

War Time Fruit #1

**GRANDMA'S
LITTLE
BLACK
BOOK
OF
RECIPES**

FROM 1910

**Grandma's Little Black Book of
Recipes
From 1910**

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About This Book

This little black book was discovered in an attic in 2015. The typed recipes and instructions are a direct translation of the handwriting seen in the photographs on each page. No extra instructions have been added to preserve its authenticity.



Bring your tablet into the rural English kitchen of 1910. Relive the tastes and smells of an age where there were no microwave ovens or digital scales. Back then, cooking was done on a Yorkshire Range, similar to the one shown above.

The book was compiled before the First World War when young women visited each other's houses swapping recipes, as well as catching up on the latest gossip. Funny little markings on some of the recipes, (a cross "X" with a dot between each line) was a star rating, four dots being the best.

The recipes included instructions like "place the chocolate and sugar into a bowl and warm by the fire, stirring until melted" (you will probably pop them into a microwave for a few seconds)

The hand written recipes contain simple ingredients available at that time. Self raising flour was not in common use, baking powder was used with plain flour.

UK measurements are used; oz, lbs. and pints. Gills and quarts are given as mL and fluid ozs. Also terms like "bake in a quick oven" are used, a handy guide to all modern settings is given on the

"Conversions" page.

This is not a book for the complete novice. You won't find any "preheat the oven to 200° " instructions. Their skills were not only in baking, but also maintaining the oven at a constant temperature, remember the heat came from the coal and wood, no thermostatic controls or glass fronted oven in doors existed back then.

However, if you can bake scones and know by looking at things when they are "done," you will enjoy experimenting as they did, adapting the recipes to your own taste.

Above all.....Enjoy the taste of yesteryear !!

Conversions

Temperatures

Gas Mark 1	250F	120C
Gas Mark 2	300F	150C
Gas Mark 3	325F	160C
Gas Mark 4	350F	180C
Gas Mark 5	375F	190C
Gas Mark 6	400F	200C
Gas Mark 7	425F	220C
Gas Mark 8	450F	230C
Gas Mark 9	475F	240C
Gas Mark 10	500F	250C

Very Slow Oven: — Below 300F

Slow Oven: — 300F

Moderately Slow Oven: — 325F

Moderate Oven: — 350F

Moderately Hot Oven: — 375F

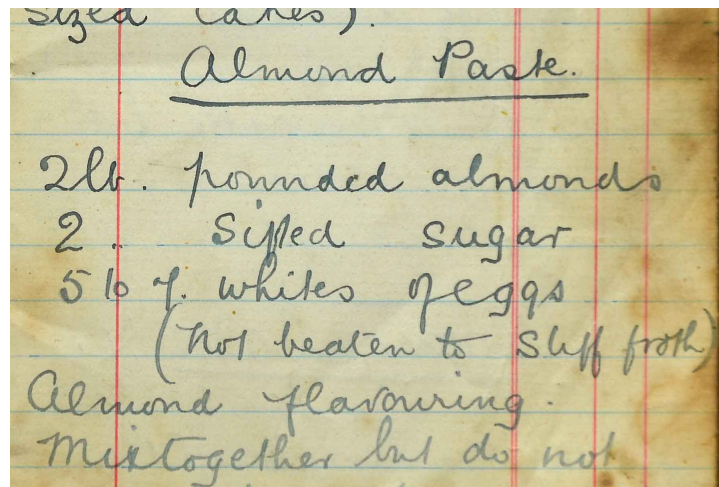
Quick Oven: — 375-400F

Hot Oven: — 400-425F

Very Hot Oven: — 450-475F

Extremely Hot Oven: — 500F or more

Almond Paste



2 lb pounded almonds

2 lb sifted sugar

5 to 7 whites of eggs

Almond essence

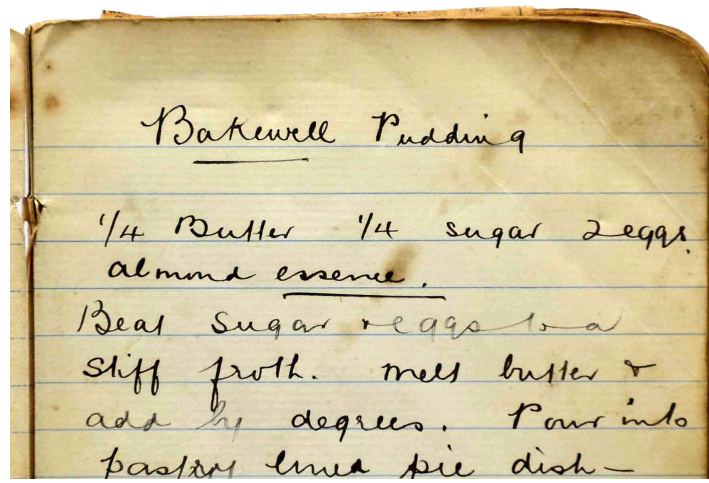
Method

Beat the eggs, but not to a stiff froth

Add the pounded almonds

Mix together, with essence, but do not make too soft

Bakewell Pudding

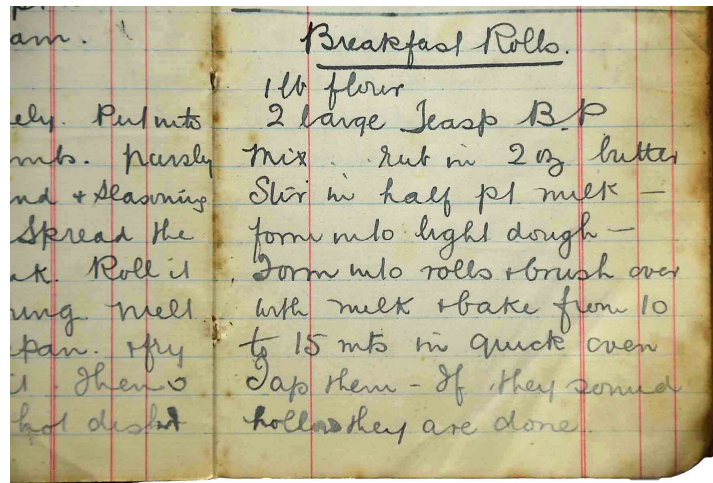


1/4 lb butter
1/4 lb sugar
2 eggs
Almond essence
Pastry

Method

Melt butter and add by degrees
Pour into pastry lined pie dish
Don't allow to boil

Breakfast Rolls

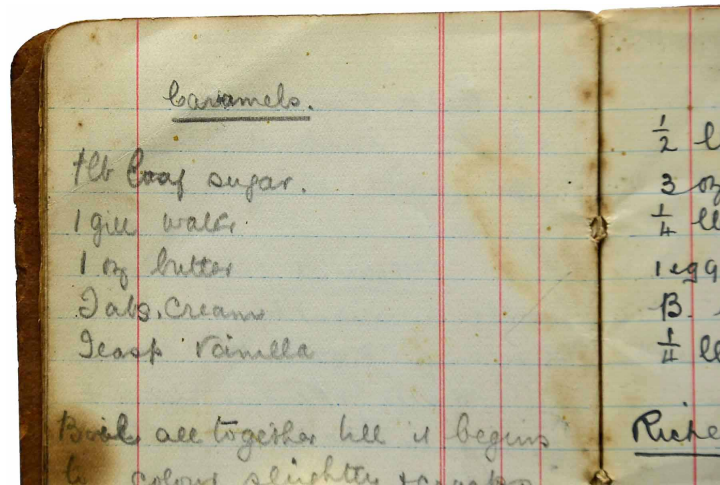


- 1 lb flour
- 2 large teaspoons baking powder
- 2 oz butter
- ½ pint milk

Method

- Mix
- Rub in 2 oz butter
- Stir in ½ pint milk
- Form into light dough
- Form into rolls and brush over with milk
- Bake from 10 to 15 mins in quick oven
- Tap them, if they sound hollow, they are done!

Caramels

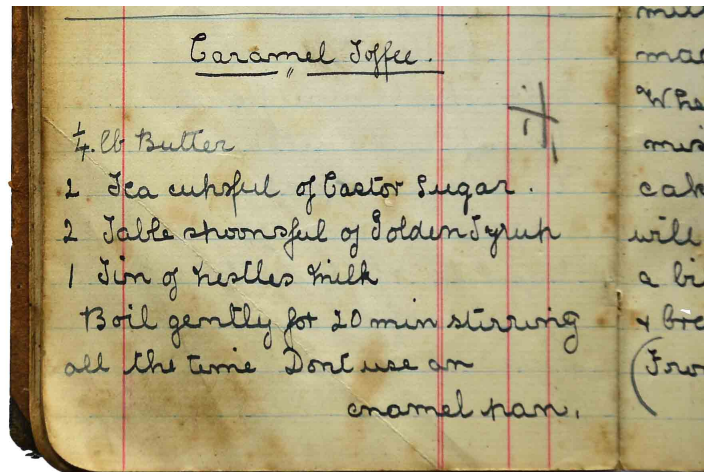


- 1 lb loaf sugar (granulated)
- 1 gill water (5 fluid oz - 142mL)
- 1 oz butter
- 1 tablespoon cream
- 1 teaspoon vanilla

Method

Boil all ingredients, except vanilla, together
When it begins to colour slightly and cracks quickly when dropped
into cold water, add the vanilla
Pour into a greased tin or dish
When cool cut into squares

Caramel Toffee

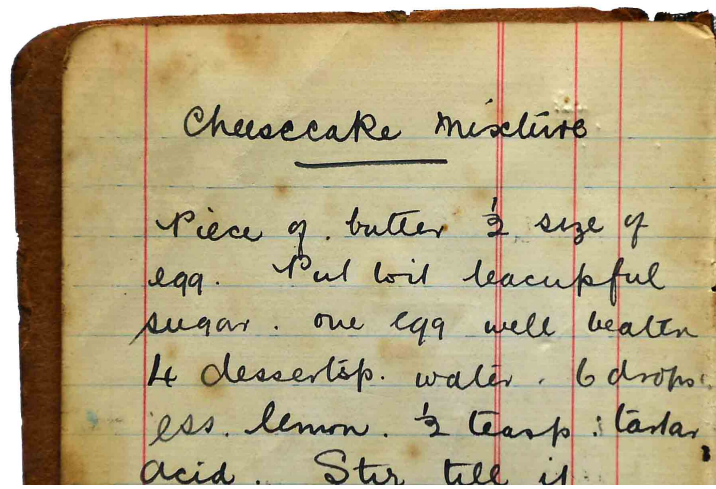


- 1/4 lb butter
- 2 teacupful of castor sugar
- 2 tablespoons of golden syrup
- 1 tin condensed milk

Method

- Don't use an enamel pan
- Boil gently for 20 mins stirring all the time

Cheesecake Mixture

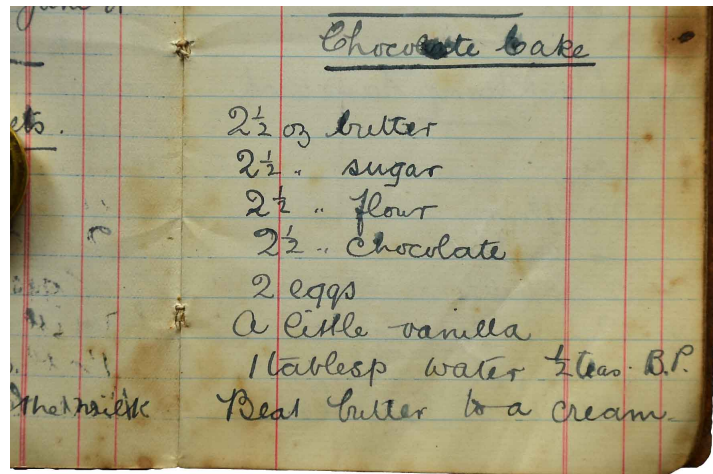


- 1 egg
- 1 teacupful of sugar
- 4 dessertspoons water
- 1/2 teaspoon tartar acid
- Butter 1/2 size of egg

Method

- Piece of butter 1/2 size of egg in pan
- Put to it 1 teacupful sugar
- 1 egg well beaten
- 4 dessertspoons of water
- 6 drops of lemon essence
- 1/2 teaspoon tartar acid
- Stir till it thickens
- Do not let it boil

Chocolate Cake

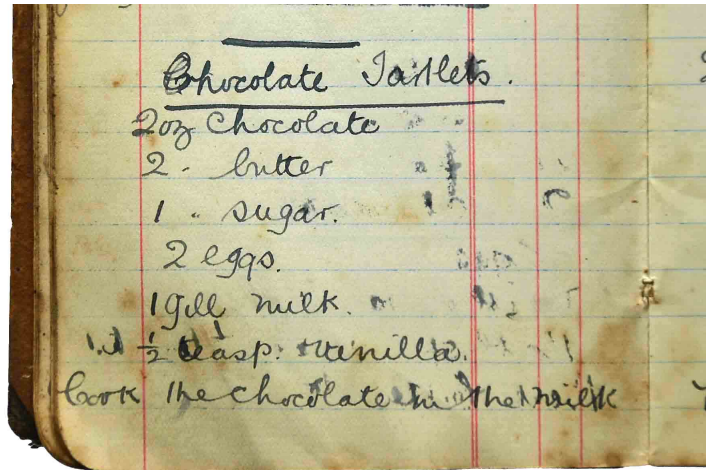


2½ oz butter
2½ oz sugar
2½ oz flour
2½ oz chocolate
2 eggs
1 tablespoon water
½ teaspoon baking powder
A little vanilla

Method

Beat the butter to a cream
Add sugar and gradually flour with yolks of eggs
Dissolve chocolate with a tablespoon of water
When cool add it to the mixture
Add vanilla
Lastly, beat whites of eggs to stiff froth
Add ½ teaspoon baking powder
Bake and ice if liked

Chocolate Tartlets

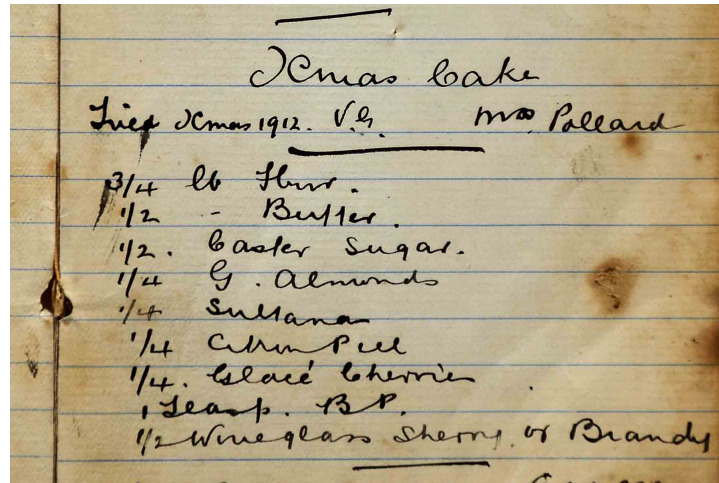


2 oz chocolate
2 oz butter
1 oz sugar
2 eggs
1 gill milk (5 fluid oz - 142ml)
½ teaspoon vanilla
Pastry

Method

Cook the chocolate with the milk for 5 mins, allow to cool
Add the well beaten eggs, butter and sugar
Flavour with vanilla
Line some tartlet tins with pastry
Put a little of the mixture in each and bake for 20 minutes
When quite cold, garnish with whipped cream

Christmas Cake



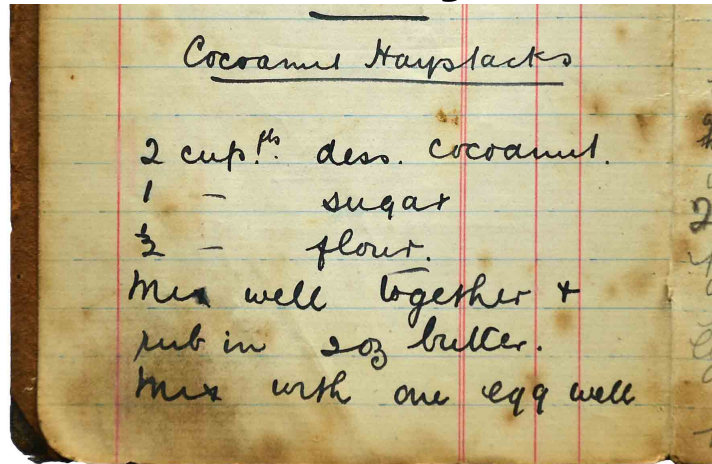
Tried Xmas 1912, Very Good

- 3 eggs
- $\frac{3}{4}$ lb flour
- $\frac{1}{2}$ lb butter
- $\frac{1}{2}$ lb castor sugar
- $\frac{1}{4}$ lb ground almonds
- $\frac{1}{4}$ lb sultanas
- $\frac{1}{4}$ lb candid peel
- $\frac{1}{4}$ lb glacé cherries
- 1 teaspoon baking powder
- $\frac{1}{2}$ wineglass sherry or brandy

Method

- Beat butter and sugar
- Add eggs and wineglass alcohol, mix well
- Add all other dry ingredients
- Bake for about 3 hours

Coconut Haystacks

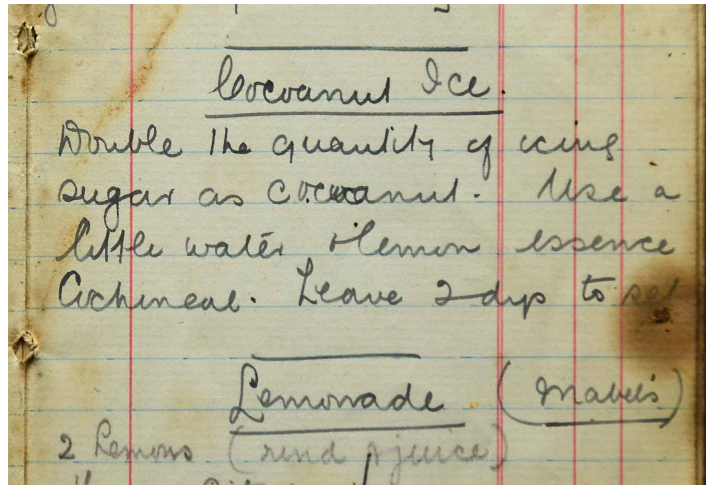


2 cupfuls desiccated coconut
1 cupful sugar
1/2 cupful flour
2 oz butter
1 egg

Method

Mix well together and rub in 2 oz of butter
Mix with egg well beaten
Make into cones
Bake in hot oven till slightly browned

Coconut Ice

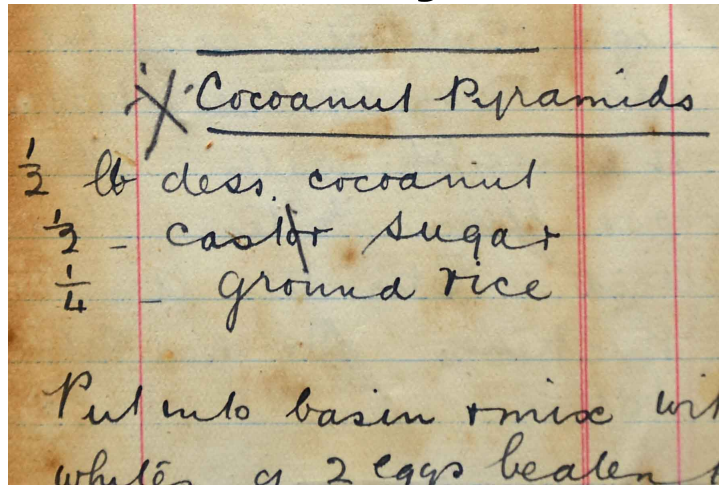


Icing sugar
Coconut
A little water
Lemon or cochineal essence

Method

Double the quantity of icing sugar as coconut
Use a little water and lemon or cochineal essence
Leave 2 days to set
No cooking required

Coconut Pyramids



1/2 lb desiccated coconut

1/2 lb castor sugar

1/4 lb ground rice

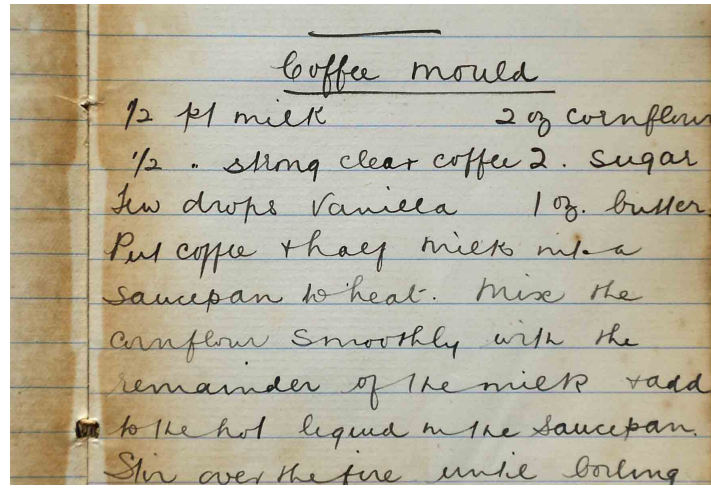
2 eggs

Method

Put into basin and mix with whites of 2 eggs beaten to froth

Bake in slow oven for 3/4 hour

Coffee Mould

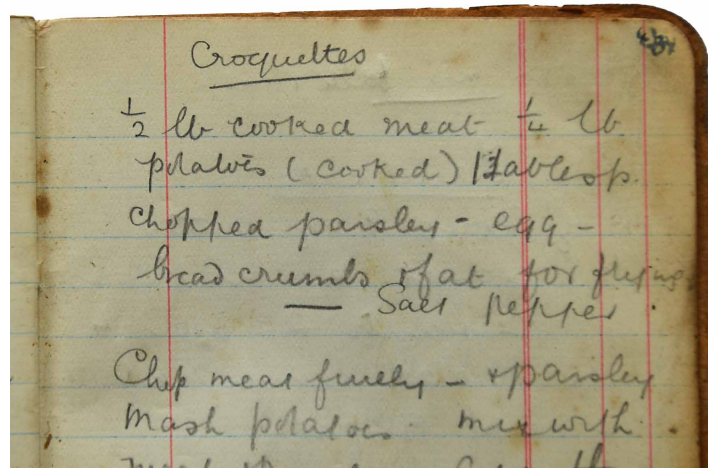


1/2 pint milk
1/2 pint strong clear coffee
2 oz cornflour
2 oz sugar
1 oz butter
Few drops vanilla essence

Method

Put coffee and half milk into a saucepan to heat
Mix the cornflour smoothly with the remainder of the milk
Add to the hot liquid in the saucepan
Stir over the fire until boiling
Boil slowly until thoroughly cooked
Add sugar and butter

Croquettes

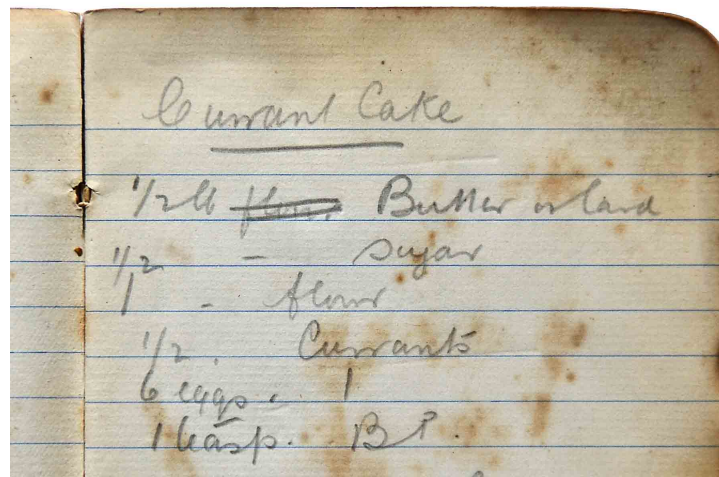


1/2 lb cooked meat
1/4 lb cooked potatoes
1 tablespoon chopped parsley
1 egg
Breadcrumbs
Fat for frying
Salt and pepper

Method

Chop meat finely
Add parsley
Mash potatoes
Mix with meat and parsley
Add seasoning
Bind with egg and form into balls
Brush with egg
Roll in breadcrumbs
Fry in hot fat

Currant Cake

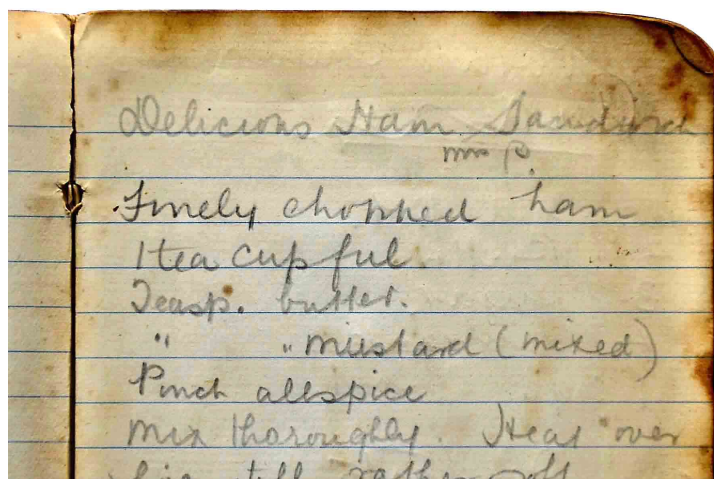


- 1/2 lb butter or lard
- 1/2 lb sugar
- 1/2 lb currants
- 1 lb flour
- 6 eggs
- 1 teaspoon baking powder

Method

Separate the yolks from the whites
Moderate oven 1 hour

Delicious Ham Sandwich Filling



1 teacupful finely chopped ham

1 teaspoon butter

1 teaspoon mustard

Pinch allspice

Method

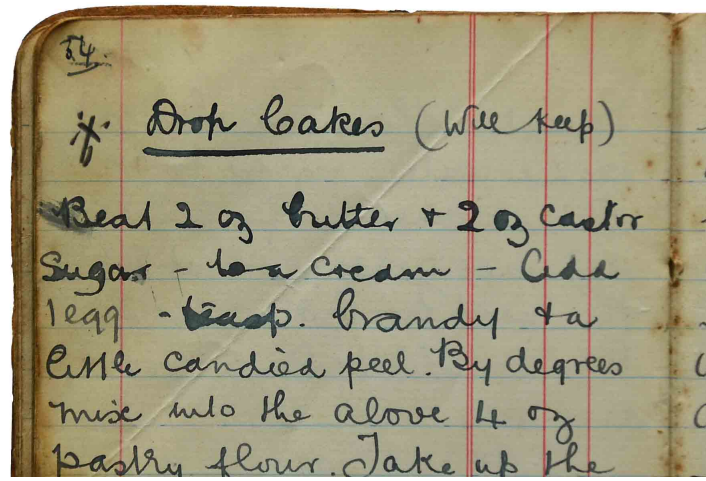
Mix thoroughly

Heat over fire until rather soft

Press into jars

When cold, slice very thin

Drop Cakes

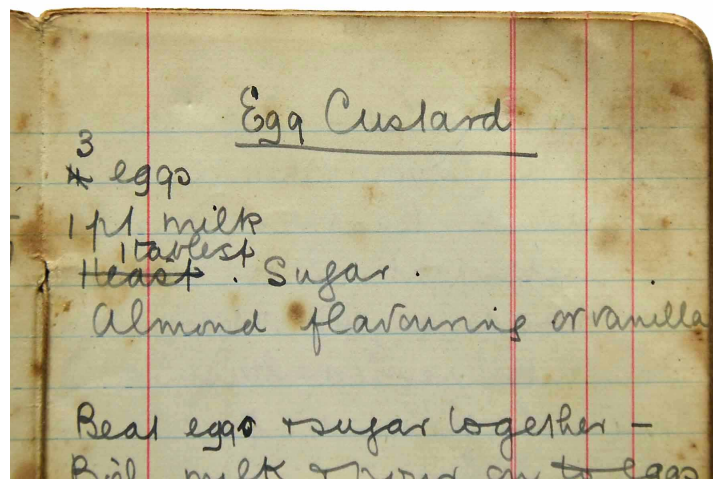


2 oz butter
2 oz castor sugar
4 oz pastry flour
1 egg
1 teaspoon brandy
Candied peel

Method

Beat 2 oz butter and 2 oz castor sugar to a cream
Add egg, teaspoon of brandy and a little candied peel
By degrees, mix into the above 4 oz pastry flour
Make up the dough into lots, the size of a walnut
Put on a baking sheet and bake in steady oven
Set in a tin when quite cold

Egg Custard

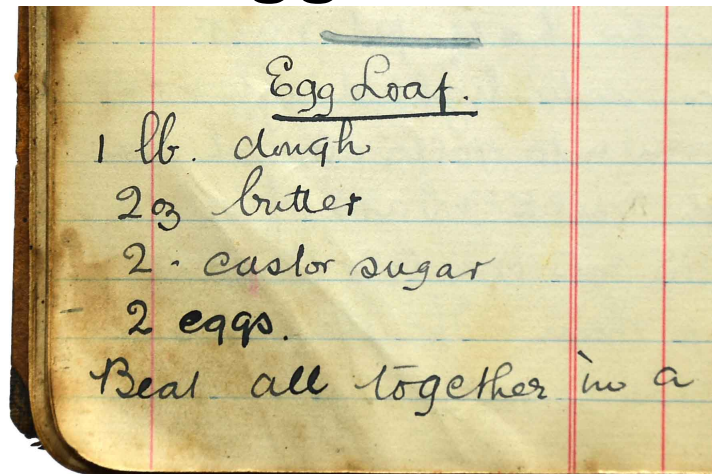


- 3 eggs
- 1 pint milk
- 1 tablespoon sugar
- Almond or vanilla flavouring

Method

- Beat eggs and sugar together
- Boil milk and pour onto the eggs
- Stir well and cook gently until the custard coats the spoon

Egg Loaf



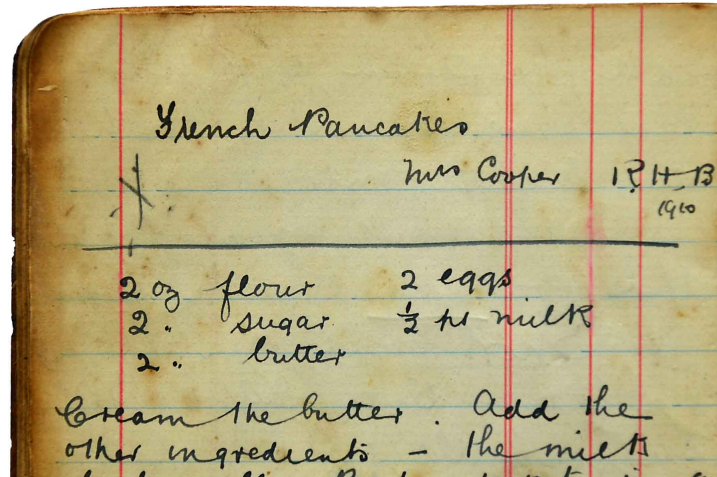
1 lb dough
2 oz butter
2 oz castor sugar
2 eggs

Method

Beat all together in a basin in same way as eggs are beaten, only using the hand instead of a fork
Set in a plain mould to rise $\frac{3}{4}$ hour
Then bake in a quick oven
When cut, it should have the appearance of a honeycomb

French Pancakes

(This recipe dated 1910)

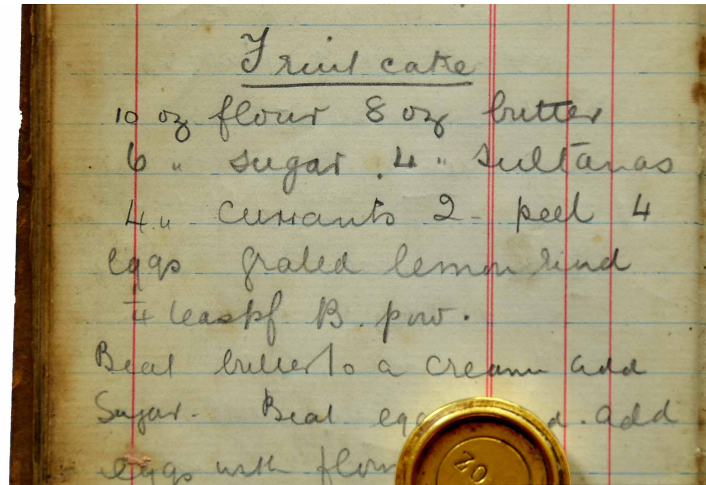


2 oz flour
2 oz sugar
2 oz butter
2 eggs
1/2 pint milk

Method

Cream the butter
Add the other ingredients, the milk last of all
Bake 10 mins in a very quick oven
Serve with lemon juice and sugar

Fruit Cake

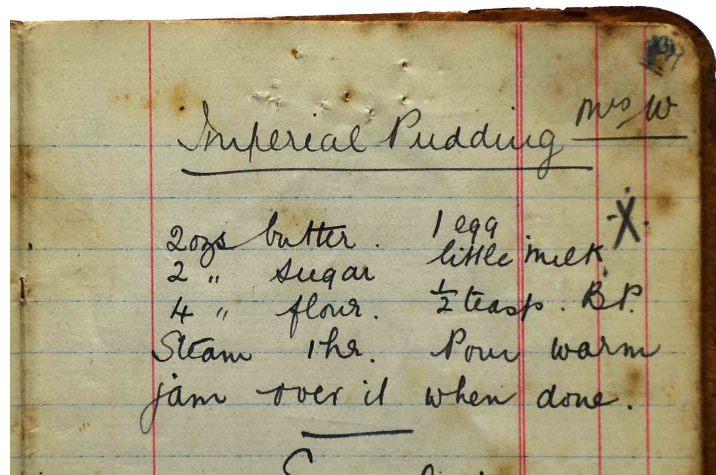


10 oz flour
8 oz butter
6 oz sugar
6 oz sugar
4 oz currants
4 oz sultanas
2 oz peel
4 eggs
¼ teaspoon baking powder
Grated lemon rind

Method

Beat butter to a cream
Add sugar
Beat eggs
Gradually add eggs with flour
Bake 1½ to 2 hours in moderate oven

Imperial Pudding

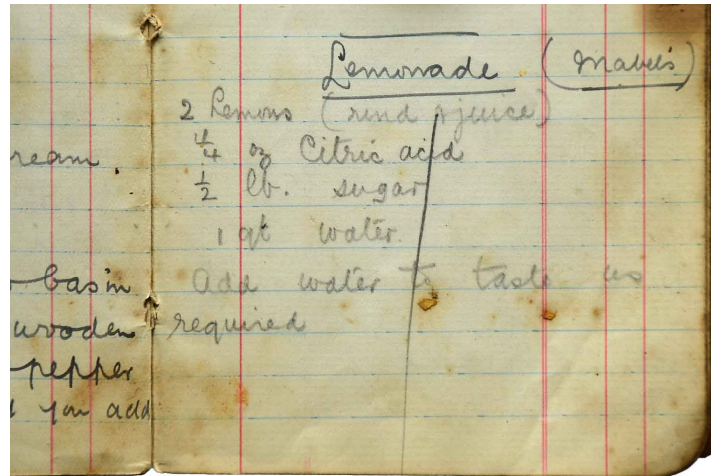


1 egg
2 oz butter
2 oz sugar
4 oz flour
½ teaspoon baking powder
A little milk

Method

Steam 1 hour
Pour warm jam over it when done

Lemonade



1/4 oz citric acid

1/2 lb sugar

2 lemons, rind and juice

1 quart water (2 pints - 1136.5mL)

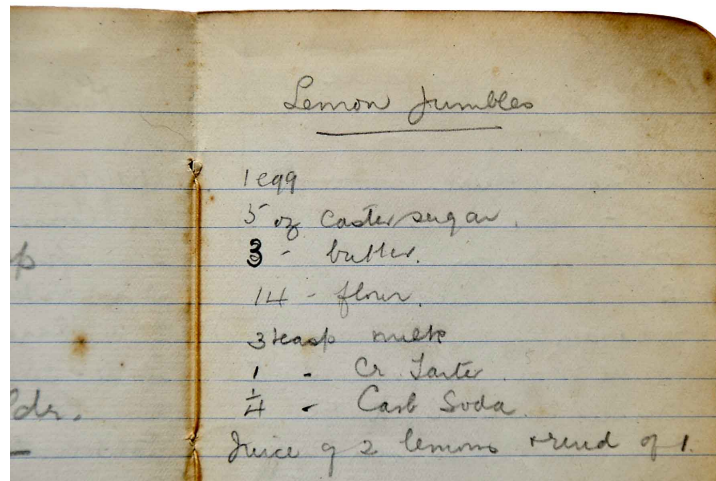
Method

Squeeze juice from lemons add rind

Add other ingredients

Add water to taste as required

Lemon Jumbles

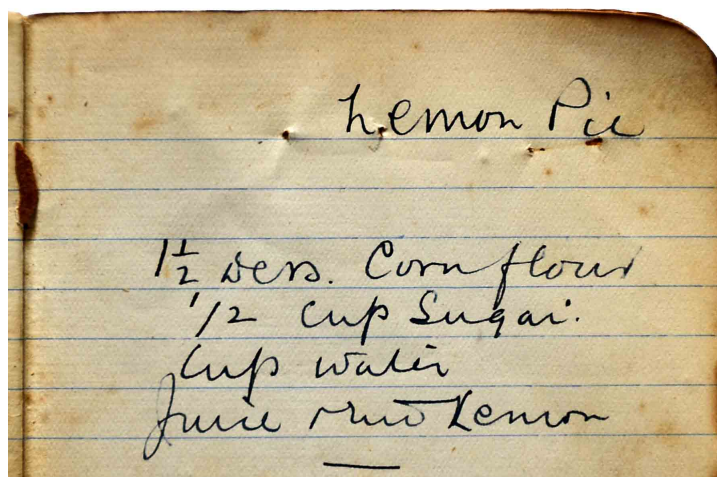


1 egg
5 oz castor sugar
3 oz butter
14 oz flour
3 teaspoons milk
1 teaspoon cream of tartar
1/4 teaspoon carbonate of soda
Juice of 2 lemons
Rind of 1 lemon

Method

Cream the butter, sugar and egg well
Stir in milk, lemon juice and rind
Mix cream of tartar and soda into flour
Stir gradually into the other ingredients until a rather stiff paste
Roll rather thin
Cut out into individual pieces
Bake in slow oven for about 10 mins

Lemon Pie



1½ dessertspoons cornflour

½ cup sugar

1 cup water

Yolk of 1 egg

Nut of margarine

Juice and rind of 1 lemon

Method

Put cornflour, sugar and water in saucepan

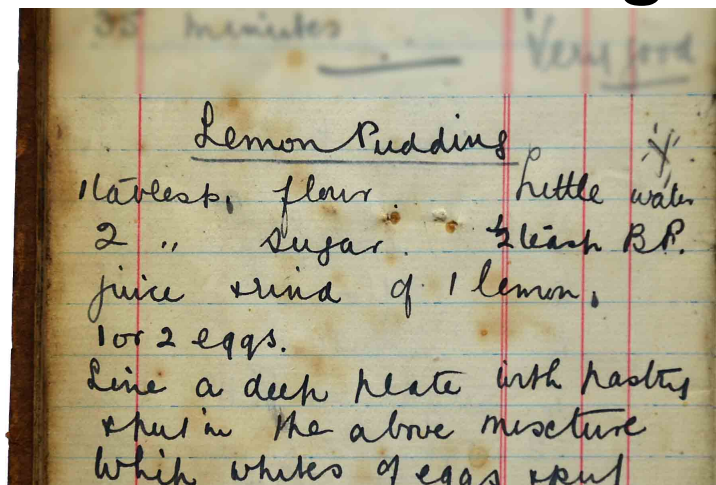
Heat till it thickens

Mix yolk of egg with nut of margarine

Add these when the mixture has cooled

Use white for meringue

Lemon Pudding

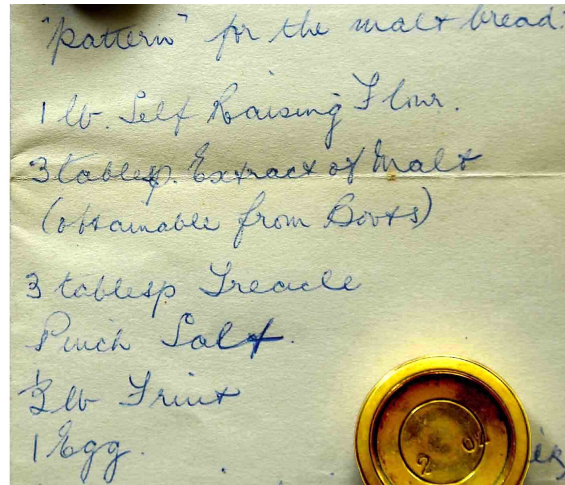


1 tablespoon flour
2 tablespoon sugar
1/2 teaspoon baking powder
1 or 2 eggs
Juice and rind of 1 lemon
Little water
Pastry

Method

Line a deep plate with pastry and put in the above mixture
Whip whites of eggs and put lightly on when nearly cooked

Malt Bread

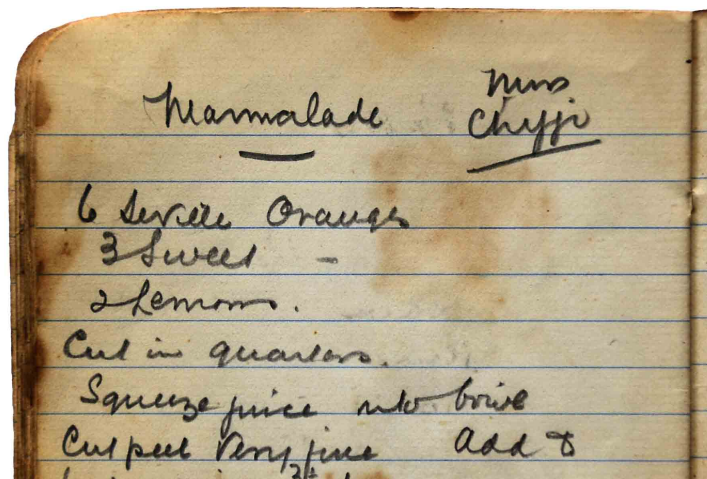


1 lb self raising flour
1 egg
½ lb fruit
3 tablespoons treacle
3 tablespoons extract of malt
Milk
Pinch of salt
Makes 2 loaves

Method

Mix with milk to stiffish paste
Bake in fairly slow oven for about 1½ hours

Marmalade

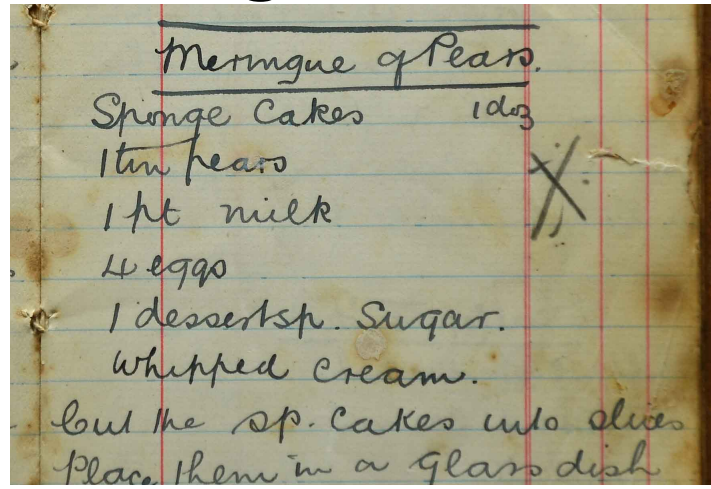


- 6 Seville oranges
- 3 sweet oranges
- 2 lemons
- 3½ pints cold water
- 1 pint boiling water
- 4 lb sugar — 2 bowls are required

Method

- Cut the fruit into quarters
- Squeeze the juice from the fruit into bowl 1
- Keep the pips in bowl 2
- Pour 1 pint boiling water over the pips in bowl 2
- Cut peel very finely add to the juice with 3½ pint of cold water
- Leave both bowls to stand overnight
- Boil contents bowl 1 the next day until very soft, add 4 lb sugar
- Add the strained water from the pips in bowl 2 to the mixture
- Bring to the boil
- Simmer for 1 hour

Meringue of Pears

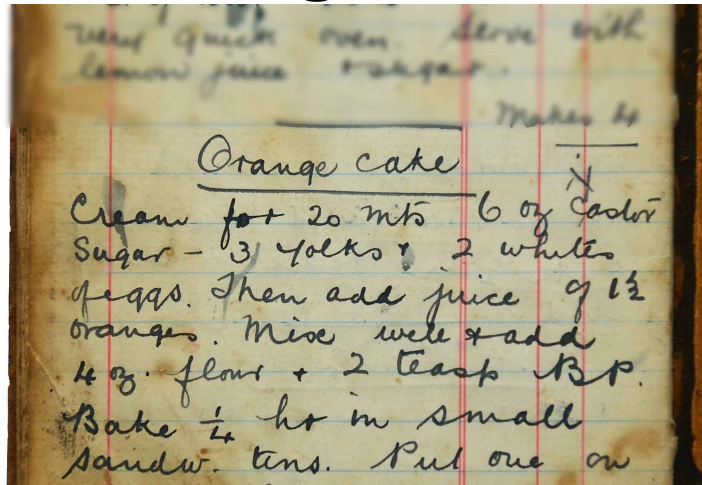


- 1 dozen sponge cakes
- 1 tin pears
- 1 pint milk
- 4 eggs
- 1 dessertspoon sugar
- Whipped cream — Vanilla flavour

Method

- Cut the sponge cakes into slices, place in a glass dish
- Place the pears on top, pour pear juice over, allow to soak
- Beat eggs well with the sugar
- Boil milk, pour milk over eggs and sugar
- Pour the mixture into a jug and stand in pan of boiling water
- Stir the custard one way until it begins to coat the spoon
- Allow it to cool, pour over pears and cakes
- Whip the cream with a little sugar and add vanilla flavouring
- Put a little on each pear

Orange Cake

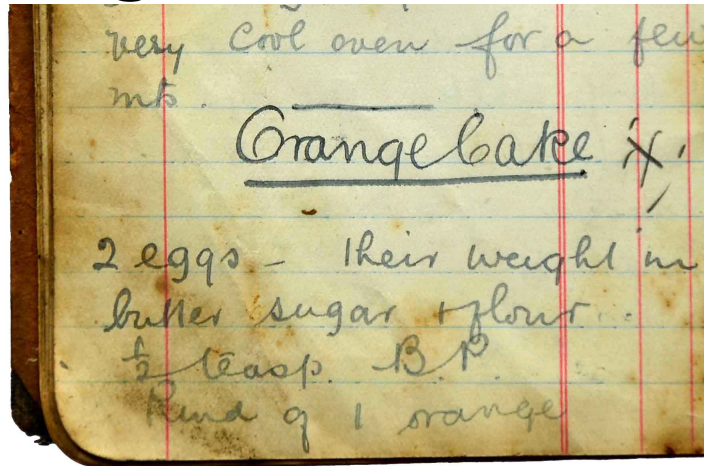


- 6 oz castor sugar
- 4 oz flour
- 3 yolks
- 2 whites of eggs
- Juice of 1½ oranges
- 2 teaspoons baking powder

Method

- Cream the following for 20 mins
- 6 oz castor sugar, 3 yolks and 2 whites
- Add juice of 1½ orange
- Mix well
- Add 4 oz flour and 2 teaspoon baking powder
- Bake ¼ hour in small sandwich tins
- Put one on top of the other and ice

Orange Cake and icing



2 eggs

Their weight in butter, sugar and flour

1/2 teaspoon baking powder

Rind of 1 orange

Method

Beat the butter to a cream

Add sugar, flour and baking powder

Bake for 20 to 30 minutes

Ice when cool

The Icing

1/2 lb icing sugar

2 tablespoons orange juice

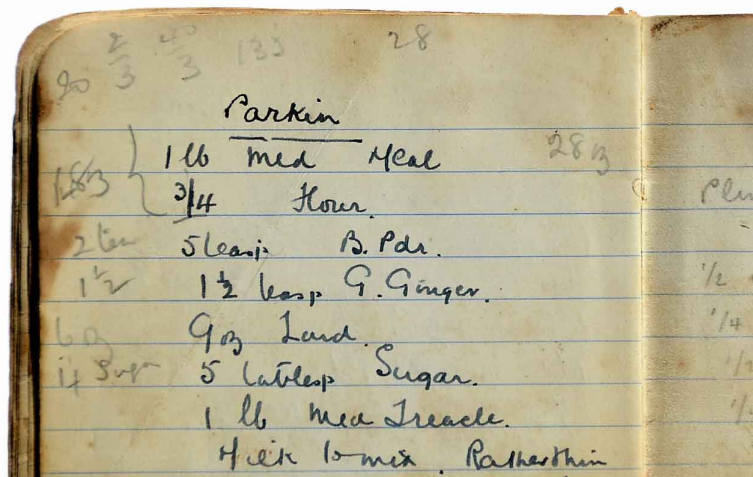
Method

Rub sugar through sieve into a saucepan

Add orange juice and stir over fire until lukewarm

Pour over cake

Parkin

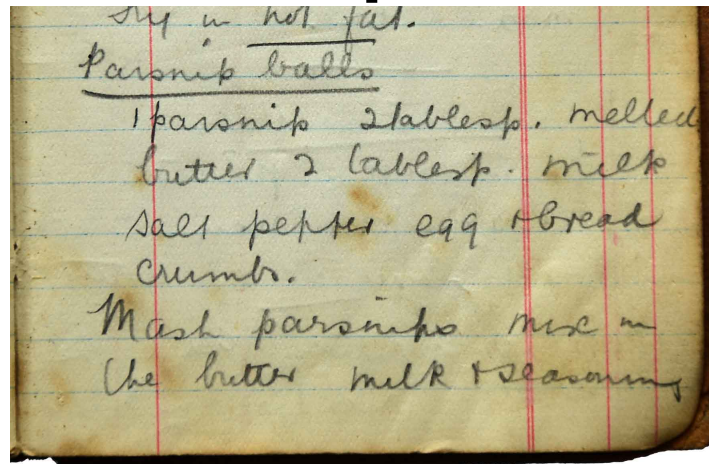


1 lb medium oatmeal
3/4 lb flour
5 teaspoons baking powder
1 1/2 teaspoon ground ginger
9 oz lard
5 tablespoons sugar
1 lb medium treacle
Milk to mix rather thin

Method

Mix all ingredients with milk
Stir until a rather sloppy mixture
Pour into a greased tin
Bake in a slow oven for 1 3/4 hours

Parsnip Balls

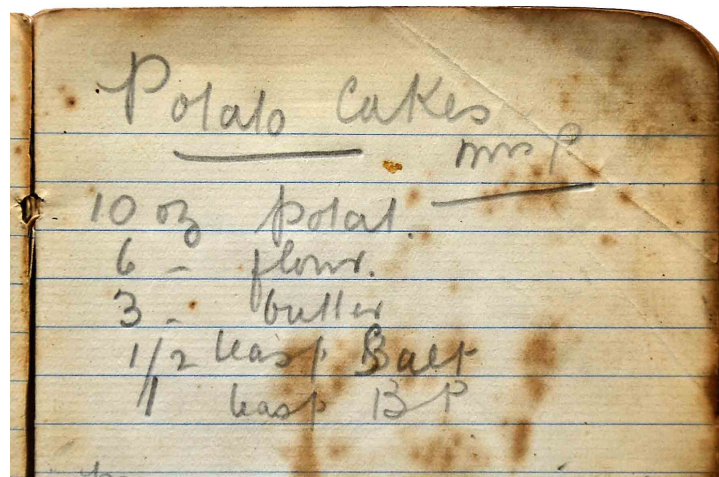


- 1 parsnip
- 2 tablespoons melted butter
- 2 tablespoons milk
- 1 egg
- Breadcrumbs
- Salt and pepper

Method

- Mash parsnips
- Mix in the butter, milk and seasoning
- Form into balls
- Fry

Potato Cakes

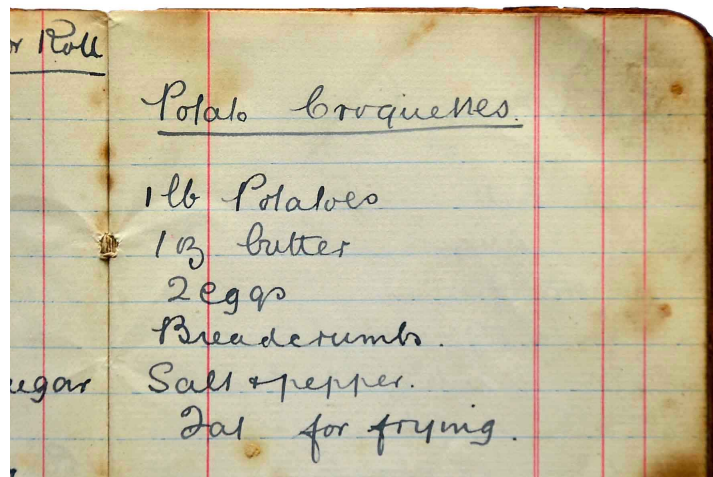


10 oz potato
6 oz flour
3 oz butter
½ teaspoon salt
1 teaspoon baking powder

Method

Melt butter
Mix with dry ingredients
Roll out to 1 inch thick
Cut into rounds
Bake quick oven 10 mins
Split open
Butter hot

Potato Croquettes

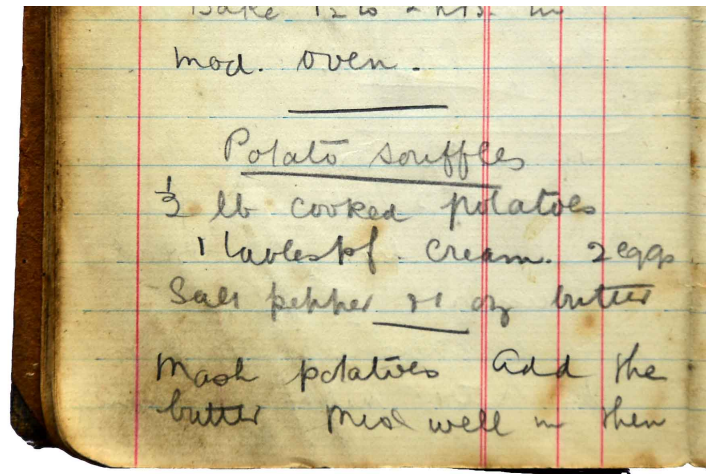


1 lb potatoes
1 oz butter
2 eggs
Breadcrumbs
Salt and pepper
Fat for frying

Method

Peel potatoes and boil, then drain all water away
Rub through a sieve
Add butter, seasoning and yolk of egg
Beat well until the mixture becomes quite light
Roll mixture into balls
Brush over with beaten egg
Roll in breadcrumbs and fry until brown

Potato Souffles

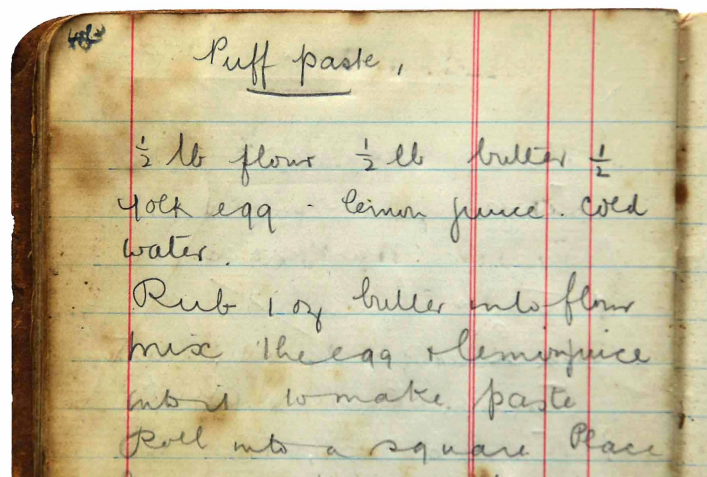


- 1/2 lb cooked potatoes
- 2 eggs
- 1 tablespoon cream
- 1 oz butter
- Salt and pepper

Method

- Mash potatoes
- Add the butter
- Mix well in, then add the cream and yolks
- Beat whites to a stiff froth
- Stir lightly into the mixture
- Pour into a well greased pie dish
- Bake until nicely brown

Puff Paste

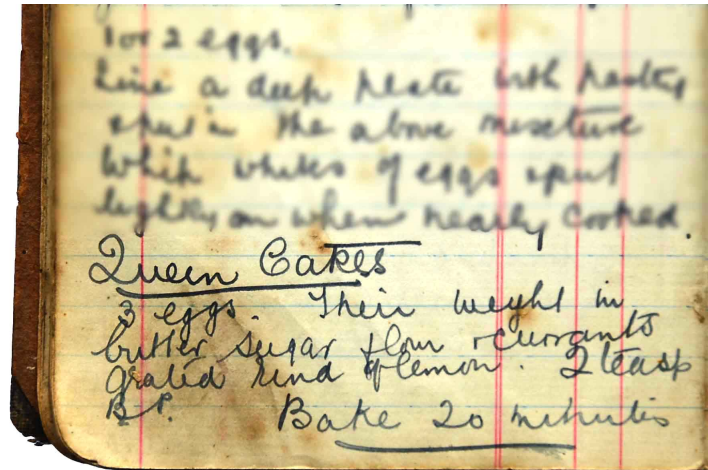


1/2 lb flour
1/2 lb butter
1/2 yolk egg
Lemon juice
Cold water

Method

Rub 1 oz butter into flour
Mix the egg and lemon juice into it to make paste
Roll into a square
Place butter on paste and fold over
Roll into oblong
Fold into 3
Roll again and fold into 3
Put into cool place for 2 hours
Roll out twice more
Put by 1/2 hour
Roll twice again
Oven very hot

Queen Cakes



3 eggs

Their weight in butter, sugar, flour and currants

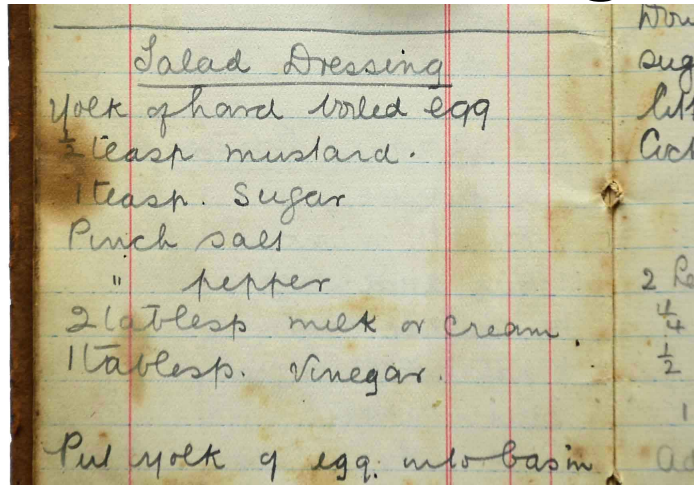
Grated rind of lemon

2 teaspoons baking powder

Method

Bake for 20 mins

Salad Dressing

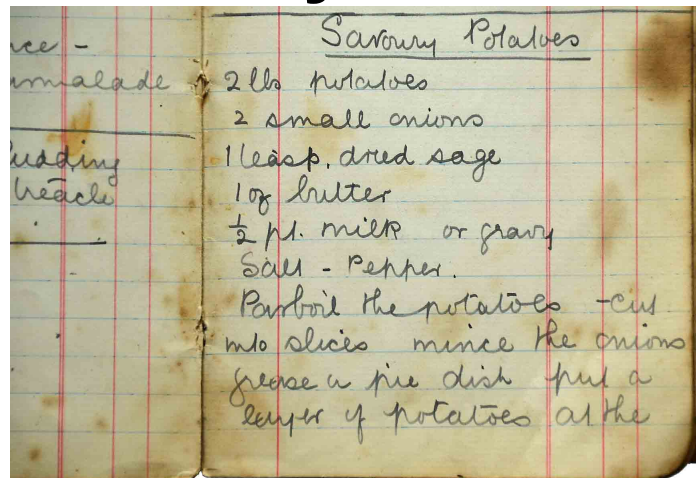


Yolk of hard boiled egg
½ teaspoon mustard
1 teaspoon sugar
2 tablespoons milk or cream
1 tablespoon vinegar
Pinch salt, pinch pepper

Method

Put yolk of egg into basin, break up until fine with wooden spoon
Add salt and pepper
Stir briskly whilst you gradually add the milk
Then add the mustard gradually
Then add sugar gradually
Finally, gradually add the vinegar

Savoury Potatoes

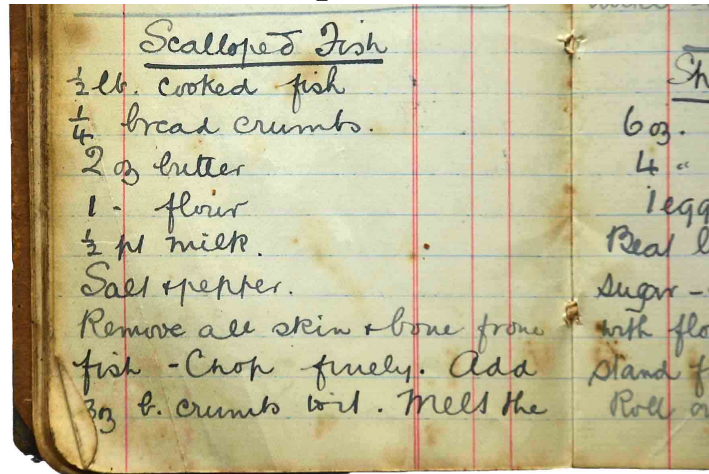


2 lb potatoes
2 small onions
1 teaspoon dried sage
1/2 pint milk or gravy
1 oz butter
Salt and pepper

Method

Parboil the potatoes and cut into slices
Mince the onions
Grease a pie dish, put a layer of potatoes at the bottom
Sprinkle onions, sage and butter over
Season and repeat the layers
Pour milk over and bake 3/4 hour
Baste every now and then

Scalloped Fish

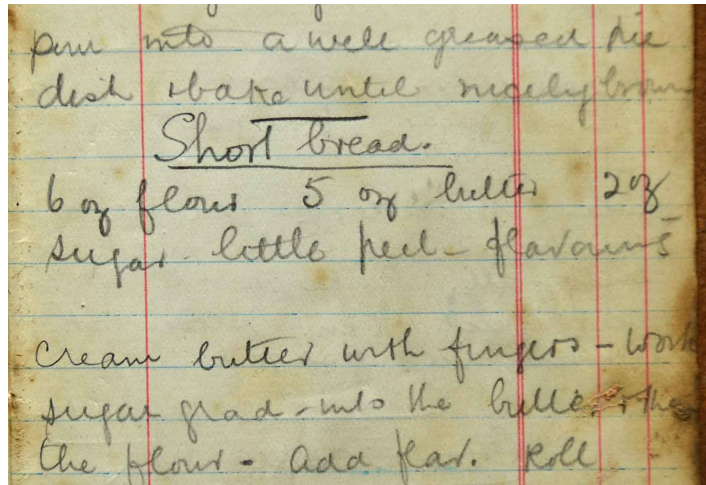


1/2 lb cooked fish
1/4 lb breadcrumbs
2 oz butter
1 oz flour
1/2 pint milk
Salt and pepper

Method

Remove all skin and bone from fish
Chop finely
Add 3 oz. breadcrumbs to it
Melt the butter in a pan
Add flour and gradually the milk
Add seasoning
Stir until it boils and thickens
Keep back 1 oz breadcrumbs
Add fish and rest of breadcrumbs to it
Grease a pie dish
Put mixture in
Sprinkle over the other 1 oz breadcrumbs
Place on top a few pieces of butter
Bake until brown (20 min)

Shortbread

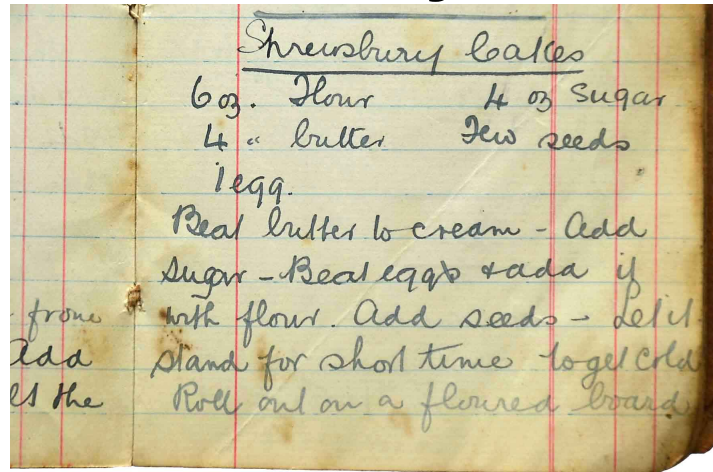


6 oz flour
5 oz butter
2 oz sugar
Little peel and flavours

Method

Cream butter with fingers
Work sugar gradually into the butter, and then the flour
Add flavourings
Roll out on a well floured board
Bake $\frac{1}{2}$ hour
Leave in tin till cold

Shrewsbury Cakes

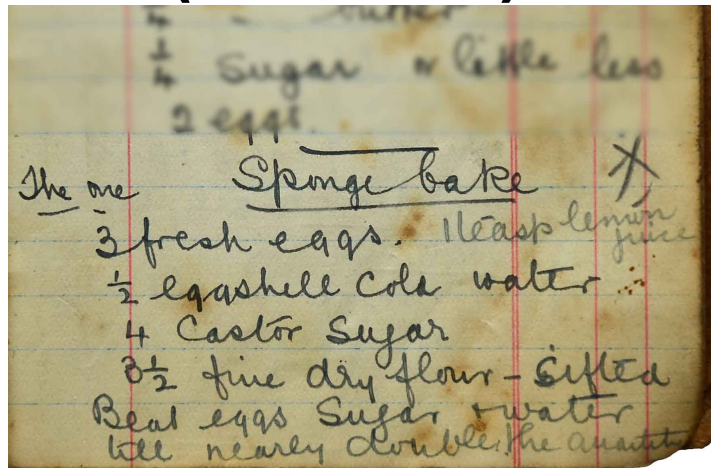


6 oz flour
4 oz sugar
4 oz butter
Few caraway seeds
1 egg

Method

Beat butter to cream
Add sugar
Beat eggs and add it with flour
Add seeds
Let it stand for a short time to get cold
Roll out on a floured board
Cut into biscuits
Place on a greased tin
Bake for a few minutes

Sponge Cake (The one)

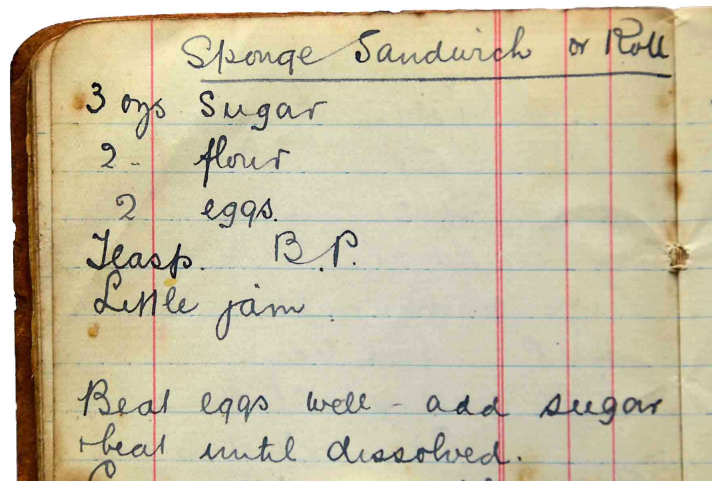


- 3 fresh eggs
- 1/2 eggshell cold water
- 4 oz castor sugar
- 3 1/2 oz fine dry flour, sifted
- 1 teaspoon lemon juice

Method

- Beat eggs, sugar and water till nearly double the amount
- Put lemon juice in before flour
- Dredge in the flour lightly, but do not beat again
- Sift a little castor sugar on the top when it is in a well greased tin
- Bake in hot oven for 25 to 35 min
- Very good

Sponge Sandwich or Roll



3 oz sugar

2 oz flour

OR

The weight of one egg in butter sugar and flour

2 eggs

1 teaspoon baking powder

A little jam

Method

Beat eggs well, add sugar and beat until dissolved

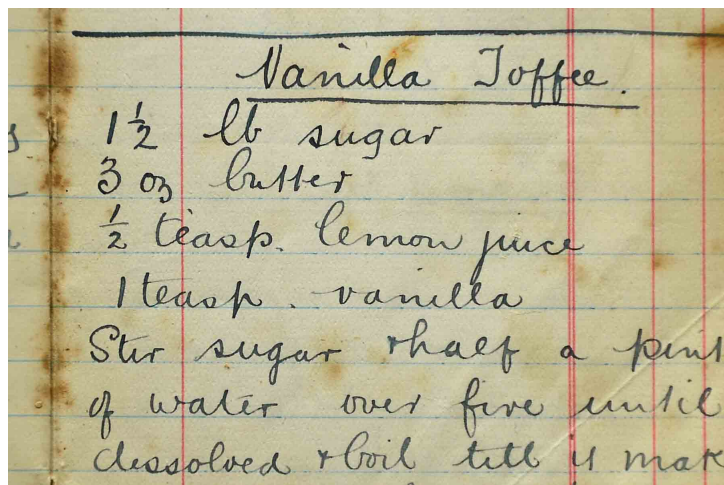
Gradually add flour and baking powder

Pour onto well greased tin and bake for 15 to 20 minutes (for Roll 3 to 5 minutes)

When done, allow to cool

Open and put jam between layers

Vanilla Toffee



1½ lb sugar

3 oz butter

½ teaspoon lemon juice

½ pint water

1 teaspoon vanilla

Method

Stir sugar and half pint of water over fire until dissolved

Boil until it makes into a soft ball

Then add butter and lemon juice, continue boiling, never stirring nor shaking, till it cracks in water

Remove the pan at once

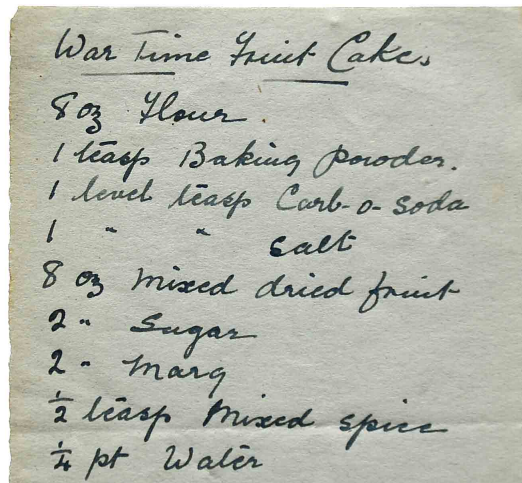
Add vanilla flavour

Turn out into shallow pan well greased

When cooling, mark into squares with greased knife

Cost 7d

War Time Fruit Cake

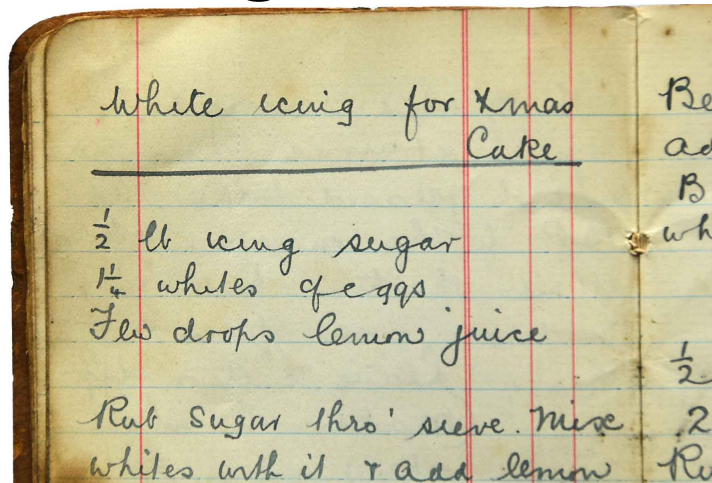


8 oz flour
1 teaspoon baking powder
1 level teaspoon carbonate of soda
1 level teaspoon salt
8 oz mixed dried fruit
2 oz sugar
2 oz margarine
½ teaspoon mixed spice
¼ pint water

Method

Boil fruit, sugar, fat and water for 1 minute
Allow to cool, then mix altogether to cake consistency

White Icing for Xmas Cake

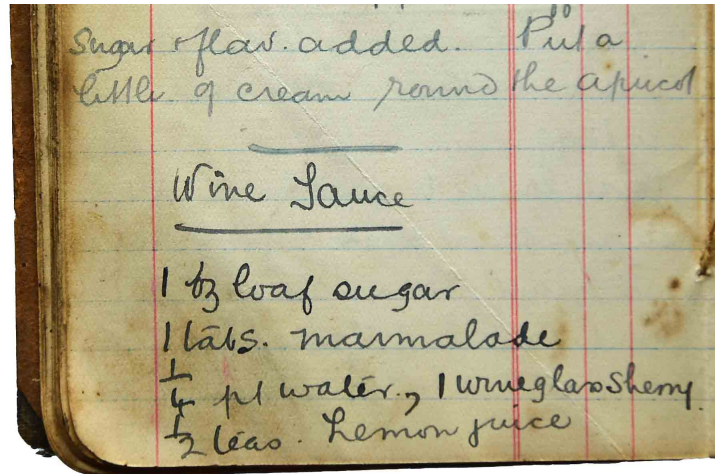


1/2 lb icing sugar
One and one quarter whites of eggs
Few drops lemon juice

Method

Rub the sugar through a sieve
Mix whites with it and add lemon juice
Work one way for 20 minutes
Cover the cake with the icing and place it in a very cool oven for a few minutes

Wine Sauce



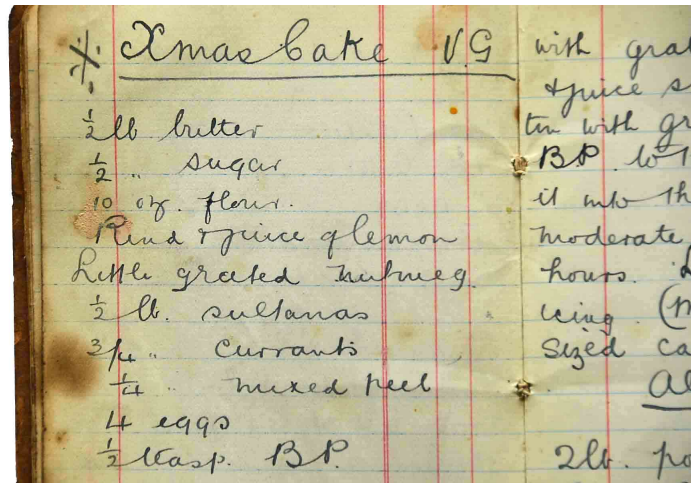
- 1 oz loaf sugar (granulated sugar)
- 1 tablespoon marmalade
- 1/4 pint water
- 1 wineglass sherry
- 1/4 teaspoon lemon juice

Method

Put water, marmalade and sugar into a pan
Simmer for 20 mins
Now add sherry and lemon juice

Xmas Cake

Makes 2 medium sized cakes



- 1/2 lb of butter
- 1/2 lb sugar
- 1/2 lb sultanas
- 3/4 lb currants
- 1/4 lb mixed peel
- 10 oz flour
- 4 eggs
- 1/2 tablespoon baking powder
- Rind and juice of 1 lemon

Method

- Beat the butter to a cream
- Add sugar
- Beat eggs lightly
- Add them to the butter, gradually adding flour
- Clean fruit and cut up the candid peel
- Add fruit with grated lemon rind and juice strained
- Add baking powder to the mixture
- Line cake tin with the greased paper
- Pour into the tin
- Bake in a moderate oven from 4 to 5 hours

Leave six days before icing

Author's Note



I discovered this book in a shoe box while rummaging around in my attic, where it had sat untouched for over over 35 years.

When I showed it to my daughter, who is a keen baker and has many recipe books, she immediately took out her phone and took a photo of the recipe for Chocolate Tartlets.

On her next visit she came with a tin containing the results, they were delicious. She asked to see the book again and took another photo of Drop Scones, it turned out they were easy to make. The seed was set for this book.

I decided to photograph each recipe individually, then type the ingredients and instructions, with modern day measurements. In the UK we still weigh in pounds (lb) and ounces (oz) as well as grams and millilitres, although we no longer use gills and quarts for liquid measurements.

UK teaspoon and tablespoons are different than US and other countries' measurements. As this book is available world wide, I decided not to include a complete conversion table for every country, but to keep the book as authentic as possible.

If you look closely at the photographs of the recipes, you will see Grandma didn't always cross her letter T, so tablespoon became lablespoon and teaspoon, leaspoon. This led to quite a lot of translation being required when typing out the method.

I am amazed at the interest this little black book has received. It has been downloaded in nine different countries, to think people all around the world are enjoying Grandma's recipes from 100 years ago, created in a little village in Derbyshire.

If you have enjoyed this little time capsule of old English recipes, please leave a review.

Les Dale.



Like Grandma's Little Black Book of Recipes from 1910 on facebook and share your results.