

1/2 tsp. baking powder  
 1/2 tsp. salt  
 1 cup milk  
 1 cup poppy seeds  
 stiffly beaten egg whites

In sugar and butter. Measure and  
 pour, baking powder and salt three  
 times. Then add alternately to creamed  
 butter with milk in which poppy seeds  
 were soaked two hours. Beat for 2 min-  
 utes. Add beaten egg whites. Beat 1  
 minute. Bake in 2 large heart shaped  
 pans greased and floured at 350 deg.  
 for 40 minutes.

1 1/2 cups sweet milk  
 1/2 cup cornstarch  
 1/2 cup sugar  
 1 egg yolks  
 1/2 cup broken walnuts

1 1/2 cups milk. Mix cornstarch  
 with sugar with remaining 1/2 cup cold  
 water. Combine with well beaten egg  
 yolks. Add to scalded milk. Cook, stir-  
 ring constantly until thickened. Add  
 walnuts, cool, and spread between layers.  
 with any desired frosting.

*Mrs. S. Lodoen,  
 Fox Valley, Sask.*

### potato spice cake

1 1/2 cups sifted flour  
 1/2 cup sugar  
 1/2 cup cocoa  
 1/2 tsp. baking powder  
 1/2 tsp. salt  
 1/2 tsp. each of cloves, nutmeg,  
 cinnamon and allspice  
 1/2 cup shortening  
 1/2 cup milk  
 1 cup cold mashed potatoes  
 1 egg  
 1/2 tsp. vanilla  
 1/2 tsp. lemon extract  
 1/2 cup raisins  
 1/2 cup nuts

Sift together flour, sugar, cocoa, baking  
 powder, salt and spices. Cut shortening  
 into flour mixture till fine as cornmeal.  
 Add milk, potatoes, unbeaten egg  
 and flavoring. Beat till smooth.  
 Add nuts and raisins. Pour into well-  
 greased 2 3/4 qt. tube pan. Bake at 350

deg. F. for 70 minutes or till done. Cool  
 about 7 minutes. Remove from pan.

*Mrs. H. F. Smith,  
 Medicine Hat, Alta.*

### poor man's angel food cake

1 1/2 cups sifted flour  
 1/2 tsp. salt  
 3/4 tsp. cream of tartar  
 1/2 tsp. baking powder  
 4 eggs, separated  
 1/2 cup cold water  
 1 1/4 cups sugar  
 1 tsp. vanilla

Sift together flour, salt, cream of tartar  
 and baking powder. Add cold water to  
 egg yolks and beat. Add sugar gradually  
 and beat until thick and creamy. Add  
 dry ingredients. Fold in beaten egg  
 whites and vanilla. Turn into ungreased  
 tube pan. Bake in 350 deg. F. oven  
 40-45 minutes.

*Mrs. A. S. Kerr,  
 Vancouver, B.C.*

### prune cake

1/2 cup butter  
 1 cup sugar  
 2 eggs, beaten  
 2/3 cup chopped prunes  
 (stewed and stoned)  
 2/3 cup sour milk  
 1 1/3 cup sifted flour  
 1/2 tsp. baking powder  
 1/2 tsp. soda  
 1/2 tsp. cinnamon  
 1/2 tsp. nutmeg  
 1/2 tsp. allspice

Blend butter with sugar, add eggs and  
 prunes. Stir in sour milk alternately  
 with flour which has previously been  
 sifted with baking powder, soda and  
 spices. Bake in greased layer cake pans  
 in 375 deg. F. oven for 25-30 minutes.  
 Ice with creamy icing.

*Mrs. H. G. Ellis,  
 Sarnia, Ont.*

### queen elizabeth cake

1 cup boiling water  
 1 cup chopped dates  
 1 tsp. baking soda

1/4 cup shortening  
 1 cup granulated sugar  
 1 egg, beaten  
 1 tsp. vanilla  
 1/2 cup walnuts  
 1 1/2 cups sifted pastry flour  
 1 tsp. baking powder  
 1/4 tsp. salt

First add soda to dates, pour boiling  
 water over, let cool. Cream shortening,  
 add sugar. Cream well. Beat in egg,  
 vanilla and salt. Add flour, baking  
 powder and nuts alternately with the  
 date mixture. Bake in 350 deg. F. for  
 one hour, use a pan 8" x 12".

### icing

5 tbs. brown sugar  
 3 tbs. butter  
 2 tbs. cream  
 1/2 cup coconut

Boil 3 minutes. Pour on hot cake and  
 brown in oven.

*Mrs. E. Banting,  
 Sarnia, Ont.*

### soft gingerbread

1/2 cup butter (butter and lard  
 mixed)  
 1 cup white sugar  
 1/4 tsp. salt  
 1 cup molasses  
 1 cup sour milk or buttermilk  
 1 tsp. soda  
 2 tbs. boiling water  
 3 cups sifted bread flour  
 2 tsps. cinnamon  
 2 tsps. ginger  
 1 tsp. cloves  
 1 tsp. nutmeg

Sift flour with spices. Cream butter and  
 lard, add sugar and salt and beat till  
 smooth. Add molasses and buttermilk.  
 Dissolve soda in boiling water and add.  
 Beat till smooth. Add dry ingredients  
 and beat until smooth and light. Bake in  
 9" x 9" pans in a slow oven 300 deg.  
 F. about 40 minutes.

*Mrs. R. M. MacDonald,  
 Cecil Lake, B.C.*

### spiced honey cake

5 cups sifted flour  
 2 tsps. baking powder