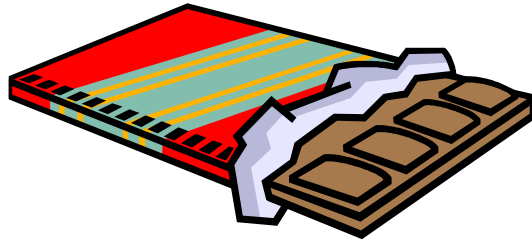


Sweet Potato Chocolate Spread



2 tablespoons of mashed potato
1 tablespoon of cocoa
1 tablespoon sugar
Almond or vanilla flavoring

Mash the potato thoroughly. Mix in the cocoa, sugar and flavoring. Use as a spread instead of Jam.

You can boil and mash parsnips, add sugar and use to make a mock banana sandwich.

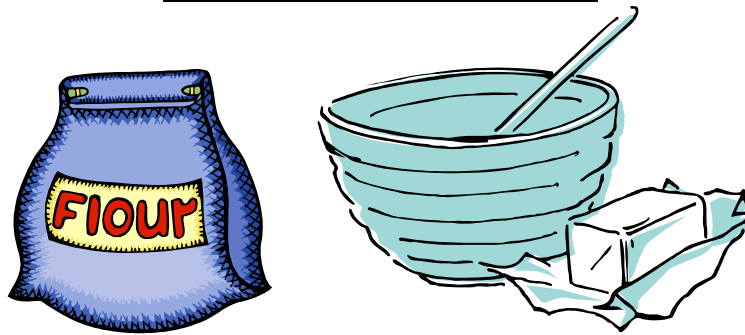
Carrot Jam



8 oz peeled carrots
1 lb sliced cooking apples
 $\frac{1}{4}$ pint water
1 lb of sugar (per pint of mixture)

Cook the carrots in a little water. Cook the apples with a little water until a smooth pulp. Mix the carrots and apples together. Measure the mixture and add 1 lb of sugar for each pint of mixture. Tip it all back into the saucepan, stir until the sugar has dissolved, then boil until stiffened. This never becomes as firm as real fruit jam.

Vinegar Cake



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

Sift the flour. Cream the margarine and sugar. Pour the milk into a large basin, add the vinegar and bicarbonate of soda; the mixture will rise and froth in the basin. Blend the flour and vinegar liquid into the creamed margarine and sugar then add the dried fruit. Put into a greased and floured 7 inch tin, bake in a moderate oven for 1 hour.

Fruity Potato Cakes



- 4 oz cooked potatoes
- 2 oz self raising flour or plain flour with 1 tsp baking powder

1 oz margarine
1 oz sugar
1 tablespoon marmalade
1 oz mixed dried fruit
Topping - sugar & mixed spice, if desired

Mash or sieve the potatoes until light and floury; do not add milk. Sift the flour & baking powder, mix with potatoes. Cream the margarine, sugar & marmalade, then add the flour & potato mixture with the dried fruit. Mix together. Put on a floured board and roll out with a floured rolling pin. Cut into 10-12 rounds or triangles.

Grease a heavy frying pan or griddle with greased paper. Heat the pan for a few minutes, and then test by shaking on a little flour. The heat is correct when the flour turns brown within 1 minute. Put on the potato cakes. Cook for two minutes on each side then lower the heat and cook gently for another 5-6 minutes. Serve hot or cold.

The cakes can be sprinkled with a little sugar and mixed spice.

Carrot Cookies



1 tablespoon margarine
2 tablespoons of sugar and a little extra for sprinkling on top of the cakes
A few drops of vanilla, almond or orange flavouring
4 tablespoons grated raw carrot
6 tablespoons self raising flour or plain flour and $\frac{1}{2}$ teaspoon baking powder

(To get a full tablespoon of margarine or fat, plunge the spoon first into boiling water, then cut out the fat with the hot spoon. In this way, a piece of just the right quantity will be obtained)

Cream the fat & sugar together until it is light and fluffy. Beat in the flavouring and carrot. Fold in the flour. Drop spoonfuls of the mixture into small patty pans. Sprinkle the tops with sugar and bake in a brisk oven for about 20 minutes. Makes 12-15 cakes.