



Laurie Jones, Australian Army, World War II,
Courtesy Eileen Jones

In honour of ANZAC Day, here's a cake that some of the residents at the Midlands Multi-Purpose Health Centre in Oatlands remember cooking for soldiers at war. They packed biscuits and fruitcakes and sent them off so they would receive them for Christmas.

Soldiers' Cake

2 C sultanas	2 eggs
2 C currants	1 tsp almond essence or rum
1 tsp bicarb of soda	2 C self-raising flour
1 C boiling water	¼ tsp salt
4 oz butter	½ C walnuts or pecans
¾ C white sugar	

Soak fruit overnight with bicarb of soda in boiling water to cover. Preheat oven to 160°C. Grease 8" (20cm) square or round cake tin. Cream butter and sugar until light. Add eggs, one at a time, beating after each addition. Beat in almond essence or rum. Sift together flour and salt and fold ½ C at a time into creamed mixture alternately with fruit, finishing with the flour. Spoon into prepared tin, decorate top with nuts and bake 1½ hours. Test centre with a skewer. If it comes out clean, cake is ready. Cool in tin. Store for a day before slicing.

Eileen Jones remembers her mother, Sara Fitch, making cakes similar to Soldiers' Cake for her five brothers (see facing page) during World War II. Sara put them into round biscuit tins with lids, then sewed them into flour bags and wrapped them in brown paper before addressing. Eileen recalls that it was common for women to make these cakes for soldiers they didn't know, so that no one would go without.

This recipe is from *Heritage Highway Cookery*. *Heritage Highway Cookery* and *Midlands Morsels* are available from the author, Susan Butler, at www.susanbutler.com.au.