

## **Quaker's Summer specials / Quaker Oats Ltd.**

### **Contributors**

Quaker Oats Limited.

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THIS SUMMER...

ENJOY QUAKER OATS  
the way the Danes do!  
STRAIGHT FROM THE PACKET

Pour some Quaker Oats on to a plate. Add sugar and milk. Simple, delicious — and the children love it!

**QUAKER OATS  
IS ONE OF THE FINEST ENERGY-GIVING  
AND BODY-BUILDING FOODS**

*High quality Quaker Oats provides more energy-power than any other cereal. It is also richer in body-building protein. That is because Quaker Oats is milled by a secret process which removes only the outer husk of the grain and leaves the entire kernel of the oats, complete with bran and germ. Thus in Quaker Oats you get the 100% nutritive whole grain cereal with nothing taken away.*



# Quaker's Summer Specials

These tempting, quickly made dishes are taken from a wide range of economical recipes using Quaker Oats.

If you like them—and we know you will—write to Quaker Oats Ltd., Southall, Middlesex and we will gladly send you a further selection of Quaker Recipes quite free.

LOOK FOR THE QUAKER MAN  FOR FINEST CEREAL FOODS

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## QUAKER Honey Biscuits

- 2 cups Quaker Oats (6 oz.)
- $\frac{1}{2}$  cup self-raising flour
- $\frac{1}{2}$  teaspoon ginger or mixed spice
- 2 tablespoons sugar
- Pinch of salt
- 2 oz. melted margarine
- 4 tablespoons honey (slightly warmed)
- 1 egg (well beaten)

Blend well, sieving the flour and ginger or mixed spice.

Make hole in the centre and add the melted fat and honey then the egg. Mix thoroughly. Drop in spoonfuls on greased baking tin, allowing room to spread. Bake in a moderate oven (320°F) for about 15 minutes.

MAKES 18

## QUAKER STUFFED HERRINGS

Clean and split 4 fresh herrings. Remove the bone by inserting the thumb under the tail end and lifting carefully.



### PREPARE THE FILLING:

- 1  $\frac{1}{2}$  cups Quaker Oats (4  $\frac{1}{2}$  oz.)
- 1 dessertspoon chopped sweet herbs
- 1 tablespoon grated onion
- 1-2 oz. butter or margarine
- 1 egg
- Little milk
- Pepper and salt.

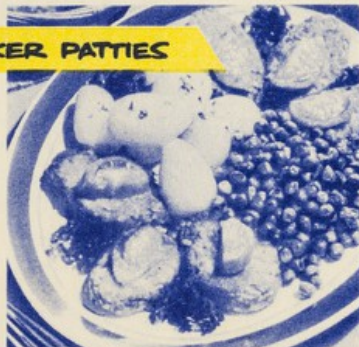
Mix together in bowl. Place a portion in each herring and roll up. Lay close together in baking dish, sprinkle with salt, pepper and Quaker Oats. Cover with greased paper and bake for 30 minutes in a moderately hot oven (400°F). Serve with slices of lemon or mustard sauce.

## TASTY QUAKER PATTIES

- 1 cup Quaker Oats (3 oz.)
- $\frac{1}{2}$  lb. sausage meat (or chopped luncheon meat)
- $\frac{1}{2}$  cup chopped onion (lightly cooked)
- 1  $\frac{1}{2}$  teaspoons salt
- $\frac{1}{2}$  teaspoon pepper
- 1 tablespoon tomato sauce
- 3 tablespoons water
- 1 teaspoon mixed herbs

Mix together thoroughly. Make into oval or round shapes and fry in hot fat until brown. Serve with more tomato sauce, if desired.

MAKES 8



## Quaker Krunchies

- 4 oz. margarine . . . Cream together
- 1 tablespoon sugar
- 2 tablespoons golden syrup . . . Warm and add
- 2 cups Quaker Oats (6 oz.) . . . together. Bake in small, well greased Yorkshire pudding tin in a moderate oven (320°F.) till golden brown (1- $\frac{1}{2}$  hour). Cut in strips and leave in tin to cool.

MAKES ABOUT 12

If you prefer less crumbly Krunchies, add a beaten egg when mixing.



## QUAKER CHOCOLATE NUTS

- 3 oz. margarine
- 4 oz. sugar
- 2 tablespoons milk
- 2 cups Quaker Oats (6 oz.)
- 1-2 tablespoons cocoa
- 2 tablespoons desiccated coconut
- 1 teaspoon vanilla essence

Melt in pan and leave to cool slightly.

Add and mix thoroughly.

Make into small balls and roll in more desiccated coconut.

MAKES ABOUT 20

## QUAKER Apple Charlotte

- 4-6 medium sized cooking apples, sliced
- 1 tablespoon lemon juice
- $\frac{1}{2}$  cup flour
- 1 cup Quaker Oats (3 oz.)
- 3 heaped tablespoons sugar
- $\frac{1}{2}$  teaspoon salt
- 1 teaspoon cinnamon
- $\frac{1}{2}$  cup melted butter or margarine

Place in greased shallow baking dish. Sprinkle on apples. Mix together

Mix in till crumbly. Sprinkle crumb mixture on top of apples. Bake in a moderate oven (350°F) for 1- $\frac{1}{2}$  hour or until the apples are tender. Serve warm or cold with milk.

SERVES 4 TO 6 PERSONS