

Lemon Cheese
 $\frac{1}{2}$ lb of Butter
1 lb Sugar
6 eggs the rind of 2 lemons
and juice of 3.

Marmalade Receipt

Weigh the quantity of oranges you require say 6 Seville oranges to 3 sweet oranges or 2 lemons beat them then removing the pips To every pound of fruit put 3 pints of water let this stand 24 hrs Then Boil until the rind is tender This will take about 1 1/2 hrs let this stand until next day

Weigh the mixture again Add to every pound of fruit $1\frac{1}{2}$ lb of Sugar lbs Boil again until the syrup gellies This will take about 1 hr.

Dropped Scones
 $\frac{1}{2}$ lb Flour & Raisen Flour
 $\frac{1}{2}$ Spoonful Soda
Pinch of salt
2 table spoonful castor Sugar or
1 table spoonful sugar & dessert-
syrup
Milk One egg.

Sieve dry ingredients into a basin make a well in centre and drop in egg a little milk stir with the back of a wooden spoon and add enough milk to make a creamy batter grease a hot girdle and drop

Scones

1 lb Flour
5 ozes Sugar
4 ozes lard
1 parting to Soda
 $\frac{1}{4}$ oz of cream tartar
1 egg & a few currants
misc with milk or buttermilk

Sponge Ginger Cake

1 lb Flour
6 ozes Sugar
6 ozes butter or fat
2 teaspoonful bicarbonate of soda
2 teaspoonful ginger
1 egg
1 gill of milk
 $\frac{1}{2}$ lb treacle

Mix flour butter sugar & soda together
beat egg add ginger to it and milk
mix all together and add warm treacle Bake in
a slow oven

Game Cock / Marmalade

8 Seville oranges
2 sweet oranges
2 lemons
8 lb Sugar
8 pints water

Choose sound oranges and lemons
Wash halve crosswise, then extract
the juice Remove any membrane then cut
rinds into quarters, then into thin or
thickish shreds according to taste Tie
pips into a small muslin bag.
Place ^{the} rind in a large earthen ware
basin Add the fruit juice pip bag and
water cover and stand 24 hrs Turn
into a preserving pan Bring to a ~~simmering~~
point and simmer gently till the rind is
tender about 30 minutes Turn again into a
basin cover and stand for 12 hrs Return

To pan Add sugar Stir over low heat until sugar is dissolved then ~~bring rapidly~~ bring quickly to the boil Boil rapidly until the marmalade sets when tested about 30 minutes

Remove pan from stove Stand for 5 minutes then stir marmalade Pour at once into heated jars cover and label yields about 16 lb.

Marmalade Tart

Short pastry Make pastry and line 6 eggs Butter a tin 3 eggs Flour Bake and leave to cool a few drops of lemon juice Separate yolks from a pinch of sugar whites and beat yolks 2 eggs well mix them $\frac{1}{2}$ lb marmalade with the marmalade and not too coarse fold in the stiffly tip free or keillless beaten egg white is ideal 30 mins Electric 360

Mr Widdop

Christmas cake V.G.

$\frac{3}{4}$ lb butter or margarine
 $\frac{3}{4}$ lb brown sugar Method
6 eggs Beat butter and sugar to a cream add egg separately
1 lb flour Pinch of salt and beat until mixture is stiff and uniform. Stir in the
1 lb sultanas sifted flour, salt, fruit, chopped
1 lb currants almonds, spice treacle and
 $\frac{1}{4}$ Raisin brandy if used mix well
6 eggs cherries then transfer to a tin well lined with grease
 $\frac{1}{4}$ lb chopped almonds well lined with grease
2 teaspoonful Spice Paper and bake 6 hrs 20 minutes
2 tablespoonful dark treacle Regulo mark 1
1 glass of brandy optional / $\frac{1}{2}$ half mixture
Size of tin 9 inches by 3 $\frac{1}{4}$ inches half
quantity 12 inches by 3 inches
If desired this cake may be left in the tin to stand all night before making
An alternative method of baking is to cook this with the Regulo at mark 3 then turn the Regulo to mark 1 5 hrs to finish

Egg Blancmange

2 eggs cornflour 1 1/2 eggs sugar
1 pt milk a pinch of salt

A strip of lemon rind or 1 egg
few drops of flavouring essence

Method

Mix the cornflour to a paste with some of the cold milk. Boil up the remainder of the milk with the lemon rind. When boil move away from the burner remove the rind and add the paste stirring well. Boil for a few minutes stirring all the time add essence if used sugar and salt and cool for a few minutes. Separate yolk from the white of egg whisk the white stiffly. Beat the yolk into the cornflour then stir in the white and turn into a damp mould to set.

1/2 ozes Marshmallows
1/2 ozes Holland Toffee
1/2 ozes Margarine
Packet of Rice Krispies

Put toffee marshmallows and margarine to melt in a pan then mix with Rice Krispies and press into a Swiss roll tin

Chocolate Cake

4 ozes Cadbury drinking Chocolate
1/2 ozes sugar
1/2 Butter
2 ozes young almonds
2 ozes Self Raising Flour
3 egg a pinch of salt

Swiss Knott

1/2 tablespoonful to 1 3/4 pts water
for 6 people

Crisp Coating

When mixing batter for fish add a few drops of vinegar. This makes a lovely crisp finish and the fish doesn't leave the batter when cooking

Chocolate Butter Cream and Decoration

- 2 egg yolks
- 4 ozs granulated sugar
- just under $\frac{1}{4}$ pt of cold water
- 3 ozs plain dessert chocolate
- 4 ozs butter

not tried

Beat Butter to a very soft creamy consistency Dissolve granulated sugar in water over a gentle heat without allowing the syrup to boil when every grain has disappeared bring the syrup to a rapid boil meanwhile put the egg yolks into another basin and beat thoroughly to make them creamy ~~to~~ watch the boiling syrup and test it occasionally to do this lift a little in a spoon touch it with the first finger then press 'get

and thumb together when ready the syrup will form a short thread before breaking when fingers are separated. Pour Syrup very gradually on to the egg yolks beating continuously when all has been added continue beating and as the mixture cools it will become thick and creamy Beat gradually into the creamed butter

Melt the chocolate on a plate over a pan of simmering water cool then heat it into the cream

Farm House Scones

1 lb self Raising Flour 1 level teaspoonful baking Powder $\frac{1}{2}$ teaspoonful salt 4 ozs butter 1 egg $\frac{1}{2}$ pint of milk 1 tablespoonful cream 1 oz of caster sugar 4 ozs sugar
Scrub together flour baking powder and salt Rub in butter until crumbly mixture is formed Stir in the beaten egg and mix with milk to an elastic dough add cream knead lightly on floured board Roll out to $\frac{3}{4}$ " thickness cut into rounds 2" cutter dipped in flour Place on a floured baking sheet brush tops with rest of the milk strewned with the sugar Bake in hot

oven 450 degs F for 12 to 15 minutes until well risen
and golden brown

add 6 eggs currants to the dry ingredients if
liked Brown Scones use $\frac{1}{2}$ whole meal $\frac{1}{2}$ self raising
flour and a heaped teaspoonful of baking powder

Fairy Cakes

3 eggs SR Flour pinch salt

6 eggs Butter or best margarine

6 eggs caster sugar

3 eggs milk to mix

$\frac{1}{2}$ teaspoonful vanilla essence

Cream butter sugar add beaten eggs

one at a time with a little flour

add remaining flour after 3rd egg and beat well

adding milk to make a softly dropping

consistency lastly beat in the essence

Bake in hot oven 450 F 10 to 12 minutes

Butter Cream

2 eggs

Butter

2

caster sugar

6 teaspoonful

hot water

4 teaspoonful

of milk

Vanilla

~~essence~~ essence

1 (Fire lighters) mi^o Booth

$\frac{1}{2}$ Rolled Oats

4 eggs ground almond

4 eggs caster sugar

6 eggs (melted) Butter

2 eggs

Mix all dry ingredients together

add eggs well beaten

Bake the mixture in a shallow tin

in a slow oven until golden brown

Leave till cold cut in 16 squares.

Dough Pastry

$\frac{3}{4}$ Flour

$\frac{1}{2}$ lard

$\frac{3}{4}$ Bread dough

Roll out very thin and spread lard
Rolling 3 times

Rough Pastry

$\frac{3}{4}$ fat to every pound of Flour

8 ozes Flour

4 ozes ground Rice

$\frac{1}{2}$ oz B. Powder

3 ozes lard

3 ozes Butter

6 ozes Raw sugar

2 eggs

Drop Scones

m. Booth
Fejos

6 ozes Flour

$1\frac{1}{2}$ ozes sugar

1 egg

1 small teaspoon carbonate soda

1 teaspoonful cream tartar

milk to mix to a batter

Drop tablespoonful at a time

into a hot greased griddle

When bubbles appear on the top turn
over and brown.

~~Rich~~ Rich Cake

11 ozes Butter

10 " castor sugar

11 " Flour

1 lb Raisin

1 lb currants

$\frac{1}{4}$ Blanch Almond

$\frac{1}{10}$ candied Peel

1 wine glass Brandy

6 eggs

Beat Butter add
sugar flour

beat well add Raisins etc

This mixture rises very
little

Cream Filling

3ozes Butter

4ozes Castor Sugar

White of an egg Vanilla Essence

Strawberry Jam Aunt Cissy

2 lbs Strawberries

3 lb Sugar

1 lemon

Leave Strawberries and

Sugar for 15 minutes

after mashing

Boil 15 mins stirring all
the time

Take off heat stir for 5 mins
whilst cooling

Marion Pickle
1 good sized marrow
 Peel and take out
 all seeds, cut into
 squares about 1 inch.
 Sprinkle over with
 salt let it stand
 24 hours then strain
 Put into large pan
 with 1 qt of vinegar
 5 lb lump sugar, 1/2 lb
 shallot onions (sliced)
 2 doz cayenne pods
 1/2 oz of ground
 ginger 1/2 oz of turmeric.
 Boil until tender.
 Bottle when cold.

Mrs Chapman
1888

BOTTLED SUNSHINE FOR WINTER

IS it not delightful to store up some of the beautiful summer weather for the drab days of winter?

This thought struck me as I saw on sale boxes of luscious ripe peaches, with their bloom of sunshine and Mediterranean warmth. These delicious fruits, now at their cheapest and best, can be preserved simply.

Usually peaches are priced according to size, and for home bottling the smaller or medium are best. The minimum of equipment is needed. The result can be a large saving in money, and great satisfaction.

Wide-mouthed jars or bottles are much easier to fill than the narrow type. I find 2lb. jam jars ideal, and the necessary caps, rubber rings and clips can be bought in most stores. Except for the rings, they can be used time and again.

Ripe but firm

METHOD:—Choose fully-ripe but firm peaches; any bruised ones should be discarded. Plunge them into rapidly boiling water for three minutes, then immediately drop them into cold water, when they will peel easily.

Cut into halves and remove the stones. Crack enough stones to provide two or three kernels for each jar. These will give your peaches a fine, nutty fresh-fruit flavour.

Prepare a simple SYRUP by boiling 1lb. of sugar to every pint of water. You will need about half a pint of syrup to each 2lb. jar.

Test each jar thoroughly for cracks or nicks, especially around the rims. Pack the fruit tightly to within half an inch of the top. Add a few grains of salt to each jar (this greatly enhances the flavour) then fill to capacity with syrup.

Dip rings and caps in hot water, close the jars, and seal with clips. They are now ready for sterilising in a water-bath. This should consist of a large pan with a lid and a rack for the bottom, or, instead, a wad of paper about quarter of an inch thick.

Timing important

Partly fill the pan with water, bring to the boil, and simmer gently. Place the filled jars in carefully so that they touch neither the sides of the pan nor

each other. The water should now completely cover all the jars.

Turn on the heat till the water boils rapidly. Place the lid on and allow to boil steadily for 25 to 30 minutes.

WARNING.—This timing is very important, as overcooking will spoil the fruit, and undercooking will probably cause moulds to form during storage.

When the jars are ready, turn off the light and remove them from the water immediately. When they are cold remove the clips and test the seal by turning the jars upside down. There should be no sign of moisture around the caps.

Michael Cash is on holiday for the next fortnight. His series will be resumed on August 18.

HANDY HINT



Keep chromium furniture and fittings bright with baking soda and vinegar made into a paste. After wiping over with the mixture, shine with a soft cloth. Very badly soiled chromium can do with a wash in hot, soapy water. Dry thoroughly.

YOUR MARRIAGE—6

Do you rule

THE success of a marriage depends on each partner recognising the other's right to independence. Neither should have to main it is for the husband to decide wife to organise and run the house. When a man tries to rule the roost, in spite of popular opinion, the overbearing husband's down-trodden wife

Cheese bakes this mixture to be put in pastry as a filling.
Beat 2 Eggs in a basin
~~then~~ make stiff with sugar then add 2 ozes melted butter 2 ozes ground rice
Rind & juice of 2 lemons 1 teaspoonful Baking powder add lemon and juice to beaten egg & sugar then add butter & Rice Baking powder last.

Biscuits

- 1 lb Flour
- 1/2 sugar
- 1/2 Butter
- 2 Teasp BP 2 eggs
- Beat butter sugar together or
- 1/4 eggs flour 2 eggs
- butlard powder

Rissoles

- 2 cooked ~~meat~~ meat
- 1 small cooked onion
- 1 large cooked potato
- 1 beaten egg 2 teaspoonful
- chopped parsley and
- seasoning truce
- meat onion parsley and
- Potatoes season and

d with a little

aten egg Flour the hands ^{into} balls brush with ^{egg} oil in 2 numbers and cook in boiling fat till golden let

Rhubarb Jam

1 lb Rhubarb . 7 lb sugar . Cut R. into small pieces put in a bowl with the sugar & let it stand alnight ~~it~~ . Then next day take syrup out, & let it boil & pour over the R. let it stand overnight again let it boil all up together for 3/4 of an hour flavoured with lemon or quiger . Lemon is used

4cys Cadbury drinking Choc
4cys sugar
4cys Butter
2cys Ground Almonds
2cys Self Raising Flour
3 eggs a pinch of Salt

4cys Marshmallows
4cys Holland Toffee
4cys Margarine
Packet of Rice Krispies
Put toffee, marshmallows
and marg to melt in
a pan then mix
with krispies and
press into a swiss-
toll tin

into serving dish and leave to set.
Serves 6.

vd all 18 10476 adl oz. castor sugar

EASY SHORTBREAD

4 oz. butter, 4 oz. margarine, 4 oz. castor sugar,
8 oz. plain flour, 2 oz. rice flour

Cream butter, margarine and sugar together until soft, then gradually work in flour sifted with rice flour. Form into a round about $\frac{3}{4}$ in. thick and place on a large greased baking sheet. Flute edges with finger and thumb and prick centre with fork. Bake in a very slow oven (300 deg. F.—Regulo 1) for about 2½-3 hours until top of the shortbread is pale golden.

Joffee in^s Boath Fei

$\frac{1}{4}$ Bulbs

$1\frac{1}{2}$ lb sugar 1 Tablespoon Syrup

$\frac{1}{2}$ cup of cold water a little

vinegar put all in a

pan and boil until it

changes colour It need not

be stirred

Test in a cup of water

Indian Hill Minor
Birds
are the cleverest
mimics

Fruit Salad

Put the juice of a lemon into a bowl slice into
it pears peaches bananas etc not apples, sugar to
taste and a little sherry, cider or favourite liquor
chill

Kricket Basket of Long

Place a layer of sweetened raspberry puree in
a tall glass add, in order a measure of strawberry
ice cream and a layer of slice peaches or other fruit
add more raspberry puree to flow down through
glass and another measure of ice cream top with
whipped cream and a raspberry strawberry or
maraschino.

The Cumberland Federation of Women's
Institutes

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