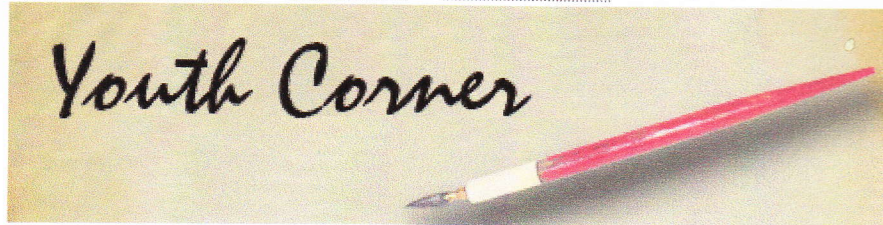




Canada

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Wartime Recipe Corner

War Time Cake

During wartime, the people back home didn't always have the cooking supplies they would have liked. Recipes with little or no sugar, eggs, and milk were used so there would be more for the soldiers overseas. Some supplies were "rationed"—only so much per family. A family might have shared its sugar ration to make this No-Milk-No-Egg chocolate cake—mixed and baked in the same pan.

Ask an adult to pre-heat the oven to 350 degrees F.

In a 20 cm (8-inch) square pan put:

- 1 1/2 cups all purpose flour
- 1 teaspoon of baking powder
- 1 cup of granulated sugar
- 1/2 teaspoon of cinnamon
- 1 teaspoon of baking soda
- 1/2 teaspoon of salt
- 3 tablespoons of cocoa powder (not instant cocoa drink mix)

Add to the pan:

- 1 teaspoon of vanilla extract
- 1 tablespoon of white vinegar
- 5 tablespoons of vegetable oil
- 1 cup of lukewarm water

Mix everything together with a fork and bake for 30 minutes or until done.

Carrot Cookies

Ingredients

- 1 tablespoon margarine
- 2 tablespoons sugar

- 1 to 2 teaspoons of vanilla essence
- 4 tablespoons grated raw carrot
- 6 tablespoons self-raising flour (or plain flour with 1/2 teaspoon baking powder added)
- 1 tablespoon of water

Directions

- Cream the margarine and the sugar together with the vanilla essence.
- Beat in the grated carrot.
- Fold in the flour. If mixture very dry then add a little water.
- Drop spoonfuls onto greased tray and press down just a little.
- Sprinkle tops with sugar and cook in an oven at 200 °C for about 20 minutes.

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