



PLAIN CAKE FOUNDATION RECIPE

$\frac{1}{2}$ lb. plain flour and
4 teaspoons baking powder or
 $\frac{1}{2}$ lb. self raising flour
Pinch of salt

3 oz. margarine
3 oz. sugar
1 teaspoon vanilla essence
Approx. $\frac{1}{2}$ pint milk and water

Mix flour, baking powder if used, and salt. Rub in the margarine and add the sugar. Add the vanilla and mix to a dropping consistency with the milk and water. Turn into a greased 7" tin and bake in a moderately hot oven for $\frac{3}{4}$ -1 hour.



VARIATION

ROCK BUNS VARIATIONS

Makes 20

1 Foundation recipe with the addition of 4 oz. dried fruit and $\frac{1}{2}$ teaspoon mixed spice, added with the sugar. Use as little liquid as possible for mixing so that the mixture is very stiff and will stand up in small heaps on a greased baking sheet. Bake in a hot oven for 10-15 minutes.

PLAIN FRUIT CAKE

2 As for rock buns, but make the mixture to a dropping consistency and turn into a greased 7" tin and bake in a moderate oven for $\frac{3}{4}$ -1 hour.

GINGER CAKE

3 Use the foundation recipe and add 2 teaspoons ground ginger and $\frac{1}{2}$ teaspoon mixed spice with the flour. Put in a 7" tin and bake in moderate oven for $\frac{3}{4}$ -1 hour.

CHOCOLATE CAKE

4 Use the foundation recipe and add 3 tablespoons cocoa with the sugar. Put in a 7" tin and bake in moderate oven for $\frac{3}{4}$ -1 hour.

VEGETABLE SOUP

$\frac{3}{4}$ lb. mixed vegetables (including
some onion and some green
vegetables)
 $\frac{1}{4}$ oz. cooking fat or dripping
 $1\frac{1}{2}$ pints stock or water

3 teaspoons salt
Good pinch of pepper
3-4 tablespoons grated cheese
(optional)

Prepare and shred or slice the vegetables. Heat the fat or dripping and add the vegetables. Cover with a lid and cook gently without browning for 15 to 20 minutes, shaking the pan occasionally to prevent sticking. Add the liquid and seasoning and boil gently until the vegetables are tender. For variety 1 oz. of macaroni, spaghetti, or noodles, may be added with the liquid. Serve the cheese separately to be sprinkled on the soup according to taste.

TOMATO SOUP

$\frac{1}{4}$ oz. cooking fat or dripping
3 oz. carrot, sliced
4 oz. potato, sliced

2 pints boiling stock or water
1 lb. fresh or canned tomatoes
1 tablespoon salt

