Rich Raisin Cake

Beat the sugar & butter to a cream, then add the brandy and spice, mix them well in. Next, beat up the eggs and add them, beating them well in. Thence together the flour & baking powder & stir them gradually into the mixture lastly, add the stoned & chopped raisins, & the chopped peel. Put the mixture in a cake tin which has been greased & then lined with greased paper and bake it in a moderate oven from one hour to an hour and a half.

3 lb butter
3 lb castor sugar
10 ozs flour
5 eggs
10 ozs peel
1 tablespoon treacle
2 ozs brandy
1 lemon, 3 leas Bakers Powder
1 lb raisins, pudding spice to taste

Proceeds from the sale of this book will go to the Wrekin Appeal c/o Shropshire Wildlife Trust, 193 Abbey Foregate, Shrewsbury SY2 6AH

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Memories of the Wrekin

Every Bank holiday, like Easter Monday, Whit Monday, August Bank Holiday Monday, used to be a real day out - trips used to come in on the railway from different areas: Shrewsbury, Oakengates... all round..... wherever there was a train coming from. The streets would be absolutely crowded going up towards the Wrekin. There'd be stalls either side of Ercall Lane - right up to the Forest Glen. They'd be selling pop and .... there wasn't much ice cream in those days... pop and fruit and sweets and all that sort of thing...packs of buns. Nearly all the people who stood the market used to get the stalls going. From the foot of the Wrekin up to the top there used to be some more. We used to think nothing of going up the Wrekin.

Emmie Harrison (née Teece), my grandmother, was born in Wellington in 1893. Apart from a few years in service in Lancashire, munitions work in Birmingham and life in the KSLI barracks in Fermoy after her marriage to Sgt Arnold Harrison towards the end of WW1, she lived in the town all her life until her death in 1984 aged 91.

Few people knew Wellington better and her recollections, which I recorded in the late 1970s, give a lively, entertaining and often rather outspoken view of the town and its inhabitants in the early years of the last century. Her childhood was spent at 114, Wrekin Road from where she attended Wrekin Road School. On her return to Wellington at the end of WW1, she lived in Glebe Street and in 1926 moved to Martin Road, where she remained for nearly 50 years before moving to her bungalow in Lawrence Road.

As a child she helped to raise money for the Parish Hall and for many years was involved in fund-raising for the British Legion. The Wrekin Appeal would, I know, be a cause close to her heart. This little book, drawing on her recipes from Wrekin Road School and extracts from transcriptions of her taped memories, has been a labour of love on a personal level and also an attempt to help in a small way to secure the future of a precious and unique landmark.

The picture on the front cover shows the Teece children photographed in the late 1890s by their father, Richard, in the back yard of their home in Wrekin Road. L. to r. Edie, George and Emmie. In the doorway of the house is Grannie Thomas, born in 1820. This picture is said to have won a prize in a competition sponsored by Sunlight Soap.

Other illustrations from Emmie’s postcard collection, her childhood story books and family recipe books.
The Book

Emmie Teece’s school cookery book – a hard backed exercise book written with a consistently neat hand, bears testimony both to the thoroughness of the school cookery syllabus and the assumption that common sense and experience would enable the girls to match method and ingredients. Page after page introduces new methods of cooking: boiling, stewing, roasting, frying, steaming followed by a list of ingredients. Presumably enough attention was given to the demonstration for the method to be understood and remembered the next day.

Cookery lessons took place in the New Hall off New Street which, as late as the nineteen-fifties, was used as the dining room for Wrekin Road pupils.

“When we did cookery, we always had to take stuff up to Mill Bank to the teacher’s daughter. They’d got five children and we always had to take something we’d cooked. Say we did individual puddings which we did cup-sized. They’d want the number of them for the family. We were supposed to be able to buy them. We couldn’t always. It was a cheek really – especially if it was something you liked and you’d gone to all that trouble!

We used to go one day for her to demonstrate and write down the recipes. Next time we had to do it and all the cleaning up; scrub the boards, the counter. We learned the hard way but I still remember a lot she used to say.”

I offer the contents as they were noted 100 years ago.

Some of the dishes will be more acceptable than others to the modern taste. The range of ingredients was perhaps more limited than today but their quality would more than compensate. Richard Teece, Emmie’s father, grew his own vegetables as well as keeping pigs and chickens. Two pigs were always reared, one for the family and one to sell on. Her mother, Lucy Ann, as an only daughter with nine brothers, had a thorough grounding in the domestic arts and would utilise every part of the pig, salting joints in the days before refrigeration.

Emmie kept the book all her life. An instinctive and natural cook, she continued to develop and perfect her skills in the kitchen. However the grounding from school and family saw her through food shortages in two world wars and the intervening hard times as well as public and family celebrations. Her recorded memories often refer to food and I have included some of these where appropriate.

Jill Loach 2004

Above: Arnold Harris on and “Stick” Jones as Alexander & Mose on a carnival float belonging to Stockley & Tudor, Coal Merchants, which depicted a Gretna Green wedding. The picture, dating from the 1930s, shows the float on the railway bridge in Bridge Road.
Boiling October 27th 1904

Boiling is cooking in a saucepan by covering with hot liquid.

1. Place the meat in boiling water.
2. Cook quickly at first then simmer gently.
3. Remove the scum as it rises.
4. The liquid in which meat is cooked is called stock.
5. Stock is made into soup or broth.

**Boiled Meat**

| Some meat | salt |
| Boiling water | onions |
| Carrots | turnips |

Time 15 mins to 1 lb and 15 minutes over

---

**Treacle Pudding**

- ½ lb flour
- 2 oz suet
- 4 oz treacle
- 1 teasp. ground ginger
- 1 teasp. baking powder
- 1 egg
- Milk

Time 2-5 hours

**Currant Pudding**

- ½ lb flour
- 2 oz suet
- Pinch of salt
- 3 oz currants
- 3 oz sugar
- ½ teasp. baking powder
- Milk

Time ½ an hour

**Munitions**

In 1915 like so many young women of her generation, Emmie worked on munitions. Her first digs, near the factory in Drew’s Lane, Birmingham, offered little in the way of food.

The first digs we went in - we couldn’t get any rations at the shops—there were queues everywhere. I’d brought some flour and suet and made a big pudding. I thought it would last us a day - Maggie and me, but when I put it on the table they all chimed in. It had gone!

You could get a meal in the canteen at work but when you think there were 21,000 you had to wait a long time. Although there were several counters you had to wait a long time to get it so that was no good really. Then I didn’t like it. It looked funny. The potatoes still had their jackets on and they used to put the gravy on top. That sort of put me off.

---

Emmie aged 21 in 1914
**Cold Meat Cookery**  November 8th 1904

We re-cook cold meat
1. To make it more digestible.
2. To make it the same temperature as the body.
3. To make it look more tempting
4. To keep it fresh in hot weather.

**Ways of using cold meat:**

Hash, mince and shepherd’s pie.
In re-cooking cold meat, care should be taken that it is only allowed to simmer and not boil.
Remove all bone and fat.
The bones may be boiled for stock and gravy.
Mushrooms, tomatoes or oysters improve the flavour.
Boiled rice or toasted bread is an improvement.
Season carefully and well.

**Shepherd’s Pie**

\[
\begin{align*}
\frac{1}{2} \text{ lb cold cooked meat} & \quad 1 \text{ lb cold potatoes} \\
1 \text{ onion parboiled} & \quad 4 \text{ tablesp. stock}
\end{align*}
\]

Salt & pepper

Time: 1 hour

**Minced Meat and Rice**

\[
\begin{align*}
\frac{1}{2} \text{ lb cooked meat} & \quad \frac{1}{2} \text{ lb boiled rice} \\
1 \text{ small onion} & \quad \frac{1}{2} \text{ pint stock} \\
\frac{1}{2} \text{ oz flour} & \quad \text{salt and pepper}
\end{align*}
\]

**Soup Making**  November 10th 1904

Soup is a most valuable food

1. It is very nourishing
2. It is easy to digest, is good for invalids, old people and children.
3. Helps to supply the daily amount of liquid.
4. Helps to warm the body.
   It is most economical

Soup should be made from stock.
Stock is the liquid in which meat or bones have been boiled.

When making soup or stock:

1. Have a pan with a tight fitting lid.
2. Place the meat and bones in salted cold water. (The cold water loosens the juice of the meat)
3. Bring to the boil and skim well.
4. Clean and cut up the vegetables and add them to the stock.
5. Simmer until vegetables are tender.
6. Strain and set aside to get cool.

**Lentil Soup**

\[
\begin{align*}
1 \text{ lb red lentils} & \quad 2 \text{ carrots} \\
1 \text{ turnip} & \quad 2 \text{ onions} \\
3 \text{ quarts stock or water} & \quad 4 \text{ ounces rice} \\
\text{salt and pepper} & \quad \text{A little dripping}
\end{align*}
\]

Time: 1½ hours.

**Tomato Soup**

\[
\begin{align*}
1 \text{ lb tin tomatoes} & \quad 2 \text{ quarts stock} \\
2 \text{ large onions} & \quad 2 \text{ large onions} \\
4 \text{ ounces rice} & \quad \text{A little dripping} \\
\text{salt and pepper} & \quad \text{Salt and pepper}
\end{align*}
\]

Time: 1 hour
Batters

November 24th 1904

1. The word batter means to beat.
2. Beat well.
3. Add the rest of the liquid gradually.
4. Allow to stand in a cool place.
5. Add baking powder last of all.
6. Bake in a quick oven.

Toad in the Hole

Sausage or meat
Batter
¼ lb flour
Pinch of salt
½ pint milk
½ teasp. Baking powder

Pancakes

¼ lb flour
1 egg
½ pint milk
Sugar
Lemon juice

Time 20 to 30 minutes

Stew Beef

1 lb beef
⅜ pint stock
1 turnip
1 carrot
1 onion

Time 3 hours

Tip: My grandmother’s stews were legendary. When I asked her in the 1970’s for the secret of the wonderful glaze which I never managed to achieve, she extracted a pair of pigs’ tails—normally removed before serving!!

Rice Pudding

2 oz rice
Pinch of salt
1 pint of milk
1 oz sugar
Nutmeg

Time 2 hours

One of my earliest memories is of the wonderful rice puddings served at Martin Road. I think she later used golden syrup in place of sugar. Puddings were cooked until golden on top and on the point of being burnt where the surface met the Pyrex dish. Generations of children competed for what my uncle called “the dirt” on top!
Roasting

Roasting is cooking by direct contact with dry heat
1. In front of the fire.
2. In the oven

It is an expensive way of cooking because:

1. The best joints are needed.
2. A good fire is required
3. It must be basted constantly
   a. to prevent meat drying
   b. to cook it through
   c. to make it a good colour.

Roast Meat

Yorkshire Pudding

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4 lb flour</td>
<td>1/2 pint milk</td>
</tr>
<tr>
<td>1 egg</td>
<td>1/4 teasp salt</td>
</tr>
</tbody>
</table>

Boiling water

Time: 30 minutes

Frying

Frying is cooking in hot fat in a frying pan over the fire.

To tell when the fat is hot enough:
1. A blue smoke should rise from all parts of the pan.
2. The fat should be perfectly still
3. A crumb of bread dropped in should turn golden brown instantly.

Fried Liver and Bacon

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 lb sheep’s liver</td>
<td>1/4 lb fat bacon</td>
</tr>
<tr>
<td>1 oz seasoned flour</td>
<td>1/2 pt water</td>
</tr>
</tbody>
</table>

Time: about 1/4 hour

In later years Emmie cooked pig’s liver—tenderising it in seasoned milk before frying.

Steaming

Steaming is cooking by means of steam:

a. in a steamer
b. With boiling water halfway up the basin.

Remember:

1. Have the water quite boiling
2. Keep boiling the whole time to give the steam.
3. Replenish with boiling water.

Fruit Pudding

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit sugar</td>
<td></td>
</tr>
<tr>
<td>Suet Pastry</td>
<td></td>
</tr>
<tr>
<td>1/2 lb flour</td>
<td>2 oz suet</td>
</tr>
<tr>
<td>Pinch of salt</td>
<td>1/2 teasp. baking powder</td>
</tr>
<tr>
<td>Cold water</td>
<td></td>
</tr>
</tbody>
</table>

Time: 2 1/2 hours
Steaming  September 4th 1905

When a pudding is steamed, it must be put in a well greased mould or basin and covered with greased paper. Be careful that the water is boiling all the time to give the steam. A custard pudding or any pudding containing custard must be carefully steamed as extreme heat would curdle the eggs and make the custard watery. Steamed puddings are better than boiled ones because they are:

1. Much lighter
2. Much more digestible
3. The pudding bag is not needed.

Vegetarian dishes  October 23rd 1905

In preparing vegetarian dishes, use ripe fruits and sweet dried fruits, grated nuts freely. Eat less rather than more because a vegetarian diet is better digested therefore less food is needed. Peas, beans and lentils provide the nitrogenous portion of the foods. Use mushrooms, onions, herbs and fried vegetables to give the various flavourings that may be liked.

Chestnut Stew

1 lb chestnuts  ½ oz butter
1 oz flour  1 pint milk
1 yolk of egg  1 tablesp. parsley
Salt and pepper

Time: 1 hour

There’s another story about the Wrekin.....

If ever I went, I could always go in and make myself a jug of tea whoever I’d got up there with me. Miss Birrell used to say, “Don’t bother asking me. Walk in the kitchen and make yourself a jug of tea “

She’d left for her brother to take over and went to Buckatree and she took all the custom with her from the Wrekin cottage. People knew they could get a nice meal from there. They did meals at the cottage. I’ve been up to the cottage for my breakfast many a time with my Uncle Ted. They used to do ham and eggs—all their own stuff.

When she went back to the cottage, Maggie (Mrs Howells) knew her and she said she wanted someone to help her move back. It was in a terrible state. They hadn’t bothered with it. I was at home and she said, “Would you like to come up and help?” So I said I would.

It was cold weather. We enjoyed walking up. We helped her to clean the place up generally. I’d been working. I just happened to be at home at that time, not doing anything in particular. She was that delighted the way we’d got it, so she could open it. She used to say, “Any time you come up, walk in the kitchen. Make yourself a big jug. However many there are take that size jug.” They used to sell it in jugs then.
They always used to look at me - whoever went up with me. It was ever so funny. That was her way of repaying us. We didn’t want any money for what we did, you see. We said it was a pleasure to help.

She used to cure her own hams. They had a very big garden. They grew all their own stuff. She used to have someone working for her. A lot said she had been married but always called herself Miss Birrell. Of course, her mother and father had the cottage before her.

They had a great big boiler boiling the water outside because otherwise they couldn’t keep going with the number that went up there then for teas and different things. They’d got this big boiler with a wooden lid on and a fire under it.

Invalid Cookery

Food for invalids should be ready prepared as delay causes exhaustion.

1. Have everything quite clean.
2. Have as many changes as possible.
4. Make the food look as tempting as you can.
5. Never prepare food in the presence of an invalid.

**Beef Tea**

\[ \frac{1}{2} \text{ lb beef gravy} \quad 1 \text{ pt cold water} \\
2 \text{ teasp. salt} \]

**Time** 3 hours

**Lemon drink**

1 lemon
1 oz sugar
1 pint boiling water

**Gruel**

\[ \frac{1}{2} \text{ oz fresh oatmeal} \quad \frac{1}{2} \text{ pint boiling water} \]

2 tablesp cold water
\[ \frac{1}{2} \text{ teasp. Salt} \]

**Fermoy 1917:**

One of Emmie’s bowls of gruel was to play a part in a moving and memorable moment. As a young army wife living in Fermoy in 1917, she became very much part of the Carew family who accommodated her.
I was still there when the boy who was prisoner of war came home. Alf, Mrs. Carew's boy. This boy who'd been a prisoner of war for four years after the First Battle of Mons. They had a bar. They had a cask of porter as they called it—what we call stout. They used to bottle it and sell it. Anyway I was in there. I said I'd dust round that morning in there and tidy it up. Suddenly the door opened and this boy—well he was a man I suppose—he suddenly put his arms round me and said, "Hello Winnie."

I said, "I'm not Winnie!" I'd got long hair then.

He said, "Oh, I do beg your pardon." He was a nice fellow. He said, "You aren't Annie's girl then?" He'd got visions of her growing up, I suppose, while he'd been a prisoner.

I said, "I don't know how we're going to break the news to your mother." She was in bed and hadn't got up that morning. She wasn't well.

I said, "Wait a minute while I get Mrs Carew. I'll get your sister Annie."

So I went and fetched Mrs Carew. She couldn't believe it. He hadn't been able to write or anything. Mrs Carew said, "I daren't go in and tell her," she said, "I shall break down."

So I said, "Well I'll tell her."

Annie said, "She's just asked one of them if they'll ask you if you'd make her some gruel. She says nobody makes gruel like the little lady.

She always called me the little lady. She never called me by my name. "Ask the little lady if she'll make me some gruel," in her Irish way.

I thought, Oh that's a good excuse. So I made this gruel and took it up to her. I let her have some of it. She said, "Oh it is good. It tastes good when you make it. They don't know how to make it properly" She'd be talking away to me.

I said, "I've a lovely surprise for you just now when you've finished your gruel. Come on. Finish it up."

I'd told Alf to stand outside the bedroom door. She said, "A surprise? What sort of a surprise?"

I said, "Wait a minute. I'll tell you." I said, "Alf's come home. He threw his arms round my neck and kissed me. Wasn't that nice of him?" I had to sort of say something to soften it.

She said, "Where is he?"

I said, "Come on Alf," and he came in.

I went out then and left them alone.

KSLI Church Parade at Fermoy Barracks, Ireland. Wounded for the second time in 1917, Sgt Arnold Harrison was posted to Fermoy to train troops.
Bread Making January 26th 2005

1. Have everything warm: flour, bowl and water
2. Use fresh yeast.
4. Put to rise in a warm place.
5. Make into loaves.
6. Place in a hot oven first then in a cooler part.
7. Time according to the size of the loaf.

Bread
3½ lbs flour 1 oz yeast
3 teasp. salt 1 teasp. sugar
About ¾ pt of lukewarm water

Frying September 11th 1905

Frying is divided into two classes.
1. Wet or French frying. Wet frying is cooking with enough fat to cover the articles fried in it. Oil, lard, dripping or fat rendered down are used for this purpose.
2. Dry frying is cooking with a small quantity of fat and is only used for things that require slow cooking such as chops, liver and bacon, pancakes etc.

Success depends almost entirely on getting the fat the right degree of heat.

Fried Fish
Some fish
Lemon juice
fat for frying
salt
egg
bread crumbs
parsley for decorating

How to make Vegetarian Stock September 15th 1905

Vegetarian stock is made from pulses: peas, beans and lentils. These contain more nourishment than butcher’s meat. They should be thoroughly washed before using. Allow 2 lbs lentils to 4 quarts of water. Boil the water, put in the lentils and boil sharply for 10 minutes or until the liquid is yellow. Strain the liquid off and the stock is ready for any time.

Lentil and Celery Soup

½ lb red lentils 1 large carrot
1 large onion 3 outside sticks of celery
4 cloves 3 pints water
1 tablesp. flour ½ pint milk
1 oz butter salt and pepper

Pastry Making November 17th 1904

1. Keep everything as cold as possible
2. Use the knife as long as you can.
3. Touch only with the fingertips.
4. Make into a stiff paste.
5. Roll lightly.
6. Bake as quickly as soon as moisture is added.
7. Have a hot oven first then move to a cooler part.

Fruit Tart
Some fruit sugar water
Short pastry
½ lb flour 2oz lard
Pinch of salt 1 teasp baking powder
Cold water

Time 30 mins
Flaky pastry  

September 25th 1905

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Preparation</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ lb flour</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lemon juice</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4-6 oz butter</td>
<td></td>
<td></td>
</tr>
<tr>
<td>and lard mixed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>coldest water</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1. Have all the utensils very cold.
2. Divide shortening into 4 equal parts.
3. Rub one part lightly into the flour.
4. Mix to an elastic paste.
5. Roll out evenly and one way only.
6. Use little flour.
7. Keep open edges towards you.
8. Edges must be free in order to rise.
9. Cut evenly and quickly.
10. Have a hot oven first until pastry has risen and set then a more moderately heated one.

Veal and Ham Pie

1½ lb veal           | ½ lb ham         |
2 hard boiled eggs   | some stock       |
Salt                 | pepper           |
mace                 | lemon rind       |

Time for pie: 1 hour

Panard  

October 2nd 1905

Panard is a mixture of butter, flour and water, slowly cooked. A kind of foundation sauce.

When making:
1. Use small measure of liquids and good weight of solids.
2. Melt butter but do not use it hot.
3. Add flour and mace thoroughly.
5. Cook slowly, stirring vigorously.
6. Remove pan from fire when panard is thickening and continue stirring.

Fish as Food  

October 9th 1905

Fish is a very nourishing form of food.
It is flesh forming.
It is light and easily digested.
Suitable food for invalids and children.

Those fish which are least oily are the most wholesome as whiting, sole etc.
Fish are highly nitrogenous therefore should be used with starchy foods in order to give them a due perfection of heat giving properties.

Fish Croquettes

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Preparation</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ lb cold cooked cod steak</td>
<td>1 oz flour—good weight</td>
<td></td>
</tr>
<tr>
<td>1 oz butter—poor weight</td>
<td>¼ pint milk poor measure</td>
<td></td>
</tr>
<tr>
<td>Salt and pepper</td>
<td>Anchovy essence</td>
<td></td>
</tr>
<tr>
<td>Egg and breadcrumbs</td>
<td>Fat for frying.</td>
<td></td>
</tr>
</tbody>
</table>

Boiled Fish

Some fish | boiling water
Salt | vinegar

Time 10 mins to 1 lb + 10 mins

Parsley Sauce

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Preparation</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 oz flour</td>
<td></td>
<td>½ pint water</td>
</tr>
<tr>
<td>Some parsley</td>
<td>salt</td>
<td></td>
</tr>
</tbody>
</table>

Time 5 mins
White Meats

White meats are those which turn white in cooking, as fowl, rabbit, etc. With a sharp knife, cut each in half lengthwise and dust each piece with salt and pepper.

Beat up the egg. Brush each piece with egg then cover them with browned crumbs.

Lay them in a greased baking tin and bake them for about ten minutes in a quick oven. Arrange them on a lace paper in a hot dish and garnish them with a little fresh or dried parsley.

They have short muscular fibra and a small amount of fat. They are very easily digested, being tender and of a delicate flavour and are a suitable food for invalids.

A well-fed chicken is the most digestible of all animal foods. As white meats are deficient in fat, they are generally served with bacon or similar fatty foods.

Fricassee of Rabbit

1 rabbit  
1 onion  
1 bouquet of herbs  
Salt

Time: 1 hour

Ways of making Cake:
1. Where the shortening is rubbed into the flour and all the dry materials mixed together and then the eggs and milk.
2. Where the butter and sugar are worked to a cream, the eggs beaten and added gradually.

Coconut buns

$\frac{1}{2}$ lb flour  
2 oz sugar  
2 oz grated coconut  
Pinch of salt  
1 egg

Time 20 minutes

Suet Crust

$\frac{1}{4}$ lb flour  
$\frac{1}{4}$ oz grated coconut  
1 teasp. baking powder  
1 egg

Time 3 or 4 hours
How to Make Christmas Cake

1 lb butter 1 lb sugar
1½ lb currants ½ lb sultanas
1 lb flour 2 oz almonds
6 oz candied peel 9 eggs
Milk if necessary

Beat the butter and sugar to a cream. Beat and add the eggs gradually till it is all disappeared before adding more. Add the flour, baking powder, fruit and grated lemon rind. Mix it all well together.

How to Make Madeira Cake

6 oz butter 6 oz caster sugar
9 oz Vienna Flour ½ teasp. baking powder
4 eggs 1 piece of citron
The grated rind of 1 lemon

Sieve together the flour and baking powder. Beat the butter and sugar together with a wooden spoon until in a cream. Add the eggs one by one, beating each well in, then add the flour and lemon rind very lightly.

Have ready a cake tin lined with two layers of greased paper. Pour in the mixture. Put the tin in a moderate oven. When it has been in about 20 minutes, put two slices of citron on the top.

Finish baking the cake. To make sure it is cooked enough, stick a clean skewer into the thickest part. If it is at all sticky, cook it a little longer. Then turn it out of the tin and put it on a sieve until it is cold.

Sweetmeats for Christmas

Walnut Candies

½ lb brown sugar a drop or two of tartaric acid
½ gill golden syrup ½ oz butter
1½ oz chopped walnuts a pinch of cream of tartar
½ gill of water

Put the sugar, water and cream of tartar into a saucepan and boil it till it looks clear. Then add to it the butter and syrup and let it boil till when some of it is dropped in cold water, it will set.

Pour the mixture onto an oiled slate or marble slab or onto a large dish. Sprinkle on it a drop or two of cream of tartar and put the walnuts in a heap in the middle. With an oiled knife keep folding the edges over in the middle and go on doing this till all the nuts are mixed in.

Oil your hands and scissors and, as soon as it is possible to handle it, cut them into cushions like bull’s eyes. You must be as quick as possible in working in the walnuts and cutting up the candy.

Vanilla Caramels

1 lb cane sugar 1 tablesp. Honey
1 level teasp. Butter 1 tablesp. Warm water
1 small teacupfull of cream vanilla

Brush a deep tin over with good salad oil. Put all the ingredients into a saucepan on the fire and stir them all the time till they boil. Flavour strongly with vanilla. Pour it into the tin and when it is nearly set, cut it into strips one inch wide with a slightly oiled knife and then cut them across into squares. Wrap each in a little square of oiled paper.
Chocolate Ginger

Cut some “coating” or “baker’s” chocolate up into small pieces and put it in a clean jar. Place the jar in a pan of boiling water and let it melt gently.

Cut the preserved ginger into neat squares, then dip each square into the melted chocolate. Put it on an oiled tin or plate till it has dried.

A very dainty effect is obtained by putting a crystallised rose leaf or violet on each square of ginger. Pineapple may be treated in the same way and also almonds, but in the latter case the almond should be shelled and dried in the oven for a few minutes.

Chocolate Pralines

5 oz loaf sugar  4oz almonds
coating chocolate

Blanch and shred the almonds. Put them in a tin in the oven and brown them slightly. Rinse a pan out in cold water, put the sugar into it, let it melt slowly, then boil until it is a golden brown.

Next turn it onto an oiled slab or dish and leave till cold. Then pound the sugar to dust in a mortar. Pound the almonds to a paste and then put the sugar and almonds together and pound them till they are oily. Shape the mixture with your hands into little balls, squares and cork shaped pieces and leave them on a tin till dry. Then melt some coating chocolate. Gently dip each ball etc. into the melted chocolate and put on greased paper till it is dry.

Christmas at Arleston Manor

In 1908, Emmie was employed as nursery maid, looking after 3 year-old Mary Exley.

I had a winter there and I had my sixteenth birthday there. I can remember my Dad and my Uncle Albert and Uncle George came carol singing. My Dad used to play a melodeon. The others would sing. They said, “We thought as you hadn’t come home for Christmas, we’d come and see you.”

The Exleys asked them to come in and gave them mince pies. They had them singing inside as well. They were charming to visitors always. We used to have a member of parliament come—Sir Charles Henry. I cooked a dinner many a time when they hadn’t got a cook.

Of course up at Exley’s I used to make birthday cakes and Christmas cakes—whatever they wanted. I also used to make what they called a visitor’s cake. I used to make it like a Christmas cake—a big square and cover it with almond paste, then just decorate it without the royal icing. She’d been in the habit of buying it in Shrewsbury and she said what I made was nicer than that.
Economy of stewing  

September 6th 1906

Stewing is cooking at simmering point in a small quantity of liquid. A most economical method of cooking because what is lost from the meat is in the gravy which is always served with it. The meat should be cooked until just tender and no longer. Overcooking makes meat unfit for food. Very cheap and tough meat should be dipped into vinegar which will soften the fibres and help to make it tender. The secret of success in stewing lies in slow cooking.

Stewed Liver and Bacon

1 lb sheep’s liver  
2 small onions  
1/2 teasp. dried sage

2oz fat bacon  
2 teasp. flour  
1/2 pt water

How to Stew Fruit  

October 18th 1906

Fresh fruit when stewed retains all its healthful and refreshing properties and is much safer to take. There is no danger of eating unripe fruit if it is well stewed. Prepare the syrup by boiling 1/2 lb sugar and 1/4 pt water in a saucepan for 1/4 hour removing the scum as it rises. Put in cleaned fruit and simmer gently until tender.

Fruit Mould

1 lb juicy fruit  
1/4 pint cold water

Sugar  
Corflour

Stew the fruit with a little water then put through a wire sieve. Add water to bring pulp to 3/4 pint. Add sugar. Mix corflour with 1/4 pt cold water and add to the fruit. Boil 3 minutes, stirring all the time. Pour into a wet mould. Turn out when cold and set.

How to Boil and Steam Batters  

October 25th 1906

Batters: a mixture of several ingredients beaten together. A batter may be either baked, boiled, steamed or fried. It should always be cooked slowly. If a batter is cooked quickly it will rise and become very porous but when removed from the pan will sink and be quite heavy. Must be served quickly after dishing up.

Pulse Foods  

November 1st 1906

Pulse foods are those contained in a bivalve pod. They are rich in nitrogenous substances and are used as a substitute for flesh meat. They are deficient in fat. Are sold dried as beans, peas and lentils. Require long cooking and soaking.

White Lentil Soup

1/4 lb lentils  
1 1/2 pt water  
1 sprig parsley  
1 oz flour  
1 small onion  
1/2 oz butter  
1/2 pt milk  
Salt and pepper

Egyptian Soup

1/2 lentils  
1 small onion  
1 oz dripping  
1 stalk celery  
1 oz flour  
1 carrot  
Pinch of herbs  
1 oz flour  
Salt & pepper

Time: 2 hours
Ten years later, food was to be in very short supply:

Arnold was wounded in April 1915. I was still in Manchester then, working in a baker's shop in Clayton. He came up to St. Helen's Providence Free Hospital. The nurses were nuns. Oh, they were kind....they were so kind.

I cadged up and down the road. I thought, if I'm going to see them I'll take something. The tobacconist next door gave me some cigarettes. The fruit shop lower down, they'd always give fruit - plenty of fruit.

The mother used to say, "Come on. Send some fruit for the boys. They're fighting for us." I used to have a huge box. The traveller used to come on a Wednesday when I was going to visit. He'd carry it for me. I used to go to Midland station to catch the train to St. Helen's. He'd carry it to the hospital gates and one of the others would meet me at the gate.

Mr Woolstencroft was very kind. He'd put a lot of cakes in and the bread cakes like they have in Manchester - he used to put ham or tongue between them. He'd say, "How many...?". The first lot I took it only did half one each. They used to have this for their tea. The Mother Superior sent for me. I thought, I wonder what she wants.

She said, "I want to thank you for your kindness for bringing the food. We've nothing to feed the poor men with. It's awful." The Germans were sinking the ships, that were bringing the food over. She said, "We'll bring you some tea in here in a minute. You can stop for the evening. You've come from Manchester."

Each time I went they made up a parcel between them....when I said how grateful they were. Mr Woolstencroft said "It's the least we can do."

Boiled greens

| Some greens | Salt |
| Boiling water | Soda* |

Time 20 to 30 minutes

*This went against her instinct and later experience. She firmly believed that vegetables did not require soda in order to retain colour if they were not overcooked.

Peas à la Française

| Half a peck of peas | A tiny piece of soda |
| A pinch of salt | A lump of sugar |
| 4 tbsp. of white sauce to each pint of peas |

Shell the peas then boil them carefully in boiling water with the sugar, soda and salt. When they are tender, drain off the water and add to them sauce in the given proportion.

If preferred, cream may be used in the place of sauce.

Season with pepper and a pinch of salt and serve in a hot dish.

New potatoes crumbed

| 1 lb (or more) of new potatoes | 1 egg |
| Browned crumbs | salt and pepper |
| A sprig of mint |

Choose well shaped fairly large new potatoes. Boil them in a pan of fast boiling water, salted water with a little sprig of mint in it until they are tender, but not at all broke. Then lift them out of the water and dry them well in a clean cloth.
With a sharp knife, cut each in half lengthwise and dust each piece with salt and pepper.

Beat up the egg. Brush each piece with egg then cover them with browned crumbs.

Lay them in a greased baking tin and bake them for about ten minutes in a quick oven. Arrange them on a lace paper in a hot dish and garnish them with a little fresh or dried parsley.

Fruitarian Christmas Pudding

1 lb breadcrumbs 1 lb raisins
1 lb sultanas 1 lb currants
½ lb candied peel ½ lb pine kernels
½ lb shelled brazil nuts ¼ lb butter
3 lemons 6 eggs

Chop the peel coarsely. Pass the almonds and nuts through a mincing machine and chop the pine kernels coarsely.

Prepare and chop the fruit. Put it in a basin with the nuts, sugar, breadcrumbs and grated lemon rind. Stir these well together.

Melt the butter, add it and lastly the six beaten eggs. Put the mixture in greased basins, tie scalded and floured pudding cloths over the top and boil them steadily for six hours.

Treacle Tart

Some breadcrumbs treacle

(Her chosen ingredients were later to be golden syrup and porridge oats)

Shortcrust Pastry

½ lb flour 3 oz lard or dripping
Pinch of salt 1 teasp. baking powder
Cold water

Time: ½ hour

Orange Jelly

1 pint of orange juice
The juice of 4 lemons
6 oz of loaf sugar
2 oz leaf gelatine
1 pint water

Put the water and sugar into a clean pan. Add the thinly pared rind of six oranges and the gelatine. Let all this cook slowly on the fire until the gelatine is melted and the colour and flavour are well out of the orange rinds.

Then strain in the pint of orange juice and the lemon juice. Rinse out a pretty mould in cold water and pour in the jelly and leave it until set. Then dip the mould in tepid water and slip the jelly onto a glass dish.
Valentine Cake

No 1

½ lb caster sugar ½ lb flour
¼ lb butter ¼ pt milk
Whites of 4 eggs rind & juice of lemon
1 teasp. baking powder

Beat the butter and sugar to a cream then add half the flour, a pinch of salt and the milk.

Mix all thoroughly. Beat the whites to a stiff froth. Add them lightly also the rest of the flour and baking powder and the rest of the juice of the lemon. Stir the mixture thoroughly and put it on one side.

No 2

6 oz brown sugar Yolks of 4 eggs
6 oz flour 1 teasp vanilla
¼ pint of milk 2 oz butter
2 oz chocolate 1 teasp baking powder

Cream together the butter and sugar then add the yoks and beat them together until they are very light.

Next add gradually the flour and milk. When these are worked smoothly in, melt and add the chocolate also the vanilla and baking powder.

Put in a layer of the light mixture and then a layer of dark and so on until the mixture is used. Bake it in a moderate oven for 1 hour. If the outside becomes dark before the inside is cooked, lay a piece of kitchen paper over the top.

Cornish Splits

Ilb flour 1 oz butter
½ oz yeast ½ oz caster sugar
½ pint milk salt

Cream the yeast and sugar together until they are liquid then add the milk which should be tepid. Sieve the flour and quarter of teaspoon of salt into a basin, stir in the milk etc and the butter melted into it and mix all to a smooth dough. Put the basin in a warm place and let the dough rise for three-quarters of an hour then shape it into small round cakes.

Place them on a floured baking tin and bake them in a quick oven from 15 to 20 minutes. Split and butter them and serve them hot.

Rich Raisin Cake

½ lb butter ½ lb caster sugar
10 oz flour 5 eggs
10 oz peel 1 tablesp. Treacle
2 tablesp. Brandy 1 lemon
½ teasp baking powder
1lb raisins pudding spice to taste.

Beat the sugar and butter to a cream then add the brandy and spice. Mix them well in. Next beat up the eggs and add them, beating them well in. Sieve together the flour and baking powder and stir them gradually into the mixture. Lastly add the stoned and chopped raisins and the chopped peel.

Put the mixture in a cake tin which has been greased and then lined with greased paper and bake it in a moderate oven from one hour to an hour and a half.
Ginger Creams

2 eggs
1 gill milk
1 1/2 oz castor sugar
2 1/2 oz preserved ginger

1/2 pt cream
3 tablesp. water
1/2 gill preserved ginger syrup

3/4 leaf of gelatine

Beat up the eggs. Add the milk and strain these into a jug. Place the jug in a pan of boiling water and cook gently until the custard thickens but it must not boil. Stir it all the time, then when thick, let it get cold.

Next add to it the sugar, preserved ginger (cut it in small dice) and the syrup.

Melt the gelatine in the water over a gentle heat. Whip the cream and add it to the custard. When the gelatine has cooled slightly, strain it in the cream etc. Mix it all well together. Pour it into some small, pretty moulds, which have first been lined with a little clear wine jelly.

Leave them until they are set then turn them onto a dish and garnish with some coarsely chopped jelly.

Genoese Biscuits

4 eggs
2 oz butter

4 oz of caster sugar
3 oz flour

Line a shallow baking tin with buttered paper. Sieve the flour. Warm the butter gently, but do not let it boil. Break the eggs separately into a basin. Beat them in a cup until they are quite frothy then add the sugar and beat for five minutes.

Next place the basin over a saucepan of hot water on the fire. The pan should be just large enough to allow the basin to fit in the top of it.

Beat the eggs and sugar over the fire for about five minutes then draw the pan to the side of the fire and continue whisking until the mixture is thick and ropy.

Take the basin to the table. Add half the flour and half the butter. Mix them in very lightly, then add the rest of each.

Pour the mixture into the tin and bake it in a fairly quick oven for about ten minutes or until it is firm.

Turn it out onto a piece of sugared paper and leave it until cold. Next cut it into any pretty shapes and pour over each a thin coating of royal icing. Sprinkle a little finely chopped pistachio nuts on some; coloured sugar on others and on others place a preserved violet, rose petal or glace cherry. Leave them in a warm place until the icing is set.
**Light Luncheon Rolls**

3/4 lb Vienna flour  
1 1/2 gills tepid milk  
1 oz butter  
1 egg  
1/2 oz compressed yeast  
1/2 teasp. caster sugar  
1 teasp salt

Put four ounces of the flour into a warmed basin. Cream the yeast and sugar, mix them with the milk and strain them in the four ounces of flour. Sprinkle a little flour from the sides of the basin over the yeast, cover the basin and put it to rise in a warm place till the surface of the yeast is covered with bubbles.

In another large basin put the rest of the flour with the salt. Rub into it the butter. Next beat well into it the yeast after stirring into it the flour from the sides of the basin also the beaten egg.

Beat this dough thoroughly. If sticky, add more flour.

Let the dough rise for about an hour and a half or until the dough is twice its original size. Then shape it into small finger-shaped rolls. Let these rise again for about 15 minutes on a floured tin and bake them in a quick oven for about ten to fifteen minutes. Before they are quite cooked, brush each over with a little beaten egg.

**Cheese Tartlets**

4 tablesp. grated cheese  
3 tablesp. White breadcrumbs  
Salt and cayenne  
1 egg and 1 extra yolk  
1 gill milk

Roll out some pastry and line some patty tins neatly with it. Mix together the crumbs, cheese, salt and cayenne. Beat up the eggs, add the milk and then the grated cheese. The mixture should be the thickness of good cream. If necessary add a little more cheese.

Half fill each patty-tin with the mixture. Bake them in a moderate oven until the pastry and mixture are a delicate brown and sprinkle a little grated cheese over each.

**Wiltshire Pies**

1/2 lb short crust pastry  
2 eggs  
4 oz caster sugar  
4 oz butter  
2 large teasp. of ground rice  
A few preserved cherries

Grease some patty tins and line them neatly with the pastry. Crimp the edges neatly and prick over the bottom of each with the fork. Whisk the eggs and sugar together with a fork until the mixture looks thick and frothy.

Warm the butter slightly, then beat it with a wooden spoon until it is very soft.

Next add to it the ground rice and a dust of nutmeg and lastly the eggs and sugar.

Half fill the pastry cases with this mixture. Place half a cherry on the top of each. Bake them in a moderate oven until they are a delicate brown. Turn them out of the tins and leave them on a rack until they are cold.
Orange, Lemon and Raspberry Creams

¾ lb icing sugar
1 orange
1 lemon
Cochineal raspberry flavouring
Yellow food colouring
A little tartaric acid

Sieve the sugar and divide it equally into three basins. Grate the orange rind into one, the lemon rind into the other. Add to each a pinch of tartaric acid. Strain in enough orange and lemon juice respectively to make the sugar into a stiff, smooth paste. Into the third add raspberry flavouring and water to form the sugar into a well flavoured smooth paste.

Turn the three pieces of sugar paste onto a board and knead each well. Should either be inclined to crumble, add a little more water or juice.

Colour the orange flavoured paste a pretty orange tint with yellow colouring and the raspberry a pale pink with cochineal. The lemon may be left as it is.

Form the mixture into balls, then press these with the finger and thumb into oval shapes.

On to each orange cream press a tiny strip of candied orange peel and to the lemon put lemon peel and leave the raspberry ones plain.

Chocolate Caramels

1 lb lump sugar
½ pt cream
½ pt new milk
½ lb of good plain chocolate
Vanilla
1 large tables. glucose

Put the milk, cream and sugar in a large saucepan, a copper one if possible. Place the pan over a gentle heat until the sugar has dissolved but do not stir the contents. Then add the glucose. Grate the chocolate finely, then dissolve in a tables. of hot water. Stir this into the cream and add vanilla to taste.

Drop a little of the mixture into cold water and if, when it is cold it is hard and stiff, it is done. Then pour it into a shallow tin or the deep lid of a tin box. In either case, oil well.

When nearly cold, mark it out in squares with a slightly oiled sharp knife and wrap each square in a piece of waxed paper.

Everton Toffee

1 lb brown sugar
¾ lb fresh butter
1 large tables. Golden syrup
1½ gills of cold water.

Melt the butter in a bright saucepan then put in the sugar, water and syrup. Stir this over a gentle heat until it becomes thicker and darker in colour, then drop a spoonful into a basin of cold water. Let it go cold, then if it is cold and brittle—this is best ascertained by eating a little—it has boiled long enough. If it is not, boil it longer, but watch it carefully.

Pour it into a buttered tin, leave it until it is quite cold then break it up into convenient-sized pieces and keep it in an air-tight tin.
Yorkshire Teacakes

- ¾ lb of flour
- 1 oz butter
- 1 egg
- ½ oz German Yeast
- 1½ gills milk
- ½ teasp. Salt
- ½ teasp castor sugar

Mix the flour and salt, rub in the butter lightly.

Cream the yeast and sugar till liquid. Stir into them the tepid milk.

Beat well and add the egg to the yeast and milk.

Make a hole in the middle of the flour, strain in the yeast and mix to a soft but not sticky dough. It must be very soft.

Knead lightly on a well-floured board.

Well butter two soufflé tins. Divide the dough into two round cakes. Drop one into each tin. Cover the tops with a piece of paper and put the tins in a warm place till the dough has risen and filled the tins. This will take about one hour. When cooked, turn them out of the tins. Glacé the tops with a little warmed milk and butter. Sieve them cut in slices toasted and buttered.

Greenock Scones

- ½ lb flour
- 2 tablesp. castor sugar
- 1½ teasp. baking powder
- ¼ teasp. bicarbonate of soda
- Pinch of salt
- 1 oz lard
- 1 oz butter
- Buttermilk and sour milk

Mix together the flour, sugar, baking powder, salt and bicarbonate of soda.

Rub in lightly the lard and butter. Mix the whole to a soft paste with buttermilk or sour milk.

As quickly as possible, roll the mixture out to a quarter of an inch thick then stamp it out in rounds the size of a wineglass.

Put them on a greased baking tin and bake in an oven about ten minutes.

Before serving them, split them in two, put a lump of butter between each piece and place the scones in the oven till hot through.

They are very good eaten cold.
A Century of Fund-raising

We used to have a maypole when I was at school. We'd get one from Groom's Yard and buy braid for the ribbon in different colours. We each had a different colour.

We danced and then people gave the money. I know we collected quite a bit. People would throw money or we'd go round with a cup.

All around the maypole merrily we go
Chip a chip a chary
Singing as we go
All the rich abundance
O'er the pastures plain
Telling us that God is good
To all our handsome May

It went on -

Beautiful flowers
Beautiful are they.....

something about the mayflowers.

Some people collected, but not a lot. You'd find some would have a maypole in their back yard but they wouldn't collect. At that time we went to the Sunday School and were trying to build the parish hall that they're trying to rebuild now. We used to do all sorts to get money. The money we used to cadge was amazing for this Parish Hall. They said there were no proper foundations. Seeing how hard we'd worked. It was only like a shed—although it has lasted seventy years!

From Chambers' Book of Days