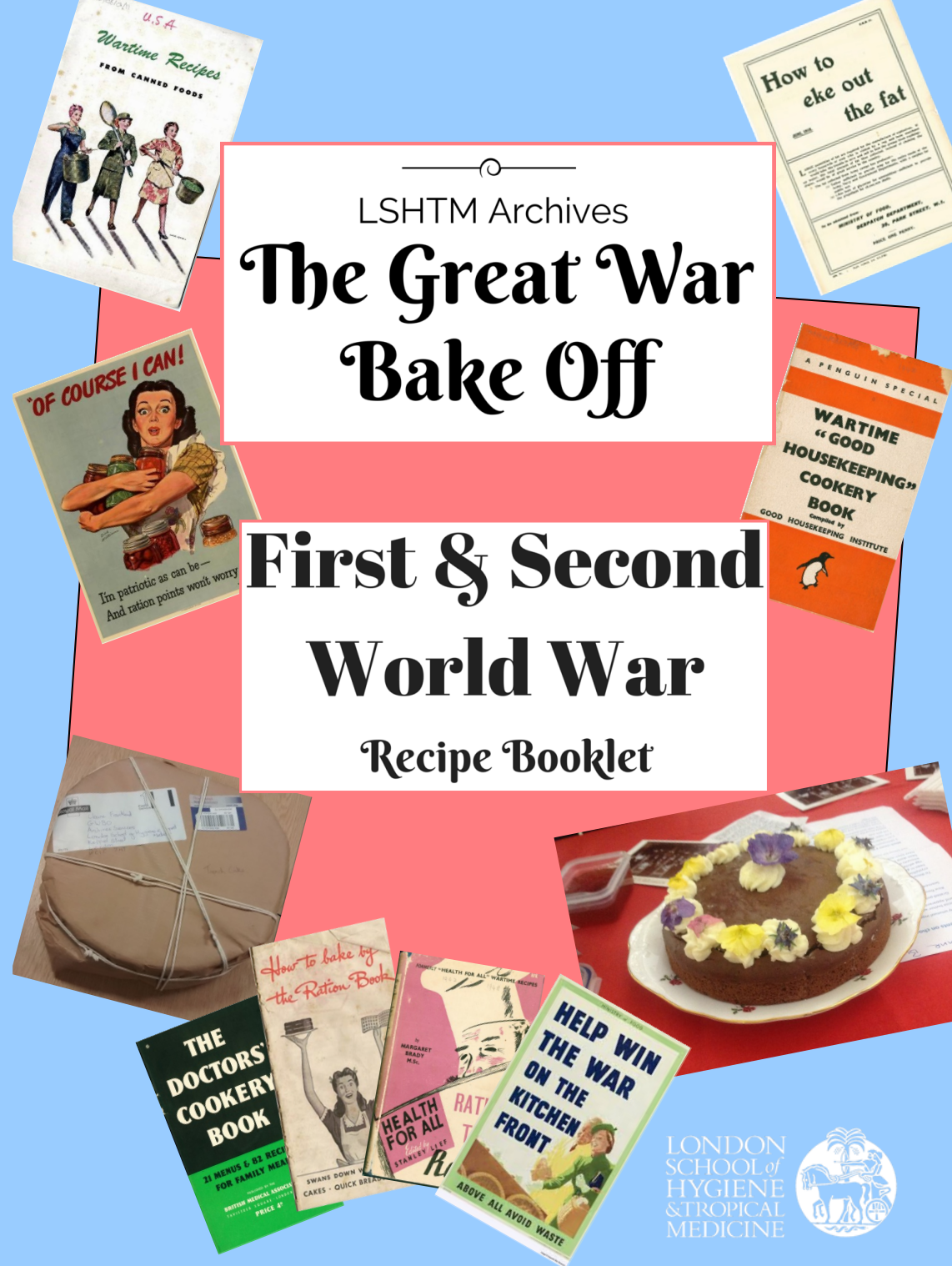


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LSHTM Archives

# The Great War Bake Off

## First & Second World War Recipe Booklet

Join us for a lunchtime session of  
tasting cakes baked using  
wartime recipes.

Staff and students are invited to bake cakes  
using wartime recipes provided by the  
Library & Archives Service or a recipe  
they found themselves.

Cakes will be judged and a prize  
awarded for the winning entry.

For more information see the Library blog:  
<http://blogs.lshtm.ac.uk/library/>

**Don't forget to Register on our  
Eventbrite page**

# Uncooked Chocolate Cake

2oz margarine  
2oz sugar  
2 tablespoons of golden syrup or corn syrup  
2 oz cocoa  
6 oz crispy breadcrumbs  
few drops of vanilla essence

## Method

1. Put the margarine, syrup and sugar in a pan and melt gently over a low heat until the margarine is fully dissolved. Mix well
2. Remove from heat and add the vanilla essence and the cocoa and mix thoroughly
3. Pour in breadcrumbs and mix until all coated with the mixture
4. Press down into 7 inch square greased tin.
5. Place somewhere cool for at least a few hours until firm
6. A topping can be added such as chocolate icing
7. Once set cut into squares

Makes 16 squares

# Bara Brith

1 lb of self raising flour (or use plain with 5 teaspoons of baking powder)  
1/2 pint of tea  
1 lb of mixed dried fruit (substitute 1/3 with finely grated carrot to save on rations)  
6 oz of light brown sugar  
1 medium egg  
1 or 2 teaspoons of mixed spice  
1 tablespoon of honey  
1 tablespoon of orange juice  
1 tablespoon of orange zest ( or use 2 tablespoons of orange marmalade to replace the honey, orange juice and zest)

## Method

1. Make 1/2 pint of strong tea and add the dried fruit and grated carrot to the tea, place in fridge overnight
2. The next day mix the honey, orange juice and zest (or marmalade) with the sugar and egg and then add that to the fruit and tea mixture
3. Sift the flour and spice into a large bowl and add the fruit/tea mixture
4. Mix until all flour is mixed in and place in two small greased loaf tins or one large one and cook at 160 centigrade or 320 F for about 1 to 1.5 hours (use foil to cover if getting too brown)
5. Remove and cool for a while then glaze with honey or a sugar water mix
6. Remove from tin and cool thoroughly before storing in a tin
7. Slice and serve with butter

# First World War Recipes

1. 1916 Gingerbread Sponge
2. Trench Cake
3. Fatless Carrot Cake\*
4. Yorkshire Parkins\*
5. Chocolate Cake\*
6. Barley Bread
7. Coffee Cake
8. Cinnamon Crumb Cake
9. Oatmeal Cookies
10. Ginger Snaps

\* From the LSHTM Archive Nutrition Collection

# 1916 Gingerbread Sponge

The original recipe for gingerbread sponge printed in 'The Falkirk Herald' in 1916 was as follows: "Take a half pound of golden syrup, two ounces of butter, one egg, half an ounce of ground ginger, ten ounces of flour, two ounces of sugar, about two tablespoons of milk and half a teaspoon of soda".

It's recommended to use finely grated fresh ginger rather than ground, and you can substitute self-raising flour for the flour and bicarbonate of soda mix.

## Method

1. Put the flour, ginger and sugar into a bowl.
2. In a saucepan, stir the milk, butter and syrup until dissolved, then stir in the dry ingredients.
3. Dissolve the soda in a little milk, add this and the well-beaten egg to the mixture, pour into a shallow tin lined with greased paper and bake for thirty or forty minutes in a slow oven (ie about 180 degrees / Gas 4)
4. Cut into fingers when cold.

# Chocolate Layer Cake

- 3 oz fat (margarine)
- 1 tablespoon of golden syrup or treacle
- 8 oz plain flour
- 1 teaspoon salt
- 1 oz of cocoa powder
- 1 teaspoon of baking powder
- 1/2 teaspoon of bicarbonate of soda
- 2 oz sugar
- 1/2 pint of warm water

## Method

1. Put fat and syrup into a pan and dissolve
2. Mix all dry ingredients in a basin and stir in melted fat and syrup, mix to a very soft consistency with warm water.
3. Pour into two greased sandwich tins and bake for 30 minutes in a medium oven. (about 180 C)
4. Remove and allow to partly cool in tin before turning out.
5. When cool sandwich them with mock whipped cream or chocolate spread.

## Chocolate Spread

- 1 oz cocoa powder
- 1.5 tablespoons of fine sugar
- 1 dessertspoon of flour
- 1/2 cup milk

## Method

1. Mix dry ingredients
2. Add milk gradually and bring to the boil
3. Beat until quite smooth
4. Use when cooled

# Small Cottage Tea Loaves

- 1 lb of self-raising flour
- 1 teaspoon of salt
- 1-1/2 oz of butter or margarine
- 1/2 pint of milk and water mixed

## Method

1. Put the flour and salt in a basin and rub in the butter or margarine and mix to a soft dough with the milk/water.
2. Divide into six pieces and roll each piece into a large and a small ball
3. Place the large ball on a greased baking sheet, make a hole in the centre, damp it and put the small ball into it and then press together with your thumb

# Potato Scones

- 4 tablespoons of self-raising flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 tablespoon margarine or cooking fat
- 4 tablespoons of mashed potatoes (drained and then mashed with nothing added although leftover mash would work too)

## Method

1. Mix together the flour, baking powder and salt and rub in the margarine.
2. Add the mashed potato until light and creamy
3. Mix together to form a soft dough (add a little milk if needs be)
4. Press out into a round and slice into 6
5. Brush the top with milk

# Trench Cake

During the First World War, people baked this cake and posted it to loved ones fighting on the front line. The cake contains no eggs, and the vinegar reacts with the baking powder to help make the cake rise.

- 225g plain flour
  - 110g margarine
  - 75g currants
  - 2 teaspoons cocoa
  - 1/2 teaspoon baking soda
  - 75g brown sugar
  - 1 teaspoon vinegar
  - 1/4 pint milk
- Suggested extra flavourings - nutmeg, ginger, grated lemon zest.

## Method

1. Preheat oven to 180C/350F/Gas 4. Grease and line a small cake tin (about 15-16 cm )
2. Rub the margarine into the flour. Add the other dry ingredients and mix well.
3. Add the soda to the vinegar and milk, and then quickly add to the dry ingredients. Beat well and then turn into the tin.
4. Bake for about an hour, although the original recipe suggests up to 2 hours. (You can test whether it's cooked by pushing a skewer or knife into the centre of the cake. If it comes out clean, then it's cooked.)

# Fatless Carrot Cake

## FATLESS CARROT CAKE.

4 ozs. grated raw carrot. 1 egg (dried).  
4 ozs. grated raw potato. 1 gill milk or water.  
4 ozs. flour. 1 teaspoonful mixed spice.  
4 ozs. medium oatmeal.  $\frac{1}{2}$  teaspoonful bicarbonate  
2 tablespoonfuls treacle or of soda.  
vinegar.

Fruit may be added if available.

**Method.**—Mix the grated carrots, potato and oatmeal in a bowl; add the spice, flour, fruit, and sugar or treacle.

Mix the bicarbonate of soda with the milk and water, add to the egg, beat well together and stir into the other ingredients.

Put into greased small tins or 1 large tin and bake in a moderate oven.

Small cakes take 15 to 20 minutes, according to size. A large cake  $1\frac{1}{4}$  to  $1\frac{1}{2}$  hours.

# Yorkshire Parkins

## YORKSHIRE PARKINS.

4 ozs. oatmeal. About  $\frac{1}{2}$  gill milk or a  
 $\frac{1}{2}$  ozs. flour (or equal dried egg.  
quantities of ordinary 1 teaspoonful ground gin-  
flour and potato flour). ger.  
4 ozs. treacle.  $\frac{1}{2}$  teaspoonful mixed spice,  
1 to 2 ozs. fat (bacon fat ground cinnamon, nut-  
is excellent for this meg or cloves to taste.  
purpose). 1 teaspoonful vinegar.

**Method.**—Mix the oatmeal, flour, ginger and spice together in a bowl, rub in the fat, make a well in the centre, warm the treacle slightly, pour into the well. Add to this the bicarbonate of soda dissolved in the milk. Work into a stiff paste, adding the vinegar at the last moment; divide the paste into equal quantities, form into rounds, flatten them and bake on a slightly greased tin in a moderate oven for 20 to 25 minutes.

**Note.**—With the addition of a little more liquid this might be baked in a Yorkshire pudding tin, and when cooked cut into squares.

# Carrot Cookies

1 tablespoon margarine  
2 tablespoons of sugar  
1 teaspoon of vanilla essence  
6 tablespoons of self-raising flour (plain flour add  $\frac{1}{2}$  teaspoon of baking powder)  
4 tablespoon of grated raw carrot  
1 tablespoon of water

## Method

1. Cream the fat and the sugar together with the vanilla essence
2. Mix in the grated carrot
3. Fold in the flour adding water as it gets dry
4. Drop spoonfuls onto greased tray and press down a little
5. Pre-heat oven to 200C
6. Sprinkle tops of cookies with extra sugar
7. Place in oven for 10- 15 minutes

# Vinegar Cake

6 oz self-raising flour  
3 oz margarine  
3 oz sugar  
1 tablespoon vinegar  
 $\frac{1}{2}$  teaspoon bicarbonate of soda  
 $\frac{1}{4}$  pint milk  
4 oz dried mixed fruit

## Method

1. Cream the margarine and sugar
2. Sift the flour
3. Pour milk into a basin and add the vinegar and bicarbonate of soda and the mixture will froth a bit
4. Add this mixture and the sifted flour a bit at a time into the sugar/margarine mixture until all blended then add the dried fruit
5. Pour into a greased and floured 1lb loaf tin and cook for about 45 minutes at 180C until golden brown all over.

# Eggless Ginger Cake

- 6 oz (175g) of self-raising flour or plain flour sifted with 1.5 teaspoons of baking powder
- 1 teaspoon of ground ginger
- 2 oz (50g) of margarine
- 2 oz (50g) sugar
- 6 tablespoons of milk
- 3/4 teaspoon of bicarbonate of soda
- 2 teaspoons of vinegar

## Method

1. Grease and flour a 7 inch cake tin
2. Pre-heat oven to 190C (375F)
3. Sift the flour (and baking powder if using) with the ginger into the mixing bowl
4. Rub in the margarine, mix in the sugar and then the milk
5. Blend the bicarbonate of soda and the vinegar (the mixture will bubble)
6. Beat into the cake mixture
7. Spoon into the tin and cook for 20-30 minutes

# Chocolate Cake

## CHOCOLATE CAKE.

2 to 3 ozs. chocolate or 1 oz. cocoa essence. 1 or 2 eggs (dried eggs, well soaked, can be used).  
3 ozs. cocoa butter.  $\frac{3}{4}$  gill milk and water.  
4 ozs. flour.  $1\frac{1}{2}$  teaspoonful baking powder.  
3 ozs. ground rice or corn-flour. A little essence of vanilla or dried orange peel.  
2 ozs. grated raw potato.  
2 ozs. sugar or treacle.

*Note.*—Cocoa butter when melted hardens quickly, therefore prepare a cake tin and collect all the ingredients before beginning to make the cake.

*Method.*—Mix the flour and rice or cornflour well together. These are the dry ingredients.

Heat the milk and water and mix with the chocolate or cocoa essence. This mixture, the eggs, and the grated raw potato should be kept separate from each other, but counted as wet ingredients.

Melt the cocoa butter and cream it with the sugar or treacle. Now thoroughly beat in the other ingredients, a little at a time, wet and dry alternately. Add the vanilla essence and the baking powder quite at the last. Put into the prepared tin and bake in a moderate oven for  $1\frac{1}{2}$  to  $1\frac{3}{4}$  hours.

# Barley Bread

## BARLEY BREAD

Twelve ounces of barley flour. One teaspoonful of castor sugar.  
Eight ounces of wholemeal. Half an ounce of yeast.  
Eight ounces of flour. Three gills of tepid water.  
One teaspoonful of salt.

Mix the flours and salt and place in a warm basin. Make a well in the centre of the flour. Cream the yeast and sugar in a small warm basin, pour in the tepid water, stir, and then pour into the centre of the flour. Cover and let rise for three-quarters of an hour, then mix in, and knead well on a floured board. Divide the dough, and put it into greased tins, then leave until it rises to the top of the tins (it will take about half an hour). Bake in a hot oven from three-quarters of an hour to one hour. When the bread is baked the loaf sounds hollow if tapped underneath.

# Coffee Cake

## COFFEE CAKE

1 cup brown sugar,                      1 cup veg. oil or butter sub.,  
1 cup molasses,                        1 tsp. soda,  
1 cup cold coffee,                      1 tsp. baking powder,  
1 cup raisins,                            Spices to taste.  
And whole wheat flour to make a rather stiff batter.

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*"Win the War" Cook Book*

**METHOD:** Sift the dry ingredients 3 times, add the raisins, milk, egg and shortening and mix thoroughly. Place in shallow pans, sprinkle with sugar and cinnamon and let stand undisturbed 5 minutes. Bake in a moderate oven about 20 minutes. This will fill 3 twelve-inch pans.

# Cinnamon Crumb Cake

## CINNAMON CRUMB CAKE

2 cups flour,                              ½ tsp. salt,  
8 level tsp. baking powder,        4 tbsp. veg. oil (Mazola),  
¼ cup water and ½ cup milk       2½ tbsp. sugar.  
(enough to make a very  
stiff dough),

Mix dry ingredients thoroughly, then add oil and mix again. Finally add liquid and put in oven to bake 20 minutes. To make the crumb covering, 2 tablespoonfuls flour, 4 tablespoonfuls sugar, 1 teaspoonful cinnamon and enough Mazola to make it easy to spread.

Mrs. R. E. Eggebrecht.

# Ginger Nuts

2 oz (50 g) of margarine  
2 level tablespoons of golden syrup  
1 oz (25 g) of light brown sugar  
4 oz (115 g) plain flour  
1 level teaspoon of bicarbonate of soda  
1/2-1 teaspoon of each of mixed spice, ground cinnamon and ground ginger

## Method

1. Pre-heat oven to 200 C (400 F)
2. Grease baking trays
3. Melt margarine with syrup in saucepan and set aside
4. Add the sugar and mix
5. Sift the flour with the bicarbonate of soda and the spices and mix well and mix in well to the mixture in the saucepan
6. Allow mixture to stand and cool for about 15 minutes
7. Roll into small balls (about 12)
8. Place on baking trays
9. Flatten a little
10. Cook for 5 minutes at 200 C (400 F)
11. Reduce heat to 180 C (350 F) and continue cooking for another 7-10 minutes
12. Remove to cool on wire tray



# Chocolate Biscuits and chocolate spread

## Chocolate Biscuits

- 1 tablespoon of syrup (golden, corn or maple)
- 2 oz/ 1/4 cup margarine
- 1 oz/ 1/8 cup of cocoa powder
- 4 oz/ 1/2 cup plain flour (may find you need to use more)
- 2 oz/ 1/4 cup sugar
- 1/4 teaspoon of bicarbonate of soda
- 1 teaspoon vanilla essence

## Method

1. Melt margarine and syrup and vanilla essence in a pan and mix in cocoa powder until smooth
2. Mix in the sugar then mix in the flour until smooth. Add more flour if required until you can handle like a dough
3. Roll out and cut into squares and prick all over and place in an oven at 180 C for 10 minutes or more
4. Sandwich together, when cool, with chocolate spread (see recipe below)
5. Makes around 8 sandwiched cookies

## Chocolate spread

- 1 oz cocoa powder
- 1 1/2 tablespoons sugar
- 1 dessertspoon plain flour
- 1/2 cup milk

## Method

1. Mix dry ingredients
2. Add the milk gradually and bring to the boil and lower heat
3. Best until smooth and until mixture thickens
4. Allow to cool
5. Use in cookie recipe above

# Oatmeal Cookies

## OATMEAL COOKIES

- |       |                      |     |                     |
|-------|----------------------|-----|---------------------|
| 1     | tblsp. butter sub.,  | 1   | cup flour,          |
| 1     | egg,                 | 3   | tsp. baking powder, |
|       | 1/2 cup milk,        | 1/2 | tsp. salt,          |
|       | 1/4 cup sugar,       | 1   | tsp. flavoring.     |
| 1 1/2 | cups oatmeal (fine), |     |                     |

Cream together lard, egg and sugar, add milk, oatmeal and the flour to which the salt and baking powder have been added, add flavor and raisins that have been powdered with flour. Drop on an oiled pan and bake in moderate oven.

Elizabeth Mount Walker,  
5165 Cabanne.

# Ginger Snaps

## GINGER SNAPS

- |       |                    |     |                     |
|-------|--------------------|-----|---------------------|
| 1     | cup sorghum,       | 1/2 | tsp. soda,          |
|       | 1/2 cup fat,       | 1   | tsp. baking powder, |
| 1 1/2 | cups rye flour,    | 1   | tsp. salt,          |
| 1 1/2 | cups barley flour, | 1   | tsp. ginger.        |

Combine the fat and the syrup. Sift the dry ingredients and add to the above mixture. When thoroughly chilled this should form a stiff dough. If it does not, add more flour. Roll thin and cut out with a small biscuit cutter. Bake in a moderate oven until a delicate brown.

# Second World War Recipes

1. Carrot Cake\*
2. Chocolate Carrot Tart\*
3. Chocolate Oatcakes\*
4. Bran Parkins\*
5. Chocolate Buns\*
6. Pineapple Upside Down Cake\*
7. Spiced Fruit Cake\*
8. Dark Gingerbread\*
9. Carraway Seed Cake\*
10. Anzac Biscuits (also a First World War recipe)
11. Berry Shortbread
12. Welsh Cakes
13. Chocolate Biscuits and chocolate spread
14. Ginger Nuts
15. Eggless Ginger Cake
16. Carrot Cookies
17. Vinegar Cake
18. Small Cottage Tea Loaves
19. Potato Scones
20. Chocolate Layer Cake
21. Bara Birth
22. Uncooked Chocolate Cake

\*From the LSHTM Archive Nutrition Collection

# Welsh Cakes

6 oz plain flour with 3 teaspoons baking powder added (or use self raising flour)  
2 oz margarine, butter or dripping  
2 oz sultanas (or mixed dried fruit)  
1 small carrot grated  
2 oz sugar  
1 fresh egg or 1 dried reconstituted egg  
1 tablespoon milk  
1/4 teaspoon of ground nutmeg

## Method

1. Rub fat into the flour and baking powder mix until resembles bread crumbs
2. Stir in nutmeg, sugar and dried fruit
3. Mix the egg and milk together and add to dry mix to form a stiff dough (add more liquid or more flour as needed)
4. Treat mixture as pastry and roll out on floured surface to 1/4 inch thick
5. Use 3 inch rounds to cut out
6. Pre-heat griddle or heavy frying pan and grease
7. Put in Welsh Cakes and cook until golden brown on both sides over a moderate heat (about 4 minutes)
8. Set aside to cool and then sprinkle with a little sugar

# Berry Shortbread

- 8 oz (250 grams) of plain flour
- 4 oz margarine (115 grams)
- 4 oz sugar (115 grams)
- large handful of small berries (fresh not frozen)

## Method

1. Melt the margarine until runny
2. Add in the sifted flour and sugar and stir until bound together (if mixture is too dry add a little water)
3. Knead until mixed together well
4. Flatten out the mixture with your hands
5. Sprinkle the berries evenly out over the top
6. Very gently fold the dough in and knead very gently
7. Press gently into a shortbread tin ( 7 inches)
8. Put into oven at 180C for about 20 minutes until golden brown
9. Remove and cool in tin for 20 minutes, cut up then remove to wire rack until cooled

# Carrot Cake

## Carrot Cake

- |                                    |                             |
|------------------------------------|-----------------------------|
| 6 ozs. flour                       | 1½ tablespoonfuls sugar     |
| ½ teaspoonful baking powder        | 1 tablespoonful dried fruit |
| 3 ozs. fat                         | 1 dried egg (reconstituted) |
| 3 ozs. oatmeal                     | 1 dessertspoonful syrup     |
| 3 tablespoonfuls raw grated carrot | water to mix                |

*Method.*—Rub fat into flour, add dry ingredients and mix thoroughly. Add the syrup, reconstituted egg, and sufficient water to form a fairly stiff consistency. Place in a greased tin and bake in a moderate oven for 1 hour.

# Chocolate Carrot Tart

## 181—CHOCOLATE CARROT TART

- |                                          |                                |
|------------------------------------------|--------------------------------|
| 1 cupful sieved steamed carrots          | 2 tablespoons Bournville cocoa |
| 1 tablespoon sugar                       | Wholewheat pastry              |
| ½ teaspoon vanilla essence (if possible) |                                |

Line a greased sandwich tin with the pastry, and pinch up round the edges and decorate.

Mix carrots, sugar, cocoa and vanilla thoroughly together, and spread over pastry. Decorate with criss-cross pattern of thin strips of pastry and bake in fairly quick oven till the pastry is done.

# Chocolate Oatcakes

## 183.—CHOCOLATE OATCAKES

2 oz. rolled oats  
2 oz. wholewheat flour  
2 oz. cooking fat

1 tablespoon cocoa  
2 oz. sugar

Mix all the dry ingredients, then rub in fat, working it with the hands and pressing it together until it can be made into a solid mass.

Grease a sandwich tin and press the dough out flat till it covers the tin evenly. Pinch up round the edges for decoration. Bake in a cool oven for about 30 minutes. While still hot cut in slices, but leave in tin and cool.

# Bran Parkins

## 177.—BRAN PARKIN

4 oz. medium oatmeal  
2 oz. cleaned bran  
 $\frac{1}{2}$  cup black treacle (or treacle and syrup mixed)  
4 oz. seedless raisins (or chopped dates)  
 $\frac{1}{4}$  teaspoon ground ginger

$\frac{1}{4}$  teaspoon mixed spice  
1 egg  
1 oz. wholewheat flour  
3 oz. cooking fat  
 $\frac{1}{4}$  teaspoon cinnamon  
1 oz. sugar

Melt fat and syrup slightly. Mix dry ingredients and stir in fat, treacle and beaten egg. Put into a greased tin and bake in a very slow oven for about two hours.

# Caraway Seed Cake

## CARRAWAY SEED CAKE

$\frac{1}{2}$  lb. flour.  
3-4 oz. margarine.  
3-4 oz. sugar.

$1\frac{1}{2}$  teaspoonfuls baking powder.  
1 dessertspoonful caraway seeds.  
Milk to mix.  
1 egg, if available.

Cream together the margarine and sugar. Add the beaten egg by degrees, then stir in the flour, caraway seeds, and baking powder, adding sufficient milk to make a dropping consistency. Put into a greased shallow tin and bake in a moderately hot oven (425° F.) for about 30 minutes.

# Anzac Biscuits

1 cup/150 g of plain flour (or whole wheat/meal)  
1 cup/220 g of sugar  
1 cup/90 g of desiccated coconut  
1 cup/100 g of rolled oats  
125 g of butter/margarine  
1 tablespoon of golden syrup or treacle  
2 tablespoons of boiling water  
1 teaspoon of bicarbonate of soda

## Method

1. Mix the flour, sugar, oats and coconut together
2. Mix the syrup/treacle and butter together and warm gently until thoroughly mixed.
3. Mix the boiling water and bicarbonate of soda together and add to the syrup/butter mixture and mix in well
4. Add the wet mix into the dry mix and bind together
5. Drop teaspoons of the mixture onto a lightly greased tray or parchment paper and cook for 10 minutes at 180C until golden brown all over
6. Remove and leave to cool for 10 minutes before placing on a wire rack to finish cooling.

# Spiced Fruit Cake

## SPICED FRUIT CAKE

8 oz. flour.	2 oz. margarine.
$\frac{1}{4}$ teaspoonful salt.	2 oz. sugar.
$\frac{1}{2}$ teaspoonful bicarbonate of soda.	2 oz. sultanas or raisins.
$\frac{1}{2}$ teaspoonful mixed spice.	Approx. $1\frac{1}{4}$ gills milk and water.
	$\frac{1}{4}$ teaspoonful grated nutmeg.

Cream the fat and sugar together until light and creamy, and add the sultanas or raisins. Sieve together the flour, salt, and spices, and stir into the creamed mixture, adding enough milk and water (in which the soda has been dissolved) to make a soft dropping consistency. Put at once into a greased, lined tin, about 5 inches in diameter, and bake in a moderate oven (375° F.) for about  $1\frac{1}{2}$  hours.

# Dark Gingerbread

## DARK GINGERBREAD

8 oz. flour.	2-3 oz. black treacle.
$\frac{1}{2}$ teaspoonful ground ginger.	$\frac{1}{2}$ teaspoonful bicarbonate of soda dissolved in a little milk and water.
3 oz. fat.	
2 oz. brown sugar.	

Put the fat, sugar, and treacle in a basin and beat together until light and creamy. Stir in the flour and ginger lightly, adding the dissolved bicarbonate of soda by degrees. Mix to a soft dropping consistency, adding more liquid if necessary, put into a greased tin about 5 inches by 7 inches, and bake in a moderate oven (360° F.) for  $1\frac{1}{4}$ - $1\frac{1}{2}$  hours. Cool on a rack, then store in an airtight tin at least 24 hours before cutting.

# Chocolate Buns

## 180.—CHOCOLATE BUNS

3 oz. margarine	2 oz. Bournville cocoa
4 oz. sugar	A little milk
2 eggs	$\frac{1}{2}$ teaspoon vanilla essence
6 oz. wholewheat flour	1 large teaspoon baking powder

Beat sugar and margarine to a cream. Add well-beaten eggs and vanilla essence and beat very thoroughly. Mix cocoa, flour and baking powder together, and beat into mixture, add a little milk. Beat up and place in well-greased patty tins.

Bake in fairly quick oven 15—20 minutes.

# Pineapple Upside Down Cake

## 3 PINEAPPLE UPSIDE DOWN CAKE

$\frac{1}{3}$ cup Brown Sugar	$\frac{1}{8}$ teaspoon Salt
4 Slices Pineapple	2 Eggs, separated
$\frac{3}{4}$ cup Pastry Flour, sifted	$\frac{2}{3}$ cup Sugar
$\frac{3}{4}$ teaspoon Baking Powder	$\frac{1}{2}$ teaspoon Vanilla
	3 tablespoons hot Water

Spread brown sugar in bottom of 8-inch square pan, lined with waxed paper. Place pineapple slices over sugar. Sift together dry ingredients. Beat egg whites until stiff. Continue beating while adding sugar gradually, egg yolks one at a time, vanilla, and lastly, hot water. Fold in sifted dry ingredients and pour batter over pineapple slices. Bake in moderate oven at 350° F. for 45 minutes. Take from oven; let stand 10 minutes; remove from pan and immediately peel off waxed paper. 8 Servings.