

3



**CHRISTMAS FARE  
FROM THE  
EMPIRE**



*Christmas Fare  
from the  
Empire*

*ISSUED BY*  
THE EMPIRE MARKETING BOARD  
2 QUEEN ANNE'S GATE BUILDINGS  
LONDON S.W. 1



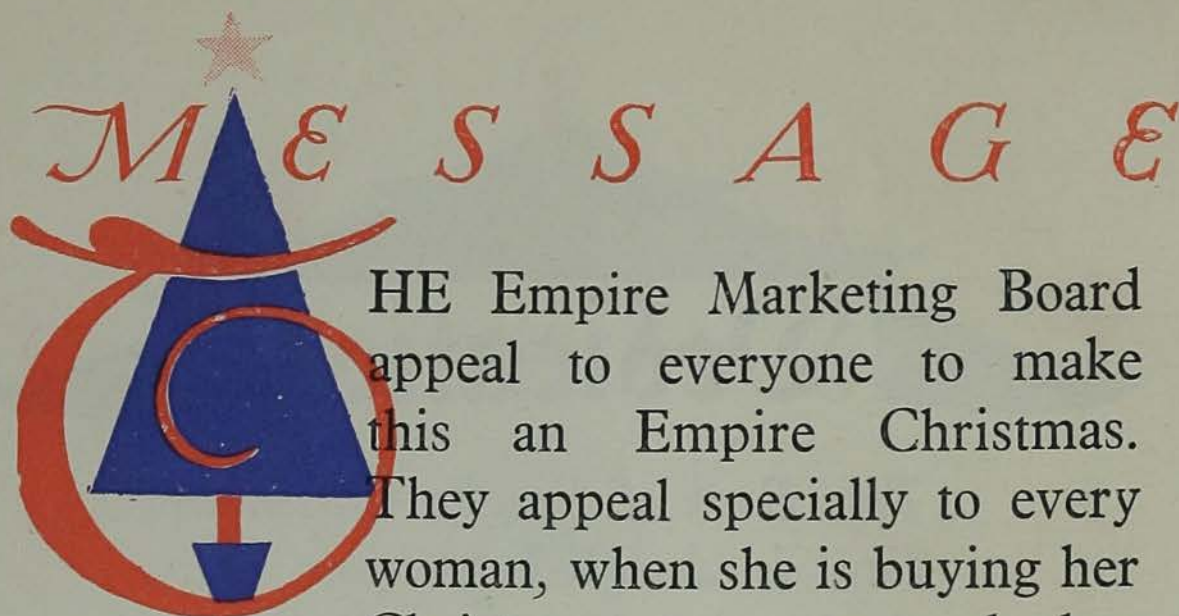
*ALWAYS ASK FOR  
EMPIRE  
PRODUCTS*

A decorative banner with a blue, stylized roof-like shape. Five red candles with yellow flames are placed along the top edge of the banner. The word "Dedication" is written in a black, gothic-style font across the center of the banner.

# Dedication

*This Book of Empire Christmas  
Fare is designed to show how  
the needs of every Christmas  
table, from cottage to palace,  
can be supplied from the Empire  
at home or overseas. It is  
dedicated to all those who  
understand how much  
depends upon their  
choice in  
buying*





THE Empire Marketing Board appeal to everyone to make this an Empire Christmas. They appeal specially to every woman, when she is buying her Christmas presents and her Christmas fare, to choose first the products of her own country and next the products of the Empire countries beyond the seas.



Every woman who makes this an Empire Christmas will be thrice blest in her buying.



*She will delight those for whom she buys.* After all, near or far, there is still no beating the quality of what your own folk grow and your own folk make.



*She will help those from whom she is buying.* Every purchase that you make speeds a message of encouragement to another home somewhere. See



ALWAYS ASK FOR  
EMPIRE PRODUCTS

that your messages this Christmas go to cheer homes in your own country and homes in Empire countries beyond the seas.



*She will help her country.* Better employment in the Empire at home and swifter development in the Empire overseas. These are the things upon which the prosperity of your country and the fortunes of your children depend. If you care for these things,

**Make this  
an Empire  
Christmas**



ALWAYS ASK FOR  
EMPIRE PRODUCTS





# CONTENTS



---

---

List of Groceries and Provisions	-	<i>page</i>	7
List of Fresh Meat, Fish and Poultry-			13
List of Fresh Fruits and Vegetables	-		19
List of Wines, Spirits, Beer, etc.	-		21
List of Tobacco	-	-	23
RECIPE SECTION	-	-	25

Christmas Pudding and Sauces

Mince Pies

Turkey Stuffing

Scotch Currant Bun

Plum Cake

Mincemeat



ALWAYS ASK FOR  
EMPIRE PRODUCTS



## *Groceries and Provisions*



\* An asterisk means that supplies from the country starred are at present only stocked by a limited number of shops. But supplies could in most cases quickly be increased in response to public demand.



# GROCERIES &



# PROVISIONS

*Product.*

*Empire Countries of Origin.*

ARROWROOT		British West Indies.
BACON		United Kingdom, Canada and Irish Free State.
BISCUITS		United Kingdom and Irish Free State.
BITTERS		<i>See List of Wines and Spirits, etc. (p. 21).</i>
BRANDY		<i>See List of Wines and Spirits, etc. (p. 21).</i>
BUTTER		United Kingdom, Canada, Australia, New Zealand and Irish Free State.
CEREAL		
BREAKFAST FOODS	<i>(various)</i>	United Kingdom, Canada, Australia,* and South Africa.*
CHEESE		United Kingdom, Canada, Australia* and New Zealand.
CHUTNEYS	<i>(various)</i>	United Kingdom, Australia,* South Africa* and India.
COCONUT	<i>(desiccated)</i>	Ceylon.
COFFEE		India, East Africa and Jamaica.*
CONFECTIONERY	<i>(various)</i>	United Kingdom, Canada,* Australia,* India* and British West Indies.*
CREAM		United Kingdom.
CURRIES	<i>(sundry)</i>	India.
EGGS		United Kingdom, Canada,* Australia,* South Africa,* New Zealand* and Irish Free State.
FISH		
FRESH OR FROZEN		<i>See separate List (p. 13).</i>
CANNED, DRIED, ETC.		
	<i>Bombay Duck</i>	India.*
	<i>Brisling</i>	United Kingdom.
	<i>Cod, dried or salted</i>	Canada* and Newfoundland.*
	<i>Crayfish</i>	South Africa.
	<i>Halibut</i>	Canada.*
	<i>Herrings</i>	United Kingdom.
	<i>Lobster</i>	Canada and Newfoundland.*



ALWAYS ASK FOR  
EMPIRE PRODUCTS

GROCERIES & PROVISIONS

<i>Product.</i>	<i>Empire Countries of Origin.</i>
<b>FISH (contd.)</b>	
<i>Prawns</i>	Canada.*
<i>Salmon</i>	Canada.
<i>Salmon, smoked</i>	Canada,* Newfoundland.*
<b>FLOUR</b>	United Kingdom, Canada and Australia.
<b>FRUIT DRINKS</b>	(sundry) United Kingdom, Canada, Australia* and South Africa.*
<i>Lemon Squash</i>	South Africa.*
<i>Lime Juice</i>	South Africa* and British West Indies.
<i>Orange Squash</i>	South Africa.*
<b>FRUITS</b>	
<b>FRESH</b>	<i>See separate List (p. 19).</i>
<b>CANNED AND BOTTLED</b>	
<i>Apples</i>	United Kingdom and Canada.*
<i>Apricots</i>	Australia, South Africa and Cyprus.*
<i>Black Currants</i>	United Kingdom and Australia.*
<i>Cherries</i>	United Kingdom.
<i>Damsons</i>	United Kingdom.
<i>Figs, green</i>	South Africa.*
<i>Golden Berries</i>	South Africa.*
<i>Gooseberries</i>	United Kingdom and Australia.*
<i>Grape-fruit</i>	South Africa.*
<i>Greengages</i>	United Kingdom.
<i>Guavas</i>	India and British West Indies.*
<i>Loganberries</i>	United Kingdom and Canada.*
<i>Lyches</i>	India.*
<i>Mangoes</i>	India.*
<i>Passion Fruit</i>	Australia.*
<i>Peaches</i>	Canada,* Australia and South Africa.*
<i>Pears</i>	Canada,* Australia and South Africa.
<i>Pineapples</i>	Australia,* South Africa,* British Malaya and Fiji Islands.*
<i>Plums</i>	United Kingdom, Canada and Australia.*
<i>Raspberries</i>	United Kingdom and Canada.*
<i>Red Currants</i>	United Kingdom.
<i>Strawberries</i>	United Kingdom and Canada.*
<i>Sundry</i>	United Kingdom and Cyprus.*

ALWAYS ASK FOR  
EMPIRE PRODUCTS



GROCERIES & PROVISIONS

<i>Product.</i>	<i>Empire Countries of Origin.</i>
<b>FRUITS (contd.)</b>	
CRYSTALLISED	<i>Mebos</i> South Africa.*
DRIED AND	<i>Almonds</i> Cyprus* and Australia.*
EVAPORATED	<i>Apples</i> Canada and South Africa.*
	<i>Apricots</i> Australia,* South Africa and
	<i>Currants</i> Australia.* [Cyprus.*
	<i>Hazel-nuts</i> Cyprus.*
	<i>Mincemeat</i> South Africa.*
	<i>Muscateles</i> Australia* and South Africa.*
	<i>Peaches</i> Australia* and South Africa.*
	<i>Pears</i> Australia* and South Africa.*
	<i>Peel, candied</i> South Africa.*
	<i>Prunes</i> Australia* and South Africa.*
	<i>Raisins</i> Australia,* South Africa and
	Cyprus.*
	<i>Sultanas</i> Australia and South Africa.
<b>HAMS</b>	United Kingdom, Canada, and
	Irish Free State.*
<b>HONEY</b>	United Kingdom, Canada,*
	Australia,* New Zealand and
	British West Indies.
<b>JAMS</b>	<i>Apricot</i> United Kingdom, Australia* and
	South Africa.*
	<i>Blueberry</i> Canada.*
	<i>Cape Gooseberry</i> South Africa.*
	<i>Cherry</i> United Kingdom and Canada.*
	<i>Fig</i> Australia.*
	<i>Gooseberry</i> United Kingdom and India.*
	<i>Grape</i> South Africa.*
	<i>Grape-fruit</i> South Africa.*
	<i>Green Fig</i> South Africa.*
	<i>Guava</i> India.*
	<i>Melon, mixed</i> Australia* and South Africa.*
	<i>Orange</i> South Africa.*
	<i>Peach</i> Australia.*
	<i>Plum</i> United Kingdom and Australia.*
	<i>Quince</i> Australia* and South Africa.*
	<i>Raspberry</i> United Kingdom, Canada* and
	Australia.*
	<i>Strawberry</i> United Kingdom, Canada* and
	Australia.*
	<i>Tomato</i> United Kingdom and South
	Africa.*
	<i>Sundry</i> United Kingdom and Australia.*



X

ALWAYS ASK FOR  
EMPIRE PRODUCTS

GROCERIES & PROVISIONS

<i>Product.</i>	<i>Empire Countries of Origin.</i>
JELLIES (sundry)	United Kingdom and India.
LARD	United Kingdom, Canada and Irish Free State.
LENTILS	India.
LIQUEURS	<i>See List of Wines and Spirits, etc. (p. 21).</i>
MACARONI	Canada.
OLIVE OIL	Australia* and Palestine.*
MEATS	
FRESH	<i>See separate List (p. 13).</i>
CANNED OR POTTED	
<i>Beef</i>	United Kingdom, Canada and Australia.
<i>Brawn</i>	United Kingdom and Irish Free State.*
<i>Galantines</i>	United Kingdom.
<i>Mutton</i>	Australia.*
<i>Pork</i>	United Kingdom.
<i>Rabbit</i>	Australia* and New Zealand.*
<i>Tongues</i>	United Kingdom, Canada, Australia* and New Zealand.*
<i>Veal Loaf</i>	Canada and Australia.*
MILK ( <i>fresh and tinned</i> )	United Kingdom.
( <i>condensed, dried or evaporated</i> )	United Kingdom, Canada, New Zealand and Irish Free State.
PICKLES	United Kingdom, Canada* and India.
POPPODUMS	India.*
POULTRY	
FRESH	<i>See separate List (p. 13).</i>
CANNED AND POTTED	United Kingdom and Canada.
RICE	India.
RUM	<i>See List of Wines and Spirits, etc. (p. 21).</i>
SAGO	British Malaya.
SAUCES	
<i>Apple</i>	United Kingdom* and Canada.*
<i>Chili</i>	Canada* and India.
<i>Tomato</i>	United Kingdom, Canada, Australia* and India.*
<i>Sundry</i>	United Kingdom.

ALWAYS ASK FOR  
EMPIRE PRODUCTS



GROCERIES & PROVISIONS

*Product.*

*Empire Countries of Origin.*

SOUPS

CANNED AND DRIED

*Sundry* United Kingdom, Canada and  
New Zealand.\*  
*Turtle* British West Indies.\*

SPICES AND  
CONDIMENTS

*Allspice* British West Indies.  
*Cinnamon* India,\* British West Indies\* and  
Ceylon.  
*Cloves* Zanzibar.  
*Ginger* India, British West Indies and  
Sierra Leone.  
*Mace* British West Indies.  
*Mustard* United Kingdom.  
*Nutmegs* British West Indies.  
*Pepper* India and British West Indies.  
*Salt* United Kingdom.  
*Turmeric* India.

STOUT

*See List of Wines and Spirits, etc.*  
(p. 21).

SUET

United Kingdom.

SUGAR

United Kingdom, Canada,  
Australia, South Africa,  
British West Indies, British  
Guiana and Mauritius.  
*Maple* Canada.\*

SYRUPS

*Sundry* United Kingdom, Canada and  
British West Indies.\*

*Maple* Canada.\*

TAPIOCA

British Malaya.

TEA

India, Ceylon and East Africa  
(Nyasaland).\*

VEGETABLES

*Fresh* *See List (p. 19).*  
*Canned* United Kingdom and Canada

VERMICELLI

Canada.

VINEGAR

United Kingdom and Canada.

WHISKY

*See List of Wines and Spirits, etc.*  
(p. 21).



ALWAYS ASK FOR  
EMPIRE PRODUCTS



## *Meat, Fish and Poultry*



\* An asterisk means that supplies from the country starred are at present only stocked by a limited number of shops. But supplies could in most cases quickly be increased in response to public demand.

# MEAT, FISH & POULTRY



*Product.*

*Empire Countries of Origin.*

## MEAT

<i>Beef</i>	United Kingdom, Australia and Irish Free State.
<i>Lamb</i>	United Kingdom, Australia, New Zealand and Irish Free State.*
<i>Mutton</i>	United Kingdom, Australia, New Zealand* and Irish Free State.*
<i>Pork</i>	United Kingdom, New Zealand and Irish Free State.*
<i>Tongues</i>	United Kingdom and Canada.
<i>Veal</i>	United Kingdom and New Zealand.*

## FISH

<i>Bream</i>	United Kingdom.
<i>Brill</i>	„ „
<i>Coal Fish</i>	„ „
<i>Cod</i>	„ „
<i>Conger Eels</i>	„ „
<i>Haddock</i>	„ „
<i>Halibut</i>	„ „
<i>Hake</i>	„ „
<i>Herring</i>	„ „
<i>Lemon Sole</i>	„ „
<i>Ling</i>	„ „
<i>Lobster</i>	„ „
<i>Megrims</i>	„ „
<i>Oysters</i>	„ „
<i>Plaice</i>	„ „
<i>Salmon</i>	„ „
„ frozen	Canada* and Newfoundland.*
<i>Sole</i>	United Kingdom.
<i>Turbot</i>	„ „
<i>Whiting</i>	„ „
<i>Witches</i>	„ „

*Nearly every kind of fish from the Home Fishing Grounds is good and in season during the month of December.*



ALWAYS ASK FOR  
EMPIRE PRODUCTS

MEAT, FISH & POULTRY

*Product.*

*Empire Countries of Origin.*

POULTRY

*Chickens*

United Kingdom, Canada,\* and  
Irish Free State.

*Ducks*

United Kingdom and Irish Free  
State.

*Geese*

United Kingdom and Irish Free  
State.

*Pigeons*

United Kingdom.

*Turkeys*

United Kingdom, South Africa,\*  
and Irish Free State.

GAME

*Various*

United Kingdom.

*Rabbits*

United Kingdom, Australia and  
New Zealand.



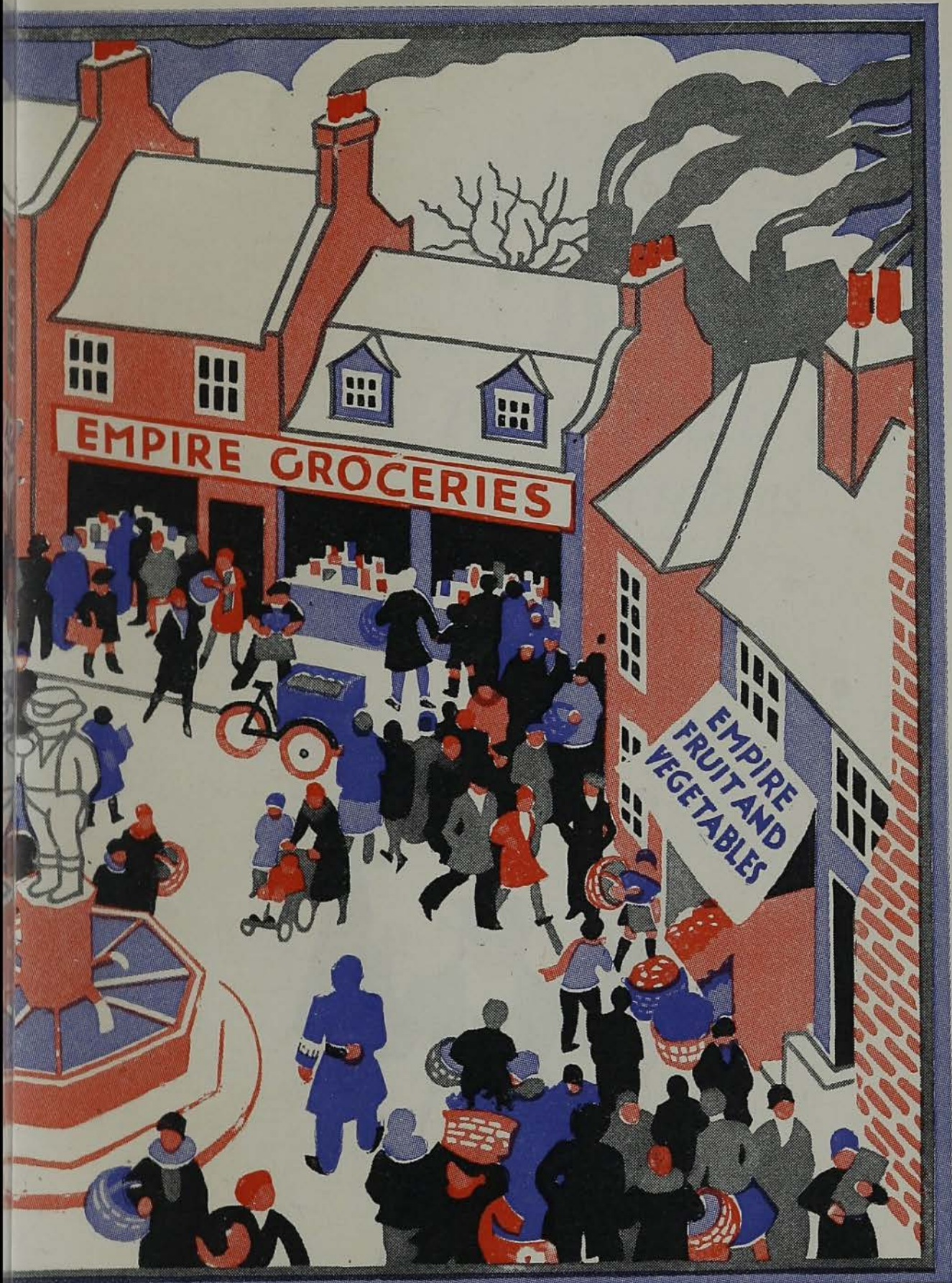
ALWAYS ASK FOR  
EMPIRE PRODUCTS



XV











## *Fresh Fruits and Vegetables*



\* An asterisk means that supplies from the country starred are at present only stocked by a limited number of shops. But supplies could in most cases quickly be increased in response to public demand.

# FRESH FRUITS & VEGETABLES

*In season during December*

## FRUITS.

*Empire Countries of Origin.*

APPLES	United Kingdom and Canada.
†APRICOTS	South Africa.
BANANAS	Jamaica.
GRAPES ( <i>hot-house</i> )	United Kingdom.
GRAPE-FRUIT	British West Indies.
ORANGES	British West Indies and Palestine.
†PEACHES	South Africa.
PEARS	United Kingdom and Canada.*
PINEAPPLES	South Africa.
†PLUMS	South Africa.

†These fruits start to arrive in the United Kingdom at the beginning of December, but are not in full supply until after Christmas.

## VEGETABLES.

*Empire Countries of Origin.*

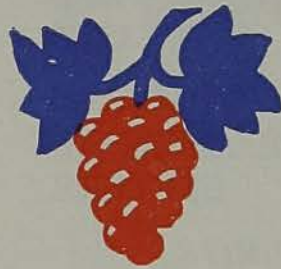
ARTICHOKES	United Kingdom.
BEANS ( <i>runner</i> )	Channel Islands.
BETROOTS	United Kingdom.
BROCCOLI ( <i>Hearting</i> )	” ”
BRUSSELS SPROUTS	” ”
CABBAGES	” ”
CELERY	” ”
CARROTS	” ”
CUCUMBERS	” ”
CURLY KALE	” ”
LEEKs	” ”
MINT	” ”
MUSHROOMS	” ”
MUSTARD & CRESS	” ”
ONIONS	United Kingdom and Irish Free State.
PARSLEY	United Kingdom.
PARSNIPS	” ”
POTATOES	United Kingdom and Irish Free State.
RADISHES	Channel Islands.
SAVOYS	United Kingdom.
SCOTCH KALE	” ”
SEA KALE	” ”
SHALLOTS	” ”
SPINACH	” ”
SWEDES	” ”
TOMATOES	” ”
TURNIPS	” ”



ALWAYS ASK FOR  
EMPIRE PRODUCTS



*Wines, Spirits,  
Beer, etc.*



\* An asterisk means that supplies from the country starred are at present only stocked by a limited number of shops. But supplies could in most cases quickly be increased in response to public demand.

# WINES, SPIRITS,



# BEER, ETC.

## WINES.

CHABLIS  
CLARET  
SAUTERNE  
RED BURGUNDY  
WHITE BURGUNDY  
HERMITAGE  
HOCK  
MUSCADEL (*sweet Muscatelle*)  
DESSERT WINES (*port types*)

## SHERRY

## LIQUEURS.

VAN DER HUM  
DRAMBUIE  
CHERRY BRANDY  
PEACH BRANDY  
SLOE GIN

## COCKTAILS.

CAPE APERITIF  
BITTERS

## SPIRITS.

BRANDY

GIN

RUM

WHISKY

## BEER.

BEER

CIDER

STOUT

## MINERAL WATERS.

(*various*)

## Empire Countries of Origin.

Australia.

South Africa.

Australia and South Africa.

Australia and South Africa.

Australia and South Africa.

South Africa.

Australia and South Africa.

Australia and South Africa.

Canada,\* Australia and South Africa.

Canada.\*

South Africa.

United Kingdom.

United Kingdom.

United Kingdom.

United Kingdom.

South Africa.

British West Indies.

South Africa, Cyprus and Palestine.

United Kingdom.

British West Indies and British Guiana.

United Kingdom, Canada\* and Irish Free State.

United Kingdom.

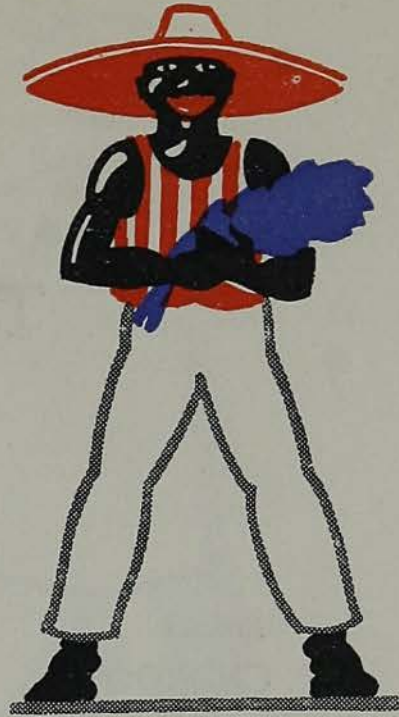
United Kingdom.

United Kingdom and Irish Free State.

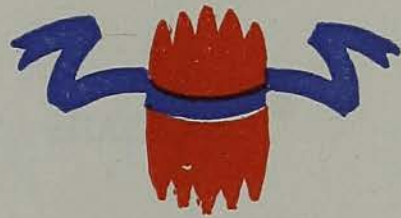
United Kingdom.



ALWAYS ASK FOR  
EMPIRE PRODUCTS

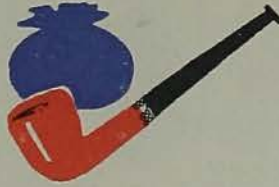


*Tobacco*



FULL PARTICULARS of the brands and prices of all cigars, cigarettes, and pipe mixtures made wholly or in large part from tobacco produced within the Empire may be found in a booklet on the subject recently issued by the Empire Marketing Board and obtainable upon application to their Offices, 2, Queen Anne's Gate Buildings, London, S.W.1.





# TOBACCO

*See note on preceding page.*



*Product.*

**CHEROOTS**

**CIGARETTES**

**CIGARS**

**PIPE TOBACCO**

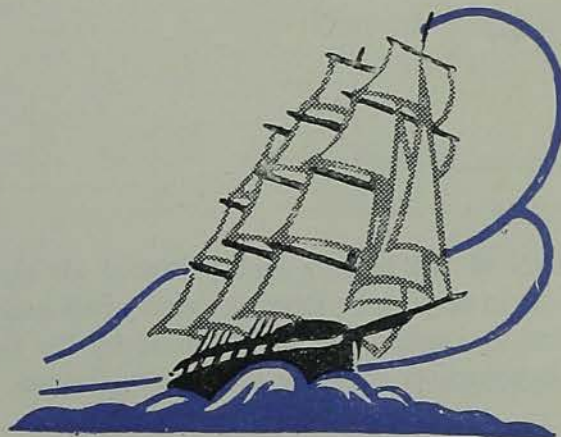
*Empire Countries of Origin.*

India, Jamaica and British North Borneo.

United Kingdom, Canada, South Africa, Southern Rhodesia, Northern Rhodesia, Nyasaland, Mauritius, Palestine and Cyprus.

Canada, India, British North Borneo and Jamaica.

United Kingdom, Canada, South Africa, India, Southern Rhodesia, Northern Rhodesia, Nyasaland, British North Borneo, Mauritius, Palestine and Cyprus.



**ALWAYS ASK FOR  
EMPIRE PRODUCTS**



*Empire Recipes*



# RECIPES FOR CHRISTMAS

## An Empire Christmas Pudding

*With accompanying SAUCES, according to recipes  
supplied by the King's Chef, MR. CEDARD, with  
Their Majesties' gracious consent.*

1 lb. of currants	-	Australia.
1 lb. of sultanas	-	Australia or South Africa.
1 lb. of stoned raisins	-	Australia or South Africa.
5 ozs. of minced apple	-	United Kingdom or Canada.
1 lb. of breadcrumbs	-	United Kingdom.
1 lb. of beef suet	-	United Kingdom.
6½ ozs. of cut candied peel	-	South Africa.
8 ozs. of flour	-	United Kingdom.
8 ozs. of demerara sugar	-	British West Indies or British Guiana.
5 eggs	-	United Kingdom or Irish Free State
½ oz. ground cinnamon	-	India or Ceylon.
¼ oz. ground cloves	-	Zanzibar.
¼ oz. ground nutmegs	-	British West Indies.
¼ teaspoonful pudding spice	-	India or British West Indies.
*¼ gill brandy	-	Australia, South Africa, Cyprus or Palestine.
*½ gill rum	-	Jamaica or British Guiana.
*1 pint old beer	-	England, Wales, Scotland or Ireland

\* These ingredients may be regarded as optional provided some other liquid such as milk is substituted—in which case, however, the pudding will lose its keeping qualities.

## SAUCE SABAYON

Put into a whipping bowl the yolks of 2 eggs, ¼ oz. castor sugar, ¼ gill South African white wine, ¼ gill of water. Set bowl over a slow gas. Whip continuously until quite frothy as whipped cream. Serve immediately. Before serving, a few drops of Cyprus brandy or Jamaica rum may be sprinkled over.



ALWAYS ASK FOR  
EMPIRE PRODUCTS

## BRANDY BUTTER

Beat to a cream 2 ozs. butter and 2 ozs. fine sugar, add  $\frac{1}{2}$  gill Cyprus brandy, beating continuously. This can be served in a sauce-boat or placed on the ice to set and cut into fancy shapes, and served on a napkin.

### Empire Mince Pies

*According to RECIPES supplied by the King's Chef,  
MR. CEDARD, with Their Majesties' gracious consent.*

**P**REPARE puff-paste from the following:—1 lb. flour (*United Kingdom*) 1 lb. butter (*United Kingdom, Australia, New Zealand or Irish Free State*), giving six turns. Line mince-pie tins with the paste and fill with the following previously prepared mincemeat:—6 lbs. currants (*Australia*), 6 lbs. sultanas (*Australia*), 6 lbs. stoned raisins (*South Africa*), 4 lbs. chopped mixed peel (*South Africa*), 4 lbs. of demerara sugar (*British West Indies or British Guiana*),  $1\frac{1}{2}$  ozs. ground cinnamon (*India*),  $1\frac{1}{2}$  ozs. ground nutmegs (*British West Indies*), 1 oz. ground cloves (*Zanzibar*),  $\frac{1}{2}$  bushel minced russet apples (*United Kingdom or Canada*), juice of 10 lemons (*South Africa*), juice of 10 oranges (*Palestine or British West Indies*), chopped rind of 5 lemons and 5 oranges (*Palestine or British West Indies*), 1 pint brandy (*Australia, South Africa, Cyprus or Palestine*), 1 pint rum (*South Africa, Jamaica or British Guiana*), 1 pint white wine (*South Africa*), 7 lbs. chopped suet (*United Kingdom*).

Cover the pies with another layer of paste, wash with egg, and bake in a fairly hot oven. When almost ready, dust with icing sugar and replace in oven until glazed.

*The quantities given above will make about 3 dozen pie cases and 40 lbs. of mincemeat. The meat should be stored in tightly sealed jars.*

*(A simple and more economical recipe for mincemeat is given on page xxx.)*



ALWAYS ASK FOR  
EMPIRE PRODUCTS



XXVII

## The Stuffing of an Empire Turkey

**C**HOOOSE a nice turkey born and bred in England, Scotland, Wales, Northern Ireland or the Irish Free State. Let it weigh, for use in an average household, from 7 to 9 lbs. *An excellent stuffing is made in the following way* :—Put about 1 lb. of sausage meat into a deep bowl with a little grated nutmeg. Add to this one shredded onion which has been cooked for a few minutes in butter. Add one egg well beaten. Have ready about 1 lb. of chestnuts which have been cooked in some good stock. Mix the stuffing and chestnuts and stuff the turkey. The turkey should be roasted for about 2 hours.

## Scotch Currant Bun

**M**IX together in a large basin 1 lb. of flour (*United Kingdom*),  $\frac{1}{2}$  lb. sugar (*Demerara*), 2 lbs. raisins (*Australia or South Africa*),  $\frac{1}{2}$  lb. mixed peel (*South Africa*),  $\frac{1}{2}$  lb. quartered almonds (*Cyprus*), 2 lbs. currants (*Australia*),  $\frac{1}{2}$  oz. ground ginger (*India*),  $\frac{1}{2}$  oz. cinnamon (*India*),  $\frac{1}{2}$  oz. pepper (*Jamaica*), 1 small teaspoonful soda, 1 small teaspoonful cream of tartar, enough milk just to moisten the mixture. Mix thoroughly with the hands. Put into a tin lined with thin paste made in the following way :—

Mix into a thin paste moistened with water  $1\frac{1}{2}$  cupfuls flour (*United Kingdom*),  $\frac{1}{4}$  lb. butter (*United Kingdom, Australia, New Zealand or Irish Free State*), 1 small teaspoonful baking powder. Roll out very thin and line a well-greased cake tin. Put in the mixture (as described above). Cover with a lid made of the paste. Trim edges neatly round. Brush with beaten egg. Bake for about 3 hours.



ALWAYS ASK FOR  
EMPIRE PRODUCTS

## An Empire Plum Cake

10 ozs. butter	-	United Kingdom, Australia, New Zealand or Irish Free State.
6 ozs. sugar	-	United Kingdom, Canada or British West Indies.
5 eggs	-	United Kingdom or Irish Free State
1 lb. flour	-	United Kingdom.
1 teaspoonful baking powder	-	United Kingdom.
6 ozs. currants	-	Australia.
6 ozs. sultanas	-	Australia or South Africa.
5 ozs. lemon peel (chopped)	-	South Africa.
Few drops essence of lemon	-	United Kingdom.
1 gill milk	-	United Kingdom.

### METHOD

Beat butter and sugar together. When nicely creamed, beat in eggs one at a time. Add flour in which baking powder has been well mixed. Finally add fruit and milk. Mix very gently until smooth. Bake at once.

*This recipe by MR. J. H. MERRETT, of Cardiff, has been supplied through the courtesy of the National Association of Master Bakers and Confectioners.*



ALWAYS ASK FOR  
EMPIRE PRODUCTS



## RECIPES FOR CHRISTMAS

# Empire Mincemeat

*A simple and more economical recipe.*

2 lbs. apples (*United Kingdom or Canada*), 1 lb. grapes (*United Kingdom*), 1 lb. raisins (*South Africa*), 1 lb. currants (*Australia*),  $\frac{1}{2}$  lb. demerara sugar (*British West Indies or British Guiana*),  $\frac{1}{2}$  lb. chopped orange peel (*South Africa*), rind and juice of 1 lemon and 1 orange (*Palestine or British West Indies*), 2 ozs. mixed spice (*India, British West Indies and Zanzibar*), pinch of salt (*United Kingdom*). When all ingredients are well chopped and mixed, put into jars and tie down at once.



ALWAYS ASK FOR  
EMPIRE PRODUCTS

XXX



DESIGNED AND ARRANGED BY  
SERVICE ADVERTISING CO., LTD.  
10, 11 & 12, CORK STREET, W.1

AND

PRINTED BY WM. CLOWES  
& SONS, LIMITED, DUKE ST.,  
STAMFORD ST., LONDON, S.E. 1