

"YE WASSAIL BOWL"

Used 600 years ago in Kent.

1 quart of ale or wine, highly spiced with nutmeg and ginger, sweetened to taste; (if opposed to the use of these ingredients use grape or raspberry juice.) Float roasted apples and cubes of toast on top. At Yuletide serve from punch bowl in the dining room after the table has been cleared.

Mrs. Florence R. Wade

"YE SYLLABUB"

1621 A. D.

Take 1 qt. cream, whites of 4 eggs, 1 glass of white wine, 2 small cups powdered sugar. Whip $\frac{1}{2}$ the sugar with the cream, the remainder with the eggs, mix well, add the wine, and pour over any crushed fruit, peaches, strawberries or raspberries.

This is the famous "Gooseberry Fool" that you read about in old English novels

Mrs. Florence R. Wade

"You ask a little toast of me? Why, yes!

I'll specially prepare a bit for you.

I'll bake a nice, fresh loaf of friendliness,

And when 'tis done I'll cut a slice or two,

And on the fires of Fellowship and Cheer,

Fanned by the breeze of Steadfastness in Storms,

This will I grill till toasted it appear,

And on the cloth of Good-Will serve it warm.

—John Kendrick Bangs.

Breads**Soft Ginger Bread**

1 egg	$\frac{1}{2}$ cup brown sugar
$\frac{1}{2}$ cup sour milk	$\frac{1}{2}$ cup molasses
$1\frac{1}{2}$ cups flour	2 teaspoons soda
1 teaspoon ginger	1 teaspoon mixed spices
2 tablespoons shortening	

Break egg in mixing bowl and add sugar to it, beat well and add spices. Heat molasses and shortening in a cup and add to mixture. Put half of soda in hot molasses, put other half of soda in sour milk, beat and stir in. Sift in flour, pour into buttered pan and bake in hot oven.

Mrs. A. M. Moline

EGG BREAD

Add 1 level teaspoon of bicarbonate of soda to 1 pint of thick, sour milk or buttermilk; add half a teaspoon of salt and two eggs well beaten, stir in hastily $1\frac{1}{2}$ cups of southern cornmeal; turn at once in a shallow greased pan and bake from 30 to 40 minutes in a quick oven. Serve hot.

Mrs. L. H. Mason

WHOLE WHEAT BISCUIT

2 cups whole wheat flour	$\frac{1}{2}$ cup corn meal
1 cup pastry flour	1 teaspoon soda
2 teaspoons cream tartar	1 cup brown sugar
2 eggs	1 cup shortening

Enough milk to moisten (not too soft)

Sift dry ingredients, rub in shortening and add beaten eggs and enough milk to moisten. Roll $\frac{1}{4}$ inch thick, bake 20 minutes on buttered pans. If desired for afternoon tea, brush top with beaten white of egg and place a walnut or date on top before baking.