margarine and cook in it the chopped ham, sliced onion, carrot and celery. Add the tomatoes (when using fresh tomatoes they should be sliced). Cook for ten minutes, add the tomato liquor or stock, herbs and seasoning, and simmer till all the vegetables are tender (about one hour). Remove the herbs and rub the soup through a sieve. Return to the saucepan, bring to the boil, add the Corn Flour blended with a little cold water, and boil for a few minutes, stirring all the time. A gill of cream added to this soup is an improvement.

### Lentil Soup

- 1/2 oz. Brown & Polson's "Patent" Corn Flour.
- 1/2 pint Lentils.
- 1 Carrot, Turnip, and Onion.
- 2 oz. Dripping.
- 1 quart Stock.
- 1 stick Celery.
- Salt and Pepper.

Soak the lentils overnight in cold water. Prepare and slice the vegetables. Melt the dripping, add the vegetables, and cook for five minutes, then add the lentils and the stock and seasoning. Let the soup boil gently till all the vegetables are soft (two to three hours). Pass the soup through a sieve, return to saucepan, add the Corn Flour mixed smoothly with a little cold stock. Stir till boiling and simmer five minutes.



### Pea Soup

Make in the same way as Lentil Soup, using split peas instead of lentils, and allow half an hour or more extra time for cooking.

### Haricot Bean Soup

Make in the same way as Lentil Soup, allowing one hour extra for cooking. The carrot should be left whole and removed before rubbing the soup through a sieve.

### Potato Soup

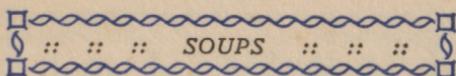
- 1½ oz. Brown & Polson's "Patent" Corn Flour.
- 2 oz. Margarine.
- 1 quart White Stock or Water.
- ½ pint Milk.
- 2 lbs. Potatoes.
- 2 Onions.
- A few outer Sticks Celery.
- 2 Bay Leaves.
- Salt and Pepper.

Melt the margarine, and add the sliced potatoes, onions and celery, also the bay leaves. Cook for five minutes or more without browning. Add the stock and seasoning, and simmer till the vegetables are tender (about one hour). Remove the bay leaves, and rub the soup through a sieve. Return to the saucepan, bring to boiling point, add the Corn Flour mixed smoothly with the milk, and stir till boiling. Continue boiling for a few minutes.

### Artichoke Soup

- 1½ oz. Brown & Polson's "Patent" Corn Flour.
- 2 lb. Jerusalem Artichokes.
- 1 quart White Stock or Water.
- 1½ oz. Butter or Margarine.
- ¾ pint Milk, or ¼ pint Cream.
- Pepper and Salt.

Wash the artichokes and peel under water, then cut into slices. Melt the butter, add the artichokes, and cook for five minutes. Add the stock boiling, and boil gently till tender (about half an hour). Rub through a sieve, add the Corn Flour mixed smoothly with the milk, simmer for five minutes while stirring. If cream is used, it should be added just before serving.



## Oxtail Soup

- 1½ oz. Brown & Polson's "Patent" Corn Flour.
- 1 lb. Oxtail.
- 1 Carrot, Turnip, and Onion.
- 1 outside leaf of Celery.
- Herbs.
- 8 Peppercorns.
- 4 Cloves.
- 1 quart Stock.
- 3 oz. Dripping.

Divide the oxtail in pieces, melt half the dripping. Fry the oxtail till brown, fry the sliced vegetables, add stock, seasoning and flavourings, and bring to boiling point. Simmer two to three hours, then strain. Melt the rest of the dripping, add the Corn Flour, and stir till brown.

Add the strained soup, and simmer for twenty minutes.

Serve with small pieces of the tail in the soup.

## White Vegetable Soup

- 1 oz. Brown & Polson's "Patent" Corn Flour.
- 1 Carrot, Turnip, Onion.
- 1 Leek.
- 1 stick Celery.
- 2 Bay Leaves.
- 2 oz. Butter.
- ½ pint Milk.
- Salt and Pepper.
- 1 pint White Stock.
- 1 tea-spoonful Castor Sugar.

Cut the vegetables into shreds. Put into a saucepan with the melted butter, and cook for five minutes without browning. Add the bay leaves, salt, sugar and stock (boiling). Simmer for fifteen minutes till the vegetables are soft. Mix the Corn Flour with the milk and add.

Boil for a few minutes while stirring carefully.

Remove the bay leaves and serve.

❖ ❖ FISH ❖ ❖

**Cod à la Crème.**

1 oz. Brown & Polson's "Patent" Corn Flour.	Parsley and a little Mace.
2 Slices Cod (1 lb.).	2 Cloves. Seasoning.
$\frac{3}{4}$ pint Milk.	Lemon Juice. 1 Egg.
A small piece of Onion.	

Wash and dry the fish and place in a saucepan with the milk, spice, seasoning, onion and parsley. Simmer gently till the fish is cooked (about twenty minutes), then place the fish on a hot dish and keep warm. Strain the milk and return to the pan, add the Corn Flour mixed smoothly with a little cold milk, stir till boiling, and simmer for a few minutes. Remove from the fire, season carefully, add a little lemon juice and the beaten egg, taking care that the sauce is not boiling or the egg will be curdled. Coat the fish carefully with the sauce, serving the rest in a sauce boat. Garnish with parsley.

**Sole à la Crème.**

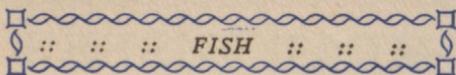
$\frac{3}{4}$ oz. Brown & Polson's "Patent" Corn Flour.	2 table-spoonfuls Cream.
1 Sole.	Seasoning.
$\frac{1}{2}$ pint Fish Stock.	Lemon Juice.
1 oz. Butter.	

Skin and fillet the fish, use the bones, skin, etc. to make the fish stock. Fold the fillets in half and bake between buttered paper for ten minutes, then place on a warm dish. Melt the butter, add the Corn Flour, mix well, and cook without browning. Add the stock, stir till boiling. Simmer five minutes, remove from fire and add seasoning and lemon juice. Add cream just before serving. Coat the fish with the sauce. Garnish with parsley and cut lemon.

**Fish and Potato Pie.**

$\frac{3}{4}$ oz. Brown & Polson's "Patent" Corn Flour.	Salt and Pepper.
$\frac{3}{4}$ lb. cooked Fish.	1 oz. Butter or Margarine.
$\frac{3}{4}$ lb. Potatoes mashed.	$\frac{1}{2}$ pint Milk.
2 hard-boiled Eggs.	

Make a white sauce with the butter, Corn Flour and milk, and season well. Divide the fish into small pieces or slices. Put half the potatoes into a greased pie-dish. Add the fish, egg (sliced) and sauce in layers. Cover with the rest of the potatoes. Mark the edge with a fork. Brush over with egg or milk and bake for half an hour.



### Fish Croquettes.

- 1 ½ oz. Brown & Polson's "Patent" Corn Flour.
- 1 lb. cooked Fish.
- 2 oz. Butter or Margarine.
- 1 ½ gills Milk.
- Seasoning. Cayenne.
- 1 tea-spoonful Anchovy Essence.
- 2 tea-spoonfuls chopped Parsley.

Flake the fish finely, removing all skin and bone. Melt the butter, add the Corn Flour, mixing thoroughly. Add the milk, and stir vigorously as the mixture thickens. Cook for a few minutes, stirring all the time. Remove from the fire, add the fish, parsley, Anchovy essence and seasoning. Mix well, divide into small portions, and form into cork shapes. Coat with egg and breadcrumbs, and fry in hot fat. Drain on paper. Serve hot, garnished with parsley.

Instead of using all fish, ½ lb. fish and ½ lb. potato may be used.

### Fish Cakes.

Divide the above mixture into small portions—shape into balls with the hands—place on a floured board and flatten out into cakes.

### Fish Mould with Salad.

- 2 oz. Brown & Polson's "Patent" Corn Flour.
- ½ lb. cooked Fish. ¾ pint Milk.
- Pepper, Salt, and grated Lemon Rind to taste.
- ½ pint of Water.
- 1 dessert-spoonful chopped Parsley.

Flake fish finely, removing all skin and bone. Mix the Corn Flour with a little cold milk, while bringing the rest of milk and water to the boil. Add Corn Flour and boil for ten minutes, stirring all the time. Mix fish and seasonings with the parsley, and stir into the cooked Corn Flour. Pour into a well-rinsed mould. When cold, turn out and serve with salad and Mayonnaise Sauce. (See page 26.)

## MEAT DISHES

### Steak and Kidney Pudding

$\frac{1}{2}$  lb. Suet Pastry (page 46).  
 $\frac{3}{4}$  lb. Steak.  
 $\frac{1}{4}$  lb. Kidney.  
Small piece of Onion.  
 $\frac{1}{4}$  pint of Stock or Water.  
3 tea-spoonfuls Flour.  
1 tea-spoonful Salt.  
 $\frac{1}{4}$  tea-spoonful Pepper.

Cut the steak in strips, cut the kidney and fat from the steak into small pieces. Mix together the flour, salt, and pepper, dip the steak into this, put a piece of kidney and fat on each piece, and roll up. Roll out three-quarters of the pastry into a round, and with it line a greased pudding basin. Place in it the prepared meat, chopped onion and stock. Moisten the edges, and roll out the other piece of pastry and place over the top. Press the edges together. Cover with a floured pudding cloth, and put into a saucepan of boiling water. Boil for four hours.

### Rissoles

$\frac{1}{2}$  oz. Brown & Polson's "Patent" Corn Flour.  
6 oz. cooked Meat (minced).  
1 oz. cooked Ham (minced).  
 $\frac{1}{2}$  oz. Butter or Margarine.  
 $\frac{1}{2}$  gill Gravy or Stock.  
Salt and Pepper.

### PASTRY

1 tea-spoonful Brown & Polson's "Raisley."  
3 oz. Flour.  
 $1\frac{1}{2}$  oz. Butter or Margarine.  
Salt and Pepper.

Melt the butter, add the Corn Flour, stir till brown. Add the gravy, cook well, stirring all the time. Add the minced meat and ham, mix and season well. Divide into twelve portions.

Make the pastry, roll it out as thin as a penny, cut into rounds of 3 inch diameter. Place the portions of meat on the rounds of pastry. Moisten half round the edge with egg. Fold the other half over. Seal the edges, coat with egg and breadcrumb or crushed vermicelli, and fry in deep fat.



## VEGETABLES

### Cauliflower au Gratin.

1 large Cauliflower.  
 $\frac{1}{2}$  pint White Sauce (page 24).  
 $1\frac{1}{2}$  oz. grated Cheese, preferably Parmesan.  
Seasoning.

Cut the stalk of the cauliflower, remove outside leaves, but leave the green leaves next the flower. Stand in cold water with a table-spoonful salt and let it remain for a time to draw out any insects. Put in a saucepan of boiling salted water with the head down, bring quickly to boiling point, then cook gently without the lid (about twenty minutes) till tender. Lift from the saucepan, drain thoroughly, and place in a greased fireproof dish, press with a clean cloth to make a neat compact shape. Add 1 oz. cheese to the sauce, season carefully and pour over the cauliflower. Sprinkle with the rest of the cheese a few browned breadcrumbs, put a few bits of butter on the top and place in a hot oven for about ten minutes.

### Butter Beans à la Maître D'Hôtel.

$\frac{1}{2}$  pint Butter Beans.      2 tea-spoonfuls chopped Parsley.  
1 oz. Butter.              Lemon Juice.  
 $\frac{1}{4}$  pint White Sauce.      Salt and Pepper.

Soak the beans in cold water all night. Drain and boil in salted water till soft (one and a half to three hours). Drain the beans and put into a stewpan with the melted butter. Shake over the fire for a few minutes, then add the sauce and mix well. Season with salt, pepper and lemon juice. Add the chopped parsley. Serve in a hot dish with a little chopped parsley sprinkled over.

### Boiled Beetroots.

Wash the beetroots without breaking the skin. They must not be cut or scraped or the fibre removed, or the colour will be spoiled. Put into a saucepan of boiling water, add salt, and boil for one and a half to two hours, according to size. Drain and allow to cool.

*To serve hot.* Remove the skin as soon as the beetroots have drained, place in a hot vegetable dish and coat with white sauce (see recipe, page 24)

❑ :: :: VEGETABLES :: :: ❑

### Stewed Mushrooms.

1/2 oz. Brown & Polson's "Patent" Corn Flour.	
1/2 lb. Mushrooms.	1 tea-spoonful Lemon Juice.
1/2 pint Stock or Milk.	Salt and Pepper.
1 oz. Butter or Margarine.	

Rinse and peel the mushrooms. Put them on the fire with the stock or milk, the butter and the lemon juice. Allow the whole to simmer gently for three-quarters of an hour. Blend the Corn Flour smoothly with a little cold water, and strain it into the mushrooms. Stir till it boils, being careful not to break the mushrooms. Cook for five minutes. Season with pepper and salt, and serve hot with sippets of toast or fried bread round the dish.

### Spinach à la Crème.

1 oz. Brown & Polson's "Patent" Corn Flour.	
2 lbs. Spinach.	Salt and Pepper.
1/2 oz. Butter.	2 hard-boiled Eggs.
3/4 gill Milk.	

Pick the spinach, removing the stalk and coarse vein at the back of each leaf. Wash thoroughly in several waters to clear it from grit. Put into a saucepan without any water but that which adheres to the leaves after washing. Cook until tender (about twenty minutes), stirring occasionally. Drain thoroughly, and press out the water. Chop very finely, or rub through a coarse sieve. Melt the butter, stir in the Corn Flour, add the milk, and stir until boiling. Boil well, making a thick sauce. Add the spinach, season to taste with salt and pepper, stir over the fire until thoroughly hot. Turn on to a hot dish, shape nicely into a pyramid, and garnish the base with hard-boiled eggs.

### Boiled Artichokes.

2 lbs. Jerusalem Artichokes.	
Lemon Juice.	Salt.
1/2 pint White or Hollandaise Sauce (see page 24).	

Wash the artichokes and peel thinly, putting them at once in cold water containing a little lemon juice. Put into a saucepan of boiling salted water, and boil till tender. They take from twenty to fifty minutes. When soft, drain the water away. Serve in a hot vegetable dish with the sauce poured over. Seasonable October to February.

## SAVOURIES

### Haddock Soufflé

2½ oz. Brown & Polson's "Patent" Corn Flour.  
1 small smoked Haddock (or half of a large one).  
2 oz. Butter or Margarine.  
1 pint Milk.  
3 Eggs.  
Pepper to season.

Boil the haddock, remove the skin and bone, pound it in a mortar and rub through a wire sieve. Melt the butter in a saucepan, and add to it the Corn Flour. Mix them together till quite smooth. Heat the milk to nearly boiling point, add it gradually to the mixture and stir it over the fire with a wooden spoon until it boils and thickens. Take the saucepan off the fire and allow the mixture to cool. Beat well into it the yolks of the eggs, the pounded haddock, and a little pepper. Beat the whites of the eggs to a stiff froth, and stir them lightly in. Pour the soufflé into a buttered soufflé tin and bake in a moderately heated oven for about three-quarters of an hour. Serve very hot with a table napkin round the tin. This is very light, and should be served quickly; soufflés very soon *fall*.

N.B.—The above mixture can be put into small soufflé papers or small china cups, and in this case a quarter of an hour's baking will be sufficient.

### Haddock Croûtes

½ oz. Brown & Polson's "Patent" Corn Flour.  
¼ lb. cooked smoked Haddock.  
½ oz. Butter.  
¾ gill Milk.  
Seasoning.  
Parsley.  
Fried or toasted Croûtes of Bread.

Flake the fish finely. Melt the butter, stir in the Corn Flour, add the milk, and stir till boiling. Cook for a few minutes and add the fish and seasoning. Pile on buttered rounds of toast or fried croûtes of bread. Sprinkle with chopped parsley and serve at once.

❑ :: :: SAVOURIES :: :: ❑

### Haddock Savouries

1 oz. Brown & Polson's "Patent" Corn Flour.  
Half a Smoked Haddock (cooked).  
2 oz. Flour.      3 oz. Butter or Margarine.  
2 oz. grated Parmesan Cheese.  
1 Egg.            1 tea-spoonful Lemon Juice.  
Seasoning.  
A table-spoonful White Sauce (see page 24).

Neatly chop the cooked haddock. Make a short crust paste with the flour, Corn Flour, 2 oz. of the butter, 1 oz. of the cheese, egg, lemon juice and a little water. Mix the fish with the remainder of the butter and cheese, season well and moisten with the sauce. Roll out the paste one-eighth of an inch thick, stamp out some rounds with a two-inch cutter, put a table-spoonful of the mixture in the centre of each round, wet the edges, and arrange these so as to form a triangular shape. Brush over with egg and bake in a moderate oven for ten minutes. Dish up and serve hot.

### French Omelette

1 tea-spoonful Brown & Polson's "Patent" Corn Flour.  
1 Egg.                                      Salt and Pepper.  
½ tea-spoonful Milk.      1 oz. Butter.

Beat the egg thoroughly, add salt and pepper. Mix the Corn Flour with the milk and add to the egg. Heat the butter in an omelette pan or small frying pan until all bubbling has ceased, and remove the scum. Pour the egg mixture in, shake and twist the pan gently till it has just set. With a knife turn each edge towards the centre, forming a cushion shape. Turn out on a hot dish. Garnish with parsley and serve immediately.

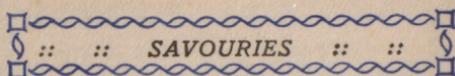
This is a very economical and successful way of making omelettes. The quantity makes an omelette fully the size of that usually made with two eggs.

### Cheese Omelette

Make as for French Omelette. Sprinkle with a table-spoonful grated cheese before folding. Serve with tomato sauce poured round it (page 27).

### Ham Omelette

Make as for French Omelette, adding one table-spoonful chopped cooked ham to the mixture before cooking.


  
 :: :: SAVOURIES :: ::

### Savoury Omelette

$\frac{1}{2}$  oz. Brown & Polson's "Patent" Corn Flour.  
 $\frac{1}{2}$  tea-cupful Milk.                      2 Eggs.  
 $\frac{1}{2}$  tea-spoonful each Salt, Pepper, and made Mustard.  
 $\frac{1}{2}$  to 1 oz. Butter or Lard.

Mix Corn Flour to a smooth cream with a little milk, bring the remainder to the boil, pour in the Corn Flour; boil for five minutes, stirring, allow to cool. Separate egg yolks from whites and beat them in basin; add seasonings and the cooked Corn Flour, beating well. Beat egg whites to a stiff froth, with pinch of salt, and add in. Heat the butter or lard in omelette pan and pour in omelette. Shake the pan gently over the fire till the underside is nicely browned, and hold in front of the fire till the top is brown. Fold over and serve on hot plate at once.

### Savoury Mould

2 oz. Brown & Polson's "Patent" Corn Flour.     $1\frac{1}{2}$  pint Milk.  
 6 oz. cooked Ham (chopped).  
 6 oz. chopped Chicken, Kidney, or any Cold Meat (no fat).  
 1 tea-spoonful chopped Parsley.                      1 oz. Butter or Margarine.  
     $\frac{1}{4}$  tea-spoonful grated Lemon Rind.  
     $\frac{1}{2}$  tea-spoonful Salt and Pepper.

Mix the Corn Flour with a little of the milk to a smooth cream. Bring the rest of the milk to the boil and stir in the Corn Flour. Add the butter or margarine and boil ten minutes, stirring all the time. Mix the meat, ham, parsley, lemon rind, salt and pepper together, and stir the mixture into the cooked blanc-mange. Pour into a wetted mould. Turn out when cold. Serve with salad and mayonnaise sauce (see page 26).

### Scrambled Eggs

$\frac{1}{2}$  oz. Brown & Polson's "Patent" Corn Flour.  
 $\frac{1}{2}$  oz. Margarine.                                      2 Eggs.                                       $\frac{1}{4}$  pint Milk.  
 A little chopped Parsley.                      Pepper and Salt to taste.

Mix the Corn Flour smoothly in the milk, add the eggs well beaten and seasoning to taste, also the parsley. Melt the margarine and pour in the egg mixture. Stir gently until it begins to set, then more sharply until it has the consistency of scrambled eggs. A splendid light and appetising mid-day meal for the children served on mashed potato or hot macaroni.

:: :: SAVOURIES :: ::

### Scrambled Eggs with Cheese

Prepare as for Scrambled Eggs, adding 1 oz. grated cheese to the mixture before cooking. Serve on squares or rounds of buttered toast.

Many other varieties of scrambled eggs can be prepared by the addition of other savoury ingredients such as chopped cooked ham or meat, cooked mushrooms cut in dice, cooked tomato, mixed herbs, etc.

### Sausage Rolls

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

$\frac{1}{2}$  lb. Flaky or Rough Puff Pastry (see pages 87 or 86).

Skin the sausages, divide into eight portions, and form into little rolls. Roll the pastry into a square shape, and cut into eight squares. Put a roll of sausage on each. Moisten one edge of pastry, fold the pastry over, letting the fold come at the top. Mark a straight line along the ends and along the top with a knife. Put on a flat baking sheet, and brush over with beaten egg, and bake in a hot oven for about twenty minutes.

### Savoury Ham Toast

1 tea-spoonful Brown & Polson's "Patent" Corn Flour.  
4 oz. lean Ham. 1 tea-spoonful chopped Parsley. 1 Shallot.  
1 small Tomato. Pepper, Salt, Cayenne.  $\frac{1}{2}$  gill Stock.  
 $\frac{1}{2}$  oz. Butter. 4 rounds Buttered Toast.

Chop the shallot finely. Melt the butter, fry the shallot till light brown, stir in the Corn Flour, add the stock, and stir till boiling. Skin and slice the tomato and add. Simmer for ten minutes, add the chopped ham, parsley and seasoning. Heat the mixture well, and pile on a round of buttered toast. Serve hot.

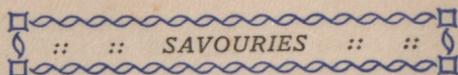
### Savoury Hasty Pudding

1 $\frac{1}{2}$  oz. Brown & Polson's "Patent" Corn Flour.  
1 pint Milk, or Milk and Stock.  
2 tea-spoonfuls each chopped Onion and Parsley.  
3 table-spoonfuls grated Cheese or chopped cooked Meat, Ham, or Bacon.  
 $\frac{1}{2}$  oz. Dripping or Margarine. Seasoning.

Mix the Corn Flour smoothly with a little of the cold liquid; bring milk to the boil and stir in the Corn Flour, adding the onion and parsley. Add the dripping. Stir till boiling and cook gently for ten minutes. Add the cheese, or meat, and seasoning. Heat for a few minutes, pour into a hot dish, dust with chopped parsley. Serve at once with fried potatoes.







### Cheese Aigrettes

2 oz. Brown & Polson's "Patent" Corn Flour.  
2 oz. Flour. 3 oz. grated Cheese.  $\frac{1}{2}$  pint Water.  
Frying Fat. Cayenne Pepper. 2 Eggs.  
1 oz. Butter or Margarine.

Mix the flour and Corn Flour to a smooth cream with a little water. Put the half pint water and butter into a stewpan, and bring to the boil. Stir in the flour and Corn Flour, and work the mixture over the fire with a wooden spoon until it leaves the sides of the pan clean. Allow to cool a little, and add the eggs one at a time. Stir or beat up well, incorporating the grated cheese (keeping a little back for sprinkling over the aigrettes), and season with cayenne pepper. Drop the mixture by means of a dessert-spoon into hot fat. Fry gradually until they attain a golden colour. Drain the aigrettes on paper. Dish up, sprinkle over with grated cheese, and serve hot.

### Spaghetti and Tomatoes

1 oz. Brown & Polson's "Patent" Corn Flour.  
 $\frac{1}{2}$  pint Spaghetti Stock.  $\frac{1}{2}$  lb. Tomatoes; if tinned,  $\frac{1}{2}$  pint.  
6 oz. Spaghetti.  $\frac{1}{2}$  pint Milk.  
2 table-spoonfuls grated Cheese. Seasoning.

Break spaghetti in short lengths into a quart of boiling water; add a little salt. Boil till tender (about half hour), stirring now and then. Drain off, leaving only half pint of water with spaghetti (the rest can be kept for stock). Add Corn Flour mixed smooth with the milk, and stir till boiling. Add sliced tomatoes and half the cheese. Cook five minutes, stirring. Season and pour into greased piedish, shaking remaining cheese over top. Bake till nicely browned and serve at once.

### Welsh Rarebit

1 tea-spoonful Brown & Polson's "Patent" Corn Flour.  
2 oz. Cheese.  $\frac{1}{2}$  tea-cupful Milk. 1 oz. Butter.  
 $\frac{1}{4}$  tea-spoonful mixed Mustard. Salt and Pepper.

Grate or shred the cheese. Melt the butter, stir in the Corn Flour, add the milk, cheese, seasoning and mixed mustard. Stir over a gentle heat till smooth and thick. Pour on to buttered toast and serve hot.

This method of preparing Welsh Rarebit is particularly digestible and palatable.



## SUET PUDDINGS

### Foundation for Suet Puddings

1½ oz. "Raisley."  
8 oz. Flour.      4 oz. Sugar.  
4 oz. Suet.      Milk to Mix.

Mix the flour and "Raisley," chop the suet with them, add the sugar, and mix well together. Vary in the following manner :

For BROWN PUDDING.—Add to the above a tea-spoonful of ground ginger, and a quarter pound of treacle. Then stir in sufficient milk to mix.

For SULTANA PUDDING.—Add three ounces of sultanas or raisins, one ounce of citron, and the grated rind of a lemon. Mix with milk.

For MARMALADE PUDDING.—Add a ¼ lb. of marmalade and sufficient milk to mix.

For FIG PUDDING.—Add ½ lb. of chopped figs and milk to mix.

For LEMON PUDDING.—Add the grated rind and juice of two lemons and sufficient milk to mix.

For MEAT PUDDINGS or DUMPLINGS to BE SERVED WITH MEAT.—Omit the sugar and add a little salt and mix with water instead of milk.

Any of the above puddings can be steamed in a well-greased pudding basin, and served with sweet sauce.

### Golden Pudding

½ oz. "Raisley."  
Pinch of Salt.  
2 oz. Sugar.  
½ lb. Bread Crumbs.  
6 oz. Beef-Suet.  
3 Eggs.  
½ lb. Orange Marmalade.

Butter a pudding mould well. Mix the "Raisley," salt, sugar, and bread crumbs well together. Add the suet finely chopped. Beat the eggs, and add to the mixture, last of all adding the marmalade. If necessary, add a little milk. Pour into the prepared mould, and steam for three hours. Serve with white sauce (see page 28).

:: ::
S U E T P U D D I N G S
:: ::

### Fig Pudding

- |   |                  |
|---|------------------|
| 1 oz. Brown & Polson's "Patent" Corn Flour. |                  |
| 1 oz. Flour.                                | ½ oz. "Raisley." |
| 4 oz. Breadcrumbs.                          | Grate of Nutmeg. |
| 4 oz. chopped Suet.                         | 8 oz. Figs.      |
| 3 oz. Brown Sugar.                          | 2 Eggs.          |
|   | ½ pint Milk.     |

Chop the figs and sugar together, and stew gently in the milk for fifteen minutes. Sift flour, Corn Flour, and "Raisley" well together, put into a basin with the breadcrumbs, suet and nutmeg, and mix all together. Stir in the stewed fig mixture, and add the eggs well beaten. If more moisture is required add a little milk. Put into a well-buttered basin, and steam or boil for four hours. Serve with Custard Sauce (see page 28).

### Mansfield Pudding

- |                            |                       |
|----------------------------|-----------------------|
| 1 oz. "Raisley."           |                       |
| ½ lb. Flour.               | 1 Egg.                |
| ¼ lb. Sugar.               | 1 table-spoonful Jam. |
| ¼ lb. Margarine or Butter. | Milk.                 |

Rub the butter into the flour, add sugar and "Raisley." Beat the egg, and mix with it about a table-spoonful of milk, add to the dry ingredients. Put a layer of jam at the bottom of a greased basin. Add the mixture, and steam for two hours. Serve with Custard Sauce (page 28).

### Apple Pudding

- |              |                     |                    |
|--------------|---------------------|--------------------|
| 4 Apples.    | ¾ oz. "Raisley."    | 3 oz. Suet.        |
| 6 oz. Flour. | 2 oz. Castor Sugar. | Cold Water to mix. |
|              | A pinch Salt.       |                    |

Pare, quarter and core the apples, and mix with the sugar. Chop the suet finely, and mix it with the flour. Add the "Raisley" and the salt. Make it into a firm paste with cold water. Turn it on to a floured pastry board and knead it lightly till quite smooth. Cut off a small piece to cover the top and roll out the remainder. Butter a pudding bowl that will hold one pint, line it with the paste, and fill the centre with the apples. Turn in the paste round the top and wet it. Lay on the cover. Place a buttered paper over and steam for two hours. Turn out, sprinkle with sugar, and serve hot.

:: :: SUET PUDDINGS :: ::

### Chocolate Pudding

1/2 oz. "Raisley."  
4 oz. Flour.      3 oz. Sugar.  
2 oz. Butter or Margarine.  
2 oz. Grated Chocolate.  
2 Eggs.  
1/2 tea-spoonful Vanilla Essence.

Dissolve chocolate in boiling water. Butter a plain mould. Beat the butter and sugar to a cream. Stir in the flour alternately with the eggs. Add chocolate when cool. Lastly add "Raisley" and vanilla. Steam for two hours. Serve with sweet sauce.

### Melrose Pudding

1/2 oz. "Raisley."  
3 oz. Castor Sugar.  
A few preserved Cherries or Raisins.  
2 oz. Butter or Margarine.  
2 Eggs.      3 oz. Flour.  
1 oz. Ground Almonds.

Butter a plain mould, dust it with sugar and decorate with a few cherries or raisins. Beat the butter and sugar to a cream, beat up the eggs and add them. Stir in the flour, almonds and "Raisley" and mix thoroughly. Pour at once into the prepared mould, cover with a piece of buttered paper and steam for one and a half hours. Turn out and serve hot with Raspberry Jam Sauce (see page 27).

### Roly Jam Pudding

1 1/2 oz. "Raisley."  
8 oz. Flour.      4 oz. Suet.  
Milk or Milk and Water to mix.  
3 oz. Sugar.      Jam.

Sift the flour and "Raisley" together into a bowl. Chop the suet finely and add to the flour with the sugar. Make a well in the centre and mix to a nice dough with the milk and water. Turn on to a floured board, roll out to oblong shape, spread with jam, roll up, seal the ends firmly, place in a floured cloth, secure the ends, and plunge at once into a saucepan of boiling water. Boil for two or two and a half hours, being careful that the pudding does not stop boiling the whole time.



## HOT SWEETS

### Apple Tart

6 or 8 Apples.  
1 to 2 oz. Castor Sugar, and a little Water.      Cloves.

Peel and core the apples. Slice them and pile larger in a piedish with the sugar, water, and cloves.

#### FOR THE CRUST

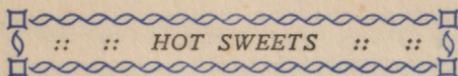
2 oz. Brown & Polson's "Patent" Corn Flour.  
1 oz. "Raisley."  
4 oz. Flour.  
4 oz. Butter or Margarine.  
1 tea-spoonful Sifted Sugar.  
Pinch Salt, and cold Water to mix.

Mix the Corn Flour and the flour together. Rub in the butter. Add the "Raisley," sugar and salt. Mix thoroughly. Make into a stiff paste with cold water. Roll out on a floured board till rather larger than the piedish. Cut a strip of paste and lay it on the rim of the piedish. Wet the strip and lay on the cover. Trim off the rough edges, notch, and bake in a quick oven for about forty minutes.

### Lemon Pudding

2 oz. Brown & Polson's "Patent" Corn Flour.  
1½ pints Water.  
6 oz. Castor Sugar.  
3 Eggs.  
2 small Lemons.

Blend the Corn Flour with a little of the water, bring the remainder of the water to the boil, pour it over the blended Corn Flour, stirring vigorously till it becomes thick and smooth. Stir in 3 oz. of the sugar, the yolks of the eggs, and the grated rind and juice of the lemons. Pour into a piedish and place in a moderate oven until it begins to bubble up. Whisk the whites of the eggs to a stiff snow and add to them 3 oz. of the sugar. Spread this over the pudding and replace in the oven until it becomes a light brown. Serve at once; or it may be allowed to cool and be served as a cold pudding.



### Lemon Fritters

3 oz. Brown & Polson's "Patent" Corn Flour.  
½ pint Milk. 1 oz. Butter or Margarine. 1 oz. Castor Sugar.  
Grated Lemon Peel. 3 Eggs.

Blend the Corn Flour gradually with the milk, pour into the saucepan, add the butter and bring to the boil stirring. Go on cooking, stirring vigorously, until it comes away from the side of the pan. Allow it to cool a little. Stir in the sugar and lemon peel. Then beat up the eggs, and stir in one at a time, and go on stirring till the mixture becomes smooth. Form, with a spoon, into balls the size of a walnut and drop them into a saucepan of hot frying fat or lard. This must not be too hot or they will brown before swelling properly. When they have swelled and are browned drain them on crumpled paper and serve at once sprinkled with sugar.

### Felixstowe Tart

#### PASTE

4 oz. Brown & Polson's "Patent" Corn Flour.  
1 oz. "Raisley." ½ oz. Castor Sugar.  
4 oz. Flour. 1 Yolk of Egg.  
4 oz. Butter or Margarine. ¼ pint of Milk or Water.

#### FILLING

½ tin of Apricots or Peaches or Jam.  
2½ oz. Sugar. 2 Whites of Egg.  
Angelica or Preserved Cherries.

Mix together the flour, Corn Flour and "Raisley." Rub in the butter lightly and add ½ oz. sugar. Beat the yolk of egg and milk together and stir into the dry ingredients. Make into a stiff paste and roll out. Butter the centre of a plate and wet the edges of it. Line the plate with the paste and crimp round the edge. Brush over with egg, mark with a fork and put into a hot oven to bake for half an hour. When baked, fill in with the preserved apricots and sprinkle one table-spoonful of the sugar over. Beat up the two whites of egg to a stiff froth, stir in the remainder of the sugar and spread over the fruit. Decorate with strips of angelica or cherries or both. Place in the oven for about five minutes to brown lightly.

### Orange Fritters

½ oz. "Raisley."  
 3 oz. Flour.  
 1 oz. Castor Sugar.  
 2 Oranges (juicy).

Sufficient Milk to make into an adhesive batter.

Sift the flour and "Raisley" in a basin and mix them well with the sugar. Mix to rather a stiff batter by adding a little milk. Prepare the oranges by dividing them into sections. Dip each piece of orange into the prepared batter, coating each piece perfectly. Fry in smoking hot fat a nice brown colour. Serve at once with sugar dusted over them.

### Castle Puddings

¼ oz. "Raisley."  
 2 Eggs.                      4 oz. Butter.  
 4oz, Sugar.                4 oz. Flour.

Cream together the butter and sugar, beat in the eggs alternately with a little flour. Add the rest of the flour and "Raisley" well mixed. Half fill greased Dariole tins, and bake twenty minutes. Turn out on a hot dish, and serve with Jam Sauce. (See page 27)

### Banana Fritters

½ oz. "Raisley."  
 2 oz. Flour.                1 oz. Castor Sugar.  
 A little Milk.             3 Bananas.

Mix the dry ingredients together, add sufficient milk to make into a very thin batter. Cut the bananas into small pieces, dip them in the batter, fry in plenty of smoking hot fat, and drain on paper. Serve hot on a dish paper with sugar dredged over.

## BAKED PUDDINGS

### Simple Baked Pudding

- 3 oz. Brown & Polson's "Patent" Corn Flour.
- 2 pints Milk.
- $\frac{1}{2}$  oz. Butter or Margarine.
- 1 to 2 oz. Castor Sugar.
- A pinch of Salt.

Mix the Corn Flour with a little of the milk to a smooth cream. Bring the rest of the milk to the boil. Stir the Corn Flour into it. Add the butter, sugar, and salt. Boil for ten minutes, stirring all the time. Pour into a greased piedish and bake in a very gentle oven till a nice brown on the top, or brown before the fire. Serve with sugar or jam, etc.

### Sultana Pudding

After boiling ten minutes stir in 3 or 4 oz. of Sultana raisins, and bake as above.

BAKED CORN FLOUR CUSTARD.—After boiling the Corn Flour remove from heat and quickly stir in two well beaten eggs. Pour into a greased piedish and bake as above.

### Apricot Pudding

- 3 oz. Brown & Polson's "Patent" Corn Flour.
- 2 pints Milk.
- 2 Eggs.
- 5 oz. Sifted Sugar.
- 1 tin Preserved Apricots.

Mix the Corn Flour to a smooth cream with a little of the milk. Bring the rest of the milk to the boil, remove from the fire and stir in the mixed Corn Flour. Beat up the yolks of the eggs with  $3\frac{1}{2}$  oz. of the sugar, and stir well into the Corn Flour. Boil the whole for ten minutes, stirring all the time. Then pour it into a piedish, and bake in a slow oven till somewhat firm. Pour over it a layer of apricots. Beat the whites of the eggs with  $1\frac{1}{2}$  oz. of the sugar to a stiff snow. Spread this over the top, and return to the oven to brown.

The juice of the apricots may be used in place of an equal amount of the milk.

□ :: :: BAKED PUDDINGS :: :: □

### Baked Raisin Pudding

2 oz. Brown & Polson's "Patent" Corn Flour.	
6 oz. Flour.	1/2 oz. "Raisley."
4 oz. Dripping or Margarine.	1 oz. Candied Peel.
2 oz. Sugar.	1 Egg.
	3 oz. Raisins
	About 1/4 pint Milk.

Rub the fat into the flour. Add Corn Flour, sugar, chopped peel, chopped raisins, and "Raisley." Mix to a dough with the beaten egg and milk. Bake in a greased Yorkshire Pudding tin for one hour. Turn out and cut into squares. Sprinkle with sugar, and serve with Sweet Sauce (page 28).

### Baked Soufflés

(VARIOUS)

1 1/4 oz. Brown & Polson's "Patent" Corn Flour.	
1 1/2 oz. Butter.	1 1/2 oz. fine White Sugar.
1/2 pint Milk.	2 large Eggs.
	Flavouring.

Melt the butter, stir in the Corn Flour, add the milk, stir until boiling, and cook for a few minutes. Remove from the fire, add the sugar and flavouring and egg yolks, beating well in. Beat up the white of the eggs to a stiff froth and stir slightly into the mixture. Pour into a greased piedish and bake in a moderate oven for about half an hour. Serve at once, as Soufflés are very light and sink if kept waiting.

This same soufflé mixture will make any kind of soufflé. For instance, if you add to it vanilla it is a Vanilla Soufflé, add to it chocolate it is a Chocolate Soufflé, and so on. All soufflés take their names from what is put into them; such as sultanas, cherries, preserved fruits, rum, brandy, etc.

This same mixture makes very choice Fruit Tarts in this way:—Nearly half fill a piedish with any fruit you like, add a very little water and some sugar, cover it over with the soufflé mixture about one inch and a half in thickness, and bake it as you would an ordinary tart.

By leaving out the sugar from the original mixture, this recipe will make dozens of savoury soufflés in the following way:—Add pepper, salt, mustard, and enough grated cheese to flavour for a Cheese Soufflé. Ham, Tongue, or Chicken Soufflé is made by adding the ham, tongue, etc., minced up.

### Cocoanut Pudding

- 1½ oz. Brown & Polson's "Patent" Corn Flour.
- 2 table-spoonfuls of Jam.
- 1 pint Milk.
- 2 oz. Desiccated Cocoanut.
- 1 oz. Castor Sugar.
- 2 Eggs.

Put the jam in the bottom of the piedish. Blend the Corn Flour smoothly with a little of the milk. Bring the rest of the milk to the boil and stir the blended Corn Flour into it. Add half of the cocoanut and half of the sugar and the yolks of the eggs well beaten. Boil for three minutes. Pour into the piedish and bake in a slow oven till set. Beat up the whites of the eggs stiffly and add to them the remainder of the sugar and the cocoanut. Spread this over the top of the pudding and return to the oven to brown slightly.

### Corn Flour Custard Pudding

- 3 oz. Brown & Polson's "Patent" Corn Flour.
- 2 pints Milk.
- 3 oz. Castor Sugar.
- 3 Eggs.
- A piece of Lemon Peel, Cinnamon, Bay Leaf,  
or Vanilla, etc.

Blend the Corn Flour with a little of the Milk. Beat up the eggs. Bring to the boil the remainder of the milk with the sugar and flavouring. If lemon peel, cinnamon, or bay leaf has been used, remove it now. Stir into the milk the Corn Flour mixture and boil for ten minutes, stirring all the time. Remove from fire. After a minute or two stir in the beaten eggs; pour into a buttered dish and bake in a slow oven till a nice brown on top—about thirty minutes.

NOTE.—All kinds of Custard Puddings must be baked in a very slow oven. A hot oven causes the mixture to boil and curdle. The Pudding then is very loose and watery.

## COLD SWEETS

### Corn Flour Blanc-Mange

- 2½ oz. (5 table-spoonfuls filled level) Brown and Polson's "Patent" Corn Flour.  
2 pints (3 large or 4 small breakfast-cupfuls, quite full) Milk.  
1 tea-spoonful Butter or Margarine.  
A pinch of Salt. (1 oz. Sugar if desired).

Mix the Corn Flour to a smooth cream with a little of the milk. Heat the rest of the milk to the boiling point in a roomy enamelled saucepan. Remove the saucepan from the fire. Pour the mixed Corn Flour slowly into the heated milk, stirring vigorously. Add the butter and salt. Then boil well for ten minutes (by the clock), stirring all the time. Pour into a quart mould and cool. When cold, turn out and serve.

If desired to eat with the chill off, re-heat gently in the mould before the fire or in a very gentle oven. Then turn out and serve.

If flavouring is desired, add one table-spoonful castor sugar before boiling, and two or three drops of essence of vanilla, almond or lemon after boiling. Or a strip of lemon rind, a stick of cinnamon, or a bay leaf may be boiled with the milk and then removed.

All sweet sauces make a good accompaniment to this blanc-mange.

TO MAKE A 1-PINT SHAPE, use half the above quantities.

TO MAKE 1¼-PINT SHAPE, use

- 1½ oz. Corn Flour (3 table-spoonfuls filled level).  
1¼ pints Milk (2 breakfast-cups quite full).

TO MAKE 1½-PINT SHAPE, use

- 2 oz. Corn Flour (4 table-spoonfuls filled level).  
1½ pints Milk (2½ large or 3 small breakfast-cupfuls).

Earthenware Moulds specially made for Blanc-Mange Shape may be had from Brown & Polson, Ltd., Paisley. See price list, page 119.

## Lemon Blanc-Mange

*No stirring while Boiling*

The chief point in this recipe is that the ten minutes' stirring over the fire is avoided by using a double saucepan and boiling for half an hour. Blanc-Mange made in this way is more creamy in consistency, and less jelly-like than the ordinary Blanc-Mange, and some may prefer this consistency.

When no flavouring is used, however, the Blanc-Mange is more pleasantly flavoured when prepared as in recipe "Corn Flour Blanc-Mange."

1 oz. (2 table-spoonfuls filled level) Brown & Polson's "Patent" Corn Flour.

1 pint (2 small breakfast-cupfuls) Milk.

The Rind of 1 Lemon pared very thin ; also the Juice.

1 oz. of Castor Sugar.

Use a double saucepan. Put a pint of milk to heat slowly, adding the sugar and the thinly pared rind of a lemon. Bring the milk to the boiling point slowly. Mix the Corn Flour in a basin with a little cold milk to a smooth cream. Take the lemon rind from the boiling milk, and pour the milk on the Corn Flour, stirring all the time. Pour the mixture back into the double saucepan and put on the fire again. Boil for half an hour. No stirring required. Take the Corn Flour off the fire and add slowly to it whilst it is still in the pan the strained juice of the lemon, beating all the time ; then pour into a mould previously wetted with cold water. Turn out when cold.

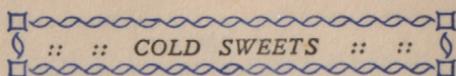
(To 1½ pints Milk, take 2 oz. Corn Flour.)

(To 2 " " take 2½ oz. " )

A double Saucepan can be had from Brown & Polson, Ltd., Paisley. See price list, page 119.

## How to serve a Blanc-Mange

A blanc-mange made according to the previous recipes should be turned out into a glass dish, and may be served plain with milk or cream and sugar ; or with any sweet sauce round the dish ; or with stewed fruit placed round the dish, or served separately ; or, again, with jelly or jam, or any preserved fruit.



### Egg Blanc-Mange

- 1½ oz. (3 table-spoonfuls filled level) Brown & Polson's  
"Patent" Corn Flour.  
1 pint (2 small breakfast-cupfuls quite full) Milk.  
1 table-spoonful sugar.  
A pinch of Salt.      1 Egg.

Slake Corn Flour with a little of the milk. Bring the rest of the milk to the boil; remove from the fire, and pour the slaked Corn Flour into the milk, stirring well. Boil for five to ten minutes stirring all the time, then remove from the fire. Drop in yolk of egg and beat thoroughly. Beat the white stiffly and fold lightly into the mixture. Pour into a wetted mould. When cold turn out and serve with milk, cream, any sweet sauce, or stewed fruit.

### Blanc-Mange Sponge

- 2 oz. Brown & Polson's "Patent" Corn Flour.  
1 pint Milk.      ½ oz. Butter or Margarine.      2 Eggs.  
2 oz. Castor Sugar.      ½ tea-spoonful Vanilla Essence.

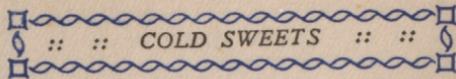
Prepare as in recipe for "Corn Flour Blanc-Mange." After the ten minutes boiling remove from fire. Beat the yolks of the eggs with the sugar, and stir in. Whisk the whites of the eggs to a stiff snow, and stir lightly but evenly through the mixture. Pour into a quart mould and cool. Turn out and serve with stewed fruit, fruit juice, or sauce. This sponge can be made with the whites of eggs only, the yolks being used for cake making, or other purpose.

### Chocolate Blanc-Mange

- 2 oz. Brown & Polson's "Patent" Corn Flour.  
1½ pints Milk.      2 oz. grated Chocolate.  
1 oz. Sugar.      ½ tea-spoonful Vanilla Essence.

Dissolve the chocolate in a ½ pint of the milk. Blend the Corn Flour with a little cold milk. Put on the remainder of the milk to boil. When almost boiling add the mixed Corn Flour. Stir vigorously till quite smooth, and add the dissolved chocolate and the sugar. Boil for ten minutes, stirring all the time. Flavour with vanilla, and pour into a mould rinsed out with cold water. When cold, turn out and serve with whipped cream round the mould. If cocoa is used instead of grated chocolate a less quantity may suffice.





### Simple Trifle

- 1¼ oz. Brown & Polson's "Patent" Corn Flour.
- 4 Sponge Cakes.
- 2 table-spoonfuls Jam.
- 4 table-spoonfuls Fruit.
- Fruit Syrup.
- 1 pint Milk.
- 1 Egg.
- 1 oz. Castor Sugar.
- 6 Sweet Almonds.

Cut the sponge cakes across, and put a good layer of jam between. Then pile them together in a glass dish, and pour the syrup over them. Blend the Corn Flour with the milk, and boil for ten minutes, stirring all the time. Take off the fire and stir in the yolk of egg and sugar. Cook for one moment, then pour over the sponge cakes. Stud the shredded almonds over the dish. Beat the white of egg to a stiff froth. Put a little milk to boil in a small saucepan, and when boiling drop in spoonfuls of the white of egg. Let them poach for half a minute, and put this white rock of egg daintily here and there on the trifle. Serve cold. This makes a very pretty dish.

### Rokeby Pudding

- Swiss Roll. (See page 102).
- 2 oz. Ratafia Biscuits.
- Stale Bread.
- Stewed Apricots or Greengages.
- Creamy Custard. (See page 59).
- A few preserved Cherries.

The Swiss roll should be spread with apricot or plum jam before rolling. Cut the roll into thin slices. Line a plain mould with these, and fill in the spaces with the ratafia biscuits. Fill up the mould with alternate layers of sliced bread and fruit. Cover the top with more slices of the roll, and if more convenient the slices may be halved or quartered. Stand a plate on top with a weight. Leave all night. Turn out into a glass dish, and pour the custard over to coat it thoroughly. Decorate with preserved cherries. The custard should be flavoured with almond essence.



### Prune Mould

2¼ oz. Brown & Polson's "Patent" Corn Flour.  
1 lb. Prunes.  
3 oz. Sugar.  
1 Lemon.  
1¾ pints Water.  
1 wineglass Claret or Brandy.

Well wash the prunes and soak in one pint of water all night. Put into a saucepan with the sugar and lemon rind cut thinly, and the liquid in which they have soaked, and cook gently till soft, and remove the stones. Mix the Corn Flour with a little cold water, put the rest of the water in the saucepan with the lemon juice and the syrup from the prunes. Add the blended Corn Flour, stir till boiling, add the prunes, continue to cook for about five minutes. Add the claret or brandy and a little cochineal to improve the colour. Put into a border mould, when set turn out in a glass dish and serve with whipped cream in the centre.

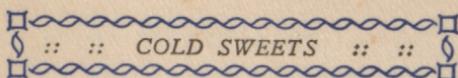
NOTE.—If a border mould is not available, set in a quart mould, and serve with creamy custard (page 59). The claret or brandy may be omitted.

### Ratafia Mould

1½ oz. Brown & Polson's "Patent" Corn Flour.  
1 pint Milk.  
1 oz. Castor Sugar.  
2 oz. Citron.  
2 oz. Ratafias.  
1 glass Sherry.

Blend the Corn Flour with a little of the milk, and pour into a saucepan with the rest of the milk and the sugar. Boil for ten minutes, stirring all the time. Cut up the citron and put it into a basin with the ratafias. Pour the sherry over to soak. Stir this into the Corn Flour and set in a mould. When firm, turn out and serve with clear wine sauce.

CLEAR WINE SAUCE.—Blend ¼ oz. Corn Flour with ½ pint water, and boil for two minutes, always stirring. Add ½ oz. of castor sugar and a glass of sherry or brandy.



### Mock Cream

*For Cold Sweets and Cakes.*

- 3/4 oz. Brown & Polson's "Patent" Corn Flour.
- 1 oz. Butter or Margarine.
- 1 oz. Castor Sugar.
- 1/2 pint Milk.

Blend the Corn Flour with a little cold milk, and stir it into 1/2 pint of boiling milk. Cook three minutes, stirring all the time, and leave till cold. Cream the butter and sugar. Whip up the cold Corn Flour, and then whip into it the creamed butter and sugar.

### Gooseberry Fool

- 2 oz. Brown & Polson's "Patent" Corn Flour.
- 1 to 1 1/2 pints Gooseberries.
- 4 oz. Sugar.
- 1/2 tea-cupful Water.
- 1 pint Milk.
- 2 Eggs.
- 1 oz. Castor Sugar.

Prepare the gooseberries and stew them with the 4 oz. of sugar and the water till tender, and rub through a hair sieve. Blend the Corn Flour with a little of the milk, bring the rest of the milk to the boil. When almost boiling, stir in the blended Corn Flour and the gooseberry pulp and stir till it boils. Beat up the eggs with the castor sugar, add to the pudding and boil for three minutes. Pour into a glass dish and serve cold.

### Orange Sponge

- 8 oz. Brown & Polson's "Patent" Corn Flour.
- 1 1/2 pints Milk.
- 1/2 oz. Butter or Margarine.
- 4 oz. Castor Sugar.
- 2 Eggs.
- 2 Oranges, Juice, and Grated Rind.
- 1/2 Lemon, " " " "

Mix the milk gradually with the Corn Flour, put into a saucepan, and bring to the boil. Add the butter, the sugar, and the yolks of eggs, and boil for ten minutes, stirring all the time. Stir in the juice and grated rind of the oranges and lemon and allow to cool a little. Beat up the whites of eggs to a stiff froth and stir lightly to the rest. Set in a mould and turn out when firm. This may be made also with water instead of milk and served with whipped cream custard.

### Apple Cake

1 oz. "Raisley."  
3 Apples.  
4 oz. Castor Sugar.  
 $\frac{1}{4}$  tea-spoonful Grated Lemon Rind.  
8 oz. Flour.  
3 oz. Butter or Margarine.  
1 Egg.  
A little Milk.  
2 Whites of Eggs.

Stew the apples with 1 oz. of the sugar, and the lemon rind, rub through a sieve and allow to cool. Butter and flour a shallow cake tin. Mix together the flour and "Raisley," rub in the butter lightly, and add the 3 oz. of the castor sugar. Beat up the egg well, and add it with sufficient milk to make a soft dough. Pour into the prepared tin and bake in a moderately heated oven for about three-quarters of an hour. Cool on a wire tray. Split in half, and spread the apple purée between the cakes. Beat up the two whites of egg to a stiff froth, and spread over the top. Dust with plenty of sugar and set in a slow oven to brown.

### Seafoam

$1\frac{1}{2}$  oz. Brown & Polson's "Patent" Corn Flour.  
1 pint Water.  
Whites of 2 Eggs.  
2 Lemons.  
Yolk of 1 Egg.  
4 to 6 oz. Sugar.

Blend the Corn Flour with a little of the water to a smooth cream. Add the thinly peeled lemon rind to the remainder of the water, and bring to the boil slowly. Strain, put back in saucepan and pour in the Corn Flour. Add the sugar and strained lemon juice—bring to boil and cook for ten minutes, stirring all the time. Put three-quarters of the mixture into a separate dish, and when slightly cool stir in the whites of the two eggs beaten to a stiff froth. Pour into mould. To the remaining quarter of the mixture add half a gill of water and the beaten yolk of egg and bring to boil. When both are cool, turn out the larger portion first, roughly whisk the yellow portion, and place round it.

## INVALID DIET

### Milk Soup

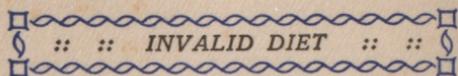
- $\frac{1}{2}$  oz. Brown & Polson's "Patent" Corn Flour.
- A pinch of Salt.
- $\frac{1}{4}$  to  $\frac{3}{4}$  oz. Castor Sugar.
- 1 pint milk.

Blend the Corn Flour to a smooth cream with a little of the milk. Put the rest of the milk into a saucepan with the salt and sugar, and bring to the boil. Remove from the fire and add the Corn Flour, stirring till quite smooth. Boil for ten minutes, stirring all the time, and serve. For flavouring, add a stick of cinnamon or a bay leaf to the milk, removing it after boiling. To make the consistency of a gruel, use  $\frac{3}{4}$  to 1 ounce of Corn Flour.

### Beef Tea Jelly

- 1 oz. Brown & Polson's "Patent" Corn Flour.
- Salt and Pepper.
- $\frac{1}{2}$  pint Milk.
- $\frac{1}{2}$  pint Beef Tea.
- 1 tea-spoonful Butter.

Mix the Corn Flour and seasoning to a smooth cream with a little of the cold milk, bring the remainder of the milk and beef tea (made with either fresh meat or meat extract) to the boil, add the blended Corn Flour and boil ten minutes. Remove from the fire and stir in the butter, pour at once into prepared mould and serve when cold.



### Steamed Whiting with White Sauce

1 Whiting.  
½ pint White Sauce (page 24).

Skin the whiting. Cook gently in a steamer for about 15 minutes. Place carefully on a hot dish, coat completely with white sauce, garnish with lemon and sprigs of parsley. Serve very hot.

### Fillets of Sole with Maître D'Hôtel Sauce

½ pint Maître d'Hôtel Sauce (page 25).  
1 Sole.  
Lemon Juice.  
Salt.

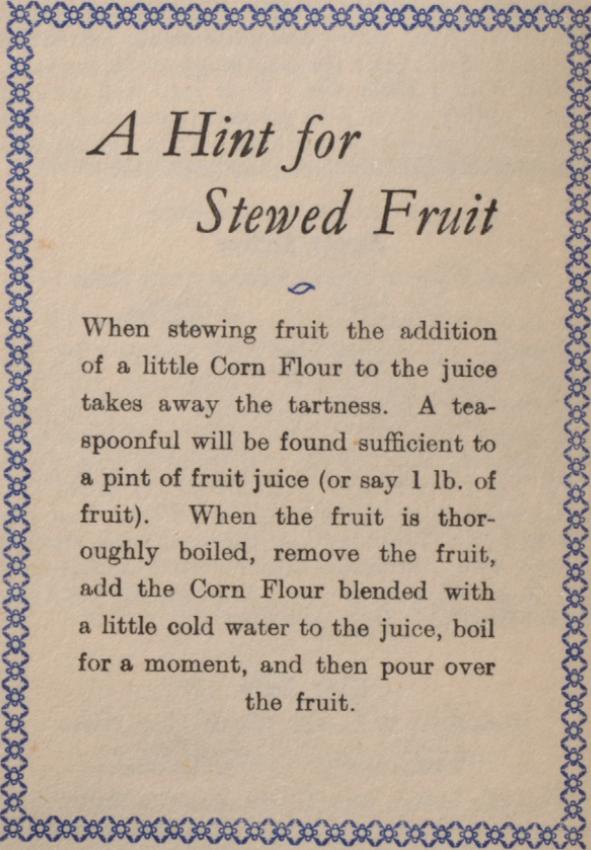
Skin and fillet the sole, fold each fillet in half, taking care that the skin side is inside. Place on a buttered tin and sprinkle with a little salt and lemon juice. Cover with buttered paper and cook in the oven for about 10 minutes. Arrange down the centre of a dish, overlapping one another. Coat with sauce and serve at once.

### Chicken Creams

½ oz. Brown & Polson's "Patent" Corn Flour.  
½ lb. raw Chicken Meat.  
½ oz. Butter.  
¼ gill Water.  
1 Egg.  
3 table-spoonfuls Cream.  
Salt and Pepper.  
½ pint Bechamel Sauce (page 25).

Mince the chicken very finely, removing any skin or sinew. Melt the butter in a saucepan, add the Corn Flour and water, and stir till very thick. Add the chicken meat, seasoning, beaten egg, and mix all thoroughly. Whip the cream and add. Fill three small darriole moulds with the mixture, smoothing over the top with a knife. Cover with a buttered paper, put in a steamer, and steam gently about 20 minutes. Turn out on to a hot dish. Pour the sauce over and round the moulds. Garnish each with a little parsley.





## *A Hint for Stewed Fruit*

When stewing fruit the addition of a little Corn Flour to the juice takes away the tartness. A teaspoonful will be found sufficient to a pint of fruit juice (or say 1 lb. of fruit). When the fruit is thoroughly boiled, remove the fruit, add the Corn Flour blended with a little cold water to the juice, boil for a moment, and then pour over the fruit.

# FRUIT JELLIES

## Fresh Fruit Jellies

These jellies are made simply with Corn Flour and fresh fruit. They are more wholesome and nourishing than prepared jellies and artificially flavoured powders. They are easily made and retain the pleasant flavour and all the good qualities of fresh fruit.

### General Recipe

2¼ oz. (4½ level table-spoonfuls) Brown & Polson's "Patent" Corn Flour.  
1 lb. Fresh Fruit.      ¼ to ½ lb. Sugar.

Stew the fruit—strain off the juice—make up to 1½ pints with water. Mix the Corn Flour to a smooth cream with a little of the juice. Bring the rest of the juice to the boil. Remove the saucepan from the fire. Pour the mixed Corn Flour slowly into it, stirring vigorously. Bring to the boil again and boil well for THREE MINUTES, stirring all the time. Pour into a wet mould and cool. When cold, turn out and serve with whipped cream. The juice of half a lemon may be added to help the flavour.

### Orange Jelly

2½ oz. Brown & Polson's "Patent" Corn Flour.  
2 Oranges.      ½ to 1 Lemon.  
2 oz. Lump Sugar.      3 oz. Castor Sugar.  
1½ pints Water (2½ large or 3 small breakfast-cupfuls).

Rub down the rinds of the oranges with the lump sugar, and scrape off the bits of sugar that stick to the rind. Put these into a saucepan with the castor sugar. Mix the Corn Flour to a smooth cream with a little of the water from the 1½ pints. Pour the rest of the water into the saucepan and bring to the boil. Remove the saucepan from the fire. Pour the mixed Corn Flour slowly into it, stirring vigorously. Squeeze into it the juice of the two oranges and the lemon. Bring to the boil again and boil well for THREE minutes. Pour into a mould and cool. When cold, turn out and serve with whipped cream.

NOTE.—To make a delicious Lemon Jelly use two lemons in place of the two oranges and proceed as above.

□ :: :: FRUIT JELLIES :: :: □

### Pineapple Jelly

2¼ oz. Brown & Polson's "Patent" Corn Flour.  
2 oz. Sugar.  
1 tin Crushed Pineapple or Pineapple Chunks.

If pineapple not crushed, mince chunks finely and use both pulp and juice. There should be about 1½ pints juice and pulp. Mix Corn Flour and sugar with a little of the juice to a smooth cream; bring the rest of the juice to the boil, add to the blended Corn Flour and return to the saucepan, bring to the boil again and boil hard for three minutes, stirring all the time. Pour into a wet mould and cool. When cold, turn out and serve with whipped cream.

### Wine Jelly

2 oz. Brown & Polson's "Patent" Corn Flour.  
1¼ pints Water.  
6 oz. Sugar.  
2 Cloves.  
½ inch Cinnamon.  
½ pint Sherry.  
Rind and Juice of 2 Lemons.

Put the water in a saucepan with the sugar, cloves, cinnamon, and thinly cut lemon rind, heat very slowly to boiling point.

Mix the Corn Flour with the lemon juice, strain the liquid on the mixed Corn Flour, return to the saucepan and stir till boiling. Continue boiling and stirring for three or five minutes. Add the sherry and cook for another minute. Pour into a mould and put into a cool place to set. Turn out on a glass dish and serve plain or with creamy custard (page 59).

### Syrup Jelly

2 oz. Brown & Polson's "Patent" Corn Flour.  
¼ pint Milk. ¾ pint Water.  
1 large table-spoonful Syrup or dark Treacle.

Mix the Corn Flour smoothly with a little milk; bring the rest of the milk and water to the boil. Melt the syrup in this, let it boil again, and stir in the Corn Flour. Simmer for five minutes, after the Corn Flour thickens, then pour into well-rinsed mould.

If this jelly is served with stewed fruit, the fruit will need less sugar.

# ICES

## Ice Cream

- 1 oz. Brown & Polson's "Patent" Corn Flour.  
1 pint Milk.      4 oz. Castor Sugar.  
2 Eggs.            ½ pint Whipped Cream.  
Vanilla, Coffee, or Lemon Flavouring.

Blend the Corn Flour with a small quantity of the milk till smooth, then add the rest and put it into a saucepan with the sugar. Boil for three minutes, stirring all the time, then add the yolks of eggs, off the fire, and cook gently for a moment. Let this cool. Stir in the whipped cream and the whites of eggs stiffly beaten. Flavour to taste with vanilla, coffee essence, or fruit juice. A teaspoonful of maraschino can be used if a wine flavouring is desired. Freeze and serve.

## Chocolate Ice

- 1 oz. Brown & Polson's "Patent" Corn Flour.  
4 oz. Chocolate, grated.      ½ tea-spoonful Vanilla Essence.  
1 pint Milk.                      2 oz. Castor Sugar.

Blend the Corn Flour with a small quantity of the milk till smooth, then add the rest, and put it into a saucepan with the sugar. Boil for three minutes, stirring all the time. Add the grated chocolate, dissolved in a little cold milk. Allow this to become cold, then add the vanilla essence, and freeze.

## Fruit Ice

- 1 oz. Brown & Polson's "Patent" Corn Flour.  
1 pint Milk.  
2 Yolks of Eggs  
3 oz. Castor Sugar.  
½ pint Fruit Purée.  
1 tea-spoonful Lemon Juice.

Blend the Corn Flour smoothly with the milk, and boil for three minutes, stirring all the time. Remove from the fire and add the yolks of eggs and sugar. Let this cool. Rub any kind of fruit—strawberries, raspberries, or apricots—through a hair sieve to make half a pint of fruit purée. Add this to the Corn Flour Custard, mix thoroughly with a whisk, flavour with lemon juice, and freeze.

## PRESERVES

### Marmalade

6 Seville Oranges.  
2 Lemons.  
6 lb. Sugar.  
6 pints Water.

Cut the fruit in halves, remove the pulp, taking out the pips. Slice the peel finely and soak in five pints of water. Put the pips in a bag and soak with the pulp in one pint of water for twenty-four hours. Boil peel and pulp together (having removed the bag of pips) for one and a half hours without sugar. Then add the sugar and boil from half to one hour or until set.

### Jam

Allow  $\frac{3}{4}$  lb. sugar to 1 lb. fruit.

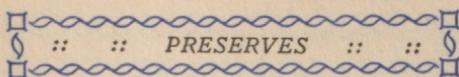
*Hard Fruit*—e.g. gooseberries. Boil fruit until tender with the sugar and enough water to cover the bottom of the pan. To test when done—a little on a saucer should jelly when cold. The fruit should be covered with the sugar and allowed to stand overnight.

*Soft Fruit*—e.g. strawberries. Make as above, omitting the water in the pan, and do not cover the fruit overnight.

### Crab Apple Jelly

6 lbs. Crab Apples.  
3 pints Water.

Wash the apples and remove the stalks. Put the apples, without cutting or paring them, in a pan and stew slowly, with the lid on, for four hours. Strain through a jelly bag without pressure. To each pint of juice add 1 lb. sugar. Boil for twenty minutes, put in jars and tie down.



### Vegetable Marrow Jam

3 lbs. Marrow.                      2 Lemons.  
3 lbs. Sugar.                        12 Cayenne Pods.  
2 oz. Lump Ginger, bruised.

Pare the marrow, cut in half and remove all seeds. Soak in water for twelve hours. Pour off the water and cut the marrow into cubes. To 3 lbs. of marrow, add 2 lbs. sugar and leave for twelve hours. Put the fruit and liquid, with the remaining 1 lb. sugar, ginger, cayenne pods and lemon juice, in a preserving pan and boil until the syrup thickens (one and a half to two hours). Remove the cayenne pods, put in jars and cover.

### Green Tomato Pickle

10 lbs. Green Tomatoes.  
Few Green or Red Peppers.  
6 Pickling Onions.  
 $\frac{1}{2}$  gallon strong Vinegar.  
 $\frac{1}{2}$  pint Black Treacle.  
2 table-spoonfuls Allspice.  
1 tea-spoonful Cloves.

Slice the tomatoes, and place on a large dish sprinkled with salt. Allow to stand for 12 hours. Drain off the liquid, and add all the other ingredients. Bring to the boil, then add the tomatoes and simmer very gently for 10 minutes, not allowing the tomatoes to break. Put into stone jars and seal tightly. They are ready for use in a fortnight.

### Bengal Chutney

4 oz. Loaf Sugar.                      4 oz. Mustard Seeds.  
8 oz. Raisins.                         8 oz. Tamarinds.  
4 oz. Garlic.                         4 oz. Eschalot or Onions.  
 $\frac{1}{2}$  oz. Cayenne.                         $\frac{1}{2}$  oz. Ground Ginger.  
6 large Apples.                       6 Tomatoes.  
2 table-spoonfuls Salt.               3 pints Vinegar.

Prepare and chop all ingredients finely. Boil together for one hour. Cool and bottle.

# :: BREAD ::

## Plain Cottage Loaf

2 oz. "Raisley."      1 small tea-spoonful Salt.  
1 lb. Flour.          About ½ pint Water.

Sieve the flour, "Raisley" and salt together in a bowl. Make into a dough quickly with water, adding a little at a time, till you have a moderately soft dough, just firm enough to keep its shape. Some flours require more water than others. Do not knead more than is necessary. This quantity will make two loaves. Divide into four pieces, two rather smaller than the other two. Shape all into round balls. Put the smaller ones on the top of the larger. Place on a floured oven shelf and put at once into the oven. No waiting is required to allow the bread to rise. Bake in a hot oven for twenty to thirty minutes. Cool on a wire tray.

If this quantity be made into one loaf, about thirty to forty minutes' baking is required. For those who like the nice fresh crust, the two smaller ones are better.

This bread may be eaten half an hour after it is taken from the oven without fear of indigestion.

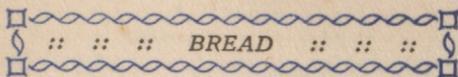
Reheated in the oven next day, it is almost as good as new.

To make a finer bread, use milk in place of water.

## Spiced Bread

1¼ oz. "Raisley."      1 oz. Castor Sugar.  
8 oz. Flour.            ¼ tea-spoonful Salt.  
1 oz. Butter or Margarine.    1½ tea-cupfuls Milk.  
Ground Cinnamon to cover a sixpenny piece.  
Ground Cloves            "            "            "

Butter and flour a loaf tin. Mix the flour, "Raisley," sugar, salt, and spices well together. Rub in the butter. Make into a dough quickly with the milk, adding it a little at a time, till you have a soft and smooth dough. Pour into the prepared tin, and bake in a moderately heated oven for about three-quarters of an hour. This bread may be baked to advantage in two or three smaller tins in place of one large tin, in which case a little over half an hour in the oven will be enough.



### Little Dinner Loaves.

- 2 oz. "Raisley."
- 1 lb. Flour.
- A small tea-spoonful of Salt.
- A small tea-spoonful of Castor Sugar.
- 1 pint Milk.

Butter  $1\frac{1}{2}$  dozen small baking tins. Mix the flour, "Raisley," salt, and sugar well together in a bowl, dry. Add the milk gradually, stirring with a wooden spoon till you have a very thin dough or batter. Pour *at once* into the prepared tins, filling them only *half full*, and put *at once* into a *hot oven*. Remove when well browned, which will take about ten or fifteen minutes, and put on a wire tray to cool.

Some flours will absorb more milk than others. The maximum quantity is stated here, but with some flours this may make too thin a dough; in that case a little less milk, say  $\frac{3}{4}$  pint, should be used.

Do not prepare more mixture than you can bake at once, as if left, it quickly loses its raising power. These loaves can be equally well baked on a griddle. Put the little tins when half filled on a hot griddle, and put an empty inverted tin on the top of each. The dough will rise to almost fill the upper tin. When sufficiently browned on the under side, turn the loaf upside down, remove the tin now on top, and allow the other side to brown. Cool on a wire tray. These loaves should have a nice crisp crust, and should be eaten when new. When old they will be *greatly improved by re-heating* in the oven or before the fire.

NOTE.—Unlike fermented bread (bakers' bread) "Raisley" bread and scones are best when new.

"Raisley" bread is never acid, and is therefore more easy of digestion.

TINS.—Nice little tins, specially made for baking these Little Dinner Loaves, can be had from Brown & Polson, Ltd., Paisley. (See price List page 119).

## SCONES & ROLLS

### Scotch Breakfast Scones.

2 oz. "Raisley."

1 lb. Flour.

About a breakfast-cupful of Milk ( $\frac{1}{2}$  pint).

A small tea-spoonful of Salt.

Sieve the flour, "Raisley," and salt together in a bowl. Make into a dough quickly with the milk, adding the milk a little at a time till you have a moderately soft dough. Do not knead more than is necessary. Roll out flat on a floured board till about  $\frac{1}{2}$  inch thick, and cut into circles or three-cornered pieces. Put at once into a hot oven or on to the griddle or hot plate sprinkled with flour. The hotter the oven the better will these scones be raised. In a quick oven they will be ready in three to five minutes. Cool on a wire tray.

### Tea Scones.

2 oz. "Raisley."

1 lb. Flour.

A tea-spoonful of Salt.

1 oz. Lard.

$\frac{1}{2}$  pint Milk.

A small tea-spoonful of Castor Sugar.

Sieve the flour, "Raisley," salt, and sugar together in a bowl. Rub in the lard. Make into a dough quickly with the milk, adding the milk a little at a time till you have a moderately soft dough. Do not knead more than is necessary. Roll out flat on a floured board till about  $\frac{1}{2}$  inch thick. With a circular cutter about 2 to  $2\frac{1}{2}$  inches in diameter, cut out small circles. Put these at once into a hot oven or on to the griddle or hot plate, sprinkled with flour. They should be ready in five to ten minutes. Cut them open when hot, butter them and serve at once; or better, allow them to cool on a wire tray, cut them open, toast the insides, butter, and serve at once in a folded napkin, very hot.

NOTE.—In a very hot oven these scones will be baked in two to five minutes, and they will rise all the better with the extra heat.

□ :: :: SCONES AND ROLLS :: :: □

### Cream Scones.

<p>½ lb. Flour. ¼ tea-spoonful Salt.</p>	<p>1 oz. "Raisley." 2 oz. Butter.</p>	<p>About ½ gill Milk. ½ gill Cream.</p>
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Sieve the flour and "Raisley" into a basin, rubbing in the butter lightly with the fingers. Add the salt and mix to a soft dough with the cream and milk. Turn on to a floured board, roll out to a ¼ inch thick, cut out with a round cutter. Place on a floured baking sheet and bake in a moderate oven about fifteen minutes. When nearly baked, brush over with milk and butter in equal proportions warmed together.

### Wheaten Meal Scones.

<p>2 oz. Flour. 4 oz. Wheaten Meal. ½ oz. Castor Sugar.</p>	<p>1 oz. "Raisley." ¼ tea-spoonful Salt. 1 oz. Butter or Margarine. About ¼ pint Milk.</p>	
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Sieve the dry ingredients together. Rub the butter in lightly. Make into a soft dough with the milk. Turn on to a floured baking-sheet, form into a round shape with the hands, rub over with flour, cut down the centre and across with a knife, but do not separate the pieces. Bake in a hot oven for ten or twelve minutes. Cool on a wire tray.

These Scones may be made entirely with Wheaten Meal, in which case 1½ oz. "Raisley" and 6 oz. Wheaten Meal should be used.

### Lemon Scones.

<p>½ lb. Flour. 2 oz. Candied Peel. ¼ tea-spoonful Lemon Essence (or grated Rind of ½ Lemon).</p>	<p>1¼ oz. "Raisley." 1 oz. Sugar. ¼ tea-spoonful Salt.</p>	<p>1 oz. Margarine. ¼ pint Milk.</p>
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Rub the margarine into the flour. Add the "Raisley," sugar, salt, and finely chopped peel, and mix well. Mix the milk and flavouring together and pour gradually amongst the dry ingredients to form a moderately soft dough. Turn out on a floured board and divide into two pieces. Form each into a round shape and flatten with the hand or rolling pin. Put on to a greased or floured tin and cut across into six. Bake in a hot oven about fifteen minutes.

□ :: :: SCONES AND ROLLS :: :: □

### Whole-Meal Flour Scones and Bread.

These can be made very nicely according to the recipes Little Dinner Loaves, Breakfast Scones, Tea Scones, using whole-meal flour in place of the ordinary flour. A nice scone can also be made using whole-meal flour and ordinary flour in equal quantities. Some whole-meal flours are difficult to raise, and for these use  $2\frac{1}{2}$  to 3 oz. "Raisley" to the pound of flour.

### Hovis Sultana Scones.

1 oz. "Raisley."  
 $\frac{1}{2}$  lb. Hovis Flour.  
2 oz. Butter.  
1 oz. Sugar.  
1 Egg.  
1 oz. Sultanas.  
 $\frac{1}{4}$  tea-spoonful of Salt.  
About  $\frac{1}{4}$  pint Milk.

Rub the butter into the flour. Add the "Raisley," sugar, sultanas and salt, and mix well. Beat the egg and add sufficient milk to make into a moderately soft dough. Turn out on a floured board and divide into two pieces. Form each into a round shape and flatten with the hand or rolling pin. Put on to a greased or floured tin and cut across into six. Bake in a hot oven about fifteen minutes.

### Paisley Rolls.

$1\frac{1}{4}$  oz. "Raisley."  
2 oz. Butter or Margarine.  
 $\frac{1}{2}$  tea-spoonful Castor Sugar.  
8 oz. Flour.  
Yolk of an Egg.  
 $\frac{1}{2}$  tea-spoonful Salt.  
 $\frac{1}{4}$  pint Milk.

Rub the butter into the flour. Add the salt, sugar, and "Raisley." Mix thoroughly. Beat up the yolk of the egg, add it to the milk, and mix in lightly to the dry ingredients, making a moderately soft dough. Turn this on to a floured board, roll out till about  $\frac{1}{8}$  of an inch thick, cut into pieces about 4 inches square, roll these up into rolls, brush over with milk, and bake in a very quick oven for fifteen minutes. Cool on a wire tray.

□ :: :: SCONES AND ROLLS :: :: □

### Drop Scones or Scotch Pancakes.

2 oz. Brown & Polson's "Patent" Corn Flour.  
 $\frac{3}{4}$  oz. "Raisley."  
 4 oz. Flour                      1 tea-spoonful Golden Syrup.  
 1 oz. Sugar.                    1 Egg.  
 1 oz. Butter.                    About  $\frac{1}{4}$  pint Milk.

Mix the flours, sugar and "Raisley." Add the egg, syrup, butter melted, and milk to form a thick batter. Pour in spoonfuls on to a hot greased bakestone or griddle. When brown on the under-side, turn and brown equally on the other side.

### Milk Bread Twists.

$2\frac{1}{2}$  oz. "Raisley."      1 oz. of Butter or Margarine.  
 1 lb. Flour.              A small tea-spoonful of Salt.  
 1 Egg.                       $\frac{1}{2}$  pint Milk.  
 A small tea-spoonful of Castor Sugar.

Sieve the flour, "Raisley" and salt together in a bowl. Rub in the butter. Beat up the egg a little with the sugar and mix into the flour. Make into a dough quickly with the milk, adding the milk a little at a time till you have a moderately soft dough. Do not knead more than is necessary. Roll out flat on a floured board till about  $\frac{1}{2}$  to  $\frac{3}{4}$  of an inch thick. Cut into strips about  $\frac{3}{4}$  of an inch wide, and roll these strips into round ropes. Twist these now into knots, plaits, horse-shoes, etc., brush over with milk, place on a baking-sheet, and put *at once* into a *hot* oven. They should be ready in five to ten minutes, according to heat. The hotter the oven the better will they rise. Cool on a wire tray.

### Potato Cakes.

1 oz. "Raisley."      2 oz. Flour.  
 1 lb. Boiled and Mashed Potatoes.  
 1 oz. Butter, Margarine or Dripping.  
 A pinch Salt, and little Pepper.  
 Water and (or) Milk to Mix.

Mix the flour and "Raisley" well together, and rub in the butter, then add the potatoes. Mix with sufficient cold water to make a fairly stiff dough. Roll it out rather thinly, and cut out into small rounds by means of a paste cutter. Put them on a greased baking tin, and bake in a fairly quick oven. Split open the cakes, whilst hot, then butter each and serve hot. These cakes may be made with milk instead of water, or both.

## :: BUNS AND :: SMALL CAKES

### Italian Buns

2 oz. Brown & Polson's "Patent" Corn Flour.  
1 oz. "Raisley."

1/2 lb. Flour.	3 oz. Castor Sugar.
4 oz. Margarine.	Bind of 1/2 Lemon.
2 oz. Currants.	About 1/4 pint Milk.

Rub the margarine into the flour. Add the other dry ingredients. Mix to a stiff dough with milk. Divide into small pieces, shape each into a ball, brush with a little beaten egg or milk and sprinkle with sugar. Bake in a fairly hot oven about twenty minutes.

### Almond Buns

2 oz. Brown & Polson's "Patent" Corn Flour.  
1/2 oz. "Raisley."      3 oz. Castor Sugar.  
2 oz. Brown & Polson's Ground Rice.  
1 Egg and a little Milk.      1 1/2 oz. Ground Almonds.  
3 oz. Butter or Margarine.

Butter one dozen patty tins. Mix together the Corn Flour, "Raisley" and Ground Rice. Beat up the eggs. Beat the butter and sugar to a cream. Add to this the eggs and the flour mixture alternately. Mix well, and stir in lightly the ground almonds. Fill the tins half full, and bake in a moderately heated oven for fifteen or twenty minutes. Cool on a wire tray.

### London Buns

2 oz. Brown & Polson's "Patent" Corn Flour.  
1 oz. "Raisley."  
4 oz. Flour.      A pinch of Salt.  
1 1/2 oz. Butter or Margarine.      1 Egg.  
1 1/2 oz. Castor Sugar.      1 table-spoonful Candied Peel.  
Milk to mix.

Mix the Corn Flour, flour, and salt well together. Rub in the butter lightly. Beat up the egg well. Add the sugar, candied peel, and "Raisley" to the flour mixture, mixing well. Make into a stiff dough with the egg and sufficient milk. Form into balls. Lay on a greased baking sheet, brush over with melted sugar and bake in a quick oven for ten or fifteen minutes. Cool on a wire tray.

□ :: BUNS AND SMALL CAKES :: □

### Jubilee Buns

- |   |                                |
|---|--------------------------------|
| 2 oz. Brown & Polson's "Patent" Corn Flour. | 1 oz. "Raisley."               |
| 6 oz. Flour.                                | 3 oz. Currants.                |
| 1 oz. Candied Peel.                         | 3 oz. Butter or Margarine.     |
| 3 oz. Sugar.                                | 1 Egg.                         |
| A little Milk.                              | ½ tea-spoonful Almond Essence. |
| 1 table-spoonful Ground Almonds.            |                                |

Rub the butter into the flour. Add the Corn Flour, currants, chopped peel, sugar and "Raisley." Mix to a stiff dough with the beaten egg and a little milk if necessary, adding also the almond essence. Divide into small portions, form each into a ball. Mix the ground almonds with an equal amount of sugar. Brush the buns over with beaten white of egg and sprinkle well with the ground almonds and sugar. Bake about twenty minutes in a moderate oven.

### Raspberry Buns

- |                               |                   |
|-------------------------------|-------------------|
| 12 oz. Flour.                 | 1½ oz. "Raisley." |
| 3 oz. Butter or Margarine.    | 1 Egg.            |
| 3 oz. Castor Sugar.           | A little Milk.    |
| Small quantity Raspberry Jam. |                   |

Rub the butter lightly into the flour. Add the "Raisley" and the sugar. Beat the egg; stir it into the dry ingredients with sufficient milk to make a stiff paste. With floured hands form this mixture into balls. Make a hole in the centre with your finger, fill in with jam and cover over. Place on a greased oven shelf, flatten slightly, and bake in a sharp oven about twelve minutes. Cool on a wire tray.

### Corn Flour Cookies

- |   |                                  |
|---|----------------------------------|
| 4 oz. Brown & Polson's "Patent" Corn Flour. | 3 oz. Castor Sugar.              |
| 1 oz. "Raisley."                            | 3 oz. Lard or Butter.            |
| 4 oz. Flour.                                | ½ Lemon (Juice and grated Rind). |
| 1 Egg.                                      |                                  |

Sieve the flour, Corn Flour, and "Raisley" together. Cream the butter and sugar. Add the lemon rind and juice, also the eggs well beaten. Lastly, add the flour mixture. Knead to a light dough. Roll out, and cut into round cakes ¾ inch in thickness. Bake on a greased tin in a quick oven for about fifteen minutes.

❑ :: BUNS AND SMALL CAKES :: ❑

### Coconut Rock Cakes

- |   |                           |
|---|---------------------------|
| 2 oz. Brown & Polson's "Patent" Corn Flour. |                           |
| 6 oz. Flour                                 | ½ oz. "Raisley."          |
| 3 oz. Butter.                               | 2 oz. Desiccated Coconut. |
| 3 oz. Sugar.                                | 1 Egg.                    |
|   | A little Milk.            |

Rub the butter into the flour. Add the other dry ingredients. Beat the egg and add to the mixture with a little milk if necessary. Place in little heaps on a greased tin. Bake in a fairly hot oven for about fifteen minutes.

### Queen Cakes

- |                  |                     |
|------------------|---------------------|
| ½ oz. "Raisley." | 3 oz. Sultanas.     |
| 6 oz. Flour.     | 1 oz. Candied Peel. |
| 4 oz. Butter.    | Rind of ½ Lemon.    |
| 4 oz. Sugar.     | 1 or 2 Eggs.        |

Cream together the butter and sugar, and beat in the egg thoroughly. Mix the flour, "Raisley," sultanas, chopped peel, and grated lemon rind. Stir all together, adding a little milk if necessary. Half fill greased fancy tins with the mixture. Put in a moderate oven and bake for twenty minutes. If only one egg is used a little milk will be required.

### Spice Cakes

- |   |                              |
|---|------------------------------|
| 2 oz. Brown & Polson's "Patent" Corn Flour. |                              |
| ½ oz. "Raisley."                            | 2 tea-spoonfuls Mixed Spice. |
| 6 oz. Flour.                                | 1 oz. Treacle.               |
| 4 oz. Butter                                | 1 or 2 Eggs.                 |
| 3 oz. Sugar.                                | 1 oz. Almonds.               |

Cream together the butter and sugar. Beat in the egg thoroughly and the treacle. Mix the flour, Corn Flour, spice and "Raisley," and stir into the mixture, adding a little milk as necessary. Blanch the almonds and put half of one in each greased bun tin. Fill two-thirds with the mixture. Bake in a moderate oven about twenty minutes.

### Ginger Cakes

- |   |                  |
|---|------------------|
| 2 oz. Brown & Polson's "Patent" Corn Flour. |                  |
|   | ½ oz. "Raisley." |
| ¼ lb. Flour.                                | 1 oz. Sultanas.  |
| 2 oz. Butter.                               | 2 oz. Treacle.   |
| 2 oz. Sugar.                                | 1 Egg.           |
| ½ tea-spoonful Ground Ginger.               | A little Milk.   |
| ½ tea-spoonful Mixed Spice.                 | ½ oz. Almonds.   |

Method as for Spice Cakes.

❑ :: BUNS AND SMALL CAKES :: ❑

### Rock Cakes

1 oz. "Raisley."      2 oz. Currants.  
 1 oz. Candied Peel—finely chopped.  
 8 oz. Flour.      3 oz. Butter or Margarine.  
 2 oz. Castor Sugar.  
 $\frac{1}{2}$  tea-spoonful Mixed Spice.  
 $\frac{1}{2}$  tea-spoonful Ground Ginger.  
 1 Egg.      A little Milk.

Rub the butter lightly into the flour. Add the rest of the dry ingredients and mix well. Beat up the egg and add it to the mixture with sufficient milk to make a very stiff paste. Take two forks and lay the mixture in little rough heaps on a greased baking sheet. Put at once into a very quick oven for about fifteen minutes. Cool on a wire tray.

N.B.—The mixture must be very stiff and the oven very hot or the cakes will not keep their shape.

### Little Genoa Cakes

2 oz. Brown & Polson's "Patent" Corn Flour.  
 $\frac{1}{2}$  oz. "Raisley."      4 oz. Butter.      1 oz. Candied Peel.  
 4 oz. Flour.      2 oz. Sultanas.      1 oz. Almonds.  
 4 oz. Sugar.      1 oz. Glace Cherries. 2 Eggs.

Cream the butter and sugar thoroughly. Beat the eggs in alternately with a little of the flour. Mix the rest of the flour, Corn Flour, sultanas, cherries cut in pieces, candied peel chopped, and "Raisley." Stir into the mixture, adding a little milk if necessary. Grease one dozen bun tins and half fill with the mixture. Blanch and shred the almonds and sprinkle over the cakes. Bake in a moderate oven for about twenty minutes.

### Adelaide Cakes

3 oz. Brown & Polson's "Patent" Corn Flour.  
 $\frac{1}{2}$  oz. "Raisley."       $\frac{1}{4}$  tea-spoonful Vanilla Essence.  
 3 oz. Butter or Margarine.      2 Eggs.  
 3 oz. Castor Sugar.      2 oz. Flour.

Butter a dozen small cake tins. Beat the butter and sugar to a cream. Beat up the eggs. Mix the flour, Corn Flour, and "Raisley" well together. Add them to the butter and sugar alternately with the eggs. Then add the vanilla, and bake in the prepared tins for twenty minutes in a moderately hot oven. When ready, cool on a wire tray.

❏ :: BUNS AND SMALL CAKES :: ❏

### Rice Cakes

1 oz. "Raisley."      3 oz. Flour.      3 oz. Butter.  
 3 oz. Brown & Polson's Ground Rice.      3 oz. Castor Sugar.  
 A pinch of Salt.      2 Eggs.  
 Flavouring, Lemon, Vanilla or Almond Essence.

Butter a dozen small cake tins. Mix the ground rice, flour, "Raisley" and salt thoroughly in a basin. Beat the butter and sugar until quite white and creamy. Beat up the eggs. Add to the butter and sugar mixture a little of the beaten eggs with a little of the flour mixture. Continue until beaten egg and flour mixture is used up. Add flavouring last of all. Place in spoonfuls into the prepared cake tins. Bake in a moderately heated oven fifteen minutes.

### Afternoon Tea Cakes

1 oz. "Raisley."      2 oz. Sultanas.  
 1 small half tea-spoonful Salt.      2 Eggs.      2 oz. Castor Sugar.  
 8 oz. Flour.      2 oz. Butter or Margarine.      A little Milk.

Beat the eggs well. Mix together the flour, salt and sugar. Rub in the butter lightly. Mix in the sultanas and the "Raisley." Stir in the beaten eggs with sufficient milk to make a smooth dough. Turn on to a floured board, and roll out  $\frac{1}{2}$  inch thick. Cut into rounds, and bake in a hot oven for about fifteen minutes. Cut the cakes open, butter, dust with sugar, and serve hot.

### Cream Sponge Fingers

1 oz. Brown & Polson's "Patent" Corn Flour.  
 $\frac{1}{2}$  oz. "Raisley."      2 oz. Flour.      3 Eggs.      3 oz. Castor Sugar.

#### CAKE FILLING

$\frac{1}{4}$  pint Cream.      Few drops Essence of Vanilla.  
 1 dessert-spoonful Castor Sugar.

Butter a square flat cake tin. Mix the flour, Corn Flour and "Raisley" together, dry. Beat the eggs and sugar over a basin of hot water until warm. Take off and beat again until cold and perfectly stiff. Add the flour mixture very lightly. Pour into the prepared tin. Bake fifteen to twenty minutes. When cold cut through. Whip up the cream well, adding the flavouring and sugar. Spread this in the centre of the cake. Dust slightly over the surface with icing sugar, and cut in finger lengths.

❑ ————— ❑  
❧ :: BUNS AND SMALL CAKES :: ❧  
❑ ————— ❑

### Dough Nuts

$\frac{3}{4}$  oz. "Raisley."  
6 oz. Flour.  
2 oz. Castor Sugar.  
1 Egg.  
1 oz. Butter or Margarine.  
A little Milk.

Rub the butter lightly into the flour. Add the sugar and "Raisley," and mix thoroughly. Beat up the egg and add it with sufficient milk to make rather a stiff dough. Roll out less than  $\frac{1}{4}$  of an inch thick. Cut into rounds with a plain cutter ( $2\frac{1}{2}$  inches in diameter), then cut out the centre with a smaller cutter. Fry the circles in smoking hot fat till a light brown. Drain off the fat on paper, and dust over with castor sugar.

### Melting Moments

8 oz. Brown & Polson's "Patent" Corn Flour.  
1 oz. "Raisley."  
6 oz. Butter or Margarine.    3 oz. Castor Sugar.    2 Eggs.  
Flavouring of Lemon or Vanilla.

Butter two dozen small patty tins. Cream the butter and sugar together. Beat up the eggs, and add them alternately with the Corn Flour until both are used up. Last of all, add the "Raisley" and flavouring. Put a tea-spoonful of the mixture into each of the patty tins. Bake for ten minutes.

These make delicious little afternoon tea cakes.

### Honey Cakes

$\frac{1}{2}$  oz. "Raisley"  
3 oz. Plain Flour.  
3 oz. Brown & Polson's Ground Rice.  
2 oz. Castor Sugar.  
2 oz. Currants.  
2 Eggs.  
2 oz. Honey.

Beat eggs, sugar and honey over hot water till thick and creamy. Fold in lightly, flour, currants and "Raisley." Half fill twelve Cheese Cake Tins and bake in moderate oven fifteen to twenty minutes. Finish off with teaspoonful chocolate icing on top of each cake.

# :: PASTRY ::

## Rough Puff Pastry

1 tea-spoonful " Raisley."  
 $\frac{1}{2}$  lb. Flour.  
 6 oz. Butter or Lard, or half of each.  
 Water to mix—add squeeze of lemon.

Put the flour in a bowl with a pinch of salt, and cut the fat into the flour in small pieces. Add just sufficient water to make a firm dough. Do not knead. Turn on to a floured board, roll out into a long strip, sprinkle with half the " Raisley " and fold in three. Turn so that the folded edges are to the side, and roll again into a long strip. Sprinkle with the rest of the " Raisley," fold in three and turn again. Roll again into a long strip, again fold in three, then roll, and use as required. The pastry may be put aside in a cool place for ten minutes after folding the first and second times. This pastry may be used for covering meat pies, for tartlets, patties, etc.

## Short Crust (Pastry)

### RICH

1 oz. " Raisley."  
 2 oz. Brown & Polson's " Patent " Corn Flour.  
 6 oz. Flour. 5 oz. Butter or Margarine. 1 oz. Sifted Sugar.  
 A pinch of Salt. 1 Yolk of Egg.

### PLAIN

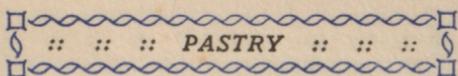
1 oz. " Raisley." 6 oz. Flour. 3 oz. Butter or Margarine.  
 $1\frac{1}{2}$  oz. Sifted Sugar. A pinch of Salt.

Mix together the flour and " Raisley," and Corn Flour. Rub in the butter lightly. Mix in the sugar and salt. Add the yolk of egg, and about half a tea-cupful of water, little by little. Knead lightly with tips of fingers until you have a smooth firm paste. Be sure not to make the paste too moist if it has to be rolled out thinly.

### PASTRY CREAM

$\frac{3}{4}$  oz. Brown & Polson's " Patent " Corn Flour.  
 1 oz. Castor Sugar.  $\frac{1}{2}$  pint Milk.  
 2 Eggs.  $\frac{1}{2}$  tea-spoonful Vanilla Essence.

Blend the Corn Flour with the milk. Beat up the eggs, and add them with the sugar and flavouring. Stir over the fire till it boils and is a nice smooth paste. Allow to cool.



### Flaky Pastry

1 tea-spoonful "Raisley."  
8 oz. Flour.                    6 oz. Butter or Lard, or half of each.  
Pinch Salt.                    Water to mix.

Divide the fat into three portions. Rub one portion lightly into the flour, mix to a stiff dough with cold water, and roll out to a long strip. Place the next portion of the fat over two-thirds of the pastry in small pieces. Sprinkle with half the "Raisley," fold in three, folding the pastry that has no fat on it in first. Turn with open ends towards you and roll to a long strip. Repeat the process with the last third of fat, once again fold in three, turn and roll. This pastry can be used for the same purpose as Rough Puff Pastry.

### Choux Pastry

2 oz. Brown & Polson's "Patent" Corn Flour.  
2 oz. Flour.                    2 oz. Butter or Margarine.                    ½ pint Water.  
3 Eggs.                            1 oz. Castor Sugar.

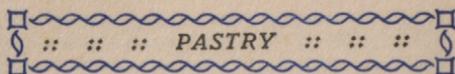
Mix together the flour and Corn Flour, and make them into thick cream with a little of the water. Put the rest of the water, the sugar and the butter into a saucepan and bring it to the boil. Pour in the flour mixture, and stir vigorously over the fire till it becomes a perfectly smooth thick paste, and leaves the sides of the saucepan; it must boil five minutes at least. Remove the saucepan from the fire and allow it to cool. When cool drop in one egg and beat it well, then drop in another and do the same, and then the third.

### FOR CREAM BUNS

Drop the mixture in teaspoonfuls on a greased baking tin. Bake in a moderately hot oven for about twenty minutes. The buns should be well risen and feel firm. When cool, split open at the side and fill with pastry cream.

### FOR ECLAIRS

Put the mixture into a large forcing bag with a plain nozzle and force out into finger lengths on a greased baking tin. Bake and fill as for Cream Buns. Cover top smoothly with chocolate or coffee icing.



### Welsh Cheese Cakes

- 1 oz. Brown & Polson's "Patent" Corn Flour.
- 1/2 oz. "Raisley."
- 6 oz. Rough Puff Pastry (page 86).
- 3 oz. Butter.
- 3 oz. Sugar.
- 2 Eggs.
- 2 oz. Flour.
- 1/2 tea-spoonful Vanilla Essence.
- Jam.

Roll out the pastry to about  $\frac{1}{4}$  inch in thickness, cut into a round with a cutter and line patty tins. Put a half tea-spoonful jam in each. Cream together the butter and sugar, beat the eggs in thoroughly one at a time. Mix together the flour, Corn Flour, and "Raisley." Add to the mixture. Then add the flavouring. Put a tea-spoonful of mixture into each prepared tin covering the jam. Put two narrow strips of pastry across each and bake in a fairly hot oven about twenty minutes. The grated rind of half a lemon may be used for flavouring instead of the vanilla essence.

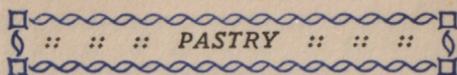
TINS.—Special fancy tins can be had from Brown & Polson, Ltd., Paisley. (See price list p. 119)

### Eccles Cakes

- 4 oz. Short Crust or Rough Puff Pastry (see p. 86).
- 6 oz. Currants.
- 3 oz. Castor Sugar.
- 1 1/2 oz. Finely-chopped Candied Peel.
- 1/2 tea-spoonful Mixed Spice.
- 1 oz. Butter or Margarine.
- A few drops of Water.

Divide the pastry into eight pieces and roll out four or five inches across. Mix the currants, sugar, peel, and spices together. Put about a dessert-spoonful on to each round of pastry. Divide the butter into eight pieces, put a piece on each round, with a few drops of water. Moisten the edges of the paste, draw them together over the top, flatten a little with the hand, turn over, and roll slightly. Make three or four cuts over the top. Bake about twenty minutes in a hot oven.





## Mince Pies

### PASTRY

$\frac{1}{2}$  oz. "Raisley"

12 oz. Sifted Flour.

Salt.

8 oz. Butter or Lard, or half of each.

Not quite  $\frac{1}{2}$  pint Water.

Mix a pinch of salt with the flour, cut the butter or lard into small pieces, and mix well with the flour; add just enough water to make a firm paste, roll out  $\frac{1}{4}$  inch thick, sprinkle over half the "Raisley," fold in three, turn the paste round, the round edge towards you; let it rest for ten minutes in a cool place. Roll out again, sprinkle over the remainder of "Raisley," fold in three, turn the paste round, and roll out; again fold in three.

### MINCEMEAT

8 oz. Apples.

4 oz. Figs.

6 oz. Raisins.

6 oz. Currants.

6 oz. Castor Sugar.

4 oz. Suet.

Rind and Juice of one Lemon.

$\frac{1}{2}$  oz. Ground Ginger.

$\frac{1}{2}$  oz. Mixed Spice.

Peel, core and chop the apples into small pieces, mince the figs, stone and chop the raisins, and clean the currants. Mix all the ingredients together, and keep in a covered jar. This will make rather more than 2 lbs.

### TO MAKE THE MINCE PIES

Roll out some of the pastry  $\frac{1}{8}$  inch thick, stamp into rounds, and line some small tins, place in each a tea-spoonful of mincemeat; roll out more of the pastry rather thicker than the first lot, stamp into rounds the size of the top of the tins, wet edges, and cover the pies, brush over with milk or water, sprinkle with castor sugar and bake about twenty minutes in a hot oven.

## BISCUITS AND SHORTBREAD

### Scotch Shortbread

4 oz. Brown & Polson's "Patent" Corn Flour.  
1 tea-spoonful "Raisley."  
12 oz. Flour.  
4 oz. Castor Sugar.  
8 oz. Butter.  
Yolk of Egg.

Cream together the butter and sugar and beat in the yolk of an egg. Mix gradually the Corn Flour, flour, and "Raisley," kneading it with the hand. Turn on to a floured board and make it into two or four flat round shapes. Mark the edges, or place in shortbread moulds or tins and bake in a slow oven for twenty to thirty minutes. Cool on a wire tray.

EARTHENWARE MOULDS.—Can be had from Brown & Polson, Ltd., Paisley. (See price list, p. 119)

### Shortbread Biscuits

4 oz. Brown & Polson's "Patent" Corn Flour.  
 $\frac{1}{2}$  oz. "Raisley."  
6 oz. Flour.  
6 oz. Butter or Margarine.  
1 Yolk of Egg.  
2 oz. Castor Sugar.  
 $\frac{1}{2}$  oz. Lemon Peel.

Mix the flour, Corn Flour, and "Raisley" together. Rub in the butter lightly and add the yolk of egg and the sugar. Turn on to a floured pastry board, and knead till smooth. Roll out quite thin, about  $\frac{1}{4}$  of an inch. Cut into rounds with a fancy cutter. Put a strip of peel in the centre of each. Bake in a moderate oven ten minutes. Cool on a wire tray.



## BISCUITS AND SHORTBREAD

### Almond Wafers

- 4 oz. Brown & Polson's "Patent" Corn Flour.
- ¼ oz. "Raisley."
- 1 oz. Flour.
- 2 oz. Butter or Margarine.
- 2 oz. Castor Sugar.
- 1 Egg.
- 10 drops Essence of Almonds.

Mix well together the flour, Corn Flour, and "Raisley." Rub the butter lightly in. Add the sugar, egg and flavouring. Turn on to a floured pastry board and knead till smooth. Roll out till  $\frac{1}{8}$  of an inch thick. Cut into fingers, and dust over with castor sugar. Bake in a moderate oven till a light brown colour. Cool on a wire tray.

For Vanilla Wafers use 10 drops Essence Vanilla.

For Champagne Wafers use 10 drops Essence Lemon.

### Rice Biscuits

- 2 oz. Flour.
- 2 oz. Brown & Polson's Ground Rice.
- ½ oz. "Raisley."
- ¼ oz. Castor Sugar.
- 2 Eggs.
- ½ tea-spoonful Lemon Essence.

Whisk the sugar and eggs together till they are very light. Mix the ground rice, flour and "Raisley" well together. Stir them lightly into the egg and sugar mixture, and lastly add the flavouring. Cover a baking tin with a sheet of white paper. Drop the mixture on it in tea-spoonfuls, and bake in a quick oven till a pale yellow colour. Remove them from the paper when they are a few minutes out of the oven.

### Wheaten Meal Biscuits

- 2 oz. "Raisley."
- 8 oz. Wheaten Meal.
- 2 oz Butter or Margarine.
- 2 oz. Castor Sugar.
- 1 Egg.
- A little Milk.

Mix the "Raisley" and wheaten meal well together. Rub in the butter lightly, and mix in the sugar. Beat up the egg and stir it in. Add as much milk as is necessary to make a stiff paste. Roll it out  $\frac{1}{8}$  of an inch thick, cut into round biscuits, mark the top with a fork. Bake in a moderate oven till a light brown colour. Cool on a wire tray.

□  □  
BISCUITS AND SHORTBREAD  
□  □

### Chocolate Biscuits

- 2 oz. Brown & Polson's "Patent" Corn Flour.
- 1 oz. "Raisley."
- 8 oz. Flour.
- 4 oz. Sugar.
- 1 Egg.
- 4 oz. Butter or Margarine.
- 4 oz. Chocolate grated.
- 1 tea-spoonful Vanilla Essence.
- A little Milk.

Cream the butter and sugar together, add the egg and beat well. Sift the flour, Corn Flour, and "Raisley" together and add to mixture. Dissolve the chocolate in a little of the milk over a slow fire, and add to mixture with vanilla essence. Use sufficient milk to make into a soft dough, roll out to a  $\frac{1}{4}$  inch thickness, cut out with fancy cutter, place on a flat baking sheet, and bake in a moderate oven twelve to fifteen minutes.

### Almond Biscuits

- 2 oz. Brown & Polson's "Patent" Corn Flour.
- $\frac{1}{4}$  oz. "Raisley."
- 8 oz. Flour.
- 6 oz. Butter or Margarine.
- 4 oz. Sugar.
- 1 Yolk of Egg.
- Few drops Almond Essence.
- 3 oz. Almonds, blanched and chopped.

Sift the flour, Corn Flour, and "Raisley" together into a bowl, add the sugar, and rub in the butter. Add the almond essence and yolk of egg, and work all together to a smooth paste, kneading thoroughly. Roll out on a floured board and cut in shapes, brush over with beaten egg, sprinkle over the chopped almonds and bake in a moderate oven about fifteen minutes.

## ❖ CAKES ❖

### Mondamin Cake

6 oz. Brown & Polson's "Patent" Corn Flour.  
 3/4 oz. "Raisley" 5 oz. Sugar.  
 6 oz. Butter or Margarine. 3 whole Eggs, 1 Yolk.  
 1/2 oz. chopped Candied Peel.

Grease a Mondamin Cake Tin. Beat the butter to a cream. Break three eggs into separate cups and beat each well. Add one beaten egg to the creamed butter and with it a tablespoonful of Corn Flour and one of sugar. Beat for five minutes. After the three eggs have been so added (with five minutes' beating between each), stir in the egg yolk, with the remaining sugar, Corn Flour and peel. Beat for ten minutes, then stir the "Raisley" lightly into the mixture. Pour into the prepared tin and bake in a moderately hot oven for three-quarters of an hour. Remove from tin and cool on a wire tray.

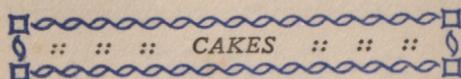
Success in making this cake depends on mixing it well and it should always be stirred the same way.

Mondamin tins (with pipe in centre) for baking this cake can be obtained from Brown & Polson, Ltd., Paisley (see price list p. 119).

### Vandura Lunch Cake

4 oz. Brown & Polson's "Patent" Corn Flour.  
 1 oz. "Raisley."  
 3 oz. Sultanas. 2 oz. Candied Peel.  
 3 oz. Butter or Margarine. 4 oz. Sifted Sugar.  
 2 Eggs. 4 oz. Flour.  
 1/2 tea-spoonful grated Lemon Rind, and a pinch of Salt.

Butter a one pound cake tin. Clean and pick the sultanas, and cut the peel into small dice. Beat the butter and sugar to a cream. Beat the eggs well. Mix the flour and Corn Flour together, and add to the butter and sugar alternately with the eggs. Beat well, then add the sultanas, the peel, and the lemon rind and salt. Last of all put in the "Raisley," and mix lightly into the mixture. Pour into the prepared cake tin, and bake for about one hour in a moderately heated oven. When baked, take out of the tin and allow to cool on a wire tray.



### Caraway Lunch Cake

1 oz. "Raisley."  
4 oz. Butter or Margarine. 8 oz. Flour. 6 oz. Moist Sugar.  
½ oz. Caraway Seeds. 1 Egg. A pinch of Salt.  
Milk to mix.

Butter a one-pound cake tin. Rub the butter into the flour. Add the sugar, caraway seeds, "Raisley," and a pinch of salt, and mix well. Beat up the egg, add a little milk to it and stir it into the rest, making the mixture rather soft. Pour into the prepared cake tin, and bake for one hour in a moderately heated oven. If preferred, fruit may be used instead of caraway seeds, in which case it should first be well dried, and then mixed with the flour. When baked, take out of the tin and allow to cool on a wire tray.

### Madeira Cake

2 oz. Brown & Polson's "Patent" Corn Flour.  
1 oz. " " " "Raisley."  
6 oz. Flour. 5 oz. Castor Sugar.  
4 oz. Butter or Margarine. 3 Eggs.  
¼ tea-spoonful Grated Lemon Rind  
or a few drops Essence of Lemon. Pinch of Salt.

Butter a one-pound cake tin. Beat the butter and sugar to a cream. Beat up the eggs well. Mix the flour and Corn Flour together. Add a little of the flour mixture to the butter and sugar, beating well, then a little of the egg, and go on repeating till both egg and flour are used up. Add the salt and grated lemon rind, and last of all the "Raisley." Mix well and pour into the prepared cake tin. Bake for one hour in a moderately heated oven. When baked, remove from the tin and lay on a wire tray to cool.

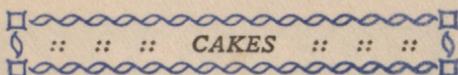
The success of this cake depends mostly on the beating, which should be continued all the time the mixing is taking place.

To make a richer cake use 4 oz. flour in place of 6 oz.

For a light fruit cake add 2 oz. sultanas, and ½ oz. candied peel, with the salt and lemon rind.

### For Cherry Cake.

Add 4 oz. glacé cherries cut in halves with the grated lemon rind.



### Bristol Cake

- |                            |                       |
|----------------------------|-----------------------|
| 1 oz. "Raisley"            | 2 oz. Candied Peel.   |
| 4 oz. Butter or Margarine. | 4 oz. Sultanas.       |
| 4 oz. Castor Sugar.        | 1 oz. Ground Almonds. |
| 2 Eggs.      6 ozs. Flour. | Grated Rind of Lemon. |

Butter and flour a one pound cake tin. Beat the butter and sugar to a cream, add the flour and beaten eggs alternately, then add flavouring, ground almonds and fruit. Lastly add the "Raisley" and mix well. Pour at once into a prepared tin and bake one and a quarter to one and a half hours in a moderate oven.

### Plain Chocolate Cake

- 2 oz. Brown & Polson's "Patent" Corn Flour.
- 1 oz. "Raisley."
- 5 oz. Flour.
- 4 oz. Butter or Margarine.
- 4 oz. Castor Sugar.
- 3 oz. Chocolate Powder.
- 4 Eggs.
- Few drops of Vanilla.
- Pinch of Salt.
- Table-spoonful Milk.

Butter a one-pound baking tin. Beat the butter and sugar to a cream. Add the eggs separately and beat well. Add the chocolate powder and mix well. Mix the flour, Corn Flour, "Raisley," and salt well together, and add gradually to the butter mixture with a table-spoonful of milk. Flavour with Vanilla. Pour in a prepared cake tin. Bake for one hour in a moderately heated oven.

NOTE.—2 eggs may be used and extra milk.

### Corn Flour Cake

- 4 oz. Brown & Polson's "Patent" Corn Flour.
- $\frac{1}{2}$  oz. "Raisley."
- 2 oz. Butter or Margarine.      2 Eggs.
- 3 oz. Sifted Sugar.      Grated Rind of 1 Lemon.

Butter a one-pound cake tin. Beat the butter to a cream. Add the sugar and mix well. Break in the eggs and beat all well together. Stir in lightly the Corn Flour and beat well till thoroughly mixed. Stir in the grated rind of a lemon. Last of all, add the "Raisley." Mix well, pour into the prepared cake tin and put at once into a quick oven. Bake for half an hour, turn out and cool on a wire tray.

### Cocoanut Cake

$\frac{1}{2}$  oz. "Raisley."  
 3 Eggs.  
 4 oz. Castor Sugar.  
 4 oz. Flour.  
 Pinch of Salt. 1 table-spoonful Milk.

Butter and paper a sandwich tin. Beat the eggs and sugar until quite thick and frothy. Mix the flour and "Raisley" thoroughly with a pinch of salt. Add these lightly to the prepared egg and sugar mixture. If batter too stiff add a little milk. Pour at once into the prepared tin. Bake in a quick oven twenty minutes.

#### FILLING

2 Whites of Eggs. 2 oz. Cocoanut. 4 oz. Icing Sugar.

Beat the whites of the eggs to a very stiff froth, then mix in lightly the cocoanut and sugar. When the cake is cool cut it through, and spread it with prepared filling. Press lightly together and dust cake over with icing sugar.

### Gingerbread

1 oz. "Raisley." 8 oz. Flour.  
 1 oz. Almonds 2 oz. Treacle.  
 2 oz. Brown Sugar. A pinch of Salt.  
 1 oz. Candied Peel. 1 Egg.  
 2 oz. Lard or Butter.  $\frac{1}{4}$  pint (about) Milk.

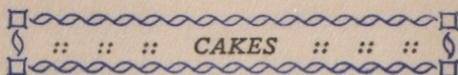
A few Caraway Seeds, if liked.

1 tea-spoonful each of Ginger, Cinnamon, and Mixed Spice.

Butter a one-pound cake tin. Blanch the almonds and cut the peel into small pieces. Melt the treacle, sugar, and lard together. Mix the flour and spices, almonds, peel, and salt well together in a bowl, dry. Beat up the egg well. Make a hole in the centre of the flour mixture. Pour the melted treacle, etc., into this and stir well. Then add the beaten egg, and lastly sufficient milk to make a soft batter. Beat well. Mix in the "Raisley" lightly, and pour *at once* into the cake tin or tins. Put *at once* into a moderately hot oven. Bake for three-quarters of an hour to one hour. When baked, take out of the tin and allow to cool on a wire tray.

NOTE.—Fruit may also be added, if liked, in which case it should first be well dried, and then mixed with the flour.





### Sponge Cake

8 oz. Brown & Polson's "Patent" Corn Flour.  
½ oz. "Raisley."      8 oz. Sifted Sugar.      6 Eggs.

Butter and flour a two-pound cake tin. Beat the eggs, sugar and flavouring for half an hour, or till thick and creamy. Mix the Corn Flour and "Raisley" well together. Sift it into the egg mixture very lightly and gradually, mixing with a fork or metal spoon. Pour *at once* into the prepared cake tin, which should only be half full, as this cake rises very high. Put *at once* into a quick oven and bake for about three-quarters of an hour. Remove from the tin and cool on a wire tray.

### Paisley Jam Sandwich. No. 1

1 oz. "Raisley."	2 oz. Butter or Margarine.
6 oz. Flour.	1 Egg.
A pinch of Salt.	¼ pint Milk.
4 oz. Sifted Sugar.	

Essence of Lemon, or other flavouring.

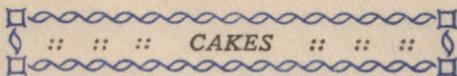
Butter two sandwich tins. Mix the flour, "Raisley," and salt well together in a bowl, dry. Beat the sugar and butter into a cream. Beat the egg separately, and add it to the sugar and butter. Work into this the mixture of flour, adding the milk and flavouring. Pour the mixture *at once* into the two tins and put into a moderately *hot* oven. When baked, turn out, cool on a wire tray, and put together with jam between.

TINS.—Special sandwich tins can be had from Brown & Polson, Ltd., Paisley. (See price list, p. 119).

### Paisley Jam Sandwich. No. 2

2 oz. Brown & Polson's "Patent" Corn Flour.  
1 oz. "Raisley."  
4 oz. Flour.  
A pinch of Salt.  
4 oz. Sifted Sugar.  
1 oz. Butter or Margarine.  
2 Eggs.  
3 Tablespoonfuls Milk.  
Essence of Lemon, or other flavouring.

Method as for Jam Sandwich No. 1.



### Rich Christmas Cake.

- |   |                        |
|---|------------------------|
| 1 oz. Brown & Polson's "Patent" Corn Flour.   |                        |
| 1 teaspoonful "Raisley."                      | 7 oz. Plain Flour.     |
| 1 teaspoonful Salt.                           | 8 oz. Sugar.           |
| 8 oz. Butter.                                 | 4 Eggs.                |
| 1 tablespoonful Brandy or Rum.                |                        |
| 8 oz. Currants.                               | 8 oz. Sultanas.        |
| 4 oz. Raisins.                                | 4 oz. Cherries.        |
| 4 oz. Mixed Peel.                             | 4 oz. Chopped Almonds. |
| 1 teaspoonful Mixed Spice.                    |                        |
| 2 teaspoonfuls gravy browning or burnt sugar. |                        |

Beat the butter and sugar to a cream, add alternately the flour, salt and corn flour with the beaten eggs. Lastly, add the cleaned fruit, brandy, browning and "Raisley." Mix all well together. Put at once into a well greased 2 lb. cake tin and bake in a slow oven 4-5 hours. Cool on a wire tray.

### Cream Sponge Sandwich

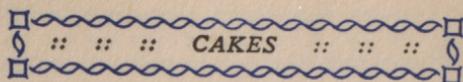
- 1½ oz. Brown & Polson's "Patent" Corn Flour.
- 1½ oz. Flour.
- ½ oz. "Raisley."
- 3 Eggs.
- 3 oz. Castor Sugar.
- Few Drops Essence Vanilla.

Beat eggs and sugar for at least twenty minutes.

Sift flours and "Raisley" together. Add very carefully to egg mixture, mixing lightly but thoroughly. Flavour and divide into two prepared jam sandwich tins. Bake in a quick oven about fifteen minutes, or until firm and a golden brown colour. Split open when cool and put layer of whipped cream between. Dust over with powdered icing sugar and cut into sections.

### CREAM

Use double cream, adding castor sugar and flavouring to taste. Whip until stiff enough to retain its own shape.



### Swiss Roll

1/2 oz. "Raisley."  
3 Eggs. 1 table-spoonful Hot Water.  
3 oz. Castor Sugar. 1/4 tea-spoonful Vanilla Essence.  
2 oz. Flour. 2 table-spoonfuls Jam.

Butter and paper a square flat baking tin (see list of utensils for suitable tin). Whisk the whites of the eggs to a stiff froth, then add the yolks one at a time, beating well. Beat in the sugar till dissolved. Mix together the flour and "Raisley," and add them with the hot water and flavouring. Mix all lightly. Pour into the prepared tin and bake in a hot oven for about ten minutes. Turn out on to a sugared paper. Spread with jam (heated) and roll up.

NOTE.—The success of this cake depends mainly on the beating and baking of this mixture.

### Fairy Butter

A hard-boiled Yolk of Egg.  
2 oz. Icing Sugar.  
2 oz. Fresh Butter or Margarine.  
2 oz. ground Almonds.  
1 tea-spoonful Lemon Juice.  
A little Sherry Wine (if liked).

Sieve or pound the yolk of egg until quite smooth. Cream the butter, add the sugar, almonds, yolk and lemon juice, also wine (if liked). Mix well together, and use in place of jam for Jam Sandwich, etc.

### Lemon Sponge Cake

4 oz. Brown & Polson's "Patent" Corn Flour.  
1/2 oz. "Raisley."  
Grated Rind of half a Lemon.  
4 oz. Sifted Sugar.  
4 Eggs.

Butter and flour a one-pound baking tin. Beat the eggs and sugar for half an hour, or till thick and creamy. Sift in the Corn Flour very lightly and gradually. Mix with a fork or metal spoon. Add the lemon rind and "Raisley." Pour into the prepared cake tin and bake in a hot oven for about one hour. Cool on a wire tray.

## ICED CAKES

### Gleniffer Cake

4 oz. Brown & Polson's "Patent" Corn Flour.  
½ oz. "Raisley"      1½ oz. Cocoa.      3 Eggs.  
½ oz. Desiccated Cocoanut.      5 oz. Castor Sugar.

Butter and flour a one pound cake tin. Separate the three eggs carefully, the whites from the yolks. Whisk whites to a stiff froth, add the yolks and sugar. Beat until the sugar is dissolved. Mix together the Corn Flour, "Raisley," cocoa and cocoanut, add lightly to the mixture and fold in. Pour at once into the prepared tin. Bake in a hot oven half an hour to three-quarters of an hour. Cool on a wire tray. When cold, ice and decorate as follows :

#### ICING

4 oz. Fresh Butter or Margarine.  
8 oz. Icing Sugar.      1 tea-spoonful Vanilla Essence.

Rub the icing sugar through a sieve. Put the butter into a basin, and work it with a wooden spoon for a few minutes. Add gradually to it the icing sugar and beat to a smooth cream. Then stir in gradually the vanilla. When the cake is cold cut off the top quite even and coat the cake round the sides with the icing mixture, occasionally dipping the knife in hot water so as to make the surface smooth. Then ice the top in the same manner. Put the remainder of the icing into a forcing bag with a rose forcer, and decorate according to taste. This is a delicious cake to serve with coffee.

### Honey Cake

One Paisley Sandwich (No. 1 or 2).

FILLING.—Mix together 2 oz. chopped almonds and 2 tablespoonfuls of honey and spread between the sandwiches.

#### ICING

8 oz. Icing Sugar.      1 oz. Ground Coffee.      ½ tea-cupful Water.

Bring the water to the boil, add the coffee and boil together for a moment or two. Strain off the coffee grounds, and allow the coffee to become cold. Put the icing sugar into a basin, and add sufficient coffee to make a smooth cream. Pour over the cake and decorate with crystallised violets or pistachio nuts and almonds.



❑ :: :: ICED CAKES :: :: ❑

### Chocolate Cream Sponge

1 table-spoonful (heaped) "Raisley."  
 $\frac{3}{4}$  tea-cupful Flour. 1 table-spoonful Sugar. 2 Eggs.  
 2 table-spoonfuls Grated Chocolate.  
 2 " " boiling Water.

Sieve the "Raisley" and flour together. Beat eggs and sugar together for ten minutes, or until the mixture is free from streaks. Dissolve the grated chocolate in the boiling water, and when lukewarm fold lightly into the egg and sugar mixture along with the "Raisley" and flour. Pour into two jam sandwich tins. Bake in a moderate oven for about 12 minutes. Cool on wire tray. Coat with chocolate glacé icing and fill with whipped cream.

### Mocha Corn Flour Cake

4 oz. Brown & Polson's "Patent" Corn Flour.  
 $\frac{1}{2}$  oz. "Raisley." 4 oz. Castor Sugar. 4 Eggs.

Butter and flour a round shallow cake tin. Separate the yolks from the whites of the eggs. Add the sugar to the yolks, and beat them well together for ten minutes. Mix the Corn Flour and "Raisley" together. Beat the whites to a stiff froth, and add them alternately with the flour mixture to the yolks and sugar, mixing lightly. Pour into the prepared tin, and bake in a quick oven for forty minutes. Cool on a wire tray. When cold, ice with the following :

#### ICING

$\frac{1}{2}$  lb. Icing Sugar. 4 oz. Fresh Butter or Margarine.  
 1 oz. freshly ground Coffee.  
 $\frac{1}{2}$  gill Water, or 1 dessert-spoonful Coffee Essence.

Boil the coffee in the water for a moment, strain, and allow to cool. Rub the icing sugar through a sieve. Put the butter into a basin, and work it with a wooden spoon for a few minutes. Add to it gradually the icing sugar, and beat to a smooth cream, then stir in gradually a table-spoonful of the coffee. Cut the top of the cake quite even, and coat it round the sides with the icing, using a palette knife and occasionally dipping the knife in hot water to make the surface smooth. Ice the top of the cake in the same manner. Put the remainder of the icing into a forcing bag, with a rose tube, and decorate according to taste.

This is a very delicious cake to serve with coffee.

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ICED CAKES
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### Little Orange Cakes

- |   |                            |
|---|----------------------------|
| 2 oz. Brown & Polson's "Patent" Corn Flour. |                            |
| 1 tea-spoonful "Raisley."                   |                            |
| 2 oz. Flour.                                | Juice of 1 Orange.         |
| 4 oz. Butter.                               | Orange Filling (page 104). |
| 4 oz. Sugar.                                | Orange Icing (page 108).   |
| 2 Eggs.                                     |                            |

Cream together the butter and sugar. Beat in the eggs alternately with a little flour. Stir in the rest of the flour, Corn Flour, "Raisley," and orange juice. Spread on to a greased shallow square tin and bake in a moderate oven about twenty minutes. Turn on to a wire tray to cool. When cold cut through the centre, spread with orange filling, put together again and cut in small squares. Coat each with orange icing, and put a diamond of candied orange peel on top.

### Chocolate Cake

- |   |                              |
|---|------------------------------|
| 2 oz. Brown & Polson's "Patent" Corn Flour. |                              |
| 1 oz. "Raisley."                            |                              |
| 4 oz. Flour.                                | 4 oz. Grated Chocolate.      |
| A pinch of Salt.                            | 4 Eggs.                      |
| 4 oz. Butter or Margarine.                  | 10 drops Essence of Vanilla. |
| 4 oz. Castor Sugar.                         |                              |

#### FILLING No. 1

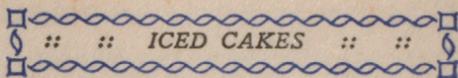
- ¼ pint Whipped Cream.
- 6 drops Essence of Vanilla.
- 1 tea-spoonful Castor Sugar.

#### FILLING No. 2

- 1 White of Egg (whipped).
- 2 oz. Icing Sugar.
- ½ bar Chocolate (grated).
- 10 drops Essence of Vanilla.

Butter two round sandwich tins. Mix the flour, Corn Flour, "Raisley," and salt together, dry. Cream the butter and sugar together, and add the chocolate. Beat up the yolks of the eggs, and add these with the flour mixture gradually to the butter and sugar mixture and beat well. Beat the whites of the eggs to a stiff froth, and stir lightly in. Add the flavouring. Bake in the prepared tins twenty to thirty minutes. When cold spread with either No. 1 or No. 2 filling and put together. Coat it with chocolate glacé icing (page 104) and sprinkle with chopped pistachio nuts.





## Fancy Coconut Cakes

1½ oz. Brown & Polson's "Patent" Corn Flour.  
1 tea-spoonful "Raisley."  
1½ oz. Flour. 2 oz. Butter. 3 oz. Sugar. 1 Egg.  
2 oz. Desiccated Cocoanut. About 2 table-spoonfuls Milk.  
Glacé Icing (page 104).

Cream together the butter and sugar. Beat in the egg thoroughly, stir in the flour, Corn Flour, cocoanut and "Raisley," adding a little milk if necessary. Half fill greased patty tins and bake in a fairly hot oven for about fifteen minutes. Turn out on a wire tray to cool. Coat with pink glacé icing and sprinkle with cocoanut.

## Imperial Biscuits

2 oz. Brown & Polson's "Patent" Corn Flour.  
1 oz. "Raisley." 6 oz. Flour.  
4 oz. Butter or Margarine. Jam.  
4 oz. Castor Sugar. ½ tea-spoonful Mixed Spice.  
2 Eggs. ¼ tea-spoonful Ground Ginger.  
A pinch of Salt. 1 small tea-spoonful Cinnamon.

A little Coloured Sugar and Desiccated Cocoanut for sprinkling, if desired.

Beat the butter and sugar to a cream. Add the spices and salt. Beat the eggs well. Add the eggs and the flour and Corn Flour alternately to the butter and sugar, and mix well. Add the "Raisley" and mix lightly. Turn on to a floured pastry board and knead till smooth. Roll out one-eighth of an inch thick. Cut into rounds with a cutter and lay on a greased baking sheet. Bake in a moderately heated oven for ten or fifteen minutes. Cool on a wire tray. Put together with jam between and ice over.

## ICING

4 oz. Icing Sugar.  
▲ few drops Lemon or Orange Juice.  
▲ little Cold Water.

Rub the icing sugar through a sieve. Add the lemon or orange juice and a little water, beating it well with a wooden spoon till perfectly smooth. Ice the biscuits smoothly over and sprinkle with coloured sugar and desiccated cocoanut, if desired.

□ :: :: ICED CAKES :: :: □

### Lemon Cake

1 Paisley Sandwich No. 2 (page 100).

#### LEMON FILLING

$\frac{1}{2}$  oz. Brown & Polson's "Patent" Corn Flour.

$\frac{3}{4}$  gill Water.

1 Egg Yolk.

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

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

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

Mix the Corn Flour with a little of the water. Bring the rest of the water to the boil and stir in the Corn Flour. Add grated rind and juice of the lemon, sugar and butter, and cook for a few minutes. Cool slightly and add the beaten egg yolk and cook gently without again boiling. Turn into a basin to cool. Cut the sandwich cake through the centre and spread with a thick layer of lemon filling. Put together again and dredge with fine sugar, or coat with lemon water icing (page 108).

### Alexandra Cakes

4 oz. Brown & Polson's "Patent" Corn Flour.

4 oz. Flour.

4 oz. Butter or Margarine.

1 oz. Ground Almonds.

4 oz. Castor Sugar.

2 Eggs.

Raspberry Jam.

A few drops of Essence of Vanilla.

Mix the dry ingredients thoroughly in a basin. Rub the butter lightly into the flour. Make into rather a stiff dough with the eggs, using a little milk if necessary. Add the flavourings. Place the prepared dough on a floured board, and roll it out about an eighth of an inch in thickness. Cut it into rounds with a plain cutter. Lay these on a slightly floured baking sheet. Bake in a moderate oven until of a pale fawn colour. When cool, sandwich together with raspberry jam in the middle. Ice over, if desired.

# CUSTARD DISHES

## Pouring Custard

$\frac{3}{4}$  oz. Brown & Polson's "Patent" Corn Flour.      1 oz. Castor Sugar.  
 1 pint Milk.

Stir the custard to a smooth cream with 2 table-spoonfuls of milk in a large bowl. Bring the rest of the milk to the boil with the sugar. When well boiling pour into the bowl and stir well till perfectly smooth. Allow to cool. When cold remove the top skin, stir up and fill into the Custard Glasses. Serve with all kinds of stewed fruits.

## Apricot and Custard Pudding

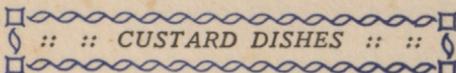
$\frac{1}{2}$  pint Custard.       $\frac{1}{2}$  pint Water.  
 $\frac{1}{4}$  lb. dried Apricots.      Rind of  $\frac{1}{2}$  Lemon.  
 1 oz. sugar.      3 Sponge Cakes.

Wash the apricots and soak in the water for some hours, then simmer gently with the sugar and lemon rind till soft. Cut the sponge cakes in half and put in a piedish with the apricots between and over. Pour the juice over to soak the sponge cakes. Coat thoroughly with the Custard, and bake in a moderate oven for twenty minutes. May be served hot or cold.

## Baked Raisin Pudding

1 oz. Brown & Polson's Custard Powder.      3 oz. Raisins.  
 7 oz. Flour.      1 oz. Candied Peel.  
 4 oz. Dripping.       $\frac{1}{2}$  teaspoonful Mixed Spice.  
 2 oz. moist Sugar.      1 oz. "Raisley."  
 Nearly  $\frac{1}{4}$  pint of Milk.

Rub the dripping into the flour. Chop the candied peel, stone the raisins, and add these with the other dry ingredients. Mix to a soft dough with milk. Put into a greased square tin and bake for about three-quarters of an hour in a moderate oven. Turn out and cut in squares, sprinkle with sugar, and serve hot with Custard Sauce.


  
 :: :: CUSTARD DISHES :: ::

### Apple Trifle

$\frac{3}{4}$ pint Custard. 6 Sponge Cakes. 1 lb. Cooking Apples. 3 oz. Sugar.	$\frac{1}{2}$ Lemon. $\frac{1}{4}$ pint Cream. Cherries and Angelica.
---	---

Peel, core and slice the apples, and cook gently with the sugar, a little grated lemon rind, and about 2 table-spoonfuls water till tender, then mash smoothly with a wooden spoon. Simmer the rinds and cores of the apples with a little sugar, lemon rind and juice and about  $\frac{1}{4}$  pint water to make a nicely flavoured syrup. Colour with 2 or 3 drops of Cochineal. A little sherry is an improvement. Cut the sponge cakes in half, spread with apple purée and pile in a glass dish. Soak with the apple syrup, and cover with the rest of the apple. Coat thoroughly with the custard, and when quite cold decorate the top with the cream whipped and sweetened and angelica and glacé cherries.

### Lemon Custard Pie

$1\frac{1}{4}$ oz. Brown & Polson's Custard Powder. 6 oz. Short Crust Pastry (page 86). 1 pint Milk.	2 oz. Butter. 2 oz. Sugar. 2 Lemons. 2 oz. stale Sponge Cake.
--	--

Line a greased piedish with pastry, decorate the edge. Melt the butter, mix in the Custard Powder, add the milk, and stir till thick. Add the sugar, cake crumbs, grated rind and strained juice of the lemons. Turn the mixture into the lined dish, and bake in a fairly hot oven for half an hour.

### Rice Custard Pudding

$\frac{3}{4}$ oz. Brown & Polson's Custard Powder. $1\frac{1}{4}$ pints Milk. 1 oz. Butter.	$1\frac{1}{2}$ oz. Rice. 1 oz. Sugar.
---	--

Boil 1 pint milk, stir in rice, and simmer till the rice is soft. Add the sugar, butter, and Custard Powder mixed with the other  $\frac{1}{4}$  pint milk. Stir till thick, then turn into a greased piedish and bake in a moderate oven for about half an hour.



## SEMOLINA DISHES

### Semolina Blancmange

- 2 oz. Brown & Polson's Semolina.
- 1½ pints Milk.
- 1 level table-spoonful Castor Sugar.
- 3 small bits finely sliced Lemon Peel.

Put milk on and heat for five minutes, and gradually sift in the Semolina. Put the lemon peel in and stir about ten minutes. Last of all put in the sugar and stir well.

Wet a 1½ pint earthenware mould with cold water, put in the blancmange and keep mould in cold water until set. When turned out it is as glossy and tremulous as a jelly.

It can be served with any fruit sauce, such as raspberry, and looks pretty on a glass dish with the bright red sauce round; or it can be eaten with any stewed fruit, such as prunes, and a custard sauce flavoured with vanilla.

It can also be made with half milk and water.

The blancmange can be flavoured with 1 tea-spoonful of vanilla instead of the lemon peel, which is also very delicious.

### Semolina Snow

- 2 table-spoonfuls (heaped) Brown & Polson's Semolina.
- 4 table-spoonfuls Sugar.
- 2 Lemons.
- 1 pint Water.

Bring water and grated rind of lemons to boiling point. Sprinkle in the Semolina, stirring continuously, and cook for ten minutes. Stir in the juice of the two lemons and the sugar, and let cool slightly. Beat till light and frothy.

□ :: :: SEMOLINA DISHES :: :: □

### Corn Flour and Semolina

2 oz. Brown & Polson's Semolina.  
1 ½ oz. Brown & Polson's "Patent" Corn Flour.  
2 Pints Milk.  
2 oz. Sugar.  
¼ oz. Salt.

Mix the Semolina, Corn Flour and salt in a little cold milk and pour into the rest of the milk when nearly boiling. Add the sugar, boil for five minutes, stirring well all the time, and then brown in the oven. This makes a delightful dish.

### Semolina for Steamed Puddings

It has been brought to our notice that steamed puddings are greatly improved by the addition to the dry ingredients of a heaped table-spoonful of Semolina. This makes the pudding as light as though breadcrumbs had been used, and, of course, adds to the nourishing properties.

We have found that when a recipe calls for :

4 oz. Flour.  
4 oz. Breadcrumbs.  
4 oz. Suet.

the following may be substituted with advantage, viz. :

6 oz. Flour.  
2 oz. Brown & Polson's Semolina.  
4 oz. Suet.

## GROUND RICE DISHES

### Rice Blancmange

3 oz. Brown & Polson's Ground Rice.  
1½ pints Milk.  
2 oz. Sugar.  
¼ oz. Salt.

Put the milk into a large saucepan and bring to the boil. Stir in the Ground Rice and salt. Add the sugar and boil for 5 minutes, stirring all the time. Pour into a mould and allow to cool. Turn out when cold and serve with milk or cream. This forms a delicious accompaniment to stewed fruits of all kinds and is a cool pleasant dish for summer. For greater richness, one egg may be stirred in after boiling.

### Rice Custard

3 oz. Brown & Polson's Ground Rice.  
1½ pints Milk.  
3 oz. Sugar.  
¼ oz. Sugar.  
2 Eggs.

Put the milk into a large saucepan and bring to the boil. Stir in the Ground Rice and salt. Add 2 oz. of sugar and boil for 5 minutes, stirring all the time. Beat up the 2 eggs with 1 oz. sugar and stir into the pudding. Pour into a pie dish and put into a *very moderately* heated oven or before the fire till brown on top. Serve hot with milk or cream and sugar, jam or stewed fruit.

### Ground Rice Gruel

Prepare same as Rice Custard, but omit the Baking. It may also be made by boiling 1 oz. of Ground Rice with 1 pint of milk for 5 minutes, adding a pinch of salt.

## FLAVOURED CORN FLOUR

Brown & Polson's Flavoured Corn Flour takes only a minute to boil, thus saving nine-tenths of the gas or heat used in the cooking and eliminating all trouble of prolonged stirring.

No time spent in flavouring—no uncertainty as to result—simply mix, boil for a minute and there is an attractive sweet, a delight to all who taste it and brimful of nourishment.

The quality is the same that has made Brown & Polson the standard of Corn Flour purity for three-quarters of a century.

### Flavoured Blancmange

1 small packet of Brown & Polson's Flavoured  
Corn Flour.  
1 pint Milk. 1 oz. to 2 ozs. Sugar according  
to taste.

Slake the Corn Flour with a little of the milk. Bring remainder of the milk to the boil with the sugar. Remove from the fire and pour the Corn Flour into it, stirring well. Then boil for one minute, stirring all the time. Pour into a wetted mould and stand in a cool place until set. Turn out and serve with jam, stewed fruit, or pudding sauce.

For those who like a pudding of the light sponge variety, mix the white of one egg stiffly whipped into the mass when partly cool.

### Pudding Sauce

Take  $\frac{1}{2}$  contents of small packet to a pint of milk, and  $\frac{1}{2}$  oz. to 1 oz. of sugar. Proceed as for Flavoured Blancmange. After the second boiling (for a minute) turn into a sauce-boat and serve with steamed puddings, etc.

Try also flavoured sauces with blancmanges and fruit salads and tarts.

❑ ~~~~~ ❑  
❧ :: CHOCOLATE CORN FLOUR :: ❧  
❑ ~~~~~ ❑

### Chocolate Corn Flour

Brown & Polson's Chocolate Corn Flour for  
delicious shapes and hot sauces.

### Milk Chocolate Shape

1 small packet.  
1 pint Milk.  
2 oz. Sugar.

Slake the powder with a little of the milk. Bring rest of the milk to the boil with the sugar ; stir in the slaked powder and boil for one minute, stirring well. Cool in a wetted mould and turn out.

### Chocolate Sauce

To be served hot with Steamed Puddings, etc.

Proceed as for Chocolate Shape, but take half of the powder of one small packet. After the minute's boiling turn into a sauce-boat and serve.

### Chocolate Sponge Sandwich

1½ oz. Chocolate Corn Flour.  
1½ oz. Plain Flour.  
½ oz. " Raisley."     3 Eggs.  
3 oz. Castor Sugar.  
Few drops Essence Vanilla.

Beat eggs and sugar for at least twenty minutes. Sift flours and " Raisley " together. Add very carefully to egg mixture, mixing lightly but thoroughly. Flavour and divide into two prepared jam sandwich tins. Bake in a quick oven about fifteen minutes, or until firm and a golden brown colour. Split open when cool and put layer of whipped cream between. Dust over with powdered icing sugar and cut into sections.

### CREAM

Use double cream, adding castor sugar and flavouring to taste. Whip until stiff enough to retain its own shape.

❑ :: CHOCOLATE CORN FLOUR :: ❑

### Little Chocolate Buns

½ oz. "Raisley."	
3 oz. Chocolate Corn Flour.	
2 oz. Plain Flour.	
Pinch Salt.	3 oz. Sugar.
3 oz. Butter.	2 Eggs.
½ oz. Almonds.	Little Cold Milk.

Grease 18 patty pans, cream fat and sugar together, beat in alternately the dry ingredients and the liquid, lastly add the "Raisley." Put at once into the prepared tins and sprinkle the chopped nuts over, bake at once in a moderately hot oven for 15 minutes.

### Chocolate Topsy Pudding

1 large Sponge Cake.	Jam.
Sherry or Fruit Juice.	½ pint Milk.
1 oz. Chocolate Corn Flour.	
1 oz. Sugar.	½ oz. Butter.
Cream, Cherries and Almonds for decoration as desired.	

Slice the sponge cake and spread liberally with jam. Pour enough wine or fruit juice over the sponge to soak it thoroughly. Make the chocolate sauce as directed, adding half an ounce of butter. Allow the sauce to become nearly cold, then pour it over the sponge. When quite cold and set, pipe with stiffly whipped cream, if available, and decorate with cherries and almonds.



In some recipes such as CORN FLOUR CAKE, MELTING MOMENTS, RASPBERRY BUNS and CORN FLOUR COOKIES, Etc., Flavoured Corn Flour may be used with advantage instead of the ordinary Corn Flour.

This provides a welcome change.

By using Flavoured Corn Flour it is not necessary to add flavouring.

# BROWN & POLSON'S COOKERY UTENSILS

(Illustrated overleaf)

## PRICES SUBJECT TO FLUCTUATION

	Post Free
Balances (Spring) - - -	3/- each
Cutters, Pastry, 3½" Plain - - -	5d "
"    "    3½" Crinkled - - -	5d "
"    "    3" Plain - - -	5d "
"    "    3" Crinkled - - -	5d "
"    "    2" Plain - - -	4d "
"    "    2" Crinkled - - -	4d "
"    "    1½" Plain - - -	4d "
"    "    1½" Crinkled - - -	4d "
Egg Whisks - - -	4d "
Flour Dredgers - - -	1/2 "
"    Strainers - - -	1/3 "
Icing Syringe and 6 Tubes - - -	¾ complete
Knives, French Cook's, 4" - - -	10d each
"    "    "    6" - - -	1/5 "
"    Palette - - -	1/9 "
Measures, ½ pint and ¼ pint - - -	8d set of two
Moulds, Blancmange (Earthenware) - - -	2/6 each
"    "    (Tin) - - -	10d "
"    Shortbread (Earthenware) - - -	1/10 "
"    "    (Tin) - - -	4d "
Pastry Brushes - - -	4d "
Saucepans, Double (Enamel) - - -	3/9 "
"    "    (Aluminium) 2 pint - - -	4/3 "
"    "    "    3 pint - - -	5/- "
TINS—Bun Trays (6 holes) - - -	6d "
"    "    (12 " ) - - -	9d "
Cheese Cake Tins - - -	1/2 per doz.
Dariel Cups - - -	2/6 "
Jam Sandwich Tins - - -	10d set of two
Little Dinner Loaf Tins - - -	1/6 per doz.
Mondamin Cake Tins - - -	1/2 each
Pan Bread Tins - - -	9d "
Round Cake Tins, 6" - - -	10d "
"    "    "    7" - - -	1/- "
Swiss Roll Tins - - -	1/2 "
Queen's Cake Tins (12 patterns in box) - - -	1/- per box
Wire Trays - - -	2/- each
Wooden Spoons - - -	6d "

## RECIPE BOOKS.

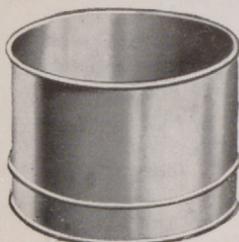
- "G" "Light Fare Recipes" - 10d each  
 "R" "Simple Recipes, Illustrated"—free from  
 Brown & Polson, Ltd., Paisley.



Nos. 1 and 2.



No. 3.



No. 4.



No. 5.



No. 6.



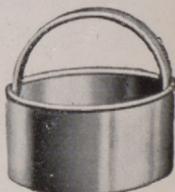
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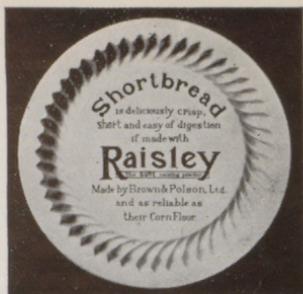
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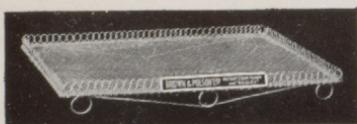
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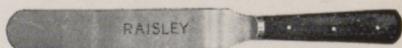
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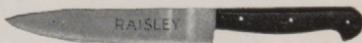
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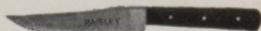
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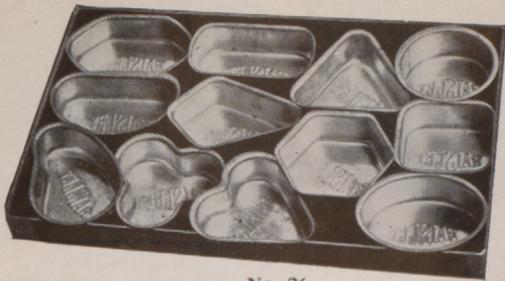
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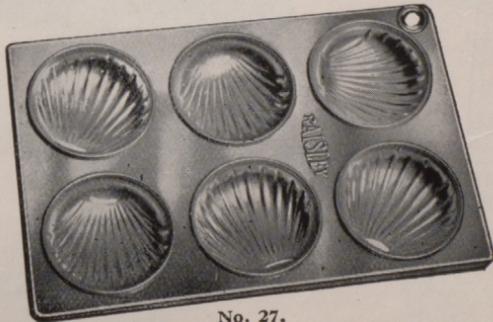
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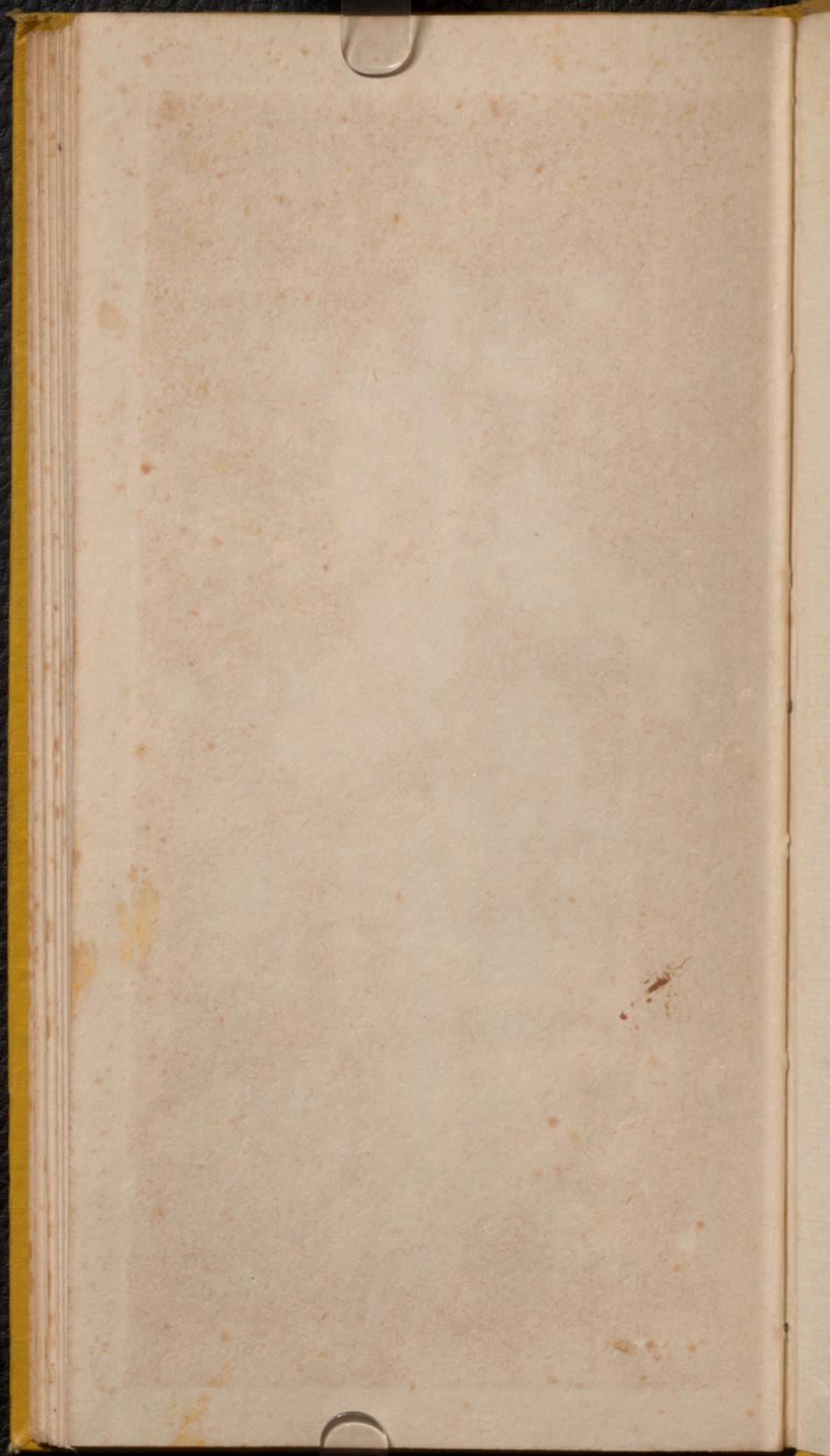
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:: :: EQUIVALENT :: ::  
**WEIGHTS & MEASURES**

FOR DRY MATERIALS.

- 16 oz. = 1 lb. = 3 Tea-cupfuls or 2 Breakfast-cupfuls,  
 closely filled, but not heaped.
- 8 oz. =  $\frac{1}{2}$  lb. = 1 Breakfast-cupful, closely filled, but not  
 heaped.
- 4 oz. =  $\frac{1}{4}$  lb. = 1 Tea-cupful, loosely filled.
- 1 oz. = 2 Table-spoonfuls, filled level.
- $\frac{1}{2}$  oz. = 1 do. do.
- $\frac{1}{4}$  oz. = 1 Dessert-spoonful, filled level.
- 1 oz. Butter = 2 Dessert-spoonfuls, do.

FOR LIQUIDS.

- 2 Pints = 1 Quart = 3 large or 4 small Breakfast-cupfuls.
- 4 Gills = 1 Pint = about  $3\frac{1}{2}$  Tea-cupfuls, or nearly 2 Break-  
 fast-cupfuls.
- 1 Gill = 1 Small Tea-cupful.

APPROXIMATE WEIGHTS AND COINAGE.

- 2 oz. = 10/- in Silver, or Six Penny Pieces.
- 1 oz. = 5/- in Silver, or Three Penny Pieces.
- $\frac{1}{2}$  oz. = 2/6 in Silver, or a Penny Piece and a Halfpenny  
 piece.
- $\frac{1}{4}$  oz. = 1/3 in Silver, or a Threepenny Piece and a Half-  
 penny piece.

IMPORTANT.

Where "1 gill" is mentioned in the recipes it is to be  
 understood as an Imperial Gill, equal to  $\frac{1}{4}$  pint.

