

SAVE · THIS · BOOK ·

30 GOOD RECIPES

FOR USING

BIFFEL TOWER  
BUN FLOUR

TRY THEM ALL

EACH · RECIPE · A · PROVED · SUCCESS

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# HOME BAKING SIMPLIFIED.

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EIFFEL TOWER BUN FLOUR is a real help to the housewife, to the experienced cook, or to the expert chef. From the making of the plainest buns, cakes, or pastry for the most modest household to the making of the richest varieties for the banquet it is invaluable and equally successful.

EIFFEL TOWER BUN FLOUR is entirely distinct from any other preparation. There is an ease and certainty in its use which has made it famous among lovers of dainty buns, digestible home-made cakes, and light pastry. **Try a packet at once.**

Home-made buns, cakes and pastries made with EIFFEL TOWER BUN FLOUR have a daintiness and sweetness which is quite distinct from those made any other way.

Sold in 1d. and 3½d. pkts. Lemon, Almond, Vanilla and Plain.

**NOTICE.—Every Recipe in this Book is Good.**

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# A REVELATION.

To many who had considered that to make buns and cakes successfully it required some special skill or some trained knowledge, it has been quite a revelation to discover how *easily* success may be ensured by the use of EIFFEL TOWER BUN FLOUR.

There is no other way in which buns or cakes can be made so cheaply, so easily, and so good.

Those who could never make light buns or cakes can now make them with certain success by using EIFFEL TOWER BUN FLOUR.

You cannot fail to make wholesome light buns or cakes if you use EIFFEL TOWER BUN FLOUR and follow the directions.

Try it! You will be delighted.

**NOTICE.—Every Recipe in this Book is Good.**

**PLEASE NOTE.**—The recipes in this book are carefully tested and **CANNOT FAIL TO BE A SUCCESS**. It is important to heat the oven **properly**, so that the cakes are **done** immediately they are ready.

**NOTICE.**—The cost of these Recipes varies slightly according to Market Prices.

### How to Make 15 BUNS

(Lemon, Vanilla, Almond, or Plain), from  
a PENNY PACKET of

*EIFFEL TOWER BUN FLOUR.*

### FAMILY BUNS.

1 Packet of Eiffel Tower Bun Flour	...	...	1d.
6-ozs. of Flour (9d. per gallon)	...	...	½d.
4-ozs. Sugar (2d. per lb.)	...	...	½d.
2-ozs. Margarine (6d. per lb.)	...	...	¾d.
1 Egg (16 a shilling)	...	...	¾d.
3 Tablespoonsful of Milk	...	...	¼d.
			<b>—3¾d.</b>

Mix the Bun Flour, sugar and flour thoroughly together dry, melt the butter and add half of the mixture, then the egg well beaten, and the remainder of the mixture, and finally the milk. Continue beating until quite smooth, when put into buttered patty tins and bake immediately in a hot oven.

### COBURG CAKES.

12 ozs. Flour (9d. per gallon)	...	...	...	1d.
1 Packet Eiffel Tower Bun Flour	...	...	...	1d.
4-ozs. Sugar (2d. per lb.)	...	...	...	½d.
4-ozs. Treacle (2d. per lb.)	...	...	...	½d.
4-ozs. Butter (1/- per lb.)	...	...	...	3d.
2 Eggs (16 a shilling)	...	...	...	1½d.
6-ozs. Sultanas (5d. per lb.)	...	...	...	1½d.
Half teaspoonful Cinnamon	...	...	...	¼d.
Half teaspoonful Ginger	...	...	...	¼d.
				<b>—9½d.</b>

**METHOD.**—Put the flour, Bun Flour, sugar, sultanas, cinnamon and ginger into a basin and mix well. Melt the treacle and butter in a pan, add the beaten eggs, and pour on to the dry ingredients. Pour into small greased patty-pans, and bake in a moderate oven for from 20 to 25 minutes.

## RICH BUNS.

1 Packet of Eiffel Tower Bun Flour	...	...	1d.
8-ozs. of Flour (9d. per gallon)	...	...	3d.
5-ozs. of Sugar (2½d. per lb.)	...	...	3d.
4-ozs. of Butter (1/- per lb.)	...	...	3d.
2 Eggs (16 a shilling)	...	...	1½d.
2 Tablespoonsful of Milk	...	...	½d.
			—7½d.

Mix the Bun Flour, sugar and flour thoroughly together dry. Melt the butter and add half of the mixture, then the eggs (well beaten), the remainder of the mixture, and finally the milk. Continue beating until quite smooth, when put into buttered patty pans and bake at once in a hot oven for about fifteen minutes.

## CAKES.

Lemon, Almond, and Vanilla flavoured Cakes can be made by following the above Recipe, but bake in a cake tin for about one hour and a quarter.

## RASPBERRY BUNS.

1 Packet Eiffel Tower Vanilla Bun Flour	...	...	1d.
4-ozs. Flour (9d. per gallon)	...	...	½d.
4-ozs. Ground Rice (4d. per lb.)	...	...	1d.
3-ozs. Lard or Margarine (6d. per lb.)	...	...	1d.
1 Egg (16 a shilling)	...	...	3d.
3-ozs. Sugar (2½d. per lb.)	...	...	½d.
A little Milk			
A little Raspberry Jam			
			—4½d.

METHOD.—Mix the flour and ground rice together, rub in the lard or margarine, and add the sugar and Bun Flour. Mix to a very stiff paste with the beaten egg and milk, form into small buns, and lay them on a greased baking tin. Make a hole in the centre of each, put in half a teaspoonful of jam, cover up the hole, brush the bun over with eggs and milk, and bake in a hot oven for about 15 minutes.

**Use Eiffel Tower  
Milk Pudding.**

**Made in 10 Minutes. Saves time, firing, and worry.**

## ROCK CAKES.

1 Packet Eiffel Tower Bun Flour	...	...	1d.
½-lb Flour (9d. per gallon)...	...	...	1d.
3-ozs. Lard, or Margarine (6d. per lb.)	...	...	1d.
3-ozs. Sugar (2½d. per lb.)	...	...	½d.
3-ozs. Currants (4d. per lb.)	...	...	1d.
1 Egg (16 a shilling)...	...	...	¾d.
A little Milk			
			—5½d.

METHOD.—Rub the lard or margarine into the flour, then add the sugar, Bun Flour, and the picked currants. Mix to a stiff paste with the beaten egg and milk, form into small cakes, and bake on a greased tin in a hot oven for about 15 minutes.

## TEA CAKES.

½-lb. Flour (9d. per gallon)	...	...	...	½d.
3-ozs. Butter (1/- per lb.) or Margarine...	...	...	...	2½d.
½ Packet of Eiffel Tower Bun Flour	...	...	...	½d.
2-ozs. Sugar (2d. per lb.)	...	...	...	½d.
				—3½d.

## OATMEAL BISCUITS.

5-ozs. Flour (9d. per gallon)...	...	...	...	½d.
5-ozs. Fine Oatmeal (2d. per lb.)	...	...	...	½d.
1 Packet of Eiffel Tower Bun Flour	...	...	...	1d.
3-ozs Lard or Butter (Butter 1/- per lb.)	...	...	...	2½d.
Pinch of Salt				
3-ozs. Sugar (2d. per lb.)	...	...	...	¾d.
A little Milk	...	...	...	¼d.
				—5d.

METHOD.—Mix the flour and oatmeal together, rub in the lard and add the salt, sugar and Bun Flour. Mix to a very thick paste with a little cold milk, roll out thinly on a floured board and stamp into rounds. Place on a greased tin and bake in a very moderate oven for from 15 to 20 minutes.

METHOD.—Rub butter into flour, add sugar and Bun Flour, mix to soft paste with milk, roll out and cut into rounds ¾-inch thick. Bake in a quick oven. To be eaten hot or cold, cut open and buttered.

Save time and worry by using Eiffel Tower Milk Pudding.

## COCOANUT BUNS

(CHEAP).

1 Packet of Eiffel Tower Bun Flour	...	...	1d.
6-ozs. Flour (9d. per gallon)...	...	...	½d.
4-ozs. Sugar (2d. per lb.)	...	...	½d.
2-ozs. Margarine (6d. per lb.)	...	...	¾d.
1 Egg (16 a shilling)	...	...	¾d.
3 Tablespoonsful of Milk	...	...	¼d.
2-ozs. Desiccated Cocoanut	...	...	1d.
			—4¾d.

Mix the Bun Flour, sugar and flour thoroughly together dry, melt the butter and work into the mixed flours, add the cocoanut and egg (previously well beaten), and finally the milk. Beat until thoroughly mixed, when place into patty pans and bake in a quick oven for about fifteen minutes.

## COCOANUT CAKE

(CHEAP).

Follow the above recipe, but bake in a cake tin for about one hour and a quarter.

## RICE CAKE.

1 Packet of Eiffel Tower Lemon Bun Flour	...	...	1d.
4-ozs. of Ground Rice (4d. per lb.)	...	...	1d.
4-ozs. Flour (9d. per gallon)	...	...	½d.
5-ozs. Sugar (2½d. per lb.)	...	...	¾d.
4-ozs. of Butter (1/- per lb.)	...	...	3d.
1 Egg (16 a shilling)	...	...	¾d.
3 Tablespoonsful of Milk	...	...	¼d.
			—7½d.

Mix the Bun Flour, ground rice, flour, and sugar thoroughly together dry. Melt the butter and work into the mixed flours, then add the egg (well beaten), and the milk. Mix thoroughly and bake in a quick oven for about one and a quarter hours.

## RICE BUNS.

The above Recipe can also be used for Buns, by filling into patty pans and baking for about fifteen minutes.

**So nourishing—just the thing for a Family.**

## SULTANA BUNS (Rich).

1 Packet of Eiffel Tower Bun Flour	...	...	1d.
8-ozs. of Flour (9d. per gallon)	...	...	$\frac{3}{4}$ l.
5-ozs. Sugar (2 $\frac{1}{2}$ d. per lb.)	...	...	$\frac{3}{4}$ l.
3-ozs. Butter (1/- per lb.)	...	...	2 $\frac{1}{2}$ l.
4-ozs. Sultanas (6d. per lb.)	...	...	1 $\frac{1}{2}$ l.
2 Eggs (16 a shilling)	...	...	1 $\frac{1}{2}$ l.
3 Tablespoonsful of Milk	...	...	$\frac{1}{2}$ d.
			—8d.

Mix the Bun Flour, sugar and flour thoroughly together dry. Melt the butter and work into the mixed flour, add the sultanas, then the eggs (well beaten), and the milk. Mix thoroughly, put into patty pans and bake in a quick oven for about twenty minutes.

## SULTANA CAKE (Rich).

Follow above Recipe, but bake in a cake tin for about one hour and a quarter.

## SPONGE SANDWICH.

1 Packet of Eiffel Tower Bun Flour	...	...	1d.
5-ozs. Flour (9d. per gallon)	...	...	$\frac{3}{4}$ l.
8-ozs. Castor Sugar (4d. per lb.)	...	...	2d.
4 Eggs (16 a shilling)	...	...	3d.
			—6 $\frac{1}{2}$ d.

(It is very important that the exact quantity of Sugar and Flour is used).

## VICTORIA SANDWICH.

$\frac{1}{2}$ -Packet Eiffel Tower Lemon Bun Flour	...	...	$\frac{1}{2}$ d.
4-ozs. Flour (9d. per gallon)	...	...	$\frac{1}{2}$ d.
4-ozs. Sugar (2d. per lb.)	...	...	$\frac{1}{2}$ d.
2-ozs. Butter (1/- per lb.)	...	...	1 $\frac{1}{2}$ d.
1 Egg (16 a shilling)	...	...	$\frac{3}{4}$ d.
3-Tablespoonsful of Milk	...	...	$\frac{1}{2}$ d.
			—4d.

METHOD.—Beat the egg and sugar together for ten minutes, then add the flour and Bun Flour mixed, the milk, and lastly the butter melted but not hot. Pour into two buttered sandwich tins and bake in rather a hot oven for about 15 minutes. When cold spread with lemon curd (see recipe), press together and sift a little castor sugar over the top.

Break the eggs into a basin, add the castor sugar and beat till QUITE CREAMY. Mix flour and Bun Flour in quickly, pour into sandwich tin and bake for about fifteen minutes in a moderately hot oven.

N.B.—It is an advantage to stand the basin over hot water whilst mixing, as the eggs and sugar cream much more quickly this way.



## GINGER BREAD.

1 Packet of Eiffel Tower Bun Flour	...	...	1d.
8-ozs. Flour (9d. per gallon)	...	...	3d.
4-ozs. Butter (1/- per lb.)	...	...	3d.
6-ozs. Treacle, black (2d. per lb.)	...	...	3d.
3-ozs. Moist Sugar (1½d. per lb.)	...	...	½d.
2-ozs. Almonds (1/- per lb.)	...	...	1½d.
2 Eggs (16 a shilling)	...	...	1½d.
½ Teaspoonful Carbonate of Soda	...	}	½d.
"    Mixed Spice	...		
1 Teaspoonful of Ground Ginger	...		-9½d.

Put into a saucepan the butter, treacle, and sugar, and bring to boiling point. Then pour on to the beaten eggs, stirring in vigorously. Pour this upon the dry ingredients (previously well mixed) and beat thoroughly. Put into a shallow tin and bake one hour

## LONDON BUNS.

1 Packet Eiffel Tower Almond Bun Flour	...	...	1d.
½-lb. Flour (9d. per gallon)	...	...	1d.
3-ozs. Lard or Margarine (6d. per lb.)	...	...	1d.
3-ozs. Candied Peel (8d. per lb.)	...	...	1½d.
2-ozs. Sugar (2d. per lb.)	...	...	½d.
1 Egg (16 a shilling)	...	...	3d.
A little Milk			
Some coarse white Sugar			-5½d.

METHOD.—Rub the lard into the flour, then add the sugar and Bun Flour. Chop finely 2-ozs. of the candied peel and add it to the other ingredients, and mix very stiffly with the beaten egg and milk. Make into small round cakes, sprinkle each with a little coarse sugar, and lay two thin strips of candied peel over the top. Bake about 15 minutes in a hot oven.

Save time and worry by using Eiffel Tower Milk Pudding.

So nourishing—just the thing for a Family.

## CHRISTMAS PUDDING.

(GOOD).

4-ozs. Flour (9d. per gallon)...	...	...	...	...	½d.
4-ozs. Breadcrumbs ... ..	...	...	...	...	½d.
1 Packet of Eiffel Tower Bun Flour	...	...	...	...	1d.
8-ozs. Suet (8d. per lb.) ... ..	...	...	...	...	4d.
8-ozs. Currants (4d. per lb.) ... ..	...	...	...	...	2d.
8-ozs. Raisins (stoned 6d. per lb.) ...	...	...	...	...	3d.
2-ozs. Sugar (2d. per lb.) ... ..	...	...	...	...	½d.
4 Eggs (16 a shilling) ... ..	...	...	...	...	3d.
3 tablespoonsful of Brandy ... ..	...	...	...	...	3d.
Half a small Nutmeg (grated) ... ..	...	...	...	...	½d.
3-ozs. Candied Peel (6d. per lb.) ...	...	...	...	...	1d.
A little Milk (about 1 gill) ... ..	...	...	...	...	½d.
2-ozs. Almonds (1/- per lb.) ... ..	...	...	...	...	1½d.

1/8½

METHOD.—Skin the suet and chop it very finely. Stone the raisins, pick the currants, and chop the peel. Put the flour and Bun Flour and bread-crumbs into a basin, add the suet, currants, peel, raisins, nutmeg and sugar. Mix with the eggs, milk and brandy, and turn into a well greased basin, cover with a floured cloth, tie down securely, and boil for 8 hours.

## PLUM PUDDING.

4-ozs. Breadcrumbs ... ..	...	...	...	...	½d.
4-ozs. Flour (9d. per gallon)...	...	...	...	...	½d.
1 Packet Eiffel Tower Bun Flour ...	...	...	...	...	1d.
4-ozs. Suet (8d. per lb.)...	...	...	...	...	2d.
3-ozs. Sugar (2½d. per lb.) ... ..	...	...	...	...	½d.
2-ozs. Candied Peel (6d. per lb.) ...	...	...	...	...	½d.
4-ozs. Currants (4d. per lb.) ... ..	...	...	...	...	1d.
4-ozs. Raisins (4d. per lb.) ... ..	...	...	...	...	1d.
Half teaspoonful Mixed Spice ... ..	...	...	...	...	½d.
2 Eggs (16 a shilling) ... ..	...	...	...	...	2d.
About 1½ gills of Milk ... ..	...	...	...	...	¾d.

—10d.

METHOD.—Chop the suet finely, also the peel. Stone the raisins and pick the currants. Mix the flour, Bun Flour, breadcrumbs and suet together, add the raisins, currants, spice and peel, and mix with the well-beaten eggs and milk. Turn into a well greased basin, cover with a floured cloth, tie down securely, and boil for 4 hours.

**Save time and worry by using Eiffel Tower Milk Pudding.**

## RICHMOND PUDDING.

2-ozs. Suet (8d. per lb.)	...	...	...	1d.
2-ozs. Ground Rice (8d. per lb.)	...	...	...	½d.
1½-ozs. Flour (9d. per gallon)	...	...	...	¼d.
½ Packet Eiffel Tower Lemon Bun Flour	...	...	...	½d.
2-ozs. Sugar (2d. per lb.)	...	...	...	¼d.
1 Egg (16 a shilling)	...	...	...	1d.
1 Lemon	...	...	...	1d.
2 tablespoonsful of Milk	...	...	...	¼d.
				—4¾d.

**METHOD.**—Put the flour, Bun Flour, sugar, and ground rice into a basin, add the suet very finely chopped, the grated rind and strained juice of the lemon, the beaten egg and the milk. Mix well, place in small greased tins or cups, and bake in a moderate oven for from 35 to 40 minutes.

## CASTLE PUDDING.

2 Eggs (16 a shilling)	...	...	...	1½d.
6-ozs. Flour (9d. per gallon)	...	...	...	¼d.
6-ozs. Sugar (2d. per lb.)	...	...	...	¾d.
6-ozs. Butter (1/- per lb.) or Margarine	...	...	...	4½d.
½ Packet of Eiffel Tower Lemon Bun Flour	...	...	...	½d.
				—7¾d.

## SULTANA PUDDING.

4-ozs. Flour (9d. per gallon)	...	...	...	½d.
4-ozs. Sugar (2d. per lb.)	...	...	...	½d.
2-ozs. Butter (1/- per lb.)	...	...	...	1½d.
1 Egg (16 a shilling)	...	...	...	1d.
½ Packet Eiffel Tower Lemon Bun Flour	...	...	...	½d.
3-ozs. Sultanas (4d. per lb.)	...	...	...	¾d.
2 tablespoonsful of Milk	...	...	...	¼d.
				—5d.

**METHOD.**—Beat the sugar and egg together till light and frothy, then add the milk, the flour and Bun Flour well mixed, the sultanas, and lastly the butter melted but not hot. Turn into a buttered basin, cover with greased paper and steam for two hours.

**METHOD.**—Melt butter in saucepan, mix with the flour, sugar, and Bun Flour. Add eggs after well beating the same. Beat for two minutes; half fill in small pudding moulds, bake in moderate oven. Serve with sweet sauce. This Recipe also makes excellent Buns.

**The Children like it—it does them good.**

## MILK SCONES.

$\frac{1}{2}$ -lb. Flour (9d. per gallon) ... ..	3d.
1 Packet Eiffel Tower Bun Flour ... ..	1d.
$\frac{1}{2}$ -teaspoonful of Salt ... ..	
Egg (16 a shilling)... ..	3d.
$\frac{3}{4}$ -gill Milk ... ..	4d.

Makes 10 Scones for—**2 $\frac{3}{4}$ d.**

**METHOD.**—Mix the flour, Bun Flour and salt together, add the well-beaten egg and milk, roll out  $\frac{3}{4}$ -inch thick on a floured board, stamp into rounds with a tumbler, prick with a fork, and bake for 15 minutes in a quick oven. Serve hot.

## PIE-CRUST.

1 Packet of Eiffel Tower Bun Flour (Plain) ...	1d.
1-lb. of Flour (9d. a gallon) ... ..	1 $\frac{1}{2}$ d.
8-ozs. Lard or Margarine (8d. per lb.) ... ..	4d.
Half Teaspoonful of Salt ... ..	
	— <b>6<math>\frac{1}{2}</math>d.</b>

If for fruit pies or tarts use a dessert-spoonful of castor sugar.

## CHRISTMAS CAKE.

(GOOD).

$\frac{1}{2}$ -lb. Flour (9d. per gallon) ... ..	3d.
1 Packet of Eiffel Tower Lemon Bun Flour ...	1d.
$\frac{1}{2}$ -lb. Butter (1/- per lb.) ... ..	6d.
4 Eggs (16 a shilling) ... ..	3d.
$\frac{1}{2}$ -lb. Sugar (2d. per lb.) ... ..	1d.
6-ozs. Raisins (4d. per lb.) ... ..	1 $\frac{1}{2}$ d.
10-ozs. Currants (4d. per lb.) ... ..	2 $\frac{1}{2}$ d.
2-ozs. Almonds (1/- per lb.) ... ..	1 $\frac{1}{2}$ d.
2-ozs. Citron (8d. per lb.) ... ..	1d.
2-ozs. Mixed Peel (6d. per lb.) ... ..	3d.
1 teaspoonful Mixed Spice (Nutmeg, Cinnamon and Ground Ginger) ... ..	4d.
2 table-spoonfuls of Brandy ... ..	2d.

—**1/9d.**

**METHOD.**—Beat the butter and sugar together until white and creamy. Stone the raisins, chop the citron and peel, and blanch and chop the almonds. Add the well-beaten eggs to the butter and sugar, then the flour and Bun Flour mixed, the raisins, currants, almonds, spice, and lastly the brandy. Mix well, turn into a cake tin lined inside with buttered paper and having a piece of brown paper tied round the outside, and bake in a very moderate oven for 3 to 3 $\frac{1}{2}$  hours.

Save time and worry by using Eiffel Tower Milk Pudding

## PLUM CAKE (Cheap).

½-lb. Flour (9d. per gallon) ... ..	3d.
1 Packet Eiffel Tower Lemon Bun Flour ...	1d.
2 Eggs (16 a shilling) ... ..	1½d.
4-ozs. clarified Dripping or Margarine (6d. lb.)	1½d.
4-ozs. Sugar (2d. per lb.) ... ..	½d.
2-ozs. Raisins (4d. per lb.) ... ..	½d.
4-ozs. Currants (4d. per lb.) ... ..	1d.
1 teaspoonful Mixed Spice ... ..	½d.
1-oz. Candied Peel (4d. per lb.) ... ..	½d.
3 tablepoonsful of Milk ... ..	½d.
	—7½d.

METHOD.—Rub the dripping or margarine into the flour, add the sugar, Bun Flour, spice, the raisins (stoned), the currants and the peel (chopped). Mix with the well beaten eggs and milk, pour into a greased cake tin, and bake in a moderate oven for about 1½ hours.

## PLUM CAKE.

1 Packet of Eiffel Tower Bun Flour ... ..	1d.
8-ozs. Flour (9d. per gallon) ... ..	3d.
5-ozs. Sugar (2½d. per lb.) ... ..	3d.
4-ozs. Butter (1/- per lb.) ... ..	3d.
3-ozs. Currants (5d. per lb.)... ..	1d.
3-ozs. Sultanas (5½d. per lb.)... ..	1d.
1-oz. Almonds (1/- per lb.) ... ..	3d.
1-oz. Candied Peel (6d. per lb.) ... ..	½d.
2 Eggs (16 a shilling) ... ..	1½d.
2 tablepoonsful of Milk and a little Spice	½d.
	10½d.

METHOD.—Mix the Bun Flour, flour, sugar and spice thoroughly together dry, work in the melted butter, then add the currants, sultanas, almonds and peel, the eggs (well beaten), and the milk. Mix very thoroughly, place in a cake tin and bake for about an hour and a half in a quick oven.

So nourishing, too—just the thing for a Family.

Try it as a Porridge—it makes a nice change.

## SEED CAKE.

1 Packet Eiffel Tower Bun Flour ... ..	1d.
$\frac{1}{2}$ -lb. Flour (9d. per gallon) ... ..	1d.
4-ozs. Lard (or Margarine) (6d. per lb.) ... ..	1 $\frac{1}{2}$ d.
4-ozs. Sugar (2d. per lb.) ... ..	$\frac{1}{2}$ d.
2 teaspoonsful of Caraway Seeds ... ..	$\frac{1}{4}$ d.
1 Egg (16 a shilling) ... ..	1d.
4 tablespoonsful of Milk ... ..	$\frac{1}{4}$ d.
	—5 $\frac{1}{2}$ d.

METHOD.—Rub the lard (or margarine) into the flour, add the Sugar, Bun Flour, and caraway seeds, then the beaten egg and milk. Turn into a greased cake-tin, and bake in a moderate oven for from 1 to 1 $\frac{1}{2}$  hours.

## SEED BUNS.

The above Recipe can also be used for Buns, by filling into patty pans and baking for about fifteen minutes.

## ALMOND CAKE.

$\frac{1}{2}$ -lb. Flour (9d. per gallon) ... ..	3d.
1 Packet Eiffel Tower Bun Flour ... ..	1d.
4-ozs. clarified Dripping (or Butter 1/- lb.) ... ..	3d.
2 Eggs (16 a shilling) ... ..	1 $\frac{1}{2}$ d.
3-ozs. Sugar (2 $\frac{1}{2}$ d. per lb.) ... ..	$\frac{1}{2}$ d.
2 tablespoonsful of Milk ... ..	$\frac{1}{4}$ d.
3-ozs. Almonds (1/- per lb) ... ..	2 $\frac{1}{2}$ d.
	—9 $\frac{1}{2}$ d.

METHOD.—Rub the dripping (or butter) into the flour, add the Bun Flour, sugar, 2-ozs. almonds, blanched and chopped. Mix with the beaten eggs and milk, turn into a buttered cake-tin, sprinkle 1-oz. blanched and shredded almonds on the top, and bake in a moderate oven for 1 $\frac{1}{2}$  hours.

Use Eiffel Tower

Milk Pudding.

It is just a natural food—absolutely pure.

## RICE CAKE (Cheap).

1 Packet of Eiffel Tower Bun Flour	...	...	1d.
$\frac{1}{4}$ -lb. Ground Rice (4d. per lb.)	...	...	1d.
$\frac{1}{4}$ -lb. of Flour (9d. per gallon)	...	...	$\frac{1}{2}$ d.
5-ozs. Sugar (2 $\frac{1}{2}$ d. per lb.)	...	...	$\frac{3}{4}$ d.
4-ozs. Margarine (6d. per lb.)	...	...	1 $\frac{1}{2}$ d.
1 Egg (16 a shilling)	...	...	$\frac{3}{4}$ d.
3 Tablespoonsful of Milk	...	...	$\frac{1}{4}$ d.
			—5 $\frac{3}{4}$ d.

Mix the Bun Flour, ground rice, flour and sugar thoroughly together dry. Melt the butter and work into the mixed flours, then add the egg (well beaten) and the milk. Mix thoroughly and bake in a quick oven for about one and a quarter hours.

## RICE BUNS (Cheap).

The above Recipe can also be used for Buns, by filling into patty pans and baking for about fifteen minutes.

**It is excellent with Stewed or Tinned Fruit.**

## CHOCOLATE CAKES.

$\frac{1}{2}$ -packet of Eiffel Tower Vanilla Bun Flour	...	...	$\frac{1}{2}$ d.
4-ozs. Castor Sugar (4d. per lb.)	...	...	1d.
4-oz. Butter (1/- per lb.)	...	...	3d.
3-ozs. Flour (9d. per gallon)	...	...	$\frac{1}{2}$ d.
2-ozs. Corn Flour (4d. per lb.)	...	...	$\frac{1}{2}$ d.
2 Eggs (16 a shilling)	...	...	1 $\frac{1}{2}$ d.
1-oz. Cocoa Essence (best quality 2/- lb.)	...	...	1 $\frac{1}{2}$ d.
			—8 $\frac{1}{2}$ d.

Cream the butter and sugar, add eggs well beaten, then stir in the dry ingredients previously mixed. Bake in small tins for about 15 minutes.

**Save time by using  
Eiffel Tower Milk Pudding.  
It costs less than the  
old way.**

**ONE PENNY.**

**10 MINUTES.**

A large, delicious, creamy Pudding can be made in 10 minutes from a 1d. packet of EIFFEL TOWER MILK PUDDING by simply adding milk and a little sugar (*see instructions*).

This blend of natural food grains produces a most nourishing and satisfying dish.  
**A FOOD PURE AND SIMPLE, EASILY USED, EVEN A CHILD CAN PREPARE IT.**

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