

GOODIES OF A BY-GONE AGE

BY FANNIE L. FANCHER



HERE is no gainsaying that our grandmothers really employed different methods in their cooking, hence there is some reason for the complaints we often hear that modern cooking is not equal to that of the past. Sodas and baking powders

being then comparatively unknown, yeasts necessarily entered largely into their cuisine.

An elderly woman told me that she well remembered seeing her mother manufacture her own alkali from the ashes of burnt corn-cobs.

Having fallen heir to a cook book which was published half a century since, I will copy, for THE LADIES' HOME JOURNAL, a few of these "old-time" receipts, that those yearning for a taste of "goodies" of a generation or more ago may be gratified.

HOW THEY MADE JUMBLES

STIR together till light of color a pound of sugar and half the weight of butter, then add eight eggs beaten to a froth, rose water to the taste, and flour to make them sufficiently stiff to roll out. Roll them out in powdered sugar until about half an inch thick. Cut into strips about half an inch wide and four inches long. Join the ends together so as to form rings. Lay them on flat tins that have been buttered; bake them in a quick oven.

BANNOCKS OF PLEASANT MEMORY

STIR to a cream a pound and a quarter of brown sugar and a pound of butter. Beat six eggs, mix them with the sugar and butter; add a teaspoonful of cinnamon or ginger. Stir in a pound and three-quarters of white Indian meal and a quarter of a pound of wheat flour. (The meal should be sifted.) Bake in small cups and let it remain in them till cold.

THOSE FAVORITE WHIGS

MIX half a pound of sugar with six ounces of butter, a couple of beaten eggs, a teaspoonful of cinnamon. Stir in two pounds of wheat flour, a teacupful of yeast and milk sufficient to make a thick batter. When light bake them in small cups.

NUT CAKES WHEN WE WERE CHILDREN

HEAT a pint of milk just lukewarm. Stir into it a teacupful of lard. (The lard should be melted.) Stir in flour till it is a thick batter, then add a small teacupful of yeast. Set it in a warm place. When light, work in two teacupfuls and a half of rolled sugar, four eggs beaten to a froth, two teaspoonfuls of cinnamon and one of salt. Knead in flour to make it sufficiently stiff to roll out; keep in a warm place till risen again. When it appears of a spongy lightness roll it out about half an inch thick. Cut into cakes with a wine glass; let them remain fifteen or twenty minutes before boiling them. Boil them in a pot with about a couple pounds of lard. The fat should be hot enough to boil up as they are put in, and a brisk fire kept under the pot.

It should be kept boiling and shaken constantly. Only a few should be boiled at once; if crowded they will not fry well. If you wish to have them nice dip them into powdered white sugar as soon as fried. The same lard, with a little more added, will answer to fry several batches of cakes in if not burnt.

THE SUGAR DROPS OF OUR GRANDMOTHERS

STIR to a cream three ounces of butter, six of powdered white sugar; then add three beaten eggs, half a pound of sifted flour, half of a nutmeg. Drop this mixture by the large spoonful onto buttered plates several inches apart. Sprinkle small sugar plums on the top, and bake them directly.

THE COMFITS WE WELL REMEMBER

MIX a pound of white sugar with just sufficient water to make a thick syrup. When the sugar has dissolved drop in a pound of coriander seed, then drain off the syrup and put the seeds in a sieve with two or three ounces of flour. Shake them well in it, then set them where they will dry. When dry put them in the syrup again; repeat the above process till they are of the size you wish.

SAVOY CAKES OF OLDEN TIME

BEAT eight eggs to a froth, the whites and yolks should be beaten separately then mixed together, add a pound of powdered white sugar stirred in gradually. Beat the whole well together for eight or ten minutes, add the grated rind of a fresh lemon and half the juice, a pound of sifted flour and a couple of tablespoonfuls of coriander seed. Drop this mixture, by the large spoonful, on buttered baking plates several inches apart, sift white sugar over them and bake immediately in a quick, but not a furiously hot oven. These cakes make a delicious addition to the afternoon tea table.

IT will be seen that when yeast was not employed a thorough beating rendered baking powder unnecessary. These receipts have been given verbatim that their verbose details may be compared with those in modern cook-books, the other extreme of which often renders them obscure to the inexperienced housewife.