



Soul



Cakes

Soul Cake Recipe

2oz butter

2oz caster sugar

1 egg yolk

5oz plain flour

$\frac{3}{4}$ teaspoon mixed spice

1oz currants

a little milk to mix

1. Cream butter and sugar together and then beat in egg yolk
2. Sift the flour into another bowl with the mixed spice and then add them to the butter, sugar and egg yolk mixture.
3. Stir in the currants and add enough milk to make a soft dough, similar to scones.
4. Roll the dough out and cut out little cakes with a biscuit cutter. Mark each cake with a cross and then place them on a greased and or lined baking sheet.
5. Bake the cakes for 10 or 15 minutes, or until golden brown.



All Hallow's Eve at the Workhouse



RIPON MUSEUMS



oul



Cakes

- the story

Soul Cakes are a tradition that stretches back to the Middle Ages and continued through Victorian times up to the 1930s. They were made for All Hallows' Eve, All Saints Day and All Soul's Day.

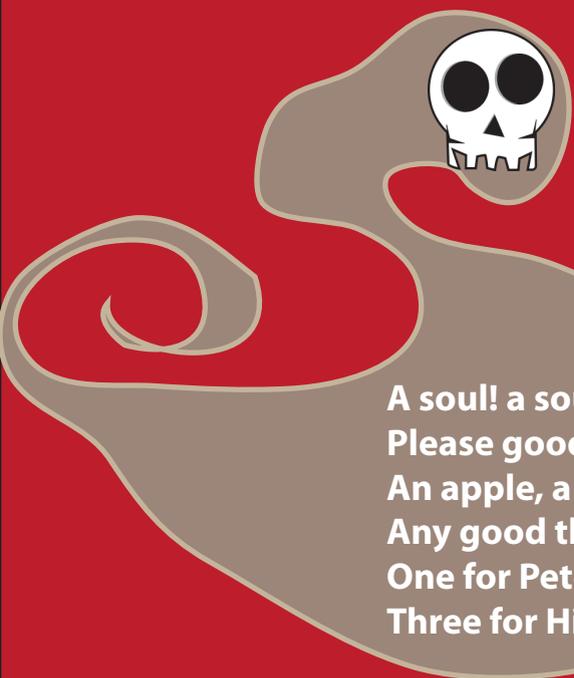
The cakes were given out to "**Soulers**", mostly children and the poor who went from door to door singing and saying prayers "for the souls of the givers and their friends". Traditionally each cake eaten would represent a soul being freed from Purgatory. The practice of giving and eating soul cakes is seen as the origin of today's Trick or Treating.

Soul cakes and breads were often made by drawing a cross shape into the dough before baking, to show that they were Alms for the dead.



All Hallows' Eve
at the Workhouse





Souler's Song



A soul! a soul! a soul-cake!
Please good Missis, a soul-cake!
An apple, a pear, a plum, or a cherry,
Any good thing to make us all merry.
One for Peter, two for Paul
Three for Him who made us all.

[Verse 1]

God bless the master of this house,
The misteress also,
And all the little children
That round your table grow.
Likewise young men and maidens,
Your cattle and your store ;
And all that dwells within your gates,
We wish you ten times more.

[Verse 2]

Down into the cellar,
And see what you can find,
If the barrels are not empty,
We hope you will prove kind.
We hope you will prove kind,
With your apples and strong beer,
And we'll come no more a-souling
Till this time next year.

[Verse 3]

The lanes are very dirty,
My shoes are very thin,
I've got a little pocket
To put a penny in.
If you haven't got a penny,
A ha'penny will do ;
If you haven't get a ha'penny,
It's God bless you



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