

Frank Moss

Frank Moss served the people of Queen's Park from 1924 to 1992 with good fresh bread and groceries. He has worshipped at the Moravian church in Howard Avenue for 40 years, but is now a member of the Salvation Army.



I have lived in Queen's Park all my life. My mother was a good cook. I enjoyed her meals and was brought up to eat whatever was put in front of me. I remember during the war having lots of suet puddings and dumplings: these helped to fill us up. Gents delivered soft drinks to the shop. Tizer was a favourite.

These are recipes for some of the bread we baked for the shop:

Rolls

1 lb strong flour
 $\frac{1}{4}$ oz salt
 $\frac{1}{2}$ oz sugar
 $\frac{1}{2}$ oz milk powder
1-2 oz lard
 $\frac{3}{4}$ oz fresh yeast
9-11 fluid oz water

Bread

2 $\frac{1}{2}$ lb strong flour
 $\frac{1}{2}$ oz salt
2 oz lard
2 oz fresh yeast
24 fluid oz water (approx 90° F)

Sift flour and salt; rub in lard with sugar and milk powder. Dissolve yeast in half the water and add to the flour with most of the rest of the water. Mix to a fairly soft dough. Give a good work down on a firm table until nice smooth dough is obtained. Place in a bowl, cover and leave in a warm place to prove (rise) until twice the size. It will take about 35-45 mins. Then knock back and divide into required weights, usually about 2 oz for rolls, mould into shape and place onto a greased baking tray. Prove to nearly twice the size, 35-40 mins, with a cover on.

Bake at 450° F, 230° C, mark 8 (15-20 mins for rolls, 45-50 mins for bread). Brown or granary flour may be used sometimes. For 1lb flour, use 12 oz of brown or granary and 4 oz of white flour or even 10 oz of brown or granary to 6 oz of white. These rolls will be lighter to eat.



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We Deilver to any part of the Town.

Advert from the 1930s

Bolinho Cake (Portugal) by Luz Pangi

The bolinho recipe is for a very soft cake.
It is good and healthy and always keeps your body slim and strong.

6 cups of flour
Heaped cup of sugar
3 tablespoons of butter
6 eggs
Half a teaspoon of vanilla
Oil
Third of a cup of milk
Half a cup of water

Mix flour with the water, then add sugar and egg. Pour the milk and vanilla onto it. Add the butter and mix it all together for 15 to 20 minutes. Put oil in the pot and heat for 10 minutes. Make the bolinho into small balls with your hand and place in the pot. After 3 or 4 minutes, if you can move it, it's ready to eat.