

**Homely recipes made possible with Lyons flavours & colours / J. Lyons & Co. Ltd.**

**Contributors**

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**Homely  
Recipes**

MADE POSSIBLE WITH —

*Lyons*

**FLAVOURS & COLOURS**

# Add variety to your cooking with LYONS Flavours and Colours

The recipes given in this booklet are representative of the hundred and one ways in which **Lyons Flavours and Colours** can add piquancy and excitement to your Home-cooking. Almost all recipes can be improved by the addition of these balanced Flavours and Colours.



We urge you to try these one by one and then, with the full knowledge and experience thus gained, bring further variety to your home cooking by using **Lyons Flavours and Colours** in almost everything you cook. You will enjoy your new cooking and we wish you every success.

<b>LYONS FLAVOURS - - 1/6</b>			
RUM	BANANA	STRAWBERRY	CHERRY
VANILLA	ORANGE	RASPBERRY	LEMON
ALMOND	TANGERINE	COCONUT	LIME
PEPPERMINT			
<b>LYONS COLOURS - - 1/-</b>			
RED . YELLOW . BLUE . CHOCOLATE-BROWN . GREEN			
ORANGE . ROSE-PINK			

## Useful Measures

### FOR FLOUR, RICE, SUGAR ETC.

1 Well-heaped Tablespoon	=	1 oz.
1 Well-heaped Dessertspoon	=	1/2 oz.
1 Level Tablespoon	=	1 oz.
1 Well-heaped Teaspoon	=	1/2 oz.
1 Level Teaspoon	=	1/4 oz.
1 Level Teacup	=	4 oz.

### FOR LIQUIDS

1 Tablespoon	=	1/2 Fluid oz.
1 Teaspoon	=	60 Drops
1 Teacup	=	5 Fluid oz.
1 Dessertspoon Jam or Treacle	=	1 oz.

The quantities of **Lyons Flavours and Colours** recommended herein, are to be used only as a guide and may be varied to suit your own tastes. The Regulo settings and oven temperatures will also have to be adjusted in some cases, as ovens do not all give the same results for the same setting or temperature.

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# CAKES AND PASTRIES



## RICH BIRTHDAY CAKE

12 ozs. Flour  
1 level teaspoon Baking Powder  
Good pinch of Salt  
2 teaspoons Mixed Spice  
 $\frac{1}{2}$  lb. Margarine  
 $\frac{1}{2}$  lb. Brown Sugar  
5 Eggs  
30 drops Lyons Almond Flavour  
 $2\frac{1}{2}$  ozs. Brandy, Rum or Milk  
30 drops Lyons Vanilla Flavour  
2 lb. Mixed Fruit (currants, sultanas, orange or lemon peel, a little citron and a few cherries)



Sift flour, baking powder, mixed spices and salt together. Cream margarine and sugar to which the Vanilla and Almond Flavour has been added. Beat in the eggs and stir in the flour mixture. Finally, add the fruit together with the milk or brandy, etc.

Place the mixture into a previously paper-lined 10" dia. cake tin and smooth over the top with a brush and a little milk. Bake at Regulo 2 (325°F.) for about 3 hours.

## MARBLE CAKE

4 ozs. Margarine  
4 ozs. Castor Sugar  
1 or 2 Eggs

6 ozs. Flour  
 $\frac{1}{2}$  teaspoon Baking Powder  
Milk if necessary  
Lyons Flavours and Colours as below.

Cream margarine and sugar. Add the egg(s) and beat until mixture is stiff and uniform. Stir in the sifted flour and baking powder adding milk if necessary to form a soft paste.

Divide mixture into five equal amounts in separate basins colouring and flavouring each according to taste, using the following suggestions as a guide:—

### LYONS COLOUR

Chocolate-Brown  
Red  
Yellow  
Orange  
Rose Pink  
Green

### LYONS FLAVOUR

+ 20 drops Vanilla  
+ 20 drops Strawberry  
+ 20 drops Banana or Lemon  
+ 20 drops Orange  
+ 20 drops Raspberry  
+ 20 drops Lemon

Line a tin size  $5\frac{1}{2}$ " x  $2\frac{1}{2}$ " (or double quantity in tin size 7" x 3") with greased paper. Transfer mixes to tin by using spoonfuls from the five basins, alternating mixes to obtain a marbled effect. Bake at Regulo 4 (350°F.) for 1 hour.

## CHERRY CREAM CAKE

8 ozs. Flour	2 Eggs
2 teaspoons Baking Powder	Pinch of Salt
2 ozs. Margarine	3 ozs. Glacé cherries
2 ozs. Cooking Fat	4 teaspoons Milk
4 ozs. Sugar	15 drops Lyons Vanilla Flavour

Line a 6" cake tin with grease-proof paper. Sift together the baking powder, salt and flour. Cream fats and sugar together and, when light, beat in the eggs. Gently mix in the flour, at the same time adding the milk with the Flavour; lastly, add two-thirds of the cherries which have been previously cut into thirds.

Bake at Regulo 5 (380°F.) for 1½ hours. When cold, decorate with glacé icing or with cream and cherries. (Pages 10, 11.)

## STRAWBERRY SPONGE

2 Eggs	1 tablespoon warm Water
4 ozs. Castor Sugar	20 drops Lyons Strawberry Flavour
4 ozs. Flour	10 drops Lyons Red Colour
¼ teaspoon Baking Powder	

Break eggs into a bowl and whip until frothy, then add sugar and whip until mixture is thick and much lighter in colour.

Add Flavour and Colour to the water and pour gently into mixture. Lightly fold in the flour and baking powder so that the aeration of the egg is hardly disturbed. Put mixture in two greased tins and bake at Regulo 5 (375°F.) for about 15 minutes. When cool, spread strawberry jam on one half (with cream, if desired), place other half on top and lightly sprinkle with sugar.

## CHOCOLATE LOG

2 Eggs	Pinch of Salt
3 ozs. Sugar	1 oz. Cocoa
2 ozs. Flour	20 drops Lyons Vanilla Flavour
1 level teaspoon Baking Powder	

Sift together flour, baking powder, cocoa and salt.

Break eggs into a basin, add sugar and Vanilla Flavour and whisk for about 10 minutes until the mixture is light and frothy. Gently stir in the flour mixture and pour the batter into a greased and floured Swiss roll tin approximately 8" x 10". Spread evenly and quickly. Bake at Regulo 6 (400°F.) for 8 minutes.



When baked, turn on to a sheet of grease-proof paper sprinkled with sugar. Trim edges. Add a little hot water to about 3 ozs. of jam and spread evenly. Roll up firmly and allow to cool. (Cont'd)

## CHOCOLATE LOG—continued.

When quite cold, spread with chocolate buttercream (page 11). and mark like a tree trunk with the prongs of a fork. Spread some white buttercream over each end and pipe a few lines with chocolate cream to represent the rings in a tree.

## CHOCOLATE CUPS

4 ozs. Margarine	2 level teaspoons Baking Powder
4 ozs. Sugar	1 tablespoon Cocoa
2 Eggs	20 drops Lyons Vanilla Flavour
4 ozs. Flour	

Sift flour, baking powder and cocoa together. Cream margarine and sugar and gradually beat in the eggs. Add the Vanilla Flavour and stir in the flour mixture.

Three-parts fill some greased, fairly deep patty pans or paper cooking cups, and bake at Regulo 5 (360°F.) for 20 to 25 minutes. When cold, these cakes can be dusted over with icing sugar or iced with chocolate glacé icing. (Page 10.)

## CHOCOLATE TRUFFLES.

4 ozs. Icing Sugar	2 ozs. Cake crumbs or fine Bread crumbs
2 ozs. Margarine	
$\frac{1}{2}$ oz. Cocoa	15 drops Lyons Vanilla Flavour

Cream margarine and add icing sugar, cocoa and Vanilla Flavour. Continue beating for a few moments, then add the cake or bread crumbs. Mix to a fairly stiff paste. Cut into small pieces, about the size of a walnut, shape into balls and roll each piece in cocoa or chocolate vermicelli.

Allow to set for a few hours in a cool place.

## FLAP JACKS

4 ozs. Margarine	2 tablespoons Syrup	$\frac{1}{4}$ teaspoon Salt
1 oz. Sugar	$\frac{1}{2}$ lb. Rolled Oats	20 drops Lyons Vanilla or Coconut Flavour

Place fat and sugar in a saucepan over low heat. Stir until dissolved. Add Flavour and syrup. Remove from heat, add rolled oats and salt gradually. Put mixture into small, greased baking tin, press down evenly. Bake at Regulo 4 (350°F.) for 40 minutes. Cut into fingers while warm, but leave in tin until cold.

## CHOCOLATE MACAROONS

3 ozs. Sugar	2 tablespoons Milk	2 tablespoons Cornflakes
1 oz. Cocoa	1 oz. Margarine	20 drops Lyons Vanilla Flavour



## CHOCOLATE MACAROONS—continued.

Mix all ingredients, with the exception of the cornflakes, and heat until the sugar is dissolved. Remove from stove, add cornflakes and continue to stir for 5 minutes. Drop rough portions into paper cases with a fork, place a piece of almond on top of each piece and leave overnight to set.



## ALMOND FRANZIPANS.

2 ozs. Margarine	20 drops Lyons Almond Flavour
2 ozs. Sugar	
2 ozs. Semolina	1 oz. Sponge Cake crumbs.
1 Egg	
2 teaspoons Baking Powder	

Line a 7" sandwich tin with 6 ozs. short pastry (page 12) and spread a little jam over the bottom.

Just melt the margarine and sugar in a saucepan, stir in the egg, rapidly mix in the semolina and cook for about 2 minutes.

Remove from the stove and allow to cool whilst continuing to stir gently. Sprinkle baking powder and add Flavour to the mixture, stir in crumbs and pour into the lined sandwich tin. Immediately place in the oven to bake at Regulo 6 (400°F.) for about 20 mins. Lightly dust with dry icing sugar when cold.

## CHOCOLATE ECLAIRS

4 ozs. Flour	2 ozs. Margarine
2 Eggs	Pinch of Salt
$\frac{1}{2}$ pint Water	20 drops Lyons Vanilla Flavour

Sift flour. Place water, margarine and salt in a saucepan and bring to the boil. Add the flour and stir rapidly to prevent lumps forming (2 minutes). Remove from stove and gradually beat in the eggs.

Pipe out into thick 3" lengths with a  $\frac{1}{2}$ " tube and bake at Regulo 4 (350°F.) for about 25 minutes. When cold, split open with a sharp knife, fill with cream or mock cream (page 11). Decorate with chocolate spread (page 12).

## CUSTARD TARTS

Filling:	1 Egg	$\frac{1}{2}$ pint Milk
	2 tablespoons Sugar	10 drops Lyons Vanilla Flavour

Make some short pastry (page 12) and roll out fairly thin. Cut out, and line about 8 patty pans.

Beat egg, add sugar, Vanilla Flavour and milk. Pour the mixture into the lined patty pans, three parts filling each. Grate some nutmeg over the centre of each tart and bake at about Regulo 5 (375°F.) for about 20 minutes.

## CHOCOLATE TARTS

- |                  |                                |
|------------------|--------------------------------|
| 2 ozs. Margarine | 1 dessertspoon Cocoa           |
| 2 ozs. Sugar     | 1 pinch of Salt                |
| 1 Egg            | 20 drops Lyons Vanilla Flavour |
| 2 ozs. Flour     | 1 level teaspoon Baking Powder |

Line about 12 patty pans with short pastry (page 12) and place a spot of jam in centre of each. Sift flour, baking powder and cocoa together. Cream margarine and sugar and gradually beat in the egg. Add Vanilla Flavour and stir in the flour mixture.

Half fill the lined patty pans with the mixture and bake at Regulo 6 (400°F.) for about 13 minutes. When cold dust over with icing sugar or spread with chocolate glaze icing. (Page 10.)

## BAKEWELL TARTS

- |                           |                                |
|---------------------------|--------------------------------|
| 2 ozs. Margarine          | 1 level teaspoon Baking Powder |
| 3 ozs. Sugar              | 2 ozs. Flour                   |
| 1 Egg                     | 30 drops Lyons Almond Flavour  |
| 2 ozs. Sponge Cake Crumbs | 2 tablespoons Milk             |
|                           | Jam                            |

Line about twelve 2½" patty pans with short pastry (page 12) and place a spot of jam in bottom of each.

Sift or grate the crumbs quite fine and mix with the previously sifted baking powder and flour. Cream the margarine and sugar to which the Almond Flavour has been added, and beat in the egg. Stir in the dry ingredients and when almost mixed, stir in the milk. Three parts fill each lined patty pan and bake at Regulo 6 (400°F.) for about 15 minutes.



## BISCUITS, ETC.

### KRUNCHIES

- |                                      |                            |
|--------------------------------------|----------------------------|
| 4 ozs. Flour                         | 2 ozs. Margarine           |
| 1 level teaspoon Baking Powder       | 2 ozs. Sugar               |
| 1 level teaspoon Bicarbonate of Soda | 2 tablespoons Golden Syrup |
|                                      | 25 drops Lyons Flavour     |

Sieve together the flour, baking powder and bicarbonate of soda. Rub in fat thoroughly. Add sugar and mix well. Heat syrup until thin and add 25 drops Almond or Coconut or Banana Flavour. Mix ingredients to a fairly stiff consistency. Roll into

balls about the size of a walnut and place on greased tins leaving 1" between each ball. Place on top shelf of oven for 5 minutes at Regulo 6 (400°F.)

Move to second shelf (when they will flop and crack) for 5 minutes. Use top shelf now for next batch. Finish on bottom shelf for 5 minutes. Allow to cool before removing from trays.

*If Chocolate Krunchies are desired, add to above dry ingredients 1 dessertspoonful Cocoa. To the syrup add 20 drops Vanilla, 6 drops Chocolate Brown colour. Store in airtight tin.*

Biscuits (continued)

### SHORTBREAD WEDGES

3 ozs. Margarine    3 ozs. Self-raising  
2 ozs. Sugar        Flour  
4 ozs. Semolina  
20 drops Lyons Almond or Vanilla  
                         or Lemon Flavour

Melt margarine and sugar in saucepan. Add semolina and flour. Mix well until mixture is like fine breadcrumbs.

Grease shallow tin, put in mixture. Press down firmly but not too hard. Bake at Regulo 4 (350°F.) for 15 minutes. Shortbread should hardly colour. Sprinkle with sugar and cut into wedges when hot, leave to cool before removing. Store in airtight tin.



### CHOCOLATE BISCUITS

2½ ozs. Margarine                      Pinch of Bicarbonate of Soda  
1½ ozs. Sugar                            10 drops Lyons Vanilla Flavour  
5 ozs. Flour                                1 dessertspoon Milk

Sieve flour and bicarbonate of soda together. Cream margarine and sugar, and mix with the flour until the consistency of bread crumbs. Add the milk and gently mix to a firm dough.

Roll out thin and cut out with a 2-inch pastry cutter. Bake at Regulo 5 (375°F.) for about 12 minutes. When cold sandwich in pairs with chocolate spread (page 12) and decorate the top.

## DESSERTS, PUDDINGS, SWEETS

### SUNDAY 'SPECIAL'

CRUST    ½ lb. Self-raising Flour                      1 Egg and same amount Milk  
             ¼ lb. Fat                                      Semolina  
             ¼ lb. Sugar                                   Lyons Flavours

Melt fat and add sugar. Beat with whisk. Add egg. Beat. Add milk. Beat. Add flour and form into a paste.

Halve, roll out to ½" thick, and line well-greased sandwich tin.

### VARIOUS FILLINGS

1. Thin layers of mincemeat and jam to which has been added 20 drops Vanilla Flavour, sprinkled with Semolina.
2. Layers of thinly sliced apples sprinkled with sugar, a little spice, and 6 drops of Lemon Flavour, sprinkled with Semolina.
3. Layers of Marmalade to which has been added 6 drops of Orange Flavour, sprinkled with Semolina.

Put in filling and cover top with remainder of ½" thick paste. Mark into portions but do not prick or cut through at all.

Cook at Regulo 5 (375°F.) for ½ hour. Serve hot with custard.

## BLANC-MANGES

- |                         |                           |
|-------------------------|---------------------------|
| 1½ ozs. Cornflour       | Pinch of Salt             |
| 1 oz. powdered Gelatine | Knob of Butter            |
| 1 pint Milk             | 15 drops any suitable     |
| 3 ozs. Sugar            | Lyons Flavour and Colour. |

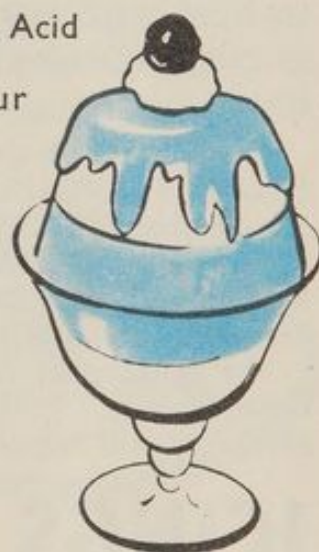
Dissolve the gelatine by warming it in about 2 tablespoons of the milk. Use a little more of the milk to thin down the cornflour. Boil remainder of the milk with the sugar and butter, pour in the milk and cornflour mixture and stir rapidly cooking it for two or three minutes. Remove from stove. Allow to stand for a few moments, then mix in the gelatine mixture with Flavour and Colour as required. Pour into a jelly mould and allow to stand in a cool place to set — preferably overnight.

## HOME-MADE JELLIES

- |                         |                              |
|-------------------------|------------------------------|
| 1 pint Water            | 1 Level Teaspoon Citric Acid |
| 1 oz. Gelatine Crystals | 3 ozs. Sugar                 |
|                         | Lyons Flavour and Colour     |

Soak the gelatine and sugar in a quarter of the water (cold). Boil remainder of water and citric acid and pour over gelatine-sugar mixture. Stir until all crystals are dissolved. Add 1 teaspoon of Flavour and Colour to desired shade.

e.g. 1 teaspoon Lyons Lemon Flavour, and  
2 teaspoons Lyons Yellow Colour.



## CHOCOLATE SPONGE JELLY

- |                         |                                |
|-------------------------|--------------------------------|
| ¼ pint cold Water       | ½ pint Milk                    |
| 2 tablespoons Sugar     | 1 dessertspoon Cocoa           |
| 1 oz. Gelatine Crystals | 12 drops Lyons Vanilla Flavour |

Dissolve gelatine, cocoa and sugar in ¼ pint cold water by warming (do not boil) over a low heat. Add the milk and Flavour. Allow to stand in a cool place until just about to set. Whip with a whisk to a frothy consistency, then pour into a mould. Allow plenty of time to set before attempting to turn out of the mould. Garnish with cream.

## FRUIT SALAD

- |           |                        |                    |
|-----------|------------------------|--------------------|
| 2 Apples  | Bottled Plums. Black-  | 1 tablespoon Sugar |
| 2 Oranges | currants, Gooseberries | 5 ozs. water       |
| 2 Bananas |                        | Lyons Flavours     |

Prepare, dice larger fruit, slice bananas. Add 6 drops of Strawberry Flavour, 6 drops Raspberry Flavour, 6 drops Banana Flavour, if the actual fruit is not available, to 1 cupful (5 ozs.) hot water, to which has been added 1 tablespoon sugar. Pour this over the fruit and stir gently. Leave to stand at least 1 hour before serving with Mock Cream (page 11).

## SPONGE PUDDING

4 ozs. Self-raising Flour      1 Egg  
3 ozs. Sugar      2 Tablespoonfuls Milk  
3 ozs. Margarine      30 drops Lyons Flavour and 6 drops Colour

Cream together margarine and sugar, add egg with table-spoonful of flour, and beat well. Add milk, Lemon or Orange Flavour and Colour, as desired, and remainder of flour. Put into greased basin, cover with greasepaper, and steam for 2-2½ hours. Serve with hot sauce (see below).

## FRUIT SAUCE

2½ level teaspoons Cornflour      ½ oz. Sugar  
½ pint Milk      15 drops Lyons Flavour and 6 drops Colour

Mix cornflour with a little cold milk and put remainder of milk to heat with sugar. Add mixed cornflour and Flavour and Colour as desired, stir till boiling for 3 minutes. Pour over pudding while hot.

In addition to the detailed recipes given, there are many other uses for LYONS FLAVOURS and COLOURS. Here are a few suggestions:—

*Stewed fruits will be improved by the addition of a few drops of Lemon Flavour.*

*A little Vanilla Flavour gives added richness to milk puddings.*

*Sponge in Trifles can be flavoured with Banana or Rum.*

*The appearance of rhubarb will be improved by using a little Rose Pink Colour.*

*The appearance of peas and cabbage will be improved by a few drops of Green Colour.*

*Flavoured and coloured milk with breakfast cereals is very popular with children.*

# ICINGS, & GENERAL RECIPES

## ROYAL ICING

1 lb. Icing Sugar      A few drops of Lemon Juice  
White of 1 Egg      Lyons Colours

Sieve the icing sugar and gradually mix with the egg white. Beat until the mixture remains in mass on the sides of the basin and stands up in points on the spoon when held up. Colour to taste.

NOTE:—

1. The basin and spoon must be absolutely free from grease.

2. Do not add your sugar to the egg white all at once. It may not be necessary to use it all to attain the desired consistency.

## GLACÉ ICING

3 tablespoons hot Water      8 ozs. Icing Sugar

Sieve icing sugar and stir in the water. Colour and Flavour as desired whilst warm.

Add one teaspoon of cocoa for icing chocolate cakes.

Reduce the quantity of water if a thicker icing is required.



## ALMOND PASTE

4 ozs. Icing Sugar  
4 ozs. Ground Almonds  
1 teaspoon Lyons Almond Flavour

4 ozs. Castor Sugar.  
1 Egg

Warm castor sugar and the egg in a saucepan until rather more than blood-heat (120°F.). Stir in remainder of ingredients and knead to a firm paste on the pastry board sprinkled with sugar.

Do not allow flour to come into contact with almond paste

## ALMOND PASTE (cheaper)

4 ozs. Icing Sugar  
4 ozs. Castor Sugar  
4 ozs. Semolina

4 Tablespoons Water  
2 ozs. Margarine  
2 teaspoons Lyons Almond Flavour

Heat semolina and water in a saucepan over a low fire to rather more than blood-heat (120°F.). Stir with a wooden spoon. Add the sugar and margarine, and Almond Flavour, and knead to a firm paste. When cold cover with paper until required for use.

## BUTTER CREAM

3 or 4 ozs. Butter or Margarine  
6 ozs. Icing Sugar  
10 drops Lyons Vanilla or Rum or  
Lemon Flavour

Sieve the icing sugar, mix with the butter. Beat until light and creamy. Add Flavour.

This cream may be used for sandwiching, for spreading on sides and top of various cakes and pastries; sprinkling with almonds, etc., and for decorating by forcing through piping tubes.

If the butter or margarine is too salt, gently knead it in a basin of cold water before use. This will wash away most of the salt.

To make chocolate butter cream for chocolate logs, etc., add  $\frac{1}{2}$  oz. of cocoa powder to this mix.

## MOCK CREAM

1 rounded dessertspoon  
Cornflour  
1 tea cup Milk

2 ozs. Margarine or Butter  
1 oz. Sugar  
4 drops Lyons Vanilla Flavour

Mix some of the milk with the cornflour, taking care to avoid lumps. Heat remainder of milk and pour into the milk-cornflour mixture. Bring to the boil and cook for 2 minutes. Stir continuously. Allow to cool then beat in the creamed margarine (or butter) and sugar and Vanilla Flavour.

A damp cloth placed over the cooling mixture will prevent a thick skin from forming on top.



## VANILLA COFFEE CREAM

1 tablespoon Sugar	$\frac{3}{4}$ pint Milk
1 oz. Gelatine	1 dessertspoon Lyons Bev
$\frac{1}{4}$ pint Water	20 drops Lyons Vanilla Flavour

Warm the sugar and gelatine in  $\frac{1}{4}$  pint of water until both are dissolved. Add the milk. Divide into two parts. Add 20 drops Vanilla Flavour to one part, pour into a jelly mould or a tin. Set in a cold place. Add the Bev to remaining half and keep liquid. When the first half is set pour the remainder into the mould. Allow to set then turn out and garnish with fruit and cream.

## CHOCOLATE SPREAD

1 tablespoon Cocoa	1 tablespoon Syrup
1 oz. Margarine	6 drops Lyons Vanilla Flavour

Place in a saucepan and stir over a low heat for 2 or 3 mins.

## SHORT CRUST PASTRY

$1\frac{1}{2}$ ozs. Margarine	Pinch of Salt
3 ozs. Flour	1 oz. Sugar
1 level teaspoon Baking Powder	About 2 teaspoons cold Water

Sift flour, salt and baking powder together. Rub in margarine, to consistency of bread crumbs. Add water, stir all together, and then mould into a firm dough.

## HOW TO MAKE THE EVER POPULAR KIDDIES' KOCKTAILS

Take a glass of cold milk and add to it three or four drops of any one of Lyons Flavours, until the flavour is correct, then add sugar to taste: finally add a few drops of the appropriate Lyons Colour: mix well. You will find that the kiddies love these healthful, refreshing drinks.

Let your children hold their own Kiddies' Kocktail Parties, just as Mother and Father do—it will add great excitement to their small lives—but do remember that only Lyons Flavours and Colours give the true, fruity flavour so essential to the Kiddies' enjoyment.

## LYONS FLAVOURS AND COLOURS