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Mary Poppins in the Kitchen

A Cookery Book with a Story



by P.L.Travers

and Maurice Moore-Betty, Culinary Consultant

Illustrated by Mary Shepard

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Mary Poppins in the kitchen.

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*"But can she cook?" wailed Mrs. Banks.
 "Of course she can cook," said Mr. Banks.
 "Mary Poppins can do everything, can't you,
 Mary Poppins?"*

Learning that Mrs. Brill, the cook, must take an emergency leave just as they are about to depart for a week's holiday, Mr. and Mrs. Banks leave the kitchen, as well as the children, in the hands of Mary Poppins. The children, never allowed in the kitchen when Mrs. Brill is there, volunteer immediately to assist and find to their delight and surprise that more help arrives as each day passes. A host of familiar visitors appear, including the Bird Woman, Admiral Boom, and Mr. and Mrs. Turvy. The children not only learn how to cook, but also how to economize as Mary Poppins teaches them to turn The Remains (of roast beef) into shepherd's pie for dinner on the following day.

The gifted pen of P. L. Travers and the lively illustrations of Mary Shepard need no introduction to children. Together with the help of culinary consultant Maurice Moore-Betty, who has taught cooking to children and adults at his well-known school, a triumvirate extraordinaire presents this unusual cookery book—a legacy from Edwardian days—with a story.

DISCARD

**MARY POPPINS
IN THE KITCHEN**

BY THE SAME AUTHOR

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Mary Poppins Comes Back

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Friend Monkey

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The Fox at the Manger

MARY POPPINS IN THE KITCHEN

A Cookery Book with a Story

P. L. TRAVERS



MAURICE MOORE-BETTY

CULINARY CONSULTANT

Illustrated by Mary Shepard

HARCOURT BRACE JOVANOVIH

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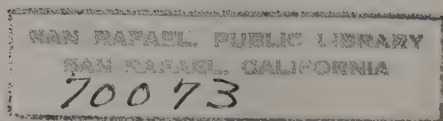
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Mary Poppins in the kitchen.

SUMMARY: Left for a week without parents or cook, the Banks children pitch in and learn to prepare their meals with Mary Poppins' help. Includes daily menus and recipes.

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INTRODUCTION

The young people who first came to my school to study the culinary art years ago would have reaped instant benefit had I been aware of Mary Poppins's methods in the kitchen. After two or three rather jerky sessions, the key to successfully handling my students became quite clear: enthusiasm had to be regulated at any price and constant supervision maintained. The youngsters were unpredictable and their curiosity a bottomless well. The ease with which they grasped the knack of using knives was astonishing, but, like Mary Poppins, we forbade *solo* forays with all sharp-edged cutlery or electrical equipment. Each pupil was individually coached and the strictest discipline enforced. Having been similarly disciplined in my apprenticeship, I was not surprised to discover that they responded favorably to it. They craved guidance and showed their appreciation.

When working with children in the kitchen, I would advise not to let them frolic there on their own, but to be strict, fair, and patient. Give reasons for everything you do, and, above all, reward those who do well, not forgetting to encourage those who are trying. Compliments cost nothing and pay substantial dividends. Treat your charges with respect, and never forget that for them this is a whole new creative world.

Mary Poppins, liking everything in its logical place, has used her own A to Z method of indexing. So, in looking up roast beef for instance, you will find it under R, not B. Baked custard is listed under B. For those who prefer the more conventional index, it can be found on the last pages of the book.

Each of these delicious recipes, most of them gems from the Edwardian era, were tested under my personal supervision.

MAURICE MOORE-BETTY



MARY POPPINS IN THE KITCHEN

It was Sunday.

All the houses in Cherry-Tree Lane were dozing in the afternoon sun—all except Number Seventeen, which was wide awake with noise and laughter. Mr. and Mrs. Banks were having tea in the nursery with Jane, Michael, John, Barbara, and Annabel.

Suddenly the door opened and in came Mrs. Brill, the cook, with a fresh pot of tea in her hands.

"If you please, ma'am," she said as she set it down. "I have a piece of news." And she pulled a telegram out of her pocket.

"Nothing bad, I hope!" said Mrs. Banks. The very word "news" had an ominous sound, and she eyed the telegram with distrust.

"It's my niece, you see," said Mrs. Brill. "Her four children have all got measles. So I must go and help her."

"Oh, *no!*" cried Mrs. Banks with a shriek. "Why must everything happen at once? Ellen's away nursing a cold, and Mr. Banks and I are on the verge of going to Brighton for a week. George, did you hear?" She turned to her husband. "Mrs. Brill has to go away. What on earth are we going to do? Who will do the cooking?"

Mr. Banks, down on all fours, pretending to be an elephant with John and Barbara on his back, rose, panting, to his feet.

"Ask Mary Poppins," he replied. "She will manage something."

"But can she cook?" wailed Mrs. Banks. "Breakfasts and suppers would not be hard, but what about the dinners?"

"Humph!" said the well-known voice from the doorway. And the humph was followed by a sniff.

"Of course she can cook," said Mr. Banks. "Mary Poppins can do everything, can't you, Mary Poppins?" Mr. Banks was a tactful man.

Mary Poppins tossed her head. "I have only one pair of hands," she said. "And those are occupied." She had lifted Annabel from the floor, and John and Barbara, one on either side of her, were each hugging a leg.

"I'll lend you mine, Mary Poppins," said Jane. "Then you can have two pairs."

"And mine," said Michael. "I will help you. I'd like to learn to cook."

"Me, too," said John.

"Me, too," said Barbara.

"Could you possibly manage, Mary Poppins? The cab will be here any minute. Perhaps we should cancel it—dear, oh, dear!"

"And when," said Mary Poppins grandly, "have I failed to give satisfaction?"

"Oh, never, never!" cried Mrs. Banks. "I only thought—so much to do—and Robertson Ay so often asleep—and nobody to help you."

Mary Poppins smiled a superior smile. "I have

friends and relatives," she said. "And also a cookery book."

"Oh, well, if you really think you can—" Mrs. Banks, relieved and flustered, pushed back her chair and rose. "I'll go and lock my suitcase."

"So that's all right," said Mr. Banks. "We can leave it to Mary Poppins." He poured out another cup of tea, drank it hastily, and went downstairs.

In no time the cab had come to the door, waited while the good-byes were said, and then had rolled away down the lane and disappeared from view.

Mrs. Brill, bag in hand, paused at the front door on her way out.

"I've left you sandwiches for supper and Very Plain Cake and Junket."

"Thank you kindly," said Mary Poppins.

"But I thought *we* were going to do the cooking!" said Michael, disappointed.

"There's no cooking in sandwiches, Michael. Tomorrow we will start."

"But you're always telling us, Mary Poppins, that tomorrow never comes."

"Well, call it Monday," said Mary Poppins. "For Monday never fails to come. Now, spit-spot and up the stairs and no more argument."

Jane looked at Michael.

Michael looked at Jane.

"Tomorrow!" they whispered to each other, both feeling that they were on the brink of a new kind of adventure. . . .



MONDAY

"And a bottle of vanilla essence." Mary Poppins folded her list and put it into her handbag.

The Grocer and his assistants parceled up the great pile of groceries and put them into the perambulator.

"Now, home!" said Mary Poppins briskly as she pushed the perambulator before her and sped along Cherry-Tree Lane and up the garden path. The four children straggled after her, laden with provisions. It had been a busy morning, and they all felt that it was a long time since they had had breakfast.

"What are we cooking today, Mary Poppins?" Jane wanted to know.

"Roast Beef," said Mary Poppins. "And Yorkshire Pudding to go with it and just a suspicion of Cabbage."

"What! No other pudding?" demanded Michael. "I need to end with something sweet."

"Why not Gingerbread?" said a voice behind them.

They all turned. And there, at the gate of Number Seventeen, were Mrs. Corry, tiny and neat, and her two large daughters, Fannie and Annie.

"We've come to give you a helping hand," said Mrs. Corry gaily.

"But *we're* helping her!" said Michael stoutly.

"Then we will help *you*," said Mrs. Corry as she quickly broke off one of her fingers and gave him a barley-sugar stick.

Fannie and Annie shook hands with all and took the parcels from them.

And in no time they were in the kitchen, eating barley-sugar broken from Mrs. Corry's fingers and getting ready to cook the dinner.

"Where shall we begin?" said Jane.

"At the beginning," said Mary Poppins. "First of all you wash your hands, and then you remember three useful things. Always let *me* switch on the stove, keep away from steaming kettles, and never use the sharper knives unless I am standing by."

"Yes, Mary Poppins," they said gravely. And then they were set to work.

Jane floured and salted the beef, which was put into a hot oven. Michael helped Fannie mix the batter for the Yorkshire pudding, and Annie chopped the cabbage. John and Barbara picked up the scraps and put them into the garbage pail. Annabel, safe in her high chair, sucked at her barley-sugar.

Mary Poppins and Mrs. Corry, each with a cup of tea before her, watched over the whole proceeding.

"And now," said Mrs. Corry, rising, "the first course is safely on its way, so let us get on with the second. Jane and Michael, I have often made gingerbread for you. Now you can make it for me." And she rolled up the sleeves of her little black coat, turned back her skirt till it looked like an apron, and set them both to work.

Michael mixed the flour with the soda and spice and added the ginger and raisins. Jane melted the butter with the sugar and added the egg and the treacle.

"Now put both mixtures into a large bowl and together you can stir."

Mrs. Corry stood over them, carefully watching every movement with her little beady eyes. "It's an excellent recipe," she said. "I had it from King Alfred the Great. He burnt his other cakes, you know, but never his gingerbread."

Jane and Michael scooped the mixture into greased star-shaped tins, and Mrs. Corry put the tins on a tray and popped it into the baking oven.

"There!" she said. "Now, all we need is some golden stars, and I happen to have some with me." And she proceeded to fish from an inner pocket a handful of paper stars.

"You'll save them, won't you?" she asked the children, with an eager look in her eyes.

"Of course we will," said Jane and Michael, for they knew from old experience that Mrs. Corry's golden stars had a special kind of magic. Some night, if they looked from the nursery window, they would see her perched on a tall ladder, pasting the stars on the sky, with the help of Mary Poppins.

Now there was nothing to do but wait, to baste the roast from time to time, to put the Yorkshire pudding into the oven for the last half hour, and to add sugar and salt to the cabbage to help it to keep its flavour.

"Ten minutes at the most in boiling water. Cabbage needs to be crisp," said Mary Poppins.

And then, at last, she called out "Ready!" and they all sat round the kitchen table, eating a meal fit for a prince, keeping a plateful for Robertson Ay, who was sleeping in the china cupboard.

"What a beautiful cook I am!" said Michael as he helped himself to a gingerbread star.

Mary Poppins gave a sniff. "Handsome is as handsome does," she said with an uppish smile as she led the Corrys to the front door and said a polite good-bye.

MONDAY'S MENU

Breakfast

*Orange Juice. Cornflakes. Lightly Boiled Eggs.
Good strong tea for Mary Poppins and milk
for all the children.*

Dinner

*Roast Beef and Yorkshire Pudding. Cabbage.
Gingerbread Stars.*

Supper

Cheese on Toast. Lemon Jelly (Jello).

TUESDAY

"What is the plan for today, Mary Poppins?" asked Jane as she and Michael dried the breakfast dishes.

"She's planning to go to sea, of course!" said a voice outside the open kitchen window. And there in the garden stood Admiral Boom, with his Admiral's hat on the back of his head and his telescope under his arm.

Jane and Michael threw down their cloths and ran to open the kitchen door.

"Yo, ho, ho and a bottle of rum!" they cried, pulling the Admiral into the kitchen and hugging him round the waist.

"Ahoy there, my hearties! Hoist the mainsail! Well, Mary Poppins, all alone? What are you having for dinner today?"

"Well, yesterday it was roast beef. So today it has to be Shepherd's Pie."

"Of course it does," said Admiral Boom. "Shepherd's pie always comes after roast beef. It uses up the remains. Well, pipe the Admiral aboard and he'll help you in the galley. What about vegetables?" he said as he plucked Mrs. Brill's apron from behind the door and tied it round his waist.

"Carrots," said Mary Poppins briskly. "And Mashed Potatoes for the top of the pie and Apple Charlotte to follow."



"Good!" said the Admiral. "Now, all hands on deck. Ship's company, quick march!"

The children rushed to do his bidding. Michael brought him the mincing machine. Jane brought the cold roast beef from the icebox. John and Barbara gave him the chopping board.

"There we are, that's all shipshape. We'll screw the machine to the edge of the table and chop up the meat and put it in.

"Follow the fleet and fly with me,
Far away to the foaming sea,"

sang Admiral Boom as he turned the handle.

Then Jane and Michael took a hand at the turning, and very soon the cold roast beef became a plateful of minced meat. Jane spooned it into a baking dish while Michael, watched over by the Admiral, sprinkled it with pepper and salt.

"Ropes and rigging, cockles and shrimps! Now, all we need is a chopped onion—" The Admiral darted to the vegetable basket. "And a spoonful or two of chopped parsley and some leftover gravy." He opened the door of the kitchen cupboard. "And once we've cooked and mashed the potatoes, we'll spread them all over the top, and in with it to the oven. Belay there! Now for the apple charlotte! Blast my gizzard, Mary Poppins, you're doing all the work yourself!"

"A stitch in time saves nine," said Mary Poppins primly as she finished the scraping of the carrots and

turned to peel the apples. "Now, one of you can butter a pie dish and put in the apples in layers. Another can sprinkle them with sugar, and a third can cover them with bread crumbs. Apple charlotte," she warned them all, "should be soft and sticky and moist and rich."

"Ay, ay, it's just the dish for a sailor. Heave to and let down the anchor, messmates. If Mary Poppins says, 'Stay to dinner,' I won't go to sea after all."

Of course Mary Poppins could not refuse, and the Admiral delighted them all by having two helpings of shepherd's pie and three of apple charlotte.

And nobody noticed, least of all Admiral Boom, that when at last he took his leave, he still had Mrs. Brill's apron tied firmly round his waist.

TUESDAY'S MENU

Breakfast

Orange Juice. Cream of Wheat (the recipe is on the packet). Bacon. Coffee for Mary Poppins and weak tea for the children.

Dinner

Shepherd's Pie. Carrots. Apple Charlotte (Apple Brown Betty).

Supper

Fish Cakes. Jam Tarts.

WEDNESDAY

"There now!" said Mary Poppins as she settled Annabel into the perambulator and wheeled it into the garden.

"And now to work," she ordered the children as she led them all into the kitchen.

At that moment the doorbell rang, and presently Robertson Ay came in, yawning and looking sleepy.

"You've got visitors," he said wearily. "By the name of Mr. and Mrs. Turvy."

He ushered two people into the room and collapsed upon a chair in the doorway.

"Why, Cousin Arthur, what a surprise! And you, too, Topsy!" cried Mary Poppins.

Jane and Michael ran to greet the curious-looking guests, both of whom were wearing their clothes back to front.

"But this is Wednesday," said Michael. "I thought that only happened on Tuesdays." He gazed at Mr. Turvy's jacket, which was buttoned down the back, and at Mrs. Turvy's straw hat with its feather facing forward.

"It's all altered," said Mr. Turvy. "It happens every day now. We're topsy-turvier than ever. But still we thought we'd come and help."

"A very kind thought," said Mary Poppins. "We're having Irish Stew today and then Bananas and Honey."

“Better have Upside-down Cake. More suitable,” said Mr. Turvy.

So everybody set to work. And though the guests behaved in a topsy-turvy manner—Mrs. Turvy repeatedly stood on her head and Mr. Turvy insisted on looking for the lamb chops in the broom cupboard—the cooking got under way.

Under Mary Poppins’s watchful eye the children peeled potatoes and onions and put them in the casserole. Michael added the lamb chops. Jane covered it all with water, and Mr. Turvy was politely prevented from adding a touch of sugar.

“Irish stew cooks itself,” said Mary Poppins as she put the casserole into the oven. “So we can concentrate on the cake. Michael, you may slice the peaches, and Jane can make the batter. No, Topsy, the egg must be beaten to a froth; it does not have to be fried!”

Jane stirred and stirred with a wooden spoon till the butter was creamed and the sugar added. And, gradually, in spite of Mr. Turvy’s efforts to add some unnecessary salt and Mrs. Turvy’s powdering her nose with sifted flour, the ingredients were mixed together, the batter poured over the sliced peaches, and the cake put in the oven.

“Now, all we have to do is wait,” said Mary Poppins calmly. “Won’t you sit down?” she asked the Turvys.

“I’d like to sit down,” said Mr. Turvy, “but, of course, as everything’s back to front, I cannot help standing up.”



“Why don’t we dance?” said Mrs. Turvy. “That’s better than sitting down.” And she began to turn, feet over head, round and round the kitchen table. Mr. Turvy sighed but followed, and their topsy-turvy behaviour was so infectious that presently everyone was dancing, or turning head over heels. Jane and Michael pranced and polkaed, John and Barbara skipped and spun. Even Mary Poppins, holding out the strings of her apron, waltzed primly round the table. The only people not dancing were Annabel, who was scraping out the batter bowl, and Robertson Ay, who was sound asleep.

“Enough!” said Mary Poppins at last. “Everything must be cooked by now.”

Her word was enough. The whirling kitchen steadied itself. Everyone came to a halt. Michael carefully took the stew from the oven. Jane turned the cake out downside up and covered it with whipped cream.

“It’s a great success!” said Mary Poppins. “We won’t call it upside-down cake ever again. Its name will be Topsy-Turvy!”

WEDNESDAY'S MENU

Breakfast

Orange Juice. Oatmeal (the recipe is on the packet). Scrambled Eggs. Tea for Mary Poppins and cocoa for the children.

Dinner

Irish Stew. Upside-down Cake (Topsy-Turvy Cake).

Supper

French Toast (without sugar). Apricot Purée.

THURSDAY

"That's one thing done!" said Mary Poppins as she swept the dust into a pan and put the broom away. She glanced round the spotless kitchen floor and seemed to be pleased with her handiwork.

"Mary Poppins," said Michael as he watched her tie on a fresh white apron. "Who do you think will come today?"

"Why should anyone come, may I ask?"

"To help us," said Jane, "to cook the dinner."

"We don't need help," said Mary Poppins. "It's a very simple meal today—Beef Patties with Green Peas and Bread-and-Butter Pudding."

"That sounds delicious! May I come in?"

At these words everybody turned. And there stood a small chubby old man in a frock coat and baggy trousers and a long white beard down to his waist.

"Cousin Fred!" exclaimed Mary Poppins.

"Mr. Twigley!" the children cried.

"The front door was open, Mary, my dear, and a young man was sleeping on the doormat. So I just stepped over him and came in."

"Will you get any wishes today?" asked Michael.

"Oh, dear me, no! They only happen on the first New Moon after the Second Wet Sunday after the Third of May. I can't just *wish* the patties cooked.

But I'll help wherever I can." Mr. Twigley took up a fork, ran his fingers lightly across it, and a stave of music sounded.

"Now, Fred, we do need something more than music!"

"Of course you do, Mary, my dear." Mr. Twigley put a spoon to his lips and blew a flute-like phrase. "You must shape the meat into neat round cakes, press them lightly with the hands, and fry them in a dry pan or put them under the grill." He sang the words in a shaky tenor voice.

"I'll do it," sang Michael, imitating Mr. Twigley. "Give me the meat."

"Jane," warbled Mary Poppins sweetly, "you must put the slices of buttered bread in layers into a buttered pie dish."

"And sprinkle raisins between the layers and cover it all with a simple custard," trilled Jane in a high soprano.

"Me, too! Me, too!" chanted John and Barbara in their shrill small voices.

And there they all were, singing and cooking, with Mr. Twigley making music with everything he touched. He struck two saucepan lids together and made them sound like cymbals. He took the egg whisk and plucked the wire, and there was a small guitar. He thumped on the pie dish with his fists till it gave forth a roll of drums. He made knives sound like violins and soup spoons like xylophones. And when the beef patties were ready and the pudding came brown and crisp from the oven, they arrived to-



gether on the table with a lordly blare of a trumpet blown through a stalk of celery.

"Splendid!" said Mr. Twigley proudly, as though he had cooked the whole meal himself. "And I find that I do have a wish after all!"

"But will it come true?" demanded Jane.

"It depends on her," said Mr. Twigley, nodding at Mary Poppins. "I do so wish, Mary, my dear, that we could make a picnic of it and take our meal into the garden."

"Oh, please, Mary Poppins!" cried Jane and Michael.

But Mary Poppins, as if by magic, was already out under the elm tree and spreading a tablecloth in its shade.

"That was a wonderful wish," said Jane as they all sat around the tablecloth eating beef patties and peas.

Mr. Twigley plucked a blade of grass and ran it lightly over his lips till it sounded like an English horn.

"Mr. Twigley," demanded Michael. "Has everything got its own true music?"

"Everything," answered Mr. Twigley.

"And everybody?" Jane inquired.

"Everybody," he said.

THURSDAY'S MENU

Breakfast

Orange Juice. Pancakes. Fried Eggs. Coffee for Mary Poppins and warm milk for the children.

Dinner

*Beef Patties (Hamburgers). Green Peas.
Bread-and-Butter Pudding.*

Supper

Ham Scallop. Ice Cream.

FRIDAY

Jane was sitting by the kitchen window, waiting to hear the menu for the day.

"There's a pigeon," she said, "staring in at me. What can it want? Oh, it's flown away."

"Well, let it fly," said Mary Poppins. "I've quite enough birds to think of, thank you, with Chicken and Bread Sauce for dinner and Green Beans and Fruit Salad."

"Feed the birds, tuppence a bag!" A familiar voice sounded outside in the garden.

"It's the Bird Woman!" cried the children together as Michael ran to the kitchen door.

And there, indeed, the Bird Woman stood, with a ring of pigeons about her. In one hand she carried her basket of bread crumbs and in the other a bunch of herbs.

"My birdie told me you were at home, so I thought I'd drop in to have a little chat and to see how you were faring."

"Mustn't grumble," said Mary Poppins. "We're doing nicely, thank you."

"And chicken for dinner, my dears, I see. So these will come in handy."

The Bird Woman waved her bunch of herbs and handed them to Michael.



"Tuck them inside him, love," she said. "They'll make him sweet and tasty."

So the chicken was stuffed full of garden herbs, rubbed with salt and lemon juice, and popped inside the oven. The green beans were washed and stripped. And the Bird Woman's pigeons flew round the kitchen, perching on shelves or the backs of chairs and sometimes on the children's shoulders.

"And now the bread sauce," said Mary Poppins. "You take the bread, Jane, and crumble it—"

"Wait a minute!" the Bird Woman cried. And she opened several bagfuls of crumbs and poured them into a saucepan.

"That will save you some work, my chick. Now all we need is milk and butter and a small onion for flavour."

The Bird Woman stood by the kitchen stove, stirring the sauce with a wooden spoon. She salted it and peppered it. And her birds clustered close about her, one on her hat and another in her pocket.

"Now we'll set it aside and warm it when the chicken's ready. It will be a sauce fit for a king. Well, I must be off."

"But you'll stay to dinner, ma'am, surely?" Mary Poppins, her hands full of bananas, oranges, apples, and pears, made a gesture of invitation. "Jane and Michael are going to make a fruit salad."

"No, no. I must be on my way. My other birdies are waiting. You've got your birds to feed. I've got mine."

The Bird Woman, under a cloud of wings, straightened her hat and took up her basket.

"I'll take you to the gate," said Michael. And he and Jane and John and Barbara followed her down the path.

"Feed the birds!" the Bird Woman cried as she stepped out into the lane. "Tuppence a bag! Feed the birds!"

"We'll see you at St. Paul's," called the children as they watched her hurrying down the lane, looking like a mother hen amid a flock of chickens.

FRIDAY'S MENU

Breakfast

Orange Juice. Toasted Date Bread. Eggs and Bacon. Tea for Mary Poppins and milk for the children.

Dinner

Chicken with Bread Sauce. Green Beans. Fruit Salad.

Supper

Kedgeree. Baked Custard.

SATURDAY

Jane and Michael ran into the kitchen, with Andrew and Willoughby, Miss Lark's dogs, yapping breathlessly at their heels.

"We found them out in the lane," said Michael, "so we brought them home with us. What are we cooking today, Mary Poppins?"

"Lancashire Hot Pot and Cherry Pie. You can get the hot pot ready, and Jane can make the pastry."

There was an air of quiet busyness about the kitchen as they all prepared the dinner. Michael put alternate layers of meat, potatoes, and onion into a casserole. Jane worked shortening and flour together to make pastry for the pie. John and Barbara pulled the stems off the cherries and put the fruit into a pie dish. And the dogs looked on with interest.

"Mary Poppins, where are you? Help, oh, help!" A wild cry shattered the peaceful scene. And there in the doorway stood Miss Lark with the Park Keeper behind her.

"Oh, Mary Poppins, I've lost the dogs. They're not in my garden, not in the lane, and the Park Keeper has searched all over the Park."

"They're here," said Mary Poppins calmly as the dogs rose lazily to their feet and sauntered towards Miss Lark.

"Oh dear, oh dear, what a relief! I thought I

should have to inform the police. Even, perhaps, the Prime Minister. Andrew and Willoughby, you ran away! How could you be so heartless?"

"Observe the rules!" the Park Keeper cried from the door. "All litter to be placed in the baskets."

Mary Poppins eyed him sternly.

"We are observing the rules, thank you. And we've got no litter here."

"I shall put you both on the lead," said Miss Lark as she stooped towards the dogs' collars. "And take you home at once. There now, you shan't escape again. Thank you for keeping them, Mary Poppins. They might have been lost to me forever. Well, I must be going. Thank you, thank you! I see you are all extremely busy. What clever children—making pastry! When will Mrs. Banks be back? Tomorrow? Splendid! Come, dogs! Good-bye!"

And away went Miss Lark, in her usual bustle, with the dogs behind her looking sheepish and glancing back longingly at the children.

The Park Keeper sighed a wistful sigh as he eyed the laden table.

"Cooking?" he inquired with interest.

"What else does one do in a kitchen?" Mary Poppins gave him a mocking glance.

"I could stay and give you a helping hand, supposing you wanted it," he said.

"And supposing I didn't?" she said calmly as she edged him out of the kitchen.

"It's me dinner hour," said the Park Keeper, eagerly sniffing the air.



Mary Poppins was not to be cajoled.

"Then you'd better go and get something to eat," she told him scornfully.

The Park Keeper made a last effort as she thrust him from the house.

"I'm partial to hot pot and cherry pie." He made a pleading gesture.

"So am I," said Mary Poppins. And she closed the door upon him.

SATURDAY'S MENU

Breakfast

Orange Juice. Honey Bread. Sausages. Coffee for Mary Poppins and cocoa for the children.

Dinner

Lancashire Hot Pot. Cherry Pie.

Supper

Left-over Cold Chicken. Lemon Pudding.

SUNDAY

"I'm excited," said Michael as he dried the last of the lettuce leaves, wrapped them in a fresh napkin, and put them into the icebox. "What time will they arrive, Mary Poppins?"

"The letter said at one o'clock. And good cooks are never excited, Michael. It spoils what they are cooking."

Mary Poppins broke an egg in two, quickly divided the white from the yolk, and put each into a separate bowl. This she did four times. Then she turned the bowl of whites over to Jane and handed her the eggbeater. "Beat them until they're stiff," she said.

Outside in the lane, the Policeman was walking up and down, hoping, perhaps, for a glimpse of Ellen. And the Ice Cream Man wheeled his tricycle past, ringing his bell to attract attention.

But away in the kitchen nobody noticed. They were all of them far too busy.

"Now, Michael," said Mary Poppins briskly. "Lightly dip the cutlets into two beaten eggs and then into the bread crumbs. And you, Jane, measure two ounces of butter and one and a half of flour. John and Barbara will set the table."

Mary Poppins was like a whirlwind, turning from one to another and helping each in turn. And in be-

tween times she stood at the stove stirring something in a saucepan, adding this and adding that and tasting the result with a smack of her lips.

The morning wore on, and at last it seemed that all was prepared. It was time to put something under the grill and something else into the oven.

And just at the moment this was done, the kitchen clock struck a single note and a latchkey turned in the front door.

"They're here! They're here!" cried everyone.

The four children streamed out of the kitchen, screaming cries of welcome. And presently they were back again with Mr. and Mrs. Banks, all of them wrapped in one big embrace and everybody laughing.

"Still alive, Mary Poppins?" asked Mr. Banks as he plucked Annabel from her high chair and handed her to her mother.

Mrs. Banks fluttered and cooed and kissed as the children clustered about her.

"I do believe you've grown!" she told them.

"Nonsense, my dear," said Mr. Banks. "We've only been away a week. Mary Poppins, we're hungry," he said, turning. "Do you think you could manage a cheese sandwich or maybe a couple of boiled eggs?"

Mary Poppins and Jane and Michael exchanged a glance full of meaning.

"If you'll take your places in the dining room," said Mary Poppins, "the children will bring you something to eat."

"How good to be home," said Mr. Banks as they

settled into their chairs. "I'm looking forward to a little snack. But what is this?" he demanded, turning.

There in the doorway stood the four children, each of them carrying a dish. And behind them, like a pillar of starch, was the figure of Mary Poppins.

"It isn't a snack," said Michael, laughing. "We've cooked you a real dinner." He put down his dish and took off the lid. "Veal Cutlets," he said triumphantly, "with Potatoes from John and Salad from Barbara."

"And a Lemon Soufflé from me," said Jane as she put her dish on the table.

Mr. Banks stared at Mrs. Banks and Mrs. Banks stared back.

"Salad! Potatoes! Veal cutlets! Soufflé! Can we believe our eyes, my dear?" Mr. Banks was amazed.

"We must be dreaming," said Mrs. Banks as she gazed at the spreading feast. "Can the children have cooked all this? So all has gone well, after all, Mary Poppins?" She smiled her timid smile.

Mary Poppins tossed her head and gave a familiar sniff.

"Of course it has," she said calmly. "What else did you expect?"



SUNDAY'S MENU

Breakfast

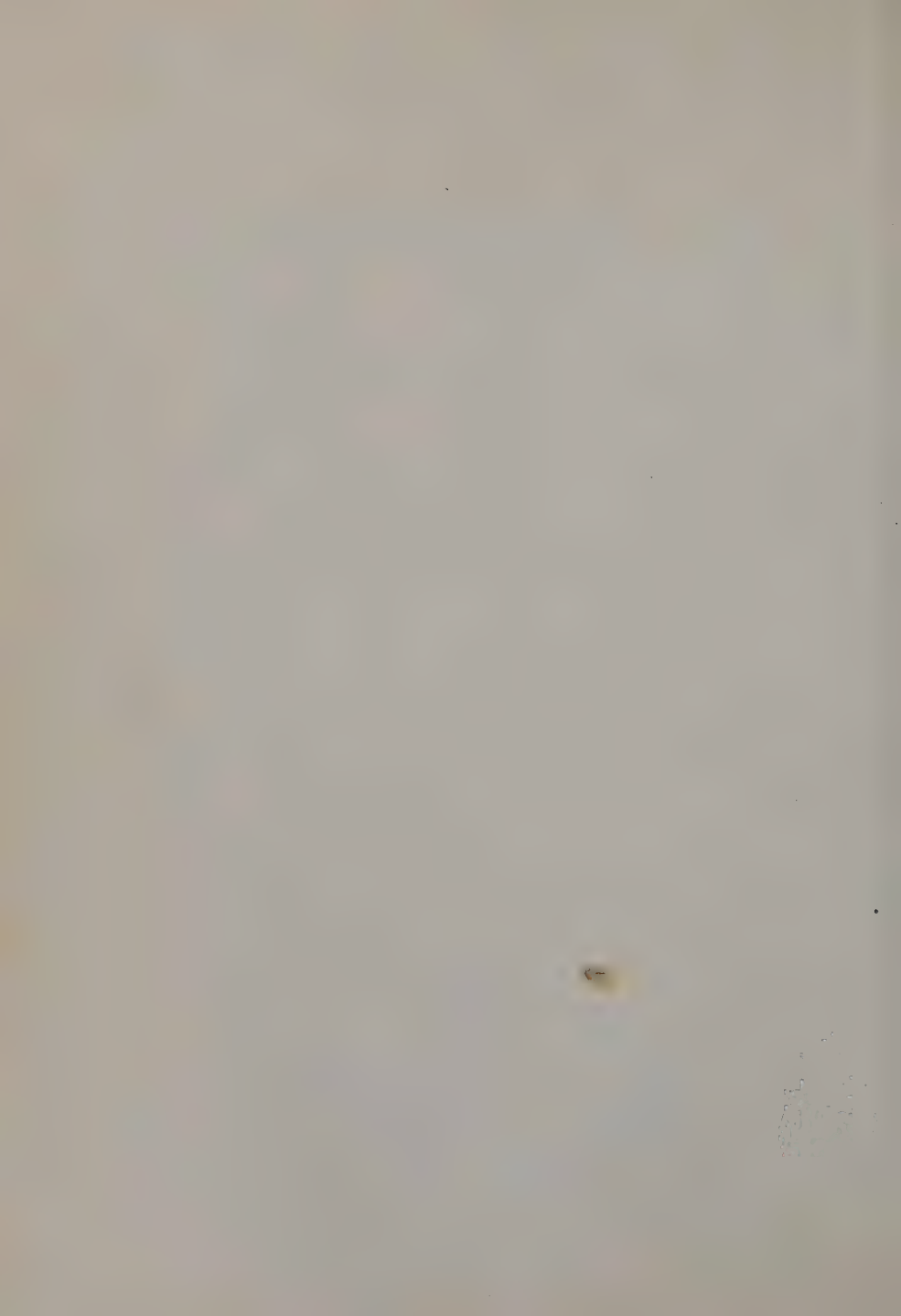
Orange Juice. Toast. Scrambled Eggs and Bacon. Tea for Mary Poppins and milk for the children.

Dinner

Veal Cutlets. Potatoes. Salad. Lemon Soufflé.

Supper

Welsh Rarebit. Apple Crumble.



Mary Poppins's Cookery Book from A to Z



*"All that is or was or will be happens between
A and Z," says Mary Poppins. "And that
includes this cookery book."*

Angel Cake

1½ cups cake flour
2 teaspoons baking powder
1 cup sugar
¾ cup milk
1 teaspoon vanilla extract
2 egg whites
butter to grease the cake tin
flour to coat the cake tin
a tube or Bundt pan that holds 4-6 cups



Heat the oven to 350°.

Grease the cake tin and sprinkle with flour until evenly coated. Hold upside down to allow excess flour to fall out.

Sieve or sift the cake flour, baking powder, and sugar into a bowl that holds 2 quarts. "It is better," says Mary Poppins, "to have a bowl that's too large than one that's too small!"

Warm the milk very gently; you should just feel the warmth. Add the vanilla extract and mix it with the milk. Make a well in the center of the flour mixture and add the vanilla milk slowly while you stir. Stir till you have a smooth paste.

Beat egg whites until they are stiff and hold a peak like an icicle. Fold egg whites gently into the flour and milk paste, making sure it is thoroughly mixed.

Pour into the prepared cake tin and bake in the center of the oven for 40 minutes. Cool for a few minutes and turn upside down on a wire rack.

Mary Poppins often serves Angel Cake with Apricot Purée instead of a pudding for lunch.

Apple Charlotte or Apple Brown Betty

2 pounds apples—greenings or Cortlands

½ cup or 1 stick butter

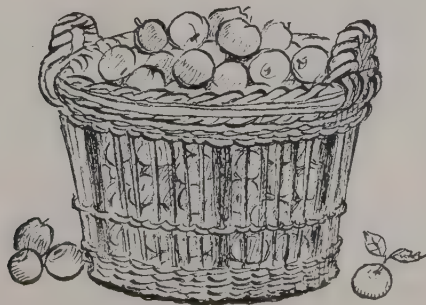
2 cups fresh white bread crumbs

1½ cups dark brown sugar

deep pie dish that will hold at least 1 quart—a soufflé dish will do

Heat the oven to 350°.

Choose apples that are hard and juicy. Peel and core them and slice as thin as you can. Butter the pie dish, using a little of the ½ cup. Sprinkle with bread crumbs. They will stick to the butter and make a comfortable bed for the apples. Lay a thick layer of sliced apples on the bread crumbs and scatter some brown sugar on top. Dot all over with little pieces of butter. Start all over again with a layer of apples, bread crumbs, sugar, and butter and continue the layers until the dish is full. Make the last layer of bread crumbs. Pile it high. The apples shrink as they cook. Cook for one hour. Mary Poppins serves this pudding lukewarm with whipped cream.



Apple Crumble

- 3 pounds cooking apples, greenings or tart eating apples
 - 2 cinnamon sticks, broken in half
 - 6 cloves
 - $\frac{1}{2}$ cup water
 - $\frac{2}{3}$ cup granulated sugar
-

Peel, core, and slice the apples. In a heavy pan cook them with the cinnamon sticks, cloves, and water till soft. Remove the cloves and cinnamon sticks and stir in the sugar. A little more may be needed if apples are very tart. Cool.

THE CRUMBLE:

- 2 cups sifted all-purpose flour (sift first and then measure)
 - 1 teaspoon powdered ginger
 - 1 pinch baking soda
 - $\frac{1}{2}$ cup or 1 stick butter
 - 2 heaping tablespoons brown sugar
 - 2 heaping tablespoons granulated sugar
-

Set the oven at 350°.

Sift the flour, ginger, and baking soda into mixing bowl. Cut butter into small pieces and crumble flour and butter with fingertips till it is like sand or coarse cornmeal. Add both sugars and crumble again.



Spoon apples into an ovenproof dish, approximately 11 inches x 8 inches x 1½ inches. Smooth the top, but don't pack it tightly. Sprinkle the crumble evenly over the apples, and, again, don't pack it down. Bake for 30 minutes.

"Figs," says Mary Poppins, "are very good this way, leaving out cloves and cinnamon, but are not as easy to find as apples."

Apricot Purée

2 cups boiling water

½ pound dried apricots

¾ cup sugar

saucepan (with a lid) to hold 3-4 pints

In a bowl, pour boiling water over the apricots. Cover and leave overnight or for eight hours.

Put the apricots and the water in which they have been soaking into a heavy pan. It should hold 3-4 pints. Bring to a boil over a light flame or heat. Then reduce the heat or turn down the gas. Cover the pan with its lid and cook slowly for 15-20 minutes, or until tender. Rub through a fine sieve or purée in a blender. Add the sugar while it is still hot. Add more if you like it sweeter.

Makes 2 cups or 1 pint.

Arrowroot

A "good mixture," says Mary Poppins, "for anyone who is digestively upset."

2 teaspoons arrowroot

4 teaspoons cold milk

1 cup boiling water or milk

sugar to taste and a drop of vanilla if you like the
flavour

Into the arrowroot gradually stir in the cold milk and continue stirring till smooth. Add gradually the boiling water or milk and cook over low heat for 2 to 3 minutes, stirring all the time. It should not be too thick and may be thinned out by adding a little more milk or water. Sweeten with sugar and add 1 drop of vanilla if you wish.



Baked Custard

5 eggs

½ cup granulated sugar

¼ teaspoon salt

4 cups (1 quart) milk

grated nutmeg

deep pie dish or soufflé dish to hold 6 cups (1½ quarts)

roasting pan and rack

Heat the oven to 320°.

Butter the inside of the dish.

Beat the eggs lightly with sugar and salt. Heat the milk till tepid. Stir into the beaten eggs and mix thoroughly. Pour into prepared dish. Grate nutmeg on top. Stand dish on rack in roasting pan. Pour in enough hot, not boiling, water to come halfway up the dish.

Bake in center of oven for two hours. Look at it occasionally to make sure water does not boil. Add some cold if it does.

Baked custard is better lukewarm or cold than hot and is very good with stewed fruit.

Beef Patties or Small Hamburgers

1½ pounds lean, minced (ground) sirloin of beef or top round

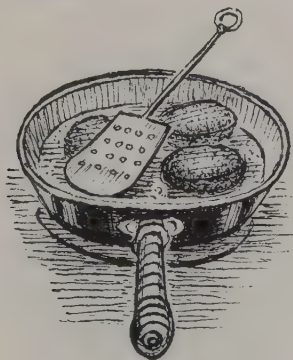
4 teaspoons Worcestershire sauce

salt and pepper

Divide the ground or minced beef into 6 equal portions. Shape, with your hands, into round patties 3 inches in diameter and 1 inch thick, pressing lightly. Heat a heavy frying pan or skillet over medium heat for 3-4 minutes. Cook patties for 3-4 minutes on one side. Turn over and cook for 3-4 minutes on the other. Three minutes on each side will be rare, and 5 minutes will be well-done patties.

Remove to a serving platter. Pour the Worcestershire sauce into the hot pan. Stir quickly with a wooden spoon and pour over the patties. Season with salt and pepper.

Makes 6 servings.



Blackberry and Apple Purée

2 large green apples

1 cup water

1 pound blackberries, fresh or frozen (if frozen, thaw out and drain)

4 tablespoons sugar, more if you prefer it sweeter

2 tablespoons fresh lemon juice

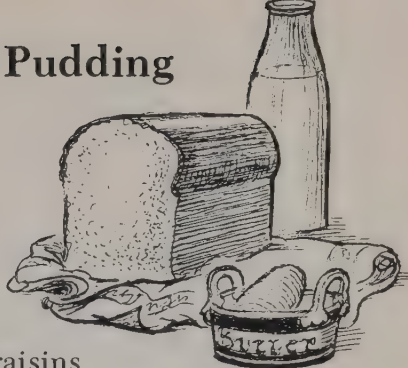
Peel and core the apples. Slice thinly or chop them coarsely. In a heavy saucepan, to which you add 1 cup water, cook the blackberries and apples over gentle heat till the apples are soft. Force the result through a wire sieve to remove the blackberry seeds. Add sugar and lemon juice and chill.

The purée is good when it is sharp and served with a little sweetened whipped cream.



Bread-and-Butter Pudding

- 7-8 slices white bread
 - ½ tablespoon butter
 - 2 large eggs
 - 3 tablespoons granulated sugar
 - 2 cups (1 pint) milk
 - 2 tablespoons sultanas or golden raisins
 - 2 tablespoons currants
 - 1 quart soufflé or pie dish
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Heat the oven to 350°.

Remove the crusts from the bread and, with Mary Poppins at your side, cut each slice in half lengthwise, making 14 to 16 very thin slices. Butter them on one side.

Beat the eggs and sugar together in a bowl. Add the milk and beat again. With a little butter or the butter paper, grease the inside of the dish. Lay two slices on the bottom, butter side up, and sprinkle with a quarter of the raisins and currants. Lay two more slices of buttered bread on top, buttered side up, and sprinkle with currants and raisins. Continue till there are only four slices left. Sprinkle remaining currants and raisins on top. Fit two slices into each side of the dish between the side and the layered bread. Fold them over so that they make a sort of lid. Pour the eggs and milk into the dish and wait for half an hour before baking in the middle of the preheated oven.

Bake for 40 minutes, at which time the top will be brown and crisp.

Bread Sauce to Serve with Roast Chicken or Guinea Fowl

1 cup milk

1 small onion with 1 clove stuck in it

1 cup white bread crumbs

1 tablespoon heavy cream—a little more if the sauce is too thick for your liking

½ tablespoon butter

salt and freshly ground white pepper to taste

Heat the milk with the onion and clove over low heat for 2–3 minutes to bring out the flavours. Stir in bread crumbs and cook gently for 2–3 minutes. Remove the onion and stir in cream and the butter. Season with salt and pepper and serve with roast chicken or game.

Makes 1 cup or ½ pint.

Carrots

1 carrot for each person (use carrots
that are not too large)

salt and pepper

boiling water

2 tablespoons butter

1 teaspoon sugar

finely chopped parsley

Scrape the carrots and slice them in rounds roughly about $\frac{1}{4}$ inch thick. Add 1 tablespoon of salt for every quart of water. Throw in the sliced carrots and cook for about four minutes. They should remain very firm. Drain. Add butter to the pan and return the carrots. Stir in the sugar. Add more if you have a sweet tooth. Cook the carrots over gentle heat for three to four minutes. Correct the seasoning with salt and pepper.

Before serving, stir in finely chopped parsley. There should be plenty. Serve very hot.

A dish of carrots when they are small and young is a very good course on its own.



Ceiling Cake

1 large egg, separated
2 squares semi-sweet chocolate
 $\frac{1}{4}$ cup (2 ounces) butter
 $\frac{3}{4}$ cup granulated sugar
 $\frac{1}{4}$ teaspoon vanilla extract
 $\frac{3}{4}$ cup milk
2 teaspoons baking powder
 $\frac{1}{4}$ teaspoon salt
 $1\frac{3}{4}$ cups sifted all-purpose flour (sift first and then
measure)
round cake tin, about 9 inches x 2 inches

Set the oven at 375°.

Butter and flour the cake tin. Shake out the excess flour.

Separate the egg yolk from the white.

Melt the chocolate in a small bowl standing in hot water.

Cream the butter—beat it till light and creamy. Add the sugar gradually and continue beating. Add the egg yolk and beat even harder. Mary Poppins makes us take turns when we make cakes. Stir in the melted chocolate. Stir vanilla into the milk. Add the baking powder and salt to the flour. Add some flour to the chocolate mixture and then stir in some milk, a little more flour, and then some more milk till both have been used up. Beat very thoroughly.

Beat the egg white till stiff and fold gently into the batter.

Pour into prepared pan. Bake for 30 minutes.

Cheese on Toast for Supper

1 slice of bread per person

Cheddar cheese

baking sheet

Heat the oven to 425°.

Toast the bread on one side. Lay the toasted bread on a baking sheet, untoasted side up, cover with thin slices of cheese, and bake in the oven till melted and sizzling, usually about five minutes.



Cherry Pie

2 pounds cherries

sugar

1 cup water

1 egg yolk

deep pie dish that holds 1 quart

Pastry: Make the same amount as specified for Jam Tarts, on page 77, and use the same recipe.

Wash the cherries. Remove the stems and the stones (pits). Make a layer of cherries about 1 inch thick in the pie dish. Sprinkle lightly with sugar. The amount to use depends on whether the cherries are sweet or sour. Make a second layer and sprinkle with sugar. Continue in this way till the dish is full. Pile them up in the dish so that there is a nice dome of fruit. Add 1 cup of water.

Heat the oven to 350°.



Prepare the pastry.

Mix the egg yolk with 1 tablespoon of water. Roll out the pastry. It should be about $\frac{1}{4}$ inch thick. Roll it onto the rolling pin. Brush the edge of the pie dish with the egg and water mixture. This is called a glaze. Roll the pastry off the rolling pin and onto the pie dish, covering it completely. Trim it evenly with a small knife, saving the bits. Press gently to the rim of the dish to seal it. Gather the bits and form a ball. Roll it out again. Brush the entire surface of the covered pie. Cut long strips, about $\frac{1}{2}$ inch wide, and fit them neatly round the edge of the dish, pressing them into place. Mark them evenly with the tines of a fork. Make pretty cutouts with the rest of the pastry, leaves and flowers or your initials, and place them on the pie top. Brush the surface again with the glaze.

Bake in the middle of the oven for 30 minutes. When you take it out of the oven, sprinkle with some sugar while it's still hot.



Chocolate Fudge

6 squares semi-sweet chocolate
 $\frac{2}{3}$ cup sweetened condensed milk
1 tablespoon water
1 teaspoon vanilla extract

Stand a small bowl in a pan of hot water and melt the chocolate in it. Take it out of the pan of hot water and stir in the condensed milk, water, and vanilla. Mix until smooth and creamy but do not beat. Spread it out on a lightly greased baking sheet or platter and, when cold, cut into squares.

Mary Poppins sometimes adds $\frac{1}{2}$ cup of chopped nuts to the chocolate mixture, and then there are nut chocolate fudge squares. "Very good," she says.

Date Bread



1¾ cups sifted all-purpose flour
(sift first and then measure)

½ teaspoon salt

¼ teaspoon cream of tartar

¾ teaspoon baking soda

⅓ cup softened butter

⅔ cup granulated sugar

1 egg

1 cup chopped dates

loaf pan, 7½ inches x 3¼ inches x 2¼ inches

Heat the oven to 350°.

Butter the inside of the pan lightly.

Sift the measured flour, salt, cream of tartar, and soda into a small bowl. In a mixing bowl, cream the butter and sugar together till light and fluffy. If you don't have a mixer, use a large wooden spoon. Beat the egg thoroughly and mix with the butter and sugar. It will look curdled. Don't worry—that's how it should be. Stir in the flour, bit by bit, till thoroughly mixed. Then stir in the chopped dates. Mix again. The dough will be very thick and heavy. Spoon into the buttered loaf pan.

Bake for one hour in the middle of the oven. Turn out on a wire rack to cool.

Dressing for Salads

- 1 teaspoon sugar
 - $\frac{1}{2}$ teaspoon salt
 - $\frac{1}{4}$ teaspoon dry mustard
 - 3 tablespoons oil (olive or your favourite vegetable oil)
 - 1 tablespoon red wine vinegar
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Mix the ingredients in a small glass jar with a screw top.

Shake thoroughly before pouring over your salad and tossing. If this mixture is too sweet, reduce the amount of sugar.

“There are some,” says Mary Poppins, “who like it without any sugar.”



Dumplings

1 cup flour
2 teaspoons baking powder
½ teaspoon celery salt
1 egg
milk
4 tablespoons finely chopped parsley
2-3 twists of the black-pepper mill

In a bowl mix all the dry ingredients together. Break the egg into a cup and add enough milk to fill it. Lightly beat the egg and milk together. Stir the pepper and chopped parsley into the dry ingredients. Make a well in the middle of the dry ingredients and stir in the milk and egg gradually. With a fork mix thoroughly to make a dough.

Moisten two teaspoons in hot water. Pick up a heaping teaspoon of the mixture with one spoon. Shape it with the other, and slide the dumpling into the soup or stew about ten minutes before serving. The soup or stew should be kept simmering over low heat during this time. Do not boil—otherwise, the dumplings will break up.

Makes about 2 dozen.

Dundee Cake

10 tablespoons softened butter
 $\frac{2}{3}$ cup granulated sugar
3 eggs
1 cup all-purpose flour
 $\frac{3}{4}$ cup raisins
 $\frac{3}{4}$ cup currants
3 tablespoons mixed candied fruits
2 tablespoons flour to be mixed with the fruits
loaf pan, approximately $7\frac{1}{2}$ inches x $3\frac{1}{2}$ inches
x $2\frac{1}{4}$ inches

Heat the oven to 300°.

Line the bottom and sides of pan with waxed paper. If it is not the non-sticking kind, coat it lightly with butter.

Beat the butter and sugar—this is called creaming—together till light lemon coloured and fluffy. Add the eggs one at a time and beat strenuously after each one. Stir in the flour little by little and beat again. There is a lot of beating, and you may need help. Take turns.

In a separate bowl mix all the fruits together. Sprinkle with the flour and mix thoroughly so that each individual piece of fruit is well coated. This will prevent the fruit from sinking to the bottom of the pan as the cake bakes. Stir the fruit into the batter and spoon the batter into the prepared pan.



Bake for $2\frac{1}{4}$ hours in the middle of the oven. Look at it after an hour, and if it becomes too dark on top, cover it with brown paper—a paper bag will do—or foil. Test it with a toothpick. It is cooked when the toothpick, stuck into the middle of the cake, comes out dry. Cool and turn out on a wire rack.

“This is a very rich cake,” says Mary Poppins, “and it should be eaten sparingly.”

Easter Cake

6 large eggs

1 cup sugar

½ teaspoon almond extract

1 cup sifted all-purpose flour (sift first and then measure)

6 tablespoons melted butter

9-inch ring mold or tube pan

Heat the oven to 350°.

Butter lightly the mold or pan and dust with flour.

Choose a large bowl that will fit over a saucepan of very hot, but not boiling, water. Break the eggs into the bowl and start beating right away. Beat for about five minutes, by which time the eggs will be light and fluffy and pale yellow. Add the sugar gradually and continue beating. This is hard work and will take 15 to 20 minutes. If you have an electric beater, so much the better. Add the almond extract and beat till the eggs have almost tripled in volume. When you lift the beater, the mixture should stand in peaks. Fold in the flour very gently and thoroughly, and lastly the melted butter, very gently. Spoon the mixture carefully into the prepared pan and bake on the middle shelf of the oven for 35 minutes.

Take it out of the oven and turn it upside down on a wire rack to cool. If it does not drop out of the pan of its own accord after seven or eight minutes, help it by running a knife around the edge and giving it a few gentle taps.

Egg Flip

In a small bowl beat 1 egg with 1 cup warm milk till it is frothing. Add sugar to taste, about 2 teaspoons, and you have a sustaining drink. A little grated nutmeg is sometimes added.



Eggs

To lightly boil eggs:

With a needle or a special "egg piercer," make a small hole in the broad end of the egg (this allows the air in the egg to escape as the water comes to a boil and prevents it from cracking). Put the egg in a small saucepan and cover with cold water. Add a pinch of salt. Bring to a boil and take pan off the heat. Allow the egg to remain in the water for exactly four minutes. It will be soft-boiled.

To hard-boil eggs:

Pierce the broad end with a needle or egg piercer. Put it in a pan and cover with cold water. Add a pinch of salt. Bring to a boil and simmer gently for ten minutes. Take it out of the saucepan and run cold water over it. Roll it gently on the counter to crack the shell and let it stand in cold water till it is shelled.

To fry eggs:

Break the egg into a cup. Place a tablespoon of butter or bacon fat, if you've been cooking bacon, in a small pan. Slide the egg into the pan and cook over gentle heat for two to three minutes. Baste the yolk with the pan fat to cook it. If the egg yolk is to look like the rising sun, don't baste it.

To scramble eggs (Buttered Eggs):

6 large fresh eggs

½ teaspoon salt

1 twist of the pepper mill

3 tablespoons butter

Break the eggs into a small bowl. Add the salt and pepper and beat lightly with a fork. This is really mixing and not beating.

Melt the butter in a small, heavy saucepan. Pour in the eggs and stir over gentle heat with a wooden spoon until they thicken. Do this slowly to give the eggs time to digest the butter. The result will be creamy and buttery. Do not overcook unless you like your eggs dry and grainy.

For special occasions Mary Poppins will stir in a tablespoon or two of finely and freshly chopped parsley.

Six eggs will make four generous servings.



Fish Cakes

2 pounds cod
cold water
1 pound boiled potatoes
2 onions
2 tablespoons butter
salt and pepper
2 eggs
3 tablespoons finely chopped parsley
2 cups dry bread crumbs
milk
flour
butter for frying

Put the cod in a heavy pan. Add enough cold water to cover and 1 tablespoon of salt. Bring to a boil and cook for two minutes. Turn off the heat and leave for five minutes. Drain and, when cool enough, remove the skin and bones and mash until there are no lumps.

Boil the potatoes in their skins until tender, about 25 minutes. Drain and, when cool, remove the skins and mash till smooth.

Peel and chop the onions. Melt the butter in a heavy frying pan or skillet and cook the onions till tender and golden, being careful they are not allowed to brown.

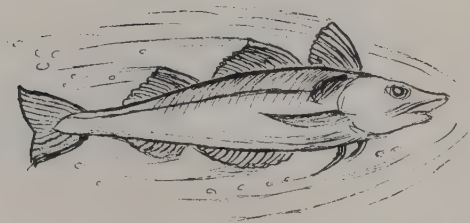
In a large bowl mix the mashed cod, potatoes, and onions. Season with freshly ground black pepper and a little salt. Taste to make certain you like it.

Beat the eggs lightly—a little more than mixed is all that's needed. Stir eggs and chopped parsley into the fish and potato mixture. Mix thoroughly.

Put the bread crumbs, milk, and flour in three soup plates. Make patties or cakes with the potato and fish mixture. They are best when about 3 inches in diameter and an inch thick.

Heat 2-3 tablespoons butter in a heavy frying pan or skillet—the bottom of the pan should have about $\frac{1}{8}$ of an inch of melted butter. When hot, dip the fish cakes into the flour, coating them thoroughly, then into the milk, and, finally, into the bread crumbs. Make sure the bread crumbs provide them with an even coat. Fry them in hot butter for two to three minutes on each side till nicely brown. Take care they do not burn. Finish the fish and potato mixture in this way, adding more butter to the pan as it is needed.

“Fish cakes and green peas,” says Mary Poppins, “make a very good supper dish.”



French Toast

1 egg
1 cup milk
 $\frac{1}{4}$ teaspoon salt
6-8 slices white bread
1 tablespoon butter

Beat the egg in a soup plate and add the milk and salt. Cut the bread slices in half. Heat the butter in a frying pan or skillet over medium heat until frothing. Dip slices of bread in milk and eggs one at a time, coating both sides, and cook in hot butter till golden on one side, and then turn and cook the other.

Serve with honey, maple syrup, apricot purée, or apple purée.



Fruit Salad

- 2 oranges
 - 1 grapefruit
 - 1 apple
 - 1 pear
 - $\frac{1}{4}$ pound grapes if available
 - 1 banana
 - 1 pint strawberries (optional)
-

Over a bowl, peel the oranges and grapefruit—the bowl will catch the juices. With a small, sharp knife cut out the sections and let them fall into the bowl. Squeeze the juice out of what is left. Peel and core the apple and pear. Slice or dice—whichever shape you prefer, but not both. Mix with the oranges and grapefruit. The citrus will prevent them from turning brown.

Wash the grapes, and if they are not seedless, cut them in half and remove the seeds.

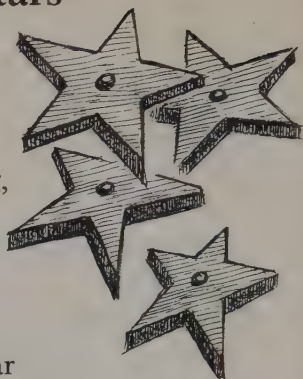
Peel and slice the banana. Mix with the other fruits.

If the “salad” is not sweet enough, stir in some fine sugar. There will be enough natural juices without adding a syrup.

Lastly and just before serving, wash and hull the strawberries. Cut them in half and mix with the other fruits.

Mary Poppins serves this with whipped cream for special parties.

Gingerbread Stars



- $\frac{3}{4}$ cup all-purpose flour
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon mixed spices—nutmeg, cloves, and cinnamon
- 1 teaspoon powdered ginger
- $\frac{1}{4}$ cup seedless raisins
- $\frac{1}{4}$ cup or 4 tablespoons butter
- $\frac{1}{2}$ cup, packed full, dark brown sugar
- 2 tablespoons dark molasses (dark treacle)
- 1 egg, well beaten
- baking sheet lightly buttered and dusted with flour
- 2 6-inch star shapes, buttered and floured, or 1 8-inch sandwich cake pan

Heat the oven to 350°.

Sift into a mixing bowl the flour, soda, spices, and ginger. Stir in the raisins. Melt the butter and sugar together in a small saucepan over low heat. Remove from the stove and allow to cool a little. Add the molasses and then stir with the beaten egg into the spiced flour and mix well with a large wooden spoon. Place the two star shapes on the buttered baking sheet. Divide the batter equally between the two star shapes or fill the sandwich cake tin.

Bake the stars for 30 minutes and the cake tin for 40 minutes in the middle of the oven. "If you don't have star-shaped tins, use a round one, 8 inches in diameter, and then you have 'full moons,'" says Mary Poppins.

Turn out on a wire rack to cool.

Gooseberry Fool

2 pounds gooseberries
½ cup water
¾ cup granulated sugar
elder flowers if you have them
1½ cups heavy cream

Wash the gooseberries and cut off the stalks and dried leaves at the other end. In a heavy pan and over gentle heat, simmer them together with the water and sugar. If you have elder flowers, wrap a small bunch in cheesecloth or muslin and cook with the gooseberries. Simmer till soft. Take out elder flowers and drain gooseberries. Rub through a sieve or wire strainer. There should now be about 2 cups (1 pint) of purée. Allow to cool.

Whip the cream till thick; be careful not to turn it to butter. Mix cream and gooseberries together, not too thoroughly as the marbled effect “looks attractive,” says Mary Poppins. Serve in small glasses or in a bowl well chilled.



Green Beans

2 pounds young, fresh green beans
2 quarts boiling water
2 tablespoons salt
2 tablespoons butter

Wash the beans in cold running water. Cut off both ends. Mary Poppins does this with scissors. She says, "It's faster this way." When the water is boiling fiercely, add the salt and throw the beans in, and after the water boils again, it should take no more than five minutes to cook good young beans. Use this time as a guide. Pick out a bean and test it. Mary Poppins's household prefers beans to be crisp and crunchy.

Have a basin of cold water ready, and when the beans are cooked, drain them and throw them into the icy water. Drain them again and set them aside till they are needed.

To serve: Heat the butter in a pan and add the beans. Stir till they are hot enough, but do not allow them to burn. If they need a little salt and pepper, this is the time to add it.

Green Peas

2 pounds peas in the pod
3 cups water
large sprig of fresh mint
2 tablespoons sugar
2 tablespoons butter
salt and pepper

Shell the peas and you will have a little more than a pint, enough for five or six servings.

Bring 3 cups of water to a boil. Add a large sprig of mint and 2 tablespoons of sugar. Cook the peas, boiling gently, for five to six minutes. Test by taking out one and nibbling it. Time varies depending on the age of the peas. Drain and then toss in the butter and season with a little salt and pepper and a little more sugar, if necessary.

Grilled Tomatoes

Choose tomatoes that are firm.

Cut the tomatoes in half. Sprinkle with a little sugar, salt, and pepper. Dot with butter and cook under the broiler till sizzling and lightly browned. If you have it, add a little chopped basil before serving.

Ham Scallop

2 cups finely chopped or ground ham
4 teaspoons prepared French mustard
7 hard-boiled eggs, shelled and sliced
celery salt to taste
1 cup white sauce (see recipe below)
3 tablespoons dry bread crumbs
2 tablespoons butter

WHITE SAUCE:

3 tablespoons butter
3 tablespoons flour
1 cup milk
½ teaspoon celery salt
2 or 3 twists of the pepper mill
1 tablespoon chopped parsley

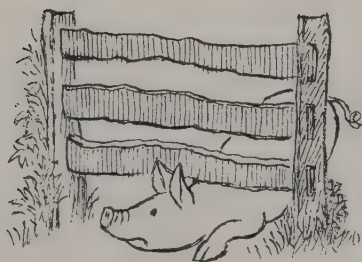
Melt the butter in a small heavy saucepan. When it foams, stir in the flour and reduce the heat. Cook gently, while stirring to prevent scorching, for two to three minutes. Off the stove, pour in all the milk at once and beat with a wire whisk till smooth. Return to the heat and cook over gentle heat till thickened. Season with celery salt and pepper and stir in parsley.

Heat the oven to 400°.

In a bowl mix the ham with the mustard. Butter a 2-quart baking dish—a soufflé dish will do. Spread a layer of ham on the bottom of the dish and cover with a layer of sliced egg. Season with a sprinkling of celery salt and cover with a thin layer of sauce. Continue in this way till all the ingredients have been used up, ending with white sauce. Sprinkle the top with bread crumbs and dot with several pieces of butter.

Bake in the upper half of the oven for 15-20 minutes till it bubbles and is brown on top.

This is a very good dish for supper.



Honey and Bananas

2 tablespoons butter
3 bananas, not too ripe
 $\frac{1}{4}$ cup honey
 $\frac{1}{4}$ cup water
2 tablespoons lemon juice
oven-proof dish, approximately 9 inches x 15 inches

Heat the oven to 350°.

Grease the dish with a little of the butter.

Peel the bananas and cut in half lengthwise. Fit them into the buttered dish. Mix the honey, water, and lemon juice together and pour over the bananas. Dot with what's left of the butter.

Bake for 30 minutes. Baste with the juices frequently. When the bananas are done, there should be little liquid in the dish, and it will be like a thick syrup.



Honey Bread



- 2 cups all-purpose flour
- 1 teaspoon salt
- 3 teaspoons baking powder
- 3 tablespoons butter
- 2 tablespoons vegetable shortening (Crisco)
- 1 egg, well beaten
- $\frac{3}{4}$ cup milk
- $\frac{1}{2}$ cup honey
- loaf tin, $8\frac{1}{4}$ inches x $4\frac{1}{4}$ inches x $2\frac{1}{4}$ inches, lightly buttered and floured

Heat the oven to 350°.

Sift the flour, salt, and baking powder into a mixing bowl. Cut the butter and Crisco into small pieces into the flour and crumble with your fingertips until it is coarse like cornmeal and “sandy.” Add the beaten egg, milk, and then the honey. Beat all together very thoroughly with a large wooden spoon. Spoon into a prepared loaf tin. Allow to stand for 15 minutes.

Bake in the middle of the oven for 45 minutes. When finished, turn out on a wire rack to cool.

Irish Stew

4 pounds lamb shoulder chops
3 pounds potatoes (the old crop is best)
3 large onions
salt and freshly ground black pepper
3-4 quart casserole with lid

Heat the oven to 325°.

Ask the butcher to cut up the chops. Pieces about two inches square are good. Remove all fat. Peel and slice the potatoes. They should be as thick as two quarters. Peel the onions and slice them as thin as possible. Cover the bottom of the casserole with a layer of potatoes, then a layer of the lamb pieces, followed by sliced onion. Sprinkle with salt and freshly ground black pepper. Begin all over again with layers of potato, lamb, and onion, sprinkled with salt and pepper. Continue until all the lamb is used up. End with a layer of potatoes. Pour in enough cold water to reach the level of the top layer of potatoes.

Cook for two hours, covered, in the oven. Cool and skim off fat, if any.

Heat again in the oven before serving. Half an hour should be enough at 350°. There will be ample for six or eight servings.



Jam Tarts

PASTRY:

2 cups sifted all-purpose flour
½ teaspoon salt
3 tablespoons vegetable shortening (Crisco)
8 tablespoons or 1 stick cold butter
iced water



Heat the oven to 400°.

Sift the flour and salt into a mixing bowl. Add the shortening, and chip the cold butter into the bowl. Break up with a pastry blender until the mixture is coarse and mealy. Add enough cold water to form a ball (about 3 tablespoons), handling as little as possible.

Transfer the dough to a floured board. Spread out with the heel of your hand once, gather into a ball, and seal in a plastic bag or Saran wrap. Place in the refrigerator for at least two hours.

Roll out the dough. It should be between ⅛ inch and ¼ inch thick. Fit it into small tart tins. It is best first to cut pieces roughly the size of the tins and, after they have been pressed firmly into the tin, trim the edges neatly with a sharp knife. Prick the pastry all over with a fork. This allows the air, trapped between the pan and the pastry, to escape and prevents the pastry from rising.

Put all the tart tins on a baking sheet and bake in the middle of the oven for 10–12 minutes. Take them out of the oven and fill with jam while they are still hot.

Jelly (Jello)

"Anybody can make this," says Mary Poppins.

It needs no cooking. Just follow the directions on the package.

Sometimes she serves it with whipped cream on top.

Junket

Rennet may be bought in tablet, powder, or liquid form and is often flavoured. Follow the directions on the box or bottle.

Vanilla-flavoured Junket is made by dissolving 2 tablespoons of sugar in 2 cups of tepid milk. Be careful that it is no more than lukewarm. The rennet tablet should be dissolved in the milk, or if the liquid form is used, add the required amount of liquid to the milk. Then add a pinch of salt and $\frac{1}{2}$ teaspoon vanilla extract. Pour into a 2-cup dish to set and sprinkle with freshly grated nutmeg.

Kale—Cabbage

3 pounds kale
3 quarts water
3 tablespoons salt
2 tablespoons butter
salt and freshly ground black pepper

Wash the kale in running water. Cut out the coarse stalks. In a large pot bring the water to the boil. Add the salt. Throw in the kale leaves and boil rapidly, without a lid, for four to five minutes or until the leaves are tender. Drain very well in a colander and press out any water that is left.

Melt the butter in a smaller pan. Chop the kale and mix with the butter till hot. Add salt and freshly ground black pepper.



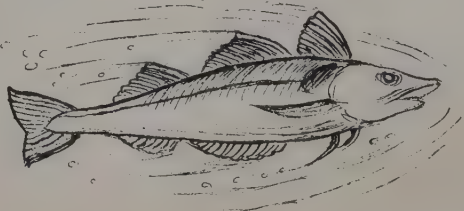
Kedgeriee

½ pound cooked, flaked smoked haddock
4 tablespoons butter
1 cup cooked rice
2 hard-boiled eggs
salt and freshly ground black pepper
¼ teaspoon curry powder
1 raw egg
¼ cup cream
2 tablespoons chopped parsley

To cook smoked haddock:

In a heavy pan, cover smoked haddock with milk and water in equal parts. Bring slowly to a boil, taking care it does not boil over, which it is apt to do. Simmer gently for five minutes. Drain, and when cool enough to handle, flake it and remove bones and skin. Reserve the liquid.

Melt the 4 tablespoons of butter in a pan. Add the fish. Heat it thoroughly while stirring. Stir flaked fish into rice. Add chopped hard-boiled eggs, salt, pepper, and curry powder. Taste for seasoning, not forgetting that the fish will be naturally salty. Mix the raw egg with the cream and stir into the Kedgeriee. If too dry, moisten with a little of the reserved liquid. Heat thoroughly and arrange on a hot dish. Sprinkle with finely chopped parsley.





Kings' or Twelfth Night Cake

- 1 cup ($\frac{1}{2}$ pound) softened butter
- 1 cup granulated sugar
- 4 eggs
- 2 tablespoons milk
- 3 cups self-rising flour
- 1 dried bean
- 8-inch-round by 3-inch-deep cake tin, lightly greased
with butter and dusted with flour

Heat the oven to 325°.

Cream the butter and sugar together till light and fluffy. Beat the eggs and the milk and add gradually to the butter and sugar. Continue beating while adding the flour.

Spoon into prepared cake tin. Drop the bean into the batter. Bake for $1\frac{1}{4}$ hours. Cool on a wire rack.

“Everyone knows,” says Mary Poppins, “that the bean is there for a purpose. Whoever finds it in his piece of cake is sure to have great good luck.”

Ladies' Cookies

$\frac{3}{4}$ cup seedless raisins
1 tablespoon all-purpose flour
 $\frac{3}{4}$ cup or $1\frac{1}{2}$ sticks butter
 $\frac{3}{4}$ cup granulated sugar
2 eggs
1 teaspoon vanilla extract
1 cup flour
baking or cookie sheet, lightly greased

Heat the oven to 400°.

In a small bowl mix the raisins with 1 tablespoon of flour till the raisins are well coated.

Cream the butter and sugar together till light and fluffy. Add the eggs and vanilla extract and beat hard. Add the flour gradually, beating thoroughly after each addition. Stir in the flour-coated raisins. Drop onto baking sheet, a teaspoon at a time, allowing 3 inches between each cookie for spreading.

Bake for eight to ten minutes, taking care they do not burn. Remove with a spatula and cool on a wire rack.



Lancashire Hot Pot

2 pounds best end of neck of lamb (neck or shoulder chops)
3 lamb kidneys
salt and freshly ground black pepper
2 pounds potatoes
3 onions, small to medium
1 pinch of dried thyme or 2-3 sprigs of fresh
1 small bay leaf
½ cup beef bouillon
2 tablespoons melted butter
3-4 quart casserole with a lid

Heat the oven to 350°.

Ask the butcher to cut the chops into bite-size pieces. Remove all the fat. The meat may be removed from the bone, but Mary Poppins prefers not to because, left on, it gives a good flavour to the hot pot.

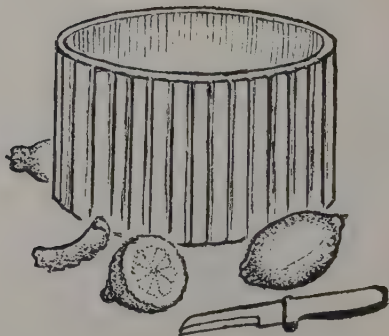
Skin and cut the kidneys in half and in half again. Cut out the center fatty core. Season the meats generously with salt, freshly ground black pepper, and the crumbled bay leaf. Peel the potatoes and slice them rather thickly, about $\frac{3}{8}$ of an inch. Peel and chop the onions finely. Butter the inside of a casserole. Cover the bottom with a layer of potato slices. Sprinkle with a little thyme. Stand the cut-up chops upright on the layer of potatoes with a piece of kidney between each one. Sprinkle with chopped onion and cover with a layer of potatoes and then lamb and kidney. Continue in this way till all have been used up, ending with a layer of potatoes. Pour in enough beef stock to come up to the bottom of the top layer of potatoes. Brush potatoes with melted butter. Cover with a lid and bake for one hour.

Lemon-Orange Icing or Frosting

¼ cup butter
6 cups confectioners sugar
1 egg yolk
2 tablespoons lemon juice
4 tablespoons orange juice
grated rind of 1 lemon
grated rind of 2 oranges

Cream the butter till soft. Stir in confectioners sugar gradually. Mix till smooth. This takes time—don't be discouraged—it should be very smooth. Beat in the egg yolk and lemon juice. Stir in enough orange juice to make a spreadable icing or frosting. All 4 tablespoons may not be needed. Lastly, stir in the grated rind.

Spread evenly around sides and top of cake.



Lemon Pudding

2 tablespoons butter, softened
¾ cup granulated sugar
¼ cup lemon juice
grated rind of 1 lemon
2 eggs, separated
¼ cup sifted all-purpose flour (sift first and then
measure)
1 cup milk
1-quart soufflé dish or pie dish

Heat the oven to 350°.

Beat and cream the butter and sugar till it is light and fluffy. Add the lemon juice and the rind. Beat in the egg yolks. At this point the mixture will appear to be curdled. Don't worry—that's as it should be. Add the sifted flour gradually while you beat the mixture. Stir in the milk and beat again till it is thoroughly combined. Beat the egg whites till they hold a definite peak when you lift the beater out of the bowl. Fold them gently but firmly into the batter.

Pour into the soufflé or pie dish and stand it on a wire rack in a roasting pan. Pour in enough hot water to come halfway up the dish. Bake in the middle of the oven for 45 minutes.

"Serve this pudding warm. It is delicious," says Mary Poppins.



Lemon Soufflé

4 tablespoons or ½ stick butter
4 tablespoons all-purpose flour
1 cup warm milk
1 large lemon, grated and squeezed
4 tablespoons granulated sugar
3 egg yolks
4 egg whites
pinch of cream of tartar
pinch of salt
1-quart soufflé dish
baking sheet

Heat the oven to 400°.

Butter the inside of the soufflé dish. Sprinkle with granulated sugar. Turn it upside down to remove the surplus.

In a heavy saucepan melt the butter till it foams. Turn down the flame and stir in the flour. Cook for two to three minutes. Stir all the time to prevent the flour from scorching. This mixture is called a roux. Take the pan off the fire and pour in the milk all at once. Stir vigorously and return to gentle heat. Stir till the sauce thickens. Add lemon rind. Stir in the sugar and remove pan from the fire again. Turn off the heat. It won't be needed again. Allow the mixture to cool.

Separate 3 eggs. Stir in the yolks and the lemon juice. This mixture is now called the soufflé base. Separate one more egg and add the white to the others in the bowl. Now you have 4 egg whites. Beat till they foam and froth. Add a pinch of cream of tartar and a pinch of salt. Continue beating till stiff peaks remain when the beater or whisk is removed.

Using a large metal spoon, stir one heaped spoonful of egg whites into the soufflé base. Spoon this mixture into the bowl containing the egg whites. Fold one mixture into the other until all the whites have been evenly mixed with the base. Don't overdo it or you will burst the small egg-white bubbles. Spoon carefully into the prepared soufflé dish.

Put the dish on a baking sheet for easy lifting in and out of the oven. Bake for 15 minutes. Sprinkle the top with fine sugar and serve immediately. You must wait for the soufflé—it won't wait for you.

Macaroni and Cheese

½ pound macaroni, cooked according to directions on
the package
½ cup grated sharp Cheddar cheese
¼ cup dry bread crumbs
2 tablespoons butter
1-quart baking dish

SAUCE RECIPE:

2 tablespoons butter
2 tablespoons flour
1 cup milk
1 cup grated cheese
salt and pepper to taste

Heat the oven to 350°.

Melt the butter over moderately low heat. Stir in the flour to make a thick paste. Add the milk, and whisk vigorously to make a smooth sauce. Cook for two to three minutes till thickened. Stir in the cheese. Season with salt and pepper. Stir into the macaroni. Place in a greased or buttered baking dish.

Mix the remaining ½ cup cheese with the bread crumbs. Sprinkle over the macaroni and cheese. Dot with the remaining 2 tablespoons of butter. Bake for 20–30 minutes or until hot and crisp on top.

Serves 4–6.

Meat Loaf

2 slices white bread to make 1 cup bread crumbs

$\frac{1}{3}$ cup milk

1 egg, beaten

2 tablespoons tomato ketchup

$\frac{1}{2}$ teaspoon dried sage

1 teaspoon dry mustard

1 tablespoon finely chopped parsley

1 small onion chopped (about $\frac{1}{3}$ cup)

$\frac{1}{3}$ cup grated Cheddar cheese

2 cups ground round beef

2 teaspoons salt

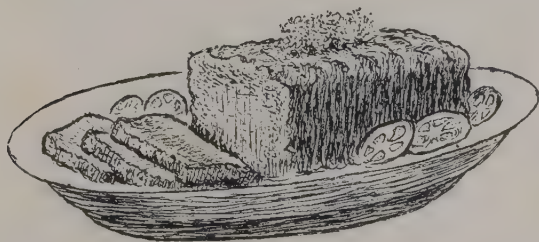
$\frac{1}{4}$ teaspoon freshly ground black pepper

loaf pan, 8 inches x 4 inches x $2\frac{1}{2}$ inches

Heat the oven to 350°.

In a 2-quart bowl soak the bread crumbs in the milk. Beat in the egg and mix in all the other ingredients in the order given. Mix thoroughly with your hands. Turn into a loaf pan and bake for 45 minutes.

Mary Poppins says the meat loaf is equally good cold and eaten with a salad.



Meringues

3 egg whites
pinch of salt
pinch of cream of tartar
 $\frac{3}{4}$ cup granulated sugar
2 baking or cookie sheets

Set the oven at 250°.

Lightly grease the baking or cookie sheets with butter. Dust with flour and shake to remove the surplus.

Beat the egg whites with a whisk or rotary beater till frothy. Add salt and cream of tartar. Continue beating until mixture holds shape. Gradually add the sugar and continue till mixture is very stiff and shining. Long, hard beating is very necessary. Drop the mixture onto the prepared baking sheet by the tablespoonful.

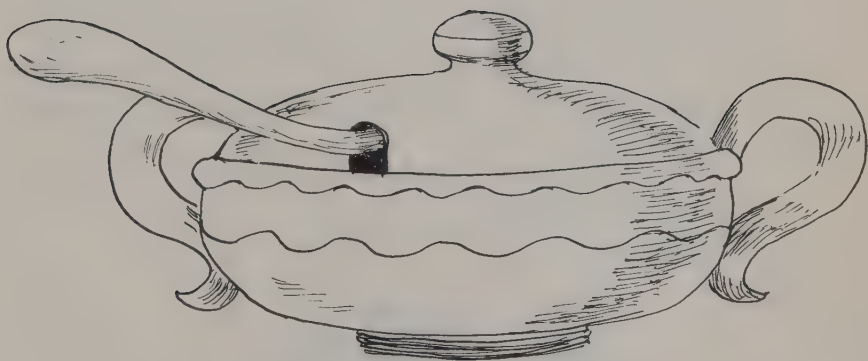
Bake for 45-50 minutes until meringues are firm to the touch. Turn off the oven and leave the door open. After one hour remove the meringues with a spatula.

Mary Poppins sandwiches two together with sweetened whipped cream for a special treat.

Noodles

Cook half a pound of noodles in 2 quarts of boiling salted water for ten minutes. Test to find out if they are cooked. Mary Poppins adds 1 tablespoon of salt to each quart of water. Drain the noodles and butter generously before serving.

This is enough for 4-6 servings.



Nut Loaf

2 cups all-purpose sifted flour
4 teaspoons baking powder
 $\frac{1}{2}$ cup granulated sugar
1 teaspoon salt
 $\frac{1}{3}$ cup butter
1 egg, well beaten
1 cup cold milk
1 cup shelled nuts, walnuts, pecans, or hazels,
finely chopped
loaf pan, $8\frac{1}{2}$ inches x $4\frac{1}{2}$ inches x $2\frac{1}{2}$ inches,
buttered and floured

Heat the oven to 350°.

Sift the flour and baking powder together into a mixing bowl. Add the sugar and salt. Cut the butter into small pieces and rub into the flour with your fingertips or a pastry cutter. It should now look and feel like coarse cornmeal. Beat the egg and milk together and add gradually to the flour and butter mixture, beating very hard. Stir in chopped nuts. Turn into prepared loaf pan.

Wait 20 minutes before baking. Bake in middle of the oven for one hour.

Turn out on wire rack. Cool before cutting.



Oatmeal Cookies

2 eggs
1 cup granulated sugar
1 pinch of salt
2 cups quick Quaker Oats
baking or cookie sheet greased lightly with butter

Heat the oven to 450°.

In a mixing bowl beat the eggs and sugar together till light in colour and creamy. Stir in the salt and oatmeal. Drop the batter, teaspoonful by teaspoonful, onto the baking sheet about 4 inches apart—they will spread—and flatten with the bottom of a glass dipped in water.

Bake for five minutes until the edges are golden. Remove from the sheet with a spatula at once and cool on a wire rack.

"This recipe," says Mary Poppins, "will make about 3 dozen sweet biscuits or cookies. Very good to store for a rainy day."



Onion Tart

Pastry: Make the same amount as specified for Jam Tarts, on page 77, and use the same recipe.

4 tablespoons butter

4 cups (1½ pounds) onions, peeled and sliced

2 eggs, thoroughly beaten

½ cup heavy cream

1 teaspoon salt

3 or 4 twists of the black-pepper mill

¾ cup Cheddar cheese grated

Heat the oven to 350°.

Melt the butter in a large frying pan or skillet over medium heat, add the onions, and cook till golden, taking care they do not burn. This will take about 10–15 minutes. Cool slightly and stir in beaten eggs, all the other ingredients and most of the cheese, reserving 2 tablespoons for sprinkling on the top of the tart before baking.

Pour into the baked pie shells and sprinkle with remaining 2 tablespoons of cheese. Bake in the middle of the oven for 30 minutes until firm and golden on top.



Orange Pudding

2 tablespoons butter, softened
¾ cup granulated sugar
¼ cup orange juice
grated rind of 1 orange
2 eggs, separated
¼ cup sifted all-purpose flour (sift first and then
measure)
1 cup milk
1-quart soufflé dish or pie dish

Heat the oven to 350°.

Beat and cream the butter and sugar till light and fluffy. Add the orange juice and the rind. Beat in the egg yolks. At this point the mixture will appear to be curdled. Don't worry—that's as it should be. Add the sifted flour gradually while you beat the mixture. Stir in the milk and beat again till it is thoroughly combined.

Beat the egg whites till they hold a definite peak when you lift the beater out of the bowl. Fold them gently but firmly into the other mixture.

Pour into a soufflé or pie dish and stand it on a wire rack in a roasting pan. Pour in enough hot water to come halfway up the dish. Bake in the middle of the oven for 45 minutes.

Serve this pudding warm. It is delicious.

Pancakes

1 cup flour
1 pinch of salt
1 egg
1 egg yolk
1 cup milk
1 tablespoon melted butter

Sift the flour with the salt into a bowl. Make a well in the middle. Drop the egg and the egg yolk into it. Add the milk gradually, drawing the flour in from the sides. When half the milk has been added, add the butter. Beat hard, and add the rest of the milk. Cover and allow the batter to “rest” for about an hour.

Heat a 6-inch frying pan and grease it lightly with oil—oil will not burn as easily as butter. Pour a generous spoonful of the batter into the pan and swish it around so that it covers the bottom of the pan. Keep the heat high. When the edge turns brown and crisp, turn the pancake with a spatula and cook the other side for no longer than a minute. Keep the finished pancakes warm, and when all the batter has been used up, roll the pancakes neatly.

Sprinkle with fine sugar and lemon juice and serve.

Pineapple Fritters

THE BATTER:

$\frac{3}{4}$ cup flour

$\frac{1}{2}$ teaspoon salt

3 tablespoons oil, salad or olive, or melted butter

$\frac{1}{2}$ cup beer or lukewarm water

1 large egg white

Sift the flour and salt into a bowl. Make a well in the center and pour in the oil or melted butter. Draw the flour in from the sides while you add the beer or water a little at a time. When half has been added, beat thoroughly and add the other half. Allow the batter to rest for an hour. Just before you want to use it, beat the egg white till stiff and fold it into the batter.

$\frac{1}{3}$ small can of pineapple rings

3-4 tablespoons butter

Dry the pineapple rings on paper or a clean cloth. Heat the butter in a heavy pan and, when hot, dip rings into batter to coat evenly. Cook in hot butter till golden brown—about two minutes on each side. Lift out and drain on paper.

Sprinkle with sugar and serve hot as a dessert.

Potatoes

Potatoes are a most useful vegetable and may be cooked in many different ways. When they are new and small, they should be scrubbed with a hard brush and cooked in boiling salted water—1 tablespoon to a quart, to which a large sprig of mint has been added. Cook till tender, about 15 minutes, depending on the size. Served with butter, this makes a separate course to a meal.

To bake potatoes, wash but do not peel. Rub the skins lightly with butter or oil and bake for about 45 minutes in a 450° oven. Before serving, make two deep cuts, crosswise, and squeeze the potatoes so that they open. Pop a teaspoon of butter into the gap.

Potatoes cooked in their jackets, peeled, and mashed with a little butter, milk or cream, and salt and pepper are good served with sausages and veal cutlets.

Queen of Puddings

1 $\frac{2}{3}$ cups milk
2 tablespoons granulated sugar
2 whole eggs
2 egg yolks
 $\frac{1}{4}$ teaspoon vanilla extract

1 cup loosely packed white bread crumbs.
deep pie dish that will hold 1 quart; a soufflé dish
will do
a little butter for greasing the dish

THE TOPPING:

2 egg whites
2 tablespoons sugar
2 tablespoons raspberry jam

Heat the oven to 350°.

Heat the milk with the sugar till very hot but not quite boiling. Beat the whole eggs and egg yolks and add vanilla. Stir a little of the beaten egg into the hot milk and then pour all of the milk into the remainder of the egg mixture. Stir thoroughly and mix in bread crumbs. Put in a greased pie or soufflé dish and bake in the middle of the oven for 25 minutes.

Beat the egg whites until there are soft peaks when you lift out the beater. Sprinkle one tablespoon of sugar over the egg whites and continue beating. Sprinkle with the remainder of the sugar and beat a little longer.

Take the pie dish out of the oven and dot evenly with raspberry jam. Spoon the beaten egg whites over the top. Mary Poppins likes it best when the surface looks sort of "rough." Return to the oven and bake for an additional 20 minutes. Mary Poppins says, "If this pudding is good enough for a queen, it is good enough for grownups."

Quince

Quinces are very nearly impossible to get, but if you do happen to find one, peel and slice it. Put it in a heavy saucepan with a lid or a small casserole. Cover with water. Add 2 tablespoons sugar. Bring to boil on top of the stove. Cook in a 350° oven for two hours, after which time it should be tender.

It was a quince that was eaten by the owl and the pussycat. "They dined on mince and slices of quince, which they ate with a runcible spoon."

Rice and Raisin Pudding

4 tablespoons Carolina rice
4 cups (1 quart) milk
1 tablespoon butter
4 tablespoons sugar
½ teaspoon vanilla extract
¼ cup raisins
1 good pinch of nutmeg
6-cup or 1½-quart ovenproof dish (deep pie or soufflé dish is ideal), buttered lightly

Heat the oven to 300°.

Wash the rice very thoroughly under running water.

Mix all the ingredients except the nutmeg together and put into a buttered dish. Grate nutmeg over it and cook in the center of the oven for 1½ hours.

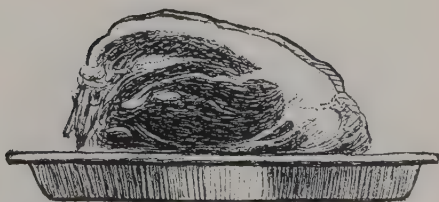
Mary Poppins always puts the dish on a baking sheet or cookie tray. It's easier to lift in and out of the oven this way.

Roast Beef

6 pounds rib roast
salt and freshly ground pepper

Heat the oven to 450°.

Place the roast on a rack in a roasting pan and dust the fat side lightly with salt and pepper. Cook for five minutes and lower the temperature to 325°. Cook for two hours or twenty minutes for each pound of weight. Mary Poppins uses cold roast beef for Shepherd's Pie when any is left over, which is seldom.



Roast Chicken

1 chicken, weighing between 3 and 3½ pounds
salt and pepper
1 large handful fresh parsley
juice of 1 lemon
½ cup water

Heat the oven to 400°.

Rub the inside of the chicken very thoroughly with salt and dust with pepper. Fill it with parsley sprigs.

Fold the wings underneath the body—akimbo—and tie the legs together with string to make a neat package. Rub the bird all over with salt. Pour half the lemon juice inside and pat the other half over the outside—gently and thoroughly as if you were patting a cheek. Place it on a rack in a roasting pan, breast up. Add ½ cup of water to the pan to prevent it from scorching. Sprinkle some more salt over the bird. Cook in the center of the oven for one hour. Don't open the oven door. There is no need for basting.

Chicken cooked this way has “a good flavour,” says Mary Poppins, “and is tender and juicy.”



Rock Cakes

½ cup or 1 stick (¼ pound) butter
½ cup granulated sugar
2 cups self-rising flour
1 egg
1 tablespoon milk
⅓ cup currants
baking or cookie sheet

Heat the oven to 350°.

Beat the butter and sugar together till light and creamy. Add the flour, little by little, until well mixed and rather rough and granular—like coarse cornmeal. Beat the egg and milk together and beat into the flour and butter mixture. Stir in the currants. The mixture is now very stiff.

Lightly grease a baking or cookie sheet. Drop the batter, tablespoons at a time, 2 inches apart on the greased baking sheet. It is simpler to do this if you use wet spoons. Bake in the middle of the oven for 15–16 minutes.

“Rock cakes keep well in an air-tight tin,” says Mary Poppins.



Sausages

Separate the sausages from each other and prick all over with a fork. This allows the fat to escape so that they do not burst their skins. Heat a heavy frying pan or skillet on top of the stove. Cook the sausages till nicely browned, turning and rolling them all the while—about six minutes in all.

To cook them in the oven, heat the oven to 400°. Prick the sausages all over with a fork and lay them on a wire rack—not touching each other. Stand the rack over a shallow roasting pan or cookie sheet. Cook for 15 minutes, by which time they will be brown and crisp. All the fat will be in the roasting pan and not in the sausages.

“Very good served with mashed potatoes,” says Mary Poppins.

Shepherd's Pie

2½ pounds ground or minced rump steak
or top round
2 small onions
2 tablespoons butter
salt and freshly ground black pepper
juices from the roast beef pan or leftover gravy,
bouillon cube, or beef stock to moisten the pie
2 pounds potatoes, boiled
finely chopped parsley
ovenproof dish 10 inches x 7 inches x 2 inches

In a large frying pan or skillet, cook the minced steak for four to five minutes, stirring constantly. Turn it into a large bowl. Peel and chop the onions. Add 2 tablespoons butter to the pan in which the beef was cooked. Cook onions till golden and tender. Mix with the beef. Season with salt and freshly ground black pepper. Add pan juices or gravy to moisten.

Heat the oven to 425°.

Spoon the mixture into the dish. Using a potato "ricer," cover the mince evenly with riced potatoes. If you don't have a ricer, spread mashed potatoes with a fork, not pressed down but lightly. Cook in the oven till the potatoes are nicely browned and crisp. Sprinkle with finely chopped parsley before serving.

"This," says Mary Poppins, "is a good way to use up cold roast beef. A dish fit for a king."

Shortbread

2 cups sifted all-purpose flour

¼ cup sugar

¾ cup or 1½ sticks butter

1 egg, lightly beaten

cake tin 8 inches x 1½ inches

Heat the oven to 425°.

In a bowl mix the flour and sugar together. Cut the butter in small pieces and rub it into the flour and sugar, or use a pastry blender. When it is crumbly and like cornmeal, make a well in the middle and stir in the lightly beaten egg. Stir the mixture well to make a smooth paste and knead with your hand.

Press the dough evenly into the cake tin. Score with a fork and bake for one hour. Cool and turn out on a wire rack. Turn right side up to show fork lines. Dust with granulated sugar.

Tea

“Being able to make tea is a special talent,” says Mary Poppins.

You must always remember to warm the pot, and after that you put in the tea—one teaspoon for every two cups. Next, you pour in the water, which must be freshly boiled and boiling. Allow it to stand for a few minutes to bring out the flavour. Stir it once, and when the tea leaves have settled to the bottom of the pot, pour it. Be sure to put the milk in last. It makes a tastier cup.

“Cotton wool dipped in cold tea is soothing to an inflamed eye,” says Mary Poppins.

Tomato Salad

Slice ripe tomatoes. Sprinkle with sugar, salt, pepper, and a little lemon juice. Sprinkle with finely chopped mint. Allow to rest before serving.

Trifle

6 sponge cakes or 1 cake sufficiently large to fill the
bowl when cut up
raspberry jam
6 macaroons
1 cup orange juice
1 cup custard
1 teaspoon almond extract
1 tablespoon sugar
1 cup heavy cream
candied cherries
 $\frac{1}{3}$ cup (2 ounces) shredded almonds
glass dish or bowl to hold $1\frac{1}{2}$ quarts

Cut the sponge cakes in half or cut the large one in squares and then in half lengthwise. Spread raspberry jam on half generously and make a sandwich with the other half. Fit a layer of "sandwiches" into the bowl and sprinkle with macaroons that have been crumbled. Continue until the bowl is full. Pour sufficient orange juice over the sponge cakes to soak them. If you think the orange juice is too strong, dilute it with water. For grown-up dinner parties, Mary Poppins drenches the sponge cakes with dry sherry.

TO MAKE THE CUSTARD:

2 egg yolks
2-3 tablespoons sugar
 $\frac{1}{4}$ teaspoon vanilla extract
1 cup milk

Beat the egg yolks with the sugar and vanilla in a bowl that will fit into a saucepan. Heat the milk, but do not allow it to boil. Put enough water in the saucepan to touch the bottom of the bowl. Bring to a simmer. Add the hot milk to the egg yolks. Stand the bowl in the saucepan and stir the custard while the water is simmering. Be careful not to overcook or it will become scrambled eggs. It is ready when it coats the back of the wooden spoon.

Pour the custard over the sponge cakes while it is still warm. Allow to cool. Add almond extract and sugar to the cream and whip till soft peaks form when whisk is lifted out of the bowl. Spoon over the custard. Decorate with a few cherries cut in half, and sprinkle with shredded almonds.



Trout

1 trout per person
salt and pepper
flour, about $\frac{1}{2}$ cup
butter, about $1\frac{1}{2}$ tablespoons for each fish
finely chopped parsley
lemons, cut in wedges

Ask the fishmonger to clean the trout for you. Dry the trout thoroughly. Season the inside of each fish with salt and pepper. Spread the flour on a flat plate. Dip each fish into it and shake it to remove the surplus. It should be lightly coated.

In a heavy pan long enough to hold the fish, heat enough butter to cover the bottom to about $\frac{1}{8}$ inch in depth. When it foams, add the fish and cook it on one side for three minutes. Turn it over and cook for three minutes longer. It should be crisp and brown on the outside. Keep it warm in the oven while the others are cooking. When all of them have been cooked, pour off the butter in the pan and add 2 tablespoons fresh butter. Heat it till foaming and pour over the trout. Sprinkle with finely chopped parsley and serve with wedges of lemon.

“Cooking trout by this method,” says Mary Poppins, “takes full advantage of the natural flavour. Lemon juice increases it.”

Upside-down Cake (Topsy-Turvy Cake)

4 tablespoons or $\frac{1}{2}$ stick butter
1½ cups dark brown sugar
cake tin 8 inches x 1½ inches

Cream the butter and sugar till smooth. Spread the mixture evenly over the bottom of the cake tin. Set aside.

6 tablespoons butter
 $\frac{1}{3}$ cup sugar
2 eggs
1 cup self-rising flour
3 whole peaches, peeled, halved, and pits (stones)
removed if fresh
6 cherries, maraschino or glacé

Heat the oven to 350°.

Cream the butter and sugar till light and fluffy. Add the eggs, one at a time, beating vigorously after each one. Add the flour gradually and beat thoroughly. Lay the peaches, cut side down, with a cherry in the "cup," on the prepared cake tin: one in the middle and the other five close to the edge of the tin. This makes a pretty arrangement. Spoon the batter over the peaches and level it off with a spoon. Bake for 45 minutes in the center of the oven.

Loosen the cake round the edge and turn it out on a pretty plate. Pineapple rings, apricots, rhubarb, or apples may be used in place of peaches.

Veal

6 veal cutlets
1 cup dried bread crumbs
pinch of dried sage
2 eggs
6 tablespoons butter
salt and freshly ground pepper
lemon wedges
finely chopped parsley

Veal cutlets are chops cut from the loin or shoulder of the young calf that has never been fed anything but milk. This accounts for the white meat. In some countries a cutlet is a thin slice of meat, *escalope* in France and *scaloppine* in Italy.

Trim the cutlets of as much fat as possible. Mix 1 cup dried crumbs with a good pinch of sage. Beat the eggs lightly. Heat 2 tablespoons butter in a heavy frying pan or skillet. It should be hot but not smoking. Dip the cutlets in the beaten egg and then in bread crumbs. Cook in the hot butter for four minutes on each side. Add more butter to the pan as it is needed. The cutlets will be golden and crisp. Veal is a dry meat. Egg and bread crumbs prevent it from becoming dry while it is cooking. Grilling does not agree with veal. Season with salt and pepper. Serve with a wedge of lemon and finely chopped parsley.

Vegetable Soup

1 small onion
1 medium-size turnip (about 1 cup chopped)
1 large or 2 small carrots
1 medium potato
1 celery stalk (about $\frac{2}{3}$ cup chopped)
2 tablespoons butter
7-8 parsley sprigs
pinch of dried thyme
pinch of dried basil
2 pints chicken stock (bouillon cubes and hot water)
salt and freshly ground black pepper
1 tablespoon freshly chopped parsley

Peel and chop the onion, turnip, carrot, potato, and celery stalk. Melt the butter in a heavy pan over gentle heat. Add the chopped vegetables, parsley, and dried herbs. Simmer till soft. Heat the chicken stock and pour over vegetables. Simmer gently for 15-20 minutes. Purée in a food mill or rub through a wire sieve. Season with salt and pepper and serve with a little freshly chopped parsley in each soup plate.



Very Plain Cake

4 tablespoons or $\frac{1}{2}$ stick butter
 $\frac{1}{2}$ cup granulated sugar
1 egg, separated
 $\frac{1}{4}$ teaspoon vanilla extract
 $1\frac{1}{2}$ cups sifted all-purpose flour
2 teaspoons baking powder
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ cup milk
baking tin 8 inches x $1\frac{1}{4}$ inches, lightly greased and
dusted with flour

Heat the oven to 325°.

In a mixing bowl cream the butter. Add the sugar gradually while mixing. Beat hard. Beat in the egg yolk and vanilla extract. Sift the flour, baking powder, and salt together. Stir into the butter and sugar, a little flour and then some milk, beating very hard after each addition. Beat the egg white till it will hold a stiff peak when the beater is lifted from the bowl. Fold the beaten white into the batter, lightly and thoroughly. Spoon into the prepared cake tin. Bake for 25–30 minutes or until a toothpick inserted in the middle comes out clean and dry. Turn out to cool on a wire rack.

Walnut Cake

½ cup (¼ pound) unsalted sweet butter
1 cup granulated sugar
2 eggs, separated
1 cup sifted all-purpose flour (sift first and then measure)
½ cup cornstarch
pinch of salt
2 teaspoons baking powder
½ cup milk
1 teaspoon lemon juice
½ cup chopped walnuts
cake tin 8 inches x 1½ inches, lightly buttered

Heat the oven to 375°.

Beat the butter and sugar together till light and creamy. Add the egg yolks, and continue beating till thoroughly mixed.

Sift the flour with the cornstarch, salt, and baking powder. Add, spoonful by spoonful, to the egg and butter mixture with a little of the milk between each spoonful. Beat thoroughly after each addition. Add the lemon juice. Stir in the chopped walnuts. Beat the egg whites till stiff but not dry. Fold gently into the batter and spoon into the cake tin.

Bake for 30–35 minutes. Cool for a minute or two and then turn out on a wire rack to cool thoroughly.

Water Ice

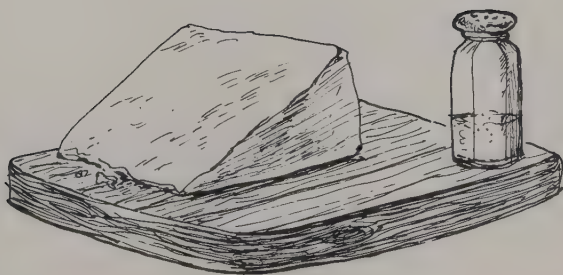
2 cups orange juice
2 cups water
 $\frac{1}{4}$ cup sugar
loaf pan that holds 1 quart

Mix the ingredients together until the sugar is dissolved. Pour into a bread pan and leave it in the freezer. It takes a long time to freeze. After three hours it will look like wet snow. This is when it should be thoroughly mixed with a fork. Total freezing time will be about four hours. Don't expect it to be solid. It will be slightly slushy.

Welsh Rarebit

- 1 teaspoon butter
 - $\frac{1}{2}$ pound Cheddar cheese grated
 - $\frac{1}{4}$ teaspoon salt
 - $\frac{1}{4}$ teaspoon dry mustard
 - $\frac{1}{3}$ cup beer
 - 1 egg, lightly beaten
 - 5, 6, or 7 slices of toast
-

Melt the butter over gentle heat. Add the cheese and seasonings. Heat gently till the cheese is melted. Stir in the beer and beaten egg. Heat thoroughly. Spread on hot buttered toast.



XXX

Candy Kisses

1 pound almonds
1 cup powdered milk
1 cup powdered sugar
1 teaspoon almond extract
½ cup milk
additional powdered sugar for coating the kisses

Drop the almonds into a pan of boiling water. Lift them out after one minute. When they are cool enough to handle, slip them out of their skins. Grind them very fine in a meat grinder or blender.

Mix the ground almonds, powdered milk, and powdered sugar together. Add the almond extract and milk. Take care not to add all of the milk at one time. Mix together thoroughly and knead with your hands. The dough should be very heavy and slightly sticky. A little more milk may be needed if the dough does not bind. Cover the bowl and chill for one hour.

Dust your hands with additional powdered sugar and roll balls of dough, using about 1 teaspoon for each ball. Roll balls in powdered sugar and store in a cool larder or in the refrigerator. There will be about 60 "kisses."

"Very nice," says Mary Poppins, "for a special bedtime treat."

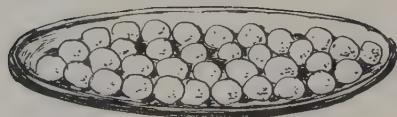
Yorkshire Pudding

1 cup flour
pinch of salt
1 small egg
1 cup milk and water in equal parts

Heat the oven to 425°.

Sift the flour and salt into a mixing bowl. Make a well in the middle and drop the egg into it. Add a little of the milk and mix, starting in the center, gradually drawing in the flour while pouring in more milk. Mix thoroughly with an egg beater or whisk and stand in a cool place for one hour.

Heat about 1 tablespoon of the drippings or fat from the roast beef in an ovenproof pan, about 12 inches x 12 inches. Tip it and tilt it till it is coated with fat. Pour in the batter and bake for 25 minutes. It will be by then well puffed up, crisp, and brown. Mary Poppins cuts it into squares for serving.



Zodiac Cake

1 large egg, separated
2 squares semi-sweet chocolate
1½ cups all-purpose flour
2 teaspoons baking powder
¼ teaspoon salt
4 tablespoons or ¼ cup butter
¾ cup sugar
½ cup ground nuts (walnuts, pecans, or hazels)
1 teaspoon vanilla extract
¾ cup milk
round cake tin 3 inches x 11½ inches

Heat the oven to 375°.

Grease the cake tin with butter and flour it. Shake out the excess flour.

Separate the egg yolk from the white. Melt the chocolate in a small bowl standing in hot water. Sift the flour and measure. Sift again with the baking powder and salt.

Cream the butter—beat it till light and creamy. Add the sugar gradually and continue beating. Add the egg yolk and beat even harder. Stir in the melted chocolate and ground nuts. Stir the vanilla into the milk. Add some flour to the chocolate mixture and then stir in some milk, a little more flour and then some more milk, till both have been used up. Beat very thoroughly.

Beat the egg white till stiff and fold gently into the batter. Pour into prepared pan. Bake for 30 minutes.

Mary Poppins decorates this cake with small silver stars.

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P. L. TRAVERS, beloved creator of Mary Poppins, currently divides her time between the British Isles and the United States. P. L. (Pamela Lyndon) Travers wrote the first *Mary Poppins* while recovering from an illness, and with the publication of *Mary Poppins Comes Back*, *Mary Poppins Opens the Door*, and *Mary Poppins in the Park*, the indomitable nanny has become a cherished figure throughout the world. "In her cookery book," Mrs. Travers discloses, "I have given Mary Poppins many of the recipes I knew as a child."

MAURICE MOORE-BETTY was born in Northern Ireland and was apprenticed under Monsieur Avignon, Chef de Cuisine of the Ritz Hotel in London. An internationally known culinary consultant, Mr. Moore-Betty directs his own cookery school in New York City. For over a decade, with the help of his assistants, he has expertly guided many children as well as adults through the pleasures of good cooking.

MARY SHEPARD, the widow of E. V. Knox, late editor of *Punch* magazine and model for many of the drawings of Mr. Banks, drew the first Mary Poppins over a generation ago. Her illustrations have made the enchanting inhabitants of Cherry Tree Lane familiar in almost every country of the world.

