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E. C. Nicholson
243 Robie St

March 1st 1933.

Plain Lunch Cake.

$\frac{1}{4}$ lb butter.

$\frac{1}{4}$ cup milk

3 eggs.

$\frac{1}{2}$ cup sugar.

3 cups flour sifted with 3 level tea spoons of Baking Powder.

1 large cup sultana raisins

$\frac{1}{2}$ spoon full mixed spices & other flavoring if liked.

Bake $1\frac{1}{2}$ hours.

H. D. Hunter. Sydney.

Chocolate Cake.

$\frac{1}{3}$ cup butter.

1 cup sugar

2 eggs

$\frac{1}{2}$ cup sour milk?

1 tea spoon soda

1 heaping cup of flour. Pinch of salt

1 square chocolate. $\frac{1}{2}$ tea spoon vanilla.

W. Alan Cook.

July 9th 1914.

Orange Cake.

Weight of 2 Eggs in butter, sugar & flour. To the flour add 3 tea spoons of Baking Powder.

Beat the butter & cream & stir in the sugar, drop in one egg beat & sprinkle in lightly $\frac{1}{2}$ the flour & the grated rind of an orange.

Next add the rest of the flour, drop in the second egg & mix well & then add the juice of the orange. Bake $\frac{3}{4}$ of an hour in buttered tin or small tins. To icing add orange juice

From Answers.

Imperial Cake.

4 ozs of flour $\frac{1}{2}$ tea spoon Baking Powder

8 ozs . sugar

4 ozs . butter

4 Eggs.

Beat eggs together. Add sugar gradually - then add butter melted & then the flour & Baking Powder sifted together - Lemon Essence & flavor

Mrs. A. Saunders.

Dec 13th 1912.

Fruit cake. (Composition)

- 1 cup butter.
- 1 cup Brown Sugar.
- $\frac{1}{2}$ cup molasses.
- $\frac{3}{4}$ cup milk
- 2 eggs.
- 1 tea spoon of Cinnamon $\frac{1}{2}$ tea spoon Cloves.
- 1 lb raisins
- $\frac{1}{2}$ lb currants
- 1 food tea spoon soda.
- Scant $\frac{1}{2}$ tea spoon Cream of Tartar.
- 3 cups of flour altogether. - Having the fruit is taken out of 3 cups

Ms. Mackay

Dartmouth. Sept-16. 95.

Little Cakes.

- $\frac{1}{3}$ cup butter, $\frac{1}{2}$ cup sugar, $1\frac{1}{2}$ tea spoons milk
- 2 beaten yolks, Add $\frac{1}{2}$ tea spoons vanilla, $\frac{1}{3}$ tea spoon of yeast. Fold in 2 egg whites stiffly beaten.
- Last add 1 cup pastry flour & $\frac{1}{2}$ tea spoon Baking powder.
- $\frac{1}{4}$ tea spoon salt sifted together.
- 20 minutes to bake - Require no frosting.

Good Housekeeping.

Laura Berens' Pound Cake.

- 1 lb Butter.
- 1 lb Sugar
- $1\frac{3}{4}$ lbs flour
- 6 eggs.
- 1 cup milk.
- 1 cup molasses.
- 1 glass Brandy.
- 2 tea spoons Baking Soda. Pinch salt.
- 2 lbs or more of fruit. Spice to taste.

Imperial Cake.

- $\frac{1}{2}$ lb butter.
- $\frac{1}{2}$ lb sugar
- 5 eggs.
- $\frac{1}{2}$ lb flour
- $\frac{1}{2}$ lb raisins, stoned & cut up.
- $\frac{1}{4}$ lb almonds blanched & cut up
- $\frac{1}{4}$ lb lemon.
- cream butter & sugar, add eggs well beaten
then flour & fruit. Bake in a slow oven
1 hour & $\frac{1}{4}$.

MS - Hugh Ross - Red X.

Velvet Cake.

1 lb Flour	$\frac{1}{2}$ recipe	2 cups
1 " Sugar		1 cup
$\frac{1}{2}$ " Butter.		$\frac{1}{4}$ lb
4. Eggs		2 eggs.
1 cup milk.		$\frac{1}{2}$ cup
$\frac{1}{2}$ tea spoon Soda.		$\frac{1}{4}$ tea spoon
1 tea spoon Cream of Tartar.		$\frac{1}{2}$ tea spoon.

Flavouring. Salt. Bake in slow oven

Mrs. Jeane Muffett
Weymouth.

Nut drop cakes.

Cream $\frac{1}{4}$ cup butter with $\frac{1}{2}$ cup sugar
 2 egg yolks well beaten
 1 cup pastry flour & 1 tea spoon B. powder
 & $\frac{1}{4}$ tea spoon of salt sifted together & the grated
 rind of $\frac{1}{2}$ an orange. Last fold in 2 egg whites
 beaten stiff & $\frac{3}{4}$ cup walnuts chopped coarsely.
 Drop by $\frac{1}{2}$ tea spoons on greased tins.

Jord Housekeeping.

Drop Cakes.

1 cup butter

1/2 cups Brown Sugar.

2 table spoons hot water.

2 eggs.

1 cup chopped walnuts.

1 cup raisins (Sultana or seedless)

2 cups flour - 2 tea spoons B powder.

1 tea spoon vanilla.

Cream butter & sugar. Add hot water, beaten eggs, flour, B powder, raisins & nuts.

Drop by tea spoons on well buttered pan
Rising an inch & a half apart. Bake
in moderate oven

W. D. Black.

Sydney Red X.

Sultana Cake.

$\frac{3}{4}$ lb butter

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

1 " flour.

1 cup milk.

8 eggs. Pinch salt. Flavor & Tastes.

$\frac{1}{2}$ lb orange peel

$\frac{1}{2}$ Sultana raisins.

2 Tea spoons Baking

Put raisins in Sausage pan, cover with water
bring to a boil. Drain in colander. Leave to dry
overnight. Add $\frac{1}{4}$ lb extra flour to fruit.

Bake 2 hours. If wanted extra nice put
blanched almonds over top, before putting in
the oven.

M. McLeod

Sherwood, Sydney.
Nov 1925.

Hermit Cake.

1 lb dates cut very fine.

2 cups flour.

1 1/2 cups Brown Sugar

1/2 lb butter.

3 eggs.

10 lbs worth shelled walnuts.

1/2 lb orange, lemon & citron peel mixed.

2 tea spoons lemon or vanilla.

1 tea spoon Soda dissolved in a little hot water as possible. If iced this cake will keep nicely for a month before drying out.

Bake in deep pan.

Mrs Montiquet
Bank of Montreal
Glace Bay.

Spanish Cake.

- $\frac{1}{2}$ cup butter
- 1 cup sugar
- folded 2 eggs
- $\frac{1}{2}$ cup milk
- $1\frac{1}{2}$ cups flour
- $3\frac{1}{4}$ cups Baking Powder.
- 1 tsp cinnamon
- Whites. 2 eggs.

Mix ingredients in order given. If used without frosting, sprinkle top with chopped walnuts & granulated sugar before baking.
oat meal cookies.

- 1 Cup butter
- $\frac{3}{4}$ " brown sugar
- $\frac{1}{2}$ " rolled oats.
- 1 cup of flour.
- 1 tea spoon Baking Powder.
- 1 egg. Pinch of salt.
- 1 tea spoon vanilla.
- A little flour to roll out.

Minna's recipe.

Dec^r 17th 1938.

Loaf Cake.

4 lbs flour. 1 lb butter. 2 lbs sugar. 8 eggs. 1 cup
good yeast. 3 lbs raisins. 3 lbs currants. Spices.

Rub butter into flour. Sometime before setting
with yeast. Make the dough of the constituency of
bread & in the morning if well raised add sugar &
eggs - well beaten with spices & flavoring. Beat the dough
until all strings disappear. Then add fruit, a
glass of Brandy & a little essence of rose & sometimes
citron. $\frac{1}{2}$ this quantity makes two good loaves.

Dr. Arthur Falconer 1911

Sydney C. B.

Almond Candy.

Bake good sized potato till quite soft & mealy.
Mash with large fork till quite free from lumps. Add
large table spoon of butter & pinch of salt. Add as much
pulverized sugar as potato will take. Season well
with bitter almond & make it all as smooth as possible.
If chopped or ground almonds are used. Use your own
judgment, but recipe does not call for them.

Dr. Gordon Harrington. Dec 20th 1922.

Raised Brown Bread

- 2 cups rolled oats
- 4 " Boiling water.
- 7 " flour.
- 1 " molasses
- 1 yeast cake - 1 table spoon of salt.

Pour boiling water over rolled oats & cook five minutes. remove from fire & cool a little. Stir in molasses, salt, flour & yeast cake which has been dissolved in water. Let rise over night & in the morning pour into pans & let rise again.

This makes 2 loaves. Bake about $\frac{3}{4}$ of an hour.

April 1916.

No. 2. 8. East. Sydney.

Dati bars.

3 Eggs.

1 small cup of sugar.

$\frac{1}{2}$ cup flour 1 Tea spoon Baking Powder.

1 lb dates 1 cup walnuts.

Drop in tea spoons on buttered tin

Cook in hot oven till done. Salt.

M MacLeod 1922.

Nut white Bread.

4 cups flour

4 Tea spoons B powder.

1 " " Salt

2 cups milk

1 Egg.

2 Table spoons sugar

1 cup walnuts chopped or raisins

Mrs Godfrey.

Nut Brown Bread.

- 1½ cups of white flour.
- 1/2" .. graham flour.
- 1 cup Indian meal
- 1/4 cups molasses.
- 2 cups low milk.
- 2 tea spoons Soda.
- 1 tea spoon Salt.
- 1 cup chopped nuts.
- Bake 1/4 hours in slow oven.

Mrs. Seemion. Sydney.

Date Bread.

- 4 cups flour. 1/2 cup sugar.
- 4 tea spoons Baking powder.
- 1 pt of milk. 1 egg.
- 1 lb or package of dates.
- 1/2 tea spoon of salt.
- Shake down well in pan. then let rise in pan for 20 minutes.

Miss Leonard. Sydney.

Brownies.

- 1 cup Sugar.
- $\frac{1}{4}$ cup melted butter
- 1 Egg
- 2 squares Chocolate.
- $\frac{1}{2}$ cup of flour
- $\frac{1}{2}$ cup chopped walnuts
- $\frac{3}{4}$ tea spoon vanilla

Date Chews.

- 1 cup of finely chopped Dates
- 1 cup walnuts.
- 1 .. brown Sugar.
- $\frac{3}{4}$ cup cup of flour $\frac{3}{4}$
- 1 tea spoon of Baking Powder.
- 2 Eggs.

Beat the eggs well & add the Dates. Sift the flour & baking powder & then add the brown sugar. Mix well & spread in a baking pan & bake in a moderate oven. Cut in small squares & roll in icing sugar while still warm.

Jan 4th 1941

Toronto Saturday Night

Tea Biscuits

3 Tablespoons lard

2 cups flour

Salt.

4 Tea spoon Baking powder

Milk.

Water

Sift the flour, Baking powder & Salt then mix in the lard with the fingers & add water & milk in equal quantities, making the dough as soft as you can handle. Then cut with a biscuit cutter & bake on a floured pan in a hot oven.

Soft dough is more than half the battle with good Tea biscuits.

Jan 4th 1941

Toronto Saturday Night.

Marshmallow Cream

$\frac{1}{2}$ pint whipping cream

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

$\frac{1}{2}$ cup walnuts.

$\frac{1}{2}$ cup cherries.

1 tablespoon frosting sugar

a few grains salt

$\frac{1}{2}$ tablespoon vanilla.

Beat cream until stiff, add marshmallows each cut into 4 pieces - then walnuts broken into small pieces; fold in cherries, add sugar, salt & vanilla. Chill. This can be made either in a mould or in separate sherbet glasses topped with a cherry.

Baked Caramel Custard.

1 cup sugar. + $\frac{1}{4}$ cup of sugar

4 eggs yolks.

2 cups milk P.

1 tsp vanilla.

$\frac{1}{4}$ tsp Salt.

Caramelize 1 cup sugar - when delicate brown pour into well buttered mould & set away to cool. Scald milk P. Mix eggs, $\frac{1}{4}$ cup sugar & salt add milk P & strain into mould on to cold caramel, then add flavorings. Set mould in pan of hot water to cook in oven. Insert Silver Knife through centre to test when done - if knife comes out clean it is done.

B. D. D. S. I. O. D. S. Cook Book.

Fruit-Trifle

1 can pears. 1 package raspberry jelly. $\frac{1}{2}$ pint cream.

Put pears in glass dish free of syrup.

Put syrup in saucepan with water to make 1 pint:

Bring to a boil. Dissolve the jelly & when cool pour over pears. When jelly is set, whip cream, add sugar to sweeten & pour over pears & jelly.

A. A. S. I. O. D. S. Book.

Cheese Pudding.

1 cup cheese (grated - reaping)

1 " Bread crumbs.

1 " milk.

1 Egg. Pinch of salt

To be baked 20 minutes.

Cheese Fondue.

3 Eggs

2 cups milk

1 cup soft bread crumbs.

1 Table Spoon butter. Pinch of salt.

Heat together in double boiler.

Separate 3 eggs. Add first mixture to slightly beaten yolks. Stir in well beaten egg whites

Pour in greased pudding dish & bake $\frac{1}{2}$ hour in pan of hot water.

Plum Pudding

- 1 cup suet
- 1 cup raisins
- 1 " currants.
- 1 " molasses.
- 1 1/2 " flour
- 1 " Bread crumbs.
- 3 eggs.

Desert spoon of Soda - Spice. a little salt.
Just enough milk to mix the last thing.
Citron & nuts if wanted. If liked richer
add more fruit.

Mrs Murray Dodd.
Sydney. N. B.

Brownies.

- 1 cup brown sugar.
- 1/4 cup melted butter.
- 1 egg.
- 2 squares chocolate. 1/2 cup of flour.
- 1/2 cup chopped walnuts.
- 3/4 tea spoon essence vanilla.

Line a pan with parafine paper, spread mixture
Shape or cut. & remove from paper while hot.

Honey Comb pudding.

1 cup flour
1 .. molasses. 1 heaping Tea spoon Soda.
 $\frac{1}{4}$.. brown sugar.
1 cup milk
 $\frac{1}{2}$.. butter (scant)
a little ginger.
Beat 3 eggs light & put in rest of all
Bake $\frac{3}{4}$ of an hour in a slow oven.
Mother's recipe.

Pumpe Pudding.

1 lb pummes.
4 Eggs. After the pummes are cleaned, drain off the
juice, remove the stones & chop. Beat the whites
of the eggs very stiff - add one cup of white sugar
beating all the time, then stir up the chopped pummes.
Make custard of yolks & serve separately.
M^{rs} MacRay. Dartmouth. 95.

Guard's Pudding.

3 oz Bread Crumbs.

2 " Butter

3 " sugar.

3 eggs.

2 Tablespoons preserved strawberry juice.

1 Teaspoon soda.

Steam 2 hours.

Sauce for same

1 Tablespoon strawberry jam

a little butter & sugar, a little water, boil together & strain.

Mrs Judge Hewry. 1899.

Gingerbread Pudding

B. Donkin.

$\frac{1}{2}$ cups of butter.

$\frac{1}{2}$ cups sugar.

1 tsp ginger.

1 tsp cloves.

2 eggs well beaten.

1 cup molasses.

1 tsp cinnamon.

1 cup boiling water.

1 tsp soda dissolved in a little cold water.

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

$2\frac{1}{2}$ cups of flour, sifted with $1\frac{1}{2}$ tsp Baking powder.

(Do not add more flour)

Mix all together - Bake in a moderate oven 45 minutes.

Serve hot with sauce or whipped cream - Served cold

this is a good gingerbread - in loaf or small pieces.

Evangeline Chapter.

Page 63 of F. D. D. S. Cook Book

Copied Feb 27th 1938.

Fish Cakes.

2 cups raw white potatoes cut in $\frac{1}{2}$ inch dice
with 1 cup shredded codfish. Cook potatoes with
fish covered in 1 cup or less boiling water for 15
minutes or until tender. Drain, mash very
thoroughly with potato masher. Add 1 beaten egg
speck of pepper, speck celery salt, dash paprika
& 1 Table Spoon butter or margarine. Beat with
masher, spoon or electric beater till light & fluffy
& free from lumps. Chill fish mixture in a
covered bowl for a short time till it can be
handled easily. Then shape into flat cakes
 $2\frac{1}{2}$ inch in diameter & $\frac{3}{4}$ of an inch thick.
Heat coat the cakes lightly with flour on both
sides. Heat enough fat or salad oil in skillet just
to cover the bottom - no more. Brown cakes first on
one side & then the other adding more fat if needed.

Good Housekeeping.

Lola's Chutney.

4 lbs green Tomatoes.

Slice & put alternate layers of Salt & Tomate over night & a little onion if liked.

In the morning drain off liquid & chop with 3 lbs of apples. 2 lbs Seedless Raisins.

3 pts of vinegar put on to boil with 1 lb of brown Sugar. & put $\frac{1}{4}$ lb of mixed spices in muslin bag to be removed done. Add Tomatoes, apples & raisins & boil all together for 2 hours.

Lola Wood -

East India Relish.

20 ripe Tomatoes, 4 large onions finely chopped
4 red peppers also finely chopped. 3 cups brown Sugar, 3 cups vinegar, 2 level Table Spoons Salt.
Cook until quite thick.

Toronto Globe.

M^{rs} Duggan's Chutney.

- 4 lbs ripe tomatoes
4 " Sours apples.
2 " raisins Stoned.
2 " Brown Sugar.
5 oz of Salt.
1/2 oz of cayenne.
4 oz small onions.
3 oz ground ginger.
2 oz ground Allspice.
1 nutmeg grated
Juice of 3 Lemons.
2 qts of vinegar, a little water added if vinegar is strong. Chop all as fine as possible or put through mincer. Boil 3 1/2 to 4 hours. Bottle when cold.

Grannie Duggan.

Bay View St. Sydney.

October 18th 1909.

Lobster au gratin

6 Table spoons butter

" " " flour

3 cups milk & cream mixed.

1 Tea spoon salt

2 cups cubed lobster meat

2 Tablespoons chopped chives or green pepper.

Parmesan cheese grated.

Toronto Saturday Night.

Make cream sauce of first four ingredients & the lobster & chopped chives. Pour into buttered ramekins. Sprinkle top with grated cheese & place under broiler until cheese melts & brown.

Lobster salad. T. S. Night.

2 cups coarsely cut lobster. 4 Teaspoons lemon juice.

1 cup chopped celery. 1 Tablespoon capers.

1 Tea spoon of salt. 2 Tablespoons stiff mayonnaise.

Lettuce. Lobster coral. found in female lobster.

Crab meat salad.

- 2 cups crab meat
- 1 cup chopped celery.
- 1 cup " tart apple
- 4 tablespoons olive oil
- 4 tea spoons lemon juice.
- 1 tea spoon salt
- 3 hard boiled eggs.
- $\frac{1}{2}$ cup mayonnaise
- Lettuce & stuffed olives.

Make a French dressing of the oil, lemon juice & salt & let the crab, celery, & apple marinate in it for about $\frac{1}{2}$ hour. Add coarsely chopped egg to the mayonnaise & serve on lettuce with garnish of green pepper strips or stuffed olive halves.

Toronto Saturday night.

June 25th 1938.

Scalloped Oysters.

25 oysters.

2 cups bread crumbs

$\frac{1}{4}$ cup of milk.

2 table spoons butter - Salt & pepper.

Stuffed Beef Loaf.

1 1/2 lbs of round steak. (ground).

1 egg well beaten.

1/2 cup of milk

1 teaspoon salt, 1/4 teaspoon of pepper.

1 tablespoon of Worcesters Sauce.

Stuffing.

1 cup soft dried crumbs.

1/2 tea spoon Savory or Sage.

1 tablespoon grated onion.

4 tablespoons melted butter, or brown fat.

1/2 teaspoon salt.

Combine meat, beaten egg, milk, salt & pepper & Sauce.

Line the bottom & sides of pan with meat mixture.

Add the layer of stuffing, then the rest of the mixture.

Bake in hot oven 45 minutes.

Mrs. Torrey's recipe from
M. Newry.

Copied. Oct 31st. 1942.

Crab soup - lobster or crayfish.

$\frac{1}{2}$ lb prepared crab meat

2 cups milk.

1 cup cream

2 tablespoons butter.

2 blades of celery chopped fine

1 small onion grated.

2 tablespoons Worcesters Sauce.

$\frac{1}{2}$ tea spoon of mace

Salt & plenty of black pepper.

1 heaping table spoon of flour mixed with some of the milk for thickening.

Put milk, cream & butter in double boiler. Add crab meat, W. Sauce, celery, onion & seasonings. Simmer 20 minutes. Add flour paste, let soup thicken & serve.

Six large portions.

Charleston recipe.

May 20th. 1941.

Mr. Robert Goodwyn Rhett.

Lamb Loaf.

- 2 lbs of ground mutton Lamb.
- 2 Tablespoons of minced onion
- 2 " of Salt
- 1 " of finely cut mint leaves.
- $\frac{1}{4}$ tea spoon of pepper
- 2 cups of bread crumbs.
- 1 $\frac{1}{2}$ cups canned Tomatoes.
- 1 tea spoon mustard
- 1 " " horse radish

Bacon.

All of these ingredients, mixed together are patted into loaf shape & flanking four slices of Bacon on the crest, baked in a moderate oven for an hour & a half.

N.Y. Times Magazine.

March 25th 1941

Ham Loaf.

2 lbs of ground fresh pork.

1 lb smoked or cured ham.

1 cup of milk.

1 cup of bread crumbs

1 egg.

1 can tomato soup.

The loaf made up of all the ingredients pressed into a pan, except the soup. Over it is poured the soup & the loaf is baked for two hours in slow oven.

Spanish Rice.

$\frac{1}{2}$ cup uncooked rice

2 cups cold water

1 cup canned tomatoes

1 medium onion cut small

$\frac{1}{4}$ tea spoon of red or green pepper chopped.

1 tea spoon of salt.

Cook everything in a double boiler for an hour & add one dessert spoon of butter before serving.

Potato Soup.

Boil 6 large potatoes with an onion cut up in a quart of water till they are very soft. Melt one table spoon of butter in a saucepan & stir in one of flour. Season well with lots of pepper & stir in a quart of milk, stirring all the while. Strain the potatoes with their water into the milk mixture & let it all come to the boil. Add a spoonful of chopped parsley, more pepper & salt & serve.

From Saturday Night.

Was recipes from war of
1914- to 1918.

War recipes. War Cake.

- 2 cups Brown Sugar.
- 2 cups hot water
- 2 tablespoons lard
- 1 package seedless raisins
- 1 tea spoon of salt
- 1 " " " cinnamon.
- 1 " " " cloves

Boil everything five minutes after ingredients begin to bubble & then let cool. When cold add three cups of flour & one tea spoon Soda dissolved in a tea spoon of hot water.

Bake in two halves for forty five minutes in a ~~slow~~ oven. This cake is better if kept for a week before using.

Potato & Kidney.

Take a large potato - cut off top. Scoop out a big enough hole to hold a skinned lamb's kidney. Replace top of potato, fasten on with wooden tooth picks & bake slowly. When potato is cooked, so is the kidney. Add butter, pepper & salt.

Saturday night 1862.

Liver in Casserole.

Take a pound of liver in one piece & put it in a casserole & cover with strips of bacon. Add half a cup of boiling water & bake in a moderate oven for an hour & a half. Then add 4 medium sized onions & carrots chopped & two table spoons of chopped green peppers. Season well. cover & cook another hour.

Liver with Tomato Sauce.

Season slices of liver well, flour & saute them well in either olive oil or fat. When cooked arrange slices on platter & put them to keep warm until you make the sauce. Take about 4 large canned tomatoes & cut them up. put white oil or butter to heat in a frying pan, & when very hot add the tomatoes. Season well with salt, pepper & cayenne & a tea spoon of chopped parsley. Cook fifteen minutes & then serve poured over liver.

Curried Rice.

- 1 cup uncooked rice.
- 2 table spoons fat or butter.
- 1 " " Chopped onion
- 3 cups boiling water or meat Stock.
- 1/2 2 table spoons curry powder.
- 2 tea spoons of salt.

Wash rice & drain. Heat fat in frying pan, add rice & onion & stir until rice is golden brown. Add the boiling water or meat Stock & seasonings. Cover & cook slowly for about thirty (30) minutes or until rice is tender.

Dry rice.

Wash rice & rub between hands until it leaves the water clear. To 2 cups of rice add 1 quart of water & 3 tea spoons of salt. Let water come to a boil in same pan over direct heat. Add rice, cover & let boil rapidly for 10 minutes. Drain water off thoroughly - Keep heat low & steam thoroughly for 20 minutes. Stir occasionally with fork.

From Charleston recipe.
May 20th 1941

Baked Rice Curry.

Wash 1 cup Patna rice in three waters & let it soak 15 minutes in enough water to cover. Boil a good sized onion in 1 quart of salted water. When soft press through sieve into the water & add one heaping tea spoon of Curry powder & when it boils again pour it on the rice & the water the rice soaked in. Put all in a casserole with a cover & cook in a moderate oven until the rice is soft & has soaked up all the liquid. Serve in a deep platter & pour over it a few spoons of melted butter, tossing the rice here & there with a fork that it may penetrate. To be served with chicken, veal or fish.

Curry Sauce.

6 onions.

2 Large Tablespoons of butter.

1 Table spoon Curry powder

2 cups of Timed Consommé, gravy or chicken soup.

3 apples.

Peel & slice the onions & apples & cook them in the butter till the onions are clear but not brown & the apples very soft. Add the Curry powder & gradually the gravy or soup & stir occasionally during the 20 minutes it takes to cook. Put through sieve.

Now rub it through a sieve & thicken with a little
browned flour. Remember that the oysters, fish or beef,
must cook in this sauce for awhile, not merely
dropped & served at once. Curry sauce should ~~plentifully~~
Serve with chutney.

Curry Soup

3 cups milk. 1 cup cream.

1 Tea spoon flour.

2 cups unstrained cooked tomatoes. Pinch of Soda.

Few drops onion juice.

1 Tea spoon curry powder.

Heat milk & cream together & thicken slightly with the
Tea spoon of flour mixed smooth with a little cold milk.
Then add to the rest. Heat tomatoes & soda. Then combine
the whole parts. Do not simmer indefinitely or it will
curdle.

Toronto Saturday Night

November 5th 1938.

Crosse & Blackwells Curry powder best & easily got.

Bengal Club, Major Grey's, or Madras good Chutney.

Tomato Soup.

1 can Tomatoes. 1 pint water. 1 table spoon whole mixed spice.

2 Tea spoons Sugar.

1 " " Salt

$\frac{1}{8}$ " " Soda

2 Table spoons Butter.

2 " " flour

1 sliced onion.

Cook Tomatoes, water, spice, Sugar & onion for 20 minutes

Strain. Add Salt, Soda, butter & flour.

April 7th 1916.

R. A. Torway.

Spinach Soup

Make cream sauce with butter, cream & flour. Use water either spinach or carrots have been boiled in. Then strain any remaining spinach through sieve into sauce. & heat thoroughly.

Mrs Stafford, Ottawa.

Arthur's nurse 1938.

Sweet Pickled Pears.

4 lbs pears.

2 lbs brown sugar.

1 pt vinegar.

1 oz stick cinnamon

Boil Sugar, vinegar & cinnamon for 3 minutes.

Peel & quarter pears & stick 2 whole cloves in each piece, boil until soft - bottle & pour Syrup over.

R. A. Lowrey.

Potted Head.

Take the lower half of a Shank of Beef. Cover with water. Boil till tender enough to cut into dice, then throw back into the pot & season with pepper, salt, mace, celery seed, cayenne pepper, allspice & cloves. Have ready a little gelatine & mix all thoroughly well. Let boil a short time & pour into mould.

Spiced Beef.

2 lbs round steak, free from bone. Sliced or fat chopped very fine.

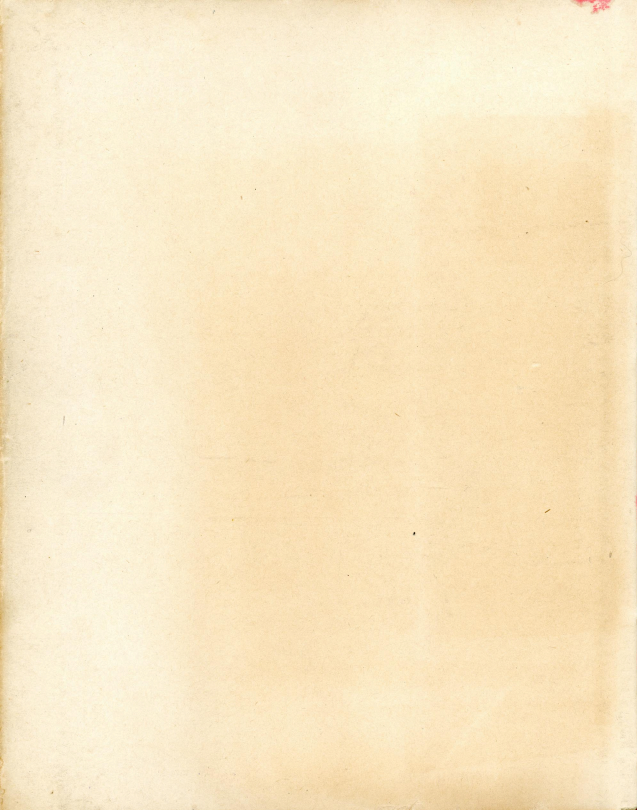
6 Soda biscuits rolled fine. 1 cup of milk. 2 Eggs beaten in one tablespoon of salt. Dessert spoon of pepper & a little spice. Butter an earthenware dish as large around the top as the bottom & press the mixture in very tightly. Cover with butter to an inch. Cover the jar with a plate & bake for two hours. Serve whole or cut in slices. Nicer cold with salad.

Veal & Ham Loaf.

- 1 lb lean veal
- 1 lb lean ham. put both through mincer.
- Mix $\frac{1}{2}$ cup of milk. 1 Egg. 1 Cup bread crumbs.
- 1 Tea Spoon pepper, no salt. Mix all together. pack in coffee tin & steam $1\frac{1}{2}$ hours.

Fish Pudding.

- 7 oz fresh fish
 - 2 .. bread crumbs.
 - 3 Eggs
 - $\frac{1}{2}$ pint of milk
 - 1 oz butter. Salt, pepper. Lemon Juice or anything to taste.
- Heat the milk & melt butter in it. Before adding the other ingredients, which must have been well mixed together. Leave room for ingredients to swell.
- Wm A. G. Troop.



MADE IN GREAT BRITAIN.

