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Honor Moore

People

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1952

## Honor Moore : Belfast Newsletter Cuttings Scrapbook, 1952

Honor Moore

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# STAMP DUTIES.

## BILLS OF EXCHANGE AND PROMISSORY NOTES.

DUTY—£ s. d.

Bill of Exchange, Draft or Order on demand or at sight, or on presentation ... 0 0 2

### Inland and Foreign Bill of Exchange or Promissory Note :—

Not exceeding £5	...	...	...	0	0	2
Exceeding £5 and not exceeding £10	...	...	...	0	0	2
" 10	"	25	...	0	0	3
" 25	"	50	...	0	0	6
" 50	"	75	...	0	0	9
" 75	"	100	...	0	1	0
" 100 for every £100, and also for any fractional part of £100	...	...	...	0	1	0

Bill of Exchange drawn in a set—the full duty to be paid on one of the set—the rest exempt unless issued, or in some manner negotiated apart from the stamped bill.

## BILL OF LADING

Of or for any goods, merchandise, or effects to be exported or carried coastwise ... 0 0 6

Affidavit and Statutory Declaration ... 0 2 6

Agreement, or any Memorandum of an Agreement under hand only, and not otherwise specifically charged with any duty ... 0 0 6

Matter whereof not of the value of £5 ... Exempt

An adhesive stamp cannot lawfully be affixed to such an Agreement after Signature by any party.

Agreement for a lease with respect to the letting of any lands, etc., for any term not exceeding thirty-five years or for any indefinite term, is chargeable with the same duty as an actual lease.

Lease for any definite term less than a year of any furnished dwelling-house or apartments where the rent for such term exceeds £25 ... 0 5 0

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Being the only principal or primary security (other than an equitable mortgage) for the payment or repayment of money.

Not exceeding £10 ... 0 0 3

Exceeding £10 and not exceeding £25 ... 0 0 8

" 25 " 50 ... 0 1 3

" 50 " 100 ... 0 2 6

" 100 " 150 ... 0 3 9

" 150 " 200 ... 0 5 0

" 200 " 250 ... 0 6 3

" 250 " 300 ... 0 7 6

" 300, for every £100, and also for any fractional part of £100 ... 0 2 6

APPRENTICESHIP INDENTURE 0 2 6

Where the value of the premium does not exceed £10. Exempt

## CONVEYANCE OR TRANSFER ON SALE other than Transfer of Stock or Marketable Securities and other than Conveyance or Transfer of Lands, Tenements and Hereditaments.

Of any property where the amount or value of the consideration of the sale does not exceed £5 ... 0 0 6

Exceeds £5 and does not exceed £10 ... 0 1 0

" 10 " 15 ... 0 1 6

" 15 " 20 ... 0 2 0

" 20 " 25 ... 0 2 6

" 25 " 50 ... 0 5 0

" 50 " 75 ... 0 7 6

" 75 " 100 ... 0 10 0

" 100 " 125 ... 0 12 6

" 125 " 150 ... 0 15 0

" 150 " 175 ... 0 17 6

" 175 " 200 ... 1 0 0

" 200 " 225 ... 1 2 6

" 225 " 250 ... 1 5 0

" 250 " 275 ... 1 7 6

" 275 " 300 ... 1 10 0

" 300 " 350 ... 1 15 0

" 350 " 400 ... 2 0 0

" 400 " 450 ... 2 5 0

" 450 " 500 ... 2 10 0

" 500 10/- per £50 or part of £50.

\* The above-mentioned rates of duty for conveyances from £5 to £500 apply only when the instrument contains a statement certifying that the transaction thereby effected does not form part of a larger transaction or of a series of transactions in respect of which the amount or value, or the aggregate amount or value of the consideration exceeds £500.

In the absence of such a statement the duty chargeable is double that stated above.

## (a) TRANSFER OF STOCK OR MARKETABLE SECURITIES OF IRISH COMPANIES

## (b) CERTAIN TRANSFERS OF STOCK OF FOREIGN COMPANIES HAVING A BRANCH REGISTER IN IRELAND

DUTY—£ s. d.

Amount not exceeding £5	...	...	...	0	1	0
" 10	...	...	...	0	2	0
" 15	...	...	...	0	3	0
" 20	...	...	...	0	4	0
" 25	...	...	...	0	5	0
" 50	...	...	...	0	10	0
" 75	...	...	...	0	15	0
" 100	...	...	...	1	0	0
" 125	...	...	...	1	5	0
" 150	...	...	...	1	10	0
" 175	...	...	...	1	15	0
" 200	...	...	...	2	0	0
" 225	...	...	...	2	5	0
" 250	...	...	...	2	10	0
" 275	...	...	...	2	15	0
" 300	...	...	...	3	0	0
" 350	...	...	...	3	10	0
" 400	...	...	...	4	0	0
" 450	...	...	...	4	10	0
" 500	...	...	...	5	0	0
" 550	...	...	...	5	10	0
" 600	...	...	...	6	0	0
" 650	...	...	...	6	10	0
" 700	...	...	...	7	0	0
" 750	...	...	...	7	10	0
" 800	...	...	...	8	0	0
" 850	...	...	...	8	10	0
" 900	...	...	...	9	0	0
" 950	...	...	...	9	10	0
" 1,000	...	...	...	10	0	0

Above 1,000—per £50 or fractional part of £50 10 0

All other transfers of Stock or Marketable Securities:—Double the above rates.

## CONVEYANCE OR TRANSFER OF LANDS, TENEMENTS AND HEREDITAMENTS.

(a) For conveyance or transfers where the amount or value of the consideration does not exceed £500 and where the instrument contains statements as follows :—

(i) I/We certify that the transaction hereby effected does not form part of a larger transaction or of a series of transactions, in respect of which the amount or value or the aggregate amount or value of the consideration exceeds £500.

(ii) I/We certify that the person who become entitled to the entire beneficial interest in the property/ each of the persons entitled to a beneficial interest in the property/is

(a) an Irish citizen,

(b) a person who is for the time being ordinarily resident in the State and who was ordinarily resident in the State continuously during the three years immediately preceding the 15th day of October, 1947,

(c) a body corporate incorporated in the State on or before the 15th day of October, 1947,

(d) a body corporate incorporated outside the State which on or before the 15th day of October, 1947, has filed with the Registrar of Companies the documents and particulars mentioned in sub-section (1) of Section 274 of the Companies (Consolidation) Act, 1908,

(e) a person lawfully carrying on a business which comes within the provisions of any paragraph of sub-section (1) of Section 9 of the Control of Manufactures Act, 1934 (No. 36 of 1934), or

(f) a body corporate incorporated in the State after the 15th day of October, 1947, where the issued shares in each class are, to an extent exceeding one-half (in nominal value) thereof, in the beneficial ownership of persons each of whom is within one of sub-paragraphs (a) to (e) of this paragraph.



# Sauce for the Goose

By Ernestine  
Carter

IT is an old axiom that sauce for the goose is sauce for the gander. It is a new notion that the making of the sauce must absorb most of the goose's life—and only a goose would believe it.

It is surely time to deflate the pretensions of the "marinate for 24 hours" school of cookery. Smug in their consciousness of French respect for *la cuisine*, these *marinade* gourmets are making gourmands of husbands and slaves of wives.

So beware of cookery advice that contains nostalgic references to "that little inn near Lyons where for two days Madame hung lovingly over the *pot au feu*." Beware, in fact, of any cookery book that uses the word "lovingly." It is simply a euphemism for "long."

Special dishes for special occasions no doubt deserve this devotional treatment, but every dish for every meal—no. It has been suggested that the *marinade* school was invented by husbands with less of a taste for the subsequent result than a distaste for the presence of their wives. But most husbands worth pleasing prefer neither their wives nor their meals overcooked. Another theory is that such recipes are concocted by men who are occasional cooks and enjoy the paraphernalia (and, in America, the regalia as well) of expertise.

\* \* \*

SUCH men sport snowy chef's caps and face a copper battery. They produce, at length, their speciality, for guests often too overcome by the extended conviviality preceding the finale properly to appreciate the *oeuvre* as much as the chef. However, as many of the authors of cookery books bear feminine names, one is



forced to the conclusion that a great many women wish to keep many more women bending over the traditional hot stove.

To-day the average housewife is cook as well as hostess, and it is important to neglect neither aspect of her duties—good meals, even delicious meals, can be prepared and cooked in an hour for up to eight guests.

\* \* \*

IT requires organisation and concentration. For one hour the cook must resign herself to being alone in the kitchen—a chance remark can destroy the rhythm necessary to keep so many irons in the fire. One hand must stir; the other pour; the third must adjust the oven or beat the eggs. For sixty minutes food is all. It is hard work, but at the end of an hour the cook can safely retire—safely, because even tricky items like hollandaise or mousseline sauces are better tepid, not piping.

She then has time for a quick change and, more important, a relaxed attitude toward the inevitable unpunctuality of her guests. For we must face it: as anyone who has thought to start a meal with a soufflé has learned the sad way, it is impossible for most people to arrive at the hour suggested.

Although few guests are as tardy as the young lady who arrived so late for dinner that her host compli-

mented her on being so early for breakfast, it is safer to plan one's soufflés for the end rather than the beginning of a dinner. An hour is enough of one's day to devote to the preparation of one meal (the eating may, of course, take longer).

There are a few hints on organisation. Don't attempt dishes of whose stewing or setting time you are not absolutely sure (casserole cooking is another, but difficult, time saver). Any dish you wish to have cold or set, do first. Don't forget the comforting fact that a soufflé can be prepared and allowed to stand quite safely, so that it can be put in the oven at your own time with all egg-whisking and sugar measuring well out of the way.

\* \* \*

DOUBLE up on effort: for example, if you make zabaglione with the yolks of eggs, make meringues with the whites—they can be put in your oven when it is vacated—and you are that much ahead on your next menu. Channel your energy. If you plan a complicated sweet or main course, make the other courses simple. It is not only easier for you as cook but produces a better-balanced menu.

And for disbelievers in this system it must be said, with due modesty, that my guests seem pleased to be asked again, and my husband is still around. Recipes and menus on request. *No marinades.*



# CALENDAR FOR 1952 and 1953

## 1952

JANUARY, 1952							FEBRUARY, 1952							MARCH, 1952							APRIL, 1952						
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5						1	2							1			1	2	3	4	5
6	7	8	9	10	11	12	3	4	5	6	7	8	9	2	3	4	5	6	7	8	6	7	8	9	10	11	12
13	14	15	16	17	18	19	10	11	12	13	14	15	16	9	10	11	12	13	14	15	13	14	15	16	17	18	19
20	21	22	23	24	25	26	17	18	19	20	21	22	23	16	17	18	19	20	21	22	20	21	22	23	24	25	26
27	28	29	30	31			24	25	26	27	28	29		<sup>23</sup> / <sub>30</sub>	<sup>24</sup> / <sub>31</sub>	25	26	27	28	29	27	28	29	30			
MAY, 1952							JUNE, 1952							JULY, 1952							AUGUST 1952						
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3	1	2	3	4	5	6	7			1	2	3	4	5						1	2
4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9
11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16
18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23
25	26	27	28	29	30	31	29	30						27	28	29	30	31			<sup>24</sup> / <sub>31</sub>	25	26	27	28	29	30
SEPTEMBER, 1952							OCTOBER, 1952							NOVEMBER, 1952							DECEMBER, 1952						
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
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7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13
14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20
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28	29	30					26	27	28	29	30	31		<sup>23</sup> / <sub>30</sub>	24	25	26	27	28	29	28	29	30	31			

### BANK HOLIDAYS 1952

17th MARCH, St. Patrick's Day      11th APRIL, Good Friday      14th APRIL, Easter Monday  
2nd JUNE, Whit Monday      4th AUGUST      25th DECEMBER, Christmas Day      26th DECEMBER

## 1953

JANUARY, 1953							FEBRUARY, 1953							MARCH, 1953							APRIL, 1953							
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
				1	2	3	1	2	3	4	5	6	7	1	2	3	4	5	6	7				1	2	3	4	
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11	12	13	14	15	16	17	15	16	17	18	19	20	21	15	16	17	18	19	20	21	12	13	14	15	16	17	18	
18	19	20	21	22	23	24	22	23	24	25	26	27	28	22	23	24	25	26	27	28	19	20	21	22	23	24	25	
25	26	27	28	29	30	31								29	30	31					26	27	28	29	30			
MAY, 1953							JUNE, 1953							JULY, 1953							AUGUST, 1953							
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
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<sup>24</sup> / <sub>31</sub>	25	26	27	28	29	30	28	29	30				26	27	28	29	30	31		<sup>23</sup> / <sub>30</sub>	<sup>24</sup> / <sub>31</sub>	25	26	27	28	29		
SEPTEMBER, 1953							OCTOBER, 1953							NOVEMBER, 1953							DECEMBER, 1953							
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		1	2	3	4	5					1	2	3	1	2	3	4	5	6	7				1	2	3	4	5
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13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19	
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26	
27	28	29	30				25	26	27	28	29	30	31	29	30						27	28	29	30	31			

### BANK HOLIDAYS 1953

17th MARCH, St. Patrick's Day      3rd APRIL, Good Friday      6th APRIL, Easter Monday  
25th MAY, Whit Monday      3rd AUGUST      25th DECEMBER, Christmas Day      26th DECEMBER



NOTI

# Nancy's Daily Dish

FOR THE BUSY HOUSEWIFE

By NANCY DORRIS

For a light lunch or supper a hot sandwich served with crisp raw relishes and a hot beverage satisfies the appetite. Stuffed hot rolls are ideal at such a time.

To make these, frankfurter or hard rolls are filled with a substantial mixture, wrapped in foil or waxed paper, and baked until piping hot.

## Stuffed Rolls

Six frankfurter rolls, halved  
One-half cup walnut meats  
One-half cup minced celery  
One cup grated American cheese  
One-fourth cup mayonnaise  
One-fourth cup chili sauce  
One-half cup chopped ripe olives  
One-half teaspoon chili powder  
Oven temperature: 375 degrees F.  
Baking time: Twenty minutes, or more  
Servings: Six

Cut the rolls into halves lengthwise and hollow out slightly. Chop the walnuts very fine and combine in a bowl with the celery, cheese,

mayonnaise, chili sauce, ripe olives and chili powder. Fill the rolls with the filling and put the matching halves together. Wrap each stuffed roll in foil or waxed paper. Place upon a baking sheet. Bake in a moderately hot oven until thoroughly heated at the center. Remove from the oven; take off the foil or paper from each roll and serve upon a hot plate with a garnish of pickle and radishes.

Rich biscuit dough spread with almonds, cheese and parsley foundations these almond pinwheels so nice to serve when the bridge club comes.

## Almond Pinwheels

Two cups sifted all-purpose flour  
Three teaspoons baking powder  
One teaspoon salt  
One-fourth teaspoon soda  
One-sixteenth teaspoon cayenne  
One-third cup shortening  
Three-fourths cup buttermilk  
One tablespoon melted butter or margarine  
One-half cup grated American cheese  
One-half cup chopped unblanched almonds  
Two tablespoons chopped parsley  
Oven temperature: 450 degrees F.  
Baking time: Ten to twelve minutes  
Yield: Eighteen pinwheels

Mix and sift the dry ingredients into a bowl; cut in the shortening. Add the buttermilk and mix to a soft dough. Knead lightly about 20 times. Roll into a rectangle (1/4 in. thick); brush with melted butter. Sprinkle with the cheese, almonds and parsley. Roll lengthwise as for jelly roll; cut into slices (1/2 in. thick). Place the slices upon a greased baking sheet. Bake to a delicate brown in a very hot oven. Serve at once.

## \$5 DAILY FOR FAVORITE RECIPE

### Spinach Loaf

Two cups chopped cooked spinach  
Two eggs, well beaten  
Three-fourths cup finely diced cheese  
Two tablespoons bacon drippings  
One cup toasted bread crumbs  
One tablespoon vinegar  
Oven temperature: 350 degrees F.  
Baking time: Thirty minutes  
Four slices bacon, diced  
Two tablespoons chopped onion  
Frying time: Three minutes  
Two tablespoons flour  
One cup strained tomatoes  
One-half teaspoon salt  
One-eighth teaspoon pepper  
Cooking time: Ten minutes  
Servings: Four.

Combine the spinach, eggs, cheese, drippings, crumbs and vinegar in a bowl. Transfer to a greased loaf pan (9 in.). Bake in a moderate oven until the center is firm. For the sauce: Fry out the bacon in a saucepan. Add the onion and cook until lightly browned. Stir in the flour, tomatoes and seasonings. Cook, stirring, until thickened. To serve, arrange the sliced spinach loaf on a platter and pour the hot sauce over the top.





Mixing area—its design was inspired by Cornell's kitchen-planning research. Shallow cabinet shelves keep all packages in view and reach. Baking pans are handily filed in the deep drawer below.

2 Wednesday



### Use of a Pressure Cooker

By "Housekeeper"

**T**HE pressure cooker is one of the more popular aids to quick and economical cooking, combined with fuel saving. There are several very reliable makes of cooker, each supplied with an instructional booklet, which must be studied until it is completely understood, and the instructions exactly followed.

Pressure cooking saves time. About one-third of the normal cooking time is required, hence it saves fuel. Any form of heating can be used, from an oil stove to electricity. It is an excellent way of cooking tough, and therefore economical, pieces of meat or poultry, gives vegetables a rich flavour, and prevents the smell of cooking fish, soup, curry or cabbage from spreading in the kitchen.

Some general rules for use:—(1) Never put over heat without having sufficient water or other liquid in the cooker.

(2) Never fill more than  $\frac{3}{4}$  full, or  $\frac{1}{2}$  full of soup.

(3) Put in the required amount of stock or water, meat and vegetables, and put on the lid. Leave the steam escape open. Heat rapid, over a high heat, until all the air has been driven out of the cooker, and steam begins to come out. Then close the steam escape—i.e., set the pressure gauge and wait till steam again begins to come out of the steam escape—then set on a low heat.

(4) Never have the cooker unattended over a great heat or

COOKERY HINTS

### Pressure Cooking Recipes (3)

By "Housekeeper"

**W**E were all made vitamin-conscious during the war, and aware that vegetables, especially green vegetables, contained valuable food factors often lost through long cooking. Pressure cooking is a good method of conserving the vitamins and mineral salts in vegetables, not to mention the full fresh flavour.

When giving a definite time for the cooking of vegetables in a pressure cooker, where a minute or even less may mean the difference between perfectly-cooked and overdone foods, several things must be taken into consideration. Young vegetables, freshly pulled from the garden, will cook in a shorter time than the same vegetables bought from a shop. The age of the vegetables also has to be taken into account, and, in potatoes especially, the variety. You may find that the times given below will not give you entire satisfaction; but they should merely be used as a guide, and supplement to your own experience, and adjusted accordingly. Half a minute more, or less, cooking will make the difference, for example, between cabbage which is crisp, as some like it, or soft, as others prefer it. Remember that vegetables, as other foods, are cooked at 15 lb. pressure.

Cabbage: Shredded finely, 1 to 1½ minutes; quartered, and the stalk removed, 2 to 3 minutes. Brussels sprouts: Prepared as usual, 2 to 3 minutes. Cauliflower: Remove part of the stalk, and cut a cross in the remainder, 3 to 5 minutes according to the size; broken into pieces, 1½ to 2½ minutes. Celery: In 2in. lengths, 2½ minutes. Onions: Whole, 7 to 8 minutes; sliced, 2 to 3 minutes. Parsnips: Cut into ½in. rings, 6 to 7 minutes. Turnips: Cubed, 3 to 5 minutes, depending on age. Leeks: Cut in rings or lengths, 2 to 3 minutes. Potatoes, prepared as usual, 8 to 10 minutes (but allow 1 or 2 minutes extra if the potatoes are cooked in their skins, or if they are larger than 2in. across); potatoes cut in pieces, 4 to 6 minutes. New potatoes, 7 minutes for small potatoes, or 10 to 15 minutes for large potatoes.

Put  $\frac{1}{2}$  pint, or 1 cupful of water in the cooker, with  $\frac{1}{2}$  teaspoonful of salt, and set the vegetables on the rack, or in the baskets provided, if several vegetables are being cooked at the same time.

### Pressure Cooking Recipes (1)

By "Housekeeper"

**S**TOCK for making soups is not really essential with a pressure cooker. Excellent soups can be made with plain water, but two stocks are always useful—bone stock, and stock made from the carcass of a fowl.

For the bone stock, break 2 lb. of bones as small as possible, and put them into the bottom of the cooker, without the rack, with two pints of water, a sliced carrot and onion, and two chopped stalks of celery, or a bunch of celery tops. Add  $\frac{1}{2}$  teaspoonful of salt and a dash of pepper. Pressure cook for 40 minutes, then reduce pressure, strain into a bowl, and leave to cool. Skim off the caked fat and use.

Chicken stock—Ingredients as above, using a leek as well as the onion and a bunch of fresh herbs, and parsley. If a strong stock is required, use one instead of two pints of water. Cook for 35 to 40 minutes.

Onion soup—Slice two large mild-flavoured onions, and brown lightly in a nut of margarine. Stir in 1 oz. flour, and gradually add two pints of stock. Season lightly, and pressure cook for 5 minutes. (Cook in an ordinary saucepan for 20 to 25 minutes.) Put a slice of toast, sprinkled with cheese, in four or five soup plates, pour in the soup, allow the toast to float to the top, and brown under a hot grill. Serve immediately.

Lentil soup—Melt a nut of margarine in the bottom of the cooker, and slowly fry a chopped leek or onion, and a diced carrot in the fat. Add  $\frac{1}{2}$  lb. lentils which have been soaked overnight and well washed, and two pints of water. Season lightly, and pressure cook for 30 minutes (or cook in a saucepan for 1½ to 2 hours). Sieve and thicken with half a tablespoonful of flour blended with a little water. Cook in the open pan for 3 to 5 minutes. Re-season if necessary, add chopped parsley if liked, and serve hot.

Potato and onion soup—Chop three onions fairly finely, and

COOKERY HINTS

### Tasty vegetables

By "Housekeeper"

**A** COMBINATION of two vegetables can be used to add variety when vegetables are scarce and expensive. One of the most frequent combinations is carrots and parsnips, cooked separately, but mashed together, and mixed with a nut of margarine, and a liberal seasoning of salt and pepper, with a dash of nutmeg.

Try tomatoes and celery. Take a large bottle of tomatoes, or 2 lb. fresh peeled tomatoes, remove the cores, and quarter them. In a stewpan, melt a nut of margarine, and fry in it to a golden brown a finely-chopped small onion. Add 3 stalks of celery, preferably white, and very finely chopped, the tomatoes,  $\frac{1}{2}$  teaspoonful of salt, a dash of sugar, pepper, a pinch of curry powder and powdered cloves if liked. Pour in a cupful of water, and simmer gently for 10 or 15 minutes until the celery is tender. Serve hot. Excellent with fish.

Turnip Puree—Peel and dice 3 or 4 large, or 6 to 8 small white turnips. Put into a saucepan with one large or 2 or 3 small cooking apples, peeled and chopped, a dash of salt, sugar, pepper, and the grated rind and juice of half a lemon. Add a cupful of water, and simmer gently for 20 minutes. Drain, and mash with a nut of margarine. Serve hot, garnished with finely-chopped parsley. If preferred, omit the lemon, and add 3 or 4 pickled silver onions, finely-chopped, when mashing the turnips. Swede turnips could be used instead of white turnips in the latter case.

Carrots in Vinegar Sauce—Take left-over cooked carrots; dice them, and re-heat. Make the sauce by melting  $\frac{1}{2}$  oz. margarine, cooking a tablespoonful of flour lightly in it, and gradually adding a cupful of stock or water, 2 tablespoonful of vinegar, and  $\frac{1}{2}$  tablespoonful of sugar, with salt and pepper to taste. Put the carrots into the sauce, and heat through.

COOKERY HINTS

### Pressure Cooking Recipes (2)

By "Housekeeper"

**S**TEWING and pot-roasting can both be rapidly and economically done in a pressure cooker, and provided the instructions are carefully followed there is absolutely no danger of burning the meats. A certain latitude—and common sense is necessary—can be allowed when pot-roasting. A thin and tender-looking piece of meat will cook in 10 to 15 minutes per pound—10 minutes for rare meat or 15 minutes for well-done meat. Allow an extra 10 to 15 minutes for a thick or a tough cut.

Method—Melt a piece of dripping in the bottom of the cooker, and brown the meat thoroughly. Lift out, and brown a chopped onion. Then lift out and put in the rack. Add water or stock—half a pint to a pound of meat. Put the meat on the rack, and pressure cook for the required length of time. Reduce the pressure and add vegetables. Allow 5 minutes for small whole potatoes, small whole carrots and celery cut in lengths. Lift the meat and vegetables on to a hot plate, and thicken the gravy with blended flour in the usual way, with seasoning to taste.

Tripe and onions—Wash and cube 2 lb. tripe. Put into the cooker with 1 lb. of sliced onions,  $\frac{1}{2}$  pint of water, salt and pepper. Pressure cook for 15 minutes. Add a tablespoonful of flour, blended with  $\frac{1}{2}$  pint of milk. Cook without the lid until the sauce thickens, then re-season, adding a pinch of nutmeg and a tablespoonful of chopped parsley.

Liver with tomato sauce—Soak the sliced liver for half an hour in cold water. Drain, dry, and roll in seasoned flour. Brown in a little fat melted in the cooker. Add a dash of salt and pepper, a strip of lemon peel, a finely-chopped onion,  $\frac{1}{2}$  lb. peeled and sliced tomatoes, and two tablespoonful of bread-crumbs, with  $\frac{1}{2}$  pint of water. Pressure cook for 5 minutes (or 30 to 45 in the ordinary stewpan) for young liver or 7 to 8 for beef liver. Thicken the gravy if necessary, and serve hot with creamed potatoes.





## Savory Roast Pork

Sprinkle 6 pounds pork shoulder with salt and  $\frac{1}{4}$  teas. French's Black Pepper. Roast in shallow pan on rack, fat side up, in slow oven (325° F.) for 4 hours. Combine 1 cup broth or water,  $\frac{1}{2}$  cup lemon juice,  $\frac{1}{2}$  teas. French's Oregano,  $\frac{1}{2}$  teas. French's Fennel,  $\frac{1}{8}$  teas. French's Nutmeg,  $\frac{1}{8}$  teas. French's Garlic Powder; cook 5 minutes. Baste every 30 minutes with herb mixture until used, then with pan juices. Sprinkle potatoes with French's Parsley Flakes.



## HAM AND POTATO SALAD

2 1 cup cooked ham, diced 3 hard cooked eggs, chopped  
 2 cups cooked potatoes, diced  $\frac{1}{2}$  cup mayonnaise  
 1 cup diced celery  $\frac{1}{4}$  cup French's Mustard  
 Mix mayonnaise and mustard. and combine with other ingredients. Serve on a bed of crisp lettuce.



## Ginger Glazed Carrots

Boil 8 small carrots until almost tender. Rub off skins under cold water. Dry thoroughly. Heat 3 tablesp. butter or margarine and  $\frac{1}{2}$  teas. French's Ginger in a heavy skillet. Roll carrots in 2 tablesp. sugar and place in skillet. Simmer until glazed, turning frequently. Garnish with French's Parsley Flakes. Yield: 4 servings.



## Chocolate Cake

Melt 4 sq. unsweetened chocolate in  $\frac{1}{4}$  cup hot milk; cool. Cream  $\frac{1}{4}$  cup shortening; slowly add 2 cups sugar; beat well. Add 3 egg yolks, one at a time, beating well after each addition. Add chocolate. Sift 2 cups all-purpose flour with 1 teas. baking soda and  $\frac{1}{2}$  teas. salt; add to batter alternately with 1 cup milk and 2 tablesp. French's Vanilla. Fold in 3 egg whites beaten stiff. Turn into 2 greased 9" pans. Bake at 350° F. 30 minutes, or until done. Cool; spread layers with whipped cream flavored with  $\frac{1}{4}$  teas. French's Vanilla. Combine into layers.



## CHEF'S CASSEROLE

1 cup cooked rice 1 tablespoon melted butter or margarine  
 1 cup cooked fish 1 tablespoon French's Mustard  
 $\frac{1}{2}$  cup milk 1 egg, beaten  
 $\frac{1}{4}$  teaspoon salt 1 teaspoon French's Parsley Flakes

Combine all ingredients and pour into greased casserole. Top with buttered bread crumbs, and bake in a moderate oven (350 F.) for 45 minutes. Serves 3-4.



Magazine rack to hang on wall or stand on floor—fine for holding the month's haul of periodicals. In clear white pine with five graduated pockets. Size: 20 inches by 45 $\frac{1}{2}$  inches by 3 $\frac{3}{4}$  inches.

FOR ALL YOUR PRINTING AND STATIONERY



## Minced Beef Recipes

By "Housekeeper"

**M**INCED beef can be used to make economical and appetising main dishes. The first recipe can be served Italian style, with grated cheese and boiled macaroni shells, or spaghetti, or served in a border of creamed potatoes.

Melt a nut of dripping in a large stewpan, and brown in it a chopped onion and  $\frac{1}{2}$  lb. minced beef. Add a bottle or tin of tomatoes, 4 diced potatoes, 2 diced carrots, 2 stalks of celery (chopped, with the leaves finely chopped, and added),  $\frac{1}{2}$  cabbage finely shredded, 2 tablespoonsful of rice, 2 teaspoonfuls of salt, a good pinch of pepper, a bouquet of herbs, and 3 pints of stock or water. Cover tightly, and simmer for  $1\frac{1}{2}$  hours until tender. Correct the seasoning if necessary, and serve hot. (To serve 5 large, or 7 medium, helping.)

Curried casserole or mince—Cook a chopped onion and  $\frac{1}{2}$  lb. minced beef in a little dripping until lightly browned. Stir in a tablespoonful of flour,  $\frac{1}{2}$  teaspoonful of salt,  $\frac{1}{2}$  teaspoonful of curry powder, and gradually add  $\frac{1}{2}$  cupful of condensed milk, thinned with half a cupful of water. In a well-greased casserole put alternate layers of the meat mixture and cornflakes. Top with flakes of margarine, and bake for 30 to 35 minutes in a moderate oven.

Mushroom and mince casserole—Mix  $\frac{1}{2}$  lb. of minced beef lightly with a good seasoning of salt and pepper, a dash of herbs, and a tablespoonful of Worcester sauce. Put into a well greased casserole, and cover with a layer of thinly sliced onions, with a tin of mushroom (or, if preferred, tomato) soup. Cover, and bake in a slow oven, for  $1\frac{1}{2}$  hours.

## COOKERY HINTS

## Marmalade Making (1)

By "Housekeeper"

**A** READER asks why some marmalade she made last year has crystallised. If too much sugar is used, the mixture is very apt to crystallise; but the more common cause is under-boiling. To prevent this, heat the sugar before adding it to the fruit, so that it will dissolve readily, and cook at a full rolling boil (the jam still continues to boil while it is being stirred) until the mixture will set when tested. Over-boiling of jam or marmalade will give a syrupy result. Crystallised jam could be boiled over again, but once it has crystallised fully I doubt whether the treatment would be very effective.

The preliminary soaking suggested in some of the recipes to be given can be omitted by those who own a pressure cooker. Take the quartered rinds, add the required amount of water, and cook under pressure until the rind is tender, usually 45 minutes. Those who wish to make marmalade while the fruit is cheap, and find themselves short of sugar, may prepare the mixture up to the point where the sugar is to be added; then put the fruit into clean fruit bottles, cover as for bottled fruit, set in a bath of hot water, and boil for 10 minutes. Take out, tighten lids, and test for a vacuum in the usual way. Store until required.

The same process can be followed by those making sugarless jams for people on special diets. When finishing the marmalade, in the first case add  $\frac{1}{2}$  to 1 lb. sugar (or  $\frac{1}{2}$  lb. sugar and  $\frac{1}{2}$  lb. syrup) per pint of fruit, and boil until the mixture will set when tested. To make the sugarless jam, to each pint of fruit add 6 to 12 0.2 grain saccharin tablets dissolved in a tablespoonful of boiling water, and  $\frac{1}{2}$  oz. gelatine dissolved in a small amount of hot water. Put the mixture into small jars, and sterilise. This jam will not keep well once it has been opened, or if it is not vacuum-packed.

## Supper Dishes

By "Housekeeper"

**A** FRIEND who was discussing the difficulties of cooking for a family at present confessed that, as far as she was concerned, her main problem was to find suitable dishes for supper or high tea, preferably dishes which could be quickly made, yet would be nutritious and appetising.

I should like the help of readers with this daily problem. Many must have their own favourite dish, which would help others in difficulty. Some of my own stand-bys are savoury French toast, macaroni cheese, spaghetti with tomato sauce, risotta, peasant omelette, stuffed liver, baked bean pie, baked fish with tomato sauce, fish cakes, and savoury potato cakes.

Baked bean pie—Chop a small onion, and fry it lightly in a little melted dripping. Mix with a tin of baked beans, and put into a greased pie-dish. Sprinkle with grated cheese, cover with a layer of mashed potato, sprinkle the potato with grated cheese, and bake in a moderately hot oven for 20 to 30 minutes, until the grated cheese is crisp and the pie heated through.

Savoury potato cakes—Chop one or two strips of bacon finely, and fry them until crisp. Lift out, and fry a chopped onion in the fat. Add to some well-seasoned mashed potato, with chopped parsley, and a pinch of herbs if liked. A beaten egg will improve the mixture, if available. Shape into flat cakes, flouring the hands lightly to work with the mixture. Fry in dripping

## COOKERY HINTS

## Marmalade Making (2)

By "Housekeeper"

**S**EVILLE oranges are usually used for marmalade making, although excellent marmalade can be made from sweet oranges, lemons, grapefruit and limes. The rind of the fruit is sliced, thinly or thickly, according to the individual taste. It can be put through a coarse mincer or food chopper, but the results are not so satisfactory as when the additional time and trouble are taken for the tedious job of slicing by hand. Use a sharp-bladed stainless knife, and cut the rind after it has been soaked and cooked until tender, slicing on a soup plate to avoid wasting the juices. The pips of all the fruits except limes should be tied in muslin and cooked with the rest, the bag of muslin then being squeezed out, and the contents discarded.

Seville Orange Marmalade—6 Seville oranges, 3 pints water, and 3 lb. sugar (for a sweeter marmalade use 1 lb. oranges to the same quantity of water and sugar). Cut the oranges in halves, squeeze out the juice, and put into a small jug. Tie the pips in a muslin bag. Soak the rinds, pulp and pips in the water for 24 hours, then simmer until tender (about 2 hours). Shred the peel finely, remove the bag of pips, and add the orange juice. Bring to the boil, add the heated sugar, and stir over a gentle heat until the sugar has completely dissolved, then bring to a full rolling boil and boil until the marmalade will set when tested. Pot and cover in the usual way.

Jellied Marmalade—3 Seville oranges, 1 lemon, 3 lb. sugar, and 3 pints of water. Prepare the fruit as above, soaking the pips in a small bowl with an additional  $\frac{1}{2}$  pint of water. Slice the fruit very thinly. Add sugar, and boil until the mixture jellies. Stir well before potting.

Jellied Marmalade (2)—4 Seville oranges, 1 sweet orange, 1 lemon, with water and sugar. Weigh the fruit. Pare the rinds about one-eighth of an inch thick, and cut into fine strips. Tie in a muslin bag. Slice the fruit, and tie the pips in muslin. To each pound of fruit allow 1 pint of water. Soak for 24 hours, then simmer until tender. Squeeze out the bag containing the sliced rinds, and strain the remainder through a jelly-bag. Measure the juice, and to each pint of juice allow 1 lb. sugar. Stir over a gentle heat until the sugar has completely dissolved, bring to the boil, add the sliced rinds, and boil until the mixture jellies. Allow to cool slightly, and stir well before putting into prepared jampots.

## Orange Delight

By "Housekeeper"

**H**ERE is a party sweet which will please the adults and children equally well. It can be made 24 hours before it is required, and left overnight in a cool place.

Ingredients—1 lemon jelly,  $\frac{1}{2}$  pint of boiling water, juice of 2 oranges made up to  $\frac{1}{2}$  pint with water, 1 tablespoonful lemon juice, 1 tablespoonful grated orange rind, 1 cupful sweetened condensed milk, 1 teaspoonful gelatine dissolved in a little hot water, and one or two oranges. Dissolve the jelly square with the boiling water, and add the orange juice, lemon juice and grated orange rind. Allow to stand until the mixture is on the point of setting. Add the dissolved gelatine to the condensed milk, and whisk until stiff. Fold into the jelly mixture, cool until the mixture begins to stiffen, and pile in individual glasses. Decorate with orange sections which have been peeled and skinned. This sweet could be put into a wetted mould, and allowed to stand overnight until set; then unmoulded on to a glass dish, surrounded with crushed pineapple, and garnished with the remainder of the condensed milk, stiffly whisked, and cherries or angelica strips.

Fruit Pudding—Grease a pie dish. Spread some slices of bread with softened margarine and heated syrup (or treacle), and use to line the bottom of the pie dish. Pour in a jar of bottled gooseberries or rhubarb. Cover with overlapping slices of buttered bread, dust with cinnamon and a sprinkling of

## COOKERY HINTS

## Marmalade making

By "Housekeeper"

**F**OR those who prefer the flavour of a mixed fruit marmalade, here are some recipes. The first can be made with  $3\frac{1}{2}$  lb. sugar instead of the full amount, and the jam then treated as bottled fruit, covering with airtight covers and setting in a hot-water bath, boiling for 5 minutes, and testing in the usual way for a vacuum. This will not be necessary if the marmalade is to be used within 4 to 6 weeks. The marmalade will not set so firmly as with the full sugar content.

Mixed Marmalade—6 Seville oranges, 2 sweet oranges, 1 lemon, 6 pints of water, and 5 lb. sugar. Wash the fruit and divide into quarters. Remove the pips, and tie them in a muslin bag. Soak the fruit in the water for 24 hours, boil until tender, remove the pips, and slice the fruit as thinly as possible. Add the heated sugar, stir until it has dissolved, bring to the boil, and boil rapidly until the mixture will set when tested. (This boiling may take 1 hour or longer.)

Mixed Fruit Marmalade (2)—1 Seville orange, 2 sweet oranges, 1 lemon, 1 grapefruit, and 1 apple, with sugar and water. (Alternatively use 4 sweet oranges, 1 lemon and 1 grapefruit.) Wash the weighted fruit, and note the weight. Prepare the fruit, except the apple, as in the previous recipe, adding 3 pints of water for each pound of fruit used. When the fruit has been sliced, add the apple, which has been stewed in a small amount of water. Measure, and add 1 lb. heated sugar for each pint of fruit. Bring to the boil, and cook until the marmalade will set when tested.

Apple and Orange Rind Marmalade—Rind and pips from 1 lb. oranges, 1 lb. apples,  $\frac{1}{2}$  lb. sugar,  $\frac{1}{2}$  teaspoonful of citric or tartaric acid, or the juice of a lemon, and water. Soak the orange rinds in 2 pints of water for 24 hours, then add the pips, tied in muslin. Simmer until tender, slice the rind thinly, and remove the pips. Stew the apples until tender in a little water, and sieve to remove the pips and skins. Add to the orange rind mixture with the citric acid and sugar. Boil until the mixture will set when tested.

Will "Perplexed" kindly send particulars of the grapefruit marmalade recipe used, also the approximate length of time the fruit was simmered before adding the sugar, and also after it had been added, so that I may answer her query.

10 Th

11 Fri

## COOKERY HINTS

## Marmalade Making (1)

By "Housekeeper"

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12 Sat

13 Sun



## FOR THE HOUSEWIFE

"Good Housekeeping's Home Encyclopedia," The National Magazine Co., Ltd. 45s net.

It is not often that such a comprehensive book, devoted entirely to the art of home-making, comes on the market. More than 700 pages are crammed with text and illustrations covering subjects ranging from the cleaning of cradles, the repair of furniture and bicycle tyres, to the making of ice cream and strawberry shortcake. The book is divided into two sections, the first being devoted to household affairs, gardening and furniture. The second section is actually several cookery books rolled into one, and presented in a way that will please both the novice and the expert cook.

It is doubtful if any problem arising in the home has been left untouched by the compilers of this fine volume. The price may be prohibitive for many housewives; but the production and illustrations are so lavish that it is a bargain at the price. Perhaps its best purpose would be as a reference book in schools, and in public libraries; while as a gift book it could hardly be excelled.

### Old Fashioned Cole Slaw

Heat together one-quarter cup

vinegar and two tablespoons water; add one-half cup light brown sugar and stir until dissolved. Cool. Add three cups finely shredded cabbage, one teaspoon salt, one-half teaspoon pepper and dash of paprika; blend carefully and serve immediately. Six servings.

### Cabbage, Tomato and Olive Salad

Combine three cups shredded cabbage and one-half cup chopped ripe olives. Blend one-half teaspoon salt, three teaspoons Worcestershire sauce, 1 teaspoon prepared mustard with three-quarter cup cooked salad dressing and mix lightly with vegetables. Place in mounds on cabbage leaves and arrange four wedges of tomato around each serving. Six servings.

### Cole Slaw with Buttermilk Dressing

Toss together three cups shredded

cabbage and one cup grated American cheese. Chill thoroughly in a covered container. Mix together two teaspoons each brown sugar and salt, one-half teaspoon paprika, two tablespoons each vinegar and prepared mustard, dash cayenne pepper, and 1 cup buttermilk. Chill. Just before serving, add dressing to cabbage and mix lightly. Six servings.

### Deviled Cabbage Salad

Combine six hard cooked eggs, chopped fine, one teaspoon sugar, one-quarter teaspoon paprika, two teaspoons prepared mustard, one-half teaspoon salt, two tablespoons seed, two cups shredded cabbage, four sweet pickles, chopped, and one tablespoon vinegar. Chill. Six servings.

## COCONUT BAVARIAN CREAM WITH RASPBERRIES

Soften  $1\frac{1}{2}$  envelopes unflavored gelatin in  $\frac{1}{4}$  cup cold water. Heat  $1\frac{1}{2}$  cups milk and dissolve gelatin in it. Add  $\frac{1}{2}$  cup sugar, a pinch of salt,  $\frac{1}{2}$  teaspoon almond flavoring and 1 cup grated fresh coconut. Cool until it begins to thicken but not set. Whip 1 cup heavy cream and fold in. Pour into a 1-quart mold. Chill overnight to develop the full flavor of the coconut. Turn out, sprinkle with coconut and serve with a border of fresh raspberries sliced peaches. Serves 6.

### Swedish Apple Dessert

One and one-half cups sifted flour  
One teaspoon baking powder  
One-half teaspoon salt  
One tablespoon sugar  
One-half cup butter  
One egg yolk, beaten  
Two tablespoons milk, or more  
One egg white, beaten, lightly  
Four medium-sized apples,  
or more  
Three-fourths cup sugar  
One and one-half tablespoons flour  
Two tablespoons butter  
Oven temperature: 350 degrees F.  
Baking time: Thirty to forty  
minutes  
Servings: Six

Mix and sift the flour, baking powder, salt and sugar into a bowl. Blend in the butter. Add the egg yolk with enough milk to make a soft dough. Line a cake plate (8 in.) with the dough; spread with beaten egg white. Fill with thinly sliced apples. Cover with a topping, made by mixing the remaining ingredients. Bake in a moderate oven until brown and the apples are tender. Serve warm or cold.



**With macaroni and meat balls:** Combine  $\frac{1}{2}$  pound ground beef,  $\frac{1}{2}$  cup fine dry bread crumbs, 1 egg,  $\frac{1}{2}$  teaspoon salt; shape into 20 balls; brown in 2 tablespoons fat. Add 1 clove garlic, minced,  $\frac{1}{4}$  cup chopped green pepper; cover, cook 10 minutes. Add  $3\frac{1}{2}$  cups (No. 2  $\frac{1}{2}$  can) tomatoes,  $1\frac{1}{2}$  teaspoons salt; bring to boil. Stir in  $1\frac{1}{2}$  cups uncooked elbow macaroni, cover and cook over low heat for about 20 minutes. This makes 4 to 6 servings.



**With noodles and tuna:** Cook  $\frac{1}{4}$  cup chopped onion,  $\frac{1}{4}$  cup minced parsley, 1 can (6  $\frac{1}{2}$  ounces) flaked tuna in 2 tablespoons margarine over moderate heat till onion is soft. Stir in 1 can condensed cream of chicken soup, 1 cup milk,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{4}$  teaspoon Worcestershire sauce, then 3 cups cooked wide noodles. Bake in  $1\frac{1}{2}$ -quart casserole, topped with  $\frac{1}{2}$  cup buttered bread crumbs, in moderate oven 375° for 15 minutes. Makes 4 to 6 servings.



**With spaghetti and cheese:** Cook 8 ounces spaghetti directed on package; drain well. Return to kettle  $1\frac{1}{2}$  cups shredded American cheese ( $\frac{1}{4}$  pound), 1 c condensed consommé, 1 tablespoon butter or margarine of pepper. Stir over moderate heat 5 to 10 minutes. Cheese melts and blends into a sauce. Serves 6.



## Almond Biscuits (1)

By "Housekeeper"

THOSE who have a few ground almonds to spare may like to make some biscuits. One of the simplest recipes is for almond shortbread. This can be made in two ways, either as a cake to be cut in fingers or as biscuits.

Ingredients—3 oz. semolina, 3 oz. flour, 3 oz. ground almonds, 4 oz. margarine, 2 oz. sugar, and a pinch of salt and baking powder. Sieve the flour with the salt and baking powder, add the semolina, and rub in the margarine until the mixture resembles fine breadcrumbs. Add the ground almonds and sugar, and mix well. A little grated lemon peel may be added for additional flavour. Prepare one large or two small sandwich-tins by greasing and lining them. Put in the shortbread mixture dry, and press firmly with the palms of the hands to make a smooth level surface. Bake in a moderate oven (350 deg. F) for 40 to 45 minutes.

When the surface is crisp and pitting to colour. Then take m the oven and mark into segments, but do not lift from the tin till cold. Store in an airtight tin. The flavour improves after one or two days in a tin.

The same ingredients are used for the almond biscuits, though if a close-textured biscuit is required use 6 oz. flour, and omit semolina. Beat the margarine and sugar to a light cream. Sieve flour, salt and baking powder, add the remaining dry ingredients. If flavouring is desired, a little grated lemon peel and a few drops of vanilla or almond essence to the creamed fat and then work in the dry ingredients lightly and quickly. Roll on a floured board, rather than  $\frac{1}{2}$  inch thick, and cut into rounds. If liked, put a piece of cherry, walnut, crystallised orange or candied peel in the centre of each biscuit. Bake in a moderate oven (400 deg. F) until brown—25 to 30 minutes.

## COOKERY HINTS

## Savoury Dishes

By "Housekeeper"

HERE are recipes for meatless savoury dishes which are appetising and filling. The first, for savoury tomato cheese, can be made with tomatoes, bottled tomatoes, puree, or tomato soup. Ingredients: 8 oz. macaroni, 1 cup tomato pulp, 4 oz. grated cheese, 1 cupful of breadcrumbs, 1 cupful of milk, 1 oz. flour, salt, pepper, and a dash of Worcestershire or other sharp sauce. Cook the macaroni into pieces, cook it in boiling salted water tender (about 30 minutes), drain the flour with a little of the water, bring the remainder to the boil, add the blended flour, and stir the mixture thickens; then add half the grated cheese, salt and pepper, the tomatoes, and the rest of the cheese. Put the macaroni in the centre of a well-greased pie-dish, with the sauce, sprinkle with breadcrumbs, then with the rest of the cheese, and bake in a moderate oven, or cook under a lid until the cheese is browned.

Put the macaroni in the centre of a well-greased pie-dish, with the sauce, sprinkle with breadcrumbs, then with the rest of the cheese, and bake in a moderate oven, or cook under a lid until the cheese is browned. To pie—Grease a pie-dish, put a layer of thinly-sliced potatoes, sprinkled with chopped onion and parsley, well-flavoured white sauce, and a dash of grated cheese. Continue layers until the pie-dish has been filled, ending with a layer of grated cheese, and bake in a moderate oven for 45 minutes. A savoury pie can also be made with alternate layers of boiled macaroni, chopped boiled onions, and cheese sauce, sprinkling the top of the pie with breadcrumbs and grated cheese, and baking for 35 to 40 minutes in a moderate oven.

Tomato and onion savoury—Take a large boiled onion, and chop it into dice. Slice two or three fresh or bottled tomatoes, and cook with the onion in a nut of melted margarine or dripping. Stir in 2 oz. grated cheese and a small cupful of breadcrumbs, adding some of the juice from the bottled tomatoes. If the mixture becomes too dry, or some stock. Stir in an egg which has been well beaten, with some salt and pepper, and stir over a gentle heat until the egg is cooked. Serve on hot buttered toast. (Will serve 3.)

## Almond biscuits (2)

By "Housekeeper"

ANYONE who wants to make a pudding with an unusually attractive flavour can use the crumbly shortbread mixture given yesterday, spread lightly on top of bottled cherries, plums, peaches or apples. Reserve the greater part of the juice to make the sauce by thickening with cornflour or arrowroot, and colouring with carmine or cochineal. Bake the pie in a moderately hot oven (375 deg. F) for 35 to 40 minutes, until the crust is crisp. Serve hot.

Almond Rings—5 oz. flour, 5 oz. semolina, 3 oz. ground almonds, 4 oz. sugar, 6 oz. margarine and 1 egg. Cream the margarine and sugar, add the lightly-beaten egg alternately with the mixed dry ingredients, adding a pinch of salt and baking powder to them, and making a stiff paste. Roll out  $\frac{1}{2}$  inch thick, cut into rounds with a crinkled cutter, and cut out the centre of each with a smaller cutter. Sprinkle the tops with a little sugar, prick well, and bake in a moderately cool oven (325 deg. F) until lightly browned.

Pretorias—2 oz. flour, 2 oz. semolina, 2 oz. ground almonds, 2 oz. sugar, and 4 oz. margarine. Rub the fat into the mixed flour and semolina. Add the other ingredients and work into a stiff paste with the hands. Knead lightly on a floured board, roll out  $\frac{1}{2}$  inch thick, and cut into small rounds. Cut four small holes in the centre of half the rounds. Bake as above. When cold, spread the plain rounds with apricot or raspberry jam, dust the cut-out tops with fine sugar, sandwich together, and serve.

Macaroons—Beat two egg whites, with a pinch of salt, until they are light. Add 4 oz. sugar, and continue beating for a few minutes, then fold in 2 oz. ground almond. Beat for a few minutes longer, then put a teaspoonful of the mixture on to a papered tray. Set in a warm place for 2 hours, then bake in a cool oven (325-350 deg. F) for 15 or 20 minutes. Lift the papers of macaroons on to a wetted surface, allow to stand until the paper softens; then lift off the macaroons on to a wire tray. When cold, sandwich together with jam, or cream.

For everybody; but here are some recipes which may help.

Beef pie—Line a deep pie-dish with pastry. Cut left-over meat to make 3 cupful, and add  $\frac{1}{2}$  cupful of salami or other cooked sausage meat cut into cubes, and fry in a little fat, with a chopped onion, until browned. Lift out the meat, and stir 2 oz. flour into the fat, brown it well, and add one pint of stock, made from a beef extract cube if necessary. Stir until the sauce thickens, and season with salt and pepper and a dash of sharp sauce. Add the meat and  $\frac{1}{2}$  cupful of cooked carrots, and pour into the lined pie-dish. Cut strips of pastry to make a lattice top, and bake in a hot oven for 30 to 35 minutes (425 deg. F). Six oz. of pastry will be required, and should be made from 6 oz. flour, 2 oz. lard, a pinch of salt and  $\frac{1}{2}$  teaspoonful of baking powder, with water to mix. This pie will serve 6 to 8 people.

Meat and potato scallop—Grease a large casserole, and in it put alternate layers of thinly-sliced potato and sliced meat loaf, seasoning each layer of potatoes with salt and pepper. This will require about half a good-sized meat loaf, and half a dozen large potatoes. Begin and end with a layer of potatoes. Thin a tin of cream of mushroom, chicken, tomato or celery soup with a scant cupful of milk, and pour over the potatoes. Bake in a moderate oven (375 deg. F) for an hour, until the potatoes are tender.

Tongue sauce with spaghetti or macaroni—Chop a smallish onion finely, and brown in a nut of melted dripping. Add a cupful of tomato puree, pulp, or soup, thinned with a scant cupful of water or light stock, 3 tablespoonsful of vinegar, 2 tablespoonsful of a sharp sauce. Season with  $\frac{1}{2}$  teaspoonful of salt,  $\frac{1}{2}$  teaspoonful of paprika pepper, and a dash each of cayenne, cinnamon, and ground cloves. Simmer for half an hour; then add 2 cupful of finely-chopped or coarsely-minced tongue. Heat through, and serve poured over plain boiled spaghetti or macaroni, or in a ring of washed potatoes.

## Jerusalem Artichokes

By "Housekeeper"

A CRAIGAVAD reader has requested a recipe for Jerusalem Artichoke soup, and also hints on the ordinary method of cooking this vegetable. Jerusalem artichokes look somewhat like small knobby potatoes. They should be well scrubbed, peeled, preferably under water, and dropped into cold water, to which a few drops of lemon juice or vinegar have been added, to prevent discolouration. Cook in boiling, lightly salted, slightly-acidulated water until tender (about 30 minutes). Drain well, and serve. If liked, melt a nut of margarine or butter in the saucepan, add a tablespoonful of chopped parsley, and toss the artichokes in this until they are coated, or serve in a well-flavoured sauce. Artichokes may also be arranged in the roasting tin in the same way, and at the same time, as potatoes, and roasted with meat.

Artichoke Soup—Fry some bacon rinds in the bottom of a soup-pot until all the fat has been extracted, then lift out the rinds. Add a nut of additional dripping if necessary. Add  $\frac{1}{2}$  lb. of artichokes, peeled as above, and cut into small pieces, also a small onion and a stick of celery (white part), chopped finely. Fry gently in the dripping to a golden colour. Stir in 2 pints of light-coloured stock, which must be free from grease or specks. Add salt and pepper, also a dash of nutmeg, and cook until the vegetables are tender. Sieve and thicken with blended cornflour, or flour blended with a little milk. Cook for four or five minutes, correct the seasoning, add chopped parsley if liked, and serve hot, with triangles of toast. The colour of mince soup is much improved if two or three tablespoonfuls of cream—drawn from the top of the bottle—or undiluted condensed milk, are stirred in just before serving.

## COOKERY HINTS

## Ox-tail Stew

By "Housekeeper"

AN ox-tail can be made into a tasty stew, well seasoned and spiced; or, when ox-tail is not obtainable, try making this stew with shin of beef. The long, slow cooking will make the beef tender, and the spices will give it additional flavour.

Have one large or two small ox-tails cut into joints, or cut 1 lb. shin of beef into pieces, about 2 inches by 1 inch. Wipe the meat and cover with cold water. Bring to the boil, and add a sliced onion, 3 cloves, a pinch of ground mace, a good pinch of allspice, a pinch of pepper or cayenne, and a dash of salt. Cover the saucepan with a tightly-fitting lid, and simmer very gently for 2½ hours until the meat is tender. Blend a good tablespoonful of flour with a little cold water, and use to thicken the meat gravy. Colour with brownings, add the juice of a lemon or a tablespoonful of a sharp sauce, and serve with mashed potatoes.

Savoury baked Liver—Grease a casserole. Mix together a cupful of dry breadcrumbs, a good pinch of mixed herbs, 2 tablespoonsful of chopped parsley and 2 tablespoonsful of finely-chopped onion. Season with salt and pepper, and put half the mixture in the bottom of the casserole. Place on this bed of crumbs  $\frac{1}{2}$  lb. of liver, cut into thin slices. Melt a good nut of fat, and fry in it a cupful of chopped onion and  $\frac{1}{2}$  cupful of chopped celery. Put on top of the liver, and pour in a cupful of stock or meat extract dissolved in half a cupful of water. Cover with the remainder of the breadcrumbs, dot with scraps of margarine, and bake in a moderate oven for an hour.

17 Thursday

## COOKERY HINTS

## Short Crust Pastry

(2) Jan 14

"By Housekeeper"

THE secret of making crumbly short crust pastry lies in the use of a mixture of lard and margarine, and in the thorough rubbing-in of these fats, in using the smallest possible amount of water, in light quick handling, and in correct ovening. Recently I have been experimenting with an American suggestion for pastry-making, using the short crust method, and between 5 and 6 oz. of margarine to the  $\frac{1}{2}$  lb. flour, but only rubbing in the fat partially, so that there are pieces rather smaller than a pea. The mixture is moistened, kneaded and rolled out as usual, but requires a slightly hotter oven, between 425 and 450 deg. F, than for the normal short crust. The result is a crisp, almost flaky, texture in the pastry, good for savoury pies or apple tarts.

Sweet short crust is frequently used, both for fruit tarts and flan and small tartlets. The ingredients are 8 oz. flour, 5 oz. mixed lard and margarine, 1 oz. sugar, a pinch of salt, 1 teaspoonful baking powder, 1 egg, or yolk, if available, and water to mix. Beat the margarine and sugar to a soft cream; then work in the sieved dry ingredients, using the beaten egg, or yolk, or cold water, to mix to a stiff dough. Roll out and use as required.

For a flan, roll out  $\frac{1}{2}$  inch thick, press into a flan-ring set on a greased baking-tray, or into a sandwich-tin, prick well with a fork, put a greased paper on top of the pastry, pressing it lightly into the corners, and if possible, fill with baking beans, or crusts, to prevent the pastry from rising in the centre. Bake in a moderately hot oven (425 deg. F) for about 20 minutes, until set; then remove the filling and paper, and return to the oven, to crisp the centre of the pastry. Fill while hot, or allow to cool, and store in an airtight tin until required.

Pastry cases or tartlets, are cut out with a fluted pastry-cutter, thoroughly pricked, and baked "blind"—i.e., without a filling, in patty-tins, in a moderately hot oven, for 10 to 15 minutes. When cold, store in an airtight tin, and fill when required.

SPECIFY "SV"

AND STATIONERY





**FISH-NIGHT FANCY... IN 15 MINUTES**

**Tuna Supreme.** Prepare  $\frac{1}{3}$  cups (5-oz. package) Minute Rice as directed on package. Add 2 tablespoons butter. No work for you—and it always turns out *perfect!* Cook 1 package Birds Eye Mixed Vegetables as directed; add 2 tablespoons butter and pinch of marjoram. Mix 1 can condensed celery soup,  $\frac{1}{4}$  cup milk, and 1 can tuna fish. Heat. Arrange on platter. Serves 4 or 5—and serves 'em a treat!

**GALA-FOR-GUESTS... IN 18 MINUTES**

**Glamour Rice and Ham.** A prize dish for *special* company—but so easy, you can serve it *any time!* Combine in saucepan:  $\frac{1}{3}$  cups (5-oz. package) Minute Rice, 1 cup water,  $\frac{1}{2}$  cup pineapple juice,  $\frac{1}{4}$  cup seedless raisins,  $\frac{1}{2}$  teaspoon salt. Bring to boil, cover, simmer 3 minutes. Remove from heat, let stand 10 minutes. Add  $\frac{1}{2}$  cup drained crushed pineapple and 2 tablespoons butter. Press into greased molds; unmold on plates. Serve with fried ham and Birds Eye Green Beans. *Never* was anything so delicious... there's pineapple flavor in every grain of rice. With ham, it's heaven! Serves 4.



**THRIFTY FIFTY... IN 20 MINUTES**

**Drumstick Surprise.** A pound of hamburger does the trick—and what a glorious trick it is! (It's a budget-blessing from Minute Rice!) Prepare  $\frac{1}{3}$  cups (5-oz. package) Minute Rice as directed on package, adding 1 teaspoon chili powder. Combine 1 lb. ground beef, 2 tablespoons chopped onion,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{8}$  teaspoon pepper, and  $\frac{1}{2}$  teaspoon sage. Shape into 8 drumsticks, brown in fat. Place toothpick with parsley in small end of each drumstick. Serve with rice and sauce made by heating can of mushroom soup with  $\frac{1}{2}$  cup milk. Serves 4 or 5.



## Coconut Recipe

By "Housekeeper"

SOME time ago a reader asked for a coconut recipe—Coconut Bits—which I still cannot place. However, here are two biscuit recipes which will I hope please her and other readers.

24 T Coconut Bars—3 oz. flour,  $\frac{1}{2}$  teaspoonful baking powder, a pinch of salt, 2 oz. margarine, 4 oz. sugar, 1 egg,  $\frac{1}{2}$  teaspoonful vanilla or other flavouring,  $\frac{1}{2}$  cupful desiccated coconut,  $\frac{1}{2}$  cupful chopped walnuts or other nuts, 1 tablespoonful melted margarine, and 1 tablespoonful sugar. Sieve the flour with the salt and baking powder, beat the margarine and sugar to cream, and add the beaten egg and flavouring gradually. Mix  $\frac{1}{2}$  cupful of the coconut with the chopped nuts and sieved flour, and stir into the creamed mixture. Pour into a well-greased Swiss roll tin, mix together the remainder of the coconut with the sugar and the melted margarine, and spread on top of the mixture in the tin. Bake in a moderate oven (350 deg. F.) for 25 to 30 minutes. Mark into bars when cool, and cut into bars when cold.

Cherry Coconut Biscuits—Sieve together 9 oz. flour, 1 teaspoonful baking powder,  $\frac{1}{2}$  teaspoonful baking soda,  $\frac{1}{2}$  teaspoonful salt, cream 6 oz. margarine and 6 oz. sugar, and beat in one or two eggs, and then either 4 tablespoonful of milk if one egg has been used, or 2 tablespoonful if two eggs are used, with half a teaspoonful of vanilla. Stir in the sieved dry ingredients, and add  $\frac{1}{2}$  cupful of chopped nuts, a cupful of chopped dates, and one-third of a cupful of chopped cherries. Mix well, and shape into small balls. Crush about 2 cupful of crushed cornflakes, and roll the biscuits in them. Place on greased baking-tray, and flatten each slightly. Put a piece of cherry or half a walnut in the centre of each, and bake in moderate oven (375 deg. F.) for 12 to 15 minutes. Do not try to move them until they have cooled completely, then allow them to stand for an hour and store in a

25 F

## COOKERY HINTS

### Grapefruit Marmalade

By "Housekeeper"

PERPLEXED"—The marmalade was probably not boiled for a sufficiently long time; but as you do not wish to darken the colour, certainly you could bring it all to the boil again, boil for a minute or so, take from the heat and stir in a bottle of commercial pectin—or boil with 1 pint home-made pectin. Although the proportion of sugar will not be the same as is recommended for use in either case, I believe that the results will be excellent. Mincing the fruit for marmalade making saves time, but it does not affect the setting quality of the fruit.

26 Grapefruit marmalade—2 lb. grapefruit (1 lemon may be substituted for some of the weight of the grapefruit), 3 $\frac{1}{2}$  pts. water, 3 $\frac{1}{2}$  lb. sugar. Wash the fruit, cut in quarters, and soak overnight in the water. Simmer until the rind of the fruit is tender, then carefully cut into thin slices on a soup plate, or on a deep plate, so that none of the juice will be lost. Remove the pips. Bring to the boil and add the heated sugar, stir until the sugar has dissolved, bring to a full rolling boil, and cook until the marmalade will set when tested. Stir frequently during the boiling to prevent the marmalade from sticking to the bottom of the preserving pan. If it is available, a nut of butter can be rubbed round the bottom of the dry preserving pan before adding the fruit and sugar, to make sure that it will not stick and burn—margarine cannot be substituted for butter. Stir well before putting into clean dry pots, and cover in the usual way.

27 Lemon marmalade—Wash a pound of fresh juicy lemons, quarter and remove the pips. Tie the pips in muslin and soak fruit and pips overnight in 3 pints water. Simmer until tender, slice thinly, remove the pips, add measure, and add 1 $\frac{1}{2}$  lb. sugar per pint of pulp, depending on the sweetness required and the amount of sugar available. Finish as above.

SP1

## COOKERY HINTS

### Baked Fish

By "Housekeeper"

WHEN the oven is being used for other baking it is very convenient to cook fish in it, in a covered casserole, or wrapped in greased paper. The fish should be cooked in a moderately hot part of the oven. The exact position on the shelf, and temperature, will depend on the other things being baked at the same time. Whole fish, such as herring, whiting, sole and haddock, can be stuffed and baked whole; or cutlets, or slices of fish, may have a savoury stuffing set on top of them.

For plain baked fish, wash the fish well, trim off fins and scales, dry, and roll in milk and then in seasoned flour or breadcrumbs. Set on a greased baking-dish, dot with margarine, squeeze a little lemon juice over the fish, and add  $\frac{1}{2}$  cupful of milk or water. Cover with greased paper, and bake in a moderately hot oven for 15 to 20 minutes, depending on the thickness of the fish. Remove the paper for the last few minutes to allow the fish to brown slightly. Serve hot, with wedges of lemon, or parsley butter (made by creaming 1 oz. margarine with  $\frac{1}{2}$  teaspoonful of lemon juice), salt and pepper, and enough finely-chopped parsley to give a good colour and flavour. Shape into small pats or balls.

When baking a large whole fish, wash the fish well, grease a paper thoroughly, sprinkle lightly with seasoned flour, and wrap the fish

## COOKERY HINTS

### Supper Dishes (1)

By "Housekeeper"

SOME time ago, to help a New-towards reader, I asked for some suggestions for quickly-made and economical supper dishes. A Dundonald reader was kind enough to send in the following recipe.

Bacon Supper Dish—Cook together sufficient carrots or celery with peeled and quartered potatoes. Grill one slice of bacon per person. Pile the vegetables and bacon on heated dishes, and pour some white sauce over each—about a cupful in all.

Here are some other recipes which may help. The first set are for suet rolls with different fillings. The rolls may be steamed or baked, but if they are to be baked the filling must be cooked beforehand, or be of such a kind that it will be thoroughly cooked in the comparatively short time the roll is in the oven—e.g., grated cheese and sauteed leeks, sliced raw or bottled tomatoes and pieces of lightly fried bacon. For the suet pastry take 8 oz. flour and sieve with 1 teaspoonful of baking powder,  $\frac{1}{2}$  teaspoonful of salt. Add 2–4 oz. shredded suet and mix to a light elastic dough with cold water. Knead lightly on a floured board, and use as required for pies, rolls or puddings. For the meat rolls, shape into an oblong about  $\frac{1}{2}$  inch or slightly less in thickness. Spread with the filling to within half an inch of the edges. Damp the edges with cold water, roll up like a Swiss roll, cover loosely with greased paper and steam for 2 $\frac{1}{2}$  hours, or if the filling is suitable bake in a moderately hot oven, 425 deg. F. for 35–40 minutes, removing the greased paper for the last ten minutes so that the roll will brown.

Onion or leek and sausage meat—8 oz. sausage meat, 2 leeks or medium-sized onion finely sliced, a nut of dripping, a little gravy or well flavoured sauce, pinch of herbs, tablespoonful of chopped parsley. Melt the dripping, fry the onion or leek lightly, break in the sausage meat and toss in the fat. Season and add sauce or ketchup to the gravy, and herbs if liked. Suitable for steaming.—Serve with plenty of hot gravy.

Vegetable and Bacon—Left-over cooked carrots, celery, potatoes, and pieces of lightly-fried bacon, in a white sauce. Steam or bake.

Tomato and bacon—Sliced fresh or bottled tomatoes, with pieces of lightly-fried bacon. May be steamed or baked.

Cheese and tomato or vegetable—As above, substituting grated cheese for the bacon.

Meat Roll—As the sausage meat roll. Brown minced beef and chopped onion. Mix with tomato or mushroom sauce.

## More about fish

By "Housekeeper"

9 KEDGEREE may be served as a breakfast or supper dish, and can be made with smoked haddock, "yellow fillet," or any of the white fish which is fairly free from bones. The fish should be cooked by "boiling"—that is simmering either in plain salted water, or in a court bouillon, water to which a bunch of herbs, a pinch of spice, and a few drops of vinegar, lemon juice, wine or cider, have been added. If preferred, the fish may be steamed.

When cooked, remove the skin and all the bones, and break into small pieces or flakes. To  $\frac{1}{2}$  lb. fish add  $\frac{1}{2}$  oz. rice which has been cooked in the usual way, in boiling, salted water for 20 minutes, and then well drained. Mix the fish with the rice, and re-heat in a little melted margarine, seasoning to taste. Pile in a dish, and garnish with parsley. When eggs are available, a chopped hard-boiled egg can be added to the mixture. Serve with hot baked or stewed tomatoes, or any colourful vegetable, for supper, or piled on hot buttered toast for breakfast.

Fish Cakes—Make a thick white sauce from  $\frac{1}{2}$  oz. flour,  $\frac{1}{2}$  oz. margarine and a scant  $\frac{1}{2}$  pint of milk. Season the sauce well with salt, pepper and mustard, adding a pinch of curry powder if liked, and a few drops of lemon juice or vinegar. Mix  $\frac{1}{2}$  lb. cooked and flaked fish with the same amount of boiled and mashed potatoes, and the sauce. Roll the mixture into an oblong, and leave until cold. Then cut into  $\frac{1}{2}$  inch slices and pat each slice into shape. Roll in

## COOKERY HINTS Sat.

By "Housekeeper"

### Supper Dishes (2)

WHEN the fat can be spared to make pastry, and for savoury pies, a mixture of lard and margarine is excellent, requiring 1 $\frac{1}{2}$  oz. margarine and 1 $\frac{1}{2}$  oz. lard to 8 oz. flour, with  $\frac{1}{2}$  teaspoonful baking powder, and a good pinch of salt. Rub in the fat, mix to a very stiff paste with cold water, and roll out thinly. Eight ounces pastry will give one double and one single tart for a large plate (a "double tart" having pastry underneath and above the filling).

Kidney and tomato pie—Cook  $\frac{1}{2}$  a sliced onion in a little dripping until golden brown, then fry  $\frac{1}{2}$  lb. prepared and sliced kidneys in the fat, put into a stewpan with a little stock, add three or four sliced tomatoes (fresh or bottled) and cook slowly for half an hour until the kidneys are tender. Thicken the gravy with blended flour and leave to cool. Line a plate with pastry, prick well, put in the cold filling, cover with another layer of pastry, press the edges well together, and decorate them. The pie may now be baked, or may be prepared in the morning and be baked when required. Allow half an hour in a moderately hot oven (425 deg. F.), and serve hot.

To prepare either kidney or liver for the above pie, soak for half an hour in cold water, wash well, cut away any pieces of gristle and the core of the kidneys. Slice thinly and roll in seasoned flour.

Liver and bacon pie—Chop and lightly fry two or three slices of bacon. Take from the pan, and fry in the dripping a sliced onion, and then  $\frac{1}{2}$  lb. liver prepared as in the previous recipe. Add a cup of stock and allow the liver and onion to stew gently for half an hour. Thicken the gravy, season well, add the bacon, and leave to cool. Finish as in previous recipe. Sliced mushrooms may be fried in the bacon dripping, and make a tasty addition to this pie.

Sausage, mushroom and tomato pie—Line a well-greased plate with sliced fresh or bottled tomatoes. Sprinkle lightly with finely chopped onion. Fry  $\frac{1}{2}$  lb. mushrooms until slightly shrunken. Mix 1 lb. sausage meat with a chopped apple and the mushrooms, soften the mixture with a little well-seasoned stock, and lay on top of the tomatoes. Put a second layer of tomatoes on top of the sausage meat, cover with a lid of pastry and bake 35 to 40 minutes in a moderately hot oven, reducing the heat slightly after the first 20 minutes. Serve with tomato sauce.

ONERY



**LUNCHEON DELIGHT . . . IN 18 MINUTES!**

**Spinach Rice.** Sauté  $\frac{1}{4}$  cup chopped onion in 3 tablespoons butter. Prepare 1 package ( $1\frac{1}{3}$  cups) Minute Rice, as package directs, increasing salt to 1 teaspoon. Add  $\frac{1}{2}$  cup hot chopped cooked spinach and dash of pepper. Blend with a fork. Top with  $\frac{1}{2}$  cup grated Cheddar cheese. Garnish with radish roses. Serves 4 or 5—what a delightful camouflage for leftover spinach! And with quick-to-fix Minute Rice, the flavor blend is right *in* the rice—a trick no other rice can boast!

**DEEP-SOUTH SPECIAL . . . IN 30 MINUTES!**

**Chicken-Rice Dinner Plate.** It's the pride of Southern cooking—fried chicken and white-and-fluffy rice! But what old-time Southern cook, taking endless trouble, could count on getting such perfect rice *every time*? Just prepare speedy Minute Rice as directed on package. Serve with fried chicken and Birds Eye French Style Green Beans. Garnish with radish roses and parsley. Delicious!

**TWO-IN-ONE VEGETABLE . . . IN 18 MINUTES!**

**Stewed Tomatoes and Rice.** Wonderful to serve with pan-fried sausages! Sauté thinly sliced medium onion in 2 tablespoons butter until tender, not browned. Add  $3\frac{1}{4}$  cups canned tomatoes,  $1\frac{1}{2}$  teaspoons salt, 1 teaspoon sugar,  $\frac{1}{8}$  teaspoon pepper, blending well. Add 1 package ( $1\frac{1}{3}$  cups) Minute Rice. Bring quickly to boil, fluffing rice gently with fork once or twice. (Don't stir.) Cover, remove from heat. Let stand 10 minutes. The rice will absorb the rich-red tomato color and the full flavor—a trick no rice but Minute Rice can do! Serves 5 or 6.



## Cherry Pudding

By "Housekeeper"

**A** CHERRY pudding makes a colourful asset to follow a fish dish or a shepherd's pie. The first recipe is for a pudding made after the style of a plain cake.

Cherry Pudding (1)—1 egg, 3 oz. margarine, 3 oz. sugar (or 1 oz. sugar and 3 oz. syrup), 3 oz. cherries, 6 oz. flour, pinch of salt,  $\frac{1}{2}$  teaspoonful baking soda, buttermilk to mix (or if preferred, use a good  $\frac{1}{2}$  teaspoonful baking powder and sweet milk to mix, omitting the baking soda). Sieve together the flour, salt and baking powder. Beat the margarine and sugar to a cream, add the syrup, then the egg gradually, beating well after each addition. Toss the chopped cherries in the flour and add to the creamed mixture alternatively with sufficient milk to give a soft texture. Turn into a greased bowl, cover with a greased paper and steam  $1\frac{1}{2}$  to 2 hours. Serve with custard or jam sauce.

Cherry Pudding (2)—Prepare the above pudding, omitting the cherries and adding  $\frac{1}{2}$  teaspoonful grated lemon rind, and the juice of half a lemon—or a few drops of lemon or vanilla essence. Grease a bowl and put in the bottom of it 3 to 4 tablespoonsful of cherry jam, put the pudding mixture on top of the jam and steam as above.

Cherry Pudding (3)—Put the contents of a bottle of cherries into a greased pie-dish. Prepare the mixture as for the second cherry pudding, and spoon it gently on top of the cherries remembering that the cherries should be sweetened with syrup or sugar to taste. Bake in a moderately hot oven (425 deg. F) for 35 to 40 minutes, reducing the heat after the first 20 minutes.

Cherry Pudding (4)—Make the suet pastry given in Friday's recipe and use it to line a well-greased pudding bowl, reserving one-third of the pastry to make the lid. Fill with cherries, roll

## COOKERY HINTS

## Shortbread (2)

By "Housekeeper"

**H**ERE is a slightly more economical recipe for shortbread than that given yesterday. It makes use of semolina to give an appearance of greater richness.

Ingredients—6 oz. flour, 2 oz. semolina, 4 oz. margarine, 2 oz. fine sugar, a pinch each of salt and baking powder, and a few drops of flavouring. Sieve the flour with the salt and baking powder. Beat the margarine and sugar to a light cream, and then work in the dry ingredients, adding the flavouring. Knead on a lightly-floured board, and finish as for the shortbread given yesterday. To give an open-textured shortbread, cream the fat and sugar as above, drop it into the centre of the mixed dry ingredients, and work together until the mixture resembles fine breadcrumbs. Put into a well-greased sandwich-tin, press well down with a fork, mark into triangles, and bake in a moderately cool oven (325–350 deg. F.) until crisp. If preferred, the shortbread mixture may be rolled out a good  $\frac{1}{2}$ -inch thick, cut into individual biscuits, each biscuit decorated with a fork, and baked on a dry baking-sheet in a moderate oven (350–375 deg. F.) until crisp and beginning to colour slightly.

Flake Meal Shortbread—2 oz. flour, 5 oz. flake meal, 2 oz. sugar, 4 oz. margarine, and a pinch each of salt and baking powder. Cream the margarine and sugar until light, and work in the other ingredients. Knead lightly on a floured board, roll into an oblong a good  $\frac{1}{2}$ -inch thick, cut into triangles, and bake in a moderate oven (375 deg. F.) until crisp—about 15-20 minutes. Cool on a wire tray.

Coconut Shortbread—4 oz. flour, 4 oz. flake meal or oatmeal, 4 oz. coconut, 4 oz. fat (preferably half lard and margarine), 4 oz. sugar, 1 tablespoonful of golden syrup, 2 tablespoonsful of water, and  $\frac{1}{2}$  teaspoonful of baking soda. Sieve the flour, with a pinch of salt and the baking soda. Mix well the other dry ingredients, then rub in the fat until it is quite fine. Mix to a stiff paste with the water, roll out thinly, cut into fingers and bake as above.

## Supper Dishes (3)

By "Housekeeper"

**O**NE of the simplest cheese dishes—and one of the easiest to make tough and indigestible is Welsh rabbit. The secret of a good rabbit lies in melting the cheese slowly over a gentle heat, and then serving immediately.

Welsh rabbit—Prepare hot buttered toast. Melt  $\frac{1}{2}$  oz. margarine in a small saucepan and add to it  $\frac{1}{2}$  lb. sharp cheese which has been grated. Stir over a gentle heat until the cheese has melted, then add 2 tablespoonsful of top-of-the-bottle milk, or beer if preferred, salt, pepper and a dash of made mustard. Stir until well blended, pour over the toast, which has been set out on hot plates, and serve immediately. To vary, add chopped gherking, pickled nasturtium seeds, pickled onions or mixed pickle, with a little vinegar, chopped parsley, a pinch of chopped fresh herbs, &c.

For a more substantial rabbit, cover the toast with hot flaked smoked haddock, whole sardines or diced tuna fish where available. Fried chicken is famous but expensive; fried rabbit made in the following way can be equally good if young rabbits are used. Take one or two small rabbits, wash well, cut into joints and soak in cold water to which a tablespoonful of vinegar has been added. Blanch by putting on in fresh cold water, bringing quickly to the boil, and then draining, and dropping in cold water. Simmer gently in well-seasoned stock, to which 2 to 3 spoonsful of cider or teaspoonsful of vinegar or lemon juice have been added. Cook until almost tender, drain well and leave to cool and dry. Make a batter from 4 oz. flour, a pinch of salt, and baking powder, 1 egg and  $\frac{1}{2}$  pint of milk. Beat well and allow to stand until required. Stir the batter well, dip the pieces of rabbit in the batter, and fry in smoking hot fat or oil until the batter has browned and is crisp, giving about 4 to 5 minutes. Put only a few pieces into the batter at once, to avoid cooling it unduly, and allow it to re-heat before adding more rabbit. Serve hot with a well-flavoured tomato or savoury brown sauce.

## COOKERY HINTS

## Chocolate Cakes (1)

By "Housekeeper"

**A** "CONSTANT Reader" asks for a recipe for "a chocolate sponge cake with milk," so here are some recipes, varying from the very rich to the very economical, to suit all occasions.

Sweet milk chocolate cake—4 oz. margarine, 12 oz. sugar, 4 eggs, 5 oz. milk chocolate, 1 cupful milk, 12 oz. flour, pinch of salt, and  $1\frac{1}{2}$  teaspoonsful of baking powder. Cream the margarine and sugar, and beat in the egg yolks and the melted chocolate. Sieve the dry ingredients, and add half alternately with the milk. Beat the egg whites until stiff, and fold in alternately with the remainder of the dry ingredients.

To reduce the above to more economical proportions—4 oz. margarine, 4 oz. sugar, 3 eggs, 5 level tablespoonsful of cocoa, 1 cupful sweetened condensed milk, 18 oz. flour,  $2\frac{1}{2}$  teaspoonsful of baking powder, a pinch of salt, and  $\frac{1}{2}$  teaspoonful of vanilla essence. Method as above, sieving the cocoa with the other dry ingredients. Have ready a swiss roll tin, greased and lined, so that the paper sits up an inch above the edge of the tin. Bake in a moderate oven (350 deg. F.) for 40 to 45 minutes. Cut in two, and spread with chocolate icing.

Chocolate feather cake—6 oz. flour, 7 oz. sugar, 1 teaspoonful baking powder, 2 oz. melted margarine, 1 egg,  $\frac{1}{2}$  cupful milk,  $\frac{1}{2}$  teaspoonful vanilla essence, and 2 tablespoonsful chocolate powder (or 2 level tablespoonsful of cocoa). Sieve together the flour, salt, baking powder and chocolate or cocoa, make a well in the centre, drop in the beaten egg and melted margarine, with the flavouring. Stir gently, and add the milk. Beat lightly until smooth, put into two well-greased and lined sandwich-tins, and bake in a moderate oven (375 deg. F.) for 30 to 35 minutes. Cool on a wire tray, and ice with chocolate butter icing.

## Shortbread (1)

By "Housekeeper"

**A** FINTONA reader asks for some shortbread recipes, with advice on the ovening and the usual thickness of the paste. Shortbread is usually made in a round  $\frac{1}{2}$ - $\frac{3}{4}$  inch thick, the edges decorated with the fingers, and the centre well pricked and marked into sections before baking. It is then cooked in a slow oven (325–350 deg. F) for 1-1 $\frac{1}{2}$  hours, until the shortbread is crisp but still pale in colour. Traditional shortbread is, of course, made with butter, but margarine gives excellent results. I find that a mixture of semolina or ground rice and flour—or of all three—gives a crisper biscuit with a more open texture than if flour alone is used. A few drops of vanilla, almond or lemon essence may be added to give a good flavour.

Ingredients—8 oz. plain flour, 5 oz. butter or margarine, 3 oz. sugar, a few strips of lemon peel, and a pinch of salt. Sieve the flour with the salt, and have the margarine at room temperature so that it can be easily handled. Mix the sugar with the flour, rub in the margarine, and work together with the hands until the mixture is formed into a ball. Roll out on a lightly-floured board into a round  $\frac{3}{4}$ -inch thick, and free from cracks. Pinch up the edges between the finger and thumb, prick the centre well with a fork, and mark into sections, but do not cut. Put the strips of thinly-cut lemon peel in the centre, pressing well into the surface. Bake in a cool oven (325–350 deg. F) for  $\frac{1}{2}$ -hour or longer, until the biscuit is crisp and cooked through, but do not allow to brown. Cool on a wire tray, and cut or break into fingers when cold. Dust with fine sugar, and store in an airtight tin until required.

## COOKERY HINTS

## Chocolate Cakes (2)

By "Housekeeper"

**A** CHOCOLATE cake can easily be made from a favourite sponge cake recipe by adding two tablespoonsful of chocolate powder, sieved with the flour, and a few drops of vanilla essence. Here to-day are recipes for economical chocolate cakes.

Chocolate Cake (1)—2 cupsful of flour, 3 tablespoonsful of cocoa (or 2 oz. grated dark chocolate),  $\frac{1}{2}$  teaspoonful baking soda,  $\frac{1}{2}$  teaspoonful baking powder, a pinch of salt, 1 cupful milk, 4 oz. margarine, 4 tablespoonsful of syrup, and 1 teaspoonful vanilla essence. Sieve together the dry ingredients, melt the margarine with the syrup and milk, and add the vanilla. Cool until lukewarm, and pour into a well in the centre of the dry ingredients. A well-beaten egg can be added at this stage. Beat the mixture only until smooth, and pour into two well-greased and lined sandwich-tins. Bake in a moderate oven (350 deg. F.) for 40 to 45 minutes. Cool on a wire tray, and sandwich together with a suitable icing.

Chocolate Cake (2)—6 oz. flour, 1 teaspoonful baking powder, a pinch of salt, 2 tablespoonsful of cocoa, 4 oz. margarine, 5 tablespoonsful of sweetened condensed milk, 1 egg, and 1 teaspoonful vanilla essence. Beat the margarine to a cream, and add the condensed milk gradually, then the beaten egg. Fold in the flavouring and the sieved dry ingredients. Mix until smooth, and put into a greased and lined cake-tin. Bake in a moderate oven (350 deg. F.) until cooked through, reducing the heat slightly after the first half hour. Two or three oz. coconut, a few chopped walnuts, and  $\frac{1}{2}$  teaspoonful mixed spice may be added to this cake.

Chocolate Cake (3)—Cream 2 oz. margarine and 2 oz. sugar. Beat in an egg, then 2 dessertspoonsful of cocoa, blended to a paste with cold water. Sieve together 6 oz. flour,  $\frac{1}{2}$  teaspoonful of baking soda, and a pinch of salt. Add alternately to the creamed fat with  $\frac{1}{2}$  cupful of mixed treacle and syrup, warmed with  $\frac{1}{2}$  cupful of milk. Bake in two greased tins in a moderate oven for 35 to 45 minutes.

31 Thursda

1 Friday

2 Saturda

3 Sunda



• Have you ever eaten shish kebab? It's wonderful for outdoor cooking and, broiled to crisp tenderness over red-hot coals, it's a whole meal-on-a-skewer, full of exciting flavors. Chunks of lamb or beef are speared on the skewer and alternate with tomato wedges, mushrooms, pieces of green pepper and onion. You can leave out the mushrooms and green pepper if you like and for a change some outdoor chefs slip in thin squares of bacon. Letting the meat stand in a spicy vinegar marinade for several hours gives it extra flavor and juiciness.

Another version of this outdoor favorite is to use quarters of frankfurters or squares of luncheon meat instead of beef or lamb. These need only stay in the marinade an hour or two or, if you are in a hurry, just brush them with salad oil.

FOR SKEWERS use one of the several kinds of metal ones designed especially for shish kebab. Or make your own, camping style, from strong green branches about one-quarter-inch thick, sharpened at one end. If you have skewers small enough to fit into the broiler of your kitchen range you can serve shish kebab all year round. Lay the filled skewers across a shallow roasting pan and broil slowly, turning and basting as they cook.

#### TO SERVE SIX YOU'LL NEED

Boneless lean meat—lamb shoulder or leg, beef chuck or sirloin, 2 pounds

Firm tomatoes, 3 medium

Green peppers, 2

Fresh mushrooms,  $\frac{3}{4}$  pound

Onions, 2 medium or 1 large

To use frankfurters or luncheon meat allow  $1\frac{1}{2}$  pounds frankfurters or 2 cans luncheon meat.

#### HOW TO MAKE THE MARINADE

Bay leaves, 2

Whole black peppers, 6

Vinegar,  $\frac{3}{4}$  cup

Water,  $\frac{1}{3}$  cup

Sugar,  $1\frac{1}{2}$  teaspoons

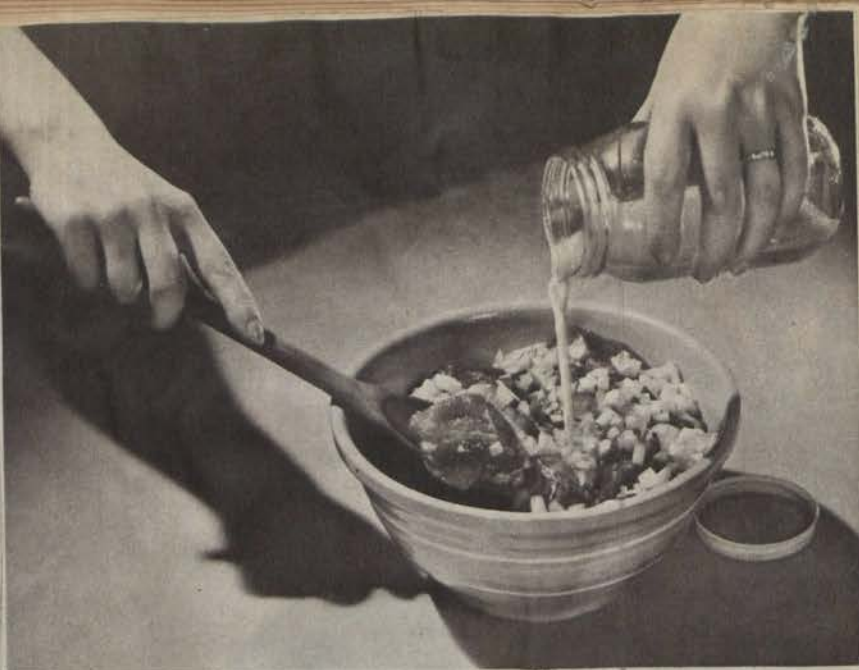
Salad or olive oil,

3 tablespoons

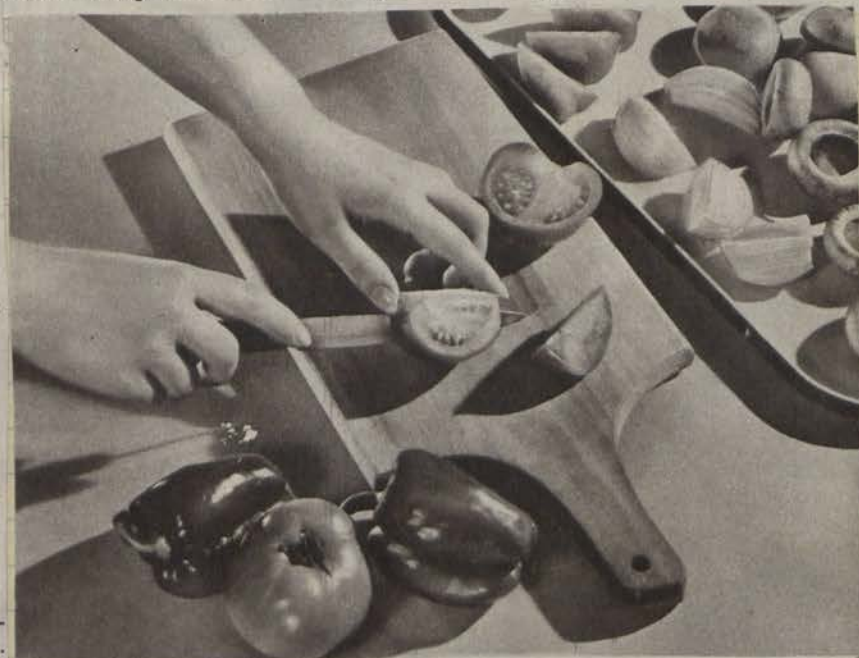
Onions, chopped,  $\frac{1}{2}$  cup

Garlic, minced, 1 clove

Crumble bay leaves and crush whole black peppers; combine with vinegar, water and sugar in small saucepan. Bring to boil, boil slowly 3 to 4 minutes. Cool and pour into pint jar with the oil. Shake well before using. Add onions and garlic as directed in Step 1.

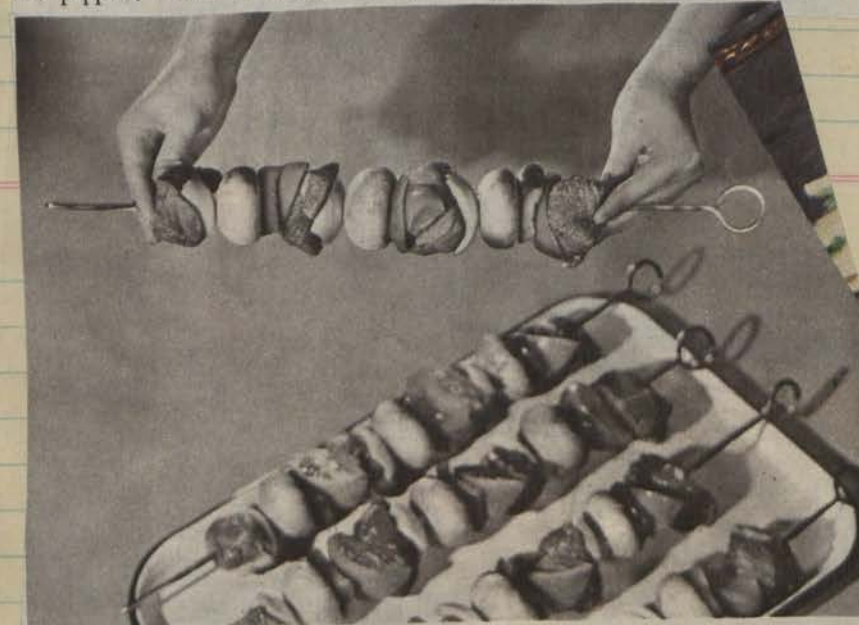


1 Cut beef or lamb into  $1\frac{1}{2}$ -inch cubes and place in 2-quart bowl. Sprinkle chopped onions and minced garlic over meat, then pour on the marinade and stir well. Cover, let stand in refrigerator 3 or 4 hours (longer won't hurt it); give the meat an occasional stir.



2 Next step is to prepare the vegetables. Wash mushrooms quickly in cold water; dry with cloth; remove stems. Peel onions, quarter, ready to separate into layers. Wash tomatoes and peppers; cut tomatoes into 6 wedges each, pepper shells into  $1\frac{1}{2}$ -inch squares.

6 Wednesday



4 Making the shish kebabs can be part of the outdoor fun if you like. Get vegetables ready ahead of time and store them covered in refrigerator; then let everyone do his own spearing. Press filled skewers at ends so all will fit together tightly; then brush with marinade.



## Scotch Eggs

By "Housekeeper"

**W**HEN eggs again become more plentiful, Scotch eggs can be made; but in the meantime imitation Scotch eggs make a pleasant change. Use sausage meat, or a mixture of sausage meat and minced beef if preferred for the centres.

Imitation Scotch Eggs— $\frac{1}{2}$  lb. sausage meat, 1 lb. mashed potatoes, 1 tablespoonful flour, 1 beaten egg, breadcrumbs, salt and pepper. Flour the hands lightly, and roll the sausage meat into the shape of small eggs. Fry them lightly in dripping, turning them carefully with a spoon to avoid breaking them. Mash the potatoes thoroughly, and season well. Cover the sausage eggs with a  $\frac{1}{2}$ -inch layer of potato, roll them in seasoned flour, then dip in the beaten egg, and roll in fine dry breadcrumbs, pressing the breadcrumbs well in, and shaking off any surplus. Fry in hot fat until they are golden brown. Cut in halves, and serve with chipped potatoes or sauté potatoes (potatoes which have been boiled, cooled, sliced and fried in dripping until crisp and brown) and tomato sauce.

Scotch Eggs—Four or five hard-boiled eggs, 1 tablespoonful of flour,  $\frac{1}{2}$  lb. sausage meat, a little beaten egg, breadcrumbs, salt and pepper, and a dash of sharp sauce. Boil the eggs for 10 minutes, drop them into cold water, and remove the shells. Season the flour lightly, and roll the eggs in the seasoned flour. Divide the sausage meat into portions, one for each egg, and roll a portion around each egg. Roll these in flour, dip them in beaten egg, and roll in breadcrumbs. Fry in deep fat until golden brown, cut in halves, and serve hot or cold with chipped or mashed potatoes and pickled beetroot.

## COOKERY HINTS

### Pigs' Feet Recipes

By "Housekeeper"

**P**IGS feet can be used to make a satisfying meal. They can be cooked and served as they are, or have all the bones and skin removed, and be served in a good sauce.

Stewed Pigs Feet—Wash four pigs' feet thoroughly, soak in cold water for an hour, and rinse. Blanch, by putting into a saucepan with cold water, bringing rapidly to the boil and then dropping into cold water or rinsing under cold water. Now take the pigs' feet, and put on with fresh cold water, bring to the boil, and simmer gently for  $1\frac{1}{2}$  hours. Add 2 large onions, thickly sliced, and 2 or 3 carrots cut in rings, with a stick of celery, and a piece each of turnip and parsnip. Simmer for a further  $1\frac{1}{2}$  hours, then taste the liquid, and add whatever seasoning is necessary, together with a pinch of mace. Drop in suet dumplings, and cook for a further 20 to 30 minutes, until the dumplings are tender. Arrange the meat, vegetables and dumplings on a deep dish, pour some of the liquid over them, and serve the remainder in a jug. If preferred, when putting the dumplings into the stew, remove the pigs' feet, skin them take out the bones and gristle, cut the meat into neat pieces, and put back into the stew.

Dumplings—Mix together  $\frac{1}{2}$  lb. flour, 1 teaspoonful baking powder,  $\frac{1}{2}$  teaspoonful salt, a pinch of pepper, a tablespoonful of chopped parsley, a dash of shredded onion, if liked, and 2 oz. chopped suet. Mix to an elastic dough with water, shape into balls the size of a walnut, and drop into the stew, making sure that it is at boiling point, and that it continues at a rapid simmering point while the dumplings are cooking. Add more boiling water to the stew if there does not appear to be sufficient liquid to cook the dumplings.

If preferred the vegetables used in this dish may be cut into dice, and 2 tablespoonfuls of barley added. When cooked, lift out the pigs' feet, and serve the remainder of the "stew" as broth. Cut the flesh from the pigs' feet and serve in parsley sauce, with boiled carrots, or stewed tomatoes, and potatoes boiled in their jackets.

## COOKERY HINTS

### Liver pate

By "Housekeeper"

**L**IVER Paté is a palatable and digestible way of serving liver, especially for those who find the flavour of liver slightly strong. Any variety of liver can be used—beef, lamb, or pig; or a mixture of these. The liver (about  $\frac{1}{2}$  lb.) should be well washed, soaked in fresh cold water for half an hour; then rinsed, dried and any gristle removed. Mince half a small onion and put in a saucepan, with a nut of melted fat to cook slowly, so that it will not brown. Mince the liver fairly finely, and add  $\frac{1}{2}$  teaspoonful each of sage, thyme and marjoram if fresh herbs are available; or a small pinch each of the dried herbs. Add  $\frac{1}{2}$  teaspoonful of salt,  $\frac{1}{2}$  teaspoonful of mace, and a dusting of pepper, preferably cayenne. Beat in the fried onion and the fat, and put into a small well-greased basin; cover with a greased paper, and steam for an hour. Serve hot, with vegetables and gravy, or cold with a salad, turning the paté out in the centre of the serving dish, and surrounding it with the vegetables.

The uncooked mixture can be put into a greased and bread-crumbed pie-dish, and baked in a moderately hot oven for 30 or 35 minutes. The cooked paté can be diced and mixed with vegetables as a filling for meat pasties. Put 2 or 3 tablespoonfuls of the meat and vegetable mixture in the centre of a square of pastry, damp the edges, fold over into triangles, press the edges well together, and set upright on a baking sheet, using the long edge as a base. Bake for 20 to 25 minutes in a hot oven. The cold paté can be thinly sliced and used as a sandwich-filling, with chopped pickles for additional flavour.

## COOKERY HINTS

### Vanilla slices

"By Housekeeper"

**A**BELFAST reader asks for "a recipe for Vanilla Slices in which the icing is applied before baking." My recipe for vanilla slices does not follow this procedure; but pastry slices made in this way require very little in the way of a recipe, as they simply consist of puff or rough-puff pastry rolled out slightly less than  $\frac{1}{2}$ -inch thick, and cut into fingers. Each piece of pastry is iced with a rather thick glaze icing, flavoured generously with vanilla essence, and then baked in a hot oven (450-475 deg. F) for 10 or 12 minutes, until well risen and crisp. The pastry slices can be served as they are, or in the same way as vanilla slices given below. Another refinement is to scatter the glaze icing with peeled and chopped almonds before baking.

For the glaze icing use 2 tablespoonfuls of sieved icing sugar, blended to a soft paste with hot water, and flavoured to taste. Spread over the pastry. (This amount should cover  $\frac{1}{2}$  lb. of pastry.)

Vanilla slices—Flaky pastry made from 6 oz. flour,  $\frac{1}{2}$  oz. fat (preferably lard and margarine mixed),  $\frac{1}{2}$  teaspoonful of baking powder, a pinch of salt, and cold water to mix. Custard, made from 2 oz. margarine,  $1\frac{1}{2}$  oz. flour,  $1\frac{1}{2}$  gills of milk, 1 egg yolk, sugar,  $\frac{1}{2}$  gill "cream," and vanilla or rum essence. The cream may be from the top of the milk bottles, or be condensed milk. Glaze icing as above. Roll the pastry out very thinly, divide into two equal portions, and lay on a tin sprinkled with water. Mark into  $2\frac{1}{2}$  inch square, and bake in a hot oven (450 deg. F) until well risen and cooked through. Cut into squares. When cold, sandwich two squares together with custard, and coat with glaze icing. To make the custard, make a thick sauce with the margarine, sugar and milk, and cook it thoroughly. Cool slightly, add the beaten egg yolk, sweeten with sugar, and flavour to taste. Allow to cool, stir in the cream, and use as directed.

Note.—Directions for the different varieties of pastry will be given next week.

## Vegetable Casserole

By "Housekeeper"

**A**N American friend has sent me recipes for two of her favourite vegetable casseroles which she serves frequently, finding that the cost of meat of reasonable quality is prohibitive in New York.

Carrot and Rice Casserole— $1\frac{1}{2}$  cupful of shredded raw carrot, 1 tablespoonful of minced or chopped onion, a cupful of cooked rice, a cupful of grated hard cheese, 2 eggs,  $\frac{1}{2}$  teaspoonful of salt, and a good pinch of pepper. Boil one-third of a cupful of rice until tender, in slightly salted boiling water, for 20 minutes, when it should measure a cupful. Add the carrot, onion, cheese and seasoning. Stir in the well-beaten eggs, and bake in a moderate oven in a covered casserole, for 20 to 25 minutes. Serve with a cream sauce. Make a plain white sauce, using rather less than the usual amount of milk, and beat in a few flakes of butter and 2 to 3 tablespoonfuls of cream from the top of the milk bottle.

Vegetable Casserole—Two cupful of cooked cabbage, 1 cupful of sliced cooked carrots, 1 cupful sliced boiled potatoes,  $\frac{1}{2}$  cupful cooked peas, a cupful of white sauce and  $\frac{1}{2}$  cupful of finely-grated cheese. Stir the cheese into the sauce, and put the vegetables in layers in a casserole. Cover with the sauce, and sprinkle breadcrumbs on top. Dot with margarine, and bake in a moderate oven (350 deg. F), covered, for 25 minutes, and uncovered for 15 minutes. Serve hot.

Cherry Pudding—Sieve together 6 oz. flour, 1 teaspoonful of baking powder and a pinch of salt. Drain the juice from a tin or bottle of unsweetened cherries, and add the cherries to the flour mixture, with a scant 3 oz. sugar. Add  $\frac{1}{2}$  cupful of milk and 2 tablespoonfuls of malted margarine. Bake in a greased casserole in a moderately hot oven for 30 to 35 minutes, and serve hot with custard or cherry sauce. Make up the cherry juice to 2 cupful, sweeten, and thicken with a good tablespoonful of corn-flour. Add 6 to 8 chopped marshmallows, and cook until thick.

## COOKERY HINTS

### Economical Cakes

"By Housekeeper"

**A**READER suggests that some recipes for eggless cakes, or for cakes requiring only one egg, would be appropriate. Eggless cakes and those which economise in the use of margarine or sugar (except by the substitution of oil for margarine) should not be expected to have the same texture, but the flavour is usually excellent.

Ginger Sponge—2 cupful of wheatmeal flour, 1 cupful sugar, 4 oz. fat (preferably half lard and margarine), 1 teaspoonful ground ginger,  $\frac{1}{2}$  teaspoonful salt,  $\frac{1}{2}$  teaspoonful baking soda, 3 teaspoonful golden syrup, and 1 cupful hot milk. Mix all the dry ingredients together in a bowl, rub in the fat very thoroughly, and mix with the beaten egg and milk, beating until the batter is quite smooth. Put into two greased and lined sandwich-tins, and bake in a moderate oven (400 deg. F.) for 35 to 40 minutes.

Boiled Fruit Cake—3 oz. fat, 5 oz. brown sugar,  $\frac{1}{2}$  pint water, 6 oz. mixed dried fruit (including chopped dates, figs, apple rings and chopped orange and lemon peel), 8 oz. flour, 1 teaspoonful baking powder,  $\frac{1}{2}$  teaspoonful mixed spice, a dash of grated nutmeg,  $\frac{1}{2}$  teaspoonful salt and  $\frac{1}{2}$  teaspoonful baking soda. Grease and line a small cake-tin. Put the water, fat, sugar and chopped fruit into a saucepan, bring to the boil, and simmer for 10 minutes, then cool. Sieve together the dry ingredients, stir into the fruit mixture, pour into the prepared tin, and bake in a moderate oven (350 deg. F.) for 1 to  $1\frac{1}{2}$  hours.

Answer to Query.—To make cream from dried milk, blend 2 heaped tablespoonfuls of dried milk with  $\frac{1}{2}$  pint water. Whisk until thick, and add 2 teaspoonfuls of sugar, and a few drops of lemon juice or vanilla essence as flavouring.

7 Thu

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5 For the broiling you'll need a good bed of hot glowing coals in your outdoor fireplace or grill so start the fire of charcoal or hardwood in plenty of time to let flames die down. You should have a long stout green stick with several folds of cheesecloth tied securely on one end (see picture) to use for swishing on the marinade with safety. Now set the skewers over the hot fire and broil until the meat is cooked to suit your taste; turn several times so that it will brown evenly on all sides. Baste the kebabs frequently with the marinade as they cook. Sprinkle with salt and push meat and vegetables from skewers onto serving plates with fork.

3 To fill skewers: drain marinade from meat and keep for basting. Slide a piece of meat on skewer, then pieces of tomato, green pepper, a whole mushroom, a layer of onion. Continue to alternate the meat and vegetables in this order, ending with cube of meat.



### POTATOES WITH WATER CRESS AND COTTAGE CHEESE

Creamed cottage cheese,  $\frac{1}{2}$  cup  
Chives, chopped, 2 teaspoons  
Salt, 1 teaspoon  
Water cress or fresh spinach, chopped fine, 1 cup

Salad dressing, mayonnaise or  
mayonnaise-type,  $\frac{1}{2}$  cup  
Potatoes, sliced thin, 3 cups

Combine cottage cheese, chives, salt and salad dressing in bowl; mix well. Add potatoes and water cress or spinach; toss lightly. Chill for 30 minutes or more. Makes 4 to 6 servings.

### POTATO SALAD, COUNTRY STYLE

Potatoes, sliced thin, 2 cups  
Beets, cooked, sliced,  $\frac{1}{2}$  cup  
Raw cauliflower, sliced thin,  
1 cup  
Scallions, sliced, 2 tablespoons

French dressing, 2 tablespoons  
Lemon juice, fresh, canned or  
frozen, 1 teaspoon  
Salt, 1 teaspoon  
Sour cream,  $\frac{1}{4}$  cup

Combine potatoes, beets, cauliflower, scallions, French dressing, lemon juice and salt in bowl; toss lightly. Chill for several hours. Just before serving, add sour cream; mix lightly. Makes 4 to 6 servings.

### CHEF'S VERSION

French dressing, 3 tablespoons  
Prepared mustard, 1 teaspoon  
Salt,  $\frac{1}{2}$  teaspoon  
Garlic clove,  $\frac{1}{2}$   
Salad greens, torn in small  
pieces, 3 cups

Potatoes, sliced thin, 2 cups  
Tomatoes, 2 medium  
Luncheon meat, cut in thin  
strips, 1 cup  
Swiss cheese, cut in thin  
strips,  $\frac{1}{2}$  cup

Combine French dressing, mustard, salt and garlic clove in small jar; cover and shake well. Place salad greens in salad bowl. Cut potato slices into fourths and tomatoes lengthwise into thin wedges. Heap potato slices in center of greens; surround with mounds of tomato slices, meat and cheese. Shake dressing again; remove garlic clove and pour over potatoes. To serve toss all together lightly. Makes 6 servings.

### POTATO SALAD

(Basic Recipe)

Potatoes, cut in  $\frac{1}{2}$ -inch  
cubes, 3 cups  
Celery, chopped,  $\frac{1}{2}$  cup  
Onion, chopped fine,  
3 tablespoons

Salad oil, 2 tablespoons  
Vinegar, 2 tablespoons  
Salt, 1 teaspoon  
Salad dressing, mayonnaise or  
mayonnaise-type,  $\frac{1}{4}$  cup  
Lettuce

Place potatoes, celery and onion in bowl. Combine salad oil, vinegar and salt; pour over potatoes. Toss lightly with fork until well mixed; chill for several hours. Just before serving add salad dressing; mix gently with fork until potatoes are thoroughly coated. Serve in lettuce-lined bowl with extra salad dressing for those who'd like more. Makes 4 to 6 servings.

### Five Tasty Variations:

**Parsley:** Add  $\frac{1}{3}$  cup chopped parsley to the potatoes along with the celery and onion.

**Celery Seed:** Add 1 tablespoon celery seeds to the potatoes with the celery and onion.

**Cucumber-Egg:** Add 1 cup diced cucumber and 2 chopped hard-cooked eggs to the potato-celery mixture before combining with salad dressing.

**Spicy Tomato:** Add 1 cup cooked peas to the potatoes with celery and onion. Combine 3 tablespoons tomato sauce and 2 tablespoons salad dressing; use in place of plain salad dressing.

**Mexican:** Use 2 cups potatoes and add 1 cup whole kernel canned fresh-cooked corn,  $\frac{1}{2}$  cup chopped green pepper and  $\frac{1}{8}$  teaspoon of powder with celery and onion. Add 2 tablespoons chopped pimiento before combining mixture with salad dressing.

FOR ALL YOUR PRINTING AND STATIONERY



## Wholemeal Cakes

"By Housekeeper"

**W**HOLEMEAL flour (not wheaten meal, but the wholemeal which is finely ground, and can usually be obtained in the larger groceries or in vegetarian shops) can be used to make rich but economical cakes.

Wholemeal Cake (1)—4 oz. wholemeal, 1 oz. sugar, 1 oz. margarine,  $\frac{1}{2}$  teaspoonful mixed spice or ginger, 1 teaspoonful baking powder,  $\frac{1}{2}$  teaspoonful salt, 2 oz. dried fruit or chopped dates, and milk to mix. Grease and line a small sandwich tin. Beat the fat and sugar to a cream, and stir in the dry ingredients alternatively with sufficient milk to make a slack dough, adding the baking powder and the fruit mixed with the last spoonful of flour. Pour into the prepared tin, and bake in a moderately hot oven (425 deg. F.) for 25 to 30 minutes.

Wholemeal Cake (2)—1 cupful sugar,  $\frac{1}{2}$  cupful treacle or syrup,  $\frac{1}{2}$  cupful milk,  $\frac{1}{2}$  cupful made coffee,  $\frac{1}{2}$  cupsful wholemeal flour,  $\frac{1}{2}$  cupful plain flour, 2 teaspoonfuls baking powder,  $\frac{1}{2}$  teaspoonful salt,  $\frac{1}{2}$  teaspoonful cinnamon, a pinch each of ground mace, nutmeg, cloves and allspice, and 1 lb. raisins or finely chopped dates. Measure  $\frac{1}{2}$  cupful of strong black coffee and leave it to become quite cold. Grease and line 2 fairly large sandwich tins, and chop the raisins or dates. Mix the sugar, treacle, milk and coffee until smoothly blended. Measure, mix the wholemeal and plain flour, and divide into two parts. Mix half with the raisins, and the remainder with the dry ingredients. To this portion of the flour add the mixed sugar, treacle, milk and coffee, and stir well. Fold in the floured fruit, and pour into the prepared tins. Bake in a moderately hot oven (425 deg. F.) for the first 10 minutes; then reduce the heat to moderate (375 deg. F.), and cook for a further 50 minutes.

When buttermilk is obtainable, use it instead of sweet milk, and use  $\frac{1}{2}$  teaspoonful of baking soda instead of the baking powder.

**T**HE secret of making crumbly short crust pastry lies in the use of a mixture of lard and margarine, and in the thorough rubbing-in of these fats, in using the smallest possible amount of water, in light quick handling, and in correct ovening. Recently I have been experimenting with an American suggestion for pastry-making, using the short crust method, and between 5 and 6 oz. of margarine to the  $\frac{1}{2}$  lb. flour, but only rubbing in the fat partially, so that there are pieces rather smaller than a pea. The mixture is moistened, kneaded and rolled out as usual, but requires a slightly hotter oven, between 425 and 450 deg. F. than for the normal short crust. The result is a crisp, almost flaky, texture in the pastry, good for savoury pies or apple tarts.

Sweet short crust is frequently used, both for fruit tarts and flan and small tartlets. The ingredients are 8 oz. flour, 5 oz. mixed lard and margarine, 1 oz. sugar, a pinch of salt, 1 teaspoonful baking powder, 1 egg, or yolk, if available, and water to mix. Beat the margarine and sugar to a soft cream; then work in the sieved dry ingredients, using the beaten egg, or yolk, or cold water, to mix to a stiff dough. Roll out and use as required.

For a flan, roll out  $\frac{1}{2}$  inch thick, press into a flan-ring set on a greased baking-tray, or into a sandwich-tin, prick well with a fork, put a greased paper on top of the pastry, pressing it lightly into the corners, and if possible, fill with baking beans, or crusts, to prevent the pastry from rising in the centre. Bake in a moderately hot oven (425 deg. F.) for about 20 minutes, until set; then remove the filling and paper, and return to the oven, to crisp the centre of the pastry. Fill while hot, or allow to cool, and store in an airtight tin until required.

Pastry cases or tartlets, are cut out with a fluted pastry-cutter, thoroughly pricked, and baked "blind"—i.e., without a filling, in patty-tins, in a moderately hot oven, for 10 to 15 minutes. When cold, store in an airtight tin, and fill when required.

## More Economical Cakes

"By Housekeeper"

**T**O-DAY'S first recipe, for a spice loaf, is Canadian in origin, and may be made into gingerbread by varying the proportions of the spices used. The currants and coconut may be omitted, or dates substituted for the currants.

Ingredients—6 oz. brown sugar, 1 cupful cold water, 4 oz. fat,  $\frac{1}{2}$  teaspoonful salt,  $\frac{1}{2}$  teaspoonful nutmeg, 1 teaspoonful cinnamon, 1 teaspoonful ginger, 8 oz. flour,  $\frac{1}{2}$  teaspoonful baking powder,  $\frac{1}{2}$  teaspoonful baking soda, 4 oz. currants, and 3 oz. coconut. Boil together the water, sugar, fat, salt, nutmeg, cinnamon, ginger, currants and coconut for about three minutes. Allow to cool before stirring in the sieved flour, baking soda, and baking powder. Put into two greased and lined sandwich-tins, and bake in a moderately hot oven (400 deg. F.) for 30 to 35 minutes. Allow to stand for 24 hours before cutting.

Crisp Nut Cake—8 oz. flour, 1 teaspoonful baking powder,  $\frac{1}{2}$  teaspoonful salt, 2 $\frac{1}{2}$  oz. fat, 6 oz. brown sugar, 1 egg, a scant cupful of milk, and a teaspoonful of vanilla essence. Sieve the flour salt and baking powder. Cream the fat and sugar and beat in the egg. Stir in the sieved dry ingredients alternatively with the milk, add the flavouring, and put into a greased and lined cake-tin. Bake in a moderately hot oven (400 deg. F.) for 40 to 45 minutes, until cooked through. Then put on the icing. Sprinkle with chopped nuts or cornflakes, and return to the oven for five minutes. Allow to cool before removing from the tin.

Crisp Icing—Mix together 3 oz. melted fat, 3 oz. brown sugar, a tablespoonful of flour, and a tablespoonful of warm water. Spoon on top of the cake, hot from the oven, and sprinkle with  $\frac{1}{2}$  cupful of chopped nuts.

## Flaky Pastry

"By Housekeeper"

**T**HE term "flaky pastry" includes rough puff and puff pastry as well as flaky itself. The fat is rolled into the dough, and the pastry should rise evenly, so that it must be rolled evenly. Many people apply more pressure on the rolling-pin with the right hand than with the left, and care must be taken to avoid this. After the fourth or fifth rolling, bubbles of air will be seen on the surface of the pastry, and care must be taken to avoid bursting these. When the pastry is folded, the edges should be well pressed together with the rolling-pin, this will imprison air between the layers of pastry, and this is what makes the pastry light and flaky.

Never beat flaky pastry with the rolling-pin, nor pound it heavily in an effort to hurry on the rolling. Set the pastry aside between each rolling at least for a few minutes, to allow it to cool. It will then be more easily handled, and will be lighter when baked. Bake in a hot oven.

To make flaky pastry used for mince pies, tarts, meat pies, fish envelope, and sausage rolls, to each half-pound of flour allow 4 to 6 oz. mixed fat, half lard and margarine, a pinch of salt, and cold water to mix. Sieve the flour and salt together, mix the lard and margarine, and divide in four. Rub one-fourth into the flour, and add sufficient cold water to mix to a stiff elastic dough, adding a squeeze of lemon juice if available. Knead the dough lightly on a floured board, and roll into an oblong about 5 to 7 inches wide. Dot two-thirds of the length of the oblong with one of the pieces of fat, distributing it in flakes or small nuts. Fold in three, folding up the portion free from fat, so that it lies between the two layers of fat. Give a half turn to the left, and set aside in a cool place. Press the edges together. Roll out and fold either three or five times in all, and use as required, baking in a hot oven (450-475 deg. F.).

## Short Pastry

"By Housekeeper"

**T**HERE have been several queries recently on the subject of the different pastries, so here are some hints which may prove useful. The most frequently used pastry, and most economical, is short crust. You may use from 3 to 6 oz. fat to 8 oz. flour for this pastry, with  $\frac{1}{2}$  teaspoonful of salt, 1 teaspoonful of baking powder and sufficient cold water to give a stiff dough. Really short "melt-in-the-mouth" pastry cannot be achieved with less than 4 oz. fat, and preferably a mixture of lard or shortening and margarine.

The flour used for pastry must be dry; damp flour, or flour which has been stored in a damp place, will give a heavy pastry. It should be sieved at least once with the salt and baking powder. When using more than 4 oz. fat, the amount of baking powder can be reduced. Too much baking powder appears to give a surface crispness to the pastry, and in some cases can make it tough. Cut and rub the margarine into the flour, using a knife first, and then the finger-tips, and lifting the mixture into the air as it is being worked, to help to lighten the pastry. Keep the bowl and the hands cold; should the fat become oily the pastry will be tough and heavy. Work until the mixture resembles very fine breadcrumbs, then add sufficient water, a little at a time, to make a very stiff dough. Too much water will make a hard brittle crust. Knead the dough lightly on a floured baking-board, using the finger-tips and keeping it as cool as possible. Roll out to the required shape and thickness, and bake in a hot oven (425 deg. F.), usually for 20 to 30 minutes, depending on the thickness of the pastry, and the contents of the tin.

## Puff pastry

"By Housekeeper"

**R**OUGH puff and puff pastry are almost interchangeable, though naturally the latter, being the richer, rises more, and is more flaky. Speaking personally, I also find it the more difficult to make successfully. It should be made with unsalted butter or pastry margarine to get good results.

Rough puff pastry (for meat pies, eccles cakes or banbury tarts)—To each half pound of flour allow 4 to 6 oz. fat, a pinch of salt and a dash of lemon juice, with cold water to mix. If it is required for vol-au-vent cases, up to 8 oz. fat may be used. Sieve the flour and salt several times, and cut the fat into pieces the size of a hazel nut. Mix to a stiff elastic dough with cold water and lemon juice. Knead lightly on a floured board, roll out into an oblong, 5 to 7 inches wide, fold in three, and set aside to chill. Press the edges well together, turn, and roll out again. Fold and set aside. Before the final rolling this pastry may be allowed to stand over-night. Roll 5 or 7 times in all, rolling to the required thickness the last time. Bake in a very hot oven (470-500 deg. F.) until the pastry has coloured and set, then reduce the heat, and allow to cook through. The actual time required will depend on the thickness of the pastry and of the filling used.

Puff pastry—To each half pound of flour allow  $\frac{1}{2}$  lb. fat, a pinch of salt, a dash of lemon juice, and cold water to mix. Wash the salt out of the butter or margarine under the cold tap, kneading and squeezing it to give a soft malleable consistency. Dry to remove the water. Rub a nut of butter into the sieved flour and salt, and add sufficient water, with the lemon juice, to give a stiff elastic dough. Knead lightly on a floured board, and roll out into an oblong. Place the cake of butter, which has been worked into a flattish oblong, in the centre, and fold the dough over it, in three. Press the edges well together, and roll out. Fold in three, and continue in this way, folding and rolling 7 or 9 times in all, setting it aside in a cool place for at least 15 minutes between each rolling. Bake in a very hot oven (470-500 deg. F.) for the first 5 or 7 minutes; then reduce the heat, and allow to cook through.





"A gift you bake is a gift from the heart" says Betty Crocker

**Betty Crocker**

**CHERRY CORDIAL CHIFFON CAKE**

MAKE ONLY WITH SOFTASILK

Preheat oven (see pan sizes and corresponding temperatures below). Sift an ample amount of SOFTASILK CAKE FLOUR onto a square of paper. Chop nuts *very* fine; slice and chop well drained maraschino cherries *very* fine (see quantities below).

**STEP 1** . . . Measure (level measurements thruout) and SIFT together into mixing bowl:

- 2 1/4 cups sifted SOFTASILK Cake Flour (spoon lightly into cup, don't pack)
- 1 1/2 cups sugar
- 3 tsp. baking powder
- 1 tsp. salt

Make a well and add in order:

- 1/2 cup cooking (salad) oil, such as Wesson
- 5 unbeaten egg yolks (medium-sized)
- 1/4 cup maraschino cherry juice
- 1/2 cup cold water
- 1 tsp. vanilla

Beat until smooth with spoon or beat with electric mixer on medium speed for 1 minute.

**STEP 2** . . . Measure into large mixing bowl:

- 1 cup egg whites (7 or 8)
- 1/2 tsp. cream of tartar

Beat until whites form *very stiff* peaks by hand or with electric mixer on high speed for 3 to 5 minutes. DO NOT UNDERBEAT. Egg whites are stiff enough when a rubber scraper drawn through them leaves a clean path.

**STEP 3** . . . Pour egg yolk mixture gradually over beaten egg whites—*gently* folding with rubber scraper *just* until blended. DO NOT STIR.

Mix together:

- \*1/2 cup very thinly sliced and finely chopped well drained maraschino cherries
- 1/2 cup very finely chopped nuts

Sprinkle over top of batter *gently* folding in with a few strokes. Pour into *ungreased* pan immediately.

**Bake:** Tube pan, 10 x 4-in.—325° (slow moderate oven)—65 to 70 minutes; oblong pan, 13 x 9 1/2 x 2-in.—350° (mod. oven)—45 to 50 minutes . . . or until top springs back when *lightly* touched.

**Immediately** turn pan upside down, placing tube part over neck of funnel or bottle, or resting edges of oblong pan on 2 other pans. Let hang, free of table, until cold. Loosen from sides and tube with spatula. Turn pan over and hit edge sharply on table to loosen. Frost with White Mountain Icing.

**\*CAUTION:** Cherries must be very well drained and very finely chopped or they will sink to the bottom.

**WHITE MOUNTAIN ICING**

Stir until well blended in a small saucepan 1/2 cup sugar, 1/4 cup white corn syrup, 2 tbsp. water. Boil rapidly to 242° (mixture spins a 6 to 8-in. thread or a few drops form a firm ball when dropped into cold water). When mixture begins to boil, start beating 1/4 cup egg whites (2 small). Beat until stiff enough to hold a peak. Pour hot syrup slowly in a thin steady stream into beaten egg whites, beating constantly with electric or rotary beater until mixture stands in *very stiff* peaks. Blend in 1 tsp. vanilla.



## Lemon meringue pie

"By Housekeeper"

**A** BELFAST reader, "Margaret," asks for a recipe for a lemon meringue tart with a soft filling, saying that the recipe she uses sets stiffly when cold. If it is otherwise satisfactory she could reduce the amount of cornflour used to make the filling less stiff.

The usual lemon meringue recipe is—The grated rind and juice of a lemon, 2 eggs,  $\frac{1}{2}$  lb. sugar, 1 tablespoonful cornflour, a pinch of salt and  $\frac{1}{2}$  pint of water. Pastry or crumb flan, made from 4 to 6 oz. short or rich short pastry, and baked blind. Separate the yolks from the whites of the eggs, and divide the sugar in two—the half which is to be used for the meringue should, if possible, be castor sugar. Blend the cornflour to a smooth paste with some of the measured water, bring the remainder to the boil, add the cornflour, the lemon rind and juice, and allow to cook for five minutes. Cool slightly, and add gradually to the beaten egg yolks. Pour into the baked flan case. Whisk the egg whites until dry, and fold in the sugar, with a pinch each of salt and cream of tartar. Pile on top of the lemon filling, and bake in a slow oven (250 deg. F.) for about an hour, or longer, until the meringue is firm. Serve hot or cold.

A soft filling can also be made with sweetened condensed milk. The amount given will make the filling, but not the meringue for two lemon pies. The second could be topped with mock cream and served cold, or with slightly-crushed cornflakes, and served hot.

Ingredients—1 tin sweetened condensed milk, the juice and rind of 2 lemons, 2 eggs, 3 to 4 oz. sugar, preferably castor, a pinch of cream of tartar, and 2 flans. Separate the yolks from the whites of the eggs. Beat the condensed milk lightly, then beat in the egg yolks, lemon rind and

## COOKERY HINTS

## More Rhubarb Jam

"By Housekeeper"

**A** CONSERVE is a jam in which the fruit is in separate pieces, in a thick syrup. This can be made with rhubarb, using a little care. Take 1 lb. of well-coloured rhubarb, cut it into  $\frac{1}{2}$ -inch pieces. Set a plate in a warm sunny place for 3 days, to allow the rhubarb dry and shrivel slightly. Make syrup by boiling together, for 10 minutes, 4 tablespoonsful of water, 1 lb. sugar, 2 oz. finely-chopped candied peel, and 2 oz. finely-chopped crystallised ginger. Pop in the rhubarb, and cook for 30 minutes, stirring occasionally, and very gently, to avoid saking up the rhubarb. When thick, put into small heated jars and cover immediately.

Rhubarb and Date Jam—Boil together, until the mixture will set when tested, 3 lb. prepared rhubarb, 1 lb. finely-chopped dates, 1 lb. sugar, and the juice and grated rind of a lemon. The addition of the grated rind of a mandarin or tangerine orange will give a piquant flavour to this jam. Rhubarb and Fig Jam—3 lb. rhubarb, 2  $\frac{1}{2}$  lb. sugar,  $\frac{1}{2}$  lb. figs and 2 oz. candied peel. Chop the rhubarb, cover with the sugar, and allow to stand overnight. Add the finely-chopped figs and peel, and cook until the mixture will set when tested.

Rhubarb and Fig Marmalade—Mix together 2 lb. prepared rhubarb, 2 lb. sugar,  $\frac{1}{2}$  lb. chopped figs, and the juice of a lemon (rind optional). Allow to stand for 24 hours; then bring to the boil, and cook rapidly, stirring continuously until the mixture will set when tested.

Rhubarb Conserve, 2 (not economical)—4 lb. rhubarb, 5 lb. sugar, 1 lb. stoned Valencia or Muscatel raisins (or any available raisins), 2 oranges and 1 lemon. Prepare the rhubarb, put into the preserving-pan, and sprinkle with the sugar, and the grated rind of the oranges and lemons. Add the juice, and allow to stand for 30 minutes. Bring to the boil and simmer for 45 minutes, stirring constantly. Pot and cover.

## Meringue Recipes

"By Housekeeper"

**A** BELFAST reader asks for a recipe for Spanish Meringues, which she describes as "a meringue mixture with nuts in it." I cannot find the recipe with this particular name, but here are some nut meringues which may help. Remember that the secret in making crisp light meringues lies in thorough beating, and long, slow ovening, so that the meringues do not brown at all.

Plain meringues are made from 2 egg whites, 4 oz. sugar, a pinch of salt and a few drops either of lemon juice or vanilla essence. Beat the egg whites, which must contain no trace of yolk, until they are frothy, add the salt, and continue beating until they are stiff. Gradually beat in half the sugar, which should be fairly finely granulated, and continue beating until the mixture will hold the impression of the egg whisk. Fold in the remainder of the sugar, add the flavouring, and put out in small heaps on a lightly-greased baking-tin, using two tablespoons, or a forcing bag and  $\frac{1}{2}$  inch plain or star pipe. Bake in a very slow oven (225 deg. F) for 1 to 2 hours, until dry and quite crisp. Cool on a wire tray, and store in an airtight tin until required.

Nut Meringues—Fold half a cupful of finely-chopped mixed nuts into the mixture immediately before shaping into fairly large heaps.

Date and Walnut Meringue—Before shaping, fold in half a cupful of finely-chopped dates, and half a cupful of chopped walnuts. Shape with teaspoons.

Coconut Meringue—Fold in half a cupful of coconut, and shape with teaspoons.

Swiss Meringue—Flavour the meringue with vanilla. Fold in half a tablespoonful of good quality cocoa, mixing it with the sugar to be folded in. Shape the meringues in S shapes.

Coconut Cornflake Macaroons—Make up a meringue mixture as above, using double the amount of sugar. Fold in a few drops of almond essence, a cupful of coconut, and 2 cupsful of slightly broken cornflakes. Drop

## COOKERY HINTS

## Fried Sandwiches

"By Housekeeper"

**A** FRIED sandwich with a meat and cheese filling, served with stewed tomatoes or tomato sauce, will make a quickly prepared supper dish. Cut 8 moderately thick slices of bread, and spread one side of each slice thinly with softened margarine. Put a thin slice of processed cheese on each slice of bread. Cut four slices of corned beef, luncheon or liver sausage, or any available cold meat, and sandwich between the slices of bread and cheese. Cut each sandwich in half, press well together, and fry in melted bacon dripping, lard or margarine until brown and crisp on both sides. Serve hot, with stewed or grilled tomatoes or tomato sauce. When fresh tomatoes are in season, use these in place of the meat, and sprinkle the tomatoes with finely-chopped pickled or fresh onions.

Another quickly made savoury is French toast. Beat an egg until light with a dash of salt and pepper, and a squeeze of onion juice. Beat in 3 to 4 tablespoonsful of milk, preferably from the top of the bottle. Dip slices of stale bread in the egg mixture, and fry quickly in hot fat until brown on both sides. Do not allow the bread to soak in the egg mixture or the toast will be soft and uninteresting, and the egg mixture will be used up much more rapidly than necessary. Serve the French toast with slices of grilled bacon, grilled tomatoes, tomato sauce, stewed mushrooms, or a savoury sauce made with well-flavoured stock.

The egg mixture for French toast can be slightly sweetened, and flavoured with vanilla or grated lemon rind instead of pepper, and the French toast served with hot apple sauce, with lemon juice and sugar, or with any heated bottled fruit. Thicken the fruit juice with cornflour or arrowroot, and sweeten to taste.

## Rhubarb Jam

"By Housekeeper"

**A** N Enniskillen reader asks for a recipe for rhubarb jam. This may be made as soon as the rhubarb is well coloured. I believe that the latter unforced variety is better for jam-making than the pale pink forced rhubarb. The smaller dark-coloured stalks will give a better flavoured jam than the larger greenish ones. The main bulk of rhubarb jam is usually made from the second crop rhubarb, obtained later in the year.

Ingredients—4 lb. rhubarb, 4 lb. sugar,  $\frac{1}{2}$  teaspoonful citric or tartaric acid, or the juice of 2 lemons, and 1 oz. root ginger. Wash and dry the rhubarb, and trim off the leaves and pithy part at the end of the stalk. Cut into  $\frac{1}{2}$  to  $\frac{3}{4}$ -inch lengths, and put the fruit and sugar in layers in a china or enamelled bowl. Allow to stand overnight, and add the acid or lemon juice. Tie the ginger in well-washed muslin, and put all the ingredients into a preserving-pan. Bring to a rapid boil and cook, stirring continuously, until the jam will set when tested, after about 10 to 15 minutes at a full rolling boil. To test, put a spoonful of the jam on to a clean, cold saucer, and set in a cool place until the jam cools. A skin should form, which will wrinkle when the saucer is tilted. While the jam is cooling during this test, the preserving-pan should be drawn to the side of the fire, lest it over-boil. Remove and drain the ginger, stir the jam well, put into clean

## COOKERY HINTS

## Deep Fat Frying (1)

"By Housekeeper"

**D**EEP fat frying is usually associated with fish and chips; but deep fat can also be used for cooking a variety of sweet and savoury dishes. The fat can be a mixture of dripping and lard, or oil. A depth of 2 to 3 inches in a fairly wide saucepan is desirable. Once the initial amount is obtained, it will last for a long time, if it is carefully treated.

Deep fat can easily be wasted, and the foods cooked in it rendered completely indigestible if the fat is used at too low a temperature. Before putting any food in the fat, it must be smoking hot, with a faint blue haze rising from the surface in whisps. Heavy black smoke shows that the fat is too hot. Do not overload the saucepan, as this also cools the fat rapidly, and the food soaks up the grease. You will also find that if the fat is not hot enough, it will absorb the flavour of the food being cooked—especially fish and onions—and pass on these flavours to the next thing being cooked in it. Should this happen, the remedy is to heat the fat until it is moderately hot, and drop into it several potatoes which have been thinly sliced. The potatoes will absorb the errant flavours, and also any discolouration in the fat.

After use, allow the fat to cool slightly, and strain carefully through a fine sieve, or a coarse strainer over which a piece of muslin has been spread. This will remove any pieces of food—especially necessary after cooking food which has been coated with breadcrumbs. If this is not done, when the fat is next being used these particles of food are very apt to burn, and give the fat a bad flavour. Strain the fat into an enamelled bowl or pie-dish, and set in a cool airy place until it is again required.

Great care must be taken to prevent accidents when using hot fat. It reaches far higher temperatures than boiling water, and will cause serious burns if it is spilled over adult or child. Never leave it unattended. Never allow the handle of the saucepan to overhang the front or side of the stove, where it might catch on an apron string or be pulled down by inquisitive children. For burns, soak a piece of lint in warm water with 2 teaspoonful of baking soda dissolved in each pint, and cover the burned part with this. If the burn is deep or extensive send immediately for medical help.

21 Thurs

22 Friday

23

24





*Cranberry Bavarian*

*Lemon Custard Toppings*

YOU make these cool delicious beauties hours beforehand; then, come time, it's a matter of seconds to whisk them from the freezing tray or onto your serving plates—perfect for a dessert party or a family su-

**MOCHA CREAM CAKE**

- |  |  |
|--|--|
| Gelatine, unflavored, 1 envelope                     | Semi-sweet chocolate pieces, 6-ounce package   |
| Cold water, 1/4 cup                                  | Eggs, 3  |
| Sugar, 1/2 cup                                       | Vanilla, 1 teaspoon                            |
| Salt, 1/4 teaspoon                                   | Heavy cream, 1 cup or evaporated milk, 1/2 cup |
| Soluble coffee, 1 tablespoon                         | Ladyfingers, 12                                |
| Milk, 3/4 cup or half evaporated milk and half water |  |

Soften gelatine in cold water. If you are using evaporated milk for whipping instead of heavy cream, pour it into freezing tray to become icy cold. Meanwhile combine 1/4 cup of the sugar, the salt and soluble coffee in top of double boiler. Add milk and chocolate pieces; place over boiling water; stir until smooth. Separate egg yolks from whites. Beat yolks slightly with fork. Add chocolate mixture slowly, stirring rapidly. Return to double boiler and cook over hot (not boiling) water until thickened, 5 to 7 minutes, stirring constantly. Remove from heat; add vanilla, then gelatine; stir until dissolved; cool slightly. Beat egg whites until just stiff; add remaining 1/4 cup sugar 1 tablespoon at a time, beat well; fold in chocolate mixture. Beat cream or chilled evaporated milk until stiff; fold into chocolate mixture. Line bottom of 2-quart casserole with waxed paper and pour in about 1 cup of the mixture. Now line sides of casserole with split ladyfingers set on end; fill with chocolate mixture. If tips of ladyfingers come above chocolate trim them off and place on top with remaining split ladyfingers. Chill 3 or 4 hours or until firm. Turn out on serving tray; looks pretty dressed up with a ruffle of whipped cream. Makes 12 servings.

**CRANBERRY BAVARIAN**

- |  |  |
|--|--|
| Cranberry juice cocktail, or frozen juice diluted as directed, 1 cup | Lemon juice, fresh, canned or frozen, 1 tablespoon |
| Marshmallows, 1/2 pound (32)   | Heavy cream, 1 cup                                 |
| Salt, dash   | Bananas, 2 large                                   |

Combine cranberry juice, marshmallows and salt in 2-quart saucepan. Place over low heat until marshmallows are soft; then stir until smooth. Remove from heat; add lemon juice. Chill until thick. Whip cream until just stiff enough to hold peaks; fold into chilled mixture. Pour into 6 individual custard cups or molds. Chill 3 or 4 hours or overnight. Unmold and serve with sliced bananas; add crown of whipped cream and a maraschino cherry if you like. Makes 6 servings.

*more recipes on page*

*from our cover*



**LEMON-LIME JELLY WITH PEACH**

Dissolve 1 package lemon-flavored gelatin according to package directions. Pour 1/2 cup tall 5-cup mold. Chill until firm. Meanwhile remaining lemon gelatin until thick and stir and pour over first layer. Peel one large peach in lengthwise slices and arrange upright in mold. Chill until firm. Meanwhile dissolve 1 package lime-flavored gelatin. Chill until thick, then pour into mold over lemon layer; chill until firm. Unmold on serving dish and circle with peach halves and galax or other leaves. Serve with custard and a cherry.



### Deep Fat Frying (2)

By "Housekeeper"

**P**OTATOES for chip-making should be prepared, cut in lengths, usually a good 1/2-inch in thickness, and left to soak in cold water, to remove some of the starch, and prevent them from sticking together and make them crisper. The chips must be carefully dried before dropping them into the smoking hot fat. Drops of water will make the fat splutter and spit. Cook the chips to a pale golden colour, lift out, drain carefully, and keep in a warm place until the remainder are cooked, re-heating the fat between each addition of potatoes. Before serving, crisp the cooked chips in the fat for a moment, and serve immediately.

All meat, fish and vegetables, except potatoes, must be cooked, either with egg and breadcrumbs, seasoned flour or batter, before being fried. The pancake batter to be given to-morrow may be used, or a plain batter made by seasoning two to three tablespoonsful of flour, blending to a smooth batter with water, and then beating in a tablespoonful of hot fat. This batter is especially good for French fried onions. The onions are cut in thick slices, and then separated into individual rings, and dipped in the batter. A few are fried at a time, and kept hot in a warm oven. Serve with meat or fish.

When preparing fish for frying, cut in thin fillets, dip in egg and breadcrumbs, seasoned flour or batter, and drop into smoking hot fat. Cook until crisp and a golden colour. Small whiting may be cooked whole. They are cleaned in the usual way, and either twisted into an S-shape with a metal skewer, or into a circle by skewering the tail through the mouth. Coat with well-seasoned flour, and fry until cooked through. Serve with a well-flavoured sauce, and wedges of lemon, chips, and a vegetable.

Rissoles made from minced, cooked meat or chicken, or flaked fish, mixed with mashed potatoes and bound with egg white or yolk, or mixed with a thick white

28 Thursday

29 Friday

1 Saturday

2 Sunday

SPECIFY

### Pancake making

By "Housekeeper"

**T**HE traditional Shrove Tuesday pancakes are made from a batter which has a variety of uses. The batter is made from 1 egg, 4oz. flour, a pinch of salt and 1 pint milk. Sieve the flour with the salt, make a well in the centre, drop in the whole egg, and gradually mix to a stiff batter, using half the milk. Beat thoroughly with a wooden spoon for about 10 minutes. (At this stage the batter may be used for coating fried foods.) Stir in the remainder of the milk, and set aside for an hour, in a cool place. This "setting-aside" may be omitted. Stir well before using.

Heat a small amount of lard or margarine in the bottom of a clean frying-pan, pour in a little batter, and tilt the flying-pan so that the batter coats the whole of the bottom of the pan. Brown the pancake, toss or turn with a round-ended knife, and brown on the other side. Turn on to a paper which has been dusted with sugar, roll up, and set on a hot plate. Keep hot over boiling water, or in a warm oven, in each case uncovered, lest the pancakes lose their crispness. Serve with lemon juice and sugar.

Sweet pancakes can also be served with different fillings spread on before rolling them—e.g. lemon curd, butter or margarine, sugar and cinnamon beaten together until light; hot apple or pineapple sauce, jam and mock cream, or mashed banana with lemon juice and sugar. Savoury fillings can also be used with these pancakes; but in this case they should not be turned out on to a sugared paper, but on to a hot plate, be filled, and rolled up before setting to keep warm. Suitable fillings are:—Flaked fish in white or cheese sauce, minced meat in a savoury sauce, mushrooms, tomatoes or green peas in sauce, or alone, or diced cheese in sauce.

### Vegetarian Cookery (2)

By "Housekeeper"

**W**HERE breadcrumbs are mentioned in the following recipes they are made from dry toast, or bread which has been crisped in the oven, and then beaten with a rolling-pin into crumbs, or put through a mincing machine. These give a drier texture to the mixtures than fresh crumbs. Where possible, wholemeal bread should be used.

**Tomato cheese**—Boil 6 oz. macaroni until tender in 1 pint of water. Blend 1 oz. wholemeal flour with a cupful of milk, and bring to the boil; stir until it thickens. Add 2 oz. grated cheese, a large cupful of tomato pulp or puree, and the greater part of a cupful of breadcrumbs, together with the cooked macaroni. Put into a greased casserole, sprinkle with 2 oz. grated cheese, top with breadcrumbs, and bake in a moderately cool oven for about half an hour.

**Potato pie**—Into a greased pie-dish put alternate layers of cooked sliced potatoes, grated cheese, and white sauce, or alternatively, sliced potatoes, grated cheese and sliced onions, filling the dish up with milk instead of sauce. Bake in a moderate oven until the top layer of cheese is a golden brown.

**Savoury rice (1)**—Cook a cupful of brown rice in boiling water to which some vegetable extract has been added until the rice is tender, and has absorbed all the liquid. Add a finely-chopped boiled onion, a large cupful of ground nuts, chopped parsley and a beaten egg. Cook in a greased pie-dish, in a moderate oven until browned.

**Savoury rice (2)**—Fry one or two chopped onions in butter, margarine or olive oil until browned; lift out, and fry a cupful of rice in the fat until all the fat has been absorbed. Add the onion, and gradually, a pint of hot stock. Cook until the rice is tender; then add 2 to 3 tablespoonsful of sliced tomatoes, 1/2 lb. cooked sliced mushrooms, or cooked peas, and 1 1/2 oz. grated cheese. Sprinkle 1 1/2 oz. more cheese over the mixture just before serving.

### Nettle Soup

By "Housekeeper"

**A**DOWNPATRICK reader asks for a recipe which I feel sure will interest many other readers. It is for nettle soup, and the reader mentions a rhyme in connection with it as a cure for bronchitis and asthma. I have never come across this personally, but have hazy recollections of either nettle soup or dandelion greens being mentioned as a treatment for rheumatism. Any information on the subject would be very welcome.

Here now are some recipes for nettle broth. Remember that freshly-gathered young nettles should be used. Gloves are advisable when gathering, and a firm grasp of the nettles. The usual cure for nettle stings is to rub with the sticky covering from a young dock leaf, or the leaf itself.

**Nettle Soup (1)**—Boil 2 quarts of freshly-picked and washed nettles in a quart of water until tender. Chop or mince them finely. Melt 1 oz. of margarine in a saucepan, stir in 1 oz. flour, and gradually add 1 pint of milk. Stir until thickened, and add the nettles and liquid, which has been brought to the boil with a little shredded onion if liked. Season to taste.

**Nettle Soup (2)**—Wash and chop 1/2 pint of young nettles. Fry a chopped onion until brown in 1 oz. fat, add a tablespoonful of oatmeal or flakemeal, and cook until the fat has been absorbed. Add a pint of stock, water, or milk, the chopped nettles, and seasoning. Cook until the nettles are tender (about 1/2 hour). Add chopped parsley, and more seasoning if required.

**Cream of Nettle Soup**—Cook about 1 lb. of nettles in the same way as spinach, adding a nut of margarine, and 2 to 3 tablespoonsful of water. Cover tightly, and cook for 15 to 20 minutes, shaking frequently to prevent the nettles from sticking to the bottom of the pan. Sieve the nettles, and combine with 1 pint of thin white sauce made as in the first soup

### Oatmeal Biscuits

By "Housekeeper"

**T**O-DAY'S oatmeal biscuits may be made with dripping, lard or margarine, but if dripping is used it must be of a particularly good flavour, otherwise the biscuits will hardly please.

**For the Biscuits**—Mix together 4 oz. medium oatmeal, 3 oz. flour, 1/2 teaspoonful of baking powder, and a good pinch of salt. Rub in the fat, and mix to a stiff dough with cold water. Roll out on a floured board fairly thinly, cut into biscuits, prick well, and bake in a moderately hot oven (375-400 deg. F.) for 20 to 25 minutes. Cool on a wire tray. One or two teaspoonsful of sugar, if available, will add to the flavour of the biscuits.

**Flakemeal Fingers**—Beat 4 oz. margarine, 1 oz. sugar, and 2 table-spoonful of slightly warmed syrup to a light cream. Stir in a pinch of salt and 1/2 lb. flakemeal, mixed with a pinch of spice, or grated lemon rind if liked. Put into a well-greased baking-tray, or two greased sandwich tins, pressing the crumbly mixture well down in the tin with a fork. Bake in a moderate oven (375-400 deg. F.) until lightly browned, 40 to 45 minutes. Cut into fingers, but allow to cool before lifting out of the tins. A cupful of this mixture can be used on the top of apples or plums (bottled) or rhubarb to make a pie instead of pastry.

**Parkin**—Heat together 1 lb. each of sugar, margarine, syrup and treacle, but do not allow to boil. Sieve together 1/2 lb. flour, 1/2 lb. oatmeal, a pinch of salt, 2 tea-spoonful of ginger, and 1/2 tea-spoonful each of cinnamon, spice, and baking soda. Make a well in the centre, and drop in a beaten egg, and then add gradually the treacle mixture, stirring until the batter is smooth, adding a little buttermilk or sweetmilk if necessary. Put into a greased and lined cake tin, preferably square, and bake for about 1/2 hour in a moderately cool oven (325 deg. F.), allowing a longer time if the tin



# Hook, Line and Sinkers

By Ernestine Carter

Across England (and no doubt Scotland and Wales) enchanting still-lives are being composed daily except Sundays. The artists are the fishmongers — their canvases their sloping marble slabs, their palettes the red of lobster, pink of shrimp, grey of crab.

So successful are the results that one nearly overlooks the curious fact that in England most of the cooking of these delicious crustaceans is left to the fishmonger.

To be so fortunately situated on an island—no place really distant from the sea—and to relinquish the pleasures of freshly cooked shellfish for those pre-cooked always seemed to me surprising. It is true that both Miss Austen and Mrs. Gaskell speak of the less-well-to-do availing themselves of more facilities of the bakehouse than we do to-day. (Miss Bates sent her apples out to be twice-baked; and Captain Brown risked the displeasure of Cranford society by carrying a poor woman's dinner of mutton and potatoes home from the bakehouse for her.)

But although the results were apparently admirable, this custom has fallen into desuetude. To permit your shellfish to be cooked for you—goodness knows how and goodness knows when—has little period charm and less excuse.

\* \* \*

**Y**OUR first encounter with a lobster (I exclude the nipped-toe and lobster-pot introductions) should ideally be when he is torpidly swimming in a tank. There you can select your prey by weight or personality or however you wish to make your choice. Getting him home is less difficult than you may think. He will lie quiet in a paper-bag until you can pop him into a pail of water in a cool place. To cook him, he should be plunged into a pot of rapidly boiling cider and water or



beer. In Norway, a red-hot poker is put into the pot at the same time to keep the liquid at the boiling point. This is not only merciful but practical as, unless death is instantaneous, the lobster secretes juices which toughen and take the sweetness from the flesh.

Prawns should be shelled and cleaned and washed in salt water before being cooked in rapidly boiling water. Without their shells they need only eight to ten minutes boiling. They are not only more succulent but much prettier, as they curl up into little ruffled circles. Alas! all this must remain a beautiful dream as long as others do your cooking for you.

Shellfish, however, are absurdly dear, as are the incomparable Dover sole and Scotch salmon. So after having harped just, I hope, not too long on a pet theme, I must return to the less exciting but more reasonable white fish. Cod fillets, haddock, halibut treated tenderly can take on more exciting aspects. Here are a few.

**Fish in curry cream.** Buy any firm white fish. Poach gently in a court bouillon. (The standard court bouillon calls for white wine, but in moments of stress I have discovered that cider makes an acceptable substitute.) For your curry sauce, melt butter or margarine in the top of a double boiler, mix in a

tablespoonful of tomato ketchup or purée, stir in a tablespoonful of flour, and cook. (Flour should always be well cooked: it is the raw taste that ruins so many sauces.) And curry to taste. Now you really should have sour cream, but, of course, you don't. Goat's cream will do, but if you are reduced to top-of, increase the flour. Stir the mixture until it thickens to a rich creamy texture. It can then rest on the double boiler until you are ready to serve, when the sauce should be poured over the fish and blistered under the grill.

**Baked fish in cream.** Halibut is best for this, but again any firm white fish will do. Cut up the fish into two-inch squares and roll in seasoned flour. Melt butter or margarine in a saucepan and stir in anchovy essence or mashed anchovies. Cook for two or three minutes; add the fish squares and brown lightly. Remove the fish to a greased casserole; add chopped parsley and finely minced onion. Now, unless you have cream, add a bit more of the seasoned flour to the butter in the saucepan and cook. Add milk or top-of and stir until it just begins to thicken. Pour over fish and bake covered in a moderate oven for about half an hour.

**Crusty fish pie.** Flake your cooked fish into a greased casserole. Make a medium thick white sauce to which you add one beaten egg, or preferably two. Flavour with salt, pepper, Worcester sauce, and a little mushroom ketchup. Pour over the fish. Top thickly with finely crushed cornflakes, dot generously with butter, and bake in a hot oven until the sauce is just set. The cornflakes should be crisp and transparent.

\* \* \*

**R**EMEMBER, if you are grilling sole or plaice, to squeeze lemon juice on and brush with butter, before, during and after. And for a cold fish mousse, try setting the fish in turtle soup instead of aspic. The soup will jell in the refrigerator and its flavour is much more subtle.

O dear! This is just a beginning: smoked fish will have to wait. Bait, please.

THIS MONTH

March						
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13	14	15	16	17	18	19
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27	28	29	30	31		

MARCH

30

WEDNESDAY

1949

NEXT MONTH

April						
S	M	T	W	T	F	S
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17	18	19	20	21	22	23
24	25	26	27	28	29	30

5 We

*Plum cake*  
 3/4 butter Beat butter & sugar to a cream  
 3/4 flour add eggs well beaten alternately with flour  
 1/2 condensed milk sifted, add brandy and beat for 10 mins  
 1/2 sugar alone & cream and chop & add cherries  
 1/2 raisins set out into large pieces add all  
 1/2 saltanar ingredients to cake mix well  
 1/2 chopped almonds into a cake tin, bake for  
 1/2 mixed peel 3 1/2 hours  
 1/2 mixed spice  
 pinch salt  
 4 eggs



## Potato Turnovers

By "Housekeeper"

**P**OTATO pastry can be used to make savoury patties and turnovers, and will require less fat than short pastry. It is best served as soon as it is cooked, although it may be re-heated.

For the pastry, 5 lb. cooked potato (mashed or sieved when hot, and then allowed to cool), 4 oz. flour, 2 oz. fat, 1½ teaspoonful of baking powder, ½ teaspoonful of salt, and a little water to mix. Rub the fat into the sieved flour, add the salt and baking powder, mix well, and then add the potatoes, and sufficient cold water to make a stiff dough. Knead lightly on a floured board, and roll out ½ inch thick. For turnovers cut out, using a saucer as a guide, into circles, or into 2-inch squares. The pastry may also be used for sausage rolls, savoury tarts or pies.

**Fillings**—Grate a raw onion, a carrot and a potato, and mix with ½ lb. minced meat or sausage meat. Moisten with stock, or with water in which a meat extract cube and a dash of sharp sauce has been mixed. Put a tablespoonful of this mixture in the centre of each piece of pastry, damp the edges, and press well together. Bake on a greased baking-sheet, in a hot oven (400 deg. F) for 20 to 30 minutes. Serve hot with a good gravy.

**Cheese Filling**—1 cupful of breadcrumbs soaked in milk, 1 cupful of grated cheese, ½ cupful of diced tomato, ½ stick of chopped celery, and a dash of onion if liked. Season well with salt and pepper, and add a teaspoonful of made mustard, which can be mixed with the milk.

**Fish Filling**—1 cupful of cooked fish, with the skin and bones removed, divide into flakes, and mixed with half a small onion finely chopped, a tablespoonful of chopped parsley, ½ stick of chopped celery, and a cupful of well-flavoured white or cheese sauce, or tomato sauce.

Other fillings can be adapted from these three, depending on the ingredients available.

6 Thursday

7 Friday

## COOKERY HINTS

### Cheese Scones

By "Housekeeper"

**T**HOSE who do not care for cheese when served in a rarebit, or when eaten raw, may like to try some of the following recipes. Remember that cheese is a valuable source of animal protein, and a comparatively cheap one. It is rarely indigestible except when over-cooked, or eaten in large amounts last thing at night.

For Cheese Scones will be required ½ lb. flour, 1 to 2 oz. margarine, 2 oz. cheese (grated with a fine grater), ½ teaspoonful of salt, a pinch of cayenne or ordinary pepper, ½ teaspoonful of cream of tartar, ½ teaspoonful of baking soda, and buttermilk to mix. When buttermilk is not available, increase the amount of cream of tartar to 1 teaspoonful, and use sweet milk. Sieve the flour with the salt, baking soda, cream of tartar and pepper. Rub in the fat until the mixture resembles fine breadcrumbs, add the grated cheese, mix thoroughly, and add sufficient milk to give a soft elastic consistency. Knead lightly on a floured board, roll out ½ inch thick, and cut into small rounds or squares. Brush over the tops with milk, set on a baking-sheet, and bake in a hot oven (450-475 deg. F) for 15 to 20 minutes until the scones are cooked through. Serve hot or cold. These scones may be split and filled with a grated or cream cheese mixed with chopped celery, onion, parsley, chopped tomato or anchovies.

**Cheese and Potato Mounds**—Boil a large onion until it is tender; then chop finely, add a tablespoonful of chopped parsley, and a piece of thyme or other herb. Mix with left-over mashed potatoes, and beat in a nut of melted margarine and half a cupful of grated cheese. Place in heaps on a well-greased baking-sheet, and cover with grated cheese. Bake in a moderately hot oven until the cheese has melted and become crisp. Serve with baked stuffed tomatoes or onion, sausages, or baked fish.

8 Saturday

9 Sunday

SPECIFY

## COOKERY HINTS

### Nettle Beer

By "Housekeeper"

**A** CLOUGHY reader asks for a recipe for "nettle beer" made with yeast, which resembles ginger beer." I believe this beer used to be used freely in the spring, to improve the complexion, and so far as I can find out, it should not be kept for any great length of time.

Fill a two-gallon bucket with the leaves of young nettles, transfer them to a larger bucket (enamelled) and cover with 3 gallons of boiling water. Set aside until the water becomes cold; then strain, and add a handful each of young dandelion leaves and colts-foot, with a tablespoonful of cream of tartar, a tablespoonful of ground ginger, and 2 lb. sugar. Mix 1 oz. yeast to a cream with a little of the liquid, stir in, and set in a moderately warm atmosphere for 12 hours after the mixture has begun to froth and bubble. Then lift off the scum carefully, and with it the dandelion and coltsfoot. Pour gently into clean bottles, cork tightly, and secure the corks with strong twine. Stand in a cool place for 7 days, when it should be ready for drinking.

Those who find difficulty in getting a plentiful supply of nettles may prefer the following recipe, though the difficulty in it lies in finding the wild sage. I believe a double quantity of nettles could be used instead of the sage—yarrow is also reasonably plentiful—with some ginger for flavouring. Root ginger could be boiled with the herbs.

Boil a large bunch or handful each of young nettles, yarrow and wild sage in 2 gallons of water for 1½ hours. Stir in 1½ lbs. sugar, and when the sugar has dissolved, cool to blood heat, and add 2 oz. yeast. Allow to stand for 24 hours, strain through a jelly-bag, or several thicknesses of muslin, bottle and cork tightly. Store in a cool place for 3 or 4 days.

## COOKERY HINTS

### Bread Puddings

By "Housekeeper"

**M**ANY people like a pudding which can be either steamed or baked in the cool part of the oven when this is being used for other cooking. If the oven is in use, turn these puddings into a well-greased pie-dish, making the mixture fairly soft by adding milk, and then baking in a moderate oven for ½ hour.

**Apple Pudding**—½ lb. scraps of bread, ½ lb. chopped apple, 3 oz. chopped suet or melted margarine, 1 teaspoonful of baking powder, a pinch each of salt, cinnamon and ground ginger, 2 tablespoonsful of golden syrup, and a little warm milk. Prepare the bread by soaking in cold water until it softens, then squeeze out the surplus water and shred into crumbs with a fork. Dice the apple, toss in the spices, and mix all the ingredients together. Put into a greased bowl, cover with a greased paper, and steam for 2 hours. Serve hot with custard or fruit sauce.

**Spiced Date Pudding**—½ lb. bread, 2 oz. suet or margarine, 2 oz. flour, 4 oz. chopped dates, ½ oz. candied peel, or the grated rind of an orange, 1 egg, and 1 teaspoonful of baking powder. Prepare the bread as in the previous recipe, and mix the flour well with the chopped dates. Mix everything together, adding a little milk to give a fairly soft consistency; put into a greased pudding-bowl, and steam for 2 or 2½ hours. This pudding can also be made with a teaspoonful of mixed spice instead of the orange rind flavouring.

**Swiss Apple Pudding**—Mix 1½ cupful of breadcrumbs with 2 oz. finely-chopped suet or melted margarine, and add 1 oz. sugar and a grating of nutmeg or a dash of cinnamon. Put alternate layers of this breadcrumb mixture and slightly-sweetened stewed apples in a pie-dish, making the top and bottom layers breadcrumb. Put a few flakes of margarine on top of the breadcrumbs, and bake in a moderate oven for ½ to ¾ hour. Serve hot with a thin custard.

## COOKERY HINTS

### Boiled onions

By "Housekeeper"

**B**OILED onions, served with a well-flavoured sauce, make a pleasant vegetable course for those who like their flavour. Choose fairly large onions, of about the same size, allowing one per person. Peel under a running tap, and, for quicker cooking, cut each in half. Cook until tender in boiling, lightly salted water for about ½ hour, depending on the size. Drain well, and reserve the liquid, part of which will be used in the sauce, while part can be used for soups, stews or gravy. Incidentally, boiled onions are excellent if served in a rich brown gravy, preferably made with meat or chicken stock, or with meat extract.

For the sauce, melt 1 oz. margarine in a saucepan, and stir in 1 oz. flour. Cook for a few minutes, stirring well to prevent burning; then gradually beat in ½ pint milk, and ½ pint of the onion liquid—or less of each if a thick sauce is preferred. Cook over a moderate heat until the sauce thickens, and the flour is cooked, and season to taste with salt and pepper. To convert into a cream sauce, reduce the amount of milk by 2 to 3 tablespoonful, add 2 or 3 tablespoonful of top-of-the-bottle cream after the sauce has been cooked, and re-heat, but do not allow to boil. For a butter sauce, beat a nut of butter or margarine into the cooked sauce just before serving. For a cheese sauce, stir in half a cupful of finely-grated cheese and a seasoning of mustard and cayenne. Stir over a gentle heat until the cheese has melted. Finely-chopped parsley, pickled onions or capers can be added to the white sauce, and the last two are particularly good if the onions are being served as an accompaniment to fish, or as a sauce for baked meat.

## COOKERY HINTS

### Syrup or Treacle Tart

By "Housekeeper"

**A** CO. ANTRIM reader asks for some advice on the making of a flan, saying that when she makes one, the pastry shrinks down the sides of the tin, and that she has difficulty in getting the centre of the pastry thoroughly cooked without burning the edges. When the pastry shrinks from the sides of the flan ring or tin, it is a sign that the pastry has been stretched to fit the tin. Roll it out so that there is an overlap of about an inch over the top of the tin, and press well into the sides. Then, instead of cutting with a knife, fold the pastry loosely over the edges of the tin, and roll over the top with the rolling-pin, to remove the surplus pastry.

When making a large flan, the extra flap of pastry can be folded over to make a double layer, and a decorated edge obtained by pressing the pastry with the forefinger of the right hand between the two first fingers of the left hand, to give a fluted effect. Prick the bottom of the pastry well, and line with a greased paper, then fill with crusts or baking beans. Bake in a hot oven (450 deg. F) until the edges are beginning to brown; then lift out of the oven, tip out the beans or crusts, remove the greased paper, and return to the oven to allow the centre of the pastry to dry out. A hot flan may be filled with a hot filling and served immediately, or left to cool and filled with a cold filling. It should not be filled and then left to cool, or the pastry will become soft and unappetising.

**Syrup Flan or Tart**—Line a flan ring or a plate with short pastry (about 4 oz. is usually sufficient) prick well, and cover the bottom of the tart with a thin layer of golden syrup or treacle. Mix together 2 to 3 tablespoonfuls of dry breadcrumbs, the grated rind of a lemon, and a teaspoonful of sugar, and sprinkle over the syrup. Make a criss-cross lattice over the top with twisted strips of pastry if any remains, and bake for 15 or 20 minutes in a hot oven (450 deg. F). Serve hot or cold.



10 Monday

11 Tuesday

12 Wednesday



## Small Cakes

By "Housekeeper"

SOME time ago a reader asked for "economical recipes for cakes and small buns." Here are some recipes which are reasonably economical, yet taste rich.

**Walnut Cakes**—3 oz. margarine, 2 oz. sugar, 2 level tablespoonsful of syrup, 4 oz. flour, 3 oz. chopped walnuts, a few walnut halves, a pinch of salt, ½ teaspoonful of baking powder, a few drops of almond or vanilla essence, and a little milk. Cream the fat and sugar until it is light, then beat in the slightly-warmed syrup. An egg, egg yolk, or white, will give a lighter mixture if it can be added at this stage, but is not essential. Sieve the dry ingredients, mix with the chopped nuts, and fold into the creamed mixture alternately with a little milk, to give a soft consistency. Stir in the flavouring, and put into well-greased patty tins, or into paper cases, topping each cake with half a walnut. Bake in a moderately hot oven (425 deg. F.) for 15 to 20 minutes.

For coconut cakes, substitute 3 oz. chopped coconut for the walnuts, flavour with lemon juice or vanilla, and top each cake with half a cherry, if liked.

**Ginger Biscuits**—8 oz. flour, 4 oz. golden syrup, 3 oz. sugar, 3 oz. margarine, 1 ½ teaspoonful of baking soda, ½ teaspoonful salt, 1 tablespoonful milk, and 1 ½ teaspoonful of ground ginger. Melt the margarine and warm the syrup with it in a small saucepan. Sieve together all the dry ingredients. Make a well in the centre, and pour in the syrup and margarine, and the milk. Beat until smooth. Take small pieces of the mixture, and roll between the floured hands into small balls, place on a well-greased baking sheet, and flatten each slightly. Allow to stand for 20 minutes in a cool place, to become firm, then bake in a moderate oven (400 deg. F.) for 20 to 25 minutes until browned and crisp.

## Banbury and eccles cakes

By "Housekeeper"

SOME time ago recipes were given for puff and rough-puff pastry, and Eccles and Banbury cakes were mentioned as examples of the uses for these rich pastries. They can be made from scraps either of pastry left over from making meat dishes, or from freshly made-up pastry, allowing about ½ lb. pastry for the amount of filling given below. If the amount of pastry is much less than this, reduce the amount of filling made up. To ensure light pastry, be sure that a really hot oven is available, as too slow cooking makes a heavy indigestible pastry.

**Banbury Cakes**—To 8 oz. pastry allow 4 oz. of any available dried fruit or chopped dates, a little chopped mixed peel, or grated lemon and orange rind, 1 oz. sugar, preferably brown, 1 ½ oz. cake or biscuit crumbs, 1 oz. melted margarine, a dusting of nutmeg and mixed spice, and if liked, a few drops of rum essence—or vanilla essence. Banbury cakes can also be mixed with brandy or a heavy sherry or lemon or other fruit juices used to moisten. Roll out the pastry ¼ inch thick, cut into 5-inch rounds, and place a good teaspoonful of the mixture in the centre of each. Moisten the edges, and fold over. Press together, and then turn the fold underneath, pressing the top lightly with a rolling-pin to form into a boat shape. Sprinkle lightly with sugar, and bake in a very hot oven (475 deg. F.), reducing the heat after the first 10 minutes, until the pastry is crisp and lightly browned—about 15 to 20 minutes in all.

**Eccles Cakes**—To 8 oz. pastry allow 4 oz. currants or finely-chopped dates, a little chopped lemon peel, a dash of grated nutmeg and mixed spice, and 1 oz. melted margarine. Wash and dry the currants, and mix well all the ingredients for the filling. Roll out the pastry to ¼ inch in thickness, cut into rounds, and place a teaspoonful of the mixture in the centre of each. Damp the edges, and press together in the shape of a pouch. Turn over and press flat with a rolling-pin until the currants begin to show through the pastry. Sprinkle lightly with sugar, and finish as for the Banbury cakes.

## Small Cakes (2)

By "Housekeeper"

TODAY'S first recipe can either be baked in two sandwich-tins, or in bun-tins. The flavour can be slightly varied by using a mixture of cinnamon, nutmeg and mixed spices instead of the mixed spice and ginger. When chopped dates are used as the fruit, this gives a good spice cake.

**Ingredients**—4 oz. wholemeal, 8 oz. flour, 1 teaspoonful baking powder, 2 oz. margarine, 2 oz. sugar, 3oz. syrup, 1 teaspoonful ginger and 1 teaspoonful mixed spice, ½ teaspoonful baking soda, a pinch of salt, 2 cupsful of milk and 4 oz. fruit, or a mixture of fruit, nuts and chopped peel. Sieve all the dry ingredients together, and mix well with the fruit. Melt the margarine with the syrup, add the milk, bring to the boil, and use to mix the dry ingredients, mixing as rapidly as possible. Put into greased bun-tins, paper-cases, or into greased and lined sandwich-tins. Bake the buns in a hot oven (450 deg. F.) for 15 to 20 minutes, the sandwiches in a moderately cool oven (400 deg. F.) for 50 minutes.

**Caraway cakes**—8 oz. flour, ½ teaspoonful salt, 1 teaspoonful baking powder, 3 oz. sugar, 3 oz. margarine, ½ cupful of milk, 1 egg, ½ teaspoonful of caraway seeds and, if liked, a pinch of each of ginger and cinnamon. Sieve the dry ingredients together, rub in the margarine, and add the sugar and caraway seeds. Make a well in the centre, and mix to a stiff dropping consistency with the beaten egg and milk. Bake in greased patty-tins, or in paper cases, for 15 to 20 minutes, in a hot oven (450 deg. F.). This recipe can be used to make lemon date cookies, by omitting the spices and caraway, flavouring with the grated rind of a lemon and 4 oz. finely-chopped dates. Cook as above.

## Egg and Cheese Pie

By "Housekeeper"

FOR this egg and cheese pie, line a flan tin or a deep plate with about 4 oz. short pastry, and bake blind in a hot oven. Bring 1 pint of milk, well seasoned with salt and pepper to simmering point. Beat 2 eggs until they are well mixed, and then pour on the hot milk, and stir well. Strain into the flan, and stir in ½ cupful of grated cheese, 1 tablespoonful of chopped parsley, and ½ tablespoonful of finely-chopped chives or spring onion. Bake in a moderate oven (375 deg. F.) until the mixture has set—30 to 35 minutes—and serve with a green salad.

**Cheese Pudding**—Butter about half a dozen slices of bread, cut into dice, and put into a greased pie-dish. Beat 2 eggs with a dash of salt and pepper, ½ teaspoonful made mustard, a dash of sharp sauce and, if liked, a pinch of fresh or dried herbs. Add 1 pint milk and 3 oz. grated cheese. Mix well, and pour over the bread. Allow to stand for about 20 minutes, and sprinkle 1 oz. grated cheese over the top. Bake in a moderately cool oven (350 deg. F.) for 35 to 40 minutes, and serve with a salad.

**Cheese and Vegetable Pie**—Line a well-greased casserole with mashed potato, and decorate the potato surface with a fork. Bake in a moderate oven until set, make ½ pint of white sauce—melt 1 oz. margarine in a saucepan, add 1 oz. flour, cook for a few minutes, and beat in gradually ½ pint of milk. Cook until the mixture is smooth and thick; then beat in ½ cupful of grated cheese, season to taste, and stir in any available cooked vegetables—a mixture of boiled carrot, celery, onion, turnip and parsnip. Pile into the potato shell, cover with grated cheese, and brown in the oven.

## Biscuit Recipes

By "Housekeeper"

HERE are some recipes for quickly-made biscuits, the first for a ginger biscuit something like shah biscuits.

**For the ginger biscuits**—Sieve 4 oz. flour with a pinch of salt, and a half teaspoonful each of baking powder, baking soda, ground ginger, cinnamon and mixed spice. Rub in 2 oz. margarine until the mixture is crumbly. Add 2 oz. sugar, mix well, and use 2 oz. of warmed syrup to mix to a stiff dough. Lightly flour the palms of the hands, and breaking off pieces of the dough, roll them into small balls. Put on a greased tray, well spaced to allow for expansion during cooking. Set on the top shelf of a moderately hot oven (400 deg. F.) for the first five minutes until the biscuits have risen and begun to colour; then move to the middle of the oven for a further 5 minutes, and allow them to crisp and finish cooking on the bottom shelf. This moving about in the oven ensures the flat cracked appearance of the typical ginger biscuit.

**Quick lemon shortbread**—Sieve 3 oz. flour with a pinch each of salt and baking powder. Mix with 4 oz. semolina or ground rice. Melt 2 oz. sugar and 3 oz. margarine in a small saucepan, and add the grated rind of half a lemon. Pour the warm margarine mixture on to the dry ingredients, and mix to a crumbly consistency. Put into a greased and lined sandwich-tin, and press down well in the tin. Bake in a moderately cool oven (350 deg. F.) for about 15 minutes. Then take from the oven, mark into triangles with the back of a knife, and leave to cool in the tin.

**Crackers**—Sieve 1 lb. flour with a pinch of salt and baking powder, rub in ½ oz. margarine, and mix to a stiff dough with water. Turn on to a lightly-floured board. Beat well with a rolling-pin, cover with the mixing bowl, and allow to stand for 15 to 20 minutes. Beat the dough again, and set aside for a further 15 minutes. Continue beating and "resting" the dough until blisters begin to rise on the surface; then roll out as thinly as possible. Cut into rounds or squares, prick well with a fork, and bake in a hot oven (450 deg. F.), turning them over quickly when one side has risen and begun to colour. They will bake in 6 minutes.

## Lentil Soups

By "Housekeeper"

LENTILS or split peas are an economical form of protein, and are probably best appreciated in the form of a thick soup, which can form the major part of the dinner or supper meal. If it is at all possible, the soup should be sieved before being served, to give it a really attractive appearance, and remember that a few drops of red colouring are always an improvement.

**Cream of Lentil Soup**—½ pint lentils, 2 leeks, 2 onions, 1 carrot, a piece of turnip, 5 or 6 outside stalks of celery, ½ pint creamy milk, 1 oz. butter or margarine, salt, pepper and a bunch of mixed herbs. Soak the well-washed lentils overnight, rinse again, and simmer gently for 1 to 1½ hours with 2 pints of water. Add the sliced vegetables, and simmer until they are tender in about an hour, adding the bunch of herbs, if liked, with the vegetables. Rub through a sieve, add the butter or margarine if used, and the hot milk. Re-heat, but do not allow to boil, and season to taste. Chopped parsley, watercress, or chives may be added just before serving. Split peas can be used instead of the lentils, but will require longer boiling before adding the vegetables.

**Cream of Lentil (2)**—Soak ½ pint lentils overnight, rinse, and simmer until tender in 1½ pints of milk for 1 to 1½ hours. Melt 1 oz. fat in a small pan, and fry in it a chopped onion, chopped parsnip, and a tomato or a stick of celery. Allow to brown lightly, then add to the lentils, and cook until they are tender—35 to 40 minutes. Sieve and add ½ pint of hot milk, re-heat, and season to taste.

**Lentil and Tomato Soup**—Soak ½ pint lentils or split peas overnight, and simmer until tender with 2 pints of water. Add a scant pound of tomatoes, fresh or bottled, or ½ pint tomato puree, 2 or 3 stalks of celery, and 2 onions, finely chopped. Simmer until the vegetables are tender, and sieve. Add ½ pint of hot milk, and thicken with flour or corn-flour. Colour, and season to taste.

13 Thursday

14 Friday

15 Saturday

16 Sunday



17 Monday—(Bank Holiday—St. Patrick's Day)

18 Tuesday

19 Wednesday



**Beetroot Pickles**

By "Housekeeper"

**P**RESERVED Beetroot is always popular served with cold meats, and makes a colourful addition if served with fish or fish pie. Beetroot pickle is very easy to make, and can be either plain or spiced. The addition of grated horseradish, when in season, gives a pleasant "bite" to the pickle.

The beetroot should be carefully washed, care being taken not to break the skin, and then cooked until tender in boiling water. For those using heat storage cookers, or a coal range, the beetroot can be baked on a clean baking-sheet, in a moderate to cool oven, until tender. The time taken, will in each case depend on the age and size of the beetroot. Drop the beetroot into cold water, and slide off the skins. Cut into slices or dice. Any beetroot showing signs of toughness or "woodiness" should be discarded, as they will not become tender in the pickle.

For a plain pickle, bring 2 pints of good vinegar to the boil with a teaspoonful of salt and sugar; allow to cool, and pour over the beetroot, packed into clean jars. Cover with airtight covers, and store in a cool dark place.

For a spiced pickle, bring the vinegar to the boil with 1 teaspoonful of salt and sugar,  $\frac{1}{2}$  oz. black peppercorns,  $\frac{1}{2}$  oz. whole allspice, and a small horseradish, grated. Finish as above. If whole spices are not available, use 2 teaspoonsful each of pepper and allspice.

**Beetroot Conserve**—Cut 4 lb. boiled and peeled beetroot into chips. Add 6 thinly-sliced lemons (removing the pips), 4 oz. blanched almonds, and 2 oz. hazelnuts, with 3 lb. sugar. Boil until thick, add 1 oz. ground ginger, and pot and cover in the usual way.

ARCH

20 Thursday

21 Friday

**Egg Cookery (1)**

By "Housekeeper"

**A** FRIEND was telling me recently that she had learned the way to prepare perfectly scrambled eggs, something that the new cook often finds difficult. Because they can be made so quickly, there is a temptation to cook the eggs over too great heat—to over-cook them, so that the mixture turns into curdled lumps in liquid.

Take one egg per person, or more if available, and break separately on to a saucer, putting them into a small bowl. Add salt and pepper, and beat lightly until the yolk and white are mixed together. Add a scant tablespoonful of milk, preferably from the top of the bottle, for each egg used. Melt a nut of butter or margarine in the bottom of a saucepan—this will help to prevent them from sticking to the pan. Make the required amount of toast, and leave the butter or margarine to warm for spreading. Cook the eggs over a low heat, stirring slowly but steadily, until they are almost as thick as required; then take from the heat, and allow to finish cooking while the toast is being buttered. Pile the scrambled eggs on the toast, garnish with a sprig of parsley, or serve with grilled halves of tomatoes, fresh or bottled.

**Scrambled eggs with tomato**—Make 4 slices of toast. Peel and slice 4 tomatoes, add a little chopped onion, salt, pepper and a dash of sugar, and cook in a nut of melted margarine until tender. Stir in two lightly-beaten eggs, and continue to stir over a gentle heat until the mixture begins to thicken. Butter the toast, and pile the tomato mixture on top. Serve at once.

**Egg Cookery (2)**

By "Housekeeper"

**S**OME people like to add a few drops of vinegar or lemon juice, as well as the usual pinch of salt, to the water in which eggs are to be poached. Have sufficient boiling water in a wide saucepan or clean frying-pan to submerge the eggs; break the eggs one at a time, into a cup or saucer, and slide gently into the water; which should be barely boiling—if the water is too cool the egg white will spread out over the pan; while if it is boiling furiously the white will be broken up. Cook each egg for 2 or 3 minutes, basting with boiling water, if necessary. Allow a little longer if the yolk is preferred well set. Lift out with a fish slice, and serve on buttered toast, on Welsh rarebit, or as required.

A plain or filled omelet can be quickly and successfully made after a little practice. Use a heavy frying-pan, if possible, and clean it with salt, brushing off the salt with a dry cloth. Heat over a low flame. Allow 2 eggs per person; beat until the yolks and whites are mixed, and add a teaspoonful of milk or water per egg, with salt and pepper to taste, a pinch of herbs, and a teaspoonful of parsley. Melt a scrap of margarine or bacon dripping in the pan, pour in the eggs, and stir gently with a lifting motion, until the eggs are beginning to stiffen, but are still creamy. Increase the heat for a second, to colour the omelet, roll up, and serve immediately, on hot plates, with vegetables and chipped potatoes.

A plain omelet, in which even the parsley and herbs of the above recipe can be omitted, can be spread with sliced mushrooms, fried in margarine, with tomato sauce, with left-over vegetables in a cheese sauce, with kidneys, chopped and stewed, or sweet-breads in a rich sauce.

22 Saturday

23 Sunday

**Egg cookery (3)**

By "Housekeeper"

**I**NSTEAD of using tomatoes, mushrooms, or bacon as a filling for an omelet, the chopped ingredients can be lightly fried and mixed with the eggs before cooking, thus giving the whole omelet the flavour of the added ingredients. Here is a recipe, which, though easily digested, makes a very satisfying dish.

**Peasant Omelet**—2 large boiled potatoes, 1 large par-boiled onion, 2 or 3 slices of bacon, 2 tomatoes (may be omitted),  $\frac{1}{2}$  teaspoonful of salt, a dash of pepper, 1 tablespoonful of chopped parsley, 1 oz. margarine or butter, two-thirds of a cupful of cream (top-of-the-bottle or unsweetened evaporated milk), and 5 eggs. (To serve 6 people adequately.)

**Method**—Dice the potatoes, onion and tomatoes. Chop the bacon and fry until it is crisp. Lift out, and fry the onion to a golden colour, lift out, add a little more fat, and brown the potatoes; keep warm. Beat the eggs with the salt, pepper and parsley, and stir in the cream. Pour the egg mixture into the pan, and stir gently until the mixture begins to turn creamy, then lightly add the remaining ingredients. Finish cooking as for a plain omelet, and serve very hot with a salad. Most omelets are made in a small pan, but this one must be made in a large pan—unless, of course, the ingredients are halved.

Anyone trying to induce a baby to take extra nourishment in the shape of egg yolk, may find that it will help to beat up a little of the yolk with a teaspoonful of orange juice (or whatever fruit juice the baby is accustomed to) and a little sugar to sweeten. The orange juice disguises the flavour of the egg and it will be accepted. Egg yolk can then be offered in the usual way, once a week or so, until the baby will take it.

**Baked Fish**

By "Housekeeper"

**I**T is frequently more economical to buy a whole fish, such as mullet or large whiting, than to buy cod in cutlets and fillets. The simplest way of cooking such fish is by baking. It should be prepared by thorough washing and scaling, and removal of all the entrails. Wrap in a well-greased paper, sprinkling the fish with a little water to prevent the flesh from drying out too much during the cooking, and dust with salt and pepper. Bake in a moderately hot oven (350 deg. F.), allowing about 10 minutes per pound, plus 10 minutes extra. Serve with a well-flavoured white sauce. The sauce can be flavoured with chopped capers, or pickled nasturtium seeds, chopped pickled onions, chopped fresh herbs, chopped shives, or a tablespoonful of salad cream.

To improve the flavour of the fish, it may be split down the back, and thin slices of lemon set along the cut surface, and also in the cavity of the fish. Those who like onion may prefer to use thin slices of onion instead of the lemon.

Fish can also be stuffed with the ordinary bread stuffing used for chicken—chopped onion, parsley, mixed herbs, and a nut of melted margarine added to a cupful of well-seasoned breadcrumbs.

The remains of the fish can be skimmed, boned and flaked. It can be mixed with a little thick white sauce and mashed potatoes, shaped into patties, rolled in flour and breadcrumbs, and either fried or baked. The flaked fish can be mixed with a thin parsley sauce, put in a greased pie-dish, and covered with a layer of grated cheese or mashed potatoes to make a fish pie. Another fish pie can be made by mixing the fish with tomato puree, chopped onions, a few chopped mushrooms. Cover with a layer of sliced cooked potatoes and a layer of grated cheese to give a crusty top. Bake for 25 minutes in a moderately hot oven (375 deg. F.).



24 Monday



DOUBLE-recipe for Chocolate Scotch Meringue Cake makes 12 big pieces.

**L**ABOR DAY weekend coming up! You'll be planning a picnic for one of the three days—hearty sandwiches, each one wrapped in waxed paper to keep it fresh; something hot to drink; plenty of fresh fruit—and a fluffy, easy-to-carry cake for dessert.

Make the cake with your favorite white cake mix; bake it as directed; choose one of the three toppings; cool; and carry to the picnic right in the pan!

#### CHOCOLATE SCOTCH MERINGUE CAKE

(double this recipe to make a cake 8 x 12 x 2, for a crowd)

1 17-oz. package white cake mix  
2 egg yolks, unbeaten  
2 tablespoons sugar  
Chocolate Glaze  
1 1/4 cups milk  
Brown Sugar Meringue  
Empty cake mix into bowl. Add sugar and 1/2 cup milk. Blend; beat 1 minute. Add 1/4 cup more milk. Blend; beat 1 minute. Add egg yolks and remaining

1/2 cup milk; beat 1 minute longer. Bake in 9-inch square cake pan in moderate oven, 375°F., 35 to 40 minutes, or until done. Cool in pan 5 minutes.

Spread Chocolate Glaze over top of warm cake in pan. Swirl Brown Sugar Meringue over glaze, covering completely. Sprinkle walnuts over meringue. Return to oven; bake 15 minutes longer, or until meringue is lightly browned. Carry to picnic in pan. Chocolate Glaze: Melt together 1 square unsweetened chocolate and 1 tablespoon butter. Combine 1 1/2 tablespoons hot milk, 1/2 cup sifted confectioners' sugar, and dash of salt. Add melted chocolate mixture gradually, blending well.

Brown Sugar Meringue: Beat 2 egg whites with dash of salt until foamy. Add 1 cup firmly-packed brown sugar, 2 tablespoons at a time, beating after each addition until sugar is blended. After all sugar has been added, continue beating until meringue will stand in peaks.

#### VARIATIONS

Apricot Meringue Cake: Spread warm cake with apricot jam. Substitute shredded coconut for walnuts. Cranberry Snow Cake: Spread warm cake with canned cranberry jelly. Use 1/2 cup granulated sugar in meringue instead of 1 cup brown sugar. Substitute slivered, blanched almonds for walnuts.



**Gingerbread.**

By "Housekeeper"

**A** MALONE reader asks for a recipe for a good, dark, moist gingerbread. The recipe which I usually use myself can be enriched with a second egg. I find buttermilk more satisfactory for mixing than sweet milk, although either can be used. For "special occasions"—1 to 2 oz. chopped crystallised ginger, 2 oz. chopped walnuts, and 4 oz. sultanas can be added. Those who like dates in gingerbread could add 4 oz. finely chopped and rolled in the measured flour to prevent them from sinking.

**Ingredients**—4 oz. margarine, 4 oz. sugar, 2 oz. treacle, 2 oz. syrup, 8 oz. flour, 1 egg, ½ teaspoonful of baking soda, 1 teaspoonful of ground ginger, ½ teaspoonful each of mixed spice and cinnamon, a pinch of ground cloves or nutmeg, a pinch of salt, and buttermilk or sweet milk to mix.

**Method**—Sieve the flour with the spices, salt and baking soda. Melt the margarine with the sugar, treacle and syrup, and cool slightly. Make a well in the centre of the dry ingredients; add the beaten egg and the syrup mixture, and sufficient buttermilk to give a fairly soft dropping consistency. Put into two large or three small greased and lined sandwich-tins, and bake in a moderately hot oven (375 deg. F.).

This reader asks for a gas cooker setting. If the cooker she is using is a fairly modern one, the setting will be No. 5, but in the older cookers it may vary, according to the make, from No. 4 to No. 6, or Letter E or F. The cake should be set on the fourth shelf from the top of the cooker, and will take 25 to 30 minutes to cook. It is a safe rule, when baking a new recipe, to try fairly rich mixtures such as this, made in sandwich-tins, at the same temperature as you would normally use for a butter sandwich, but keeping a watchful eye on them, lest they are cooking too rapidly.

27 Thursday

28 Friday

## COOKERY HINTS

**Herring Salad**

By "Housekeeper"

**L**EFT-OVER pickled or soured herring, tinned herring or pilchards, or any available tinned fish, can be used to make an attractive salad in the Swedish style. The fish should be carefully skinned and boned, and then cut into dice. Tinned fish should be well drained. Pilchards can be marinated in seasoned or spiced vinegar. Barely cover the fish, on a shallow dish with seasoned or spiced vinegar, and turn, or baste with vinegar, from time to time.

Mix a cupful of diced fish with ½ cupful of diced pickled beetroot, a scant ½ cupful of diced pickled cucumber, ½ cupful of diced boiled potato, ½ cupful of peeled and diced apple, and 2 tablespoonfuls of finely chopped onion. Season lightly with salt, pepper and a dash of sugar, and moisten with 4 to 5 tablespoonfuls of vinegar. Allow to stand for an hour or so before serving. Serve with thinly-sliced tomatoes, watercress, or lettuce, or shredded cabbage, and either salad cream or mayonnaise.

**Beetroot and Apple Salad**—1 large or 2 small beetroot, 2 sweet apples, 1 carrot, 2 sticks of crisp white celery, a few chopped fresh or pickled walnuts and salad cream or mayonnaise. Mix the unpeeled sliced apple with the diced beetroot, grated carrot, chopped celery and walnuts. Toss lightly in salad cream, and serve immediately on a bed of salad greens when available.

**Cole Slaw**—Using a very sharp knife, shred finely a young head of well-washed crisp cabbage. Mix with mayonnaise, finely-chopped fresh herbs, and chopped onion, salt, pepper, and a dash of sugar and vinegar. Serve garnished with slices of tomato.

29 Saturday

30 Sunday

**MARCH**

## COOKERY HINTS

**Pineapple Rice**

By "Housekeeper"

**W**HERE this rice pudding is being made for children, the first recipe is the more suitable, as it uses milk and not water.

**Pineapple Rice Pudding**—Cook ½ oz. rice in 1 pint of milk, either in a greased pie-dish in the bottom of a slow oven, or in a double saucepan, until the rice has absorbed most of the milk, and the mixture is creamy. Stir occasionally, or cover the pie-dish, if the oven is used. Beat in an egg, if available, and re-heat, to cook the egg. Add sugar, syrup or honey to sweeten. Put the boiled pudding into a greased pie-dish. Drain a tin of pieces of pineapple, add sufficient water to give a cupful of liquid, bring to the boil, and thicken slightly with 2 teaspoonfuls of cornflour or arrowroot. Add the pieces of pineapple, and pile on top of the rice. Decorate with small pieces of glace cherries, and serve hot or cold.

**Pineapple Rice Meringue**—Drain a tin of pineapple pieces, and make up the juice to 1 pint, adding the juice of a lemon and water. Cook ½ oz. of rice in this liquid until it is thick and creamy; beat in the pieces of pineapple, sweeten to taste, and put into a greased pie-dish. Make a meringue from the whites of one or two eggs, adding 1 oz. sugar per egg white, and beating until the meringue is stiff and dry. Pile on top of the rice, and bake in a slow oven (300 deg. F.) until the meringue is crisp and coloured a pale fawn. Serve hot or cold.

The egg yolk or yolks can be used to make baked custard, to make a cake, biscuits or rich short pastry, or added to scrambled eggs or an omelet.

## COOKERY HINTS

**Swiss Cheese Sticks**

By "Housekeeper"

**T**HE Swiss name for these caraway-flavoured cheese sticks is "Kasestangen." Those who dislike the flavour of caraway seeds could omit them.

**Ingredients**—4 oz. flour, a pinch of salt, 2½ oz. margarine, ½ oz. lard, 1 egg, 5 to 6 teaspoonfuls of milk, 2 oz. grated cheese, 1 tablespoonful of caraway seeds, and 1 tablespoonful coarse salt. Sieve the flour with the salt, rub in the fats, and mix to a stiff dough with half the beaten egg and the milk. Set aside in a cool place for an hour; then roll out as thinly as possible, and cut into strips 5 inches long and ½ inch thick. Roll each strip widthwise, and fasten the rolls of pastry in pairs, moistening the pastry where they are pressed together. Twist the two rolls of pastry round each other, and fasten at the other end. Brush with beaten egg, and sprinkle with the mixed grated cheese, coarse salt, and caraway seeds. Set on a baking sheet, and bake in a moderately hot oven (375-400 deg. F.) for 15 or 20 minutes, until crisp. Excellent with salads or soups, or as savouries.

A slice of cheese with apple pie is well known; but a cream cheese pastry for an open apple tart will be new to many people. This pastry is made by rubbing 2 oz. lard and 2 oz. margarine into 5 oz. flour, and the crumbling into it a 7 oz. package of cream cheese. Pat the mixture on to the bottom and sides of a large sandwich-tin, and fill the centre with ¾ cupful of thinly-sliced, peeled and cored apples. Cover with a mixture of a scant ½ cupful of brown sugar, ½ teaspoonful of cinnamon, ½ teaspoonful of nutmeg, and a tablespoonful of lemon juice. Press down on top of the apples, and bake in a moderately hot oven (400 deg. F.) for 45 or 50 minutes. Serve hot or cold.

**Potato Soup**

By "Housekeeper"

**P**OTATO soup makes an economical and appetising beginning to a meal. Try to avoid serving it without the addition of chopped parsley, or some colouring, as plain white soups do not appeal to the eye.

**Cream of potato soup**—2 lb. potatoes, 1 large or 2 small onions, a stalk of celery, salt and pepper, ½ teaspoonful of flour, a cupful of milk, a bunch of herbs if liked, and 2 pints of stock or water. Wash and chop the celery, peel and chop the potatoes and onion, and cook in a seasoned water or stock until they are tender. Rub through a sieve, and mash or beat until smooth with an egg whisk, removing the bundle of mixed herbs. Blend the flour with the milk, add to the soup, and cook for a further five minutes. Taste for seasoning. Just before serving, stir in some well-washed and finely-chopped parsley or watercress, some grated cheese, or a well-beaten egg yolk to improve the colouring. When bacon dripping is available, melt a small piece of the dripping in the soup-pot, and allow the vegetables to cook gently in it until they have absorbed all the fat; but do not allow them to brown, as this would darken the colour of the soup.

A grated raw beetroot can be cooked in this soup, adding it with the other vegetables, to make potato and beetroot soup. The flavour is improved by adding a bay leaf to the bunch of herbs, or some may like to add a good pinch of caraway seeds either to the beetroot or potato soup. Potato-soup made with fish stock—the bones, skin and trimming of fish boiled in salted water, and strained—can be flavoured with a dash of nutmeg.

Serve potato soup with triangles or dice of toast instead of the more usual bread, or with crispbread.

## COOKERY HINTS

**Meat or fish loaves**

By "Housekeeper"

**M**INCED beef, liver or fish can be used to make a meat or fish loaf when the oven is being used for baking. The meat loaf will bake in the bottom of the oven in about an hour, depending on the size of the tin, and can be served hot from the oven, cold with salad or in sandwiches, or be cut in slices and lightly browned in dripping. The loaf-tin should be well greased, and then thickly lined with dried breadcrumbs, made by crisping stale bread and crusts in a slow oven, and then breaking them down with a rolling pin. Before putting the crumbs in the bottom of the loaf-tin a decoration may be arranged of sliced hard-boiled egg, sliced tomato, sliced pickles or olives. When the loaf is turned out for serving the garnish will then be on top of the loaf—if the tin has been sufficiently greased.

**Minced Beef Loaf**—Mix together 2 lb. minced meat, 1 lb. breadcrumbs, 1 stalk of celery (minced), and 1 large onion (minced), and moisten with a tin of soup, or a pint of well-made stock. Pack into a large loaf-tin, and bake for 45 to 60 minutes in a moderate oven (325 deg. F.) (To serve eight people or to make two meals for four people.) If it is wished, substitute sausage meat for half the minced beef, and add a grated apple with the onion.

**Liver Loaf**—Slice 1 lb. liver, soak in cold water for half an hour, wash well, and cook in boiling lightly-salted water for five minutes. Mince the liver, an onion, and some parsley. Add ½ lb. sausage meat, ½ cupful of breadcrumbs, 1 teaspoonful of sharp sauce, ½ teaspoonful of vinegar, and a pinch of fresh or dried herbs, or a dash of grated nutmeg. Moisten the mixture with half a cupful of the liquid in which the liver was cooked. Mix thoroughly, pack into the prepared loaf-tin, and bake as above.

**Fish Loaf**—Skin, bone and flake 1 lb. cooked or tinned fish, and add 1 tablespoonful of mild vinegar, cider or lemon juice. Add a grated carrot, grated potato, a stalk of celery finely chopped, a tablespoonful of chopped parsley, ½ cupful of soft breadcrumbs, salt and pepper to taste, and mix with about half a cupful of milk. Bake as above.



7 Monday

8 Tuesday

9 Wednesday



## Cooking Terms (4)

By "Housekeeper"

**T**HE term, "au gratin," is frequently believed to mean something served with a cheese sauce; but it really means a dish which has been browned on top. This may be done by covering with grated cheese, or a cheese sauce, and browning that under a hot grill or in a hot oven, preferably in a shallow dish.

Seasoned flour—Mix  $\frac{1}{2}$  teaspoonful of salt and  $\frac{1}{2}$  teaspoonful of

penance  
April 4, 1932.  
Belast.  
16, Montgomery Street,  
U.S.P.C.A. (Inc.),  
Organising Secretary,  
N. PARKER,  
X-rays, etc.,  
of sheep by dogs—X-rays, etc.,  
might help to reduce the worrying  
ensure the burial of all carcasses if  
much worrying. If farmers would  
fresh killings, after, probably,  
will feast on it, thus encouraging  
find the carcass and many dogs  
certainly means that some dog will  
wall, instead of burying it, almost  
dead lamb into a ditch or over a  
only too prevalent, or throwing a  
much attention. The practice  
down to lower pasture too far from  
the owner's farm for them to get  
when the flock has been brought  
a few hours after birth, especially  
born now are, in consequence, lost  
bitterly cold weather. Many lambs  
nately coincides with the return of  
sheep is now here and, unfortun-  
late lambing season of mountain  
chasing and killing by dogs. The  
of a very serious increase in sheep

## COOKERY HINTS

## Hot Cross Buns

By "Housekeeper"

**H**OT cross buns can easily be made at home by adding spices, and a few chopped raisins, if available, to a favourite rich yeast mixture, and finishing off with strips of pastry set on top of the buns before baking, or with water or chocolate icing.

For the yeast mixture allow—2 to 4 oz. margarine, 2 to 4 oz. currants, chopped raisins or dates, 1 to 2 oz. chopped candied peel, 2 oz. sugar, 1 teaspoonful salt,  $\frac{1}{2}$  oz. yeast,  $\frac{1}{2}$  teaspoonful cinnamon, a good pinch each of mixed spice and grated nutmeg, 1 egg, lukewarm milk, 2 teaspoonfuls of sugar and 2 teaspoonfuls of water for the glaze, and scraps of pastry for the decoration. Note—2 oz. syrup can be substituted for the sugar in the recipe, and an additional teaspoonful of sugar used for creaming the yeast.

Method—Sieve the flour, salt and spices together, rub in the margarine, add all the sugar except a teaspoonful, or the syrup, and the fruit, then set these ingredients in a warm place. Cream the yeast by stirring it with a teaspoonful of sugar until it turns liquid, then half-fill the cup with lukewarm milk, and put in a warm place until the mixture begins to froth and fills the cup. This "sponging" makes sure that the yeast is fresh and healthy, and also reduces the length of time taken for the dough to rise. Pour the frothing yeast mixture into a well in the centre of the dry ingredients, add the beaten egg, and as much more lukewarm milk as is required to make a soft elastic dough. Rather less than half a pint of milk, including that used with the yeast, should be sufficient. Beat the dough with a wooden spoon or the hand for about 5 minutes, until the mixture is smooth and shiny, and ceases clinging to the bottom of the bowl. Sprinkle the bowl with a little flour, set in the dough, cover with a damp cloth, and set to rise in a warm place, for 1 or  $1\frac{1}{2}$  hours until the dough has doubled in size.

Knead lightly on a floured board, divide into pieces the size of a walnut, and set on a greased baking-sheet, allowing ample room for expansion. Mark a cross on each bun with a knife, and set to rise for 20 or 30 minutes. Remark the cross, and set thin strips of pastry in position. Brush with milk, or beaten egg, and bake in a hot oven (450 deg. F.) for 15 or 20 minutes. When the buns have risen and are browned, take them from the oven, and brush with the sugar and water glaze. Return to the oven for a few seconds to set the glaze. Cool on a wire tray.

10 Thursday

11 Friday

12 Saturday

13 Sunday

SPECIFY "SWIF

## Boiled cod

By "Housekeeper"

**P**LAIN boiled cod, served with white sauce, can be an unappetising dish; but a little care and imagination can turn it into a meal fit for an epicure.

Instead of dropping the fish into boiling water, and allowing it to boil fast and furiously, slide it gently into the lightly-salted water off a fish slice, wait until the water comes back to the boil, and then reduce the heat until the water is kept just under boiling point. Allow the fish to poach gently until it is tender, giving it 10 minutes per pound, with 10 minutes extra.

For the white sauce, use some of the liquid in which the fish was cooked, and make up to  $\frac{1}{2}$  pint with rich milk. Melt  $\frac{1}{2}$  oz. margarine in a small saucepan, cook  $\frac{1}{2}$  oz. flour in it for a few minutes, and then beat in the milk gradually. Cook for at least 5 minutes, to avoid the taste of uncooked flour. Season with salt and pepper, and then flavour with grated nutmeg, chopped parsley, a squeeze of lemon juice, a few chopped pickles or chopped olives, chopped fresh herbs—fennel, sage, thyme, bay leaf, basil—with anchovy essence, and with a dessertspoonful of sherry or port, using one or more of the above ingredients to suit the individual preference. Put the cooked fish on to a heated side-dish, remove the skin, pour over the sauce, and serve very hot, with cooked tomatoes or Brussels sprouts, and potatoes boiled in their jackets.

Cod or other similar white fish can be "boiled" in water to which a tablespoonful of lemon juice, or vinegar, or 2-3 tablespoonfuls of cider or cider vinegar, have been added, to give a piquant flavour.

Beat  $\frac{1}{2}$  oz. margarine to a cream with 4 oz. castor sugar, drop in the remainder of the egg which was used to make the almond paste, and beat until smooth. Then add 2 oz. sifted flour, beat well, and add a second egg. When the mixture is smooth, fold in a further 2 oz. flour, sifted with a pinch of salt and half a teaspoonful of baking powder, and then mixed with  $\frac{1}{2}$  oz. chopped fruit—sultanas, raisins,

## COOKERY HINTS

## Roast "Chicken"

By "Housekeeper"

**T**HE high cost of spring chickens need not prevent the housewife from serving roast chicken, as a boiling fowl can be steamed or gently boiled, and then roasted, and thus made quite tender. When choosing the boiling fowl, try to get a good plump bird, as the small thin ones are apt to be difficult to tenderise—even in a pressure cooker.

Truss the fowl in the usual way, removing the sinews, and any pieces of fat, and stuff it, both in the body and the breast, with plenty of well-flavoured stuffing. A good rich stuffing can be made by mixing 2 cupsful of bread-crumbs,  $\frac{1}{2}$  cupful of chopped celery,  $\frac{1}{2}$  cupful of chopped onion, and 1 tablespoonful of chopped parsley, with a slice of fat bacon finely chopped and browned in a little fat, also  $\frac{1}{2}$  lb. sausage meat shaped into balls, and browned in the bacon dripping. Season well with salt, pepper and a pinch of mixed herbs, and add a squeeze of lemon juice. Moisten with stock or water, and pack into the fowl, sewing up the openings securely with coarse thread.

In the bottom of a large soup-pot put some coarsely-chopped onions, chopped celery, two or three carrots, cut into blocks, and a piece each of turnip and parsnip, with the well-washed giblets. Add water barely to cover the vegetables, set the fowl on top, and allow to cook gently, putting on a tight-fitting lid, until the fowl is tender. Take out and set aside until required, or put immediately into roasting tin, and add melted dripping. Cook for half to three-quarters of an hour, basting frequently. Serve hot with baked or oven-fried potatoes, peas and gravy made from some of the stock in the soup-pot.

The vegetables in the soup-pot can be rubbed through a sieve made into a puree with some of the stock, and served as a thick

## Simnel Cake

dates, prunes and nuts, and 2 oz. chopped peel. Mix to a stiff dropping consistency, using a little milk—1 to 3 tablespoonfuls, if the eggs were small.

Put half the cake mixture into the prepared tin, set the circle of almond paste on top, and then put in the remainder of the cake mixture, piling it high round the edges, and making a well in the centre. Bake in a moderate oven (425 deg. F.) for 1 to  $1\frac{1}{2}$  hours, until a testing skewer can be withdrawn from the centre of the cake clean and dry.

Shape the remainder of the almond paste into a ring to fit the top of the cake, set on top while it is still hot, roughen up slightly with a fork, and return the cake to the oven for a few minutes until the almond paste begins to brown slightly. Allow the cake to cool in the tin for an hour or so, then to dry out on a wire rack before storing in an airtight tin for a few days before cutting.

## COOKERY HINTS

## Easter Biscuits

By "Housekeeper"

**P**EPER is not usually found in cake recipes, but this recipe is. Swedish ginger biscuits use the pepper to bring out the spicy flavour. White pepper should be used in preference to black, and only a small pinch is necessary.

For these Swedish ginger biscuits take 2 oz. fat, 3 oz. brown sugar,  $\frac{1}{2}$  egg or a yolk, 3 oz. treacle, 3 oz. syrup, 4 tablespoonfuls of rich milk or condensed milk, the grated rind of half an orange,  $12\frac{1}{2}$  oz. flour,  $\frac{1}{2}$  teaspoonful of baking soda,  $\frac{1}{2}$  teaspoonful each of ginger and cinnamon, a good pinch each of ground cloves, ground allspice or mixed spice, and salt, and a small pinch of pepper. Sieve together the flour, salt, soda, spices and pepper. Cream the fat and sugar, beat in the slightly-warmed treacle and syrup, then the egg yolk, and orange rind. Stir in the dry ingredients alternately with the milk. Knead lightly on a floured board, roll out as thinly as possible, and cut into biscuits with shaped cutters. Set on a greased baking-sheet, and bake for about 10 minutes in a moderate oven (375 deg. F.). Those who own a refrigerator will find that this dough can be more easily rolled out if it is chilled in the refrigerator for an hour or so before kneading.

Brown Sugar Biscuits—4 oz. fat,  $5\frac{1}{2}$  oz. brown sugar, 1 egg, 5 oz. flour,  $\frac{1}{2}$  teaspoonful baking powder,  $\frac{1}{2}$  teaspoonful baking soda, 2 tablespoonfuls of milk, and 2 oz. chopped raisins or nuts if available. Cream the fat and sugar, beat in the egg, and stir in the sieved dry ingredients alternately with the milk. Stir in the chopped raisins, mixed with a little of the measured flour, and drop teaspoonful of the mixture on to a greased baking-sheet. Bake for 15 or 20 minutes in a moderate oven (350 deg. F.).

Oatmeal Muffins—Soak a cupful of flakemeal (24 oz.) in a cupful of buttermilk for an hour, beat in an egg, and stir in 2 oz. brown sugar. Sieve together 5 oz. flour,  $\frac{1}{2}$  teaspoonful baking powder,  $\frac{1}{2}$  teaspoonful salt, and  $\frac{1}{2}$  teaspoonful baking soda, and stir into the flakemeal mixture. Then add 2 oz. melted margarine, and put into 18 medium-sized muffin tins. Bake for 15 or 20 minutes in a moderately hot oven (400 deg. F.). Serve



14 Monday—(Bank Holiday—Easter Monday)

15 Tuesday

16 Wednesday



**Fruit Creams**

By "Housekeeper"

**A** BELFAST reader asks for some recipes for using tinned milk, and for some help in disguising the flavour of tinned milk or cream. Some people believe that the flavour of tinned milk is much improved, and that it is easier to whisk, if the tin of milk is set in a saucepanful of cold water, brought rapidly to boiling point, and then set under a cold tap, and the water allowed to run over the tin until it is quite cold. It can then be opened, and the milk whisked until stiff.

I prefer the addition of a teaspoonful of gelatine, dissolved in 3 to 4 teaspoonsful of hot water and stirred into the milk, which can then be whisked as stiffly as required. One of the most successful flavours, and one which reduces the sometimes excessive sweetness of sweetened milk, is a teaspoonful of grated lemon or orange rind, and a teaspoonful or two of lemon juice. Coffee essence also makes an excellent flavouring for a plain coffee cream. An egg white whisked into any of the plain fruit or coffee creams will impart a light fluffy texture. A chocolate cream could be made by boiling a tablespoonful of cocoa with 2 tablespoonsful of water, and adding a teaspoonful of vanilla or almond essence, then cooling, and stirring into the whisked cream mixture.

**Lemon Meringue.**—Put the contents of a tin of sweetened condensed milk into a bowl, add ½ cupful of lemon juice, 1 teaspoonful of grated lemon rind, and 2 egg

COOKERY HINTS

**Trussing and Boning Fowl**

By "Housekeeper"

**A** "REGULAR Reader" asks for the method of trussing and boning a fowl, and of cooking a boned fowl. Boning a fowl is not an easy task, requiring endless patience and a smallish, very sharp and flexible knife. Boned chicken may be baked, or used for bottling, remembering that chicken requires 15 lb. pressure for 1½ hours to ensure safe preservation. Even for this I would prefer to joint the fowl, and pack it, bones and all, into the jars to be used.

The principle underlying boning a chicken is that the flesh should be stripped off the bones after the manner of removing a pair of gloves. The chicken should be freshly killed, dry plucked, and left to hang until cold. Singe off the hairs over a methylated spirit, gas or dried newspaper flame, and remove any small feathers. Remove the sinews from the legs and cut off the wings fairly close to the body, also the head, and the legs at the joint. Set the bird, breast downwards, on a firm surface, and cut through the skin along the length of the breastbone. Cut carefully through the flesh down to the bone, and, with a scraping motion, work along the backbone to the shoulder blade. Work round this carefully, cutting through the wing sinews, and easing the flesh gently from the bones. Repeat on the other side. Lift the flesh from the backbone across the ribs, then from the wish-bone, removing the crop and windpipe. Continue working the flesh from the breast-bone very gently in case it should be cut through, as the layer of flesh is thin at this point. Lift the meat gently from the leg bones, cutting carefully, and freeing the bones as if one were peeling a tight pair of gloves from the fingers. Free the carcass from the meat where necessary, lift out the bones, and shape the flesh as required, stuffing the cavity with a suitable forcemeat if desired. Use the bones, wing tips, neck and giblets for stock.

**Baked Chicken**—Sprinkle a boned chicken with salt and pepper, dust with flour, and dot with flakes of margarine. Put into a well-greased casserole, tie into shape, cover, and bake for ½ to 1 hour in a moderately hot oven (425 deg. F.), removing the lid to allow the chicken to brown during the last 20 minutes. Serve in a border of hot creamed potatoes, with peas, tomatoes, and a good gravy made from the stock.

**More Tinned Milk Recipes**

By "Housekeeper"

**C**OCOONUT macaroons can be simply and easily made from sweetened condensed milk. They will require some additional flavouring—vanilla or almond essence, or some grated lemon rind.

Mix together ½ lb. coconut, half a tin of sweetened condensed milk and a teaspoonful of vanilla essence, or a few drops of almond extract. Drop large teaspoonsful of the mixture on to a greased baking-sheet, and bake in a moderate oven until the cakes are lightly browned. Allow them to cool and become firm on the baking-sheet, and store in an airtight tin when cold.

**Coffee mallow**—4 to 6 oz. marshmallows, ½ pint strong black coffee or use powdered coffee or essence at double the ordinary strength, 1 oz. gelatine, and a tin of sweetened condensed milk. Set aside three or four of the marshmallows, cut up the remainder with a wetted pair of scissors or a knife, and dissolve in the hot coffee. Add the gelatine, dissolved in a tablespoonful or two of hot water, and set to cool, stirring the mixture occasionally as it cools. Whisk the condensed milk until it is stiff, fold in the coffee mixture, pour into a wetted mould or into sundae glasses, and top with the remaining marshmallows cut into decorative pieces.

**Cream trifle**—Line a greased

COOKERY HINTS

**Trussing a Fowl**

By "Housekeeper"

**T**HE preparation of a fowl for cooking should be started by removing any remaining feathers, then burning off the fine hairs and down, over a flame from methylated spirits, gas, or dried paper.

Set the fowl on several layers of newspaper, on a large chopping board. Cut through the scaly yellow (or black) skin of the legs below the joint, being careful to avoid cutting through the sinews. Hold the leg over the edge of the chopping board, or the table, and break it at the cut by pressing the foot firmly downwards. Hold the leg of the bird firmly in the left hand, take the foot in the right, and pull gently but firmly, to draw out the sinews. Provided the bird is young this can be done easily; but in an older bird it will be necessary to pull out each one separately, winding it round a metal skewer.

Set the bird, breast downwards, on the table, with the head away from you. Make a slit between the shoulder-blades to the feathers at the base of the head. Cut off the neck close to the body, free it from the wind-pipe, and cut through the skin fairly close to the head. Pull the neck free from the head, and put to soak in cold water. Remove the windpipe and crop (the whitish bag and tube seen in the loose flap of skin at the neck), and discard these. Insert the forefinger in the neck opening, and loosen any organs which can be reached.

Turn the fowl round, and make a light cut between the tail and the vent. Insert the little finger in this slit, and lift the pipe leading to the vent. Insert a knife between the finger and the vent, and cut right round the vent. Enlarge this hole so that the whole hand can be inserted to pull out the entrails. Retain the giblets—gizzard, heart and liver. Remove and discard the spongy bright red lungs, kidneys, and gall bladder, which is tucked into the liver. Cut carefully round the greenish gall bladder, for if this is broken the liquid gives a bitter flavour to the liver or anything else it touches. Cut the fat and tubes from the gizzard, and cut through the thickest part of the gizzard to the inner lining. Peel off the outer "rind," and discard the contents of the gizzard. Trim the pipes and membranes from the heart. Wash well and soak with the neck. Use to make stock.

Stuff the neck or in the body, and truss into shape with skewers, pinning the legs and wings close to the body, and sewing up the openings at neck and tail with thick white thread.

**Hot Salad**

By "Housekeeper"

**A** FERMANAGH reader asks for a recipe for hot salad, which she believes is made from peas, carrots, and possibly diced potatoes. Here are some recipes which may suit.

**Hot Potato Salad (1)**—Boil, peel and slice 6 medium-sized potatoes and put them into a slightly greased baking dish. Sprinkle with salt and pepper, ½ cupful of chopped celery, or ½ teaspoonful of celery seed and a tablespoonful of finely chopped parsley. Mix together two tablespoonsful each of cider, vinegar and tarragon vinegar (or 4 tablespoonsful mild white vinegar), 4 tablespoonsful of olive or salad oil, or melted bacon dripping, and a half-inch slice of lemon. Bring to the boil, pour over the potatoes, and set the dish in a warm oven until the mixture is heated through.

**Potato Salad, (2)**—Slice 6 medium-sized, peeled and boiled potatoes. Heat in a frying pan 3 or 4 strips of fat bacon finely cropped or minced, or 2 tablespoonsful of bacon dripping. Brown lightly in it 4 tablespoonsful of chopped onion and chopped celery and a small pickled cucumber or a few pickled onions. Add ½ teaspoonful of salt, a pinch of paprika or white pepper, and a good pinch of dry mustard to ½ cupful of water and ½ cupful of white vinegar. Bring to the boil. Put the potatoes into the frying pan with the other ingredients and pour the boiling vinegar mixture over them. Stir lightly until well mixed, and serve at once.

**String Bean Salad** (May be made from salted beans if they have been well washed and soaked in cold water for an hour before cooking, to remove some of the salt). Fry lightly 4 slices of fat bacon and add ½ cupful of white vinegar, a good pinch of paprika or pepper, and a little salt. Add the hot beans, toss until coated, and serve hot or cold.

The salad which the reader asks for is a potato salad, made with a cooked salad dressing, with the addition of any available left-over vegetables, and a little shredded onion and chopped parsley.

**Cooked Salad Dressing**—Take 1 teaspoonful of dry mustard, 1

COOKERY HINTS

**Rhubarb Pie**

By "Housekeeper"

**R**HUBARB is in season at present, and is delicious served plain with a custard or well-flavoured white sauce, or baked in a pie. When stewing rhubarb, cook it very slowly to avoid breaking up the pieces. When the oven is in use, put the rhubarb into a casserole with a very small amount of water, and a sprinkling of sugar, cover tightly, and allow to cook in the bottom of the oven until it is tender. Cooked in this way the rhubarb loses none of its flavour and colour, and can be sweetened when it comes out of the oven with one or two saccharine tablets dissolved in a little water.

**Rhubarb Chiffon**—Take a cooked flan, or make a pie crust by mixing 1½ cupsful of finely-crushed corn-flakes, or dried breadcrumbs, with 2 oz. melted margarine and 2 oz. sugar. Press lightly round a greased sandwich-tin, and bake for about 10 minutes in a moderately cool oven (350 deg. F.), and cool. Cook a bunch of rhubarb—about 1 pint (2 cupsful) when chopped, with a small amount of hot water, until it is quite soft. Beat with an egg whisk to break down, or put through a sieve. Dissolve in 2 tablespoonsful of gelatine in 2 tablespoonsful of hot water, stir into the rhubarb mixture, and allow to cool until it is beginning to set. Whisk the contents of a tin of sweetened evaporated milk until it is stiff. Reserve a cupful of the mixture, and fold the remainder, with ½ tablespoonful of grated orange or lemon rind, into the rhubarb mixture. Stir until well mixed, colour with carmine or cochineal, and put into the pastry shell. Decorate with the reserved whisked milk, which should be flavoured with vanilla. This pie can be set in a refrigerator for 2 or 3 hours before serving, and the chilling improves the flavour.



21 Monday

22 Tuesday

23 Wednesday



## Risotto

By "Housekeeper"

**A**RISOTTO makes an appetising dish out of a few leftovers, and provides a very satisfying meal, as one would expect from a dish which originated in the peasant areas of Italy, where meat and fish are frequently too scarce and expensive to feature often on the menu.

The rice for risotto may be white or brown, but it should not be washed—rub it in a clean tea-towel to remove any dust. Take an onion, and chop or mince it; then fry it to a golden colour in melted margarine or bacon dripping, making sure that it is tender. Lift out the onion, and set on a plate. Put the rice into the fat, and cook it slowly and gently, stirring constantly, as it burns easily. Use about 1½ cupsful of rice, and 2 to 4 oz. of fat. Cook until the rice is dry, slightly browned at the edges, and glassy looking. Now add boiling liquid—chicken stock, meat stock, tinned clear soup thinned with water, vegetable juice or tomato juice. Add the liquid a little at a time to avoid splashes, and enough barely to cover the rice, and stir until the rice begins to get tender, adding more hot liquid as it is absorbed. When the rice is half-cooked, add the chopped onions, 1 teaspoonful of salt, a dash of pepper, and a cupful of diced meat—whatever is available.

Tinned tuna fish makes an excellent, curiously meaty-flavoured risotto, improved by the addition of sliced tomatoes, but if it is used very little salt is required. Cover the mixture, and allow it to simmer slowly until the rice is tender and all the liquid has been absorbed. At this stage, sliced tomatoes, sliced fried mushrooms, sliced celery hearts fried in margarine, chopped parsley or fresh or tinned peas, can be stirred into the mixture. Pile the risotto on a hot plate, and hand round grated cheese to be sprinkled over the individual portions, with tomato sauce, if liked.

## Parkin

By "Housekeeper"

**A**BELFAST reader asks for a recipe for Parkin Biscuits, which she remembers from holidays in the Isle of Man. I do not know whether either of the recipes given below will give exactly the same type of biscuit, because the recipes for parkin, and parkin biscuits, are innumerable. If any reader has the traditional Isle of Man recipe, I would be very pleased to have it.

Parkin Biscuits—4 oz. flour, 4 oz. medium oatmeal, 1 oz. lard or suet, 1 oz. margarine, 1 egg, ½ teaspoonful of ginger, 2 tablespoonsful of treacle, 2 tablespoonsful of syrup, and either 1 teaspoonful of baking powder and sweet milk to mix, or ½ teaspoonful of baking soda and buttermilk to mix. Sieve the flour with the baking powder or baking soda, add the margarine and lard, and rub in until quite fine. Add the other dry ingredients, make a well in the centre, put in the slightly warmed syrup and treacle, and the lightly beaten egg, and add sufficient milk or buttermilk to mix to a stiff dough. Flour the palms of the hands lightly, take pieces of the dough about the size of a walnut, roll into rounds, flatten slightly, and place on a greased baking-sheet, spacing them out well so that they will have room to spread during the cooking. Bake for 20 to 30 minutes in a moderate oven (350 deg. F.).

Another recipe for parkin biscuits adds ½ teaspoonful of cinnamon and 2 oz. sugar, increases the baking soda to 1 teaspoonful, and omits the treacle and milk. The use of sugar instead of treacle would give a lighter coloured biscuit with a slightly different flavour.

Yorkshire Parkin—½ lb. oatmeal, ½ lb. flour, ½ lb. syrup, ½ lb. treacle, ½ lb. lard, 1 tablespoonful of milk, 1 teaspoonful of baking powder, 2 teaspoonfuls of ground ginger, and 1 teaspoonful of sugar. Rub the lard into the oatmeal and flour, add the mixed sugar, ginger and baking powder, and mix with the slightly warmed syrup, treacle and milk. Put into well-greased sandwich-tins and bake for ½ to 1 hour in a moderately cool oven (325 deg. F.).

## Meat Loaves

By "Housekeeper"

**A**MEAT loaf made with a mixture of sausage meat and minced beef, with breadcrumbs or grated vegetable added to give bulk, will help to stretch the meat ration. It may be served hot one day or cold the next.

Tomato Loaf—½ lb. minced beef, ½ lb. sausage meat, 1 cupful fresh breadcrumbs, 1 chopped onion, ½ tin tomato soup or home-made tomato puree, a scant teaspoonful of salt, a good pinch pepper, and 1 egg. Mix all the ingredients thoroughly, adding the well-beaten egg, or a little good stock to moisten and bind the mixture. Pack into a well-greased loaf-tin. Make a sauce from the remainder of the tin of tomato soup, 1 cupful water, 2 tablespoonsful of mild vinegar, 2 teaspoonsful of made mustard, and 1 tablespoonful of brown sugar. Pour a little of the sauce over the loaf, and bake in a moderate oven (350 deg. F) for 1½ hours, basting periodically with more of the tomato sauce mixture. Turn on to a hot plate, and pour over the remainder of the sauce, heated and thickened slightly if liked.

Thyme Loaf—½ lb. minced beef, ½ lb. sausage meat, 2 cupsful of soft breadcrumbs, 1½ cupsful of milk, 1 egg, 1 finely-chopped or grated onion, ½ teaspoonful dry mustard, a good pinch each of dried thyme and pepper, and a dash of grated nutmeg. Mix the ingredients thoroughly with the beaten egg and milk, pack into a well-greased loaf-tin, and bake in a moderate oven for 1½ hours.

Savoury Loaf—½ lb. minced beef, ½ lb. sausage meat, a small cupful of dry breadcrumbs, 1 cupful of milk, 1 or 2 eggs, 1 chopped onion, 1 tablespoonful of chopped parsley, a pinch of pepper, ½ teaspoonful of powdered sage, and ½ teaspoonful of salt. Mix together, pack into a well-greased loaf-tin, and spread with a savoury sauce made by combining 1½ tablespoonsful of brown sugar, 4 level tablespoonsful of tomato ketchup, a dash of grated nutmeg, and ½ teaspoonful of dry mustard. Bake for 1½ hours in a moderate oven (350 deg. F.).

## Marshmallow Icing

By "Housekeeper"

**A**BELFAST reader complains that the marshmallow icing, a recipe for which was given recently, refused to set for her. From the description of the results she got, I do not wonder at her indignation.

The recipe for the marshmallow icing is 1 egg white, 1 oz. sugar, a pinch of salt, 6 level tablespoonsful of syrup, and flavouring. I think the difficulty lies in getting the correct amount of syrup—2½ oz. It is so easy to take large spoonfuls of syrup, and the mixture will never set unless gelatine is added. The method of making the icing is to beat the egg white with the salt until light, add the sugar, beat until stiff but not dry, add the syrup gradually, and continue beating until the mixture will set. This may take more time than the average person is prepared to spend, so that the addition of 1 teaspoonful of gelatine, dissolved in 2 teaspoonsful of hot water, and added to the mixture immediately after adding the syrup, will give a spongy icing in very much less time, and will allow for greater variation in flavouring. When using the gelatine, the mixture may be flavoured with 2 to 3 tablespoonsful of strong coffee, used instead of water to dissolve the gelatine. One to two tablespoonsful of cocoa boiled in 2 or 3 tablespoonsful of water, with ½ teaspoonful of gelatine added to the mixture, grated lemon rind and juice, or orange rind and juice can also be used as flavourings.

This Marshmallow gelatine icing can be used on top of a rhubarb pie instead of either whipped cream or meringue. The juice from the rhubarb should be thickened by boiling with a tablespoonful of blended cornflour, and then poured hot over the rhubarb, which may be in a flan of cooked pastry or a crumb crust, or simply be put in a glass dish. Pile the marshmallow mixture on top, decorate as required, and serve cold.

## Apricot Jam

By "Housekeeper"

**A**DUNDONALD reader who has been able to get some apricot jam, asks for a recipe for making apricot jam, also a recipe for sugarless jam.

Apricot and Apple Jam—1 lb. apricots, 1 lb. apples, 1 lb. sugar and water. Wash apricots, and put them in a bowl. Cover with hot water and leave to soak for 24 hours, then cut into pieces. Peel apples and slice them; add apricots, and simmer gently until the apricots are tender. Measure the pulp, and to each pint of pulp add 1 lb. sugar. Add the juice of the lemon, and some of the rind if desired. Bring to the boil and cook until the jam is thick. Put and cover in the usual way.

Apricot and pineapple jam—1 lb. dried apricots, water, 1 tin crushed pineapple, 3 tablespoons of lemon juice (or ½ teaspoon of citric or tartaric acid) and sugar. Wash and soak the apricots, covering them to a depth of an inch with water. Chop the apricots finely, and cook until they are tender. Add the pineapple. Measure, and for every pint of pulp allow ¼ to 1 lb. sugar. Add in the lemon juice and cook above. If the smaller amount of sugar is used, the jam should be used quickly, or sealed in the same manner as bottled jam. Additional flavour may be given by adding a finely-sliced chopped orange and lemon to the dried apricots before soaking them. Omit the additional lemon juice in this case.

If unsweetened pineapple jam can be obtained, either of the recipes can be used to make sugarless jams. Proceed as directed above to the stage where the sugar is to be added; then take the pulp and put it into small jars. Cover with fruit-bottling parchment, with any of the usual caps or covers, set the jars in a water bath, bring to the boil, and cook for about 5 minutes. Lift the jars, allow to cool, and test for vacuum in the usual way. If the jam is required, take one of the jars, bring the contents to the boil, and

add 2 "HINTS

## Gypsy Biscuits

By "Housekeeper"

**T**HIS recipe for Gypsy biscuits is made in the same way as Eccles cakes, but the dough is much more economical than the puff pastry required for the cakes. Chopped dates, a mixture of chopped dates and nuts, or sultanas or currants, whenever available, can be used for the filling.

Ingredients—½ lb. flour, a pinch of salt, 1 teaspoonful baking powder, 1 teaspoonful ground ginger, 3 oz. margarine, 1 oz. sugar, 2 oz. treacle or syrup, 3 to 4 oz. chopped dried fruit, and nuts or peel, mixed. Method—Sieve the flour with the salt, ginger and baking powder. Rub in the fat, and add the sugar and the slightly-warmed syrup. Mix to a stiff paste with about half a gill of milk or water. Knead lightly on a floured board, roll out thinly, and cut into about 1½ dozen rounds. Divide the filling between the rounds, damp the edges of the dough, and fold the edges to the centre, covering the fruit. Place the smooth surface upwards on a floured board, and roll lightly with a rolling pin until the biscuits are fairly flat. Set on a lightly-greased baking-tray, brush with milk, and bake in a moderately hot oven (350 deg. F.) for 15 to 20 minutes. Cool on a wire tray before storing in an airtight tin.

Rhubarb Dumpling—6 oz. flour, 1 teaspoonful baking powder, 2 oz. margarine, 2 oz. stale bread, a pinch of salt, 2 oz. lard, margarine or suet, 2 lb. rhubarb, and syrup to sweeten. Soak the bread in hot water until soft, squeeze out the water, and break into crumbs. Sieve the flour with the salt and baking powder, rub in the fat, and add the breadcrumbs and sufficient cold water to mix to a stiff elastic dough. Roll out the greater part of the dough to line a pudding-basin, fill with chopped rhubarb, add sufficient syrup to sweeten, and cover with a lid made from the remainder of the pastry. Cover, and steam for 2 hours.

24 Thursday

25 Friday

26 Saturday

27 Sunday



# Nothing's More Fun Than a Barbecue!

## Outdoor Cooking Makes That Chicken Extra Good

By DIXIE OLIVER.

There's nothing any more fun than giving . . . or going on a barbecue. Smoke in your eyes, wood ticks biting your legs and all the other discomforts that are usually part of the process only add to the succulence of the hot barbecued meat.

Free barbecues have long been the nicest part of politics in the South and Southwest. The procedure is simple. Edgar Stuffshirt, who's running for county road commissioner, lets word get around that he's having a barbecue Saturday week out at Little Road Park. His cohorts send out blanket invitations and notices to newspapers.

Everyone with a free Saturday afternoon and a car drives out to sample the barbecue, which has been cooking since early morning. Sometimes there's beer, in the less straightlaced states or counties, but more often there's lots of soda pop for the kids and coffee for the grownups. With the barbecue, which is usually beef or short ribs, huge hunks of bread, baked beans, potato salad and pickles are served.

When everyone has eaten all he can hold, but before the disinterested can leave, Mr. Stuffshirt takes to the platform. Mothers fan mosquitoes off sleeping infants in their arms and try to keep the little ones quiet, while the men concentrate on Stuffshirt's campaign speech.

### Born in Georgia.

William S. Walsh, author of the 1898 edition of "Curiosities of Popular Customs," claims Georgia as the home of the barbecue but says New Yorkers were no strangers to the idea after 1876.

He tells of two oxen being paraded through New York and Brooklyn to Myrtle Park in October of that year. There they were killed and placed over a coke fire to roast on a spit. By noon the next day a thousand people were on hand. Twenty minutes after the first ox had been cut up the "only vestiges left were the skeleton and such fragments as were unfit for food," he relates.

Not all barbecues are that large, of course. Many are a spur-of-the-moment thing for three or four, with little planning. But the best are well organized to insure lip-smacking results.

### Yankee Style Barbecue.

We consulted two authorities on the subject, John and Marie Roberson, co-authors of "The Complete Barbecue Book," published by Prentice-Hall Inc. So they invited us to watch them prepare the food, Yankee style.

Both have been barbecuing since they were knee-high-to-a-grasshopper and their travels around the land have added lots of practical knowledge.

Barbecuing is strictly a man's hobby, John claims. Marie graciously agrees. Once a man has mastered the art before the fairer sex, he can command the women to perform the more mundane chores like setting the table, chopping the salad and keeping the kids out of the way.

Some say the more primitive the tools, the more authentic the barbecue, but good equipment helps a lot, John says. If you must use a "natural" spit, get a sassafras or green hickory stick, remove the bark and sharpen the ends. If you don't have a grill, swipe the iron broiler rack from your stove or use heavy screening over the pit, he adds.

If you're going to dig your own pit, make it round, square or ob-

long, but large enough for ample cooking space. Line it with stones or firebrick and be sure the grill or screening corresponds in size.

John recommends briquets for the fire, because they give off a uniform heat. However he allows charcoal is all right, or such woods as apple, hickory, prune or oak.

### Avoid Direct Flame.

Never, never cook over a direct flame, or you'll wind up with "meat-charcoal" like a friend of ours did once, back when meat was rationed. His wife never forgave him.

For the barbecue demonstration

Marie bought a four-pound chicken which she had the butcher truss for barbecuing.

It took about 30 minutes for the fire to turn to embers in the portable barbecue John brought along. While he was busy being masculine, she wiped the bird with a damp cloth and poured the still warm sauce she'd made at home over it, spooning it over and over the chicken.

### The Sauce Recipe.

Here's the recipe she used for the sauce:  $\frac{1}{2}$  teaspoon monosodium glutamate,  $\frac{1}{2}$  cup water,  $\frac{1}{4}$  cup oil, two tablespoons lemon juice,  $\frac{1}{2}$  teaspoon marjoram, one

tablespoon sugar and one teaspoon salt. This she heated well and put in a fruit jar, then wrapped it in newspapers to keep warm.

John took over, sprinkling a few stalks of celery with salt, pepper and poultry seasoning. These he stuck in the chicken and placed it on a long handled fork, holding it near the coals to sear. When it was brown, the chicken was put on the spit and turned every eight minutes, and more sauce was swabbed on with a brush.

While the chicken cooked, the coffee pot was put on the grill,

the salad mixed and potatoes which had been baked at home and wrapped in aluminum foil were added to the grill to reheat a bit.

Then it was ready! The chicken cooked to a turn, brown and delicious with a woody flavor that just can't be duplicated indoors. The salad crisp, the potatoes hot and the coffee superb. While we stuffed ourselves on these flavorful foods, John placed a fresh apple pie on the grill, topped with cheese, to heat and melt.

What a barbecue! What a way to eat yourself into a larger-sized girdle!



Barbecued chicken, swabbed often in a special sauce you made yourself, is a treat you'll not soon forget. Let the chicken marinate in the sauce while the fire dies down, then mix the salad and ready the table for the cooking chicken. It's worth the 45-minute wait.

Photos by Phyllis Twachtman.



### Ways of Serving Dried Peas

By "Housekeeper"

1 Thursday

**D**RIED peas should be soaked overnight in boiling water, with the addition of a teaspoonful of baking soda. Before cooking, rinse them thoroughly, cover with boiling water, add a teaspoonful of salt and sugar, a few leaves of mint, and cook slowly until tender—which may take an hour. These peas can be steamed instead of being boiled, and will hold their shape much better, but will require at least 1½ hours' cooking to make them tender. When they are cooked, take a saucepan, and melt 1 oz. margarine in it. Add a teaspoonful each of salt, sugar, chopped mint and lemon juice or vinegar.

Stir over a gentle heat until the margarine has dissolved; then add the steamed peas, and toss gently until the mixture has been absorbed. If this treatment will not disguise dried peas as fresh peas, they can at least pass for good quality tinned peas.

**Pea Soup**—Soak ½ lb. dried peas overnight as above, and rinse well. Chop a large onion, and fry in ½ oz. of melted dripping until it is soft but not browned. Add the peas, 2 sticks of chopped celery in season, or a teaspoonful of celery seed, diced carrot, a teaspoonful each of salt and sugar, a dash of pepper, and 2½ pints of stock or hot water. Cook gently until the peas are beginning to become tender; then add ½ lb. potatoes, diced or shredded, and continue cooking until the vegetables are quite tender. Shred very finely two or three outside lettuce leaves, or a cabbage leaf, and a tablespoonful of chopped parsley. Cook for a further 5 minutes, and serve hot. This soup can be varied by the addition of a bouquet garni, or a pinch of nutmeg.

2 Friday

### COOKERY HINTS *May 1* American Hints

By "Housekeeper"

**H**ERE are some suggestions of American origin for adding variety to the daily menu. Some of them will appeal to many; others, especially the cabbage salad, may seem odd, but I am assured that it appeals to the younger generation.

**Shortbread Pie**—Use bottled raspberries, peaches, gooseberries, or other fruits. Drain off the liquid, and use it for the sauce, or for making jelly. Mix the fruit with 1 oz. flour, 1 oz. sugar, and 1 or 2 saccharin tablets, finely powdered and well mixed with the sugar. Put the fruit into a thin uncooked pastry flan, or on to a pie plate. Cover with a shortbread topping made by rubbing 1 oz. margarine into 1 oz. flour, and adding 1 oz. sugar, and a dash of cinnamon. Sprinkle over the fruit, and bake in a moderately hot oven (425 deg. F.) until the pastry is cooked through and the top browned, lowering the heat if the mixture seems to be browning too rapidly.

3 Saturday

**Tomato Salad Dressing**—Beat 4 tablespoonsful of tomato juice or thinned puree into 2 tablespoonsful of mayonnaise. Season with a dash of salt and pepper, and enough sugar to sweeten slightly. Toss finely shredded cabbage or lettuce with the dressing and serve instead of a hot vegetable. Another salad dressing can be made by beating 2 tablespoonsful of home-made tomato ketchup into the same amount of mayonnaise, or bought salad cream. Add 2 tablespoonsful of top-of-the-bottle cream, and a dash each of sugar and salt.

4 Sunday

**Cabbage Salad**—Dissolve a raspberry-flavoured jelly in one pint of water, less 4 tablespoonsful (to give a stiff set, and allow for water in the cabbage). Add a squeeze of lemon juice or a teaspoonful of white vinegar and a pinch of salt. Allow to stand stirring occasionally until the mixture begins to thicken; then stir in 1 cupful of very finely-shredded cabbage and a cupful of coarsely-grated apple. Pour into wetted cups to mould, and turn out on to a bed of lettuce, or other salad greens. Serve with mayonnaise, or salad cream, and hard-boiled egg or galantine.

### Boiled Chicken

By "Housekeeper"

**O**NE of the simplest ways of cooking a fowl, whether young or old, is by simmering it in a suitable court-bouillon. Court-bouillon is the flavoured stock which is most frequently used for cooking fish. For cooking fowl, make the stock by simmering in water for half an hour a carrot cut in slices, a chopped onion, a stalk of celery, a few celery leaves, or a good pinch of celery seed, 2 cloves of garlic if liked, a teaspoonful of salt, a dash of pepper or cayenne, and a bunch of mixed herbs, including some parsley. Then put in the chicken or fowl, add as much more water as is required completely to cover the bird, and simmer gently for 2 or 3 hours, or longer, until the fowl is tender. When the bird begins to show signs of becoming tender, a cupful of rice can be added to the liquid. The rice will cook in about ½ hour, and will absorb most of the liquid. To serve, lift out the chicken, remove the strings, put the rice on a plate, and set the chicken on top, garnishing with the cooked carrot and sprigs of fresh parsley. Serve a well-flavoured sauce or gravy as well.

**Casserole of chicken**—To use an old hen or cockerel for this, simmer as above for 1½ hours, then treat as a chicken. Drain and wipe the chicken, and cut into pieces for serving. Dip in seasoned flour, and brown in melted dripping. Put into a casserole, and brown in the dripping a chopped onion, and a few mushrooms if liked. Add a cupful of water, stock, white wine or cider, put a tight-fitting lid on the casserole, and cook in a slow oven until tender, 1½ hours (325 deg. F.). Thicken the gravy and serve hot, with vegetables and oven-fried potatoes.

### Easily Made Bleach

By "Housekeeper"

**A**BELFAST reader asked recently for a recipe for bleach made from chloride of lime. This can be easily made, and stored in a bottle until required. Store carefully, as the liquid is poisonous. It should, if possible, be kept in a dark place.

**For the Bleach**—Put 1 lb. of washing soda in a basin or enamelled bucket and pour a quart of boiling water over it, then stir in a quarter lb. of chloride of lime, and stir until dissolved. Allow to settle, strain the clear liquid through muslin or any suitable clean cloth, and store in a bottle until required. When using the bleach, add 4 cupful of boiling water to every cupful of bleach. It can only be used to bleach linens or cottons, as it will damage any other fabrics. When the garment has been bleached, the bleach solution must be thoroughly washed out and the garment rinsed and boiled, rinsed again, and dried in the fresh air to remove all traces of the bleach.

**Soap Jelly**—Take scraps of laundry soap too small for normal use, and cut up roughly. To ½ lb. soap add 1 pint of water, put into a saucepan, and allow to simmer very gently until all the soap has dissolved. Cool and pour into a clean jam-pot, and leave to set. Use for washing woollens and the like.

**Left-overs of toilet soap** can be used to make water-softening bath sachets. The use of borax in the mixture, as well as softening the water, eliminates the "ring" often found in baths. Put scraps of soap through the mincer, remembering to wash it thoroughly afterwards.

To 2 cupful of ground soap add 4 cupful of flakemeal, 1 cupful of borax, and 2 tablespoonsful of sachet or scent powder (may be omitted, or lemon verbena leaves used instead). Put into muslin bags, and tie with coloured tape.

### COOKERY HINTS *May 2*

### More American suggestions

By "Housekeeper"

**I**NSTEAD of serving gravy with meat, especially with pork, hamburger—which is minced beef—or mutton, the traditional red currant jelly, which has almost passed out of use here, is frequently used in America. It is also used when re-heating meat, instead of gravy or a sauce.

**Savoury Peas**—Cook a package of dried peas, which have been soaked overnight in the usual way until they are almost tender. Add 2 tablespoonsful of chopped parsley, and 2 tablespoonsful of chopped chives or scallions, and if liked, 2 sprigs of chopped mint. Cook for a further 5 minutes, until the peas are tender. Drain, put into a hot vegetable dish, and allow a square of margarine or butter to melt over the peas. Those who like, and have it, may use ½ teaspoonful of dried tarragon and a teaspoonful of sugar, or a teaspoonful each of tarragon vinegar and sugar. Instead of dried peas, this can be used with fresh peas when they begin to harden and age, or with tinned peas.

**Grilled Fish**—Make a sauce from 2 oz. melted margarine, the juice of half a lemon, a level teaspoonful each of made mustard and sharp sauce, and a pinch each of salt and pepper. Mix well, and pour over about 1 lb. of white fish fillets. Cook until tender under a heated grill, basting frequently with the sauce. Put the fish on a hot plate, and serve with the sauce poured over them.

**Spring-cleaning Casserole**—Wash and soak 1 lb. liver for an hour. Put on in cold water, bring to the boil, and cook for 5 minutes. Mince and mix with 1 lb. sausage meat, ½ cupful of breadcrumbs, a chopped onion, ½ cupful milk, a beaten egg, 2 tablespoonsful of tomato ketchup, 1 tablespoonful of grated horseradish, and salt to season. Shape into an oblong, and set in the middle of a large greased casserole. Sprinkle ½ cupful of well-washed raw rice in the space surrounding the liver mixture, set on it a large onion cut in wedges, or half a dozen shallots, also three or four carrots cut in sections. Pour in 2 cupful of water, add a teaspoonful of salt, and cover tightly. Bake in a moderate oven (350-375 deg. F.) for 2 hours, until the meat and vegetables are tender, and the rice is cooked through.

SPECIFY

PRINTING AND STATIONERY



# Diploma Sandwiches Take Ribbon

## Here Are Some Snack Tips For Grads and Party Guests

By DIXIE OLIVER.

Sandwich time is here again. Sandwiches for teas, parties, picnics, lunch or warm-weather suppers in the backyard.

The graduation crowd'll want some a bit fancier than usual for their get-togethers, and you'll want fillings that are a little different for Memorial Day outings next weekend.

For diploma sandwiches we suggest egg salad-olive, ham salad or date-peanut butter fillings although there are many others such as shrimp salad, cream cheese-olive, avocado and sliced chicken. Ribbons in the class colors may be tied on the edible "diplomas" just before serving time.

### DIPLOMA SANDWICHES.

- 1 cup egg salad-olive sandwich filling
- 1 cup ham salad sandwich filling
- 1 cup date-peanut butter sandwich filling
- 6 lengthwise slices thin bread (cut from unsliced sandwich loaf)
- 6 tablespoons soft butter or margarine

Spread one tablespoon butter on each slice of bread. Spread  $\frac{1}{2}$  cup of each of above-listed fillings on

each slice of bread. Cut each slice in half crosswise. Roll each half up tightly as for a jelly roll. Wrap each roll in waxed paper, twisting ends of paper closed. Place in a flat pan so that roll rests on last turn of bread. Chill. To serve: remove waxed paper and tie with ribbon in school colors. Makes one dozen sandwiches.

### EGG SALAD-OLIVE FILLING.

- 3 hard-cooked eggs, chopped
- 1 tablespoon sliced, stuffed olives
- $2\frac{1}{2}$  tablespoons mayonnaise or salad dressing
- $\frac{1}{4}$  teaspoon onion salt
- $\frac{1}{8}$  teaspoon salt
- Dash pepper
- $\frac{1}{8}$  teaspoon dry mustard
- $\frac{1}{4}$  teaspoon Worcestershire sauce

Combine chopped eggs, olives, mayonnaise or salad dressing, onion salt, salt, pepper, mustard and Worcestershire sauce. Makes one cup filling.

### HAM SALAD FILLING.

- 1 cup ground, cooked ham
- $\frac{1}{4}$  cup mayonnaise or salad dressing
- 2 teaspoons minced onion
- $\frac{1}{8}$  teaspoon salt
- Dash pepper

Combine ham, mayonnaise or salad dressing, onion, salt and pepper. Makes one cup filling.

### DATE-PEANUT BUTTER FILLING.

- $\frac{1}{2}$  cup chopped, pitted dates
- $\frac{1}{2}$  cup peanut butter
- $\frac{1}{4}$  cup mayonnaise or salad dressing

Combine dates, peanut butter and mayonnaise or salad dressing. Makes one cup filling.

### AVOCADO FILLING.

- $\frac{1}{2}$  cup mashed avocado
- $\frac{1}{4}$  cup chopped ripe olives
- $\frac{1}{2}$  lime or lemon
- Dash salt
- 2 tablespoons chopped celery

Blend avocado, ripe olives, juice from lime or lemon, salt and celery together thoroughly. Makes  $1\frac{1}{2}$  cups filling.

### STUFFED PARTY ROLLS.

- 1 cup ripe olives
- 6 ounces sharp American cheese
- 1 medium-sized tomato
- 3 green onions
- 2 tablespoons chopped green sweet pepper
- 1 tablespoon wine vinegar
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon chili powder
- Dash pepper
- 6 large soft rolls
- Butter or margarine

Cut olives from pits into large pieces. Dice cheese and tomato. Slice onions thin. Combine olives, cheese, tomato, onions, sweet green pepper, vinegar, salt, chili powder and pepper. Blend together thoroughly. Cut rolls in half lengthwise and hollow out soft center. Butter insides and heap with filling mixture. Put halves together, rub lightly with butter and wrap

each in waxed paper. Place on baking sheet and bake in a moderate oven (350 degrees F.) 30 minutes. Allow to cool five to ten minutes in wrappings before serving. Serves six.

A good sandwich for lunch or to serve in the backyard this summer is given below.

### HERRING OPENFACE SANDWICH.

- 2 thin slices pumpernickel or dark rye bread
- Butter or margarine
- Lettuce
- 1 fillet Holland herring, pickled
- 1 hard cooked egg, sliced
- 1 small tomato, peeled and diced

Remove bread crusts and spread with butter or margarine. Place side by side on plate and top with lettuce leaf. Starting at one side place half a herring, a row of halved egg slices, a row of shredded lettuce and a row of diced tomatoes. Repeat egg slices and another herring. Garnish with onion rings. Makes one sandwich.

And here's a good punch recipe to serve at that graduation party or any other time:

### STRAWBERRY PUNCH.

- 1 12-ounce package frozen strawberries
- 1 six-ounce can frozen orange juice concentrate
- 1 six-ounce can frozen lemonade concentrate
- 3 cups cold water
- 1 12-ounce bottle gingerale
- Ice cubes
- 1 cup fresh strawberries
- 3 slices orange

Thaw strawberries. Combine orange juice, lemonade and water. Chill. Add thawed strawberries and gingerale when ready to serve. Pour over ice cubes in bowl. Garnish with whole fresh strawberries and orange slices. Makes two quarts.



These diploma sandwiches will delight any graduation crowd, but you can use the fillings for a Memorial Day picnic just as well.



## Jam Sandwich (2)

By "Housekeeper"

**A** SPONGE cake is made in the same way as a Swiss roll. Either of the two recipes given on Saturday can be used, or the following:—4 eggs, 5 oz. flour, 4 oz. sugar, and a few drops of flavouring. It is usual to bake sponge cakes in a moderate oven—about 350 deg. F.—for  $\frac{1}{2}$  to 1 hour, depending on the size of the tins used. This gives a better texture than the quicker baking of the Swiss roll, for which a certain toughness is required, as otherwise it would be impossible to roll it. Many people prefer the method of making sponge cakes in which the yolks and whites are separated, the whites beaten until dry, the yolks beaten with the sugar until they are thick and yellow, the flavouring added to the yolks, and this mixture combined with the egg whites, beaten together, if necessary until quite thick, and then the dry ingredients folded in. This method can be quicker than the method whereby the whole eggs and sugar are beaten until thick, but whichever method is used the dry ingredients must be folded into the eggs and sugar very gently, preferably using a metal spoon.

A Genoese Sponge has the fat added in a melted state, and unless it is stirred into the mixture very gently, it is apt to sink to the bottom during cooking, and give a dark heavy layer in the cake.

## COOKERY HINTS

## Wheaten bread (2)

By "Housekeeper"

**T**HE making of yeast bread is not difficult when fresh yeast is available, and the gentle warmth which is necessary to the proper raising of the bread can be obtained. Wheaten bread made with yeast, especially if a little fat can be spared, will keep fresh for three or four days, and will still make good toast at the end of a week.

Wholemeal Bread—1 oz. yeast,  $3\frac{1}{2}$  lb. wholemeal,  $3\frac{1}{2}$  teaspoonful of salt, 1 teaspoonful sugar, 1 to  $3\frac{1}{2}$  oz. fat, and about 2 pints of water or milk.

Wheaten Meal Bread— $2\frac{1}{2}$  lb. wheaten meal, 1 lb. flour, and the remaining ingredients as above.

To make a single loaf, use 1 lb. wholemeal (or  $\frac{1}{2}$  lb. wheaten meal and  $\frac{1}{2}$  lb. flour), with 1 teaspoonful salt,  $\frac{1}{2}$  oz. yeast, 1 oz. fat, 1 teaspoonful of sugar, and a good  $\frac{1}{2}$  pint milk or water.

For a plain yeast loaf, use ordinary flour, and the other ingredients as above, with a little less milk or water—the wheaten meal requires more than the plain flour.

Method—Sieve the flour with the salt, mix with the wheaten meal or wholemeal, rub in the fat if used, and set to warm. Beat the yeast and sugar together with a teaspoon, in a cup, until the yeast turns liquid. Add half a cupful of the measured lukewarm milk, and set in a warm place until it begins to froth—in about 20 minutes.

Unless the yeast will froth up to fill the cup, it is dead and useless, so do not omit this step, especially if there is the least doubt of the freshness of the yeast. Make a well in the centre of the dry ingredients, and add the yeast liquid, and sufficient of the remainder of the liquid to mix to a soft elastic dough. Knead until the mixture ceases to stick to everything. The dough may be kneaded with the hands in the bowl, with the hands on a floured board, or beaten, in the bowl, with a wooden spoon. At least 10 minutes' constant kneading should be given to  $3\frac{1}{2}$  lb. dough; slightly less to 1 lb. Sprinkle a little flour in the bottom of the bowl, set in the dough, and cover with a clean damp tea-towel (to prevent the formation of a skin on top of the dough). Set in a warm place to rise, and leave for an hour, until the dough has doubled in bulk, and then knead lightly. Put into floured loaf-tins, half filling each tin, and pressing the dough well into the corners. Set the tins of dough in a warm place for 20 or 25 minutes to allow the dough to rise again, brush the tops with milk, and bake in a hot oven (450 deg. F.), reducing the heat to moderate after the first 15 minutes, until the loaves are cooked through. The time taken will depend on the size of loaf—usually 35 to 45 minutes.

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## Butter sandwiches

By "Housekeeper"

**A** BUTTER sandwich is made in the same way as any rich cake, creaming the margarine and sugar thoroughly, until light and creamy, then adding the beaten eggs gradually, and beating them in thoroughly, before folding in the dry ingredients, with additional liquid, if necessary, to give a fairly soft dropping consistency. This mixture should be baked in two sandwich-tins, in a shallow oblong tin, or a deeper square tin. The last-named should be baked in a slightly longer time—1 to  $1\frac{1}{2}$  hours at 375 deg. F.—compared with 30-35 minutes at 400 deg. F. for the cakes when baked in shallow tins. Test the cakes by inserting a metal skewer, which will be withdrawn clean and dry if the cake is cooked. Cool on a wire tray, and fill with jam and mock or fresh whipped cream, with lemon curd, or with any suitable icing.

Butter Sandwich—2 eggs, 4 oz. flour, 4 oz. sugar, 4 oz. margarine, pinch of salt,  $\frac{1}{2}$  teaspoonful of baking powder, a few drops of flavouring, and a little milk if necessary.

Sandwich Cake (2)—3 eggs, 5 oz. margarine, 6 oz. sugar, 8 oz. flour, 1 teaspoonful of baking powder, a pinch of salt, a little milk and flavouring.

Economical Sandwich Cake—2 eggs, 3 oz. margarine, 4 oz. sugar,  $\frac{1}{2}$  teaspoonful of cream of tartar,  $\frac{1}{2}$  teaspoonful of baking soda, a pinch of salt, 6 oz. flour, about  $\frac{1}{2}$  cupful milk, and flavouring. Cream the margarine and sugar, beat in the eggs, and fold in the sieved dry ingredients very lightly, alternately with the milk, using a little more milk if the eggs are small, in order to give a soft dropping consistency. Put into two medium-sized greased and lined sandwich-tins, and bake in a moderately hot oven (425 deg. F.) for 20 to 30 minutes. Cool on a wire tray, and sandwich together with jam. For an orange sandwich use orange juice and  $\frac{1}{2}$  teaspoonful of cream of tartar.

## COOKERY HINTS

## Ways with cabbage

By "Housekeeper"

**S**PRING cabbage is just coming into season, and it can be quite a pleasant vegetable if a little care is taken in its preparation. Wash the cabbage well in plenty of cold water. Take a sharp knife, and shred the cabbage finely, cutting away any coarse ribs. Put to cook in a small amount of lightly-salted boiling water, and cook until tender—10 to 15 minutes. Drain well and press out the surplus water—a potato masher can be used for this task but it must be thoroughly done. Shake the cabbage lightly, set it in a heated vegetable dish and serve immediately.

For those who find the flavour of spring cabbage, especially when young and green, a trifle strong, the cabbage may be boiled for a minute, and the water drained off. Fresh boiling water should then be poured over it, and the cabbage cooked in the usual way.

For cabbage at its most delicious, cook and drain as above; then in the saucepan melt a nut of butter or margarine, add to it a dash of salt, pepper, sugar, and, if liked, a sprig of any fresh herb. Crush the herb and lift out; then toss the cabbage in the melted fat, and serve at once.

For those who like the unusual, here is an excellent supper dish, and one which is very economical. Take 20 large outer leaves of cabbage, and wash them well. Boil a cupful of rice in salted water, until tender, drain and mix with 1 lb. minced meat or sausage meat, 1 chopped onion, 1 teaspoonful of salt, a dash of pepper,  $\frac{1}{2}$  teaspoonful of curry powder, and a tablespoonful of chopped parsley. Drop the cabbage leaves one at a time into a saucepan of boiling water, allow to cook for a moment, put on a chopping board, arranging so that the cut where the stiff rib has been removed is covered. Place a good spoonful of the meat mixture in the centre, roll up, and place in a greased casserole. Half fill the casserole with stock, or a thin sauce, and bake for  $\frac{1}{2}$  hour in a moderate oven. Serve hot.

## Wheaten bread

By "Housekeeper"

**W**HEATEN meal and wholemeal bread can be made with either buttermilk and baking soda, or with sweet milk and yeast. To give a more easily handled dough, and one which cuts without crumbling too much, it is customary to add a certain amount of plain flour to the wheaten meal, though this is not essential with the wholemeal. From one-fourth plain flour to three-fourth can be used, and the amount varied according to the colour and flavour of bread required.

Wheaten Bread— $\frac{1}{2}$  lb. wheaten or wholemeal,  $\frac{1}{2}$  lb. flour, 1 teaspoonful salt,  $\frac{1}{2}$  teaspoonful baking soda, and buttermilk or sour milk to mix, about half a pint. When sour milk or buttermilk is not available, sweet milk, baking soda as above, and 1 teaspoonful of cream of tartar may be used. For a richer bread up to 1 oz. sugar and 1 oz. margarine may be added, the margarine being rubbed into the wheaten meal as for pastry.

Method—Sieve the flour with the salt and baking soda, rubbing the lumps out of the soda before adding it to the mixture. Mix with the wheaten meal, add the sugar or syrup, and margarine if required, and mix to a stiff elastic dough with the buttermilk. The dough should be as soft as possible while still being easy to handle. Turn it out on to a floured baking-board, knead it lightly with the hands until all cracks disappear, then shape into a flat cake, about an inch thick, and bake for an hour in a good moderate oven (400 deg. F.), reducing the heat or lowering the bread in the oven after the first 30 minutes. Test by tapping the bottom of the bread with the knuckles; if it is cooked it should give a hollow, fairly sharp sound. Wrap in a clean tea-towel and

## COOKERY HINTS

## Shah biscuits

By "Housekeeper"

**T**HE recent query on Perkin Biscuits reminds me that it used to be possible to get Shah biscuits, often made with oatmeal or flake-meal, about the size of a small saucer. I have never made these biscuits as large as this; but believe that the method would be the same as for the smaller biscuits given below, except that the piece of dough, about the size of a small egg, would have to be flattened between the palms of the hands before being set on a well-greased baking sheet, leaving plenty of space between each biscuit to allow for spreading during the cooking.

Shah Biscuits (1)—4 oz. flour, 3 oz. fine oatmeal or flake-meal (or use 7 oz. flour), 4 oz. sugar, 4 oz. margarine, 1 teaspoonful of ground ginger,  $\frac{1}{2}$  teaspoonful of cream of tartar,  $\frac{1}{2}$  teaspoonful of baking soda, a pinch of mixed spice or grated nutmeg, 1 egg yolk, or half an egg, 1 dessertspoonful of golden syrup, and a pinch of salt.

Rich Shah Biscuits—8 oz. flour, 8 oz. sugar, 4 oz. margarine,  $\frac{1}{2}$  teaspoonful baking soda, 1 tablespoonful golden syrup, 2 teaspoonful ground ginger,  $\frac{1}{2}$  teaspoonful cinnamon, and 1 small egg. For these biscuits also, equal quantities of fine oatmeal or flakemeal, and flour ( $\frac{1}{4}$  oz. of each) may be used.

Economical Recipe—3 oz. margarine, 2 oz. sugar, 1 tablespoonful baking powder, 1 egg yolk,  $\frac{1}{2}$  teaspoonful of baking soda,  $\frac{1}{2}$  teaspoonful ground ginger,  $\frac{1}{2}$  teaspoonful grated nutmeg, and either 6 oz. flour and 1 oz. ground rice or semolina, or 4 oz. flour and 3 oz. fine oatmeal.

Method—Cream the margarine and sugar until it is light and fluffy; then beat in the slightly-warmed syrup and add the sieved dry ingredients working to a stiffish paste with the egg yolk. Shape into small balls  $\frac{1}{2}$  to 1 inch in diameter, rolling pieces of the dough between the lightly-floured palms of the hands. Flatten slightly, and place well apart on a lightly-greased baking-sheet. Bake in a moderate oven (375 deg. F.) for 15 or 20 minutes, lowering the biscuits in the oven should they show signs of browning too quickly. Allow to stiffen on the tray; then cool on a wire rack, and store in an airtight tin until required.

8 Thursday

9 Friday

10 Saturday

11 Sunday





### Party Potato Salad

—fine with "cold cuts." Boil 6 potatoes in salted water. Slice...marinate with ½ cup of Wesson French Dressing. Add: Chopped onion and broken Brazil nuts (optional). Mix well with Fluffy Cream Dressing

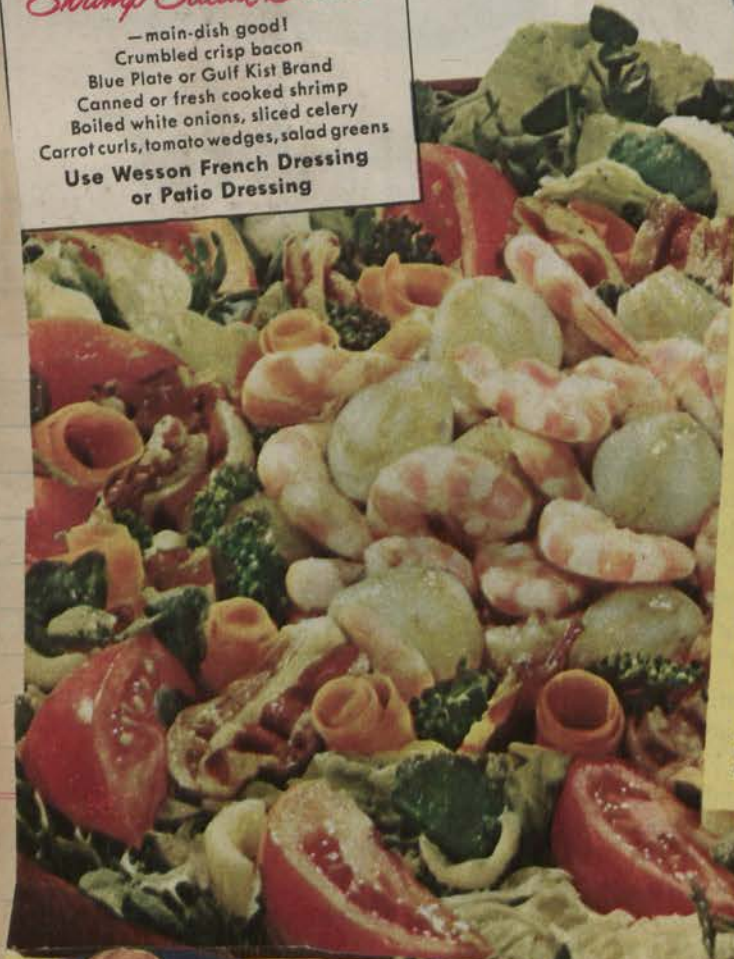
### Fruit Salad Plate

—appetizer or dessert  
 Avocado wedges Grapefruit sections  
 Pineapple chunks, canned or frozen  
 Banana slices Berries Watercress  
**Use Honey Dressing**



### Shrimp Salad Bowl

—main-dish good!  
 Crumbled crisp bacon  
 Blue Plate or Gulf Kist Brand  
 Canned or fresh cooked shrimp  
 Boiled white onions, sliced celery  
 Carrot curls, tomato wedges, salad greens  
**Use Wesson French Dressing or Patio Dressing**



### WESSON'S "1-MINUTE" FRENCH DRESSING

	To make ½ cup	To make 2 cups
Salt	½ teaspoon	2 teaspoons
Sugar	¼ teaspoon	1 teaspoon
Pepper	¼ teaspoon	½ teaspoon
Paprika	¼ teaspoon	½ teaspoon
Wesson Oil	½ cup	1½ cups
Vinegar	2 tablespoons	½ cup

Combine and shake well in covered jar. Shake well before using.

#### EASY-DO VARIATIONS:

**CHILI DRESSING:** To ½ cup of Wesson French Dressing, add ½ teaspoon sugar, 2 tablespoons chili sauce. For greens, meat, or seafood salads.

**FLUFFY CREAM DRESSING:** Add 2 tablespoons lemon juice, 2 teaspoons sugar to ½ cup of heavy cream (sweet or sour); beat until stiff. Blend in 2 tablespoons of Wesson French Dressing. For fruit, fish or potato salads.

**HONEY DRESSING:** To ½ cup of Wesson French Dressing, add ¾ teaspoon sugar, 2 teaspoons honey, 2 teaspoons lemon juice and ¼ teaspoon grated lemon rind. For fruit salads.

**PATIO DRESSING:** To ½ cup of Wesson French Dressing, add ¾ teaspoon chili powder, ½ teaspoon salt, 1 teaspoon prepared mustard, 2 teaspoons grated onion, 2 tablespoons catsup, few drops Tabasco. For seafood or meat salads.

**CELERY SEED DRESSING:** To ½ cup of Wesson French Dressing, add 2 teaspoons sugar, ¼ teaspoon celery seed and 1 tablespoon catsup. Rub 4 butter-type crackers with 1 clove garlic and crumble into dressing. For fruit or green salads.

**CAESAR SALAD DRESSING:** To ½ cup of Wesson Dressing, add ¼ teaspoon dry mustard and 1 coddled egg, or 1 raw egg, beaten. Serve on tossed greens with crunchy bits of crusty bread.

### "Great" with salads... Betty Crocker's STIR-N-ROLL BISCUITS



PREHEAT oven to 475°. Sift together:  
 \*2 cups sifted GOLD MEDAL Flour  
 \*3 tsp. double-action baking powder  
 \*1 tsp. salt  
 Pour into a measuring cup (but don't stir together):  
 ½ cup WESSON OIL      ¾ cup milk

Then pour all at once into the flour. Stir with a fork until mixture cleans sides of bowl and rounds up into a ball. For drop biscuits: drop dough onto ungreased cookie sheet. For rolled or patted biscuits: smooth up by kneading dough about 10 times without additional flour. With the

dough on waxed paper, press out ¼-in. thick with hands, or roll out between waxed papers. For a higher biscuit, roll dough ½-in. thick. Cut with unfloured biscuit cutter. Bake 10 to 12 minutes on ungreased cookie sheet in very hot oven (475°). Makes about 16 medium biscuits.



## Sausage and potato casserole

By "Housekeeper"

**T**WO-DAY'S recipe for a sausage and potato casserole provides a meal which almost cooks itself. For those who like horseradish, the apple sauce to be served with the casserole will be a sauce to be remembered for adding interest to many other dishes as well as sausages.

For this sausage and potato casserole, boil as many potatoes as are usually required to serve for dinner. Peel, and mash them with hot milk, salt, pepper and a nut of margarine. Beat in a cupful of grated cheese, chopped or minced onion to flavour, a teaspoonful to a tablespoonful, and, for garlic-lovers, a clove of garlic can be rubbed round the casserole before it is greased, and the potatoes piled into it. Set lightly-browned sausages on top of the potatoes, in rows with quartered tomatoes, fresh or bottled. Cover, and bake for 20 minutes in a moderate oven (325 deg. F.). Serve very hot. Those who like caraway seed could sprinkle a little over the tomatoes.

**Apple Sauce.**—Peel 1 lb. apples and cook in lightly-salted water until soft. Whisk until smooth, or rub through a sieve. Add 2 level tablespoonsful of horseradish, finely grated, a teaspoonful of sugar, the juice of an orange, and 1/2 teaspoonful made mustard, with salt and pepper to taste. Heat slightly, and beat until well mixed. Chill, and serve with the casserole above, or with cold fowl, beef, or corned beef.

Try this recipe for pickled beetroot if you like onion flavouring. Put 1 cupful of cider vinegar or white vinegar into a saucepan, with two-thirds of a cupful of water, 1/2 cupful of sugar, 1/2 teaspoonful of whole cloves, 1/2 teaspoonful of salt. Bring to the boil, and simmer for five minutes. Add 3 cupfuls of cooked and sliced or diced beetroot, with a large onion, thinly sliced. Cook for five minutes more, cool, and store in clean jam-pots.

## COOKERY HINTS

## Boiled Tongue Recipes

By "Housekeeper"

**L**EFT-OVER tongue can be sliced and served with salads, or re-heated in a well-flavoured sauce or gravy. The addition of a tablespoonful of red currant jelly to the gravy, giving a slightly tart flavour, would appeal to many. The tongue can also be diced, and used to make a jellied salad, to be served on lettuce leaves.

**Jellied Tongue Salad.**—Soak a level tablespoonful of good quality gelatine in 4 tablespoonfuls of cold water, add a cupful of boiling water, and heat until the gelatine has dissolved. Add a tablespoonful of sugar, 1/2 cupful of mild vinegar, the juice of a lemon, and 1/2 teaspoonful of salt. Stir until the sugar has dissolved; then strain, and add the vegetables when the mixture begins to thicken. Add about 2 1/2 cupfuls of diced meat and vegetables altogether—1/2 cupful each of diced tongue, shredded crisp cabbage, chopped apples, and diced tomatoes, and 1/2 cupful each of diced cucumber and cooked peas. Use whatever cooked or raw vegetables are available. Pack into wetted moulds, and leave in a cool place until set. Turn out onto a bed of lettuce, and garnish with tomatoes, beetroot, and radishes.

**Fish Salad.**—Combine 1/2 lb. flaked fish, a finely-chopped onion or some chopped spring onions or chives, 3 cupfuls diced boiled potatoes, 4 or 5 thinly-sliced radishes, and either 1/2 cupful of diced celery, diced apple or diced tomato. Beat 1 1/2 tablespoonfuls of vinegar into one-third of a cupful of mayonnaise or cooked salad cream, season with salt and pepper, and toss the salad lightly in it. Pile on a bed of lettuce, and garnish with radishes.

**Casserole of Fish.**—Cook a sliced onion, a cupful each of diced potatoes and carrots, and a few celery leaves when available, in a cupful of boiling water until tender. Add salt, pepper and a bay leaf for seasoning. Blend 1/2 tablespoonful of flour with a cupful of tinned milk, and add to the cooked vegetables with 1/2 lb. flaked fish. Pour into a greased casserole, cover with dry breadcrumbs, dot with a few flakes of margarine, and brown in a moderate oven—15 to 20 minutes. Tomatoes can be used instead of the carrots, or any mixture of vegetables available.

**Deville's Fish.**—1 lb. flaked fish, 1/2 oz. fat, 1 oz. cornflour, 1 breakfast cupful milk, 1/2 teaspoonful curry powder, a pinch of cayenne pepper, 2 teaspoonfuls of sharp sauce, 1 small onion finely chopped, 1 tablespoonful chopped parsley, the juice of half a lemon, or a teaspoonful of vinegar, and 1/2 teaspoonful salt. Melt the fat, stir in the cornflour and add the milk gradually. Cook over boiling water until the mixture is thick and creamy, stirring continuously. Stir in all the other ingredients, and put into a shallow casserole. Bake in a moderately hot oven, or under a hot grill for 10 minutes, until browned on top. Serve very hot.

**Casserole of Fish.**—Cook a sliced onion, a cupful each of diced potatoes and carrots, and a few celery leaves when available, in a cupful of boiling water until tender. Add salt, pepper and a bay leaf for seasoning. Blend 1/2 tablespoonful of flour with a cupful of tinned milk, and add to the cooked vegetables with 1/2 lb. flaked fish. Pour into a greased casserole, cover with dry breadcrumbs, dot with a few flakes of margarine, and brown in a moderate oven—15 to 20 minutes. Tomatoes can be used instead of the carrots, or any mixture of vegetables available.

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MAY

## COOKERY HINTS

## Economical Meat Dishes

By "Housekeeper"

**T**HE humble jar of meat paste can be used to make a filling casserole with plenty of onions for flavour, and cheese for additional protein.

**Savoury Casserole.**—4 large potatoes, 3 cupfuls of sliced onions, 1 1/2 oz. dripping, 1 1/2 oz. flour, 1 tin evaporated milk, 1 teaspoonful salt, 1 1/2 cupfuls of stock or vegetable water, 1 small jar of meat paste, and 1/2 cupful of grated cheese. Peel and slice the potatoes and the onions. Cook in lightly-salted boiling water until almost half cooked (about 15 minutes); then drain, and keep the water to add to the stock. Make a white sauce with the flour, dripping, tinned milk, stock, and seasoning to taste, and blend in the meat paste. Put the potatoes and onions into a greased casserole, cover with the sauce, put the grated cheese on top, and bake in a moderate oven (350 deg. F) for 30 to 35 minutes. Serve hot, with sliced tomatoes or a lettuce salad.

As the oven is in use, make a **Brown Betty**, filling a greased casserole with alternate layers of chopped rhubarb, browned breadcrumbs dotted with sugar or syrup, flakes of margarine, and a dash of cinnamon or nutmeg, beginning and ending with a breadcrumb layer. Bake for half an hour in a moderate oven, and serve with thin custard.

## COOKERY HINTS

## Flaked Fish

By "Housekeeper"

**E**ACH of to-day's recipes starts off with cooked, skinned and boned, flaked fish—or with tinned fish such as the cheaper varieties of salmon, tuna-fish or tinned herrings. Any white fish can be cooked, either by simmering until tender in boiling lightly-salted water, or by wrapping in greased paper and baking in a moderate oven until tender. The time in each case will depend on the weight and thickness of the piece of fish, and will vary from 15 to 30 minutes.

**Deville's Fish.**—1 lb. flaked fish, 1/2 oz. fat, 1 oz. cornflour, 1 breakfast cupful milk, 1/2 teaspoonful curry powder, a pinch of cayenne pepper, 2 teaspoonfuls of sharp sauce, 1 small onion finely chopped, 1 tablespoonful chopped parsley, the juice of half a lemon, or a teaspoonful of vinegar, and 1/2 teaspoonful salt. Melt the fat, stir in the cornflour and add the milk gradually. Cook over boiling water until the mixture is thick and creamy, stirring continuously. Stir in all the other ingredients, and put into a shallow casserole. Bake in a moderately hot oven, or under a hot grill for 10 minutes, until browned on top. Serve very hot.

**Casserole of Fish.**—Cook a sliced onion, a cupful each of diced potatoes and carrots, and a few celery leaves when available, in a cupful of boiling water until tender. Add salt, pepper and a bay leaf for seasoning. Blend 1/2 tablespoonful of flour with a cupful of tinned milk, and add to the cooked vegetables with 1/2 lb. flaked fish. Pour into a greased casserole, cover with dry breadcrumbs, dot with a few flakes of margarine, and brown in a moderate oven—15 to 20 minutes. Tomatoes can be used instead of the carrots, or any mixture of vegetables available.

**Fish Salad.**—Combine 1/2 lb. flaked fish, a finely-chopped onion or some chopped spring onions or chives, 3 cupfuls diced boiled potatoes, 4 or 5 thinly-sliced radishes, and either 1/2 cupful of diced celery, diced apple or diced tomato. Beat 1 1/2 tablespoonfuls of vinegar into one-third of a cupful of mayonnaise or cooked salad cream, season with salt and pepper, and toss the salad lightly in it. Pile on a bed of lettuce, and garnish with radishes.

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By "Housekeeper"

## Boiled Tongue

**A**N ox tongue can sometimes be obtained, or, at this time of the year, sheep tongues. The former are often pickled before cooking; the latter are usually cooked while fresh, boiling them until tender in lightly-salted water (2 1/2 to 3 hours). Drop into cold water, remove the skin, any bones and gristle, and put into a small bowl. Pour in a little of the liquid in which they were cooked, and press into shape. Leave until cold. To prepare the tongues for cooking wash them thoroughly in cold water, or, if they have been salted, soak them for 2 or 3 hours before cooking.

To make a pickle for ox tongue, boil together 1 lb. coarse salt, 1/2 oz. saltpetre, 4 pints water, and 2 to 3 oz. brown sugar. Skim, cool, and pour over the well-washed tongue, in a shallow bowl. Turn the tongue several times a day, and baste with the brine. Allow to stand for 7 or 8 days in the brine; then rinse well, soak in cold water for 2 or 3 hours, tie the tongue into shape, and drop into cold water. Allow to come slowly to simmering point; then skin, and add a chopped onion, two or three carrots, a piece each of turnip and parsnip, a bunch of herbs, and a dash of pepper and nutmeg. Then allow to simmer gently until the tongue is tender—3 to 5 hours, depending on the size. When cooked, lift out of the water, drop into cold water, and slide off the skin. Remove any small bones at the base of the tongue, and any gristle. Roll the tongue into a round, and put into a small cake-tin, pouring in a little of the stock which will jelly and fill up the spaces. Set a small plate directly on top of the tongue, weight it heavily, and leave to grow cold.

If the tongue is to be served hot, it should not be put into cold water before being peeled, but should be set on a hot plate, peeled, and served with vegetables and gravy.

## COOKERY HINTS

## Steamed Cake

By "Housekeeper"

**A** CAKE which can be cooked without the use of an oven is useful to many people. The best results are given if this cake is steamed in a ring mould—a cake-tin with a hole in the centre, but any shallow cake-tin could be used. The bottom of the tin should be lined with well-greased paper. The cake-tin can be coated on the bottom with a thin layer of jam, or of caramel, to give a more finished appearance to the cake, as it will not have the browned crust given during oven-baking.

For a caramel blend—1/2 cupful brown sugar, with 1 tablespoonful cornflour and a pinch of salt, in two-thirds of a cupful of water. Bring to the boil, and cook until the mixture thickens. Beat in 1/2 teaspoonful of vanilla essence and 1 oz. of margarine; then pour into the bottom of a well-greased cake-tin. Alternatively, line the greased tin with 1/2 cupful of raspberry, apricot or pineapple jam thinned with 1/2 cupful of water.

**Cake Ingredients.**—5 oz. flour, 2 oz. margarine, 4 oz. sugar, a pinch of salt, 1/2 teaspoonful vanilla essence, 1 egg, 1/2 cupful milk, and 1/2 teaspoonful of baking powder. Sieve the dry ingredients together. Beat the margarine and sugar to a cream, add the beaten egg, and continue beating until light. Fold in the dry ingredients alternately with the flavoured milk. Spoon the mixture lightly on top of the jam or caramel mixture, smooth the top, and tie on a well-greased paper. Set in a steamer containing fast-boiling water, and steam for 30 minutes if using a ring mould, or 45 minutes if using a plain cake-tin. Turn out on to a plate and decorate with desiccated coconut or chopped nuts. This cake is at its best when served fresh.

A further variation could use well-thinned lemon curd in the bottom of the tin, and grated lemon rind and juice as flavouring.

**AND STATION.**

15 Thursday

16 Friday

17 Saturday

18 Sunday



19 Monday

20 Tuesday

21 Wednesday



22 Thursday

COOKERY HINTS

Dandelion Wine

By "Housekeeper"

THOSE who like home-made wines may find these recipes for dandelion wines useful. To give a dry wine the amount of sugar could be reduced considerably. I believe that half the amount required would be sufficient.

Ingredients—1 gallon dandelion blossoms, 1 gallon boiling water, 4 lb. sugar, 2 oranges, 2 lemons, 1 lb. raisins, and 1 oz. yeast. Wash the dandelion blossoms well, drain off the surplus water, put into a crock, keg or enamelled bucket, and cover with the boiling water. Allow to stand for 24 hours. Then crush the flower heads thoroughly, and add the sugar, and thinly-sliced oranges and lemons, removing any pips, but slicing the rinds with the fruit. Add the seeded raisins, and float the yeast, spread on a square of toast, on top. Allow to stand for three weeks; then strain and bottle. Cork lightly. When the wine has cleared and stopped working, decant gently into clean bottles, cork tightly, and store until required.

Dandelion Wine (2)—1 quart dandelion flowers; 1 gallon boiling water, 4 lb. sugar, 1 egg white, 1 sliced lemon, and 1 1/2 oz. yeast. Put the sugar, sliced lemon, and well-washed dandelion flowers into a crock or bucket. Cover with boiling water, and allow to stand, stirring well to make sure that the sugar has dissolved. When the mixture has cooled to luke-warm, add the well-beaten egg white and the yeast, either blended to a cream with a little of the measured sugar, and some luke-warm water, or spread on a square of toast. Cover, and allow to stand in a cool place for 17 to 18 days. Then strain into clean bottles and cork lightly. When bubbling ceases, fasten the corks tightly, and store until required.

23 Friday

COOKERY HINTS

Salad Dressings

By "Housekeeper"

ONE of the simplest salad dressings is an uncooked one, made from a hard-boiled egg. This dressing, which is of a fairly thin consistency, has a pleasantly sharp taste.

To make the dressing, hard boil an egg, drop it into cold water, and peel. Mash with a stainless fork as smoothly as possible, or rub through a sieve. Using a teaspoon, work in a good pinch of salt, a dash of pepper, and a quarter teaspoonful of dry mustard, with half a teaspoonful of sugar. Blend until smooth with 2 tablespoonsful of thick sour cream, melted margarine, unsweetened condensed milk, or salad oil. Thin to a suitable consistency, and flavour with mild vinegar. Serve the dressing in a sauceboat.

Cooked Salad Dressing—Blend together three-quarters of a tablespoonful of flour, 1 1/2 tablespoonsful of sugar, half a teaspoonful of dry mustard, a dash of pepper, and half a teaspoonful of salt. Beat an egg until light, beat in the flour mixture, then 5 tablespoonsful of vinegar, and a nut of butter or margarine. Cook in the top of a double boiler until the mixture begins to thicken, then gradually add a cupful of milk. Cook for 5 to 10 minutes in a double boiler, taking care that the mixture does not actually boil, or it will curdle. Cool, stirring occasionally, to prevent the formation of a skin. Thin the dressing with more vinegar or milk according to taste.

Both these dressings should be made as required, as they will not keep for more than 24 hours, except in a refrigerator. Do not allow a metal spoon to stand in the mixture for any length of time.

One of the simplest methods of extending bought salad creams, especially where a large quantity is required, is to whisk unsweetened condensed milk until stiff, and then to beat in the salad cream, adding more vinegar, salt and pepper to taste, with a few drops of onion juice, if liked.

24 Saturday

25 Sunday

SPECIFY "SV"

COOKERY HINTS

Scalloped tomatoes

By "Housekeeper"

A CASSEROLE of scalloped tomatoes makes an economical supper dish, especially when home-bottled tomatoes can be used, or, later in the year, fresh tomatoes.

Ingredients—1 1/2 oz. fat, a large breakfast-cupful of dry bread-crumbs, 1/2 teaspoonful of salt, a pinch each of pepper and celery salt, 1 small onion (finely chopped or minced), half a cabbage (coarsely shredded), 2 lb. jar of tomatoes, and a scant half-cupful of grated cheese. Melt the fat in a pan, and brown the crumbs in it. Add the onion and seasonings, and toss until well mixed. Drop the cabbage into boiling water, and cook for 5 minutes; then drain well. Put alternate layers of tomatoes, cabbage and bread-crumbs into a well-greased casserole, ending with a layer of bread-crumbs. Sprinkle grated cheese on top, and brown in a moderately hot oven.

Cheese omelet—Half a cupful (small teacupful) of rice, 2 oz. margarine, 2 oz. flour, 2 cupfuls of milk, 3 eggs, 1/2 teaspoonful of salt, a pinch each of pepper and dry mustard, and 1/2 cupful of grated sharp cheese. Cook the well-washed rice in fast-boiling, lightly-salted water until tender (about 20 minutes) and drain well. Melt the margarine in a small saucepan, add the flour, stir until it is blended, then add the milk gradually, beating over a gentle heat until the mixture is thick and smooth. Beat in the yolks of the eggs and the seasonings, then the rice and cheese. Beat the egg whites until stiff and dry, and fold into the mixture. Pour into a well-greased oblong baking-dish (about 12 by 8 inches), and bake in a moderate oven (350 deg. F) for 35 to 40 minutes. Cut into squares, and serve at once, with hot tomato sauce, or accompanied by any cooked vegetables.

To vary the omelet, omit the cheese and use chopped parsley, finely-chopped onion, and a few fresh herbs instead. To make a sweet omelet, omit the pepper, mustard and cheese, and add 2 tablespoonsful of sugar, beaten into the egg whites. Flavour with grated lemon or orange rind, flavouring essence or a pinch of cinnamon. Serve with jam or custard sauce.

MAYONNAISE has a reputation for being difficult to make, but it merely requires plenty of patience, and plenty of beating. The method is simple; oil and vinegar are beaten into an egg yolk. If too much oil is added at once, the mixture curdles, hence the need for patience.

Ingredients—A quarter teaspoonful each of salt, sugar, and dry mustard, a dash of cayenne or black pepper, 1 tablespoonful of vinegar and 1 tablespoonful of lemon juice or 2 tablespoonsful of mild or wine vinegar, three-quarter cupful of oil, and 1 egg yolk. Put the sugar, salt, pepper, mustard and egg yolk into a bowl, and stir in a tablespoonful of vinegar until the mixture is well blended. Measure 3 tablespoonsful of the oil, which must be added to the egg a drop at a time, while the egg is being stirred or beaten with a wooden spoon or silver fork. To put the oil into a bottle and cut a notch in the cork will ensure the slow addition of the oil so necessary for success. Beat thoroughly after this addition of oil; then add the remainder, a teaspoonful at a time, adding a little vinegar or lemon juice if the mixture seems to be growing too thick. Should the mixture curdle take a fresh egg yolk and add the curdled mixture to it, very gradually, beating thoroughly all the time. If the mayonnaise is not required for immediate use, stir in a teaspoonful of hot water, and store in a cool place, but not in a refrigerator, or the mixture will probably separate out.

Mayonnaise can be served in a sauceboat, mixed with diced salad ingredients, or used for coating vegetables, cold cooked chicken, meat or fish. It is particularly good with salmon or trout. When tinned fish is being coated with mayonnaise drain off all the oil, or the mayonnaise will not coat the fish properly.

COOKERY HINTS

Salads (1)

By "Housekeeper"

SALADS have been known since the days of the Pharaohs, when they were made of whatever green vegetables were available, dressed with oil and salt. Vinegar was not added to the dressing until the time of the Crusades, when sour wine or vinegar was mixed with the oil. Then about the middle of the 18th Century the French began varying the mixture, and started the endless variety which has probably reached its peak in the present American salads, which so far as I can gather, may contain anything from corned beef hash to marshmallows, pineapple and lettuce, quite probably at one and the same time.

For those who would like to try a fairly typical American salad, one of the simplest is composed of alternate thin slices of onion, nasturtium leaves and orange, arranged on a bed of crisp lettuce, and dressed with oil and vinegar.

The original dressing for salads is what we now call French dressing, a mixture of two-thirds of one-third vinegar, with salt, pepper and dry mustard to flavour. The mixing bowl is frequently rubbed with a bruised clove of garlic. The amounts of oil and vinegar can be varied to suit the individual taste, and also to suit the individual vegetables. The dressing for fresh celery heart is, I believe, better if made from seven parts of oil to one part of vinegar, with the usual seasonings. Fresh lemon juice can be used instead of part of the vinegar or some of the flavoured vinegars, with fresh herbs added either to the dressing or to the salad.

Oil is used in many cooked dressings, and in mayonnaise. Those who do not like its flavour, or want to avoid its fattening properties, may prefer to use a plain seasoned vinegar or lemon juice dressing, or the salad dressing to be given to-morrow, made with hard-boiled egg.

COOKERY HINTS

Quick Biscuits

By "Housekeeper"

FLAKEMEAL biscuits are popular with most people, and the first recipe to-day can be varied by the addition of a tablespoonful of currants or raisins, very finely chopped, or of minced figs. To give the full flavour the fruit is better chopped or minced.

Flakemeal Biscuits—4 oz. sugar, 4 oz. fat, 1 egg, 4 oz. flour, 4 oz. flakemeal, a quarter teaspoonful of baking soda, half a teaspoonful of baking powder, a pinch of salt, half a teaspoonful of cinnamon, a small pinch each of grated nutmeg and ground cloves, and 6 tablespoonsful of milk. Cream the fat and sugar, substituting 2 tablespoonsful of golden syrup or honey for 2 oz. of the sugar, if preferred. Beat in the egg. Sieve all the dry ingredients and mix with the flakemeal and chopped fruit, if used. Stir into the creamed mixture alternately with the milk. Drop in spoonful on a well-greased baking-sheet, and cook in a moderately hot oven (400 deg. F) for 10 to 15 minutes until well browned.

Ginger Squares—12 oz. flour, half a teaspoonful salt, a quarter teaspoonful each of baking soda, ground ginger and grated nutmeg, a pinch of ground cloves, half a teaspoonful of cinnamon, 4 oz. margarine, 2 oz. sugar, 6 tablespoonsful of syrup, 1 egg, and half a cupful of hot water. Sieve the dry ingredients, varying the spices if others are preferred. Beat the margarine and sugar to a cream, and add the slightly-warmed syrup and the egg gradually. Stir in the dry ingredients and water alternately and pour into a shallow greased tin. Bake in a hot oven (450-475 deg. F) for 10 or 15 minutes, until cooked through. Cut cold, cut into squares. These biscuits may be brushed with apricot jam and dusted with coconut or iced with water icing. Instead of baking in the tin, they may be put into paper cases, and then require a scant 10 minutes in the oven.



26 Monday

27 Tuesday

28 Wednesday



## Savoury Tomato Dishes

By "Housekeeper"

**P**ROBABLY the most popular method of serving tomatoes is sliced or quartered, with or without a plain oil and vinegar dressing, in a salad. Closely following in popularity come tomatoes stuffed with mixed vegetables in mayonnaise, or with chicken forcemeat (breadcrumbs stuffing) moistened with the scooped-out and chopped centre part of the tomatoes, and made more nourishing by the inclusion of a little grated cheese or chopped cooked bacon. If preferred a small stripe of bacon could be set on top of each tomato before baking—about 20 minutes in a moderate oven.

**Tomato and Cheese**—4 large tomatoes, 2 oz. grated cheese, 1 oz. margarine, 1 tablespoonful corn-flour, salt and pepper. Skin and chop the tomatoes roughly, melt the fat in a small saucepan, and add the tomatoes, with a little seasoning, and some chopped onion or chives if required. Cook slowly until the tomatoes are tender. Blend the cornflour to a thin cream with a little water, stir into the tomatoes, cook until the mixture thickens, and stir in the grated cheese. Stir until melted, correct the seasoning, and serve on buttered toast, with boiled or pan-fried potatoes, with plain boiled spaghetti, or, if the cheese is omitted, this can be served with Macaroni Cheese (recipe will appear to-morrow).

**Scrambled Tomatoes**—Melt a nut of margarine or dripping in a small saucepan, and add 3 large tomatoes, peeled and sliced. Season lightly, and cook for 10 minutes. Beat 2 eggs until light and stir into the hot tomatoes. Stir over a gentle heat until the mixture begins to set; then stir in a little chopped parsley or chives, and serve as above.

### COOKERY HINTS

## Savoury Dishes

By "Housekeeper"

**H**ERE are one or two ideas for adding piquancy to meat and fish dishes which can be quickly and easily prepared.

**Savoury Liver**—Take 1 lb. liver, thinly sliced, and pour 1 cupful of tomato sauce over it. Add a crushed clove of garlic and allow to stand until required, then lift out the liver, drain off the sauce, and roll in well-seasoned flour. Fry in hot fat until tender and set on a hot plate. Drain off most of the fat, add the tomato sauce, and 2 tablespoonfuls of grated horse-radish, heat through, and pour over the liver. Serve hot.

**Liver Patties**—Mix together ½ lb. minced beef or sausage meat and ½ lb. of minced liver. Add a small finely-chopped or minced onion, a few sprigs of parsley, seasoning, 1½ cupsful of fairly dry bread-crumbs, and bind with an egg if available. Shape into small patties, roll in dry bread-crumbs or seasoned flour, and fry in shallow fat until cooked through. Serve with gravy.

**Fried Fillets of Fish**—Take 1½ lbs. filleted fish, wash well, and dry. Melt 2 oz. margarine in a heavy pan, add the grated rind and juice of a lemon, a dash of cayenne pepper, ½ teaspoonful of salt, and a good pinch of black pepper. Fry the fish in this mixture until cooked through; then transfer to a heated plate, add ½ cupful of chopped parsley to the hot fat, cook for a moment, and pour over the fish. Serve at once.

**Pork Chops**—Take the pork chops, set them on a flat dish, squeeze the juice of a lemon over them, or 3 tablespoonfuls of mild vinegar, and allow to stand for an hour, turning occasionally. Season two tablespoonfuls of flour with a pinch of ground cloves, a pinch of cinnamon, ½ teaspoonful of salt, and a dash of pepper, and coat the chops with this mixture. Fry in the usual way, and serve hot.

### COOKERY HINTS

## Macaroni Cheese

By "Housekeeper"

**M**ACARONI Cheese, accompanied by a simple green salad, makes an adequate supper dish, and, provided that it is not over-cooked, an easily digested one. Instead of the salad, baked tomatoes, peas, or braised carrots can be used as a colourful garnish.

**Macaroni Cheese**—8 oz. macaroni—in lengths, elbow-shaped pieces, or shells—2 oz. margarine, 1 large onion finely minced, ½ lb. processed cheese, cut into cubes, or grated hard cheese, 1½ oz. flour, ½ teaspoonful dry mustard, ½ teaspoonful salt, pepper to taste, 2 teaspoonfuls of sharp sauce or ketchup, 1 pint milk, and 1 tablespoonful chopped parsley. Wash the macaroni in cold water, drain, and drop into plenty of fast-boiling, lightly-salted water, and cook until tender—for about 25 minutes. Drain in a colander, and rinse with cold water. While the macaroni is cooking, make the sauce, and prepare the garnish or salad.

To make the sauce, melt the margarine in a small saucepan, and fry the onion to a golden colour. Sieve together the flour and seasonings, and stir into the hot fat. Cook for a moment or two, to remove the starchy taste from the flour. Blend in the milk gradually, stirring constantly, and cook until the mixture thickens, then stir in the cheese. Stir until the cheese has melted, add the macaroni, sauce, and parsley, and heat through. Serve on a hot plate.

When the grated cheese is being used, part may be set aside, and the macaroni cheese poured into a well-greased pliedish. The grated cheese should then be sprinkled on top, and the mixture browned under a hot grill, or in a hot oven.

### COOKERY HINTS

## Wedding Cakes

By "Housekeeper"

**T**HOSE who wish to make their own wedding cakes will find that the amount of fruit available will choose the recipe and the size of the cake, unless a plain cake is made for one of the tiers, and the fruit cake proper kept for distributing among the "absent friends."

The first amount given below makes a three-tier cake, to be baked in 9-inch, 8-inch and 7-inch cake-tins, and is for those who have no difficulty in getting fruit.

**Ingredients**—4 lb. currants, 1½ lb. sultanas, 1½ lb. stoned raisins preferably a mixture of Valencias and Muscatels), ½ lb. blanched and chopped almonds, 1 lb. 2 oz. cherries, ½ lb. mixed peel, 1 lemon, 2½ lb. flour, 2 teaspoonfuls of ground cinnamon, 1 teaspoonful mixed spice, a pinch of mace, 1 teaspoonful salt, 2½ lb. butter or margarine, 2½ lb. sugar, about 1½ dozen eggs, ½ pint rum, brandy or fruit juice, and caramel or browning to colour.

Those who prefer to make three separate tiers, may use the following recipe. For a two-tier cake, use half the quantities given below to make a smaller tier; for a three-tier cake, make the two tiers, and then double the quantities to make the large bottom layer. **Ingredients**—1 lb. butter or margarine, 1 lb. flour, ½ lb. Demerara sugar, a scant ½ teaspoonful of powdered ammonia, 1½ lb. currants, 1 lb. raisins, 1 lb. citron peel, ½ lb. orange candied peel, ½ lb. candied lemon peel, ½ lb. blanched and chopped almonds, ½ lb. ground almonds, ½ pint brandy or rum, and 1 dozen eggs. Sieve the ammonia with the flour. Add spices if desired.

Recipes for plainer cakes will be given to-morrow.

## Slimming diets

By "Housekeeper"

**E**ARLY summer seems to be a time when many people take a look in the mirror, and think of trying a slimming diet. Such diets can vary from a fortnight on fruit juices and salads, to the milder method of refusing sweets, cakes, and second helpings. This second style of diet, if undertaken with a certain amount of common-sense, is effective if it is maintained. It will not give quick results, and can be taken up without consulting a doctor; but any of the more drastic diets should not be attempted without medical advice. Any diet which aims at reducing weight by cutting out bread, potatoes, and cakes will be effective only so long as it is kept up. As soon as the extra potato or slice of bread creeps back into the menu, then the extra weight will begin to come back.

One of the more popular "tips" is to avoid drinking at meal-times. Drink unsweetened tea or coffee, or a glass of skimmed milk or buttermilk, either an hour before, or soon after a meal. Another suggestion is to avoid the use of salt altogether. Fried foods, stews, sauces, jams, cream cheese, cream, starchy puddings, bananas, fat meat and oily fish, tinned fish, tinned baked beans, and of course, sweets and alcoholic drinks are all fattening.

The difficulty, if these foods are eliminated, is to find a well-balanced diet within the ration, and also at a reasonable cost. Most satisfactory slimming diets are rich in proteins, and that means lean meat, chicken, and, of course, fish, sole, plaice, turbot, cod, brill and bream, flounders, skate, gurnet, whiting, haddock and John Dorey—all steamed, boiled, baked or grilled, and served with wedges of lemon, not a cream sauce. Add to these cooked green vegetables, plenty of salads and raw fruits, together with a small amount of bread, preferably wholemeal, and the rationed foods including eggs, but using as little sugar as possible, and you can build yourself a slimming diet according to your pocket. The simplest method is to avoid the things which are definitely fattening, to eat moderately of everything else, and fill any empty spaces with salads and fresh fruits.

### COOKERY HINTS

## Wedding Cakes (2)

By "Housekeeper"

**A**NY favourite fruit cake recipe producing a rich dark cake can be used to make a wedding cake. The richer the cake the greater will be the proportion of butter and sugar to flour, and the slower the oven in which it is baked.

**Bride's Cake (1)**—1 lb. 2 oz. butter, 1 lb. 2 oz. sugar, 1 lb. 2 oz. flour, 9 eggs, 3½ lb. currants, 6 oz. chopped almonds, 1½ lb. mixed peel, ½ oz. mixed spice, a pinch each of mace and nutmeg, ½ gill rum, and ½ gill port.

**Bride's Cake (2)**—1 lb. 3 oz. butter, 1 lb. 3 oz. sugar, 1 lb. 12½ oz. flour, 12 eggs, 2 lb. 6 oz. currants, 2 lb. 6 oz. sultanas, 9½ oz. cherries, 9½ oz. raisins, 1 lb. 3 oz. chopped peel, 9½ oz. chopped almonds, 2 teaspoonful almond essence, 2 teaspoonful baking powder, 1½ tablespoonful black treacle, ½ teaspoonful mixed spice, ½ teaspoonful cinnamon, and 1½ gills of rum or fruit juice.

**Bride's Cake (3)**—1½ lb. butter, 1½ lb. sugar, 2½ lb. flour, 12 eggs, 5 lb. currants, 1½ lb. sultanas, 1½ lb. mixed peel, 1 oz. mixed spice, 1 teaspoonful baking powder, and ½ pint rum, lemon juice or milk to mix. For a black cake, add 1 tablespoonful of caramel, a few drops of browning or 1½ tablespoonful of treacle.

This last recipe will make quite a reasonably-sized cake if half the above proportions are used, and is by far the plainest mixture. If the bottom tier is made from the ingredients above, a rich Madeira mixture could make two smaller tiers. For it, take 1 lb. butter or margarine, 1 lb. sugar, 1½ lb. flour, a pinch of salt, 3 small teaspoonful baking powder, 6 to 8 eggs, 2 teaspoonfuls grated lemon rind, the juice of 1 lemon, and milk to mix. If preferred, 2 or 3 tablespoonfuls of sherry can be used instead of the lemon rind and juice. Bake in two tins, 7-inch and 5-inch, or 8-inch and 4-inch.



# Molded Dishes in Summer

Excellent for the Main Viand and Helpful in Stretching the Meat.

By EDITH M. BARBER.

There's a lot to be said for a molded main dish at any time of the year. In cold weather we may choose this for luncheon, but in warm weather we welcome it for the evening meal, and this season when we are trying to make meat go a long way or to replace it sometimes we will be inclined to serve it more often than usual.

We can call a dish of this sort an aspic if we like, and that has a rather attractive sound. Technically, an aspic is a clear jelly, and while we use this occasionally for a base we are inclined to use mayonnaise, salad dressing or cheese as an ingredient. We may call a combination of this sort a cream aspic or a mousse. An easily prepared foundation is merely a mixture of softened gelatin dissolved with boiling water or preferably chicken stock, which when cooled is united with salad dressing. This is then chilled and, when sirupy or about as thick as egg white, the flavoring and ingredients such as flaked fish, grated cheese or vegetables are folded in and put into our favorite mold. After chilling in the refrigerator several hours, it will be ready for unmolding on a platter. Garnishes of salad greens, sliced tomatoes, sliced eggs or stuffed eggs will make this look good enough to eat.

There is no reason why meat and fish cannot be stretched by the addition of crisp vegetables such as celery, green pepper and raw carrot. And have you ever combined cooked macaroni with cheese for a creamy aspic? After unmolding, minced parsley can be used very effectively as a garnish and mayonnaise or a Thousand Island dressing may be passed with it. A melon mold is a good choice, or if you lack this the loaf pan may be used. Just remember that the macaroni should not be overcooked for a dish of this sort. By the way, if you have any leftover ham, thin slices rolled around slices of dill pickle add savoriness and an attractive note of color. Dried beef may be used in the same way.

## CREAM ASPIC.

1 envelope unflavored gelatin.  
1/4 cup cold water.  
1 1/2 cups boiling water or chicken stock.  
1/2 cup mayonnaise or salad dressing.  
1/2 teaspoon prepared mustard.  
Salt.  
Paprika.  
2 cups finely cut meat, fish or vegetables.

Soften gelatin in cold water and dissolve it in boiling water or stock. Cool. Fold in mayonnaise and seasonings, and chill until sirupy. Fold in the meat, fish or vegetables. Pour into mold and chill until set.

Note—Seasonings such as finely minced onion, celery and green pepper may be added, according to the main ingredients used.

## MOLDED MACARONI AND CHEESE.

1 envelope unflavored gelatin.  
1/4 cup cold water.  
1 cup boiling water.  
1 cup grated American cheese.  
1 tablespoon lemon juice.  
1 teaspoon salt.  
Dash of pepper.  
1 tablespoon onion juice.  
2 tablespoons chopped parsley.  
1 tablespoon chopped pimento.  
1 1/2 cups cooked elbow macaroni.  
1/2 cup mayonnaise.  
1/2 cup chopped celery.

Soften gelatin in cold water. Dissolve in boiling water. Add cheese, stir until melted. Add lemon juice, salt, pepper and onion juice. Chill. When mixture begins to thicken, fold in parsley, pimento, macaroni, mayonnaise and celery. Turn into large or individual molds that have been rinsed with cold water. Chill until firm. Unmold on salad greens, and serve with mayonnaise.  
Yield: 6 servings.



## FRUIT COTTAGE PIE

Zwieback or corn-flake crumbs, rolled fine, 1 1/2 cups	Salt, 1/8 teaspoon
Sugar, 1/4 cup	Milk, 1 cup
Cinnamon, 1/2 teaspoon	Egg, well beaten, 1
Butter or margarine, melted, 1/3 cup	Creamed cottage cheese, 1/2 pound
Sugar, 3/4 cup	Lemon juice, 1/4 cup
Cornstarch, 2 tablespoons	Lemon rind, grated, 1/2 teaspoon
	Canned fruit cocktail, drained, 1 1/2 cups

Combine the crumbs, sugar and cinnamon. Add butter or margarine; mix well. Pat crumb mixture firmly into an even layer over bottom and sides of greased 9-inch piepan; chill while you make filling. For this, combine sugar, cornstarch and salt in 1-quart saucepan; stir in milk. Place over medium heat and bring to a boil, stirring constantly (about 5 minutes). Stir a little of hot mixture into egg; add to remaining hot mixture and cook for 2 minutes; stirring constantly. Remove from heat and cool slightly. Put cottage cheese through fine sieve and add with lemon juice and rind to cooked mixture. Spoon into pie shell; chill for 3 hours or longer, chilling fruit cocktail at same time. Just before serving spoon a ring of fruit on top. Makes 6 to 8 servings.

## TAPIOCA CREAMS WITH SLICED STRAWBERRIES

Egg, 1	Quick-cooking tapioca, 3 tablespoons
Sugar, 4 tablespoons	Vanilla, 1/2 teaspoon
Salt, 1/8 teaspoon	Fresh strawberries, sliced and sweetened, 1 pint
Unflavored gelatine, 1 1/2 teaspoons	
Milk, 2 cups or half evaporated milk and half water	

Separate egg white from yolk and beat white until foamy; gradually add 2 tablespoons of the sugar and continue beating until stiff but not dry; set aside. Combine remaining sugar, salt and gelatine in 1-quart saucepan. Add 1/2 cup of milk and the egg yolk; blend well. Add remaining milk and tapioca; stir well; cook over medium heat, stirring constantly until mixture comes to a boil (5 to 8 minutes). Remove from heat; stir in vanilla. Fold a small amount of hot mixture into beaten egg white; then quickly fold in remaining mixture. Cool about 20 minutes; stir well and spoon into 6 individual molds. Chill until firm; unmold and serve with strawberries. Delicious too with pitted sweet cherries or sliced peaches.



## Wedding Cakes (3)

By "Housekeeper"

THE method for the Madeira mixture given on Saturday is the usual rich cake method—This is creaming the fat and sugar until the mixture is light, then beating in the whole eggs, singly until the mixture is smooth and light, taking care to avoid curdling, and adding a little of the sieved flour should the mixture show the slightest tendency to curdle. Then add the sieved dry ingredients alternately with the liquid—lemon juice, sherry, or milk—to make a soft dropping consistency. It is more important that a cake made without fruit should not be allowed to "curdle" when adding the eggs than for a fruit cake, because the difference in texture is more noticeable. Bake the cakes in a moderate oven (375 deg. F) allowing 1½ hours for the smaller one, and 1½ to 1¾ hours for the larger, reducing the heat slightly, to 350 deg. F. after three-quarters of an hour.

For the fruit cakes, all the fruit must be prepared beforehand. The best method is to wash the raisins, currants and sultanas in plenty of warm water, dry them roughly with a clean tea-towel, and then spread them on a large shallow tray, and allow them to dry off slowly in the residual heat of an oven. Make sure that the oven is not too hot when they are put in, and make certain that the heat has been turned off, or else the fruit will be shrivelled up. Alternatively, dry in a current of warm air on a sunny window sill. Drop the raisins into warm water, remove the stones, tear into pieces, and leave to dry. Blanch and chop the almonds, and chop the cherries and candied peel. Mix together all the dried fruits and dust with a little of the measured flour. The method is as above, adding the treacle either to the creamed fat and sugar, or last of all. Add the fruit after adding the flour, and then the browning or caramel. Mix to a stiff dropping consistency; and put into clean, dry, thick cake-tins, lined with several thicknesses of brown and grease-proof paper. Bake in a slow oven (350 deg. F for the larger cakes, or 375 deg. F for the smaller), the time depending on the size. The larger cakes will take 5 or 6 hours. It may be necessary to cover with greased paper if the cakes show signs of becoming too brown. If preferred, steam for 4 hours, and finish out in a moderate oven.

## COOKERY HINTS

## Dripping cakes (2)

By "Housekeeper"

ONE of the ways of removing the heavy flavour from dripping is to clarify it. Put the dripping into a saucepan with twice the quantity of water, bring slowly to the boil, and allow to boil for two or three minutes. Then strain, through several thicknesses of muslin, into a bowl or pie-dish, and set in a cool place until the dripping forms a hard cake on top. Lift out, and scrape off the soft discoloured layer on the bottom, pour away the water, and use the dripping as required for cakes or pastry. If the dripping is to be kept for any length of time, it should be heated slowly until all bubbling ceases, but making sure that it does not become too hot, or it will discolour and burn. This drives off any water in the dripping, and makes it quite hard. Strain into a bowl, and leave in a cool place until required.

Caraway Gingerbread—8 oz. flour, pinch of salt, 1 teaspoonful ground caraway seeds, ½ oz. ground ginger, 2 oz. brown sugar, 1 oz. dripping, 1 small egg, ½ lb. treacle, ½ teaspoonful baking soda, and half a small cupful of warm water. Sieve the flour with the salt, baking soda and ginger. Grate or rub in the fat, and add the sugar and ground caraway seeds. Add the beaten egg and the slightly-warmed treacle to the mixture, beat in the warm water, and put into a well-greased shallow tin. Bake in a moderate oven (375 deg. F) for about an hour. Allow to cool on a wire tray, and store in an air-tight tin until required.

## JUNE

## COOKERY HINTS

## Wedding Cakes (4)

By "Housekeeper"

EVEN if it is not possible to find the ingredients to make the wedding cake, it is sometimes possible to find them for the icing, which is the really expensive part of the cake, because of the time and patience required to do it. If you have successfully put Royal icing on a Christmas cake, you will find no difficulty in icing a wedding cake. The principles are the same, and if a few well-chosen artificial flowers or other favours are set in position on top or round the sides of the cake, the pattern for the decoration can be planned round these.

Make the almond icing by mixing together 1 lb. ground almonds, ½ lb. sieved icing sugar, ½ lb. castor sugar, and a pinch of salt. Mix with a beaten egg, lemon juice, and a few drops of almond flavouring. Knead well on a board which has been dusted with sugar. Cut off one-third of the paste, roll out to cover the top of the cake, and roll the remainder into a strip the length and width of the cake. Trim the cake until the surface is level, filling up any hollows with left-over pieces of almond paste. Then brush over with sticky jam, preferably apricot, set on the almond paste, smooth the surface, and leave to harden and dry out for one or two weeks.

For the Royal icing allow 2 beaten egg whites and a pinch of acetic acid, or a teaspoonful of lemon juice, to each pound of well-sieved icing sugar. Beat until smooth, and have the mixture thick enough to hold its shape and stand up in peaks when beaten. Spread one layer over the cake, allow it to harden overnight, and put on a second layer if necessary, having this second layer thin enough to flow slowly over the cake. Leave again to harden, then decorate as desired, marking off the design faintly on the surface with a needle.

## COOKERY HINTS

## Economical Cakes

By "Housekeeper"

VEGETABLE oils can be used for baking, the more usual being olive, almond and other nut oils. Mineral oils, including medicinal liquid paraffin, are not recommended for cooking. These oils are slightly more expensive than the fats to use, and great care must be taken in the choice of recipe and the method used; but, generally speaking, they are best used in any recipe which calls for melted fat. To make pastry using oil use equal quantities of oil and melted clarified dripping. Mix the two, and leave to harden; then use in the ordinary way.

To make an economical sandwich cake, beat an egg until light, add 3 oz. fine sugar, and continue beating until the mixture is creamy. Gradually add 3 tablespoonful of oil, and beat until well blended. Then fold in 8 oz. flour, sieved with 1 teaspoonful of baking powder, and a pinch of salt, and add either ½ teaspoonful of almond essence or ½ teaspoonful of spice. Put into two greased and lined sandwich-tins, a 1½ bake for 25 or 30 minutes in a hot oven (450 deg. F).

Another economical sandwich-cake can be made using sweetened condensed milk in place of most of the sugar. I have never made this particular recipe with dripping; but it is quite good with a mixture of margarine and lard or cooking fat. Ingredients—5 oz. flour, 4 oz. margarine, 1 oz. sugar, 2 eggs (use two small eggs, or one large egg, and double the amount of baking powder), ½ small tin of sweetened condensed milk, 2 tablespoonful of boiling water, ½ teaspoonful of flavouring or spices. Beat the margarine to a cream, and add the sugar gradually, then the beaten egg. Fold in the sieved dry ingredients alternately with the milk, using the boiling water to rinse out the tin. Bake in two greased and lined sandwich-tins, in a moderately hot oven (425 deg. F) for 25 or 30 minutes. Sandwich together with jam.

## Dripping in Cake-making

By "Housekeeper"

A BELFAST reader poses several interesting problems which will find an echo in many homes. This reader finds that she must buy a supply of vegetables to last for several days, and wants to know whether the green vegetables should be cooked immediately and re-heated as required or kept raw and cooked daily to ensure the retention of valuable vitamins. Store the vegetables, trimming off any very soiled leaves, in a cool place until required, and then cook in the usual way. When there is a choice, use lettuce and cabbage as soon as possible, reserving root vegetables and onions, which do not lose vitamins on storage, for later in the week. The recommended method of keeping lettuce fresh is to put it, dry, into an aluminium saucepan, cover with a tight-fitting lid, and leave in a cool place.

This reader also asks for recipes for savoury dishes, including one for "Jenny Lind," preferably without eggs. Can any reader help, as I must confess complete ignorance of this dish. There is in addition a request for help in the use of dripping in cake-making. Most of the recipes designed for use with dripping include plenty of spice to help to disguise the flavour; but I have found that the texture of the cakes is not always good, and that dripping cakes do not agree with some people.

Here, however, is a recipe for dripping cake—12 oz. flour, 3 oz. lard or clarified dripping, 4 oz. sugar, 4 oz. dried fruit, ½ teaspoonful mixed spice, ½ teaspoonful baking soda, ½ tablespoonful vinegar, 3 tablespoonful treacle, and sweet milk to mix. Sieve the flour with the baking soda, spices and a pinch of salt, and cut and rub in the fat—or, if it is very hard, grate it on a coarse grater. Mix with the treacle, slightly warmed, vinegar, and sufficient milk to give a soft dropping consistency. Beat until well mixed, put into a greased and lined tin, and bake in a slow oven (350 deg. F) for 2 hours, until cooked through.

## COOKERY HINTS

## Savoury Supper Dishes

By "Housekeeper"

THE finding of recipes for simple and quickly-made supper dishes which are economical, and easy on the rations, is becoming more and more difficult.

Baked Tomatoes—Cut the tops from half a dozen large tomatoes, scoop out some of the pulp with a teaspoon, and allow to drain. Measure the pulp roughly, and to a cupful add a scant half teaspoonful each of sugar and salt, a dash of pepper, and a pinch of chopped herbs. Mix with a cupful of fresh breadcrumbs, and put back into the tomatoes. Top each with a quarter-slice of bacon, and a thin slice of cheese, or a flake of margarine or bacon dripping. Bake for 15 or 20 minutes in a moderately hot oven. Serve hot, with chipped potatoes.

Curried Eggs (to serve six)—Chop enough scallions or onions to make one-third of a cupful, and brown lightly in 1 oz. dripping or fat; then stir in 1½ tablespoonful of flour and half a tablespoonful of curry powder. Gradually add 1 pint of milk, and stir over a gentle heat until the sauce is thick and smooth. Quarter or slice one hard-boiled egg per person into the sauce, stir until hot, and serve portions in a nest of spinach, or finely-chopped cabbage, accompanying them with creamed potatoes, or triangles of toast.

Beetroot and Bristling Salad—Cook a large beetroot, adding a few cloves to the water in which it is cooked. If using tinned beet, dice the beet, add sufficient water to cover, and two or three cloves; bring to the boil, allow to cool, and drain, removing the cloves. Mix with the contents of a tin of bristling or tinned herring, and a shredded tart apple, grated with the skin on if it is reasonably thin. Toss all together with salad cream, and serve on lettuce leaves, or with watercress.

5 Thursday

6 Friday

7 Saturday

8 Sunday



**SUPPER BEFORE AN EVENING OUT**

Cold cuts  
Casserole of new potatoes, peas and onions  
Coleslaw  
Chocolate pie

New potatoes, peas and onions make a delectable casserole. Cook separately, at your leisure; at meal-time heat them together in a little cream of mushroom soup thinned with milk.

For a pretty pie spread chocolate pudding, made with packaged mix, in a baked pastry shell and ring top with bands of chopped nuts and crushed peppermint candy.

It's cucumber time! Perk up your green salads with cukes prepared this way: Peel and slice them, then let stand at least an hour in iced water containing a crushed garlic clove.

Even beginners can make these crispy cheese triangles. Cut rolled biscuit dough in squares, then diagonally to make triangles, sprinkle with shredded cheese, bake as usual.

**1** Rhubarb parfait just the right finishing touch for June lunch. In dessert glasses alternate layers of vanilla ice cream or vanilla pudding with thick tart rhubarb sauce.

**3** At your next buffet serve Mexican stew: sliced onions and potatoes cooked with browned beef cubes, seasoned with chili powder and garlic salt. Spoon onto corn bread.

**4 MEXICAN BUFFET**  
Tomato juice  
Mexican stew on corn bread  
Beans and corn  
Ripe olives  
Pepper rings  
Cantaloupe sundae

**5** Green beans and yellow corn are lovely served together. Cook separately—using twice as much beans as corn—and season. Then arrange beans in serving dish with a cross of corn on top.

**6** Is cantaloupe sundae one of your favorites? After filling halves of the chilled ripe fruit with vanilla ice cream, scatter on a few chopped salted pecans.

**7** To make jiffy orange rolls heat 2 tablespoons sugar, 1 tablespoon each orange juice, margarine, shredded orange rind; spread on brown-and-serve rolls, bake 10 minutes at 400°.

**8 FESTIVE FRIDAY DINNER**  
Broiled fish  
Creamed new potatoes  
Broiled tomato slices  
Harlequin egg salad on lettuce  
Ice cream with peaches

**10** Here's a delightful dessert: Mix a few strawberry halves with quartered marshmallows and a diced banana in sweetened whipped cream. Serve in pastry or sponge cups.

**11** If you've never had Mongole soup you've missed something. It's 1 can each condensed tomato, pea and chicken-rice soups, 1 cup cream, ¼ cup sherry wine—heated together.

**12 SUMMER SUPPER**  
Mongole soup  
Carrot sticks  
Pickles  
French toast  
Coffee

**13** French toast takes on added flavor if you stir about 2 tablespoons sugar and a little shredded lemon rind into the milk-egg mixture in which you dip the bread. Pan-fry.

**14 BUDGET SPECIAL**  
Beef-flavored pie shell with potato filling  
Buttered peas  
Garden salad  
Cheese and crackers

**15** To make a beautiful flavored pie shell soak 1 cup bread crumbs in ½ cup milk; mix in 1 cup ground beef, season and press into greased piepan like pastry. Bake 1 hour at 350°.

**17-24** Looking for a refreshingly different dressing for cabbage salad? Mix 3 tablespoons of sour cream with ¼ cup of vinegar and 2 teaspoons of brown sugar.

**18-25** Try baking gingerbread batter—the packaged mix is fine—in muffin pans. When done, top each cake with half a marshmallow and return to oven briefly to melt it partly.

**19-26** Tempt the children with this picnic fare: Spread bread with peanut butter thinned with orange juice; put together sandwich-fashion with crisp shredded carrots between.

**20-27 COMPANY DINNER**  
Fried chicken  
Rice  
Sweet-sour beets  
Asparagus salad  
Pineapple jelly  
Cookies

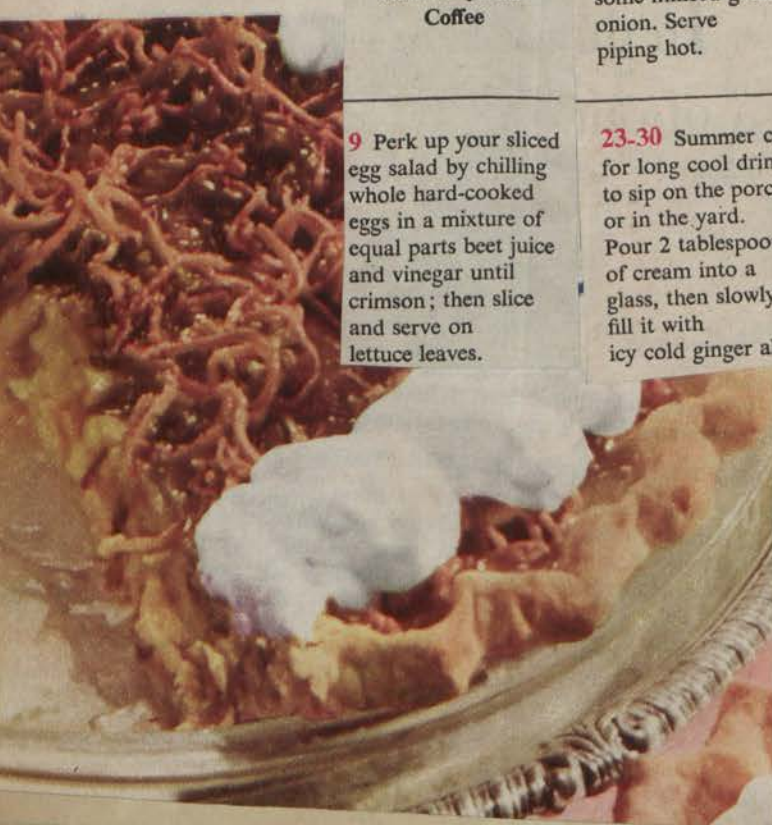
**21-28** To dress up asparagus salad scatter chopped ripe olives and shredded yellow cheese over the chilled cooked spears arranged on lettuce. Serve with tart French dressing.

**22-29** Have you tried pineapple jelly for dessert? Make lemon flavored gelatin with canned unsweetened pineapple juice as liquid, chill, garnish with strawberries and whipped cream.

**COCONUT CRUNCH PIE**

1 cup Baker's Coconut • 2 tablespoons butter • 1 package Jell-O Pudding (any flavor) • 1 ¼ cups milk • 1 baked 8-inch pie shell • 3 tablespoons brown sugar • 1 ½ tablespoons light cream

Sauté coconut in butter in saucepan until golden brown, stirring constantly. Remove and set aside. Cook pudding as directed on the package, adding half of the sautéed coconut with the milk. Cool slightly (about 5 min.), stirring once or twice. Turn into pie shell and cool about 1 hour. Combine reserved coconut with brown sugar and cream. Spread carefully over cooled pie. Bake in hot oven (425°F.) 15 min., or until top is bubbly. Chill. Garnish with a wreath of whipped cream.



**JUNE LUNCHEON**  
Shrimp and egg salad  
Cheese triangles  
Rhubarb parfait  
Coffee

**16** As a filling for your beef-flavored pie shell try fluffy mashed potatoes sparked with shredded cheese and some minced green onion. Serve piping hot.

**9** Perk up your sliced egg salad by chilling whole hard-cooked eggs in a mixture of equal parts beet juice and vinegar until crimson; then slice and serve on lettuce leaves.

**23-30** Summer calls for long cool drinks to sip on the porch or in the yard. Pour 2 tablespoons of cream into a glass, then slowly fill it with icy cold ginger ale.



## Savoury Supper Dishes (2)

By "Housekeeper"

12 Thur:

THOSE who do not have to cook a midday dinner, and so have a little meat to spare for supper dishes, will find that minced steak or meat can be used in a variety of ways, the famous American hamburgers or patties being one of the simplest. Plain hamburgers consist of well-seasoned minced meat shaped into patties, and rolled in seasoned flour, then fried or grilled. They may be served with tomato sauce or gravy, with chipped potatoes, or fried cold potatoes, with a cooked vegetable. The first variation, for hamburgers, is to add grated, chopped or minced onion, or onion juice, the next to add a sharp sauce. If you are using chopped onions, fry them in a little bacon dripping before adding to the mixture. Try adding chopped pickled onions.

It is not necessary to use all meat in hamburgers. Use as "extenders" plain mashed potatoes or breadcrumbs, or stale bread soaked in boiling water or stock for a few minutes, and then squeezed almost dry before adding to the meat. A few left-over cooked peas can be added, or plain boiled rice used instead of breadcrumbs.

For a really thrilling supper dish shape hamburgers into small balls, fry as usual, and then allow them to simmer for 10 minutes in a tomato sauce — a tin of tomato soup, slightly thinned and seasoned to taste, is excellent. Pour over plain boiled spaghetti or macaroni, and serve with a green vegetable, or with a salad on a side plate.

13 Friday

## Savoury Fish Pie

By "Housekeeper"

SOME time ago I suggested that it was cheaper to buy rather more of a cheap fish, taking, say, a whole mullet or gurnet, than to get filets cut, and then keep the remains of the cooked fish to serve in a different way, either on the following day or, if a refrigerator is available, several days later. For an unusual and tasty fish pie, try this recipe.

Ingredients—2 cupsful of flaked cooked fish, 1½ cupsful of fresh (sliced) or bottled tomatoes, 1½ cupsful of cooked macaroni, spaghetti or macaroni shells, a small chopped onion, ½ cupful cooked vegetables (peas, carrots, celery, broad or French beans), 1 teaspoonful salt, a dash of pepper, a nut of dripping, and breadcrumbs. Fry the chopped onion in the dripping until it changes colour, then season and add the sliced tomatoes and a cupful of vegetable. Bring to the boil. Put alternate layers of fish, macaroni, and tomatoes into a well-greased pie-dish. Put a layer of crumbs on top, dot with flakes of margarine, and bake for 15 or 20 minutes in a moderately hot oven (350 deg. F) until the crumbs have browned.

As an alternative, omit the tomatoes, make a thin cheese sauce, well seasoned, and put alternate layers of fish, vegetables, macaroni and cheese sauce in the pie-dish, covering with a thin layer of grated cheese. I find that if the breadcrumb mixture in the fish and tomato pie gets a thin sprinkling of grated cheese it develops a crisp nutty flavour in the oven, and the flavour of the fish is much improved.

Fish Cakes — Mix together 1½ cupsful of flaked boned fish, 1½ cupsful of mashed potatoes, 1 tablespoonful of finely-chopped or minced onion, ½ teaspoonful of salt, a dash of pepper, ½ tablespoonful of chopped parsley, and either 2 tablespoonfuls of thick white sauce or an egg. Shape into patties, roll in flour, and fry on both sides until browned and crisp. Serve hot.

14 Saturday

15 Sunday

## Savoury Supper Dishes (3)

By "Housekeeper"

CHEESE can be used in a variety of ways, some very simple, and others more elaborate, for supper dishes or savoury snacks. One of the simplest is to cover lightly-buttered slices of toast thickly with grated cheese, and brown the mixture under the grill. Set a poached egg on top, or slice several large tomatoes, and place slices of tomato diagonally across the toast. Heat under the grill.

Cheese "sandwiches" can be made in the ordinary way, cutting thin slices of bread, buttering them lightly, putting thin slices of cheese or grated cheese between the bread, and seasoning lightly. Cut into halves or quarters. These sandwiches can be dipped in a plain batter and fried in either shallow or deep fat, or dipped in the mixture used for French toast—an egg beaten up with 2 to 3 tablespoonfuls of milk, or they can be toasted in the usual way. These can be served either with a soup or a salad.

Another use for a batter is to make a pudding with it. Make a plain batter with 6 oz. flour, a pinch of salt, 2 eggs and one pint of milk; or a bread batter, using 4 oz. flour, 2 oz. breadcrumbs, 1 egg, a pinch of salt, 1 pint of milk and ½ teaspoonful baking powder. Beat the batter until smooth, and stir in 4 to 6 oz. grated cheese, with a handful of chopped chives or spring onions, if liked. Bake in a moderately hot oven (400 deg. F) for 20 minutes, until risen and browned. Sprinkle the top of the pudding with a thin layer of grated cheese, and bake until melted, or browned, as preferred. Serve hot with a salad.

Tomato Pie—Chop or grate a boiled onion. Add 2 oz. margarine and four large chopped peeled tomatoes. Simmer until tender, adding a pinch each of salt, and sugar, and a dash of nutmeg. Cool, and add 3 oz. grated cheese, 2 beaten eggs, ½ cupful breadcrumbs, and a dash of tomato sauce or relish. Cook over a gentle heat until the mixture thickens; then put into a greased pie-dish, and brown under the grill. If preferred, mix all the ingredients as above except the egg whites. Beat these until dry, fold in the other ingredients, put into the pie-dish, and bake for 20 or 25 minutes in a moderately hot oven (400 deg. F). Serve immediately.

JUNE — of making a bowl, or bowls, of pot-pourri, if you grow or can get a variety of sweet-smelling flowers and herbs. A number of neighbours could help to add variety to the mixture. Most of the well-scented flowers, except sweet-pea, can be used; but the old-fashioned roses, mixed with carnations or pinks, dried lavender, violets, geranium flowers and leaves, bay leaves, verbena and rosemary can all be used.

Some prefer to make a pot-pourri from dried leaves, others from the fresh; but here are suggestions for both. In either case the flowers and leaves should be picked on a dry sunny day.

Pot-pourri (1)—Put alternate layers of rose petals and salt in an earthenware jar. Allow to stand for a week, and add the following well mixed:—6 oz. angelic root, 3 oz. oil of cloves, 10 drops of oil of cinnamon and 40 drops of oil of lavender. Cover for a week or so.

Pot-pourri (2)—Dry a mixture of sweetly-scented flowers and leaves (on a sheet of paper in front of an open window, but out of the sunlight). Sprinkle the flowers with the grated rinds of an orange and a lemon while they are drying. Mix together a pinch of nutmeg, ½ teaspoonful each of powdered cloves and allspice, and 1 oz. of powdered orris root with ½ lb. bay salt and 1 lb. kitchen salt. Put layers of flowers and the salt mixture into a bowl, cover tightly, and shake or stir daily for several days; then divide among several small jars.

Pot-pourri (3) — Put fresh flowers and thin layers of the following salt mixture into a deep jar, as the flowers come into season. Keep the salt mixture covered until required. Mix ½ lb. bay salt, the grated rind of a lemon, ½ oz. cloves, ½ oz. saltpetre, ½ oz. cinnamon, ½ oz. orris root, and a dash of grated nutmeg.

## Potato Pancakes

By "Housekeeper"

HERE is a recipe for savoury potato pancakes, which probably was originally an adaptation of boxty pancakes. Boxty is usually made with the addition of baking soda, and a pinch could be added to this recipe quite safely.

Ingredients—2 cupsful of grated raw potato, ½ cupful milk, 1 egg, 1 oz. flour, ½ tablespoonful finely-chopped onion (or a mixture of parsley and chives), ½ teaspoonful salt and a dash of pepper. Beat the egg until light, grate potato and drop it immediately into the milk, lest it discolour. Stir in all the other ingredients, then drop spoonful of the mixture on to a well-greased frying-pan, and allow to cook slowly until well crisped and brown on both sides. Serve hot with cheese sauce, a green vegetable or a green salad, or in winter a celery and carrot salad.

For the cheese sauce, melt 1 oz. margarine or dripping in a saucepan, stir in 1 oz. flour add 1 cupful of milk and season with salt and pepper. Stir until the sauce is smooth and thick over a moderate heat; then add ½ lb. grated hard cheese or thinly-sliced processed cheese, and stir until the cheese melts. Correct the seasoning, adding a pinch of celery salt or a dash of made mustard if liked.

For those who prefer to use the genuine boxty recipe, grate ½ lb. of potatoes into a bowl, drain well, and retain the liquid. Mash ½ lb. of freshly-boiled potatoes over the grated potatoes, and mix well. Allow the potato liquid to stand until it forms a white starchy sediment; then drain off the watery liquid, add the starchy sediment to the potatoes, with ½ lb. flour, 1 teaspoonful of salt, ½ teaspoonful of baking soda, and enough buttermilk to give a stiff pancake consistency. Fry as above, and either serve as a savoury with bacon, or with sugar, jam or syrup as you would sweet pancakes.

## Pineapple Cake

By "Housekeeper"

WHEN using pineapple, reserve one-third of a cupful and use it to make a delicious cake. Crushed pineapple or pineapple bits, finely chopped, may be used. If using fresh pineapple, cook until tender before using, and sweeten to taste.

Ingredients—1 egg, 2 oz. fat, 4 oz. sugar, 1 egg (separated), a good pinch of baking soda, 4 oz. flour, ½ teaspoonful baking powder, a pinch of salt and one-third cupful pineapple. Beat the fat and sugar to a light cream, and add the egg yolk. Add 1 drop of almond essence, 2 drops each of vanilla and lemon essence, and beat until well mixed. Stir the baking soda into the pineapple, and add to the creamed mixture. Fold in the flour sieved with the salt and baking powder, and then fold in the stiffly-whisked egg white. Put into a greased and lined cake-tin, about 7 inches in diameter, or 8 inches by 6 inches, and bake in a moderate oven (375 deg. F) for 30 to 35 minutes. Dust lightly with sugar before serving.

Apple-sauce cake—1 egg, 1½ cupsful of flour, a pinch of salt, ½ teaspoonful of baking soda, ½ teaspoonful each of baking powder, and cinnamon, a pinch of ground cloves, ½ cupful of fat, a scant cupful of sugar, 1 cupful of chopped nuts, and ½ cupful of sieved apple puree (hot and thick). Sieve the flour, with the salt, baking powder and soda, and spices. Beat the fat and sugar until light, and add the egg. Stir in the nuts, and add the flour mixture alternately with the apple sauce, beating after each addition until smooth. Bake in a well-greased and lined loaf-tin, in a good moderate oven (350 deg. F) for an hour.



16 Monday

17 Tuesday

18 Wednesday



## Moulded Vegetable Salad

By "Housekeeper"

**A** MOULDED salad always looks attractive, and avoids wasting any left-over meat and vegetables. Scraps which might otherwise appear too small to serve as a meal can be extended quickly and easily in this way. The vegetables can be moulded in aspic jelly, which is slightly more expensive than the ordinary jelly; in lemon-flavoured jelly (the slight sweetness will not be noticed), using 3 to 4 tablespoonsful less than the full pint of water; or in plain gelatine, using clear chicken soup or stock instead of water to give flavour.

**Vegetable loaf**—Soak 1 level tablespoonsful of gelatine in  $\frac{1}{2}$  cupful of cold water for 5 minutes, add 1 cupful of chicken soup prepared in the usual way, and allow to heat until the gelatine has completely dissolved. Add 1 teaspoonful of a sharp sauce, and a dash of salt and pepper, and cool. When the mixture is beginning to set add 1 cupful of cooked peas,  $\frac{1}{2}$  cupful of cooked carrots and  $\frac{1}{2}$  cupful of any other vegetable in season—beans, celery, tomato or boiled potato, 1 tablespoonful of chopped chives,  $\frac{1}{2}$  tablespoonsful of chopped parsley, and either 3 chopped hard-boiled eggs, or half a cupful of meat or fish, chopped or flaked. Turn into a wetted mould, and leave in a cool place until set. Turn out on to a bed of lettuce, and decorate with slices of tomato. Will serve six.

**Jellied tomatoes**—6 tomatoes,  $\frac{1}{2}$  cupful water,  $\frac{1}{2}$  cupful mild vinegar,  $\frac{1}{2}$  tablespoonful sugar,  $\frac{1}{2}$  teaspoonful salt,  $\frac{1}{2}$  tablespoonful gelatine,  $\frac{1}{2}$  cupful diced peas,  $\frac{1}{2}$  cupful diced cucumber, and  $\frac{1}{2}$  cupful of any other vegetable. Slice the tops off the tomatoes, scoop out the pulp, and set on a wire rack over a plate to drain. Cook the pulp and juice in the water until tender; sieve, and add the vinegar, salt, pepper, sugar, and gelatine. Heat the gelatine in a little water until it has dissolved before adding. Cool, add the vegetables, and use to stuff the tomatoes.

## Condensed Milk

By "Housekeeper"

**S**WEETENED condensed milk is frequently used to make mock whipped cream, but it can also be used in many ways as a substitute for sugar. The recipe for a fudge, appearing below, will turn 1 lb. plain black chocolate or semi-sweet chocolate into 2 lb. of fudge. Melt the broken-up chocolate in the top of a double saucepan, and stir in 1 tin of sweetened condensed milk. Stir until well mixed and hot, then beat in a teaspoonful of vanilla or almond essence, and a cupful of chopped nuts. Pour into a lined and greased tin, and leave to set in a cool place. When firm cut into squares.

**Chocolate Pie**—Melt 2 oz. of unsweetened or black chocolate in the top of a double boiler, add 1 tinful of sweetened condensed milk, and stir over boiling water until thick (about 10 minutes). Take from the heat, and add one-third of a cupful of water, a pinch of salt, and  $\frac{1}{2}$  a teaspoonful of vanilla essence. Pour into a baked pastry-shell, and serve very cold.

**Economical Mayonnaise**—Put into a mixing bowl two-thirds of a cupful of sweetened condensed milk,  $\frac{1}{2}$  cupful of mild vinegar or lemon juice,  $\frac{1}{2}$  cupful of salad oil, 1 egg yolk,  $\frac{1}{2}$  teaspoonful of salt,  $\frac{1}{2}$  teaspoonful of dry mustard, and a dash of cayenne pepper, in that order. Beat, preferably with a rotary whisk, until the mixture thickens. Remember that if this mixture is set in a refrigerator to chill it will thicken still more. Add finely-chopped chives, parsley or a suspicion of garlic if desired.

**Lemon Meringue Pie**—Mix together 1 tin of sweetened condensed milk, the grated rind and juice of a large lemon (or orange) and two egg yolks, pour into a baked pastry-shell, or into a greased pie-dish. Make a meringue by beating the egg whites until dry, and adding 2 tablespoonsful of sugar. Pile on top of the lemon mixture and bake in a slow oven until the meringue is crisp. Serve hot or cold.

## Treacle Biscuits

By "Housekeeper"

**T**REACLE and syrup or honey are used as the sweetening agent in the first recipe to-day, for a sugarless biscuit. Clarified dripping could be used as the fat.

For these Treacle Biscuits will be required  $\frac{1}{2}$  cupful of treacle, and  $\frac{1}{2}$  cupful golden syrup or honey (one cupful equals 16 level tablespoonsful; warm the treacle and syrup until it is liquid before measuring),  $\frac{1}{2}$  cupful melted fat (4 oz.), 1 teaspoonful baking soda,  $\frac{1}{2}$  teaspoonful each of cinnamon and ginger, and 3 cupsful of flour. Sieve the flour with the salt, soda and spices. Make a well in the centre, drop in the melted syrup, treacle and fat, beat until well mixed, and set aside until cold. Roll out, and cut into bars. Prick well, and bake for 20 or 25 minutes in a moderately hot oven (375 deg F). Allow to cool on the tray.

**Chocolate Bars**—1 tablespoonful cocoa,  $\frac{1}{2}$  teaspoonful vanilla essence, two-thirds of a cupful of sweetened condensed milk, 6 or 7 slices, fairly thickly cut, of day-old bread, and  $\frac{1}{2}$  cupful chopped nuts or coconut. Blend the cocoa with the milk, and add the flavouring. Cut the crusts from the bread, and cut into one-inch fingers. Dip in the milk mixture and roll in the chopped nuts. Set on a greased baking sheet, and bake in a slow oven until crisp and the nuts are lightly browned; or they could be toasted under a low grill, turning the bars as they cook on each side.

**Sugar Biscuits**—Beat 4 oz. fat to a cream with a scant cupful of sugar. Add the grated rind of an orange, and half a cupful of juice, and a beaten egg alternatively with 2 cupsful of flour, sieved with 1 teaspoonful of baking powder. Allow to stand in a cool place for half an hour; then roll out, using more flour for rolling if necessary. Roll thinly, prick well, and cut into fancy shapes. Bake for 10 or 15 minutes in a moderate oven (350 deg. F) until lightly coloured.

## Meat Patties

"By Housekeeper"

**M**INCED beef mixed with an equal quantity of sausage meat can be used in a variety of ways in an effort to keep down the budget.

**Parsley patties**— $\frac{1}{2}$  lb. minced beef,  $\frac{1}{2}$  lb. sausage meat (or 1 lb. minced beef), 2 large onions,  $\frac{1}{2}$  cupful chopped parsley,  $\frac{1}{2}$  cupful water, 10 slices bread, 1 teaspoonful salt, and a dash of pepper. (To serve 8.) Mix the minced beef, sausage meat, diced bread, chopped onions, parsley and water. Season well, and shape into patties, coating them lightly with flour. Fry in dripping, or set on a greased baking-sheet, cover with a greased paper, and bake for 20 or 25 minutes.

**Meat and cheese patties** (to serve 4)— $\frac{1}{2}$  lb. minced beef,  $\frac{1}{2}$  lb. sausage meat,  $\frac{1}{2}$  cupful fine dry breadcrumbs, 2 good tablespoonsful of grated cheese,  $\frac{1}{2}$  cupful chopped fresh tomatoes, or cooked carrots,  $\frac{1}{2}$  teaspoonful salt, a dash of pepper, 1 beaten egg (may be omitted),  $\frac{1}{2}$  cupful milk. A few chopped pickles can be added, or a tablespoonful of chutney. Mix together all the ingredients, shape into patties, and bake on a greased tray, in a moderately hot oven (350 deg. F) for 35 minutes. This mixture can be put into a greased loaf-tin, baked for  $1\frac{1}{2}$  hours in a moderate oven (325 deg. F), and served with mashed potatoes.

**Polish meat balls**— $\frac{1}{2}$  lb. minced beef,  $\frac{1}{2}$  lb. sausage meat, 1 egg,  $\frac{1}{2}$  cupful fine dry breadcrumbs,  $\frac{1}{2}$  teaspoonful salt, a dash of pepper, 2 tablespoonsful parsley finely chopped, a little dripping,  $\frac{1}{2}$  cupful dry breadcrumbs, 1 tin or bottle of tomatoes, and the juice of a lemon or 1 tablespoonful vinegar. Mix the minced beef, sausage meat, beaten egg, breadcrumbs, salt, pepper and parsley. Form into balls, and brown in dripping. Roll in the breadcrumbs, and add the tomatoes and lemon juice or vinegar. Simmer for  $\frac{1}{2}$  to 1 hour, adding a little water from time to time if necessary. Serve hot.

## Steamed Brown Bread

"By Housekeeper"

**I**F you want to make bread, and to avoid lighting the oven, try this recipe for steamed brown bread. If you cannot find a tin with a fitted lid, but without a flange on the tin, use any tin with a smooth open edge, and tie on several layers of well-greased paper.

For the steamed brown bread, sieve together  $\frac{1}{2}$  cupful of plain flour, 1 cupful of wholemeal (or, when available,  $\frac{1}{2}$  cupful each of wholemeal and yellow meal or cornmeal),  $\frac{1}{2}$  teaspoonful baking soda, and  $\frac{1}{2}$  teaspoonful salt. Add a few raisins if they can be spared, 2 tablespoonsful of syrup or treacle, one teaspoonful of melted fat, and about 1 cupful of buttermilk or sour milk to mix. Half fill one or two well-greased tins with the mixture, and steam for  $1\frac{1}{2}$  to 2 hours, making sure that the tins are tightly covered, and that the steamer does not boil dry. Cool on a wire tray.

**Steamed Gooseberry or Rhubarb Roll**—6 oz. flour, 1 teaspoonful baking powder, a pinch of salt,  $1\frac{1}{2}$  oz. margarine (or 2 oz. chopped suet or clarified dripping), milk to mix, gooseberries or rhubarb, and sugar or syrup. Sieve the flour with the salt and baking powder, cut and rub in the fat, or add the suet, and moisten with a scant half cupful of milk. Roll into an oblong, fill to within an inch of the edge with trimmed gooseberries or chopped rhubarb, and add sugar or syrup to sweeten. Damp the edges, roll up, put into a well-greased tin or jar, and cover. If preferred, tie in a greased and floured pudding-cloth. Steam for 2 hours, and serve with custard.

**Savoury Roll**—Make the above roll, and fill with  $\frac{1}{2}$  lb. minced beef mixed with 2 chopped tomatoes, 2 chopped onions, 1 tablespoonful of chopped parsley, and 1 cupful of cooked peas or beans. Season lightly, and use as a filling for the roll. Serve with a good gravy.

19 Thursd

20 Frida

21 Satu

22 Sund



NOW THEY TAKE WHIPPED CREAM,  
FROGS' LEGS, CORNED BEEF HASH  
OR EVEN SQUID,  
PUT IT IN A NEST OF LETTUCE  
AND CALL IT SALAD.  
THE EGYPTIANS WHO STARTED IT ALL  
WOULD BE RAILED

## BY JAMES BANNERMAN

PHOTOS BY PAUL ROCKET-PANDA

Even flowers get into the act.  
Here alternate slices of orange and  
onion are separated by nasturtium  
leaves. Dress it with oil and vinegar.



In the style of the nineteenth century  
actress May Irwin gave her name to  
this dish of tomatoes, onion, peppers,  
cucumbers—with a whiff of garlic.

I'M GOING to start this discussion of salad with the frank admission that although I know what it is, I don't know what it isn't. Nobody does—not any more. Not after the fantastic things that have happened to this once simple dish.

You would probably say, for instance, that corned beef hash isn't salad; but you'd be wrong. Gobs of it on lettuce leaves, smothered in mayonnaise and crisscrossed with strips of pimento, are occasionally dished out as Salad O'Reilly. So, under such coy names as Dawn Goddess, Pretty Shepherdess, and Lady of the Night, are oysters, squid, frogs' legs, roast pheasant, sucking pig, broiled lobster, veal cutlets and brook trout. And so are the innumerable cloying masses of whipped cream, maraschino cherries, stuffed dates, sliced bananas and such which once drove Ogden Nash to write:

I am surprised that the perpetrators haven't got around to putting buttered parsnips in these salmagundis, and the salad course nowadays seems to be a month of sundaes!

There are still wistful oldsters who remember when a salad was a salad. But that was before scientists discovered, somewhere around 1890, that salad was good for you. The minute this news got out, women who had formerly served salad once in a while because it tasted nice began serving it constantly, just as they would have served stewed cardboard or anything else that had been officially declared good for you. And pretty soon they made a couple of discoveries of their own.

If salad were made to look sufficiently spectacular, no matter how it tasted and even if it had no particular taste at all, it could be used for inspiring in other women a baffled envy gratifying to watch. And with taste subordinated to appearance it could be made of virtually anything—as long as the makings were so dainty and feminine, and so liberally sprinkled with chopped nuts and blobs of marshmallow and such that the salad course got to be a regular nightmare for any man in his right mind.

### Lucullus Wore His Lettuce

The decline and fall of salad dates from that discovery, and women are to blame for it; but, in spite of the fearful things women have done to salad, a lot of Canadian men still like it—when they can get it the way they want it, free of gunk and made for taste rather than appearance. Away down in their misguided little hearts, women probably like it that way too.

They certainly did for the first twenty or thirty centuries of the history of salad, when it was made according to one recipe and one only—plain lettuce, endive, or whatever other green leafy plant happened to be available, fresh-picked and dressed with a little oil and salt. That was how everyone ate it in the days of the Pharaohs and how, apart from rich epicures like Pithyllus, they were still eating it a couple of thousand years later in ancient Greece.

Pithyllus was one of the choosiest eaters who ever lived (he had a special sheath of thin skin made to fit over his tongue so he could swallow extra hot food) but even he wasn't noticeably inventive when it came to salad. According to a cookbook written about sixteen hundred years ago, Pithyllus used to spray the lettuce leaves in his garden with a fermented mixture of honey and water of an evening "and then, when he picked them in the morning, he would say he was eating green cheese cakes which were sent up to him by the earth."

When the civilization of Greece died from having too many characters like him around, it was followed by that of ancient Rome, which had just as many. Yet even Lucullus, a Roman gourmet so infatuated with food that he paid the men who carved his meat the equivalent of \$4,000 a year each, was unimaginative about making salad. But having observed that lettuce was nice refreshing stuff, he sometimes used to wear a wreath of it around his head to keep his brow cool while he gorged.

The barbarians took Rome; the Dark Ages set in, giving place in their turn to the Middle Ages. A thousand years had passed since Lucullus over-ate himself for the last time. Almost everything in the world had changed—but not salad. It was still just plain garden sass, dressed with oil and the salt that gave it its name (salad comes from the Latin *salare*, meaning to sprinkle with salt).

About the time of the first Crusades something new was added—vinegar. With



## Oven Method—Wet Pack

By "Housekeeper"

FOR some time it was thought to be preferable to cook the fruit dry in the oven, and add the boiling water or syrup afterwards. It has been found, however, that good results can be obtained when the fruit is covered with water or syrup from the beginning, provided that a slow, even temperature can be maintained over the required length of time. This method is particularly suitable for the heat storage types of cooker. Detailed instructions can be obtained for the exact oven to use, but, generally speaking, the slow or simmering oven should be used. On the instructions sheet provided with individual cookers, precise instructions are given of the suitable ovens.

In a gas oven even the bottles should be set on the middle shelf and the temperature set for a slow oven (250 deg. F.). With an electric oven select the coolest part of the oven, and a slow oven (250 deg. F.), if necessary increasing the temperature, depending on the appearance of the fruit (see below). If a coal range is used, the heat can be controlled to a slow oven, about the temperature at which a milk pudding can safely be baked, by keeping the shelves low, adding fuel carefully, and leaving the oven door ajar from time to time if necessary.

Prepare the fruit bottles in the usual way, and pack the prepared fruit firmly into the bottles. Fill with cold boiled water or bottling syrup to within  $\frac{1}{2}$  inch of the brims. Set the covers in place, with the rubber rings in position, but do not put on clips or screw bands. Arrange in the oven on a rack, seeing that the jars do not touch each other or the sides of the oven. Heat slowly, so that by the time the bottles of fruit have been in the oven for  $1\frac{1}{2}$  hours pin-head bubbles are seen clinging to the fruit, or it has begun to rise slightly in the liquid. If necessary, increase the temperature slightly at this stage. As soon as these bubbles are noticed, and the fruit begins to rise, it is cooked, and the bottles can be taken out, singly, and the caps finished off.

For soft fruits  $1\frac{1}{2}$  to 2 hours will

## COOKERY HINTS

## Bottling in a pressure cooker

By "Housekeeper"

PRECISE instructions for fruit bottling are given with the larger pressure cookers, and should be followed exactly. The fruit and bottles are prepared in the same way as for the water-bath method. Set the jars on the rack in the cooker so that they do not touch each other or the sides of the cooker. Add sufficient cold water to cover the bottom of the cooker, but not to touch the jars. Put on the lid of the cooker, but do not put on the weights or set the whistle until steam is escaping from the lid. Set at 5 lb. pressure, and allow to heat very gently until that pressure is reached; then lower the heat to maintain, but not increase, the pressure, for 12 minutes. Lift the cooker from the heat, and allow the pressure to fall slowly; lift off the lid, tighten the screw bands, and leave to cool overnight. Test for a vacuum.

Hot water method—Heat the jars, and pack the fruit into the warm jars, fill with boiling water, and cover as usual, giving screw-banded covers the quarter-turn back to loosen them slightly. Put  $1\frac{1}{2}$  inches of boiling water in the cooker, set in the rack, arrange the jars on it, and heat under pressure, until 5 lb. pressure is reached. Hold at that stage for  $3\frac{1}{2}$  to 7 minutes, depending on the type of fruit (compare with water bath method). Finish as above. This method is exceptionally speedy.

Boiling water method—Suitable only for gooseberries, sour cooking plums, damsons, and black or red currants and cranberries, provided they are quite fresh and firm. Pack the prepared fruit into hot jars, fill to the brim with rapidly boiling water, and allow to stand 15 seconds. Then pour off the water, refill with boiling water, allow to stand 10 seconds, pour off the water again, fill with boiling water, and fix the airtight covers. Seal as usual.

## JUNE

## COOKERY HINTS

## 26 Thursday Fruit bottling (No. 1)

"By Housekeeper"

BOTTLED fruit can be used in winter to make a variety of puddings and tarts. When sugar is available it can be used to make what is technically called "a syrup" in which to preserve the fruit. The use of a sweetened liquid to surround the fruit improves flavour and appearance, but is not necessary, as the fruit will keep perfectly well if bottled in water or in fruit juice. Golden syrup or honey can be used to make the bottling syrup. The method of making it is to boil together  $\frac{1}{2}$  to 4 oz. sugar or 1 to 8 oz. of syrup or honey with each pint of water, strain through clean muslin and allow to cool, or bring back to the boil, depending on the method to be used. To gauge the approximate amount of syrup needed, fill one jar with fruit, then fill to the brim with water, and measure the amount of water

## COOKERY HINTS

## Oven Method of Bottling

"By Housekeeper"

27 Friday MOST fruits can be quite successfully bottled in the oven, provided that it is possible to maintain a slow even heat. This may vary between 225 and 275 deg. F, but should not rise any higher, as a higher temperature would tend to dry out the fruit, and crack the skins. If by any chance the temperature should rise, try to lower it at once, and continue the cooking for the times given below to ensure proper sterilisation. The fruit may be slightly mashed, but the keeping qualities will not be impaired. When setting the fruit in the oven cover each jar with the glass cover, or with an old saucer, to ensure that the fruit does not dry out too much. The rubber rings can be put on the caps afterwards. Cover the oven shelves with asbestos mats, with wooden slats, or a thick layer of newspaper, to prevent the cracking of the jars, and do not allow one jar to touch the next.

Rinse the jars out with cold water, and pack the fruit in as neatly and tightly as possible, using a thin stick or the handle of a wooden spoon to tighten the fruit. Pack the jars with fruit up to the brim, and fill one or two jars more than are required. Set the jars in the oven, which may be already heated, or may now be heated, and the time taken from the point when the oven reaches the required temperature. Allow the fruit to cook until it begins to shrink in the jars—after about  $\frac{1}{2}$  to 1 hour. Fruit which is solidly packed, such as raspberries, blackcurrants, or halved and stoned plums will require 1 to  $1\frac{1}{2}$  hours. Tomatoes and sweet cherries require at least  $1\frac{1}{2}$  hours, provided the fruit is packed in one or two-pound jars. Three or four-pound jars will require at least 10 minutes longer in the oven.

Have ready boiling water or syrup, and the caps, rings, clips or bands. If the fruit has shrunk greatly during the cooking—and this will depend on the type of fruit being bottled—the jars should be filled to within  $\frac{1}{2}$  inch of the tops before the boiling water or syrup is added. Using a thick, dry oven-cloth lift two jars from the oven, fill one up from the other, and return this jar to the oven. Pour boiling water or syrup into the jar on the table to fill it to the brim; then set the cap in position, and secure as tightly as possible. Wipe the jar with a damp cloth and set aside to cool. Continue in this way, filling up each jar as necessary, and keeping the jar from which the others are filled, in the oven when it is not being used. Bring the water or syrup back to the boil before using it again. Complete one jar at a time, and set aside to cool for 24 hours before testing for a complete seal.

## COOKERY HINTS

## Fruit Bottling (2)

"By Housekeeper"

JAM-POTS can be used for fruit bottling, or any of the bottling jars. The jam-pots must be sound, free from cracks, and must not have been used for storing any strong smelling substance. Jam-pots which have not previously been used for bottling must be tested to make sure that they will form a vacuum with the selected type of cap. A glass or metal cover with a rubber, plastic or skin type ring requires a perfectly-shaped jam-pot brim, but the squares of parchment, and certain other covers, will operate perfectly if there are only slight defects in the pot. Avoid jars with chipped brims, as these harbour germs.

## COOKERY HINTS

## Water Method of Bottling

"By Housekeeper"

BOTTLING fruit by the water bath method gives better results where the fruit is to be exhibited and judged by appearance, as it is difficult to prevent the fruit from cracking and rising in the jars when either oven method is used.

A large saucepan, deep bath, or fish kettle, preferably with a lid, can be used, or a pressure cooker. The containing vessel should preferably be deep enough to allow  $1\frac{1}{2}$  to 2 inches of water above the tops of the jars. The jars must be prevented from touching the bottom or sides of the bath, or each other. A wooden bottom, cut to fit, with holes bored in it, or a frame of laths, can be made, though a thick layer of newspaper or cloth is adequate. The jars can be prevented from touching each other or the sides of the bath by wrapping them with strips of cloth or newspaper.

Fill the jars with fruit, add cold water or bottling syrup to come to the brims, and put the caps, complete with rubbers or skin bands, in position. Affix spring-type clips, or screw bands, remembering that screw bands must be tightened fully, and then screwed back a quarter-turn to allow for expansion during the heating. Skin-type covers, for which this method is particularly suited, should be tied on tightly, and when these are used, the liquid covering the fruit should come to within  $\frac{1}{2}$  inch of the brim—not be filled fully. Arrange the jars in the boiler, fill it with cold water and heat for the required time to the temperature given below. Lift out the jars, baling out some of the water first, so that this can be easily done, and lifting them with wooden tongs, or with a thick cloth. Tighten the covers, and leave to cool overnight on a wooden or paper-covered surface.

Heating—Bring the temperature of the water in the bath to simmering point, in  $1\frac{1}{2}$  hours. When a thermometer is available—and it is needed for the best results—heat gradually so that after half an hour the temperature is 100 deg. F; after 1 hour, 120 deg. F; after  $1\frac{1}{2}$  hours 140 deg. F, and after  $1\frac{1}{2}$  hours the temperature given below. For tomatoes, heat to 190 deg., and maintain at that temperature for 30 minutes. Pears, to 190 deg. F for 20 minutes. Cherries, to 190 deg. F for 10 minutes. Black or red currants, or cranberries, to 180 deg. F for 15 minutes. Apple pulp, or fruit packed very solidly, to 175 deg. F for 10 minutes. Quartered apples, apricots, peaches, strawberries, raspberries, whole plums, rhubarb, gooseberries, grapes, damsons and blackberries, to 165 deg. F for 10 minutes. All above temperatures are for 2 lb. jars or smaller. For 3 to 4 lb. jars, bring to 165 deg. F for 20 minutes, or for the last list of fruits if stoned, sliced and tightly packed.



# Look What They've Done To Salads

Continued from page 17

it, the dressing salad, which had always been popular, became a kind of craze. Even soldiers in the field went foraging for greens and mixed salad in their helmets, using their daggers to stir it and sour wine instead of vinegar if they couldn't get the real thing. Vinegar, indeed, was thought to do so much for salad that until about 1750 nobody bothered to think up further improvements. Then, finally, it occurred to the French that, with a touch here and a touch there, this profoundly satisfying but somewhat limited dish could be transformed into a work of art.

They couldn't have been more right. As early as 1810 they had worked out the two great secrets of really good plain salad and an anonymous Parisian expert had published them in a curious little book called the *Almanach des Gourmands*. Since what he had to say is just as true in the Canada of 1951 as it was in post-revolutionary France, I'm going to condense it for you.

When making plain salad always use the greens or vegetables that are either newly in season or the latest arrivals on the market. If you don't you'll lose that peak of crispness and freshness which is the supreme charm of a salad. Putting it another way, good salads start in the store, not in the kitchen; if you don't shop shrewdly nothing you can do when you get home will quite make up for this failure.

Even if you have a garden of your own, which is a better starting point for salad than the best store, it is still possible to spoil the fine edge of freshness with incorrect dressing. By that I don't necessarily mean the wonder-

ful mixture of two-thirds of oil, one third vinegar, salt, pepper and a dash of dry mustard we call "French dressing." It's French, all right; but in its native land it isn't always and invariably mixed in the same proportions, as most of us mix it over here.

One of the first things the French discovered when they settled down to a serious study of salad was that the ingredients have different tolerances for oil and vinegar. Head lettuce likes plenty of oil, so for it the standard Canadian version of French dressing is fine. But romaine lettuce tastes better when the proportions of oil and vinegar are reversed. Cress, which makes a dandy salad green, calls for three quarters vinegar to one quarter oil. A dish of fresh celery hearts, on the other hand, needs to be dressed with seven eighths oil and only one eighth vinegar.

## Salads Get Stage-Struck

It sounds kind of hair-splitting and technical, but it didn't strike the French that way in Napoleon's time. They figured, correctly, that the result was well worth a bit of trouble, particularly since they also managed to combine salad dressing and sex.

It was the custom for the host at dinner to ask the prettiest woman at table to mix the salad, which she always did with her fingers, lifting little handfuls and letting them drop slowly and delicately back into the bowl under the warm yellow candlelight. And when a wolf of the period wanted to call the attention of a brother wolf to some outstandingly luscious babe, he didn't whistle. He said "Oh, oh! That one can mix my salad any time she wants to..."

Sex got into salad again when the great actresses and opera singers of the

19th century came along—Sarah Bernhardt, Fanny Kemble, Jenny Lind, and other beautiful and tempestuous creatures. All had special salads named after them, for by 1850 the French chefs had gone to cook in luxury hotels and restaurants all over the world and even after years in Madrid or London or San Francisco they were still fast men with a graceful compliment. One dedicated a salad to actress May Irwin, who was born in Whitby, Ont., and became a star at Tony Pastor's theatre in New York in the 1870s.

Although that chef's name hasn't survived, his recipe has. It consists of six medium tomatoes cut in quarters; two or three cucumbers peeled and thickly sliced; one Bermuda onion, three green peppers and two large sour apples, all of them chopped up, but not too finely. The dressing was two thirds oil, one third red wine vinegar; one teaspoon each of Worcester sauce, brown sugar, and salt; and a half teaspoon each of dry mustard and red pepper. When the dressing had been mixed in a dish rubbed just beforehand with a cut clove of garlic it was poured over the salad, which was then chilled. And when it was sent to the table Roquefort cheese and guava jelly went along to be eaten with it.

You will note that this May Irwin salad isn't at all spectacular—unlike the monstrosity served at a Hollywood dinner party in 1945. This latter starred a fruit salad smothered in whipped cream, through which a network of wires led from a hidden battery to the dozens of little colored light bulbs that decorated it.

It has been said there is no such thing as a little garlic—sheer misleading nonsense! When the great Francatelli was chef at London's Reform Club during the Purple Nineties his salads were famous for the subtle charm of their seasoning. A member once asked him how he managed such marvels and club legend has it that he answered:

"Ah! That should be my secret, but I will tell you. After I have made my preparations, and the green food is mixed with the dressing, I chew a little clove of garlic between my teeth—so. And then I breathe gently over the whole..."

There is no need to go that far to cushion the shock of garlic. It can be done à la May Irwin. It can be done by rubbing the salad bowl with a cut clove. And as an ultimate delicacy it can be done by rubbing a small crust of bread with the garlic and then rubbing the bowl with the crust; if you want to step the taste up a notch leave the crust in the bowl after the rubbing.

The matter of garlic leads inevitably to the matter of herbs, the other great salad seasoning. One of the late Helen Hokinson's cartoons shows two tightly corseted women at lunch on a terrace with the hostess warning her friend, "If the food tastes funny it's just herbs." That, unfortunately, sums up a widespread attitude.

Even a plain green salad gains from having a touch of thyme, say, or marjoram or basil, mixed in when the salad is being tossed. The lush bowl of lettuce, tomato, endive, shredded cabbage, cress, sliced cucumber and whatnot which we know as combination salad—or in restaurants, chef's salad—can take as much as a heaping teaspoon of herbs and be all the better for it. Don't let anyone tell you never to use more than a pinch of these aromatic delights. It may turn out that you'll like your salad fairly doused with them, something you'll never know until you've experimented with increasing amounts. And don't be afraid to use several sorts of herbs at once. *Orégano*, thyme and basil go extra well together, for instance.

Another thing, try to get off beaten path of green salad made with lettuce, or endive, or escarole, or any one leafy plant. Try mixing two or three different kinds. And don't forget what a variety of greens can be used in salad—dandelion leaves, for example.

The next time you uproot dandelions from the front lawn save about a pound of the leaves, wash them well in cold water, and cut them into two-inch lengths. Then drain and dry the pieces, put them into a garlic-rubbed bowl, throw in a handful of stoned ripe olives, and make a dressing of four tablespoons olive oil, two tablespoons vinegar, and a little salt and pepper. You will then have the salad Italians call *Cicoria Fina*—a dish you'll either love, as they do, or loathe intensely; there are only two ways people react to its sharp bitter taste.

Whether you like it or not don't be a salad snob and insist that your favorite salad and your way of making it alone are correct. Long ago in a Paris restaurant I dined with a bearded old gentleman who was a perfect example of the salad snob.

"Observe, my boy," he said, "that this imbecile waiter is mixing the salad dressing for us. What an animal! One must always mix one's own, little by little, in the bowl of a large spoon. The spoon must be either of ivory, which is best, or of sterling silver, which is the one permissible substitute. Waiter! Bring me an ivory spoon, put the cruet here on the table beside me and have the goodness to go away."

An ivory spoon yet! I hate to think what he would have said if the salad bowl hadn't been plain unvarnished wood, something he took for granted. But even in Canada there are spiritual descendants of that dogmatic old fuss-pot who claim that salad made in anything else doesn't deserve to be called salad at all. This is just plain silly.

## The Spanish Use Potatoes

Another piece of salad snobbery is the belief that no ready-made commercial dressing should ever be used by a self-respecting salad fancier. The fact is that if you like the taste of prepared mayonnaise (I personally love it) you'll be better off if you use it than if you don't, because you'll save time, trouble and maybe even money. The main point of eating salad, apart from the fact that it's good for you, is to give yourself pleasure. And since the notion of pleasure is as personal and individual as a toothbrush, nobody can or should decide for you what will produce it.

If I seem to be contradicting myself, in the light of certain harsh strictures on the fancy salads so many women prepare, the contradiction is more apparent than real. What I've been trying to do is urge you to follow the basic principles of simplicity and freshness of materials, care in preparation, and emphasis on taste instead of on looks. That's why I've given so few recipes.

You may like one of my favorites—a salad of alternate slices of orange and onion, each slice separated by a nasturtium leaf and the whole dressed simply with oil, vinegar, salt and pepper. You may like *ensalada Asturiana*, a Spanish concoction of sliced boiled potatoes mixed with tiny white onions and coarsely chopped pimentón seasoned with plenty of paprika and a dash of red pepper and served, garnished with chopped hard-boiled egg while the potatoes are still hot.

But your best bet is to experiment for yourself, guided only by your taste and the basic principles. ★



## More Quick Bottling Methods

By "Housekeeper"

3 Thursday

FRUIT bottling can be quickly and effectively carried out, using a boiling water bath; but this will not, of course, give the same appearance as the longer and slower method of heating.

Pack the prepared fruit into heated jars, and fill to the brims with boiling water or syrup. Affix the covers in the usual way, set in the container, and fill it with boiling water. Keep the jars of fruit in boiling water, heating it as is necessary, for 5 minutes for the soft fruits, whole plums, rhubarb, gooseberries, apples, peaches and damsons. Allow 10 minutes in boiling water for cooking plums, solidly-packed fruits and large jars of fruit. Allow 15 minutes for sliced apples, currants, cherries and cranberries, and 20 minutes for tomatoes and pears. The quick cooking ensures a particularly good flavour in the fruit.

To test the jars for vacuum, allow to stand until quite cold; then remove the screw bands or clips gently, and lift up by the lid. If there is a vacuum in the jar, it can be lifted by the lid; if not, the lid will lift off, and the bottle will either have to be re-sterilised, or the contents used immediately. Skin-type covers should have a distinctly hollow appearance.

Sulphur dioxide preserving tablets can also be used for heatless fruit preservation, but the flavour is not so good as with the ordinary methods. Pears, sweet cherries, blackberries, and other non-acid fruits, tomatoes and vegetables cannot be preserved by this method. Gooseberries and

### COOKERY HINTS

## Jam Making (3)

By "Housekeeper"

FRUITS such as strawberries, very low in the setting substance, pectin, need to have it added if a firm jam is required. Unless red currant or gooseberry juice is added, sliced lemon peel should be cooked with the fruit, tied in muslin, and removed before the addition of the sugar, at the proportion of 4 sliced lemons per pound of fruit; or commercially-made pectin can be added according to the directions on the bottle. Alternatively mix pectin-rich fruits with those lacking in it, and make strawberry and red currant or plum and apple jam. Strawberries, cherries, pears, rhubarb, and marrows need the full amount above; apricots, blackberries, elderberries, cooking pears, pineapple and under-ripe peaches need half the above amount.

Simmer the fruit with the water and pectin until it is quite tender; then test to find out whether it has been cooked long enough, and the proportion of sugar required to make a perfect set. To test, put a teaspoonful of the cooked fruit juice into a glass, cool, and pour in 3 teaspoonfuls of methylated spirits. Shake gently, and allow to stand for a minute; then pour the mixture out. If there is a good high pectin content there will be one large lump or clot, if it is adequate there will be three or four jellied lumps; but if the pectin content is poor there will be a great many small pieces of jellied material. In this latter case, the fruit must be cooked further until it is reduced in bulk, or extra pectin added, as above.

A good pectin test shows that 1½ lb. sugar per pound of fruit can be used, an adequate test shows that 1 lb. sugar per pound of fruit will give the best results, while a poorish test shows that ¾ lb. sugar per pound of fruit can be used. When sugar is reasonably plentiful the full proportion of sugar can be allowed, but otherwise equal quantities of fruit and sugar should be used. For a good well-set jam, each 3 lb. sugar added should produce 5 lb. jam. The sugar should be heated before adding, partly to avoid cooling the mixture in the middle of the process and partly because there is less danger of crystallisation if the sugar is dissolved quickly and completely. For this reason also, continue stirring the mixture until the sugar has dissolved, then bring to a full rolling boil.

JULY

See method

55

### COOKERY HINTS

## Jam-making (1)

By "Housekeeper"

WHEN jam-making, it must be remembered that unless the jam mixture contains pectin it will not set. The pectin is the actual setting substance, and is extracted from the fruits only in the presence of acid, which explains why it is easier to make jam from the acid fruits, and why lemon juice or citric acid are added to some fruits.

The general method for making jam consists (1) of the preparation of the fruit, then the weighing, and putting into the preserving pan with the addition of water and acid, if required.

Stage 2—The cooking of the fruit, slowly and gently stirring occasionally to prevent it from sticking to the bottom of the pan until the fruit has lost its shape and is completely tender. Once the sugar has been added further cooking will not soften the fruit.

Stage 3—Test for pectin content, and either cook further or add pectin of the home-made variety.

Stage 4—Addition of the correct proportion of sugar and, once the sugar has dissolved, boiling rapidly until the jam will set when tested. Once the sugar has been added the jam will require constant attention, but not necessarily continuous stirring, to prevent it from burning.

Stage 5—Skim, pot, and cover. Label and store in a clean dry, cool airy room or shelf.

Fruit for jam-making should be fresh, clean, dry and just ripe—

### COOKERY HINTS

## Vegetable Casseroles

By "Housekeeper"

AN American friend has sent me recipes for two of her favourite vegetable casseroles which she serves frequently, finding that the cost of meat of reasonable quality is prohibitive in New York.

Carrot and Rice Casserole—1½ cupsful of shredded raw carrot, 1 tablespoonful of minced or chopped onion, a cupful of cooked rice, a cupful of grated hard cheese, 2 eggs, ½ teaspoonful of salt, and a good pinch of pepper. Boil one-third of a cupful of rice until tender, in slightly salted boiling water, for 20 minutes, when it should measure a cupful. Add the carrot, onion, cheese and seasoning. Stir in the well-beaten eggs, and bake in a moderate oven in a covered casserole, for 20 to 25 minutes. Serve with a cream sauce. Make a plain white sauce, using rather less than the usual amount of milk, and beat in a few flakes of butter and 2 to 3 tablespoonfuls of cream from the top of the milk bottle.

Vegetable Casserole—Two cupsful of cooked cabbage, 1 cupful of sliced cooked carrots, 1 cupful of sliced boiled potatoes, ½ cupful of cooked peas, a cupful of white sauce and ½ cupful of finely-grated cheese. Stir the cheese into the sauce, and put the vegetables in layers in a casserole. Cover with the sauce, and sprinkle bread-crumbs on top. Dot with margarine, and bake in a moderate oven (350 deg. F), covered, for 25 minutes, and uncovered for 15 minutes. Serve hot.

Cherry Pudding—Sieve together 6 oz. flour, 1 teaspoonful of baking powder and a pinch of salt. Drain the juice from a tin or bottle of unsweetened cherries, and add the cherries to the flour mixture, with a scant 3 oz. sugar. Add ½ cupful of milk and 2 tablespoonfuls of malted margarine. Bake in a greased casserole in a moderately hot oven for 30 to 35 minutes, and serve hot with custard or cherry sauce. Make up the cherry juice to 2 cupsful, sweeten, and thicken with a good tablespoonful of corn-flour. Add 6 to 8 chopped marshmallows, and cook until thick.

### COOKERY HINTS

## Jam Making

"By Housekeeper"

MUCH time and labour will be saved if the weight of the preserving-pan is ascertained at the beginning of the preserving season, and noted carefully for future use. Remember that in recipes where the setting point is tested by weight, the weight of the spoon must be allowed for.

Much skimming and waste of jam will be avoided if the bottom of the preserving-pan is rubbed with butter, allowing ½ oz. per 4 lb. fruit, or with glycerine, allowing ½ teaspoonful to the same amount of fruit.

A wide, shallow preserving pan, in which a depth of jam, when water and sugar have all been added, should be less than four inches or so to ensure rapid boiling, is preferable to a small, deep pan.

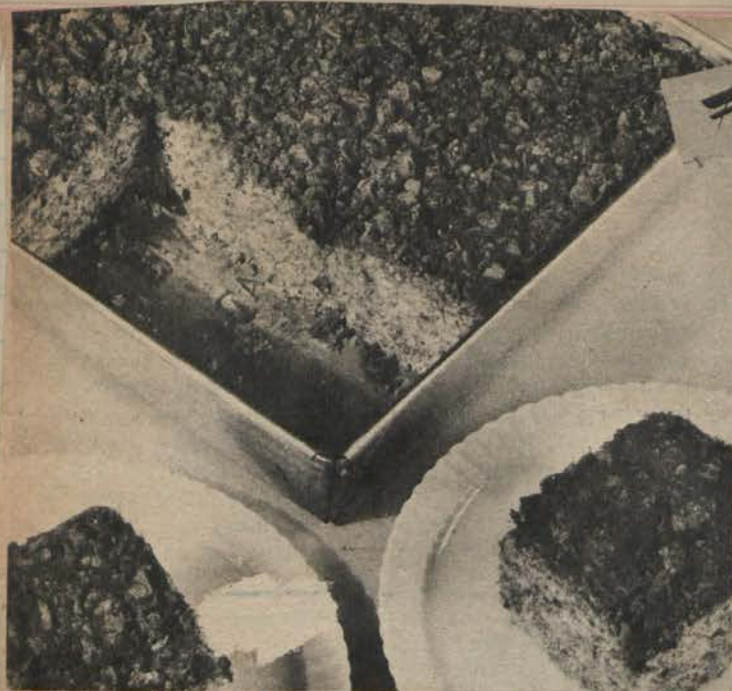
The first stage in the actual making of the jam is the addition of water, and preliminary cooking. Water is added to prevent the fruit from sticking to the pan and burning, to help to soften the skins of tough fruit, and to pulp the fruit. Soft fruits—raspberries, strawberries, cherries, elderberries, red currants, rhubarb, marrow and loganberries—require no more water than is necessary to prevent them from sticking to the bottom of the pan. Apples, plums, damsons and greengages need half as much water as fruit. Blackcurrants and quinces need as much water as fruit. Oranges and lemons need two or three times as much water as fruit. A little less water is needed if the fruit is over-ripe, or has been grown in a wet season.

Some fruits need acid added at this stage, the proportion being the juice of 1 lemon, ¼ pint red currant or gooseberry juice, or ½ teaspoonful of tartaric or citric acid dissolved in a little water, to each 4 lb. fruit—for ripe blackberries, cherries (except Morello), apricots, peaches, marrow, pears, pineapple, raspberries, strawberries and rhubarb. To make the red currant or gooseberry juice, measure, and add an equal amount of water; simmer gently until tender, strain through muslin or a jellybag, and use as soon as possible. If desired the juice can be packed into bottling jars, and sterilised at simmering point (180 deg. F) for 20 minutes. Use the juice within two or three days of opening a jar.

5 Saturday

6 Sunday





Bran or wheat flakes form the base for this kuchen. Topping is a mixture of flakes, butter and honey.



Hot potatoes are the secret of ensalada Asturiana, with tiny white onions, pimento, a dash of red pepper and a garnish of hard-boiled eggs.

## Start the Day Right— with Breakfast!

By PRUDENCE PENNY

THIS is "Better Breakfast Month" and the Cereal Institute, which makes scientific studies of such matters, has announced the results of meticulously controlled experiments during 1948, 1949 and 1950, and these leave no doubt that breakfast is an excellent idea for all of us.

Besides their major spot in the breakfast menu, cereals afford a means of thrifty variation in many of our recipes for all meals, from breakfast through dinner and including party snacks. A delicious muffin recipe you will want to use often is:

### APRICOT BRAN MUFFINS

- $\frac{3}{4}$  cup sifted flour
- $2\frac{1}{2}$  tsp. double-acting baking powder
- $\frac{1}{4}$  tsp. salt
- 2 tbsp. sugar
- 1 egg, well beaten
- $\frac{3}{4}$  cup milk
- 3 tbsp. melted shortening
- $\frac{1}{2}$  cup chopped dried apricots
- $\frac{1}{2}$  cups bran flakes

Sift flour once, measure, add baking powder, salt and sugar, and sift again. Combine egg and milk. Add to flour mixture, add melted shortening, then mix only enough to dampen flour. Fold in chopped, dried apricots and bran flakes. Fill greased muffin tins  $\frac{1}{2}$  full. Bake in hot oven (425 degrees F.) 15 to 20 minutes. Makes 8 medium-sized muffins.

These muffins may be pre-

pared at night and baked the next morning. Prepare muffin batter as directed and turn into greased muffin tins. Wrap tins in dampened cheese cloth, then in waxed paper, and store overnight in refrigerator. Remove pans next morning and let stand 15 minutes or while oven is heating. Bake as directed.

**Note:** Sour milk may be substituted for sweet milk; add  $\frac{1}{2}$  teaspoon soda and decrease baking powder to 2 teaspoons.

Everyone has a favorite recipe for stew. But has it occurred to you that a cereal topping can make this a much more attractive dish?

### CEREAL TOPPING FOR STEW

- 1 cup grape-nut flakes, or 40 percent bran flakes, whole or crushed
- 1 tsp. melted vitaminized margarine
- $\frac{1}{4}$  cup grated American cheese

Heat cereal flakes in saucepan, shaking pan back and forth over flame. Pour margarine over hot flakes and toss lightly to distribute evenly. Put into bowl, add grated cheese and mix lightly. Sprinkle as topping over any small casserole serving 3 to 4. If needed for large casserole, double the recipe.

**Note:** If desired, a small amount of finely chopped onion may be added. Onion should be sauteed in melted margarine before combining with flakes. Or, a small amount of finely chopped

cooked bacon or ham may be added.

### HONEY BRAN KUCHEN

- $\frac{3}{4}$  cup sifted flour
- $2\frac{1}{2}$  tsp. double-acting baking powder
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{2}$  cup milk
- 4 tbsp. honey
- 1 egg, well beaten
- 3 tbsp. melted shortening
- $1\frac{1}{2}$  cups 40 percent bran flakes or wheat flakes

### Topping:

- 4 tbsp. brown sugar
- $\frac{1}{2}$  tsp. cinnamon
- $\frac{1}{4}$  to  $\frac{1}{2}$  tsp. nutmeg
- 2 tbsp. melted butter or margarine
- $\frac{1}{2}$  cup 40 percent bran flakes or wheat flakes

Sift flour once, measure, add baking powder and salt and sift again. Combine milk, honey and egg and add to flour mixture; add shortening, then mix only enough to dampen flour. Fold in  $1\frac{1}{2}$  cups flakes. Turn into greased pan.

**To make topping:** Mix together brown sugar, spices, butter, and remaining  $\frac{1}{2}$  cup flakes. Sprinkle over top of batter.

Bake in hot oven (400 degrees F.) 25 minutes or until done. If desired, batter may be prepared as directed and stored overnight for baking as a special breakfast treat. Turn batter into pan, cover closely with damp cloth, then waxed paper, and tie securely. Before baking, sprinkle with topping and let stand while oven heats. Increase baking time to 30 minutes or until done.



10 Thursday

COOKERY HINTS

Economical Salad Dressings

By "Housekeeper"

HERE is a variety of economical salad dressings suitable for every kind of salad and every occasion.

Mayonnaise—Mix together 1 cupful evaporated milk, 1/2 teaspoonful salt, a good pinch of paprika or white pepper, a good pinch of dry mustard, and 1/2 teaspoonful of sugar. Beat in slowly 1/2 cupful of salad oil, and beat in 2 tablespoonsful of vinegar. Store in a covered jar. May be used instead of butter for making sandwiches.

Cooked Dressing—Mix together 1/2 tablespoonful flour, 1/2 teaspoonful salt and 1/2 teaspoonful dry mustard, with 3 tablespoonsful of vinegar and 1 cupful of evaporated milk. Cook in a double boiler until the mixture thickens.

Uncooked Dressing—Beat together 1/2 cupful of evaporated milk, 3 tablespoonsful of vinegar, 1 teaspoonful of sugar, a pinch each of salt, celery salt, paprika, and cayenne or black pepper until creamy.

Cooked Buttermilk Dressing—Mix together 1 tablespoonful of flour, 1/2 teaspoonful of dry mustard, a scant teaspoonful of salt, a pinch of pepper, 1/2 teaspoonful of celery seed, and 1 tablespoonful of sugar. Blend with one-third of a cupful of vinegar and 1 cupful of buttermilk. Cook until the mixture is thick and creamy, and has lost the flavour of raw flour.

Horseradish Dressing—Mix together 1/2 cupful of buttermilk, 2 tablespoonsful of grated horseradish, 1 tablespoonful of vinegar, 1/2 tablespoonful of sugar, a pinch of salt, and 1/2 teaspoonful of made mustard. Serve very cold.

Fruit Dressing—Mix 2 tablespoonsful of sugar with 1 table-

spoonful of flour. Cook until the juice of the fruit is thick. If blended with a little grate into sweet

COOKERY HINTS

Raspberry Jam

By "Housekeeper"

MANY people prefer to use a recipe for raspberry jam in which the fruit is boiled for a very short time, finding that this gives a particularly well-flavoured jam. Equal quantities of prepared fruit and sugar are put into a bowl in layers, and allowed to stand overnight, then brought to a full boil and boiled until a set is obtained. Do not expect a firm set from this, or the following recipes.

5-Minute Jam.—Put the fruit—raspberries, strawberries or gooseberries—into a preserving pan, and mash well. Bring to a full boil, and then measure the amount of pulp. To each pint of fruit add 1 1/2 lb. sugar. Boil for five minutes, pot, and cover.

Cumberland Raspberry Jam.—Layer 4 lb. raspberries and 3 1/2 lb. sugar in a bowl, and allow to stand, covered with clean muslin, for 48 hours, stirring occasionally. Boil for 10 minutes; then take from the heat and continue stirring for five minutes. Pot and cover.

Blackcurrant Jam (1)—4 lb. blackcurrants, 2 1/2 pints water and 5 1/2 lb. sugar. (2) 2 1/2 lb. blackcurrants, 2 1/2 to 3 pints water, and 3 lb. sugar. Use the smaller amount of water if the fruit is fully ripe, the larger if it tends to be slightly green. (3) 4 lb. blackcurrants, 2 pints water, and 3 lb. sugar. This last recipe, containing a small proportion of sugar, requires sterilising after potting if it is to be kept any length of time. The second recipe gives a jellied consistency. Prepare the fruit by stripping from the green stalks. If time permits, the "tails" or flower buds should be cut or nipped off. Allow the fruit to simmer gently with the water until it is completely tender, and the skins of the fruit quite soft; then add the sugar, and begin to test the jam after it has been boiling for 10 minutes, remembering that this jam sets easily, and should not be over-boiled.

11 Friday

COOKERY HINTS

Gingerbread

By "Housekeeper"

HERE is an economical recipe for gingerbread which can be baked in a large sandwich tin or two small tins, or can be baked in individual patty tins. If using patty tins, allow 20 minutes in a hot oven (400 deg. F). A few finely-chopped dates or either chopped crystallised ginger or 1 to 2 tablespoonsful of shredded cocoanut will add variety to the mixture.

Ingredients—2 1/2 oz. fat (clarified dripping may be used), 2 1/2 oz. sugar, 1 egg, 6 oz. flour, a scant 1/2 teaspoonful of baking soda, a pinch of salt, 1/2 teaspoonful ground ginger, 1/2 teaspoonful cinnamon, 1/2 of a cupful each of syrup and black treacle, and 1/2 of a cupful of water. Cream the fat, or melt the dripping, and beat in the sugar, then add the beaten egg. Melt the treacle and syrup with the water, and cool to lukewarm. Sieve all the dry ingredients together, and add to the creamed mixture alternately with the melted syrup, stirring gently until all are well blended. Pour into one large or two small greased and lined sandwich tins or into patty tins. Bake the cakes in a moderate oven (350-375 deg. F) for 35 to 40 minutes, until firm. Allow to cool in the tin for 5 minutes before turning on a wire rack to cool.

Rich Crumb Cake—8 oz. flour, 3 oz. sugar, 3 oz. syrup, 6 oz. clarified dripping, 1 egg, 1 cup-

COOKERY HINTS

Jelly-making

By "Housekeeper"

AS it is slightly more difficult to be sure of making a well-set jelly than a jam, it is worth the few minutes' trouble needed to test the fruit juice, either with methylated spirit or Epsom salts, as described below.

To extract the juice, prepare the fruit in the usual way, put into the preserving pan, add water, and simmer until the fruit is tender. Gooseberries, blackcurrants, red currants and apples can be allowed water to cover the fruit, and will be good for a second boiling after straining, using half as much water as fruit. Raspberries require sufficient water to prevent them from sticking to the preserving-pan, and are best mixed with red currants or gooseberries to give a well-set jelly. It is not necessary to top and tail gooseberries or currants for jelly, though leaves should be picked off. Apples should be roughly sliced, but not peeled.

Simmer the fruit with the water until it is tender, then pour into a jelly-bag, or several layers of clean muslin, suspended over a bowl, and leave to drip for 6 to 12 hours. Do not stir or squeeze the jelly-bag, or the jelly will be cloudy.

Test the juice—Put 1 teaspoonful of juice, with 3 teaspoonful of methylated spirit into a cup, and shake well. If the mixture sets to a firm clot, the juice is ready; if not it requires further boiling to reduce the amount of water in it. Where two lots of juice are obtained from the same fruit, test each separately, then mix together.

Measure the juice—For red or black currant juice, or mixtures of apple and elderberry, damson and apple, red currant and cherry, allow 1/2 lb. sugar per pint of juice. For apple juice, crab apple, or red currant and raspberry allow two-thirds of a pound of sugar per pint of juice. Allow 1 lb. sugar to 1 pint of gooseberry juice. Heat slowly until the sugar has dissolved, then bring to a full rolling boil, and boil until the mixture will set when tested in the same way as jam. Skim, pot and cover.

When methylated spirit is not available, make the test described above by mixing together 1 table-spoonful of juice, 1/2 teaspoonful of sugar and 1/2 teaspoonful Epsom salts. The juice used for these tests must, of course, be discarded.

12 Saturday

13 Sunday

COOKERY HINTS

Strawberry flans

By "Housekeeper"

ONE of the most effective strawberry sweets can be made from a plain Swiss roll. The Swiss roll, which must not be allowed to become over-cooked, and therefore dry, brittle and difficult to roll, should be turned out in the usual way on to a sheet of paper dusted with sugar. Now roll up the oblong, rolling the sheet of greaseproof paper along with the cake. Leave to cool.

Unroll carefully and spread with cream and strawberries. If preferred, the Swiss roll mixture, or any plain sponge mixture, can be baked in two large well-greased sponge flan tins, and the hollow centre filled with sliced strawberries garnished with cream. Alternatively, split two flat sponge cakes to make four layers to be filled with strawberries and cream.

American Strawberry Shortcake

—Make a "biscuit" or scone dough from 12 oz. flour sieved with 1/2 teaspoonful of baking soda, 1/2 teaspoonful cream of tartar, a pinch of salt, 3 oz. margarine rubbed in, and sufficient milk to mix to a fairly soft dough. Cut out with a large cutter, rolling a good 1/2 inch thick. Bake for 15 or 20 minutes in a hot oven (450 deg. F). While they are cooking, mash or slice, and sweeten a pint of strawberries. Split the hot biscuits, butter them, fill with strawberries, and, if liked, thick cream or whipped cream, made from sweetened or unsweetened condensed milk.

COOKERY HINTS

Fruit Sweets

By "Housekeeper"

FRESH fruits in season should be served as often as possible, and can easily be made even more attractive if a little trouble is taken with them. Bought sponge cakes, combined with fresh fruits and mock or ice cream, can be used to make party sweets to please every taste. One of the simplest sweets can be made by mashing the greater part of half a pound of raspberries or strawberries with a little sugar to sweeten. Fold (with the aid of a teaspoonful of gelatine dissolved in hot water) into stiffly-whipped cream, made from sweetened or unsweetened condensed milk. Sandwich two sponge cakes together with this mixture, put the remainder of the whipped cream on top of the cake, and decorate with the remainder of the fruit.

Hot cherry crumble—Put about 1 lb. stewed cherries into a greased pie-dish, and add a spoonful of syrup to sweeten. Mix together 6 oz. flour and a pinch each of baking powder and salt, rub in 3 oz. margarine, and add 3 oz. brown sugar with a good pinch of cinnamon or ground ginger. Pile on top of the cherries, and bake in a moderately hot oven (375 deg. F.) for 35 to 40 minutes, until the crumb mixture is crisp. Serve hot with custard or cream.

Blackcurrant fool—Cook about 1 lb. blackcurrants with a little water and 2 teaspoonful of golden syrup, and sieve. Whip a tin of sweetened evaporated milk, adding 2 teaspoonful of gelatine dissolved in a little hot water. Fold in the cold currant puree and about 1/2 pint of smooth thick custard, quite cold. Colour with a little carmine or cochineal, pour into a wetted mould, and leave in a cool place until set. Serve garnished with whipped cream or stewed currants.

SPECIFY "SWIFT"



Prices for fine ripe strawberries being high, we welcome suggestions for making them go a long way.

In grandmother's day a simple cake batter was poured over sugared berries in an oven dish, and the whole baked while the main course was being enjoyed. Then the hot dessert was inverted on a platter and carried to the table. It was eaten with plain cream.

#### Berry Pudding

Two tablespoons margarine  
Four tablespoons sugar  
One and one-half to two cups sliced strawberries  
One and one-half cups sifted enriched flour  
Three tablespoons sugar  
Two teaspoons double acting baking powder  
One-fourth teaspoon salt  
Three tablespoons vegetable shortening  
One egg, beaten well  
Two-thirds cup milk  
Oven temperature: 400 degrees F.  
Baking time: Twenty-five minutes or until brown  
Servings: Six

Melt the margarine gently in a deep pie plate (9 in.); brush the sides of the plate with the melted margarine. Sprinkle the sugar evenly in the plate and arrange

the sliced berries neatly over it. Set aside.

For the cake batter: Measure the sifted flour, remaining sugar, baking powder and salt into a small mixing bowl. Cut in the shortening as for pastry. Add the beaten egg and milk and stir quickly until blended. Spoon the batter over the berries in the pie plate, having it cover them completely. Bake in a quick oven until brown and firm to the touch.

Loosen the pudding from the plate; cover with a heated dessert platter and invert quickly. Lift off the pie plate. Serve hot, cut into wedges, with cream or ice cream.

## Brighten Meals With Gelatin

Gelatin is a type of cookery that has almost been forgotten . . . forgotten probably because it has been so terribly misused. And yet gelatin is actually one of the neatest tricks in the whole bag of kitchen magic.

Since gelatin is both tasteless and colorless, the trick of successful gelatin cooking lies in the use of enough flavoring. To use gelatin with flair and skill you have to hold on to this one basic fact.

Here's one way to flavor a basic tomato aspic:

#### Tomato Aspic

1 envelope unflavored gelatin  
2 tablespoons cold water  
1½ pints unseasoned tomato juice  
1 tablespoon chopped onion  
1 tablespoon chopped carrot  
1 tablespoon chopped celery  
1 herb bunch—parsley stalks, bay leaf and thyme  
1 teaspoon lemon juice  
1 teaspoon sugar  
¼ teaspoon salt

Soften gelatin in cold water. Add vegetables, herb bunch, salt and sugar to tomato juice. Boil 10 minutes; strain. Combine softened gelatin with hot, strained tomato juice mixture, stirring until gelatin is dissolved. Cool and add lemon juice. Set in refrigerator.

Serve the aspic on watercress or lettuce leaf, with cold cuts, with chicken livers, with tuna, crab or shrimp salad, or with cole slaw. Serve it with anchovy canapes or sardine sandwiches. Serve it with toasted cheese crackers, made with a sharp Wisconsin cheese, spread with prepared mustard. Serve it with almost anything . . . as a colorful and tasty filip to your menus!

#### CHEESE SAUCE

Pour a well-flavored cheese sauce over toast and top with tomato slices and crisp bacon strips for an easy-to-make Sunday night supper dish.



17 Thursday

COOKERY HINTS

More Fruit Sweets

By "Housekeeper"

FOR a children's party sweet, try this layered jelly. Where a large amount is being made, differently coloured jellies can be used, putting gooseberries in a lime jelly, bananas or blackcurrants in lemon jelly, and raspberries, strawberries or redcurrants in red jelly. The fruits should be poached until tender in a golden syrup and water, except for strawberries, raspberries and bananas, which are best used raw.

Dissolve the jelly squares, using a little less water than is suggested. Line the wetted moulds with a thin layer of the cooled jelly. Whisk some sweetened evaporated milk until stiff, adding a teaspoonful of gelatine, then divide into one more portion than there are colours of jelly. Beat a small quantity of jelly into each portion of cream, setting aside the uncoloured one as a garnish. Put the stewed and fresh fruits into the respective jellies—or put a mixture of fresh and stewed fruits into one jelly. Then put alternative layers of jelly and cream into the mould or moulds, allowing each layer to set before putting in a second. Turn out on to plates and decorate with fresh fruits and whipped cream.

18 Friday

**Brown Betty**—Into a well-greased pie-dish put alternate layers of fairly ripe gooseberries and bread-crumbs, sprinkling each layer with sugar or syrup, a pinch of cinnamon, and a few flakes of margarine, beginning and ending with a layer of breadcrumbs. Bake for 45 minutes in a moderate oven (375 deg. F), and serve hot.

**Fruit Pastries**—Make sweet, short-crust pastry by creaming 2 ozs. margarine and 2 oz. sugar, beating in an egg yolk, and then working in 6 oz. flour, sieved with a pinch each of baking powder and salt. Roll out thinly, and cut into rounds with a large or small cutter. Bake for 15 minutes.

COOKERY HINTS

Vegetable bottling

"By Housekeeper"

VEGETABLES can safely and quickly be bottled in a pressure cooker, as the high temperature given under pressure will sterilise the vegetables. Of course, many people have safely bottled vegetables for years by bottling them in the usual way, and cooking in boiling water for three hours, adding some acid to the vegetables.

Any of the standard bottling jars which fit into the pressure cooker, or jam-jars with spring tops or parchment clip covers can be used, provided they have been tested for a vacuum. Wash the jars thoroughly with a detergent, and add a disinfectant to the water; then rinse the jars very thoroughly with hot water until free from the smell of the disinfectant. Pack the prepared vegetables straight into the hot wet jars. Scrub the covers and new rubber rings with a stiff brush in the same water as used for the jars, and rinse thoroughly.

The vegetables for bottling must be absolutely fresh and in perfect condition. The bottles should be selected and prepared before gathering the vegetables if this is possible, so that they go straight from the garden, after washing, into the bottles. Stale vegetables, especially those which have been lying in the hot sun or a dusty atmosphere for several hours, lose valuable vitamins, and are more likely to spoil quickly, and to provide a breeding ground for bacteria, while their flavour deteriorates rapidly.

Peas, beans, celery, new potatoes and young carrots, sprigs of cauliflower, mushrooms, spinach and asparagus can all be bottled when they are in season and plentiful. Runner beans can also be preserved in salt. A mixture of diced vegetables could be prepared for soup-making.

19 Saturday

20 Sunday

SPECIFY

COOKERY HINTS

Caraway Biscuits

By "Housekeeper"

CARAWAY seed biscuits are very popular with some people. Those who do not like them, however, can turn this recipe to their taste by adding a teaspoonful of cinnamon or ground ginger, or grated lemon or orange rind, instead of the caraway seeds.

For the caraway biscuits take 6 oz. flour, a pinch each of salt and baking powder, 3 oz. sugar, a teaspoonful caraway seeds, and 2 eggs. Or use 1 teaspoonful of baking powder, 1 egg, and 2 table-spoonful of milk, beating the milk into the egg. Sieve the flour and baking powder, add the salt to the eggs, and beat until light. Add the caraway seeds, and stir into the well-mixed flour and sugar. Knead lightly on a floured board, roll out very thinly, cut into rounds or fingers, prick well with a fork, and bake on a greased baking sheet, in a moderately hot oven (375 deg. F), for 10 to 15 minutes. Cool on a wire rack, and store in an airtight tin when cold.

**Currant biscuits**—8 oz. flour, a pinch each of salt and baking powder, 3 oz. sugar, 3 oz. margarine, 1 egg, 1 oz. finely-chopped raisins, currants, prunes or dates, and a few drops of vanilla or lemon essence. Beat the margarine

COOKERY HINTS

Vegetable Bottling

(2)

"By Housekeeper"

VEGETABLES for bottling require slightly more preparation than fruit. Most of them need blanching. This is done by putting the vegetables, which may be loosely tied in clean muslin, into a saucepan of cold water, and bringing them as quickly as possible to the boil, boiling for the length of time stated below, and then packing into the jars while they are still hot.

**Peas**—Wash the pea pods before shelling. Separate any small tender peas and blanch and pack these separately. Discard any peas that are damaged or over-ripe. Blanch for 3 minutes, and pack hot, leaving half an inch at the top of the jars free, as peas expand during bottling. Cover with a solution made by boiling 1/2 oz. salt and 1 oz. sugar with 2 pints of water. Sterilise in a pressure cooker at 10 lb. pressure for 40 minutes.

**Beans**—Wash the pods, shell, and blanch for 3 minutes. Pack hot. Fill the jars of beans with boiling water, adding a teaspoonful of salt to each jar (one pint size). The liquid in which broad beans are packed frequently turns cloudy; pinkish, and the beans themselves may become quite brown in colour.

**Runner and French Beans**—wash well. Only small tender beans should be used. Pack whole or sliced. Blanch for 5 minutes at simmering point. Cover with the boiling liquid in which they were blanched, adding 1/2 teaspoonful of salt per pint or pound jar.

**Note**—The covering liquid is boiling water, and except where otherwise stated, add 1/2 teaspoonful of salt per pint jar. Leave the top 1/2 inch of the jar free from liquid for small jars and 1/2 inch clear for large jars.

**Celery**—Wash well, cut into suitable lengths, using only the centre parts. Blanch for 5 minutes in boiling water, and sterilise for 30 minutes at 10 lb. pressure.

**Carrots**—Wash, trim and blanch for 10 minutes in boiling water. Rub off the skins, leaving them in boiling water until they are all ready to be packed, to avoid discoloration. Sterilise for 35 minutes at 10 lb. pressure.

**New Potatoes**—Wash well. Blanch for 2 minutes in boiling water, rub off the skins, and blanch a further 5 minutes. Pack small potatoes evenly into the jars. Sterilise for 40 minutes at 10 lb. pressure.

COOKERY HINTS

Summer Vegetables

"By Housekeeper"

THOSE who grow their own vegetables will find ample supplies of peas, beans and lettuce at present, and there may be a surplus for bottling. Vegetables should only be bottled if a pressure cooker is available, as sufficient heat cannot be applied otherwise.

During hot weather vegetables should be gathered in the early morning, and kept in a cool place until required; but on cooler days they can be picked just as they are needed.

New peas are best served simply. The pods can be used for soup-making. Drop the peas into freshly-boiled lightly salted water. Add a pinch of sugar and a sprig of mint, and cook for 10 to 20 minutes, according to their age and size. Drain well and pour into a heated vegetable dish, removing the mint. A nut of butter or margarine will improve the flavour.

For less tender peas, take about a pint of the shelled peas. Melt a nut of margarine in a saucepan, and lightly fry two or three spring onions in it, slicing or chopping them. Add the peas and toss them in the fat for a few minutes. Season lightly with salt, pepper and sugar. Barely cover with stock or water, and simmer gently for 20 to 30 minutes, until the peas are tender. Instead of a nut of butter, a slice of fat bacon can be chopped and fried lightly, and the onions and peas then added as above. Some chopped parsley, or a pinch of fresh herbs, can be added when serving.

Broad beans should be shelled and cooked in boiling salted water for 20 to 30 minutes, and can be served with a little melted butter. Older beans may have the skins removed after they are cooked, and can be served with melted mar-

COOKERY HINTS

Vegetable Bottling

(3)

"By Housekeeper"

WHEN cauliflower is very young and tender it can be bottled, and should be broken into neat sprigs before being thoroughly washed. If necessary soak in salted water for 15 minutes before rinsing and blanching for 5 minutes in boiling water to which citric acid (1/2 teaspoonful per pint of water) has been added. Pack hot into the jars, and cover with water, adding 1/2 teaspoonful of salt per pint jar. Sterilise for 35 minutes at 10 lb. pressure.

**Mushrooms**—Small button mushrooms are best, but larger mushrooms can be used, breaking off the stalks. Wash very thoroughly, season lightly with salt and pepper and a dash of spices if liked, and stew until tender. Pack into jars, filling with the juice. Sterilise for 30 minutes at 10 lb. pressure.

**Spinach**—Wash thoroughly. Blanch for 3 minutes in boiling water, putting only a few leaves into the boiling water, then lifting them out, and dropping in more leaves. Use the liquid for covering the spinach. Pack lightly into the jars. A little more salt than the usual 1/2 teaspoonful may be used. Sterilise for 50 minutes at 15 lb. pressure.

**French and runner beans** can also be preserved in salt. The fresh tender beans are sliced after they have been washed and dried. Put a thick layer of salt into a wide-mouthed jar, then put in a mixture of salt and beans, adding about 1 lb. of salt to each 3 lb. of beans. Pack the beans in tightly, press down well, and put a thick layer of salt on top. Cover with a weighted saucer, and put into a cool place. After three or four days the beans will have shrunk, and more can be packed in on top. Cover tightly, and store, preferably in a dark cupboard. Lift out the beans from the jar as required, and wash very thoroughly. Soak for an hour or so in warm water before cooking.





• Left over meat or chicken can be a blessing if you know of a variety of ways to serve them. Stuffed tomatoes are popular among many. To make them, scoop out the pulp of six medium tomatoes and reserve. Melt  $\frac{1}{4}$  cup vitaminized margarine, saute 1 small chopped onion and  $\frac{1}{2}$  green pepper, chopped, for several minutes. Add left-over meat or chicken, cut in cubes, the tomato pulp, and  $\frac{1}{2}$  cup chopped mushrooms and salt and pepper to taste. Add enough bread crumbs to make a fairly thick mixture, stuff the hollowed-out tomatoes with it and place in a greased baking dish. Add hot water to cover the bottom of the dish and bake in a moderately hot oven (375 F.) 20 minutes. Serve with Sweet and Sour green beans, garnished with bacon.

22 Tuesday

23 Wednesday



HINTS

Pies and Flans (1)

"By Housekeeper"

24 Thursday

**P**LAIN short crust pastry can be used for making pies and flans, although the flan will hold its shape better if a slightly richer pastry can be used.

Short crust pastry—1 lb. flour, 1 lb. fat, a pinch of salt, 1/2 teaspoonful baking powder, and about 2 tablespoonsful of water to mix. Sieve the flour with the salt and baking powder, and then cut up and rub in the fat until the mixture resembles fine breadcrumbs. Mix to a very stiff dough with the smallest possible amount of water. Knead lightly on a floured board, and roll out quickly and lightly, using as little flour as possible. Bake in a hot oven (450 deg. F) until browned; then reduce the heat and continue cooking until the filling in the pie is cooked through.

Flan pastry—1 lb. flour, 5 oz. fat, 1 egg yolk, 1 teaspoonful of sugar, a pinch of salt, 1/2 teaspoonful of baking powder, and a little cold water. Sieve the flour with the salt and baking powder, then rub in the fat, and add the sugar. Beat the egg yolk until creamy with a tablespoonful of water. Mix the dry ingredients with this, adding a little more water if necessary. Knead lightly on a floured board, and roll out as required. When a mixture of lard, or cooking fat, and margarine can be used for these pastries, it will give a much shorter pastry than if margarine alone were used. Clarified dripping can be used, although it is more suitable for savoury than sweet pies. It can be shredded on a coarse grater before being rubbed into the flour.

When handling pastry, try to keep the hands, the ingredients and the utensils as cool as possible. Rub in the fat very lightly, using the finger tips. Knead lightly and sparingly, using very little flour on the board. Roll out quickly and lightly, using short, even strokes. Heavy rolling makes for heavy pastry.

COOKERY HINTS

Fish Pie

"By Housekeeper"

26 Saturday

**W**HEN the occasion calls for it, to-day's fish pie can be made with flaky, or even rough puff pastry, in the shape of an envelope, and the meat from a small cooked lobster, or some shrimps, and some sliced olives or chopped silver onions added to the white fish. If this is being done, the pastry is rolled out into a large square, and the cold filling is placed in the centre. Then the corners of the pastry are folded in to the centre, wetting the edges lightly, so that the pastry takes the shape of a square envelope. Brush the pastry with milk or with beaten egg, to give a shiny glaze, before baking for 25 or 30 minutes in a hot oven (450 deg. F) for flaky and 450 deg. F for rough puff pastry.

For the plain fish pie, line a pie-plate with pastry, put in the cold filling, and cover with the remainder of the pastry (6 to 8 oz. in all will be required, the amount depending on the size of the pie-plate). For the filling, take 1 lb. white fish, and steam, boil or bake it until it is tender; then flake it, removing the skin and bones. Stir into it a cupful of creamy white sauce. Season to taste, and add one or two tablespoonsful of chopped cooked mushrooms, sliced tomatoes, tomato puree, or chopped boiled onions. Cheese sauce may be used instead of white sauce. Instead of a pie, this filling can be put into a baked flan, and the top covered with grated cheese, or sliced tomatoes, before heating for about 15 minutes in a hot oven. Serve with a beetroot salad.

A vegetable flan can be made by combining 2 chopped boiled onions, 2 chopped boiled carrots, a boiled potato, 2 or 3 tablespoonsful of cooked peas, 1/2 teaspoonful of chopped parsley, a few mushrooms, and a chopped tomato, with half a pint of creamy white sauce and a dash of grated cheese. Put a layer of grated cheese on top, and finish as for the fish flan above.

SPECIFY "SV"

COOKERY HINTS

Pies and Flans (2)

"By Housekeeper"

**T**HE pastry for a flan is baked before being filled. The pastry is rolled out slightly larger than the size required, and eased into the flan ring, for if it has to be stretched to fit it will shrink during the cooking. When a flan ring is not available, line the inside of a sandwich-tin with pastry, or invert the sandwich-tin on a baking sheet, and cover the outside of the tin with pastry. In either case, the pastry would be thoroughly pricked with a fork to prevent it from rising in blisters on the surface. When it is possible, line the inside of the pastry with a greased paper, and fill the centre with crusts or baking beans to help the pastry to keep its shape.

Bake the lined flan in a hot oven (450 deg. F) until it is crisp—about 15 to 20 minutes, then remove the filling, and the greased paper, also the flan ring, and set back in the oven to dry out the centre of the flan. It may be filled and served immediately, or cooled, and filled with a chilled filling, and then served immediately. To fill a flan, especially with a hot filling, and allow it to stand for any length of time before serving, softens the pastry and makes it heavy and unattractive. Any raw fruit in the filling can be used to fill the flan.

COOKERY HINTS

Answer to queries

"By Housekeeper"

**A** WHITEABBEY reader asks for the method of bottling peas without a pressure cooker, saying that she has tried to do them in the same way as fruit, but found that they did not keep. The method below is not entirely foolproof, but is the only reasonably reliable one which I know. Prepare the jars, caps and clips in the usual way. Shell and wash fresh young peas. Boil for one minute, pack hot into the heated jars, and cover with boiling salted water (1 pint water, 1/2 teaspoonful salt, and 1/2 teaspoonful sugar). Cover, and bring to boiling point, putting the jars into a bath of hot water, and allowing the water to rise a clear 2 inches above the tops of the jars. Sterilise by boiling for three hours. Test in the usual way after 24 hours.

A Donaghadee reader finds that the cherries in a cake made from 6 oz. margarine, 5 oz. sugar, 8 oz. flour, 3 fresh eggs, and about 1/2 teaspoonful of baking powder, sink to the bottom of the cake, in spite of the fact that they are carefully dusted with flour. I would reverse the proportions of sugar and margarine and use 5 oz. margarine and 6 oz. sugar, with about 3 oz. cherries, preferably quartered, and make sure that the eggs are not too large, so that the finished mixture is a stiff dropping consistency. Bake as suggested at 375 deg. F. (or gas No. 4) for an hour.

A Belfast reader writes: "I wonder how many pints of precious jelly I have wasted in olden days through believing that ancient tarradiddle about 'squeezing the jelly-bag making the jelly clouded'—which you innocently repeat. Unless your jelly-bag is made of some most unusual material or has holes in it, you can squeeze it for all it is worth, and have the most beautifully clear jelly." On several occasions, being in a hurry when jelly-making, I have squeezed the jelly-bag and got cloudy jelly, but it did not occur to me that the fault might lie in the jelly-strainer, not in my haste. However, if a second boiling of the fruit is made with half the original quantity of water added, and the straining given 24 hours, there will be very little wasted. Have any other readers any experience which may bear out this question of "squeezing the jelly-bag"? I would like to thank this Belfast reader very much for her letter, and hope later to pass on an apple recipe which she has kindly given.

COOKERY HINTS

Savoury Pies

"By Housekeeper"

**H**ALF a pound of minced meat can be made to serve eight people, using the first recipe to-day and serving the pie with a tasty potato salad or, in winter time, with a green vegetable and plenty of potatoes.

Make 6 oz. short pastry, using 6 oz. flour, 2 to 3 oz. margarine or mixed fats, a scant teaspoonful of baking powder, 1/2 teaspoonful of salt, and water to mix. Take two or three tomatoes, and slice them about one-eighth of an inch thick. Slice of hard-boiled egg. Grease a large enamel or oven-glass dish. Decorate the bottom with the sliced tomato and egg, adding sliced olives, pickled nasturtium seeds, or chopped mixed pickles as a garnish. Fry a slice of chopped fat bacon until it is crisp, lift out, and fry a chopped onion in the bacon dripping. When the onion is tender add 1/2 lb. of minced meat, and cook until it is browned. Season well, add a cupful of water, a meat extract cube and the chopped bacon, with a cupful of breadcrumbs. Allow to simmer for 5 minutes, and spoon gently over the tomatoes and egg. Put a lid of pastry on top, and bake in a hot oven (425 deg. F.) for 20 to 25 minutes, until the pastry is cooked through. Turn out on a hot plate, upside down. Serve hot or cold.

Bacon and Tomato Pie—Take 6 to 8 oz. short pastry, divide it in two, and roll out to line a pie-plate. Slice two large boiled onions and four or five tomatoes. Chop and fry four or five slices of bacon. Put alternate layers of onion and tomato on the plate, sprinkling each layer with bacon. Moisten with a little of the water which the onions were boiled over with the other half of the pastry, and bake in a hot oven (425 deg. F.) for 25 to 30 minutes. Serve hot with gravy. Those who like cheese can use about 3 oz. of grated cheese instead of the bacon.

COOKERY HINTS

Sugarless Biscuits

"By Housekeeper"

**E**ITHER honey or golden syrup, combined with dates, can be used to sweeten the biscuits given in the first recipe to-day. Additional flavouring in the form of a little grated lemon or orange peel can be added if desired.

Syrup and Date Cakes—3 oz. syrup or honey, 3 oz. margarine, 1 egg, 1/2 lb. flour, 2 oz. stoned and chopped dates, 1 teaspoonful baking powder, a pinch of salt, and a little milk to mix. Beat the margarine to a cream; then add the slightly-warmed syrup or honey, and beat until smooth. Add the egg, and beat until light. Sieve the flour with the salt and baking powder, and toss the chopped dates in the flour. Stir into the creamed mixture, with sufficient milk to make a stiff dropping consistency. Half fill greased patty-tins or paper cases with the mixture and bake in a good moderate oven for about 15 minutes (375 deg. F).

Coconut Kisses—5 oz. shredded coconut, 2 tablespoonsful sweetened condensed milk, a few drops of flavouring essence, or 1/2 teaspoonful of grated lemon rind. Add the flavouring to the milk and work in the coconut. Put small spoonful of the mixture on to a greased and lined baking-sheet, and bake in a slow moderate oven (325-350 deg. F) until the biscuits begin to colour.

Ginger Biscuits—A very plain ginger biscuit can be made by rubbing 2 oz. fat into 6 oz. flour, and adding 1/2 teaspoonful of ginger and a pinch each of baking soda and mixed spice. Mix to a stiff dough with honey or syrup, using rather more than a good tablespoonful. Divide the dough into small pieces, roll into balls, and set on a greased baking-sheet. Flatten the dough slightly, and bake in a good moderate oven (375 deg. F) for about 15 minutes.



# Macaroni Takes a Summer Role

62

28 Monday

Macaroni salads take on a starring role during the summer months. They're hearty enough to feature as main dishes for luncheon and supper menus and, unlike most salads, they can be completely prepared during the coolest part of the day and allowed to stand for hours before serving. In fact, the long chilling improves macaroni salads because the combined flavors have a better chance to blend.

To be at their best, macaroni salads should contain something crunchy like crisp celery, something colorful like strips of green pepper or quartered tomatoes and something to give them zest like scraped onion or a tangy salad dressing. There's no limit to the number of possible combinations. They can be made with meat, fish, fowl, eggs, fruit or any of the salad vegetables.

Another advantage to macaroni salads is that they are the perfect picnic salad. They wait almost indefinitely for "lunch-time" without wilting and they are mighty satisfying after a few hours of outdoor activity. To save on dishes as well as last minute preparations, pack macaroni salads for outdoor meals in paper cartons. Before covering the cartons, garnish each container with a bright tomato wedge and a sprig of parsley or with a green pepper ring centered by a radish rose.

Among the attached kitchen-tested salad recipes you'll find salads planned for parties and salads versatile enough to fit every need during the warm-weather months ahead.

**Magic Fondant Frosting** on centers of cake cubes, uniformly coating each cube. Decorate frosted cakes with silver shot, colored sugar, strips of angelica and candied fruits before frosting sets. Makes 2 dozen cakes.

**Magic Fontant Frosting:** Pour 2/3 c. sweetened condensed milk into top of double boiler. Stir in 1 tsp. vanilla. Add 2 1/2 c. confectioner's sugar gradually, blending until smooth and of pouring consistency.

**Steamed Mince Rice Pudding:** Break one 9-oz. pkg. mince meat into pieces and put in small saucepan. Add 1/2 c. water. Place over medium heat and stir until lumps are thoroughly broken. Boil briskly about 3 minutes or until mixture is almost dry, stirring frequently. Cool.

## Macaroni Cream Slaw

1 tablespoon salt  
3 quarts boiling water  
8 ounces elbow macaroni  
1 quart finely shredded cabbage  
1/2 cup sliced green pepper  
1 cup round carrot slices  
1 tablespoons sliced scallions  
1/2 cup sour cream  
2 teaspoons cider vinegar  
2 teaspoons salt  
Freshly ground pepper

Add one tablespoon salt to rapidly boiling water. Gradually add macaroni so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander. Rinse with cold water; drain again. In a large bowl, combine remaining ingredients and cooled macaroni; mix thoroughly, but lightly. Chill several hours before serving. Makes six to eight servings.

## Macaroni Party Salad

1 tablespoon salt  
3 quarts boiling water  
8 ounces elbow macaroni  
1 envelope unflavored gelatin  
1/2 cup cold water  
1/2 cup hot water  
1/2 cup sour cream  
1/2 cup mayonnaise  
1/2 cup chopped sweet pickles  
1 1/2 cups chopped cooked chicken  
1 teaspoon grated onion  
1/2 teaspoon Worcestershire sauce  
1 teaspoon salt

Add one tablespoon salt to rapidly boiling water. Gradually add macaroni so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in col-

ander. Rinse with cold water; drain again. Soften gelatin in water. Add hot water, stirring constantly until gelatin is dissolved. In a bowl, combine remaining ingredients with cooked macaroni and softened gelatin; mix thoroughly. Pour into a 9x5x3-inch loaf pan. Chill until firm. Unmold on crisp salad greens. Makes six to eight servings.

## Macaroni Waldorf Salad

1 tablespoon salt  
3 quarts boiling water  
8 ounces elbow macaroni  
1 cup diced raw peeled apples  
1 cup chopped celery  
1 cup canned fruit cocktail  
1/2 cup chopped nut meats  
1/2 cup mayonnaise  
1/4 teaspoon salt

Add 1 tablespoon salt to rapidly boiling water. Gradually add macaroni so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander. Rinse with cold water; drain again. In a large bowl combine remaining ingredients with cooled macaroni; mix thoroughly but lightly. Chill several hours before serving. Makes six to eight servings.

## Macaroni Tuna Salad

1 tablespoon salt  
3 quarts boiling water  
8 ounces elbow macaroni  
2 medium tomatoes  
1 7-ounce can tuna fish, drained  
2 tablespoons capers  
1/2 cup mayonnaise  
1/2 teaspoon salt  
Freshly ground pepper

Add 1 tablespoon salt to rapidly boiling water. Gradually add macaroni so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander. Rinse with cold water; drain again. Cut tomatoes into small wedges. In a large bowl, combine remaining ingredients with cooled macaroni and tomatoes; mix thoroughly, but lightly. Chill several hours before serving. Makes six to eight servings.

## Tossed Macaroni Green Salad

1 tablespoon salt  
3 quarts boiling water  
8 ounces elbow macaroni  
1 small bunch chicory  
3 cup French dressing  
1/2 teaspoon salt  
Dash garlic salt  
3 hard-cooked eggs, sliced

Add salt to rapidly boiling water. Gradually add macaroni so water continues to boil. Cook covered, stirring occasionally, until tender. Drain in colander, with cold water; drain again. macaroni. Wash chicory and into bite-size pieces (approx. 1 quart). In a large bowl, combine remaining ingredients with macaroni and chicory; mix thoroughly but lightly. Makes eight servings.

If you're looking for an excuse to throw a party, this is the month for you. There are two holidays ahead—Valentine's Day and Washington's birthday—that offer opportunities for getting the gang together for a pleasant evening.

And, when the crowd comes, you'll want to have something extra-special to serve them, so why not try one of today's recipes?

## Creamy Apple Roll-Ups:

Place 2 c. prepared pancake mix in mixing bowl; add mixture of 1 c. evaporated milk, 1 c. water and 1 slightly beaten egg. Beat until smooth. Add 1 c. finely diced apple. Pour 1/4 c. mixture for each pancake on greased hot griddle. Brown on one side. Turn and brown second side. Remove from griddle. Spread rounded tablespoonful of Spicy Cream over pancake. Roll up. Sprinkle with powdered or confectioner's sugar. Serve warm. Makes sixteen 4 1/2 inch diam. cakes.

**Spicy Cream:** Combine 3 tbs. sugar and 1/4 tsp. cinnamon. Stir into 1/2 c. sour cream, blending well.

**Magic Petits Fours:** Prepare and bake 1 pkg. white cake mix according to directions on package, using a greased 8"x12"x2" pan. Remove from oven and cool in pan for 5 minutes; then turn out on cake rack and finish cooling. When cool, cut into 1 1/2-inch squares. Set the cake cubes about 1/2 inch apart on a rack placed on a waxed paper lined tray. Pour



## JULY-AUGUST

## Lettuce Recipes

By "Housekeeper"

THOSE who grow their own lettuce frequently find they have a larger supply than they can use for salads, so here are some recipes for serving them. The recipes are suitable for large well-hearted lettuce of any except the iceberg varieties, which should be served raw.

**Braised Lettuce**—Wash the lettuce thoroughly, and blanch in boiling water for 5 minutes, then drop into cold water and drain. Melt a nut of margarine, dripping or butter in a stewpan, add one or two slices of onion or a few sprigs of onions, finely chopped, a pinch of any fresh herbs if liked, or a pinch of grated nutmeg, with a dash of salt and pepper. Pour in a scanty cupful of stock, made from beef extract, cubes if necessary; put in the whole lettuces, and allow to simmer gently until tender (45 to 50 minutes). Then lift out, thicken the liquid, and pour it over the vegetables. Instead of using stock a thin tomato puree could be used.

**Creamed lettuce**—Cook as above, omitting the beef extract cube, and using either water or chicken stock to cook the lettuce. Lift out and keep hot. Make a cream sauce using 1 oz. of margarine, 1 oz. flour, and  $\frac{1}{2}$  pint milk, and beat into it the juice in which the lettuce was cooked, and a nut of butter or tablespoonful of cream milk. Correct the seasoning, and pour over the lettuce. Sprinkle with chopped parsley or grate cheese before serving.

**Stewed Lettuce**—Take the centres of three lettuces, wash well and cook in boiling lightly-salted water for 15 to 20 minutes until tender. Then drain well, chop and toss in melted margarine which has been seasoned with salt, pepper and a dash of lemon juice, also a dash of cinnamon or grated nutmeg, if liked. Serve very hot.

## Blackcurrant Pudding

By "Housekeeper"

A BLACKCURRANT pudding using bread, which can be made without sugar, and served with a thin sauce sweetened with golden syrup, is quite easily prepared. Take an inch-thick slice of bread, and cut off the crusts. Bring  $1\frac{1}{2}$  gills of milk (a gill is  $\frac{1}{2}$  pint) to the boil, and pour it over the bread, in a bowl. Cover the bowl with a plate, and allow it to stand for about half an hour; then take a fork and break up the bread. Beat in two lightly-whisked eggs and fold in a pint of topped and tailed blackcurrants, stirring them in lightly to avoid breaking them. Turn the mixture into a well-greased pudding-basin, and steam for an hour; then turn out and serve with a thin syrup sauce.

**Blackcurrant and rice cream**—Cook a cupful of well-washed rice in a pint of milk until the rice is tender, and has absorbed the milk. Whisk a small tin of sweetened condensed milk until it thickens, adding a teaspoonful of gelatine dissolved in a little hot water. Fold in the rice, and flavour with grated lemon rind. Have ready one or two pints of blackcurrants, gently poached in a small amount of water, and slightly sweetened. Drain off the juice, thicken it with one or two teaspoonfuls of gelatine, and fold in the currants. Grease a mould or pudding-basin, and put into it alternate layers of the creamy rice mixture and the currants, beginning and ending with a layer of rice. Leave to set, then turn out and serve very cold with custard. If preferred, the blackcurrant and rice mixtures may be combined, or the blackcurrants folded into a jelly square prepared with the blackcurrant juice instead of some of the measured water.

**Syrup Tart**—Line a plate with short pastry. Fill the centre of the plate with crushed cornflakes, or with breadcrumbs, or a mixture of breadcrumbs and coconut. Warm three or four tablespoonfuls of golden syrup or treacle with two tablespoonfuls of water, and pour it over the mixture in the plate. Toss the crumbs until lightly coated, and bake the pie in a hot oven (425-450 deg. F) for 20 to 25 minutes. This syrup-crumble mixture can be used on top of a fruit pie instead of pastry, and makes a quick crust for a deep pie.

## COOKERY HINTS

## 31 Thursday Lettuce and Spinach

"By Housekeeper"

THE depressing sentence "Eat up your vegetables, they're good for you," is one of the lingering memories of childhood for most of us; but it has received two recent attacks. Food which is disliked or eaten in a bad temper does not do us much good, and raw lettuce does not contain nearly as many vitamins as one would expect—and fewer still if it is chopped or shredded. To get the full value from a lettuce salad, it should be used as soon as possible after gathering, though storage in a tightly-covered saucepan, covered bowl, or in a wet newspaper, preferably in a refrigerator, is better than storage in the open air. The addition of dandelion leaves, nasturtium leaves or fresh herbs will benefit the salad greatly.

The vegetable which has stood up to investigation is spinach. It is full of vitamins, iron and calcium, as is spinach beet and, for winter use, turnip tops. Unfortunately the flavour of well-cooked spinach does not appeal to everyone, and it is not easy to disguise. A spinach salad, however, may find favour. Wash the leaves of spinach very thoroughly, remove the stringy ribs, and shred the green part very finely. Mix with chopped spring onions or with thinly-sliced mild onions. Toss in salad dressing, and serve with beetroot in vinegar, or with sliced tomatoes and crisp radishes.

Cooked spinach can be blended with a sharp salad cream and a pinch of fresh herbs; then divided into portions and served on lettuce leaves, with slices of hard-boiled egg and cucumber or tomato as garnish.

1 Friday—

## COOKERY HINTS

## Cherry Jam

By "Housekeeper"

UNLESS a large proportion of under-ripe cherries is available, it is almost impossible to get a well-set jam from any but Morello cherries, except by adding red currant, gooseberry or apple juice or pulp. Fresh red currants could be rubbed through a sieve, and equal quantities of pulp and cherries, stemmed and washed, could be simmered together until the cherries are tender. The mixture should then be measured, and sugar added, allowing 1 lb. of sugar per pint of fruit. Bring rapidly to the boil once the sugar has dissolved, and cook until the jam will set when tested. Pot and cover immediately.

When gooseberries or apples are being used they should be washed, and any damaged parts of the apples removed. Add water almost to cover, and simmer until tender. Sieve, and measure the pulp. Cook the cherries until they are tender in a small amount of water, measure, and add as much pulp as there are cherries. Allow the same quantity of sugar and finish as above. Instead of using pulp, the apples or gooseberries may be strained through a jelly-bag, and the cherries poached until tender in the juice.

To the addition of a sliced lemon to the apples or gooseberries greatly improves the flavour of the resultant jam. The lemon is, of course, removed when the fruit is sieved. Cherry jam can be made from stoned or unstoned cherries.

To make cherry jam without the addition of fruit pulp or juice, to 4 lb. cherries allow  $\frac{1}{2}$  oz. tartaric or citric acid, or the juice of 3 lemons and 3 $\frac{1}{2}$  lb. sugar. Cook the cherries with the acid or lemon juice, and then add the sugar.

2 Saturday

3 Sunday

## COOKERY HINTS

## Ways of Serving Spinach

By "Housekeeper"

SPINACH must be thoroughly washed in several waters to remove all traces of earth and grit, and then the tough white ribs should be removed. Put the spinach into a saucepan, without additional water, remembering that the spinach will cook down to a very small bulk, and that the saucepan should be tightly packed to allow for this. Heat slowly at first, then, when some of the juice begins to run out, slightly more quickly, but do not allow it to boil rapidly, or it will stick and burn. Cook for 15 to 20 minutes until tender.

The usual method of serving is to add salt and pepper to taste and a knob of butter. The spinach may be sieved or pureed if liked, and re-heated with the butter, or with a spoonful or two of cream from the top of the bottle. A few tablespoonfuls of well-flavoured white or tomato sauce can be stirred into the spinach instead of the cream or butter.

Line a hot plate with a ring of creamed potatoes, then an inner ring of buttered spinach. Take  $\frac{1}{2}$  pint of cheese sauce, and add one or two sliced hard-boiled eggs, mix lightly, and pile in the centre of the ring. Or use white or cream sauce, hard-boiled eggs and either sliced grilled tomatoes or cooked button mushrooms.

Arrange slices of fried bread on individual heated plates, put a portion of spinach in the centre of each, and arrange slices of hard-boiled eggs and tomato, or sardine and tomato, across the spinach. Serve these savouries very hot. Smoked haddock served on top of creamed spinach, or left-over kipper, well boned and beaten into creamed spinach, can be garnished with tomato, or served with sliced beetroot to give it colour.

In short, the secret of persuading people to like spinach is to serve it colourfully, and with highly-

## COOKERY HINTS

## Potato salad

By "Housekeeper"

A POTATO salad is a welcome and filling dish. It can be made either with a French dressing, a mixture of oil and vinegar, or the version preferred by those who dislike the flavour of salad oil—cream and vinegar, using thick condensed milk instead of cream, well seasoned with salt, pepper and either a dash of garlic or a little shredded onion or fresh herbs. Any other preferred type of dressing, mayonnaise, or cooked or uncooked salad cream, can be used with potato salads.

For the Salad take 3 cupsful of potatoes (boiled, peeled and diced),  $\frac{1}{2}$  cupful chopped celery, 3 tablespoonfuls of finely chopped onion, 4 tablespoonfuls of oil and vinegar dressing, 4 tablespoonfuls of mayonnaise or cream salad dressing, salt and pepper. Mix the potatoes with the celery and onion, preferably while the potatoes are still hot, and pour the oil and vinegar dressing over them. Allow to stand for several hours, then toss with the mayonnaise or cream dressing, and serve on a bed of green salad.

To vary this plain potato salad, add any of the following:—A tablespoonful of chopped parsley or chopped chives, a teaspoonful of celery or caraway seeds, a cupful of diced cucumber, or two diced hard-boiled eggs, a cupful of cooked peas, or diced raw tomatoes, or a cupful of tuna fish cut into cubes. Alternatively make any of the above variations, and serve with tinned sardines. Sliced or diced beetroot which has been marinated in vinegar, or oil and vinegar, can be combined with the salad, or served as an accompaniment. Cubes of cheese, or pieces of crisp bacon, left-over cold meat, diced apple or banana, can all be used to vary potato salads.



4 Monday—(Bank Holiday—August Monday)

5 Tuesday

6 Wednesday



7 Thursday

COOKERY HINTS

Beetroot Recipes

By "Housekeeper"

**T**HE most common use for beetroot is to serve it, dressed with vinegar, as an accompaniment to meat or a salad; but, especially when young and tender, it can be served as a vegetable. I have even heard of it being grated and served raw in salads, but have not tried this, so cannot recommend it.

Most recipes require boiled beetroot. Dig the beetroots carefully out of the ground, avoid pulling them out, as the long roots may be broken, and the beets will then "bleed" during the cooking, and become pale and uninteresting looking. Wash the beets carefully under the tap, and cut off the stalks, leaving two or three inches on the root. Boil until tender, putting on either in hot or cold water, and cooking for 3 to 1 1/2 hours, depending on age. Turn out, and put into cold water; break off the stalks, and slide off the skins. For dressed beetroot, slice and put into vinegar, seasoned with a dash of salt, pepper and sugar, and a pinch of herbs if liked. Where the oven is being used, put the washed beetroot into a cool oven, and allow it to bake slowly for 1 1/2-2 hours until tender. The flavour of the beetroot baked in this way is preferred by many to that of the boiled beets.

**Pickled Beetroot.**—Take about half a dozen good-sized well-coloured freshly-boiled beetroots, cut into slices or dice, and pack into clean jars. Bring pints of good quality vinegar to the boil with 3 oz. whole peppercorns, 1 oz. whole allspice, a piece of horse-radish, grated, and 2 teaspoonsful of salt. Cool, and strain over the beetroot, covering to a depth of half an inch. Cover the jars with parchment covers, or with several layers of greaseproof paper, brushed with egg white to make them stick together, and become

8 Friday

COOKERY HINTS

Beetroot Recipes (2)

By "Housekeeper"

**B**EETROOT, either freshly boiled or pickled and well drained, and then coated with mayonnaise or salad cream, will make a highly colourful addition to a salad.

**Creamed Beetroot.**—Slice two onions thinly, put into a saucepan with 2 oz. margarine, salt and pepper, and cook slowly for about ten minutes until the onions are tender, but do not allow them to brown. Stir in a tablespoonful of flour, blend in gradually a pint of milk, and stir over a moderate heat until the mixture has thickened, and is boiling. Stir in two beetroots, boiled and cut into thin slices. Put the lid on the saucepan, and allow to simmer very slowly for half an hour; then stir in a tablespoonful of vinegar and a dash of sugar. Correct the seasoning and serve. Excellent with fish.

**Buttered Beetroot.**—Take two medium-sized beetroots, and shred coarsely while they are still hot. Add a finely-chopped or shredded onion, a nut of margarine, and pepper and salt to taste. Put into a greased bowl, and steam for an hour; then serve hot.

An American method of serving beetroot is to mix together 2 level tablespoonful each of sugar and flour, 2 oz. melted margarine, and the juice of two oranges, then 3 cupsful of diced boiled beetroot. Bake in a covered casserole for 20-25 minutes in a moderate oven.

**Beetroot Pie.**—Slice three or four large beetroots, and put them into a greased pie-dish. Cover with a thin onion sauce made in the same way as in the first recipe, chopping the onions finely before cooking them. Sprinkle with half a cupful of grated cheese, and bake in a moderate oven for 20 minutes.

COOKERY HINTS

Frozen Desserts

By "Housekeeper"

**H**ERE are some recipes for desserts which can be made in a refrigerator—this for a very simple ice cream. This will be required 1 large tin of evaporated milk (chilled overnight), 3/4 cupful of sugar and 1 lemon. Set the refrigerator to its coldest point. Strain the lemon juice into a bowl, add the sugar and blend, add the evaporated milk, and whip. Pour into the refrigerator tray, and freeze until the mixture begins to set. Then take it out, whisk thoroughly, return to the refrigerator, and freeze until firm. Return the setting to normal, and use the ice cream when required.

**Raspberry Sherbet.**—1 package of raspberry jelly, 1 cupful sugar, 1 cupful boiling water, the juice of 1 lemon, 2 pints of milk, and 1/2 cupful of raspberry jam. Set the refrigerator at its coldest setting. Dissolve the jelly in boiling water, add the sugar and lemon juice. Add the milk, mix well, pour into the refrigerator tray, and freeze until it begins to set, then take out and whisk until light, return, and continue freezing until the mixture is thick and firm.

**Chocolate Mallow.**—2 cupsful of evaporated milk, 1 1/2 oz. cooking chocolate, 3 lb. marshmallows, and 1 teaspoonful vanilla essence. Pour half the milk into the refrigerator tray, and freeze until it begins to set. Melt the chocolate in the top of a double saucepan, add the marshmallows and the milk, stir until melted and blended, cool, add the vanilla, and turn the partly-frozen milk into a bowl. Whisk until stiff, and fold into the chocolate mixture. Put back into the refrigerator tray, and freeze until firm.

**Banana Ice Cream.**—Freeze the contents of a tin of evaporated milk as in the previous recipe. Whisk until stiff. Add 1/2 teaspoonful vanilla essence, 2 tablespoonful golden syrup, and 1/2 cupful icing sugar, with a mashed banana or 1/2 cupful of any other mashed fresh fruit. Freeze until stiff.

COOKERY HINTS

Cooked Tongue

By "Housekeeper"

**A**COLD cooked tongue can be sliced to serve 14 to 18 helpings, if it is accompanied by a generous mixed salad. Each recipe below will serve 5 or 6 persons.

To cook the tongue, simmer in a covered pan for about 3 hours. If heavily smoked or salted, soak for several hours in cold water, then blanch for 5 minutes (bring to the boil, boil for 5 minutes, drain, and rinse). Alternatively, put 3 cupsful of water in a pressure cooker with a bay leaf, a sliced onion, a few celery leaves, and a piece of carrot; then put in the tongue, and cook for an hour. Allow the tongue to cool in the water in which it has been cooked; then draw off the skin, and remove the bones and any gristle and fat from the thick end of the tongue. It may now be put into a well-greased cake-tin, and pressed down with a weighted plate, pouring a little of the liquid round the tongue. Leave to get quite cold. Strain the liquid and use for soups or gravies.

**Cold tongue, bean and egg salad.**—Wash 1 1/2 cupsful of haricot beans, and boil for 2 minutes in 5 cupsful of the tongue liquid. Allow to soak for an hour, then simmer for 1/2 to 1 hour, until the beans are tender. Drain, and add 1/2 a cupful of French dressing, preferably flavoured with a crushed clove of garlic. Stand until quite cold. Cut 3 hard-boiled eggs in halves lengthwise, and mash the yolks with a spoonful of salad dressing and made mustard to taste. Stuff the egg whites, and garnish with sprigs of parsley. Pile the beans in the centre of a flat salad dish. Mix 2 1/2 cupsful of diced tomatoes with a cupful of diced cucumber, and arrange on lettuce leaves in five or six portions round the plate. Surround with slices of tongue, and garnish with the devilled eggs.

COOKERY HINTS

Chicken Curry

By "Housekeeper"

**I**SEE that the Americans have dignified the familiar boiling fowl as a "stewing chicken." Changing its name will not make the bird more tender, but long slow cooking will. This spicy curry could also be made with one large or two small rabbits.

**Chicken Curry.**—1 chicken cut into joints ready for serving, 1 cupful flour, 1 teaspoonful salt, a good pinch of pepper, 1/2 tablespoonful curry powder, 4 oz. dripping or 1/2 cupful salad oil, a large onion (finely chopped), about 1 pint boiling water, a clove of garlic (minced), and sliced pickled gherkins, or other sweet pickle. Put the flour, salt, pepper and curry powder into a paper bag, add the pieces of chicken, and shake gently until the pieces of chicken are well coated with flour. Fry in the melted fat or smoking hot oil quickly until browned on both sides; then fry the onion and clove of garlic. Add the rest of the seasoned flour and stir into the fat. Allow to colour slightly, then blend in the boiling water. Add the pieces of chicken, cover tightly, and allow to simmer gently for 1 1/2-2 hours, until the chicken is tender. Stir in the sliced pickles, and serve on a hot plate, with borders of fluffy boiled rice, accompanied by a crisp salad and a dish of chutney.

The garlic in this curry can, of course, be omitted, also the sliced pickles. For those who like a more varied curry, stir into the stewpan a sour apple, peeled and diced, a few raisins, or chopped dates, a tablespoonful of coconut, and one or two tomatoes.

To prepare plain boiled rice, take a scant half cupful of rice, and wash well. Drain, and throw into fast-boiling salted water; cook quickly until tender, but not soft (15-20 minutes). Then drain, rinse under a running tap, and heat in the oven, or, if this is not lit, in a saucepan over a low flame, shaking continuously to prevent the rice from sticking to the bottom of the saucepan.

COOKERY HINTS

Cooked Tongue (2)

By "Housekeeper"

**B**ITS and pieces of left-over tongue can be used to make salad rolls. Chop or mince about 2 cupsful of tongue, and mix with 2 cupsful of finely-chopped cabbage or lettuce, 1/2 a cupful of chopped celery, and 1/2 cupful of chopped cucumber or tomato. Add a chopped hard-boiled egg, a little finely chopped onion, and 2 teaspoonful of made mustard. Split 8 to 12 bridge rolls, butter them, and fill with the mixture. Garnish with sprigs of pickle.

**Cabbage and potato plate.**—Heat slices of cooked tongue in 2 cupsful of the tongue liquor. Boil 6 or 8 potatoes, and cut in halves. Chop finely or shred 6 cupsful of green cabbage, and put into a saucepan with 1 1/2 oz. margarine, 2 teaspoonful of caraway seeds, a teaspoonful of salt and a dash of pepper. Cook covered, adding a little boiling water, for 15 minutes. Pile in the centre of hot plate, arrange the hot potatoes and sliced tongue around the cabbage, and garnish with wedges of lemon or tomato.

**Cucumber and cauliflower pickles.**—Blend 3 cupsful of sugar with 2 teaspoonful of salt, 1 teaspoonful turmeric, 1/2 teaspoonful dry mustard, 2 teaspoonful of mustard seed, and 1/2 teaspoonful of powdered alum. Blend with 3 cupsful of white vinegar, and bring to a full boil. Add 4 small peeled and sliced cucumbers, and a small cauliflower broken into flowerets 2 sliced onions, and also if available, a sliced green and red pepper. Stir well, bring back to the boil, and pack into clean hot jars. Cover and store for a week or so before using.

9 Saturday

10 Sunday



11 Monday

12 Tuesday

13 Wednesday







18 Monday

19 Tuesday

20 Wednesday

COOKERY HINTS

Christmas Poultry

By "Housekeeper"

**W**HEN offered a choice of poultry, the best guide is that the bird should be firm-fleshed, and look plump for its size. The end of the breast bone should be pliable, and the scales on the legs smooth and bright in a young bird. Hang it by the feet, in a cool place until Christmas Eve. Remove any small feathers, and singe over a saucer of methylated spirits, gas jet, or a newspaper which has been dried in the oven.

**Duck**—Cut off the wings at the first joint, and scrub the feet.  
**Goose**—Cut off the wings at the first joint, and legs at the knee joint. **Chicken and Turkey**—

Remove the sinews, and cut off the legs below the knee joint. To pull out the sinews, make a slit two inches long at the side of the yellow shank, beside the bone. Lift out the white sinews singly with a strong steel knitting-needle, twist round, and pull out gently.

Place the bird breast downwards, on several layers of newspaper, on a chopping-board, with the head away from you. Slit down the skin of the neck towards the head, from between the shoulder-blades. Cut off the neck at the shoulders, pull away from the head, and set aside. Remove the crop (the bag of skin at the neck) and the wind-pipe, and discard, with the head. Insert a finger into the neck opening, and loosen all the internal organs which can be felt.

Turn the bird up, make a slit between the vent and the tail, insert a finger in the opening, and work it round to lift up the intestine, and make a slit to the breast-bone. Insert the hand, grasp any hard objects inside, and pull out all the entrails gently. Remove anything which may have been left behind—i.e., lumps (bright scarlet) and two white objects along the backbone. Wash out the inside of the bird. Keep the heart, gizzard (slit and remove the inner lining and contents) and liver, after cutting away the green gall bladder. Wash well, soak for half an hour and put to boil in salted water to make stock for the stuffing.

**To-morrow**—Trussing and stuffing.



COOKERY HINTS *A 18*

**Chutney making (3)**

By "Housekeeper"

21 Thurs

**I**NSTEAD of adding the spices to the fruit, some people prefer to make the chutney with spiced vinegar, believing that this gives the chutney a milder flavour. For this recipe any of the spiced vinegar recipes already given can be used, or any variation of this recipe below, according to the spices preferred.

Spiced Vinegar—4 pints vinegar, 4 bay leaves, 1 oz. salt, 4 cloves of garlic, 2 to 4 oz. shredded horseradish, 2 oz. peppercorns, 2 oz. ground ginger, 3 oz. each cloves and allspice, and a chopped onion. Bring to boiling point, allow to stand until quite cold, then use. If the spiced vinegar is not being used for some time, it need not be strained; but it is better to tie the onion and horseradish, with the garlic, in a muslin, and remove them before bottling the vinegar. This vinegar can be used in any of the chutney recipes, and all the spices omitted.

For a mixed fruit chutney, make up 6 lb. fruits, using whatever fruits are available. Add  $\frac{1}{2}$  to  $\frac{3}{4}$  lb. chopped dates or sultanas, a good teaspoonful of salt, and 1 lb. chopped mild onions. Cover with spiced vinegar, and simmer until tender; then add  $\frac{1}{2}$  lb. brown sugar, and a little more vinegar if necessary. Simmer until the chutney thickens.

Those who have a coal range or a heat storage cooker will find that the first stage in the chutney making—the slow simmering with the spices and vinegar—can easily be done in the slow oven, and will require no stirring or attention.

Here is a recipe for a simpler spiced vinegar—1 pint vinegar, 3 cloves,  $\frac{1}{2}$  oz. each ground ginger and salt,  $\frac{1}{2}$  teaspoonful mixed spice, 3 bay leaves. Prepare as above.

22 Friday

COOKERY HINTS *21-8-52*

**Italian recipes (1)**

By "Housekeeper"

**M**ANY of the Italian spaghetti and other pasta dishes require tomato sauce, so here first of all is a typical Italian tomato sauce.

Tomato sauce—Fry a finely-chopped onion and a bruised clove of garlic to a golden yellow in olive oil, margarine or butter. Add salt and pepper and a teaspoonful of sugar, then a small tin of tomato paste, and four or five large peeled tomatoes; or, if the tomato paste is unobtainable, use eight or nine sliced tomatoes. Home-made tomato puree can be used instead of the tomato paste. Simmer with half a cupful of cheap red wine until the sauce is thick and creamy (about  $\frac{1}{2}$  hours), cooking it very slowly. A slice of chopped bacon or ham can be fried with the onion to give additional flavour.

For a plain dish of macaroni or spaghetti, prepare the above sauce, substituting half a cupful of water and half a teaspoonful of vinegar, or half a cupful of cider, for the red wine. To cook the spaghetti, half fill a large saucepan with boiling water, add a teaspoonful of salt, and throw in the spaghetti. As the spaghetti touches the water, it softens and bends, so that lengths of spaghetti curl round in the bottom of the saucepan and the pieces need not be broken. Cook spaghetti for 10 or 15 minutes, or macaroni for 15 to 20 minutes, until tender but not mushy. Drain well. If it is not required immediately, wash away all the starch by rinsing in cold water; otherwise the spaghetti will stick together in a gluey mass. Melt a nut of margarine or a spoonful of olive oil in the bottom of a saucepan, toss the spaghetti in this until it is coated; then pour in the hot tomato sauce, stir until well mixed, and serve immediately, handing round a small bowl of grated cheese. Alternatively, put the hot spaghetti into the centre of a deep dish, pour the sauce over it, and serve with cheese accompanied by a tossed green salad.

23 Sat

24 Su

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COOKERY HINTS *19-8-52*

**Plum preserves**

By "Housekeeper"

**T**HE most popular method of preserving plums is undoubtedly in jam or by bottling them; but here is an unusual recipe for spiced plums which can be served, as they are, as a dessert. The recipe is particularly successful with Victoria plums, or with greengages or pears.

Spiced plums—Boil  $\frac{1}{2}$  pint of white vinegar with  $\frac{3}{4}$  cupsful of sugar for five minutes, and add 5 cloves,  $\frac{1}{2}$  teaspoonful of allspice and 2 sticks of cinnamon, tied in muslin. Allow the spices to soak in the vinegar while the fruit is being prepared. Plums and greengages should be halved and stoned, pears peeled and cored. Put the fruit into a preserving pan, using 5 lb. of fruit, weighed before stoning; add the vinegar and sugar, and cook slowly until the fruit is tender, but do not cook to a pulp. Put the fruit carefully into jars, fill up with the liquid and cover tightly.

When bottling plums, damsons or greengages, the smaller fruits are bottled whole; but the larger dessert plums can be stoned and halved. They should be dropped into lightly-salted water to prevent the cut surfaces from turning brown. Use water, or a sugar syrup made from 2 to 8 oz. of sugar, honey or golden syrup added to each pint of water. When golden syrup is used with plums, a clove added to each jar of fruit improves the flavour.

When bottling the fruit in a bath of water, bring to simmering point (165 deg. F) in  $\frac{1}{2}$  hours, and hold at that temperature for 20 minutes if the fruit is packed whole, or for 30 minutes if the fruit has been stoned. For the oven method, pack the fruit dry into jars, and then cover with boiling water or syrup. Allow  $\frac{1}{2}$  to  $\frac{3}{4}$  hour in a slow oven, until the fruit has shrunk and begins to crack, or give 3 to 4 hours if the fruit is covered with liquid.

COOKERY HINTS

**Plum preserves (2)**

By "Housekeeper"

**P**LUMS make a well-set jam fairly readily, especially if a mixture of slightly underripe fruit can be used. Damsons and greengages require slightly different recipes. With greengages, a pinch of mixed spice, a piece of cinnamon, or a few cloves can be added to vary the flavour.

Plum jam—4 lbs. plums, 1 pint water and 4 lbs. sugar. Plum and apple jam—2 lbs. plums 2 lbs. prepared apples, 1 pint water, and  $\frac{3}{4}$  lbs. sugar. Damson jam—4 lbs. damsons, 1 pint water, and 5 lbs. sugar. Greengage jam—4 lbs. greengages,  $\frac{1}{2}$  pint water and 4 lbs. sugar. Damson and marrow, or rhubarb jam—2 lbs. damsons, 2 lbs. prepared marrow or rhubarb,  $\frac{1}{2}$  pint water, and 4 lbs. sugar. Where two fruits are used, cook each separately in half the given amount of water until tender; then mix together. To make sugar-saving jam, use any of the above recipes, allowing 3 lbs. sugar instead of 4, and  $\frac{3}{4}$  lbs. sugar for the damson jam. Where the full amount of sugar is not used, remember that the jam will not set so stiffly, and if it is to be kept for any length of time, it must be covered with airtight covers.

Methods—Prepare the plums by washing and drying, or wiping, and removing any stalks or leaves. Large plums can be stoned before cooking, or the stones can be skimmed off when the fruit has been cooked to the first stage, before adding the sugar. If the plums are stoned, a few of the stones may be cracked, and added to the plums, to give a richer flavour. Cook the fruit in the water until it is tender, add the sugar, stir until it has dissolved over a gentle heat, bring to the boil, and boil rapidly until the jam will set when tested. Skim, pot and cover.

COOKERY HINTS *A 23*

**Italian dishes**

By "Housekeeper"

**A**NOTHER Italian dish in which a home-made paste is required is caneloni. The paste can be made up and used immediately, or made up and left for 4 to 5 hours, then rolled out, and cooked in boiling water, filled, and partially cooked, being re-heated when required.

To make the paste, sieve a cupful of flour into a bowl with a pinch of salt; then drop an unbeaten egg into a well in the centre of the flour, and mix to a soft elastic paste. Add a little warm water if necessary—usually about a tablespoonful is required. Set the paste in a cool place for several hours, or roll out immediately as thinly as possible, cut into 3-inch squares, drop into boiling water, and poach for seven or eight minutes. Put two or three squares of paste into the water at once, and reduce the heat so that the water simmers gently. Have ready a filling, spread it in the centre of each square, roll up, and put into a greased casserole. Cover with tomato sauce, sprinkle with grated cheese, and cook in a moderate oven for 20 or 25 minutes.

To make the filling, mix together in a bowl which has been rubbed with a bruised clove of garlic (if the true Italian flavour is desired), half a cupful of cooked minced meat, 1 egg yolk, a tablespoonful of grated hard cheese, salt, pepper, a dash of nutmeg, with a tablespoonful of parsley and a little shredded onion if the garlic is not liked. Stir a stiffly-beaten egg-white, and a little milk into the mixture to moisten it, and put a tablespoonful of the mixture in the centre of each square of paste. Serve hot, with a green vegetable, additional tomato sauce, and a small bowl of grated cheese.

COOKERY HINTS *A 22*

**Italian recipes (2)**

By "Housekeeper"

**I**TALIAN cookery is at heart true peasant cookery, and this explains the generous use of eggs in comparison with meat. Meat and fish were expensive, and had to be bought, whereas eggs were plentiful and cost little or nothing. Anyone with "back-yard" fowl may not find that eggs cost nothing, but may be able to spare a few for Ravioli and Caneloni, both of which are delicious, and possibly more typical of the native Italian cookery than the spaghetti dishes.

Ravioli—Beat one large or two small eggs lightly, and work in 6 to 8 oz. of flour, seasoning it with half a teaspoonful of salt. Work in the flour until the mixture is a soft paste which does not stick to the hands. Set aside, in a refrigerator if available, for a few hours, or overnight in a cool place. Have  $\frac{1}{2}$  lb. lean meat minced, and fry it in 1 oz. margarine or a tablespoonful of olive oil. Add half a cupful of cooked spinach, a chopped hard-boiled egg, a raw egg yolk, salt, pepper and a dash of grated nutmeg to flavour, with a quarter cupful of grated hard cheese. Mix lightly together. Divide the ravioli paste into two halves, and roll each out into a very thin oblong. Put good teaspoonfuls of the meat mixture at  $\frac{1}{2}$ -inch intervals on the paste. Moisten the other half of the paste and set it, wet side down, on top. Cut into squares, each square having a nut of meat in the centre. Press the edges well together, and drop into boiling salted water. Cook for 10 minutes; then put into a greased casserole, cover with tomato sauce and grated cheese, and heat through in a moderate oven.



## KEEP IN TRIM

## How to Take Resistance Out of Diet

By IDA KAIN

The modern way to slim down is to find a reward greater than the pleasure of overeating. It's how you think about reducing that makes all the difference. Regard diet as a personal restriction that takes all the fun out of life . . . and it will. With that attitude you'll be tempted by every fattening food that comes your way and continually struggling against fat.

But once you look upon excess pounds as standing in your way of looking and feeling young and having fun . . . you will regard fattening foods in a far less favorable light. Suddenly overeating will not be worth having to put up with the bulging consequences. When you do this about-face in your thinking, and the idea takes root in your mind, nobody could pay you to over-indulge in fattening foods! From then on calorie curbing becomes an exciting game. With the right psychological approach there will be nothing pulling you the other way.

FROM THE standpoint of diet, the scientific way to reduce is to eat to build slimness. You eat . . . not starve. The most significant nutrition research which applies to reducing is the new angle on protein. The emphasis is on when the protein is eaten. Science has found there is a better carry-over of energy when complete protein is included at each of the three meals a day.

That's good news for the toughest part of reducing is lessened well-being through decreased energy. Including an egg, lean meat or milk in the morning meal will result in stepped-up energy all day long. Because of its specific dynamic action, protein plays a double role in reducing, prodding the stored body fat into brisk action.

With the right dietary know-how, some of your favorite foods can be included in a reducing regime. You may still have potatoes, corn on cob, rolls, bread and desserts . . . but, of course, not all at the same meal. The rule is one starch with a low calorie meal.

IF A BAKED potato is your dish, have it with a half pat of butter. Or choose a roll. Or, limit the main course and save 200 calories for a favorite dessert. Take your choice. To allay that all gone feeling that comes in late afternoon, have a glass of buttermilk or skim milk, a hard cooked egg or five ounces of fruit juice.

Keep your mind on your goal. If you fail to lose the first 10 days, diet notwithstanding, that's water retention. Keep confidently on your low calorie course, and results will show in a lump sum within 16 days.

The right psychological approach coupled with nutrition science takes all the resistance out of diet.

## FROZEN FANCIES



WHAT A BEAUTIFUL CAKE! But cut down through the lightly browned meringue, the delicately flavored sponge cake, and there's ice cream! Strawberries make a colorful garnish for this Baked Alaska.

By MAIDIE ALEXANDER

Remember the days when ice cream was made at home in an old-fashioned freezer, and what an event it was? The promise of licking the dasher made light work of turning the handle!

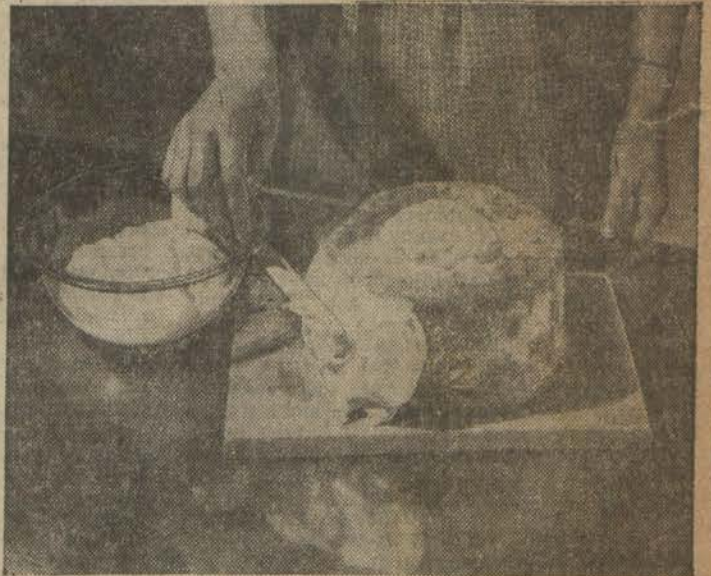
But for your mother or grandmother, it was a different story! In fact, unless great care was taken, with the right amount of cream, sugar and flavoring, the right proportion of rock salt to crushed ice, the right churning time and the proper "ripening" period, the ice cream might not come out with the firm, velvety texture it should have.

Nowadays, there's no problem in getting wonderfully smooth ice cream in a myriad of flavors the year 'round. A trip to the store is all it takes. And with the approach of summer, ice cream really begins to come into its own. Not only is it luscious and cooling but, nutritionally speaking, it's a good way to make up part of your family's daily milk quota.

Ice cream is versatile, too, and here are two ways to serve it that are particularly fancy, for parties, or just when you'd like to treat your family to something really "special." Combine it with fresh fruits in a glamorous sundae, or use it to make a "surprise" center for an elegant Baked Alaska.

### Strawberry Pineapple Sundae

Cut 1 large pineapple in half lengthwise, through green tops. Remove meat with sharp knife, cutting to within ¼ inch of edges. Remove core; cut pineapple in cubes. Wash 1 pt. ripe strawberries and remove hulls. Slice and sweeten berries with ¼ c. granulated sugar. Combine with pineapple and chill until serving time. Place pineapple shells on large serving tray. Fill each half with vanilla ice cream



FOR BAKED ALASKA, fill center of Hot Milk Sponge Cake with ice cream, then completely cover cake with a thick spreading of meringue.

(will take 1 qt.). Serve with the strawberry-pineapple sauce. Serves 6.

### Ice Cream Alaska

Hot Milk Sponge Cake: Sift 2 c. sifted cake flour three times with ¼ tsp. salt and ½ tsp. baking powder. Beat 4 eggs with rotary beater until light and lemon-colored; add 1½ c. sugar gradually and beat until fluffy. Fold in flour mixture. Add 1 c. scalded milk, 1 tsp. vanilla and 3 tbsp. melted butter. Fold gently until well blended. Pour into 9-inch ungreased tube cake pan. Bake in moderate oven (350 degrees F.) 40 minutes, or until a cake tester inserted in center of cake comes out clean or until cake

is springy to the touch. Invert and let cool in pan. Then make the meringue.

Meringue: Beat 6 egg whites with ½ tsp. cream of tartar until stiff. Beat in 1 c. sugar a little at a time until meringue forms stiff, glossy peaks, but is not dry.

Fill center of sponge cake with your favorite flavor ice cream. Quickly spread meringue on sides and top of cake, covering it completely. Bake in a hot oven (450 degrees F.) for 4 to 5 minutes, or until meringue is lightly browned. Cut in wedge-shaped pieces and serve at once with ice cream, if desired. Serves 8.



**Mushroom Recipe**

By "Housekeeper"

**F**IELD mushrooms are plentiful at this time of the year, and in some districts the supply seems to be particularly good. If you are not too sure whether the "mushrooms" you have found are edible or not, be sure to find out from someone who knows the difference between mushrooms and the poisonous fungi. The commonest type of field mushroom has a whitish cap, pink underbody, with a frill on the stem.

Mushrooms for drying should be young and fresh. Peel and slice them, using a stainless knife, and thread on to a string, making a knot between each mushroom, so that they do not slide on top of each other. Tie the strings of mushrooms on to the top shelf of the oven, or hang to dry in a hot air press or wherever they can get a moderately warm dry heat. Leave until they are dry and leathery; then store in airtight tins, and use in soups, stews, sauces or omelets. The stems of the mushrooms are not dried, but can be used for making ketchup.

**Mushroom Ketchup**—5 lb. mushrooms, 1 small onion, ½ pint vinegar, 2 tablespoonsful of salt, ½ teaspoonful each of grated nutmeg and ground mace, and a pinch of powdered cloves and allspice. Wipe the mushrooms, and cut off the soiled ends of the stalks. Chop finely or mince the mushrooms, put them into a bowl, and sprinkle with salt. Stir occasionally, and allow them to stand for 12 hours. Put into a preserving-pan with the spices and vinegar, bring to the boil, and simmer gently for 2 hours; then strain the mixture, and put it into clean hot bottles. Cork with boiled corks, and pour melted candle wax over the corks to make sure that the seal is airtight.

**Mushroom Pickle**—4 lb. mushrooms, half a medium-sized onion, 2 teaspoonful of salt, 2 teaspoonful of ground ginger, ½ teaspoonful white pepper, 2 blades of

28 Thursday

29 Friday

**Mushroom Recipes**

(2)

By "Housekeeper"

**O**NE of the simplest and best methods of serving mushrooms is to trim the stalks wash the caps (they need not be peeled unless they are old and tough), and set them on a greased baking dish or casserole. Put flakes of margarine in each mushroom cap—or cover with a thickly greased paper—add two or three tablespoonsful of water, dust with salt and pepper, and bake in a moderate oven (350-375 deg. F) for 15 to 20 minutes. Serve as a vegetable. Mushrooms baked in this way are excellent with fish, or as a garnish with most meat dishes.

Mushrooms can be sliced and fried in melted margarine or bacon dripping, turning them lightly with a fork as they cook, either to serve as a vegetable, or as a filling for a savoury omelette. When fried or baked, they make an attractive supper dish, served on buttered toast, with or without a small piece of bacon.

Large open mushrooms can be stuffed with the usual stuffing for fowl, covered with greased paper, and baked. A more elaborate stuffing can be made which includes the mushroom stems. Chop these very finely, add a shred of onion, and fry lightly in margarine, then add two tablespoonsful of breadcrumbs, a chopped slice of bacon, or a little grated cheese, and some chopped parsley. Season lightly, add enough stock or hot water to make the mixture pleasantly moist, cook for a few minutes, and use to stuff the mushrooms. Set a small piece of bacon on top of each pile of forcemeat, put the mushrooms on a greased baking-sheet, and bake as above. Serve on buttered toast or fried bread.

**Bottling Tomatoes**

By "Housekeeper"

**B**OTTLED tomatoes are a useful stand-by in winter when vegetables are scarce. They can be bottled whole, in slices, stewed or pureed, or as a sauce ready prepared for use. They can be peeled before bottling very quickly if they are dipped in boiling water for a few minutes, or held over a gas flame, but this is not absolutely necessary. A simple sauce can be made by simmering the tomatoes with a little water, about a teaspoonful of sugar, ½ teaspoonful of salt, pepper and nutmeg to taste, and one or two teaspoonful of vinegar. Sieve, and fill small jam-jars to the brim, and cover in the usual way.

Whether the tomatoes are to be bottled whole or sliced, add half a teaspoonful of sugar and 1 teaspoonful of salt to each 2 lb. jar.

To sterilise under water, fill up the jars to the brim with cold water, put on the lids, remembering to loosen the screwbands slightly. Set the jars in a water bath, on a rack, or layers of newspaper, separating the jars with cloths or paper, lest they crack. Bring slowly to simmering point (190 deg. F) in 1½ hours, and keep at this temperature for half an hour. Lift out, tighten the caps, and set on a wooden surface to cool. Test after 24 hours. To test, remove the screw bands or clips, and lift the jar by the lid. If the vacuum exists, the jar can be lifted up, but if not, the cap will come off, and the contents of that jar can be used immediately or can be heated again—for the same length of time as before. Do not neglect to do this test, or you may be storing jars which have not sealed properly. Patent type covers give instructions for testing the jars.

**Tomato chutney recipes**

By "Housekeeper"

**T**OMATO Chutney is very popular, so here are a few recipes, so that the most suitable one can be used according to the ingredients available. Remember that the amount of spices used can be varied according to the individual taste.

**Tomato Chutney (1)**—8 lb. red tomatoes, 1 lb. onions, 1 lb. sugar, ½-1 pint vinegar, 1 tablespoonful salt, and ½ tablespoonful each of ground ginger, cayenne pepper, and ground cloves.

**(2)**—8 lb. green tomatoes, 2 lb. onions, 2 lb. apples, 2 lb. granulated sugar, 2 lb. sultanas (use dates, or omit altogether if preferred), 2½-3 pints vinegar, 1 tablespoonful root ginger and mustard seeds, 1 tablespoonful salt, a good pinch of cayenne pepper, and for a hot chutney, add a tablespoonful of curry powder.

**(3)**—4 lb. red tomatoes, 1 pint vinegar, ½ oz. whole allspice, 1 oz. kitchen salt, ½ lb. onions, a small piece each of root ginger and stick cinnamon, ¼ oz. mixed black and white peppercorns, ½ oz. mustard seed, and 6 oz. white sugar.

**(4)**—3 lb. red tomatoes, ½ lb. peeled and cored apples, ½ lb. chopped onions, 1 pint vinegar, 4-6 oz. sugar, 1 oz. mixed allspice, and 2 teaspoonful of salt.

**(5)**—2 lb. tomatoes, ½ lb. onions, 4 oz. sugar, 8 cloves, ½ teaspoonful ground allspice, 1½ teaspoonful of salt, and ½ pint vinegar.

**Sweet Chutney**—2 lb. red tomatoes, 1 lb. pared apples, ½ lb. raisins, sultanas or dates, 1 lb. brown sugar, ½ lb. onions, ½ oz. salt, ¼ oz. ground ginger, a good pinch each of allspice, ground cloves, and cayenne pepper, and 1 pint vinegar.

The method for all the above recipes is the same. Simmer the minced or chopped fruit, onions, salt and spices (tied in muslin) until tender, with half the vinegar. Add the sugar and the remainder of the vinegar, using more than is stated in the recipes if the mixture seems too thick. Cook until the chutney is smooth and thick; then pot and cover in the usual way.

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**Savoury Tomato Recipes**

By "Housekeeper"

**T**OMATOES can be scooped out, filled with a variety of stuffings, and used as a savoury dish, either alone or as a vegetable. The plain forcemeat used for chicken or meat, or the mushroom stuffing given recently may be used, adding to each the chopped-up centre part of the tomato which was removed. To make a more substantial dish, sprinkle the tops of the tomatoes with grated cheese, or top with a piece of bacon, before baking.

For a rich mushroom stuffing, try this recipe—Hollow out the centre of the tomatoes, and set them on a wire rack to drain. Heat 1 oz. margarine, bacon dripping or olive oil in a small saucepan, with 2 tablespoonful each of finely-chopped onion and parsley, and a chopped clove of garlic, together with a pinch of fresh sweet herbs. Season the mixture, and saute in it ½ lb. of chopped mushrooms for a few minutes. Stir in enough fine breadcrumbs, with the chopped tomato mixture if liked (this may be kept and used for soup) to thicken the stuffing. Pile on to the tomatoes, top with grated cheese, and bake in a well-greased casserole for 20-25 minutes in a moderate oven, basting the tomatoes with the juice which runs out during the cooking.

A simple way of serving tomatoes as a vegetable is to cut large ones in halves, and set them on a well-greased casserole. Melt 1 oz. margarine, and add a tablespoonful each of chopped parsley and spring onion or mild onion, with a chopped piece of garlic. Pour over the tomatoes, and sprinkle them with browned breadcrumbs. Bake for 20 minutes in a moderate oven.

**Tomato Soups**

By "Housekeeper"

**A** THICK cream of tomato soup is a favourite with most people, and it is quite easy to make. An unthickened soup containing plenty of tomatoes makes a pleasant and refreshing soup, and some of these can be prepared in a few minutes.

**Cream of Tomato Soup**—1 slice of bacon (optional), 1 lb. tomatoes, 1 large onion, 1 carrot, 1 stalk of celery or a few celery leaves, 1½ pints of stock or water, ½ pint of creamy milk, 1 oz. flour, 1 oz. margarine, and a pinch each of salt, sugar and pepper. Fry the bacon or some bacon rinds until they are crisp. Add the roughly-chopped tomatoes and other vegetables, allow them to cook in the fat until it is all absorbed, then add the water and seasoning, with a pinch of nutmeg, or a few fresh herbs if liked. Simmer for 20-30 minutes, until the onions and carrots are tender, then sieve the soup. In the rinsed saucepan melt the margarine and stir in the flour; gradually add the milk, and cook until thick. Stir in the tomato puree, bring almost to boiling point, and serve at once, with triangles of crisp fried bread or buttered toast.

**Tomato and Onion Soup**—Melt 1 oz. margarine in the bottom of a heavy saucepan, and simmer in it a very thinly-sliced onion and five or six sliced tomatoes, adding a bay leaf and a sprig of thyme if liked, or a leaf of celery. Add 3 pints of water or stock, and simmer until the vegetables are tender. For a thicker soup add a rounded tablespoonful of fine sago to the soup when it first comes to the boil. Cut up any large pieces of vegetable, and season to taste. In the bottom of each soup plate or cup put half a slice of toast cut in cubes; pour on the soup, and serve at once.

IN



1 Monday—(September)

2 Tuesday

3 Wednesday



4 Thursday

COOKERY HINTS

**Butter Sandwich Cake**

By "Housekeeper"

A RECENT request for some recipes for cakes for a twenty-first birthday party asked for a basic recipe, which could be varied by using different flavourings and fillings. My own preference would be for a butter-sandwich and a Swiss roll.

For the basic butter-sandwich the ingredients are 5 oz. margarine, 6 oz. sugar, 3 eggs, 8 oz. flour, 1 teaspoonful baking powder, ½ teaspoonful salt, a little milk, and flavouring. For a plain cake add ½ teaspoonful of vanilla, lemon, or almond essence.

The method is simple. Beat the margarine and sugar to a light cream. Whisk the eggs, and beat them gradually into the margarine and sugar. Sift the flour with salt and baking powder, and fold into the creamed mixture, adding a little milk if necessary, and the flavouring. Put into two greased and lined sandwich-tins, and bake in a moderate oven (375 deg. F) for 25 to 30 minutes. Cool on a wire tray, and when cold spread with raspberry or apricot jam, and dust the top of the cake with sieved icing sugar. A lacy paper d'oyley may be set on top of the cake first, and the sugar then dusted lightly on top so that it forms a pattern on top of the cake. This may also be done with a sponge cake.

For a lemon cake use the juice of half a lemon instead of the milk, and add a teaspoonful of the grated lemon rind. Fill with lemon curd, and ice with lemon-flavoured butter-cream, using the juice of the lemon and ½ teaspoonful of grated rind as flavouring. For the butter-cream, beat 2 oz. margarine

COOKERY HINTS

**Swiss Roll**

By "Housekeeper"

THERE are two main reasons for failure when making a Swiss roll. The first and most frequent is under-beating. The mixture must be beaten until it is thick and creamy, so that when the beater is raised the trails which fall from it lie visible on the surface of the mixture. With an electric beater this is easy; with a rotary beater it may take 10 to 20 minutes' beating; with an ordinary egg-whisk, it usually requires 20 to 30 minutes' continuous beating. To skimp this effort will mean a small tough cake. Opinions vary on the method of ovening. I prefer to bake it at 500 deg. F for 8 to 10 minutes, taking it from the oven when it is a pale brown and still springy to the touch. A second recipe (to be given tomorrow) suggests a slower oven.

Swiss Roll (1)—3 eggs, 3½ oz. castor sugar, 3 oz. flour, ½ teaspoonful baking powder, pinch of salt, and 2 tablespoonsful of jam. Beat the eggs until well mixed, add the sugar and salt, and continue beating, setting the bowl over a basin of hot water if liked, until the mixture is thick. Fold in the sieved dry ingredients, pour into a greased and lined oblong tin, and bake as above. Heat the jam, set a piece of greaseproof paper on a clean damped tea-towel, and sprinkle the paper with fine sugar. Turn the Swiss roll on to this paper, remove the greased paper, spread with the hot jam, trim the edges if they seem crisp (which they shouldn't) and roll the cake up, using the paper and cloth to assist in making a tight roll. Leave wrapped in the greaseproof paper and cloth for a few minutes only, then set on a wire rack to cool. Dust with sugar before serving, avoid delay in rolling after taking the cake from the oven. It must be taken out, trimmed, spread with hot jam, and rolled as speedily as possible. As it cools it will be more difficult to roll.

5 Friday

COOKERY HINTS

**Swiss Cream Roll**

By "Housekeeper"

THE Swiss roll given yesterday may be used to make a cream roll. Omit the jam when rolling up the cake; roll it without any filling, and set aside to cool. When quite cold, unroll carefully, and spread with cold jam or jelly, and a thin layer of whipped cream, fresh or mock. Roll up, and decorate the ends of the roll by piping stars of cream on it. Serve very cold, dusting the top of the cake with powdered sugar.

Swiss Roll (2)—Three eggs, 2½ oz. flour, 4 oz. fine sugar, a pinch of salt, ½ teaspoonful baking powder, 1½ tablespoonsful of water, and vanilla essence.

Method—Prepare a Swiss roll tin, 10½ by 7½ inches, lining it so that there is a deep cuff of paper all round at least 1½ inches high. Sieve the flour several times with the salt and baking powder. Separate the yolks from the whites of the eggs, and beat the whites until they are stiff but not dry. Add half the sugar gradually, and continue beating until the mixture is thick. Add the vanilla and the remainder of the sugar to the egg yolks, and beat until thick; then gradually stir in the water. Fold into the egg-white mixture, then gently fold in the sieved flour. Pour into the prepared tin, and bake in a moderate oven (375 deg. F) for 15 to 20 minutes. Turn out on to a sugared paper, roll up, and leave to cool. When cold unroll and spread with jelly or lemon curd. Roll up and serve.

A chocolate roll can be made by adding 3 level tablespoonsful of cocoa or chocolate powder, and 1 teaspoonful of vanilla essence to either of the Swiss roll recipes, sieving the cocoa with the flour. Roll without a filling, then unroll when cold, and fill with a chocolate filling or whipped cream. For chocolate butter cream, beat 2 oz. margarine until soft, work in 4 oz. sieved icing sugar, and then 2 oz. of melted black chocolate. Use at once.

COOKERY HINTS

**Small cakes**

By "Housekeeper"

SMALL cakes are essential for a children's or young people's party; but they require a great deal of time to prepare. The recipes given earlier for a butter sandwich, the plain and chocolate sandwich, can be baked in an oblong tin, and cut into squares or oblongs, or into fancy shapes. They can then be split and filled with jam, cream filling, chocolate butter cream, or lemon curd, coated all over with butter cream, and decorated with any of the commercial cake decorations, or with piped stars in icing. The plain mixture, baked in patty-tins or castle-tins, can be spread with raspberry or apricot jam, sprinkled with coconut, and garnished with pieces of cherry, to make Madeines.

Here is a suggestion which will make a party cake, or a surprise dessert. You will need some ice cream. Wrap a block in several thicknesses of newspaper and a piece of blanket, and set in a cold place—failing a refrigerator or a wide-mouthed vacuum flask. Take the required number of fairly-large individual cakes, hollow out the centres, and fill with crushed sweetened fruit or a spoonful of conserves (jam with the fruit whole in a thick syrup). Top with ice cream, and sprinkle with grated chocolate. Should there be two or three egg-whites available, scoop out a sponge cake, fill with fruit and then ice cream. Cover with meringue, and bake in a hot oven until the meringue is golden. Sprinkle with grated chocolate, and serve at once. This may also be done with the small cakes; but remember that the meringue is a soft one and must be used at once or it will collapse. To cook the meringue to its usual crispness would melt the ice cream.

Tipsy Cake (for a Dundonald reader)—Soak a sponge cake in half a glass of sherry, mixed with the juice of a lemon. Cover with cold custard flavoured with ratafia essence, and garnish with blanched and split almonds.

**Mushroom Patties**

By "Housekeeper"

A BELFAST reader asks for instructions for cooking mushrooms, to use in mushroom patties. The mushrooms are in this case usually stewed in butter or margarine, and when they are plentiful, the caps alone are used, the stems being added to soups or stews. If the caps are pale in colour they need not be peeled, but should be lightly washed and drained, then sliced and dropped into melted butter margarine or bacon dripping. Cook, shaking the saucepan frequently until they are tender, then use to fill the pastry shells. Cooked mushrooms served in boat shaped patties made from cheese pastry make a very tasty savoury.

Cheese pastry, in biscuits or straws, served with a vegetable soup, will provide an alternative to sprinkling grated cheese into the soup. For the vegetable soup shred or grate an onion, and cook for a few minutes with 1 oz. melted margarine or bacon dripping. Add a grated carrot, a piece each of grated parsnip and turnip, white or yellow, a stick of celery finely chopped, a peeled tomato, and a little shredded cabbage. Stir in the onion, cook for a few minutes, then add 1½ pints of water, salt and pepper to taste, and cook for half an hour. Serve very hot as above, or with fingers of bread brushed with melted margarine and sprinkled with celery seeds, and then crisped in the oven; or simply with cubes of toast or fried bread. A slice of bacon, dice and cooked in the margarine, will add body to the soup, while one or two shredded potatoes will thicken slightly.

For a Meringue Brown Betty cook three or four large apples (a pulp, sweeten to taste with saccharin or syrup, flavour with powdered cinnamon, and beat a two egg yolks. Line a buttered pie-dish with browned bread crumbs, and fill it with layers of apple and of breadcrumbs, mixing some coconut with breadcrumb if you like. Bake for half an hour in a moderate oven, cover with meringue made from the egg whites, cook for 15 minutes more and serve with hard sauce, custard.

6 Saturday

7 Sunday



**Baked Chicken**

One chicken (2-2½ lbs.), cut into serving pieces  
 One egg  
 Three tablespoons lemon juice  
 One tablespoon grated Romano cheese  
 Standing time: One-half hour  
 One cup sifted bread crumbs  
 One teaspoon salt  
 One-eighth teaspoon pepper  
 One-fourth pound butter or margarine  
 Oven temperature: 350 degrees F.  
 Baking time: One hour  
 Servings: Four.

Place the pieces of chicken in a large bowl. Beat the egg, lemon juice and cheese together and pour over the chicken; cover. Let stand. Coat each piece of chicken with the mixed crumbs and seasonings. Arrange in a greased baking dish and dot with the butter or margarine. Bake in a moderate oven until the chicken is tender and brown.

**C**UP cakes with flavor accents of lemon, prunes and cherries may be baked in muffin tins or in paper baking cups. They'd be just right to pack along with your other goodies for a holiday picnic.

**HOLIDAY CUP CAKES**

1 cup cooked prunes  
 ¼ cup maraschino cherries  
 ½ cup shortening  
 1 cup granulated sugar  
 2 eggs  
 2 cups plus 2 tbsps. sifted all-purpose flour  
 1 tsp. salt  
 4 tps. baking powder  
 ¾ cup milk  
 1 tbsp. lemon juice  
 ¼ tsp. grated lemon rind

Cut prunes from pits into small pieces. Cut cherries fine. Cream shortening and sugar together. Blend in well-beaten eggs. Sift flour with salt and baking powder. Add alternately with milk to creamed mixture.

Blend in lemon juice and rind, prunes and cherries. Spoon into greased muffin pans. Bake in moderately hot oven (375 degrees F.) about 20 minutes. Frost if desired. Makes 18 medium-sized cakes.

10 Wednesday



Autumn vegetables

By "Housekeeper"

ONE of the less frequently used, and yet extremely economical of the autumn vegetables is marrow. It is somewhat insipid, however, and should be served in a well-flavoured sauce. To prepare it for cooking, pare thickly, cut into 1/2-inch rings, and remove the centre part containing the pith and seeds. Drop into boiling salted water, and cook until tender—20 to 30 minutes, depending on the age and size of the marrow. Drain well, and stir in half a pint of well made thin white sauce. Flavour the sauce with plenty of salt and pepper, or by adding onion juice or shredded onion, grated nutmeg or cayenne pepper, chopped parsley or other fresh herbs. Serve it with a sharp cheese sauce, or put the cooked marrow into a well greased casserole, cover with a seasoned mixture of half a cupful of dry breadcrumbs and 1/2 lb. shredded processed cheese, and brown under a grill or in a hot oven.

French and runner beans are beginning to lose their crispness. Wash them well, as usual, cut off the ends and remove the strings. Slice lengthwise, crosswise or in diamonds, and drop into a saucepan containing 1/2 inch of boiling salted water. Cover with a tight-fitting lid, and cook for 20 or 25 minutes; then remove the lid, and allow any remaining water to boil away. Stir in a nut of butter or margarine, and add a dash of salt, pepper and sugar; or add a spoonful or two of French dressing (oil and vinegar) seasoned with onion juice, and serve hot.

Broccoli can be served in the same way as asparagus. Cut away the tough ends of the stalks and any large leaves, drop into boiling salted water and cook for 15 or 20 minutes. Drain, and toss in a mixture of melted margarine and lemon juice, seasoned with paprika or cayenne pepper.

COOKERY HINTS

11 Thursday Fish Fryng Methods

By "Housekeeper"

FISH, coated with batter and fried in deep fat, is liked by most people, especially when accompanied by crisp chipped potatoes. Prepare the batter first, either by making the usual Yorkshire pudding and pancake batter—4 oz. flour, 1 egg, and 1 pint of milk—or a plain batter of 4 oz. flour, with salt and pepper, a pinch of baking powder, and water to blend to a smooth batter, and then a tablespoonful of hot fat. Leave to stand for an hour or so. Prepare the potatoes for the chips, by peeling and cutting, then lengthwise into pieces about 1/2 inch thick. Soak in cold water for 1 to 1 hour, and then dry on a clean tea towel. Heat the fat; the ideal mixture for deep fat frying is supposed to be equal parts, of best olive or salad oil and dripping. When a faint blue haze can be seen coming from the fat, put in the potatoes, taking care not to add too many, or the fat will cool and the chips be heavy. Drain the cooked chips, which should be a pale yellow, and keep them warm. Dip the fish into the batter, and then drop one or two pieces into the fat, and cook until they are crisp. Keep hot while the chipped potatoes are passed through the smoking hot fat to crisp and re-heat them, then serve with baked or fried tomatoes or mushrooms.

Most fish can be fried in this way. Small fish, such as whiting, can be cooked whole. If preferred the fish can be dipped in egg and breadcrumbs before being fried, instead of the batter. First wash and dry the fish and then dip in flour. Shake off the surplus, dip in lightly, beaten egg, and then in dry breadcrumbs. Repeat the egg and breadcrumbing for a good result. Pat in the breadcrumbs, and set aside for half an hour before frying.

12 Friday

COOKERY HINTS

Apple Chutneys (1)

By "Housekeeper"

WINDFALL apples can be used to make jams, jellies and chutneys if all the bruised and damaged parts are carefully cut away. Try to use sour apples for these, or a mixture of different varieties. When making apple chutney, the general method is to cook the apples, and onions, with the dried fruit and spices, in half the vinegar until tender; then to add the sugar and the remainder of the vinegar, and continue cooking until the chutney is smooth and thick. Pot, and cover while the chutney is hot, remembering to avoid metal covers.

One of the simplest apple chutney recipes is—3 lb. apples, 1 lb. onions, 1/2 to 1 lb. raisins or chopped dates, 1 lb. sugar, 2 oz. salt, 1 oz. mustard seed, 1 oz. ground ginger, 1 teaspoonful cayenne pepper, and 1 1/2 to 2 pints of vinegar. To get the full flavour from mustard seed it is advisable to roll with a rolling-pin between two sheets of greaseproof paper, to bruise it, and then soak it in half a pint of the vinegar. Peel and chop finely or mince the onions, peel and core the apples, and chop the dates, and raisins if they are used. Add the spices and the mustard seed and vinegar, and allow to simmer gently until the onions are tender, and the apples pulped. Then add the sugar, and a further pint of the vinegar. Continue boiling until the mixture thickens, stirring continuously after the sugar has been added. Further vinegar may be added if the mixture thickens too much. For a hotter chutney, double the amount of mustard seed, and add 1/2 oz. curry powder. This chutney improves by keeping, and should be kept, if possible, for two or three months before using.

In these, as in most chutney, recipes, syrup or honey may be used instead of sugar.

13 Saturday

14 Sunday

SPECIFY

COOKERY HINTS

Apple Dumplings

By "Housekeeper"

LARGE apple dumplings are usually steamed, while small ones can be baked or steamed. For the small baked dumplings, take short crust pastry, and roll it out thinly. Cut into 3in. squares, set a peeled and cored apple in the centre of each square, and fill the hole in the centre of the apple with sugar or syrup (if syrup is used it will be necessary to put in a "cork" of bread to prevent the syrup from flowing out) Damp the edges of the pastry, and cover the apples, moulding in the pastry to avoid cracks. Set on a well-greased baking-sheet, and bake in a moderately hot oven, beginning at about 357 deg. F, and then, when the pastry is browned, reducing the heat, and allowing the apples to cook through. A clove may be put in each before baking. Serve hot with custard. Before serving, the dumplings can be brushed with water, sprinkled with sugar, and then returned to the oven for about five minutes, to give a glaze.

Individual dumplings can be made in the same way, using squares or rounds of thinly-rolled suet pastry, then rolling them in greased and floured pudding-cloths, and dropping them into boiling water to cook. If the apples are not too big, they should be cooked in about half an hour. It is more usual to put the suet pastry in a bowl, and to fill the bowl with sliced apples, then to put on a "lid" of pastry, cover with greased paper and steam or boil for 2 or 3 hours. Serve very hot, with custard.

COOKERY HINTS

Apple Chutneys (2)

By "Housekeeper"

THE plentiful crop of damsons may tempt someone to try to-day's first recipe for damson and apple chutney, which has a particularly good colour and flavour. As it is preferable to remove all the stones from the damsons, these must be cooked first with a pint of the vinegar, until they are tender and the stones can easily be removed. Then add all the other ingredients, except the sugar, and simmer until tender. Stir in the sugar, and cook until thick.

Damson and apple chutney—3 lb. damsons, 1 lb. sugar, 1 lb. apples peeled and cored, 1 lb. onions finely chopped or minced, 1 oz. salt, 1/2 teaspoonful ground ginger, 1/2 teaspoonful each of mace, dry mustard and cayenne pepper, 2 1/2 pints of vinegar, and 1 lb. of chopped dates or sultanas if available.

Date and apple chutney—(1) 1 lb. apples, 1 lb. dates, 1 lb. sugar, 1/2 tablespoonful salt, 1 pint vinegar, 1 onion, and 1 teaspoonful each of ground ginger and cayenne pepper. (2) 1 lb. apples, 1 lb. dates, 1 lb. sultanas, 1 lb. onions, 1 lb. treacle or syrup, 2 oz. sugar, 4 oz. salt, 1/2 teaspoonful cayenne pepper and 2 1/2 pints of vinegar. Bring the vinegar and treacle to the boil, and add all the other ingredients.

Mild apple chutney—2 lb. apples, 1 onion, 1 teaspoonful each of ground ginger, salt and mustard, 1/2 teaspoonful cayenne and 2 teaspoonfuls of mixed spice, 2 oz. sugar, and a good 1/2 pint vinegar.

Apple chutney—5 lb. prepared apples, 1 lb. onions, 1 lb. sugar, 2 pints of vinegar, 1 lb. raisins, 1 teaspoonful each of ground ginger, salt, and mustard, 1 teaspoonful cayenne, and a good pinch each of ground cloves, allspice, cinnamon and mace.

The preliminary cooking of the fruits with the spices may be done in the oven. This is advantageous where a solid fuel stove is used. Bring the mixture to the boil on top of the stove, cover tightly, and set in the oven.

COOKERY HINTS

Ginger Marmalade

By "Housekeeper"

FROM time to time there have been inquiries about ginger marmalade, which should, so far as I can find out, be made from green ginger, but I have always believed that it should be possible to make a substitute which resembled the commercial marmalade. Here is a recipe using vegetable marrow, apples, and root and ground ginger. The method is somewhat involved, but the jam sets quite readily.

First prepare some vegetable marrow—about half a medium-sized marrow, peeled thickly, the centre removed, and the flesh neatly diced. Cover with water, and add 1 oz. root ginger to 3 cupsful (measured generously) of diced marrow. Simmer until the marrow is tender, and the water is reduced in quantity. Strain off this juice, and remove the root ginger. Set the marrow on a plate. Remove the damaged parts from about a dozen windfall apples, cut up roughly, add the liquid in which the marrow was cooked, and sufficient water to cover and simmer until the apples are tender. Rub through a sieve or, preferably, strain through a jellybag. Measure 6 cupsful of apple, add the 3 cupsful of cubed marrow, 6 cupsful of sugar, and 3 teaspoonfuls of ground ginger, and cook in the usual way until the marmalade thickens, and will set when tested.

If the apple juice is added to the marrow the result will be a clear marmalade, with cubes of ginger-flavoured marrow in it. The use of apple pulp, made by sieving the apples, makes it more like apple jam. Two teaspoonfuls of ground ginger would be sufficient to give a mild-flavoured marmalade. From the above quantities I got a total of over 5 lb. of marmalade. The flavour is good, but I am inclined to believe that it will improve on maturing.



# Pineapple Cookies Perfect Picnic Fare

By NANCY DORRIS

If you are baking today, we suggest your trying a recipe for pineapple filled cookies which are perfect with tea or on a picnic. It is hard to decide which tastes better, the rich cookie itself or the pineapple filling.

The cookie dough is rather soft and handles better after thorough chilling. Hence the suggestion about dividing the dough into three equal parts and rolling out one part of the chilled dough at a time.

*Nancy's  
Daily  
Dish*

## Pineapple Filled Cookies

One-fourth cup sugar  
One tablespoon cornstarch  
One cup canned crushed pineapple and juice  
Cooking time: Five minutes, or until thickened  
Two-thirds cup shortening  
Two-thirds cup sugar  
Two eggs  
One teaspoon vanilla  
One teaspoon grated lemon rind  
Two cups sifted all-purpose flour  
One and one-half teaspoons baking powder  
One-half teaspoon salt  
Chilling time: Two to four hours  
Oven temperature: 375 degrees F.  
Baking time: Ten to twelve minutes  
Yield: Thirty or more.

For the filling: Combine the sugar and cornstarch in a small saucepan. Add the crushed pineapple and juice; cook over low heat, stirring constantly, until thick and clear. Cool.

Cream the shortening and remaining sugar in a mixing bowl until fluffy. Add the eggs, one at a time, beating well. Stir in the vanilla and lemon rind. Add the sifted dry ingredients, mixing to a soft dough. Divide the dough into three parts; chill thoroughly.

Roll out, one portion of chilled dough at a time, one-eighth inch thick upon a lightly floured board. Cut with a floured cutter (2½ in.). Place half the circles of dough on ungreased baking sheets. Put a

teaspoon of filling in the center of each circle and spread almost to the edge. Cut a slit in the center of each of the remaining circles and place over the filling. Seal the edges with the tines of a fork or crimp with the fingers.

Bake to a straw color in a moderately hot oven. Do not over bake lest the edges become too brown. Remove from the baking sheet and cool upon cake racks. When cold pack in a covered container.

## SPANISH RICE, SARDINES

2 cups cooked rice  
¼ cup butter or margarine  
1 cup peeled, sliced onions  
1 No. 2 can tomatoes (2½ cups)  
1¼ tsp. salt  
3 tbsps. minced green pepper (optional)  
2 whole cloves  
1 bay leaf  
1½ cups grated sharp cheese  
1 can sardines

Cook rice according to label directions. Melt butter or margarine in skillet. Add onions; cook, stirring often, until golden and tender. Add tomatoes, salt, green pepper, cloves and bay leaf. Simmer, uncovered, 15 minutes. Remove bay leaf and cloves.

Add rice and 1 cup of the grated cheese. Mix well and turn into greased 1½ qt. casserole. Top with remaining half cup cheese. Arrange sardines over cheese. Bake at 375 degree F. (moderately hot oven) for about 20 minutes or till bubbly hot and cheese is melted. Makes 4 servings.

## Country Captain

Two chicken breasts, cut in halves  
Four chicken legs  
One teaspoon salt  
One-eighth teaspoon pepper  
Four tablespoons fat  
Browning time: Ten to fifteen minutes  
One clove garlic, chopped  
One medium-sized onion, chopped  
Two cans (3 oz. each) mushrooms, chopped  
One green pepper, chopped  
Cooking time: Five minutes  
One quart thin cream sauce  
One-half cup sherry  
Two teaspoons curry powder (about)  
Oven temperature: 375 degrees F.  
Baking time: Thirty minutes, or until tender  
Servings: Six

Singe, wash and dry the pieces of chicken. Rub with the salt and pepper. Brown on all sides in the hot fat in a heavy skillet. Transfer to a greased casserole. In the same fat cook the chopped garlic, onion, mushrooms and green pepper. Add to the cream sauce with the sherry and curry and pour over the chicken. Bake, uncovered, in a moderately hot oven until the chicken is tender. Arrange on a heated platter with a border of hot cooked rice. Serve the gravy separately.

Almost every Georgia family, we are told, once had its recipe for Brunswick stew, a savory dish of vegetables and or other meat.

In pioneer days fresh meat was scarce and homemakers depended upon the men to go hunting and bring back game for the table. The vegetables used in the stew were from the garden so carefully cultivated by the family.

Today the adapted recipe for the stew features chicken or lamb instead of squirrel.

## Lamb Brunswick Stew

Three pounds lamb shoulder or breast, trimmed and cut  
Six to eight cups boiling water  
One-half cup diced onion  
One-half cup diced celery  
Simmering time: One hour  
Four large tomatoes, peeled  
Four ears corn, cut from the cob  
Four medium-sized potatoes, peeled and diced (1 in.)  
One and one-half teaspoons salt  
One-eighth teaspoon pepper (about)  
Simmering time: One hour, or until tender  
Two tablespoons flour, or more  
Four tablespoons cold water  
Cooking time: Five minutes  
Two tablespoons chopped parsley  
Servings: Six, or more

Request the butcher to trim excess fat from the lamb and cut the meat into serving portions. Do not remove the bone.

Wash the meat and place in a large kettle with water almost to cover; add the onion and celery. Bring to a boil; after five minutes reduce the heat. Cover. Simmer. Add the quartered tomatoes, cut corn and diced potatoes, salt and

pepper. Cover. Simmer until the meat is ready to leave the bone and the potatoes tender. Blend the flour and water to a paste in a cup and add to the stew. Cook, stirring, until slightly thickened. For a thicker gravy, use more flour. Correct the seasoning. Serve in a heated deep platter with a garnish of parsley.

## BUTTERCRUNCH CAKE RING

(Makes 8-10 servings)

¼ cup butter or margarine	vanilla
½ cup brown sugar, firmly packed	3 tablespoons sugar
½ cup broken walnut meats	1½ cups pitted Bing cherries, fresh, canned or quick-frozen
1 pkg. white cake mix	1 cup pineapple chunks, fresh, canned or quick-frozen
1 cup heavy cream	
1½ teaspoons	

1. Grease 10-inch ring mold.
2. Break butter or margarine in small pieces, place in bottom of mold.
3. Sprinkle brown sugar and walnuts over butter.
4. Prepare cake mix batter as directed on package; pour evenly into mold.
5. Bake in moderate oven, 350°F., 45 to 50 minutes; remove from pan at once; cool.
6. Whip cream; whip in vanilla and sugar; fold in fruits.
7. Fill center of cake with cream mixture.



SCATTER dots of butter on bottom of greased ring mold. Add nut mix.



PREPARE batter from white cake mix; pour over buttercrunch layer.



18 Thursday

COOKERY HINTS

Vegetable marrow jam

By "Housekeeper"

THERE is no middle way about vegetable marrow jam; you either like it or you do not. Here are some recipes for those who like it. The marrow is prepared in the same way as for boiling, by paring thickly, cutting into slices, removing the centre and cutting into dice. Small under-ripe marrows should not be used for jam-making.

Marrow Ginger—4 lb. prepared vegetable marrow should be steamed until tender. Put into a preserving pan with 3½ lb. sugar, 2 oz. bruised root ginger tied in muslin, and the grated rind and juice of 3 lemons or 1 pint of apple juice. Cook until the vegetable marrow is tender and the syrup thick. Then remove the muslin bag containing the ginger, pot and cover.

Marrow Jam—Put 4 lb. prepared marrow in layers in a bowl, sprinkling each layer with sugar (4 lb. sugar). Allow to stand for 12 hours, then put into a preserving pan, and 1 oz. bruised root ginger tied in muslin, ½ teaspoonful citric or tartaric acid or the juice of a lemon, and 1 pint of apple juice. Stir over a low heat until the mixture comes to the boil, then boil rapidly until the syrup thickens and the marrow is transparent. Too rapid boiling tends to cause crystallisation.

Golden Marrow—Put in layers in a bowl 4 lb. prepared marrow, 4 lb. brown sugar, 2 lb. gold syrup, and ½ lb. crystallised ginger, and allow

19 Friday

COOKERY HINTS

Fruit Cheeses and Curds

By "Housekeeper"

THE only difficulty in making fruit cheeses and curds lies in the constant stirring required to prevent the thick mixture from sticking to the bottom of the preserving pan while it is cooking. For this reason it is a good plan, if the butter can be spared, to grease lightly the bottom of the preserving pan with a small amount of butter before beginning to cook the fruit.

For fruit butters, apples, pears, damsons, grapes, marrow or quinces can be used. With apples add a teaspoonful of citric acid, quinces ½ teaspoonful, and marrow ½ teaspoonful. Flavour apple and marrow as desired. To make, prepare the fruit in the same way as for jelly-making. Barely cover with water, add the acid, and flavourings, and simmer until quite soft. Rub through a hair sieve, and weigh. For each pound of pulp add half a pound of sugar, and cook for 45 to 55 minutes, until the consistency of butter is reached. Pot and cover. Marrow can be flavoured with raspberry, strawberry, peppermint, orange, lemon or vanilla essence, adding the flavouring immediately before potting.

For fruit cheeses follow the above instructions, but add 1 lb. of sugar per pound of fruit pulp, and boil for 1 to 1½ hours, until the mixture is quite thick. Put into small jars.

To make mock lemon curd, take 1 lb. vegetable marrow, prepared as for either of the above. Add the grated rind and juice of 3 lemons, ½ lb. sugar and ½ lb. of margarine. Cook until the mixture is thick, and put into small jars. Seal with air-tight coverings.

Damson or blackberry jellied sweets—Make the fruit juice in the same way as for ordinary jelly. To each pint of juice add ½ pint of apple juice of good setting properties, or commercially-prepared pectin, and 1½ lbs. of sugar. Boil until the mixture passes a good setting test, or to just over 220 deg. F. Pour into oiled tins ½ inch deep, allow to set, cut into squares, and dust with fine sugar, or with desiccated coconut. Allow to dry out in a warm place for 24 hours before storing.

20 Satur

21 Sund

SPECIFY

COOKERY HINTS

Blackberry and Damson Jams

By "Housekeeper"

THE great difficulty in making damson jam lies in removing the stones; but most of them can be skimmed out after the fruit has been simmered until it is soft. More can be removed by skimming just before potting. As a jam, damson is easy to make; but sugar-saving recipes tend to give a slightly bitter jam, and those which substitute syrup or honey for part of the sugar are preferable.

Damson jam—4 lb. damsons, 1 pint water, and 5 lb. sugar. Stalk and wash the damsons, drain them dry, and simmer in the water until soft. Skim out as many stones as possible, add the warmed sugar, bring to a full rolling boil after the sugar has dissolved; then cook until the jam will set when tested. Pot and cover.

If liked, substitute for the 5 lb. sugar above, 1½ lb. syrup or honey and 3½ lb. sugar. The set tends to be soft, and should be allowed for when testing to see if the jam is cooked.

Blackberry jam—4 lb. blackberries, ½ pint water, ½ teaspoonful of citric or tartaric acid, or the juice of a lemon, and 4 lb. sugar. The acid or lemon juice may be omitted if a fair proportion of slightly underripe berries are included. Simmer the carefully-picked-over fruit with the water and acid until tender. Do not undercook at this stage, or the result will be tough shrivelled berries swimming in a juicy syrup. When the blackberries are soft, stir in the warmed sugar, and boil rapidly until the jam will set when tested.

Blackberry and Apple—Either 2 lb. blackberries and 2 lb. prepared apples (or 3 lb. blackberries and 1 lb. apples), 4 lb. sugar and ½ pint of water. The apples may be pulped, separated in half a pint of

COOKERY HINTS

Sausage Recipes

By "Housekeeper"

A "DAILY Reader" asks for "a recipe which would give a small quantity of minced steak or other meat the flavour of the good old-fashioned pre-war beef sausage." Most of the sausage recipes which I have contain some veal or pork as well as beef; but I will give a selection of the different sausage recipes, so that other readers who may be interested can adapt them to suit the ingredients available to them.

The method of making the sausages is in each case the same; the meat is finely minced after chopping, and mixed with all the ingredients. Then, if a larger quantity than is immediately required is made up, the remainder is put into a jar and covered; but I do not recommend storage of these sausages. Roll the sausage meat into the shape of sausages, dip in egg and roll in breadcrumbs, or in flour, before frying.

Pork sausages—½ lb. pork, 10 oz. suet, 2 teaspoonfuls chopped sage, 1 teaspoonful of chopped sweet herbs, a little grated lemon rind (½ lemon), ½ grated nutmeg, ½ teaspoonful of pepper, and ½ teaspoonful of salt. Beef or veal, or a mixture of beef and pork, can be used in this recipe.

Oxford sausages—½ lb. lean veal (use beef if preferred), ½ lb. pork, ½ lb. beef suet, 2 oz. breadcrumbs, a dash of grated lemon rind, ½ grated nutmeg, 1 leaf of sage, ½ teaspoonful pepper, ½ teaspoonful of salt, and a very small piece each of thyme, savory and marjoram.

Cambridge sausage—½ lb. beef, ½ lb. veal, ½ lb. pork, ½ lb. bacon, ½ lb. suet, pepper and salt, and a pinch of sweet herbs and sage leaves. Tie in a greased and floured cloth, and boil for an hour. May then be used, or allowed to cool, and then sliced and fried.

The simplest sausage recipe allows three parts of pork to one of beef, and adds ½ oz. salt and ½ teaspoonful of pepper per pound of the mixture.

COOKERY HINTS

Jelly-making

By "Housekeeper"

ONE way of getting round the difficulty of stones in damson jam and seeds in blackberry jam, especially in a year when the fruit is plentiful, is to make jelly, curd and cheese in preference to jam.

For Blackberry jelly, add ½ pint of water to each 4 lb. fruit (and a few cloves and an inch or so of cinnamon to give a spiced jelly). Simmer until tender, strain through a jellybag, and measure the juice. To each pint of juice add 1 lb. sugar, and boil until the jelly will set when tested. Testing by dipping a wooden spoon into the pan, lifting a spoonful of jelly, holding it for a few minutes, and then letting it fall off the spoon, makes the "flake test." When the jelly or jam is ready it drops off the spoon in thick flakes, not in a thin stream.

For Damson jelly, add 2½ pints of water for each 4 lb. damsons, and use 1 lb. sugar for each pint of juice. Damson jelly is a clear dark red, a tart jelly, which could be used with meat in the same way as red currant jelly. When wind-fall apples are plentiful, they may be mixed with either blackberries or damsons. Use the same amount of water for the mixed damson jelly, but allow 1½ pints of water for the mixed blackberry and apple jelly.

Apple jelly itself is made by adding 2 pints of water for each 4 lb. cleaned and roughly cut-up apples, then adding 1 lb. sugar per pint of juice. To vary the flavour, add ½ teaspoonful of almond or peppermint essence to the pint of jelly immediately before potting, and put up in small pots, or cook a piece or two of cinnamon, root ginger, lemon rind, a few cloves or

COOKERY HINTS

Coconut Cheese Cakes

By "Housekeeper"

A HOLYWOOD reader asks for a recipe for coconut cheese-cakes. The simplest recipe for these is to use scraps of short or flaky pastry to line patty-tins, and put a small amount of raspberry or apricot jam in each (about ½ teaspoonful). Then beat an egg white to a stiff froth, and stir in one-third of a cupful of icing sugar, well sieved, and half a cupful of desiccated coconut. Bake in a slow oven (350 deg. F.) for 20 or 25 minutes.

Coconut Cheese Cakes (2).—Prepare the pastry and jam as above. Cream 4 oz. margarine and 4 oz. sugar, beat in an egg, and stir in 5 oz. flour sieved with half a teaspoonful of baking powder, and mixed with 4 oz. of coconut. Add half a teaspoonful of lemon juice, or a few drops of vanilla essence, as flavouring. Put teaspoonful of this mixture in each pastry-shell, and bake in a moderately-hot oven (400 deg. F.) for 15 to 20 minutes.

A "Constant Reader" from Knock asks for a recipe for stuffing tomatoes, so that they can be served cold with meat. To prepare the tomatoes for stuffing, either cut them in halves, if large, or cut a slice off the bottom of the tomato, and scoop out the centre part, using a teaspoon, and being careful to avoid breaking the skin of the tomato. Chop up the part of the tomatoes which has been removed. Mix with finely-chopped or minced onion, diced apple, cucumber, diced cooked potato, or any other cooked vegetable, and chopped celery. Mix a selection of these ingredients together, moisten with salad cream, and season with salt, pepper, and chopped fresh herbs if liked. Put into the tomato shells, garnish with well-washed water-cress, and serve as an accompaniment to cold meat or fish.



## An Idea For The Cook

THE particular bête noire of most Continentals visiting, or living in, this country, is the deplorable way in which cabbage is cooked and served both in the home and the restaurant, writes *Mr. John S. Reynolds, of 10, Mowbray-road, London, N.W.6.* Invariably overcooked and badly drained, it comes to the table looking like soggy green blotting paper and tasting of nothing very much.

Here is a way of cooking cabbage that is much favoured by Slavonic people, and which produces a dish that will keep. In fact it improves with keeping, provided that it is reheated each day.

### BIGOSZ

1 large Savoy cabbage, 1 cooking apple, 1 medium-sized onion, 2 or 3 skinned tomatoes, 2 or 3 carrots, 2 bay leaves, a dash of paprika, salt to taste.

Finely slice vegetables and fruit, place in covered saucepan with the seasoning and the absolute minimum of water. Cook until tender. When cooked, drain off and reserve the liquor. The cabbage may then be served as it is, or lightly fried in a suitable pan.

If liked, a sauce may be made incorporating a little of the liquor and some meat stock, or a little red wine may be added with advantage. Some people advocate the addition of a meaty bone to the cabbage when it is being cooked, but this is a matter of individual taste. The remaining liquor forms the basis of an excellent vegetable soup.

Unorthodox as the mixture of onion with cabbage may seem, I can testify to the excellence of the finished product, which is known, I understand, as "Bigosz."

SEPTEMBER

23 Tuesday

24 Wednesday



## Blackberry and elderberry wine

By "Housekeeper"

A "CONSTANT Reader" from Belfast asks for recipes for blackberry and elderberry wine. These are made in the same way as given yesterday for damson wine. Those who are interested in making really good wine should read more of the details of wine-making than I am able to give. There are several reliable books on preserving which contain information on wine-making, and these will be found in most libraries.

Ingredients for elderberry wine—4 lb. elderberries and 1½ gallons water. To each gallon of juice add ½ oz. yeast, 3 lb. sugar, ½ oz. ground ginger, and half a dozen cloves. When available 1 lb. raisins may be mixed with the elderberries. Allow to mature for at least four months.

Blackberry wine—4 lb. blackberries; cover with water. To each gallon of juice allow ½ oz. yeast and 2½ lb. sugar. Mature for at least four months.

Sloe wine—4 lb. sloes and 5 pints water. To each gallon of juice add ½ oz. yeast and 3 lb. sugar. Mature for twelve months.

Cider—Take 4 lb. apples and remove any damaged parts. Shred or mince finely. Cover with two gallons of boiling water, and stir well. Cover and stand in a warm place, to ferment, for a fortnight. Stir daily. Strain, add 2 lb. sugar and, if liked, 2 oz. ground ginger and a pinch each of ground cloves and cinnamon. Put into a keg or bottles, and cork lightly until all signs of fermentation cease. Then fill up the bottles, cork tightly, and store for six weeks.

Sweet cider—Cover sliced apples with water, and allow to stand as above; then strain and add 2½ to 2½ lb. sugar and 1 oz. yeast. Stand for two days in a warm place, and finish as above, leaving the cider for six months to mature.

## Fish Pie

By "Housekeeper"

A FISH pie can be kept hot for half an hour or longer if it is set at the bottom of a slow oven after it is cooked, or it can be cooked in a slower oven than given below for a longer time. The fish pie, for which a recipe is given, can also be made in the more usual way, putting the fish into the sauce and covering with a layer of mashed potatoes. Cook in the same way.

For the fish pie, make up half a pint of creamy white sauce by melting ½ oz. margarine in a saucepan, adding ½ oz. flour, and blending well. Gradually add half a pint of milk, and stir over a low heat until the sauce is thick. Stir in the top creamy milk from one or more bottles—two or three table-spoonsful. Season well with salt and pepper, stir in two good table-spoonsful of grated cheese, and stir over a gentle heat until the mixture is smooth. Stir in half a lb. of cooked noodles—macaroni shells of elbow macaroni.

Drain the liquid from a small tin of salmon or tuna fish, break the fish into small pieces, and fold into the sauce, together with a sliced tomato or some chopped cooked celery or onion. Put into a casserole, and sprinkle the top with a layer of grated cheese. Bake for 20 or 25 minutes in a hot oven. This cheese sauce is especially suited to tuna fish, or to any of the cheaper kinds of white fish, which should be cooked before adding to the sauce. If the cheese is not liked it can be omitted. The sauce in this case should be well flavoured; a few drops of anchovy essence could be added. Sprinkle the top of the pie with browned breadcrumbs before baking, and add a few flakes of margarine.

Fish Loaf—Make a white sauce from 1 oz. margarine, 1 oz. flour and half a pint of milk. Beat it into 1 lb. of mashed potatoes, and add 1 lb. cooked fish, skinned and boned. Season to taste with salt, pepper and nutmeg, and put in loaf-tin which has been greased and thickly lined with browned breadcrumbs. Bake for an hour in a moderate oven, or with a highly-flavoured

## Damson Wine

By "Housekeeper"

DAMSONS being unusually plentiful, anyone with a little sugar to spare may like to try making damson wine, which, especially if a little brandy is added, resembles a good port. Adding brandy is not so costly as it sounds, as the proportion is one gill of brandy to one gallon of wine.

First of all, a vessel is required in which to ferment the wine, such as a wooden tub, glass china or earthenware tanks, or bowls. Metal or lead-glazed vessels must not be used. New enamelled buckets will do if nothing more suitable is available. Apart from this tub, and clean bottles with new corks, muslin for straining, and a jug or funnel, the best results are achieved if the wine can be stored for some time in a wooden cask, but this is not absolutely necessary.

Remember, when using your recipe, that a dry wine results if you allow about two pounds of sugar per gallon of liquid, while it will be sweet if you use 3 to 3½ lb of sugar. Allow a generous ½ oz. yeast per gallon. Some authorities like the yeast spread on toast, but it can be blended smoothly with a little of the juice, and stirred in thoroughly. Be sure that the liquid is just lukewarm, or the yeast will not ferment properly.

Damson Wine.—4 lb. damsons, 2½ gallons of water, yeast, and sugar. Prepare the damsons as for jam; bruise or pound them thoroughly, add the boiling water, and allow to stand for four days, stirring daily. Strain through boiled muslin, measure, and measure gently

## COOKERY HINTS

### Casserole of Steak

By "Housekeeper"

THERE are occasions when we require a recipe for a main dish which need not be served immediately, but can be allowed to remain in the oven or in the saucepan for as much as three-quarters of an hour longer than was originally estimated. Casserole dishes of all kinds—steamed beef-steak and kidney pie and other steamed meat dishes and puddings—all wait well.

For casserole of steak, have the available amount of steak, which need not be of the best quality, cut about ½-inch thick. Mix together 2 oz. flour, ½ teaspoonful of salt, and a good dash of pepper. Using the edge of a saucer, pound this seasoned flour well into the steak. Cut the meat into the size of pieces which are to be served, and work in any flour which remains. Melt a nut of dripping in a pan, and brown the meat on all sides. Lift out the browned meat, and put it into a casserole. Add to the pan either 1 pint of tomato juice or ½ lb. of fresh or canned tomatoes, and stock or water to make up to 1 pint, with a few mushrooms if liked, and three or four sliced onions. Add these to the casserole, cover tightly, and allow to cook in a moderate oven (350 deg. F.) for about two hours, allowing a longer time if the meat seems particularly tough.

Serve baked potatoes with it. Scrub evenly-sized potatoes thoroughly, and prick them with a fork. Set on a baking sheet, and give about an hour in a moderate oven for medium-sized potatoes. Just before serving, split each potato, and drop in a small piece of margarine and a dash of pepper and salt. If additional vegetables are desired, prepare carrots in the usual way, and put them into a casserole with a pinch each of salt and sugar, a few flakes of margarine, and half a cupful of water. Cover tightly and cook for an hour. Serve either a cold sweet, or set a milk pudding or bread pudding in the bottom of the oven, to cook slowly.

## COOKERY HINTS

### Stuffed Steak

By "Housekeeper"

A TOUGH piece of thinly-cut steak can be stuffed and cooked either in the oven or in a heavy iron saucepan to provide a one-dish dinner, and the slow cooking will tenderise the meat.

Ingredients (to serve 6-8)—1½ to 2 lb. thinly-cut steak, ½ cupful finely-chopped onion, ¼ cupful finely-chopped celery, 3 cupful of diced bread, 1 tablespoonful of parsley, 2 table-spoonsful of water, 2 teaspoonful of salt, 1 oz. dripping or margarine, 1 cupful water, 12 to 16 small onions, 10 to 12 small carrots or 3 large carrots, and potatoes.

Melt the dripping in a heavy saucepan, and cook the onion and celery in it for a few minutes, then lift out and add the cubes of bread, parsley, 2 table-spoonsful of water, ½ teaspoonful of the salt, and if liked a pinch of dried herbs. Mix well together. Pound the steak with a wooden spoon, and spread the stuffing over it to within an inch of the edges. Roll up, and tie with string very securely. Put the meat into the saucepan with the dripping, and brown on all sides. Add the hot water, salt and pepper to season. Cover, and cook for half an hour. Add the sliced carrots and the onions. Cook for a further hour, then add as many potatoes as are required. Cook for a further hour.

The saucepan may be set on a very low heat, making sure that it is tightly covered, or set in a moderate oven (350 deg. F.), either in the saucepan, or transferred to a large casserole after browning the meat. Just before serving, drain off the liquid, add additional stock or water to make 1½ cupful, thicken with 1½ table-spoonsful of blended flour, and pour back over the meat and vegetables. If cooked in the oven, serve baked apples and custard as a sweet.

## COOKERY HINTS

### Goulash recipes

By "Housekeeper"

G OULASH is a Hungarian tomato-flavoured stew, which makes the cheaper cuts of lamb, beef or mutton tender and tasty.

Goulash (1)—Cut 1 lb. of shin of beef into one-inch cubes, and brown in a little melted dripping with a chopped onion. Lift out the onion, and fry the meat in the dripping. Season with salt and pepper, and add 1 cupful of boiling tomato juice or thin tomato puree. Cover the pan tightly, and allow to simmer very slowly for 1½ to 2 hours, until the meat is tender. Thicken the gravy slightly just before serving the stew.

Goulash (2)—Cut 1½ lb. of neck or shank of lamb or mutton into cubes, roll in seasoned flour, and brown in a little melted dripping. When the meat is well coloured add a finely-shredded clove of garlic, a chopped onion, and half a pint of fresh, tinned, bottled sliced tomatoes, with a teaspoonful of salt and a dash of pepper or paprika. Add 1 cupful of beans (dry measure) which have been soaked overnight and rinsed. Simmer very gently for 1½ to 2 hours, or set in a casserole in a slow oven for 2 to 2½ hours. Taste and correct the seasoning before serving.

Goulash with Sauerkraut—Brown two sliced onions in a little dripping. Add 1 lb. of stewing meat cut into cubes, and cook until the meat is coloured. Add 1 lb. of sauerkraut, and simmer gently for 1 to 1½ hours. Stir in ½ table-spoonful of caraway seed, 1 table-spoonful of vinegar or lemon juice, and 1 cupful of condensed milk. Simmer a further half-hour, and serve.



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FOR THIS CAKE YOU'LL NEED:

- Three chocolate cake layers
- Fluffy frosting
- Shredded coconut
- Food colors: yellow, red, green, blue
- Pastel cream mints
- Chocolate for lettering
- Cake decorator set



2 Thursday

COOKERY HINTS

Ginger bread

By "Housekeeper"

IF it is kept in a tin, gingerbread is one of those cakes which improves with keeping up to a week or so, provided that it is not made from a recipe with very little fat.

Plain Gingerbread—4 oz. brown sugar, 4 oz. margarine, 6 oz. treacle, syrup or a mixture of both, 1 lb. flour, 4 oz. fruit or nuts when available, 2 eggs, 1 teaspoonful of ground ginger, half a teaspoonful of cinnamon, and half a teaspoonful each of salt and baking soda. This recipe is excellent if only one egg is used and about 2 table-spoonsful of milk, buttermilk, sour milk or sweet milk—in order of preference—used instead of the second egg. No additional raising agent is necessary. Melt the margarine in a saucepan with the treacle and sugar, and allow it to cool to lukewarm. Sieve all the dry ingredients together. Beat the egg until it is light and frothing. Make a well in the centre of the dry ingredients, add the warm syrup, and stir well in, as you would mix a batter, keeping the mixture soft and free from lumps. Add the egg and milk and dried fruit if used, which should be dusted with a little of the measured flour.

Put into a greased and lined cake or loaf-tin, two prepared sandwich-tins, or a lined Swiss-roll tin. Bake the deeper cakes in a moderate oven (400 deg. F) for 15 to 20 minutes until the cakes are risen and have set; then reduce the heat, and bake at 375 deg. F for a further 1/2 to 3/4 hour, until they are cooked through. Test in the usual way with a metal skewer. If the cakes are to be baked in sandwich-tins, bake in a moderately hot oven (450 deg. F) for the first 20 minutes, then reduce the heat slightly, and allow a further 10 to 15 minutes at 400 deg. F. These changes in temperature are achieved with a minimum of effort by lowering the cakes in the oven.

3 Friday

COOKERY HINTS

Lemon Curd

By "Housekeeper"

ANtrim reader asks for some advice on the making of lemon curd and also for "some ideas for tea, keeping in mind the scanty meat ration." I would feel greatly obliged to any reader who would care to help with this problem, as I have a feeling that some of the spaghetti, rice and cheese dishes which I have suggested in the past have not been as popular as they deserve to be. I serve them frequently when I have guests, and find that once the first shock is over and the guests have tasted the particular dish, they find it enjoyable and second helpings are usually demanded.

For the lemon curd, or orange curd, the following are economical recipes—Lemon Curd: 2 egg yolks, the grated rind and juice of 1 lemon, 1 oz. cornflour or custard powder, 4 oz. sugar, 1/2 oz. margarine and 1 pint water; or 2 eggs, 2 lemons, 1 cupful of sugar, 1 cupful of water, 1 table-spoonful cornflour.

Orange Curd—2 oranges, juice of 1 lemon, 1/2 lb. sugar, 1 oz. margarine, 2 eggs.

Put the grated lemon and orange rinds into a saucepan with water, fruit juice and blended cornflour. Cook until the mixture thickens add the sugar, and cook for 3 minutes. Beat the eggs until the white and yolk are well mixed, pour some of the hot mixture on to the eggs, return to the saucepan, and cook slowly until the mixture is thick and creamy. Do not allow to boil after the eggs have been added, and stir continuously. Pot and use within a few days. In the recipe for the orange curd put all the ingredients into a double saucepan, beating the eggs lightly, and stir over a gentle heat until the mixture thickens.

4 Saturday

5 Sunday

COOKERY HINTS

Stuffed Tomatoes

By "Housekeeper"

ANYONE with a few backyard fowl may like the following recipe for a stuffed tomato salad, which would make a supper dish followed by a hot pudding, or preceded by a thick soup.

To serve 5 you will need 5 large firm but ripe tomatoes, 4 hard-boiled eggs, 1 cupful of minced celery, using the white centre part only, 1/2 cupful mayonnaise or salad cream, lemon juice or vinegar, 1/2 teaspoonful made mustard, dash of pepper, 1/2 teaspoonful of salt. Wash the tomatoes and peel them if you wish, by dipping them into boiling water for a few minutes until the skins crack. Cut away a circle about the size of a penny from the stem end, and scoop out the centre with a teaspoon. Set aside this pulp, for use in soup, or chop it and add to the other ingredients. Season the mayonnaise with a little vinegar, or lemon juice, the mustard, salt and pepper. Mix the chopped egg with the celery, fold into the mayonnaise. Set aside in a cool place for half an hour or so, then fill into the tomato shells. Serve on a bed of lettuce, shredded cabbage or watercress. Instead of the tomatoes, ripe eating apples may be used in the same way, and indeed, a little chopped apple added to this celery and egg salad is a pleasant surprise.

Have you tried corned beef cut into 1/2-inch fingers and dipped in a batter made from 4 table-spoonsful of flour, 1 table-spoonful of melted fat or oil, salt, pepper and water to mix, the fritters then fried in a pan! This batter can be used for any meat or fish dish. Or tried serving left-over carrots and parsnips cut in thick slices and browned in bacon dripping.

COOKERY HINTS

Rose Hip Syrup

By "Housekeeper"

WARRENPOINT reader asks for a recipe for rose hip syrup. This can be used as the base for warm drinks in the same way as black currant puree or jam. It is a good source for the elusive vitamin C. In the case of the syrup given below, the average daily "dose" would be two table-spoonsful for an adult and in proportion for children.

Fully ripe, bright red fruit is required, and any stalks, &c., should be removed. Grate, shred or mince, and cover immediately with boiling water. To each 2 lb. rose hips add 3 pints boiling water, bring up to boiling point, and allow to stand for 15 minutes. Strain off the juice into a jug, &c. Add half the original quantity of boiling water (1 1/2 pints) to the pulp, bring back to the boil, stand 15 minutes and strain. Discard the pulp. Boil the mixed juice until it measures only 1 1/2 pints. Stir in 1 1/2 lb. sugar, allow the sugar to dissolve, and boil for 5 minutes. Put into sterilised bottles, cover, and sterilise, bringing up to simmering point and keeping at that temperature for 10 minutes. If corks are used, they should be painted over with paraffin wax on cooling. Store, preferably in darkness, in a cool, dry place.

Sauce or cordial or similar bottles should be used. Wash clean, bring to the boil, and allow to cool before filling. Boil the corks whether new or old, for 1/2 hour before using. For rose hip syrup small bottles are preferable, as the syrup keeps fresh only about ten days after opening the bottle.

COOKERY HINTS

Coffee cake

By "Housekeeper"

TO-DAY'S recipe for a coffee cake is probably of Scandinavian origin; it is usually served with mid-morning coffee, and is a fruit-filled ring, which for festive occasions can be given a rich filling, and is then iced and scattered with chopped cherries, candied peel, nuts and crystallised ginger. However, this is a simpler everyday coffee cake. It is made with a scone-type dough, rolled out to form an oblong, and spread with the fruit, then rolled up like a Swiss roll.

For the dough sieve 1/2 lb. flour with 1 table-spoonful baking powder, 1/2 table-spoonful salt, and rub in 2 oz. margarine. Add 1 table-spoonful of sugar and mix to a soft paste with a good half cupful of milk. If preferred, make the dough with buttermilk, and use 1/2 table-spoonful of baking soda instead of the baking powder. Knead lightly into an oblong and roll out 1/2 inch thick. Spread the surface of the dough with melted margarine—about 1/2 oz.—and sprinkle with a mixture of 1/2 cupful chopped dates, 1/2 cupful chopped nuts, or 1/2 cupful chopped candied peel, with 2 table-spoonsful brown sugar and a dash of grated nutmeg. Spread this mixture to within 1/2 inch of the edges, and roll up. Place the roll on a greased baking sheet in the form of a ring, cut through the outside edge with a pair of kitchen scissors or a sharp knife, and spread out these cut sections, which should be about 1/2 inch thick, flat on the baking tray. The ring should now look as if you had taken 1/2 inch slices from a Swiss roll and overlapped them to form a ring, but in this case, the slices are still joined together in the centre. Bake in a moderately hot oven (400 deg. F) for 25–30 minutes, and serve warm. Or allow to cool and brush with very thin water icing. For a caramel top brush with icing and return to the oven for a few minutes.

COOKERY HINTS

Apple Jelly Jam

By "Housekeeper"

SOME time ago a Belfast reader sent an attractive recipe for what she calls apply "jelly-jam," an invention of her own, which she finds very popular.

Have some big and some of the smaller green apples. Peel and core the larger apples, and put the pieces in a bowl with a wet cloth tucked over them closely until you have boiled and strained the peels and cores, with the little apples, a few cloves, and sufficient water to cover. Add the chopped apples to the strained juice, and measure. Allow one pound of sugar per pint of juice, bring slowly to the boil, allowing the sugar to dissolve; then boil rapidly until the mixture jellies. Avoid over-boiling. Pot and cover in the usual way.

This is the reader who holds such strong views on squeezing jelly-bags, saying that if the cloth used is of a good quality, squeezing will not give a cloudy jelly. I recently proved this for myself, and apologise—but I found it much harder work squeezing the jelly-cloth than hanging it up to drip.

The jelly I made on this occasion broke all the conventional rules, and probably for that reason was particularly successful. I was bottling pears, and had the peelings from the pears, about 2 lb. blackberries, a sliced lemon, and 2 lb. apples, which, being windfalls, were somewhat spotty. I covered this mixture with water, and cooked them, then strained, squeezing the jellybag thoroughly. I allowed equal quantities of sugar, and also, for good measure, a pint of left-over 50 per cent. sugar solution, highly flavoured with cloves. The mixture jellied safely, and tastes delicious.

SPECIFY "

FOR ALL YOUR PRINT



6 Monday

7 Tuesday

8 Wednesday



9 Thursd.

COOKERY HINTS

Party Sandwiches

By "Housekeeper"

HERE are some variations of the more usual methods of cutting sandwiches, which can be used at parties or for everyday use. (The fillings suggested, can be varied according to the available left-overs.)

Sandwich stacks—1 loaf white bread, 1 loaf brown bread, margarine, cubes of cheese, olives or pieces of pickle. Fillings—(1) 2 oz. margarine, 2 tablespoonsful minced parsley, 1 tablespoonful grated horseradish. (2) 2 oz. chopped meat or meat paste, or liver pate, 2 tablespoonsful mayonnaise, 2 tablespoonsful minced mixed pickle. (3) 4 oz. soft cheese or cream cheese, 4 tablespoonsful minced chives or green onion, dash of pepper, 1/2 tablespoonful vinegar, 1/2 tablespoonful melted margarine.

Cut the bread into fairly thin slices, then into large rounds with a large-sized pastry cutter. Set aside the crusts to make bread pudding. Make the base of each "stack" a round of white bread, spread on one side with margarine and horseradish filling, then a round of brown bread spread lightly with margarine, and the meat filling, a layer of white bread spread with the cheese filling, and a round of brown bread on top.

Spread a cube of cheese and a piece of pickle or olive on what are called cocktail sticks (these can be purchased in bundles, possibly under the guise of toothpicks). To make the cheese filling, cut processed cheese into chunks, melt over hot water, and beat in the other ingredients. This filling may be enlivened by the addition of a lettuce leaf or slice of tomato on top of it.

Roll sandwich—A 2 lb. pan loaf, white and brown, fillings as above, margarine. Fresh bread is preferable. Cut the crusts off the bread, and cut into thin slices lengthwise. Spread one side of each with margarine. Spread with the fillings, one layer of white and

COOKERY HINTS

Tuna recipes

By "Housekeeper"

IT is possible to take tuna fish out of its tin, and serve it with a few leaves of lettuce as a salad; but few people will enjoy it this way. About the most satisfactory way to serve it is to mash it with the oil and two or three finely-chopped pickled onions, a dash of pepper and a shred of nutmeg. Pile on top of buttered toast, and set under a hot grill for a few minutes to warm up. Or put tuna fish, seasoned as above, into a cheese sauce, or stir into a small serving of scrambled eggs which are just on the point of thickening.

Tuna fish mixes excellently with cheese, or with mushrooms. With a tin or two of tuna, mushrooms, and a piece of dry cheese from the pantry, a savoury supper can be made quickly.

Tuna and mushroom loaf—2 oz. sliced canned mushrooms, or a few fresh mushrooms, cooked in 1/2 oz. margarine and 2 tablespoonsful of water until tender, and then drained and sliced; 1 tin of tuna fish, 1 tin of mushroom or celery soup, 1 1/2 cupful of fresh bread-crumbs, 1 tablespoonful of chopped parsley, a pinch of salt, and 1 beaten egg if available. Put some of the sliced mushrooms in the bottom of a well-greased baking-dish, then mix all the other ingredients and put into the tin. Bake for about three-quarters of an hour in a moderate oven (350 deg. F.).

Jellied salad—Melt 1/2 oz. gelatine in 1 cupful of water. Add 4 tablespoonsful of vinegar, 2 tablespoonsful of grated onion, and 2 tablespoonsful of chopped pickles. Season to taste, and cool until the mixture begins to thicken. Then fold in 1 cupful of shredded cabbage, half a cupful of chopped celery, and 1 tin of tuna fish, broken into flakes. Chill until set, and serve with sliced tomatoes.

COOKERY HINTS

More Sandwiches

By "Housekeeper"

A SANDWICH loaf can be decorated most artistically with sliced olives, or pieces of tomato and pickle, with pickled nasturtium seeds, and pieces of cooked prune skin.

The base of the sandwich is several slices of bread, alternating brown and white, each spread with a different filling, to give a base about 1 1/2 inches thick. Cut each slice into three, to give three small loaves, and spread each with softened cheese. Use processed cheese, cut up, and soften over hot water. When the spread stiffens, set back in the hot water. Put the decorations in place while the mixture is still soft. Remember that both tops and sides should be covered. Suitable fillings for such a sandwich would be:—

(1) A chopped hard-boiled egg mixed with a large carrot (finely grated), a finely-chopped stick of celery, salt, pepper, a few drops vinegar, and a tablespoonful of mayonnaise.

(2) Meat paste or fish paste, thinned with one ounce of melted margarine, and a teaspoonful of chopped mixed pickle, pickled onion or 2 teaspoonsful of homemade chutney.

(3) Cheese spread—Melt processed cheese and mix with chopped chives and parsley, the chopped fleshy part of a tomato, and shredded pickled onion.

(4) Corned beef, or minced cooked meat, moistened with chutney.

(5) Baked beans—Mash half a cupful with a fork, and combine with a pinch of salt a tablespoonful each of sharp sauce, a chopped pickle, and mayonnaise.

(6) Tuna fish—Cut tuna fish, drained from the oil, into small pieces, and mash finely. Mix with a quarter cupful each of chopped pickle or chutney, chopped celery, and mayonnaise.

COOKERY HINTS

Oven Dinners

By "Housekeeper"

A DINNER which cooks itself without any attention is frequently a blessing, so here are suggestions for complete dinners to be cooked in the oven. Each dinner will serve at least 6 adults, and the quantities can be reduced or increased according to individual needs.

Dinner 1—Casserole of pork chops, French beans, hot bread, and baked pears or apples.

For the casserole of pork (or mutton chops, using neck of mutton chops), line a well-greased casserole with layers of sliced potatoes and onions, slicing both very thinly. Fry the required number of chops lightly until browned, set on top of the potatoes, and pour in the contents of a tin of tomato soup, or a bottle of homemade tomato puree. Cover and set on the lower shelf of the oven.

Put fresh sliced, frozen, or blanched salted beans into a greased casserole with 4 tablespoonsful of water, a dash of salt and pepper (use no salt with salted beans), and a few shreds of margarine. Cover, and set beside the casserole containing the meat.

For the loaf, use the ordinary soda bread recipe, or make treacle bread, wheaten bread, or a date loaf, and put on the top shelf.

For the baked apples or pears, peel, core and cut the fruit in halves. Sprinkle the cut halves with sugar and lemon juice, arrange in a casserole, and add enough water to cover the bottom of the casserole. Cover and set on top shelf. Bake for 1 hour at 375 deg. F. or a good moderate oven.

Begin the meal with a cucumber cocktail if wished, made by seasoning 1 1/2 cupful of tomato juice mixed with half a cupful of grated cucumber, with salt, pepper and lemon juice. Serve very cold.

COOKERY HINTS

Beef Curry

By "Housekeeper"

MINCED BEEF is among the most economical ways of buying meat. Here is a recipe for a curry using this, which can be made in less than an hour.

Ingredients—1/2 oz. margarine or dripping, 1 chopped onion, 1 clove of garlic, 1/2 teaspoonful ground ginger, 1 teaspoonful curry powder, 1/2 teaspoonful salt, 1 lb. minced beef, 1 cupful tinned milk, 1 cupful of water, and 1 oz. flour.

Melt the margarine in a stewpan, and fry the garlic and onion in it until the onion is lightly browned. Remove the clove of garlic and discard it. Stir in the beef, and allow it to cook until all the fat has been absorbed. Add the salt, curry powder, and ginger, and the liquid. Cover tightly, and allow to simmer gently for half an hour. Blend the flour with a little water, stir into the stew, and cook for a further 15 minutes.

For a sweet curry add a large carrot cut into rounds, and two sliced tomatoes, with a piece of parsnip, neatly chopped. For a stronger curry, double the quantity of curry powder. Serve very hot with plain boiled rice, boiled macaroni shells, or hot buttered toast.

If there is any left-over rice, it can be used to make a meat loaf; otherwise, one third of a cupful of dry rice will, when boiled, make a cupful. Mix together 1 cupful of boiled rice, 1 medium-sized onion, chopped or minced, 1 lb. minced beef, or a mixture of minced beef and sausage meat, 1 egg, 1 cupful of milk, 1/2 teaspoonful of salt, a pinch of nutmeg, and half a tea-

COOKERY HINTS

Oven Dinners (2)

By "Housekeeper"

A NOTHER dinner which could be cooked in a moderate oven for an hour would be meat loaf, baked potatoes, and casserole carrots, with an apple cobbler. Set the meat loaf on the upper oven shelf. Put the scrubbed and well-pricked potatoes on the bottom shelf, also the carrots (washed, scraped, and quartered). Put into a casserole, with a quarter cupful of water, half a teaspoonful of salt, a few flakes of margarine, and a dusting of nutmeg. Just before serving, split the potatoes, and put in a flake of margarine, or a teaspoonful of "top milk," and a dash of salt and pepper, and add some chopped mint or parsley to the carrots.

For the apple cobbler, slice half a dozen apples into a deep pie-dish and half a cupful of water boiled with half a cupful of syrup and a few drops red colouring. Pour this over the apples. Make a crust from 6 oz. flour, 1/2 teaspoonful baking powder, a pinch of salt and 2 oz. fat, with water to mix. Put the pastry on top of the apples, and set on the top shelf.

For a fish dinner try whole white fish baked in tomato sauce, with a dish of buttered rice, or scalloped potatoes, and a scrap-bread pudding, queen of puddings, or an apple pudding. For the tomato sauce slice 4 onions thinly and, if liked, add a crushed clove of garlic. Cook the onions until soft in a little dripping, and remove the garlic. Stir in 1 oz. flour, 3 1/2 cupful of fresh or bottled tomatoes, a bay leaf, 2 tablespoonsful of chopped parsley, a tablespoonful of tomato chutney or ketchup, and a pinch each of salt, pepper and sugar. Simmer until tender. Or take 2 tins of tomato soup, add 2 tablespoonsful of ketchup or chutney, and 2 tablespoonsful of minced onion. Wash the fish, clean out if necessary, remove the head, and set on a greased casserole. Cover with the sauce, put on lid, and bake on the upper shelf of the oven. To prepare the buttered rice, put 1 cupful of well-washed rice with 2 cupful of water, 1 teaspoonful of salt, and 1 oz. margarine. Cover, and set on the lower shelf of the oven.

10 Friday

11 Saturd.

12 Sunday

SPECIFY

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*You don't have to be an expert to decorate this drum cake, for it's all done with easy-to-get candies neatly spaced. Perhaps in honor of St. Patrick you'll want to keep it all in green*

15 Wednesday

**To frost and decorate:** Make creamy frosting (see recipe at the right). Use this as filling between layers, then spread it on the sides and swirl it over top. Dip spatula in hot water and smooth sides; let stand about 30 minutes to set. When set, insert 8 toothpicks on top close to edge and equally spaced, then replace each with a red candy circle. Place other red and green candy circles as shown in picture. Cut stick candy to fit on sides of cake between red circles and press in place. String gumdrops cut in half lengthwise may be used in place of the stick candy. Top with a pair of candy drumsticks tied with a perky ribbon bow and place hard-candy balls at one end of each stick. Candy circles make fine holders for tiny candles; set one in each top circle, light them just before cake goes on table.

#### CREAMY FROSTING

Butter or margarine,  
6 tablespoons  
Flour,  $2\frac{1}{2}$  tablespoons  
Milk,  $\frac{1}{2}$  cup

Salt,  $\frac{1}{4}$  teaspoon  
Confectioners' sugar,  
sifted,  $3\frac{3}{4}$  cups  
Vanilla,  $\frac{1}{2}$  teaspoon

Melt half of the butter or margarine in small saucepan over low heat; add flour, stir until well blended and bubbly. Remove from heat, gradually stir in milk. Return to low heat and cook, stirring constantly, until thick and smooth. Remove from heat, add remaining butter or margarine, salt and 1 cup of the sugar. Stir until well blended and smooth. Add remaining sugar and vanilla. Blend well, then beat until cooled and of spreading consistency, adding a little milk if it becomes too thick.

#### For this cake you'll need:

Two 8-inch layers: use your favorite recipe or a package of cake mix or buy baker's layers  
Creamy frosting (recipe on this page)  
Candy circles, 4 packages (2 of each color)  
Thin candy sticks, cut to fit, 16  
Candy balls, 2



## Creamed Beef and Vegetables

By "Housekeeper"

WHEN one wants a meal in a hurry, a tin of soup or of baked beans can be used to make a really attractive dish. In the first recipe, home-made soup, with plenty of cubed vegetables, would be excellent and in the third, home-bottled tomato puree or tomato soup would make the dish more economical.

For the creamed beef and vegetables will be required  $\frac{1}{2}$  oz. melted dripping or margarine  $\frac{1}{2}$  lb. minced beef,  $\frac{1}{2}$  oz. flour, 1 tin vegetable soup or  $\frac{1}{2}$  pint good vegetable broth and a good half cupful of milk. Melt the fat, add the beer, and allow it to brown, stirring gently. Stir in the flour, allow it to colour, then add the soup and the milk. Stir until the mixture thickens, season to taste, and add a few drops of sharp sauce if necessary. Serve with mashed potatoes or hot toast.

Baked beans and beef balls— $\frac{1}{2}$  lb. minced beef,  $\frac{1}{2}$  teaspoonful salt, a dash of pepper  $\frac{1}{2}$  oz. melted dripping, 2 thinly-sliced onions, 1 large tin of baked beans, and a pinch of curry powder. Season the beef with the salt and pepper, and add  $\frac{1}{2}$  a tablespoonful of chopped parsley if liked. Roll in a little seasoned flour. Melt the fat in a pan, and fry the onions to a golden colour. Lift out and brown the meat balls on all sides. Stir in the curry powder, baked beans, and onions. Heat through for about 5 minutes and serve hot with toast or creamed potatoes.

Quickly-made macaroni—1 tin tomato soup,  $\frac{1}{2}$  cupful of milk, 2 cupful of grated cheese,  $\frac{1}{2}$  cupful of chopped parsley, 2 cupful of macaroni ( $\frac{1}{2}$  lb.), and 2 tablespoonful of buttered breadcrumbs. Boil the macaroni until tender in salted water (20 minutes) and drain. Mix the soup, milk and  $1\frac{1}{2}$  cupful of cheese. Allow the cheese to melt, and stir in the parsley and the macaroni. Put into a greased casserole, cover with buttered crumbs (optional) and the remainder of the cheese. Bake until browned on top in a hot oven. Alternatively, heat in a double saucepan for 15 minutes, and brown under a grill.

## Cabbage Recipes (1)

By "Housekeeper"

BOILED cabbage is frequently served, and can be delicious, but often is a soft, soggy mass, with neither taste nor smell. Most people cook cabbage much too long. A halved or quartered cabbage, fully grown and weighing about 3 lb., will cook quite tender in 15 to 25 minutes. Put it into a pan with freshly-boiling water, lightly salted, and cook with the lid off, or use less water. Shred the cabbage finely with a sharp knife, cover tightly and cook for 12 or 15 minutes. The cabbage flavour will be stronger in this case. If you do not like highly-flavoured cabbage, you may sacrifice a few vitamins, and cook in more water, with the lid off. Try to serve the cabbage as soon as it is cooked, and remember that a few minutes ensuring that the cabbage is thoroughly drained, is not wasted. Instead of boiling cabbage you may try steaming it; in halves, or shredded, allowing 30 to 40 minutes.

Creamed cabbage—Boil a medium-sized cabbage, chopped finely, drain and push the cabbage to one side of the saucepan. Melt a small piece of margarine in the saucepan, add 1 oz. of flour, stir until it is blended, and gradually add a cupful of creamy milk. Season with salt and pepper, and simmer for 5 minutes, stirring in the boiled cabbage. Add a sprinkling of chopped parsley, and pile in a hot vegetable dish.

Cabbage au Gratin—Prepare creamed cabbage, using 2 oz. flour and 2 cupful of milk for the sauce. Put layers of creamed cabbage and grated cheese into a well-greased baking dish, finishing with a layer of cheese and breadcrumbs. Brown for 10 or 15 minutes in a hot oven.

Smothered cabbage—Put raw, chopped cabbage into a saucepan with 4 tablespoonful (level) of rich dripping. Season with salt, pepper, and allow to stew slowly for 10 or 15 minutes, stirring or shaking frequently to keep it from burning. Serve hot.

## Minced Beef Recipes

(1)

By "Housekeeper"

A POUND of ground or minced beef can be the starting-point for all sorts of attractive meals. To roll the beef into patties and dip them into flour before frying in the pan is handy, if there is no time to do anything else; but to add a chopped onion, a tablespoonful of parsley, salt, pepper, and a dash of nutmeg or mustard to the hamburger, would only take a few minutes longer. An equal quantity of mashed potato can be added, and the patties set on a greased baking-sheet, a scrap of bacon set on top of each, and covered with greased paper, before baking for 20 minutes in a moderately hot oven. Serve with hot tomato sauce.

Meat Tarts—Mix 1 lb. minced beef with 1 teaspoonful of salt, a pinch of pepper, and 1 teaspoonful of grated onion. Split four large round buns, and toast under a hot grill. Spread each with the meat mixture and toast for 5 minutes. Set a slice of tomato on top of the meat, and a small piece of fat on the tomato. Grill slowly for a further 5 minutes, and serve hot.

Beef and Onion Pie—Make 6 oz. of scone dough by rubbing 1 oz. fat into 6 oz. flour, and adding  $\frac{1}{2}$  teaspoonful of baking soda,  $\frac{1}{2}$  teaspoonful of salt, and sufficient buttermilk to mix to a stiff elastic dough. Roll out into an oblong, and cut into half a dozen squares. Slice 3 large onions and fry them gently in a little dripping until soft, but not browned. Add  $\frac{1}{2}$  lb. minced beef, with salt and pepper. Cook until the meat changes colour. Add half a pint of good gravy, put into a well-greased shallow baking-dish, top with the squares of dough, and bake for 20 minutes in a hot oven until nicely browned. Serve hot with potatoes and vegetables, or alone, as a supper dish.

## Baked Stuffed Tomatoes

By "Housekeeper"

TOMATOES can be stuffed with a poultry stuffing made from breadcrumbs, chopped onion and parsley, sage or dried herbs, salt, pepper, a little melted margarine, if available, and the chopped-up inside part of the tomatoes to moisten, also a little hot water or stock, if necessary. Set a piece of fat bacon on top of each tomato, put on a greased baking-sheet, and bake for 20 or 25 minutes in a moderately hot oven, covering with a greased paper for the first 15 minutes.

Baked stuffed tomatoes (2)—8 tomatoes,  $\frac{1}{2}$  lb. minced beef,  $\frac{1}{2}$  cupful breadcrumbs, 2 small slices of bacon, fried until crisp and broken into pieces, the drippings from the bacon,  $\frac{1}{2}$  teaspoonful salt, and a dash of pepper. Prepare the tomatoes as in the previous recipe, by cutting a thin slice from the stem end, and scooping out the centre parts with a teaspoon. Chop this, and set it aside. Sprinkle the insides of the tomatoes with salt, and turn upside down to drain. Mix together all the ingredients, pile into the tomato shells, set on a greased baking-sheet, and bake for 25 to 30 minutes in a moderate oven.

Devilled beef patties— $\frac{1}{2}$  lb. minced beef,  $\frac{1}{2}$  cupful soft breadcrumbs, 1 beaten egg,  $\frac{1}{2}$  small onion (finely chopped), 1 stalk of celery (chopped or minced),  $\frac{1}{2}$  tablespoonful chopped parsley,  $\frac{1}{2}$  teaspoonful made mustard,  $\frac{1}{2}$  teaspoonful salt, a dash of cayenne pepper, 4 tablespoonful of tomato ketchup and 1 tablespoonful chutney. Mix the meat, breadcrumbs, beaten egg (or 2 tablespoonful of stock), onion, celery, sauce, salt, pepper and mustard. Mix the ketchup and chutney, put into 8 to 10 large patty-tins. Put the beef mixture on top, and bake for 25 or 30 minutes in a moderate oven. Turn each patty upside down, and serve with creamed potatoes and a green vegetable.

## Minced Beef Recipes

(2)

By "Housekeeper"

A BEEF loaf which is made in the same way as a Swiss roll is unusual, but quite easy to make. The quantities given below will make 10 to 12 servings.

Ingredients— $1\frac{1}{2}$  cupful of bread-crumbs, 2 lb. minced beef, 1 small onion, 1 egg, 1 teaspoonful salt, a good pinch of pepper, 1 tablespoonful of sharp sauce, 1 tablespoonful of made mustard,  $\frac{1}{2}$  cupful of grated carrot,  $\frac{1}{2}$  cupful of grated processed cheese, and  $\frac{1}{2}$  cupful of milk. Mix together the breadcrumbs, milk, and lightly-beaten egg. Mix well, then add the beef, onion, salt, pepper, mustard, and sauce. Put on to a sheet of waxed paper and pat out into an oblong. Sprinkle with the carrot and half a cupful of the cheese. Roll up Swiss roll fashion. Set on a greased baking-sheet, and bake in a moderate oven for about an hour. Sprinkle with the remaining cheese, and bake for a further 5 minutes. Make gravy from the drippings in the baking-sheet, to serve with the loaf.

Meat Balls with Spagetti—Half a cupful of breakfast cereal,  $\frac{1}{2}$  lb. minced beef, 2 tablespoonful of salted peanuts very finely chopped (optional, or try a few pickled walnuts or onions), 2 tablespoonful of milk,  $\frac{1}{2}$  teaspoonful of salt, a dash of pepper, 1 oz. dripping, 1 oz. flour,  $1\frac{1}{2}$  cupful of stock or water, and spagetti or macaroni. Crush the cereal into crumbs and mix with the beef, chopped nuts, milk, salt and pepper. Mix well. Shape into 16 small balls. Melt the dripping, and brown the balls on all sides. Lift out, stir in the flour, allow to brown slightly, and stir in the stock or water. Stir until the gravy thickens, then return the meat balls, and allow to simmer for 15 minutes. Serve with plain boiled spagetti, or in a border of mashed potatoes.

## Carrot recipes

By "Housekeeper"

PLAIN boiled carrots can be very dull, and sometimes the most usual variation, carrots in a white sauce, is not much better. The white sauce is improved by the use of equal quantities of milk and stock, or the water in which onions were boiled, and if a few flakes of margarine or butter can be stirred into the finished sauce, the flavour is much better.

Carrots Maitre d'Hotel—Select small carrots, or cut larger carrots into dice. Cook for 15 or 20 minutes in boiling salted water, and drain. Put 1 oz. margarine,  $\frac{1}{2}$  teaspoonful salt, a dash of pepper, and 1 tablespoonful of finely-chopped parsley, with the juice of half a lemon, into the saucepan, add the carrots, and cook until coated (2 or 3 minutes). Serve in a hot vegetable dish.

Carrots Lyonnaise—Cook half a dozen large carrots until tender, drain, and dice them. Melt a little dripping in a saucepan, and add 2 small onions, minced or finely chopped, salt and pepper. Add the diced carrots, put the lid on the saucepan, and allow to cook slowly until the carrots are lightly coloured. Shake the saucepan frequently while the carrots are cooking, to prevent them from sticking to the bottom of the saucepan.

Creamed Carrots—Mash hot boiled or steamed carrots, season, and add a few flakes of margarine, and 2 tablespoonful of top milk, or condensed milk, and beat until creamy. A mixture of carrots and parsnips can be treated in this way, and chopped parsley can be added, if liked.

Roast Carrots—Put large pieces of carrot, or whole carrots, into the dish in which meat is roasting, along with the potatoes, and allow about 30 minutes' cooking.

16 Thursday

17 Friday

18 Saturday

19 Sunday



4 eggs  
8 oz sugar  
4 oz flour



*Gay as a barn dance or a quilting bee—this patchwork cake made up of separate squares is wonderful for a party. Follow our calico pattern or copy some favorite old fabric*

BY MARY CRUM COMPANION FOOD STAFF

**BUTTER FROSTINGS**

*Chocolate:*

- |   |  |
|---|--|
| Butter or margarine, soft,<br>1/4 cup   | Hot water, about 3 table-<br>spoons        |
| Salt, 1/8 teaspoon                      | Vanilla, 1/2 teaspoon                      |
| Confectioners' sugar, sifted,<br>2 cups | Chocolate, melted, 2<br>squares (2 ounces) |

Cream butter or margarine and salt, gradually add 1 cup of confectioners' sugar. Add remaining sugar and 2 table-  
spoons hot water alternately in 3 portions, beating until  
smooth. Add vanilla and melted chocolate, slightly  
cooled. Blend well and add enough more hot water to  
bring it to spreading consistency.

*Orange:* Omit vanilla and chocolate. Use orange juice  
place of water and add 1 1/2 teaspoons finely gra  
orange rind. For stronger color, add few drops yell  
food color.

**TO FROST AND DECORATE:** Frost top and si  
of one cake with chocolate butter frosting, the other w  
orange frosting. Lightly mark frosted tops into 16 squa  
each. Now cut string gumdrops for flower petals &  
centers and arrange a flower in middle of each ora  
square. Cut cakes into squares as marked and arran  
alternate squares in a rectangle on a large tray, plac  
four of the corners and fourteen outside pieces in outs  
rows (you'll have 2 pieces left over). Cut fruit slices in  
6 or 7 wedges each; arrange on chocolate squares.

*For this cake you'll need:*

- Two 8- or 9-inch-square cakes (use your own recipe  
or 2 packages of cake mix)
- Chocolate and orange butter frostings
- String gumdrops, about 2 dozen
- Candy fruit slices

SPECIFY "SWIFTBROOK" PAPER FOR ALL YOUR



**Cabbage Recipes (2)**

By "Housekeeper"

**T**HOSE who like the Continental style of cooking may wish to try the first recipe, serving the cabbage with a poached egg as a supper dish.

**Cabbage (Italian style)**—Mix together  $\frac{1}{2}$  cupful of breadcrumbs and  $\frac{1}{2}$  cupful of finely-grated hard cheese. Shred a medium-sized cabbage, and put alternate layers of raw cabbage and the cheese mixture into a greased casserole, finishing with a layer of cheese. Fill up with a cupful of rich meat stock (which can always be made by dissolving a meat extract cube or 2 teaspoonsful of meat or vegetable extract in a cupful of hot water). Bake for 30 minutes in a moderate oven.

**Cabbage (French style)**—Drain a cooked cabbage, shred very finely, and let it cool. Season with salt, pepper and a flake of margarine. Moisten with 4 tablespoonsful of creamy milk, beaten up with an egg. Turn into a frying-pan in which a nut of margarine has been melted. Stir until the cabbage is hot, then take from the fire, and set a heated plate on top of the frying-pan. Invert, and serve. The size of the plate must be carefully selected. If the oven is lit, the mixture can be easily put into a greased casserole and cooked for 20 minutes, instead of using the frying-pan.

**Cabbage Rolls**—Parboil the outside coarse leaves of one or two cabbages, using 8 to 10 leaves in all. Cut out the stalk. Mix together 1 lb. of raw minced beef, pork, mutton or sausage meat, or a mixture of these, a teaspoonful of salt,  $\frac{1}{2}$  teaspoonful of pepper, 2 minced or finely-chopped onions, and 1 cupful of plain boiled rice (use one-third of a cupful of raw rice, and boil for 15 minutes). Divide this mixture into as many portions as there are cabbage leaves, and roll each leaf round a piece of the mixture. Tuck in the ends, and tie into neat rolls with string. Put into a greased casserole, and cover with chicken stock, made from a package of concentrated soup, or with tomato juice, or meat stock, tinned mushroom, or celery soup. Bake for 1 to 1½ hours in a slow oven. (This re-heats excellently.) Remove the string before serving.

**Pumpkins or Gourds**

By "Housekeeper"

**A**N Armagh reader asks for a method of using pumpkins or gourds. The traditional American use for these is in pumpkin pie, served at Thanksgiving Day. The vegetable can, however, be prepared in the same way as turnips, paring thickly, removing the seeds, and cutting in chunks, and either boiling or steaming until tender. Wash with a nut of margarine, salt and pepper, or with white sauce. Season with chopped parsley or nutmeg. An alternative method of cooking is to halve the washed pumpkin, crosswise, and remove the seeds and strings. Set cut side down on a baking sheet, cook in a moderate oven, 325 deg. F, until tender. Scrape out the pulp, and mash or sieve it for use in pies.

For pies, etc., use a plain pastry flan, or a crumb crust. Make the filling from 1 cupful prepared pumpkin, 1 egg yolk, brown sugar or syrup to sweeten, a pinch of ginger and cinnamon, 1 cupful milk (or use sweetened condensed milk and omit the sugar (increase the flavouring as necessary), 1 teaspoonful vanilla essence, and rind and juice of half a lemon. Mix together and fold in the stiffly beaten egg white. Put into the unbaked pastry shell, and cook in a moderately hot oven, 425 deg. F, for 15 minutes, then reduce the heat to moderate, 350 deg. F, for a further half an hour. Serve hot or cold. The grated lemon rind and juice can be omitted, and 2 tablespoonsful dark sherry used instead.

**Pumpkin soup**—Lightly fry a chopped onion in margarine, stir in the flesh from a medium-sized cooked pumpkin, allow to cook for a few minutes, add 1 pint of water, and simmer gently for half an hour. Make a white sauce with 1 pint of milk, 1 oz. margarine, 1 oz. flour. Season thoroughly, and whisk the two mixtures together. Add grated cheese and chopped parsley or grated nutmeg as flavouring.

BER

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23 Thursday

24 Friday

25 Saturday

26 Sunday

SPECIFY "SWIF

COOKERY HINTS

**Beetroot Wine**

By "Housekeeper"

**A**BELFAST reader asks for a recipe for beetroot, stout, and brown sugar. So far I have found two recipes for this, neither complete nor exact; can any reader help?

Another Belfast reader asks for ordinary beetroot wine. Measure 4 lb. washed beets, slice or shred, and cover with 3 quarts of water, and add about a dozen cloves and a good piece of root ginger or cinnamon for flavouring. Simmer gently until the beetroot is soft, then strain and measure the juice. To each gallon of juice allow 2½ to 3 lb. of sugar, depending on whether a sweet or a moderately sweet wine is required. Allow also  $\frac{1}{2}$  oz. yeast, blended with a little of the wine, or spread on a square of toast, and the juice of a lemon. Have the juice at blood heat, or the yeast will not act properly. Put into a tub, jar, &c., filling the container. Cover with a stiff paper, and cut a slit to allow the fermenting froth to ooze out.

Keep the jar in a warm room, and keep it filled up with extra juice which has been set aside for this purpose. When the froth has ceased to appear, after about 6 weeks, stir thoroughly, then allow to settle for 3-4 days, strain through a thick jellybag, and put into a small clean cask, or into bottles. At this stage  $\frac{1}{2}$ -pint of brandy can be added for each gallon of wine, to increase the alcoholic content. Store in a cool place for 1 year, stoppering or corking tightly, re-bottle, and use as required.

Good home-made wine, even if unfortified with brandy, can contain as much as 15 per cent. alcohol, and so should not be consumed by the unwary in large quantities.

COOKERY HINTS

**Buttermilk Pastry**

By "Housekeeper"

**B**UTTERMILK or sour milk can be used to make a sweet pastry for apple tarts and other sweet dishes, which requires very little fat, and a small amount of sugar. In spite of the small amount required—2 teaspoonsful to 4 oz. flour—it should not be omitted.

**Ingredients**—4 oz. flour,  $\frac{1}{2}$  teaspoonful salt, a good pinch of baking soda, 2 teaspoonsful sugar, 1 oz. fat and buttermilk to mix. Sieve the fat with the salt and baking soda; then rub in the fat until the mixture resembles fine breadcrumbs. Add the sugar, mix well, and add sufficient buttermilk to mix to a stiff elastic dough. Knead lightly on a floured board, and use as required. Trimmings of this pastry are best used up at once, and not allowed to stand over uncooked until the following day, as can the pastries mixed with water.

Buttermilk oaten bread can be baked according to the recipe below, or with a few chopped dates added, and  $\frac{1}{2}$  oz. chopped candied peel will make an attractive fruit loaf. **Ingredients**—3 cupsful fine oaten meal, 2 cupsful buttermilk, 2½ cupsful flour, 1 teaspoonful salt, and  $\frac{1}{2}$  teaspoonful baking soda. For a fruit loaf add 2 tablespoonsful of golden syrup, 4 oz. chopped dates, rolled in some of the measured flour, and  $\frac{1}{2}$  oz. chopped candied peel. Stir the buttermilk into the oaten meal and leave to soak, preferably for 12 hours. Sieve together the flour, salt and soda, and mix all the ingredients together, using a little more buttermilk if necessary, but keeping the mixture fairly stiff. Pour into a greased and lined loaf-tin, and bake for about 35 minutes in a moderately hot oven (425 deg.). When baked, allow to stand in the tin for a moment; then turn out and wrap in a clean tea-towel to cool.

COOKERY HINTS

**Gypsy Biscuits**

By "Housekeeper"

**A**BELFAST reader asks for a recipe for Gypsy biscuits, saying that they were very popular with her children until she unfortunately lost the recipe.

**Ingredients**—2 oz. margarine, 3 oz. lard, 3 oz. sugar, 4 oz. flour, 4 oz. flakemeal, 1 teaspoonful syrup, 2 teaspoonsful of boiling water,  $\frac{1}{2}$  teaspoonful baking soda,  $\frac{1}{2}$  teaspoonful baking powder, few drops of vanilla essence. Beat the fats and sugar to a cream, add the slightly warmed syrup and hot water, then stir in the sieved dry ingredients mixed with the flakemeal. Knead lightly on a floured baking board, and form into a roll. Break off small pieces, and roll into balls about the size of a small walnut. Set well apart on a greased baking sheet, and bake in a moderately hot oven, 400 deg. F, for 10-15 minutes until crisp on the outside.

These biscuits flatten out in the same way as Shah biscuits, and should be allowed to cool on the baking tray, then on a wire tray. Store in an airtight tin when cold. They may be used as they are, or sandwiched together in pairs, with water icing, jam, or mock cream.

**Chocolate Biscuits**—4 oz. margarine, 4 oz. sugar, 1 oz. cocoa or drinking chocolate, 6 oz. flour,  $\frac{1}{2}$  teaspoonful baking powder, pinch of salt, 1 teaspoonful vanilla essence, 1 egg. Cream the margarine and sugar thoroughly, beat in the egg and the essence, then work in the sieved dry ingredients, making a soft paste. Roll out  $\frac{1}{2}$  inch thick, on a floured board, and cut into rounds. Cut out the centres of half the rounds. These small circles can be used as tiny biscuits, or re-rolled. Bake 10-15 minutes in a moderate oven, 375 deg. F. Cool on a wire tray, and store in an airtight tin. Sandwich together a round and a ring, with jam, dusting the rings with powdered sugar, and putting a star of whipped cream in the centre. Half quantities can be made with an egg yolk.

COOKERY HINTS

**Steamed puddings**

By "Housekeeper"

**W**HEN buttermilk can be easily obtained it is more economical than sweet milk for the making of scones and puddings. To-day's recipe uses neither margarine nor sugar, and can be used as the basis for many puddings.

**Basic buttermilk pudding recipe**—3 oz. flour, 3 oz. breadcrumbs, 2 oz. shredded suet,  $\frac{1}{2}$  teaspoonful salt,  $\frac{1}{2}$  teaspoonful baking soda, 4 tablespoonsful golden syrup, a few drops of vanilla essence to flavour and buttermilk. Grease a medium-sized pudding-bowl, and put 2 tablespoonsful of the syrup in the bottom of the bowl. Sieve the salt with the flour and baking soda. Add the breadcrumbs, suet, and syrup, and sufficient buttermilk to mix to a soft dough. Put into the pudding basin, cover with greased paper, tie with string, and cover with a pudding-cloth. Put into a saucepan with sufficient fast-boiling water in it to come half-way up the side of the basin, and boil steadily for 1 to 1½ hours. Add more boiling water, carefully, down the side of the saucepan, from time to time as necessary. Serve hot with custard.

When breadcrumbs are plentiful, use 1 oz. flour and 5 oz. breadcrumbs. For a change, use 2 tablespoonsful of jam or jelly instead of the syrup in the bottom of the pudding-bowl; or add a tablespoonful of marmalade to the dry ingredients. Add a few chopped dates or a little candied peel, and use mixed spice or cinnamon instead of the vanilla essence. For a treacle pudding, use 2 tablespoonsful of treacle as well as the 2 tablespoonsful of golden syrup, but continue to use the syrup in the bottom of the bowl. Use cinnamon, spice or grated lemon rind as flavouring.

For a rich pudding, use 3 oz. suet, 3 oz. breadcrumbs, 3 oz. flour, 3 oz. dates and 1 oz. candied peel, with syrup, soda, salt, some spice and a beaten egg.



27 Monday

28 Tuesday

29 Wednesday



30 Thursday

COOKERY HINTS

**Green tomato chutney**

By "Housekeeper"

**S** MALL green tomatoes can be used for making chutney; the larger tomatoes can usually be persuaded to ripen with a little encouragement.

Ingredients—1 lb. green tomatoes, 1 lb. cooking apples, the juice of half a lemon, ½ lb. shallots, ½ lb. sultanas or chopped dates, 2 oz. sugar, ½ pint vinegar, ½ oz. salt, ½ oz. allspice, ½ oz. peppercorns, ½ oz. root ginger, 6 chillies, and about ½ teaspoonful of turmeric to colour. Tie the spices in muslin, and mince the apples, unskinned tomatoes, and onions. Boil the vinegar and sugar to a syrup, and add all the other ingredients. Simmer gently until the mixture thickens; then pot, and cover in the usual way.

**A problem**

A Dundonald reader who made some blackcurrant wine last year finds that some of it is good, resembling port, but the contents of other bottles taste like vinegar. This reader wants to know how to rectify the "vinegar" variety, as she has quite a lot, and thinks it "such a pity to find it unusable after spending so much time, labour and sugar."—Vinegar is produced when the wine is maturing if the cask or bottles in which it is matured allow air to get in when the fermentation has stopped—i.e., when the recipes say "cork or stopper tightly and allow to mature for..."

COOKERY HINTS

**Toffee Apples**

By "Housekeeper"

**A** COOKSTOWN reader asks for recipes for making toffee apples. Any plain toffee of the butterscotch type is suitable for this purpose. The apples should be washed and dried, to remove the natural greasiness in the skins, which could prevent the toffee from sticking to the apples. Mount each apple on a small stick, and prepare also a greased baking sheet on which to set the toffee-coated apples to cool and harden.

Butterscotch Toffee—½ lb. sugar, 3 oz. margarine, 2 teaspoonfuls of lemon juice, and a pinch of baking soda. Melt the fat, add the sugar, stir until the sugar has dissolved, then add the baking soda, and boil until a drop of the mixture will form a hard ball when dropped into a cupful of cold water. Take from the heat, and stir in the lemon juice, or ½ teaspoonful of vanilla essence. Dip the apples in the toffee mixture. The cooler the toffee mixture, the thicker the layer of toffee on the apples. Set on the greased tray to cool and harden. Pour any remaining toffee on to a greased plate, mark into squares when cool, and break into pieces when stiff.

Chocolate Toffee—1 tin of sweetened condensed milk, ½ lb. sugar ½ lb. treacle, 1 oz. margarine, 4 oz. unsweetened chocolate, and ½ teaspoonful of vanilla essence. Melt the margarine and the sugar, add the milk and treacle, heat, and add the grated chocolate. Boil to the hard-ball stage, and finish as above.

"Constant Baker," County Fermanagh, asks why pastry becomes soft when cold, especially on apple and other soft fruit tarts. There are two possible causes for this, the first undercooking, linked with a thick layer of pastry. Apple tarts should be baked until crisp in a hot oven, then lowered in the oven, and allowed to cool until the apples are quite tender, and the pastry cooked through. The thinner the plate the quicker the underneath crust cooks. It is necessary to make one or two slits or holes in the top "lid" of pastry. Omitting to do this will cause the pastry to become soft, because the steam from the cooking apples cannot escape easily, and soaks into the pastry.

COOKERY HINTS

**Fudge-making**

By "Housekeeper"

**S** WEEETENED condensed milk can be used to make reasonably economical fudge, with a small amount of sugar. If a bar of dark chocolate can be spared, it will make a delicious chocolate fudge. Cooking chocolate, drinking chocolate or cocoa could also be used.

Ingredients—1 tinful of sweetened condensed milk, ½ lb. sugar, 2 table-spoonful boiling water, a nut of margarine, and 2 teaspoonful of vanilla essence. Chopped nuts, dates, coconut, raisins or melted chocolate can be added.

Method—Melt the margarine in the bottom of the saucepan, to prevent the other ingredients from sticking and burning. Add the sugar and condensed milk; then rinse out the condensed milk tin with the boiling water, adding the rinsings to the other ingredients in the saucepan. Cocolate or cocoa flavouring is added at this stage—2 oz. chocolate or 1 table-spoonful of cocoa. Heat over a gentle flame until the sugar and chocolate have melted; then increase the heat, and cook, stirring continuously and vigorously with a wooden spoon. Bring to the boil, and boil to the stage where a drop forms a soft but definite ball when put into a cupful of cold water, and the fudge begins to darken in colour. Take the pan from the heat, add the flavouring and nuts, and beat with the wooden spoon until the mixture begins to stiffen. Pour into a greased baking-tin immediately the mixture begins to thicken, otherwise it will set quite stiffly in the saucepan. When cold, cut into squares, and store in an airtight tin.

A combination of vanilla and peppermint essences can be used as flavouring, or lemon essence and desiccated coconut, almond essence and chopped nuts. A table-spoonful of treacle could be added with the sugar for treacle fudge.

31 Friday

1 Saturday—(N

2 Sunday

**Yeast Barmbrack**

By "Housekeeper"

**Y** EAST Barmbrack is not too difficult to make, provided you have a small amount of fruit. Finely-chopped dates and prunes, with some candied peel and cherries to give colour and flavour, will make an acceptable substitute for currants and raisins.

Ingredients—1½ lb. flour, 1 egg, 1 teaspoonful salt, ½ oz. yeast, 4 oz. margarine, 2 to 4 oz. sugar, ½ lb. mixed dried fruits, 1 to 2 oz. chopped candied peel, and about ½ pint of lukewarm milk. Use fresh yeast—it should be grey in colour and moist to the touch, not dry and crumbly. Sieve the flour with the salt, adding a good pinch of mixed spice if the flavour is liked. Rub in the margarine, and add the sugar and the chopped fruit. Set the bowl to warm slightly. Cream the yeast with a teaspoonful of sugar, and half fill the cup with luke-warm milk. Set to prove, in a warm place, for 10 or 15 minutes. Avoid using too hot milk, as it could kill the yeast, or too cold milk, which would delay the "proving." The milk used should be just warm to the touch. When the yeast begins to froth, pour it into a well in the centre of the bowl of dry ingredients, add the beaten egg, and beat everything together, adding the remainder of the milk. Sufficient lukewarm milk to give a soft elastic dough will be necessary. Knead the mixture until it will leave the sides of the bowl, or stops sticking to the baking-board.

Sprinkle the bottom of the bowl lightly with flour, put back the dough, sprinkle a little flour on top, cover with a clean damp tea-towel, and set in a warm place, free from draughts, until the mixture has risen to double its size.

A boy, aged 16 years, who according to a statement he made to the police, lost money belonging to his father on gambling at the Derry Thirt Charge. The driver of the vehicle. COOKERY HINTS

**Oatmeal Biscuits**

By "Housekeeper"

**T** HE dough for the biscuits in the first recipe to-day can be shaped in the hands as described below, or rolled out, and cut into rounds. In this case put some of the date filling in the centres of half the rounds, wet the edges, and cover with the remainder. The amount given will make 30 to 36 biscuits.

Date-filled Biscuits—4 oz. margarine, 1 cupful brown sugar, one-third of a cupful sour milk or buttermilk, 1 egg, 8 oz. flour, ½ teaspoonful each of baking powder, baking soda, and salt, 1½ cupful of flakemeal, ½ lb. dates, ½ cupful chopped nuts, and ½ cupful water. Chop the dates, and put them into a saucepan with water. Simmer until smooth and thick; then stir in the chopped nuts—or some chopped candied peel if preferred and allow to cool. Sieve the flour with the salt, soda and baking powder and mix with the flakemeal. Cream the margarine and sugar, beat in the egg, and add the sour milk alternatively with the dry ingredients. Flour the hands lightly, and break off small pieces of the dough. Shape into balls, make a depression in the centre of each, put in a spoonful of filling, and cover by working the dough round the filling. Flatten, and put on a greased baking-sheet. Cook for 10 or 15 minutes in a moderately hot oven (400 deg. F). Cool on a wire tray.

Oatmeal Cookies—4 oz. sugar, 4 oz. margarine or lard, 1 egg, 2 table-spoonful of orange juice, 1 table-spoonful grated orange peel, ½ teaspoonful vanilla essence, 4 oz. flour, 1 cupful flakemeal, ½ teaspoonful salt, ½ teaspoonful baking soda, ½ cupful chopped dates, and ½ cupful chopped nuts. Cream the fat and sugar, and add the beaten egg gradually, then the orange juice, peel and vanilla. Stir in the sieved dry ingredients, and the finely-chopped dates and nuts. Drop teaspoonful of the mixture on to a greased baking-sheet, and cook for about 15 minutes in a moderately hot oven (375 deg. F). Will make 24 to 30 biscuits.



3 Monday

4 Tuesday

5 Wednesday



COOKERY HINTS

**Chocolate Sponge**

By "Housekeeper"

IF to-day's chocolate cake is to be baked in the oven, instead of a pressure cooker, use slightly more milk, and bake in two small sandwich-tins in a moderate oven (375 deg. F) for 25 to 30 minutes. When cold, put together with butter cream icing, coconut water icing, or mock cream.

Ingredients—4 oz. margarine, 4 oz. sugar, 2 eggs, 6 oz. flour, 1 level teaspoonful baking powder, 2 tablespoonful milk, 2 heaped tablespoonful cocoa or drinking chocolate, or 2 oz. bitter chocolate, and 1 teaspoonful vanilla essence. For a coffee cake use 1 dessertspoonful of coffee essence instead of the cocoa. For a mocha cake use half a dessertspoonful of coffee essence, 1 tablespoonful of cocoa, and half a teaspoonful of vanilla essence.

Method—Cream the margarine and sugar, and drop in the egg yolks and the almond essence. Fold in the sifted dry ingredients alternately with the well-beaten whites, adding the milk last of all. Put into a greased and lined cake-tin, and cover with two thicknesses of greaseproof paper. Put 1½ pints of boiling water in the pressure cooker, set the rack in position, put the cake-tin on the rack, and put on the lid. Cook over a low heat for 15 minutes, then set the pressure control, heat quickly until pressure has been reached, then continue cooking over a low heat for 40 minutes. Allow to cool at room temperature, turn the cake on to a wire tray, leave to cool, and use as required.

A Co. Antrim reader asks for information about bottling black grapes. These can be bottled in water or a light sugar syrup, from 1 to 4 oz. sugar per pint of water. Bring to simmering point (165 deg. F) in 1½ hours, and hold at that temperature for 10 minutes. For

COOKERY HINTS

**Biscuit Mixture**

By "Housekeeper"

HERE is an American recipe for biscuits. It will at first glance seem extravagant; but it will make five different kinds of biscuits, and a total of at least 7 dozen large biscuits, or 8 to 9 dozen small ones, quickly and easily.

Ingredients for the dough—10½ oz. margarine, 2 cupsful of sugar, 2 eggs, ½ cupful creamy milk or condensed milk, 1 teaspoonful vanilla essence, 1 teaspoonful baking powder, ½ teaspoonful salt, and 1 lb. flour. Sieve the flour with the salt and baking powder. Cream the margarine and sugar, add the whole eggs, and beat until well mixed, then add the milk and essence. Add the dry ingredients, using a little more sieved flour, if necessary, to give a fairly stiff dropping consistency—i.e., a mixture which seems to hesitate slightly before dropping off the tip of the spoon. Divide the dough into five portions. Add one of the flavourings below to each portion, and drop spoonful of the mixture on to well-greased baking-sheets. Bake for about 10 minutes in a moderately hot oven (400 deg. F.). Cool on a wire tray, and store in airtight tins.

Cocoanut Biscuits—Add (to one-fifth of the mixture) half a cupful of desiccated cocoanut.

Fruit—Add one-third of a cupful of mincemeat, or half a cupful, of minced dates.

Walnut—Add 1 tablespoonful of grated orange or lemon rind, and ½ cupful of chopped walnuts. Put a halved walnut in the centre of each biscuit.

Chocolate—Add 1 oz. chocolate melted with 1 tablespoonful of milk, and also ½ cupful of chopped nuts, if liked.

Plain—Decorate the biscuits with thin slivers of candied peel, or coloured sugar. Or make plain biscuits and sandwich two together with jam, lemon curd or water icing. To make coloured sugar, blend a few drops of cochineal or green colouring into a teaspoonful of sugar.

COOKERY HINTS

**Shah Biscuits**

By "Housekeeper"

A BANGOR reader, "Interested," asks for recipes for Shah biscuits and other similar biscuits which do not need rolling out. The first recipe for Shah biscuits makes delicious biscuits, but unfortunately is anything but economical in its use of sugar. One simple way of ensuring round biscuits is to bake them in round-bottomed patty-tins. Grease the tins thoroughly, and use a slightly smaller amount of dough than usual.

Rich Shah Biscuits—8 oz. flour, 8 oz. sugar (preferably brown), 4 oz. margarine, ½ teaspoonful baking soda, a pinch of salt, 1 tablespoonful syrup, 1 teaspoonful ground ginger, ½ teaspoonful cinnamon, ½ teaspoonful mixed spice (if liked), and 1 small egg.

Shah Biscuits (2)—7 oz. flour (or 4 oz. flour and 3 oz. fine oatmeal or flakemeal), 4 oz. sugar, 4 oz. margarine, 1 teaspoonful ground ginger, 1 egg yolk, 1 dessertspoonful syrup, ½ teaspoonful baking soda, ½ teaspoonful cream of tartar and a pinch each of salt and mixed spice.

Beat the margarine and sugar to a cream, add the lightly-beaten egg and the syrup, and beat until thoroughly mixed. Sieve together all the dry ingredients, and work into the creamed mixture, making a fairly soft dough. Have ready several greased baking sheets, or sheets of patty-tins. Flour the palms of the hands, and break off small pieces of dough about the size of a small walnut. Roll out into a ball, and set well apart on the baking-sheet. Allow to stand for a few minutes in a cool place before baking. Bake for 15 to 20 minutes in a moderate oven (375 deg. F). As there will be several trays of biscuits, they can be moved up and down in the oven to ensure even browning. Cool on a tray, then on a wire rack, and store in an airtight tin.

**Fruit Loaf**

By "Housekeeper"

A WILLOWFIELD reader asks for a recipe for a rich fruit loaf. The recipe for a yeast barmbrack, given last week, makes an excellent fruit loaf, and the dough should be divided into two or three portions to fill two large or three small loaf-tins. The date loaf below could be made with raisins and with 1 oz. chopped candied peel, if liked. The nuts could be omitted.

Orange date loaf—4 oz. sugar, 2½ oz. fat, 2 eggs, 1 orange, ½ lb. flour, ½ teaspoonful baking powder, ½ teaspoonful baking soda, ½ teaspoonful salt, ½ cupful chopped nuts and 1 cupful chopped dates. Cream the fat and sugar, and beat in the eggs. If one egg is used, double the amount of baking powder, and increase the water by 2 tablespoonful. Sieve the flour with the salt, soda and baking powder. Put the juice and pulp from the orange into a cup, and fill up with water. Add the flour and orange juice alternately to the creamed mixture. Put into a greased and floured loaf-tin, and allow to stand for 20 minutes before baking for 50 or 55 minutes in a moderate oven (375 deg. F). Test by inserting a thin wooden skewer into the centre of the loaf. When the loaf is cooked, the skewer will be withdrawn quite clean and dry.

Apricot bread—1 cupful of dried apricots (5 oz.), 1 cupful sugar, 1 oz. margarine, 1 egg, ½ cupful of orange juice, ½ cupful of water, ½ lb. flour, 1 teaspoonful baking powder, a pinch of baking soda, ½ teaspoonful of salt, and ½ cupful of chopped nuts (optional). Soak the apricots in hot water, to cover for 1 hour. Then chop into small pieces. Mix together the melted margarine, sugar and beaten egg, and beat thoroughly. Stir in the orange juice and water, and gradually add the sieved flour, salt, soda and baking powder. Blend in the chopped nuts and apricots. Put into a greased, lined tin, stand for 20 minutes; then bake for 1 hour in a moderate oven (350 deg. F).

COOKERY HINTS

**Baking in a Pressure Cooker**

By "Housekeeper"

HERE are two recipes for cakes baked in a pressure cooker. First one for Spiced Loaf—8 oz. flour, 2 oz. lard or margarine, 1 dessertspoonful of baking powder, ½ teaspoonful salt, ½ teaspoonful grated nutmeg, 3 oz. brown sugar, 6 oz. mixed dried fruits (chopping dates and other fruits finely), 1½ oz. chopped candied peel, 1 dessertspoonful black treacle, about ¼-pint of milk, and ½ teaspoonful almond essence.

Method—Rub the fat into the flour, add all the dry ingredients, and mix well together. Stir in the fruit, and then the treacle, melted with a little of the milk if it is not of a thin consistency. Add the almond essence, and mix to a soft consistency with the milk. Put into a greased 6-inch baking-tin, or into a 1 lb. loaf-tin. Cover tightly with two layers of greaseproof paper, and tie securely.

To prepare the pressure cooker, set the rack in position, and pour in 1½ pints of boiling water. Set the cake on the rack, and put the lid on the cooker. Steam with the pressure control up for 15 minutes over a low heat, then set the pressure control, preferably at 5 lb. pressure, though 15 lb. can be used with equally good results; the same time of cooking is required. Pressure cook for 40 minutes, over a low heat once the full pressure has been reached. Take the cooker from the heat, and allow to cool, thus reducing the pressure, at room temperature. Take the cake from the tin, and store in an airtight tin for a week before cutting.

Date and Nut Gingerbread—8 oz. flour, 2 oz. lard or margarine, 3 oz. sugar, 1 dessertspoonful baking powder, ½ teaspoonful salt, ½ teaspoonful ground ginger, 1 dessertspoonful syrup or treacle, 5 oz. chopped dates, 1½ oz. chopped nuts, 1 oz. chopped crystallised ginger and ¼-pint milk. Method as above.

COOKERY HINTS

**Fillings and frostings**

By "Housekeeper"

A LONDONDERRY reader has asked for some recipes for cake fillings and frosting. Here are some recipes which should be fairly economical with the sugar ration.

—One of the simplest methods of finishing a plain sponge or butter sandwich cake is to sandwich the layers together with jam or lemon curd, and sprinkle thickly with coconut. A layer of mock cream—made from sweetened condensed milk, chilled, flavoured with lemon rind or vanilla, thickened by adding a teaspoonful of powdered gelatine dissolved in boiling water, and whisked until stiff—could be used as well as, or instead of, the jam. For a coloured and flavoured cream add 2 tablespoonful of sieved jam, or of jelly or lemon curd, to the half-whipped cream.

Chocolate Mocha Filling—Cream 3 teaspoonful of sugar with 1 teaspoonful of margarine, work in 1 tablespoonful of cocoa and ½ teaspoonful of vanilla essence, and gradually beat in sufficient black coffee to give a soft cream.

Sherry Custard Cream Filling—Make a thin custard with custard powder. Cool, and beat in half a tablespoonful of gelatine to half a pint of custard. Sweeten slightly, and flavour to taste with sherry, or any other preferred flavouring.

For a confectioner's custard, sieve together 2 tablespoonful of flour, and a pinch of salt, add 3 oz. sugar, and blend with part of half a pint of milk. Bring the remainder of the milk to the boil, add the blended flour and sugar, and cook for 5 minutes. Stir into one of two well-beaten eggs, flavour, and add half a tablespoonful of gelatine dissolved in a quarter cupful of boiling water. Cool and use as required to fill cakes or fans.

6 Thursday

7 Friday

8 Saturday

9 Sunday



*To Make Cake:*

Use 2 bell-shaped layer-cake pans; grease and line bottoms with waxed paper. One package of white or yellow cake mix makes enough for 2 bell-shaped layers or use your own favorite recipe—one that makes 2 8-inch layers. Another way to get the same effect is to bake 2 9-inch round or square layers and cut them into the shape of a bell.

*To Frost and Decorate:*

Place one cake layer top side down on flat serving tray and spread generously with frosting. Cover with second layer, top side up. Spread frosting over sides, then over entire top, making several long swirls the length of the cake. Next smooth frosting near the two rounded ends. Pull tip of knife through frosting to make four transverse 1/2-inch grooves (see picture) and fill grooves with crushed peppermint-stick candy. Press a thick layer of chopped nuts into frosting on sides of cake, leaving base of bell plain. Stick 2 walnut halves together with a bit of frosting and place in center of base for the clapper; insert two more nut

halves in top of bell in an inverted V (they are under the bow in our picture). Finish off top with a perky ribbon bow.

*To Cut and Serve:*

Remove ribbon. With thin sharp knife cut cake crosswise above the stripes around the bottom, where bell begins to widen. Then cut larger (upper) piece in half lengthwise. Cut each of the three sections into crosswise slices. Makes about 20 slices.

*Easy Chocolate Frosting*

Sweetened condensed milk, 14- to 15-ounce can	Salt, 1/8 teaspoon
Water, 1 tablespoon	Unsweetened chocolate, 2 squares (2 ounces)
	Vanilla, 1 teaspoon

Combine condensed milk, water and salt in top of double boiler; stir until well blended. Add chocolate; place over rapidly boiling water and cook until thick, stirring occasionally (about 10 minutes). Remove from water, add vanilla and beat until thick enough to spread. Makes 1 1/2 cups.

COLOR PHOTOGRAPH BY TONY VENTI

*For This Cake You'll Need:*

- Two bell-shaped cake layers
- Easy chocolate frosting
- Crushed peppermint-stick candy, about 1/4 cup
- Chopped walnuts, 1/2 cup
- 4 walnut halves
- Red ribbon—1 1/2 inches wide, 2/3 yard



13 Thursday

COOKERY HINTS

**Cheese and apple pie**

By "Housekeeper"

MANY people like cheese with apple-pie, and for those who do, here is an apple-pie with the cheese baked into the crust.

Ingredients—Half a cupful of flour, 1/2 teaspoonful of cinnamon, a pinch of salt, half a cupful of sugar, 2 oz. margarine, two-thirds of a cupful of grated processed cheese, apples, and a dash of lemon juice. Sieve the flour with the salt, and rub in the margarine. Mix with half the sugar and cheese. Fill a pie-dish or deep pie-plate with sliced apples, and sprinkle with sugar and lemon juice. Cover with the crumb topping, and bake in a moderate oven (350 deg. F) for 35 or 40 minutes. Serve hot or cold.

Mince and pumpkin pie—Line a flan-tin or sandwich-tin with a thin layer of pastry, and cover with a layer of mincemeat. Beat an egg, 2 tablespoonfuls of brown sugar, a pinch each of salt, cinnamon, ground cloves, ginger and spice, and 1/2 cupful of hot milk into a cupful of cooked pumpkin (or baked sieved apple). Put on top of the mincemeat, and bake in a moderate oven for 40 or 45 minutes until the pumpkin mixture is stiff. To avoid using sugar, use sweetened condensed milk, and omit the sugar.

Coconut bread pudding—Two cupfuls of bread cubes, 2 tablespoonfuls of coconut, one or two beaten eggs, 2 tablespoonfuls of sugar, or golden syrup, a pinch each of salt and nutmeg, and 1 1/2 cupfuls of milk. Put the bread and coconut in the bottom of a greased pie-dish. Bring the milk to the boil, beat all the other ingredients together, and pour on the boiling milk. Pour over the bread and coconut, and bake in a moderate oven for 30 or 35 minutes.

COOKERY HINTS

**Flakemeal Macaroons**

By "Housekeeper"

COCONUT may be added to this recipe for flakemeal macaroons, using 1 to 2 oz. of coconut in addition to the other ingredients, and will make a fairly economical biscuit.

Ingredients—2 oz. sugar, 4 oz. margarine, 1 generous tablespoonful of syrup, 4 oz. flakemeal, 4 oz. flour, a pinch of salt, half a teaspoonful of baking powder, and a few drops of vanilla or almond essence. Two oz. of semolina can be substituted for half the flour if desired.

Method—Beat the margarine and sugar to a cream, add the slightly-warmed syrup, and the flavouring, and beat thoroughly. Sieve the flour, salt and baking powder, add the other ingredients, and stir into the creamed mixture. Lightly flour the palms of the hands, break off small pieces of the dough, roll into balls, and set, well apart, on a greased baking sheet. Flatten the biscuits slightly, and bake in a moderately hot oven (400 deg. F) for 15 or 20 minutes.

Treacle biscuits can be made from the same recipe, using treacle instead of syrup, and adding a pinch of ground ginger instead of the vanilla essence.

Almond cheese cakes—Use scraps of flaky, puff, or short pastry to line patty-tins. Put a small teaspoonful of jam in the centre of each patty. Remember especially in the case of the flaky and puff pastry, to prick the circles of pastry with a fork to prevent puffing and blistering during cooking. For the almond filling use either of the almond macaroon recipes given yesterday; or whisk 2 egg-whites until dry, and fold in 4 oz. castor sugar, 2 oz. ground almonds, 1/2 oz. semolina, a few drops of almond essence, and a pinch of salt. Put a teaspoonful of this mixture into each patty-tin, and set a blanched and split almond in the centre of each. Bake for 15 or 20 minutes in a moderately hot oven (375 deg. F.).

COOKERY HINTS

**Fillings and Frostings (2)**

By "Housekeeper"

A TIN of crushed pineapple can be used to fill several cakes. Pour off a little of the juice, about a tablespoonful, and heat the remainder with the juice of a lemon, and syrup or honey to sweeten. Thicken with custard powder, cook for two to three minutes; then stir in the crushed pineapple, and put between the layers of a sponge cake. Use the reserved pineapple juice to make icing, by heating it and using it to mix with sieved icing sugar. Spread over the top of the cake.

A quick and economical chocolate icing can be made with a tin of sweetened condensed milk. Heat the milk with 2 oz. of bitter chocolate and a pinch of salt, until the mixture thickens, stirring constantly. Add vanilla essence to flavour, and spread quickly on top of the cake.

Sugarless gingerbread—4 oz. fat, 1/2 cupful treacle, 1 cupful syrup, 1 egg, 10 oz. flour, 1/2 teaspoonful baking soda, 1/2 teaspoonful cinnamon, 1/2 teaspoonful ginger, 1/2 teaspoonful salt, and 1/2 cupful hot water. Put the margarine into a fairly large saucepan, and melt it slowly. Allow to cool, add the treacle and syrup, and beat in the egg. Sieve all the dry ingredients together, and add, alternately with the hot water, to the creamed mixture. Put into a square cake-tin, or into two sandwich-tins, and bake for 40 or 45 minutes in a moderate oven (350 deg. F). Allow to cool for a few minutes in the baking-tin, before turning on to a wire tray to cool.

Sugarless fruit crisps—1 lb. mixed fats, 1/2 lb. flour, 1 egg, 1/2 teaspoonful baking soda, 1/2 teaspoonful salt, 1/2 teaspoonful cinnamon, 1/2 teaspoonful grated nutmeg, 1 cupful syrup (or a mixture of syrup and

COOKERY HINTS

**Steamed Fig Pudding**

By "Housekeeper"

A SPRINKLING of grated lemon rind can be used instead of the suggested cinnamon flavouring, to give zest to to-day's fig pudding, which requires no sugar.

Ingredients—1/2 cupful syrup, 1/2 cupful chopped suet, 1 cupful chopped figs, 1/2 teaspoonful cinnamon, a pinch of grated nutmeg, 1/2 teaspoonful baking soda, 1/2 cupful sour milk or buttermilk, 1 egg, 4 oz. flour, and 2 oz. breadcrumbs. Method—Warm the syrup until it is liquid, then measure out half a cupful—8 level tablespoonfuls. Add the spices or lemon rind, chopped figs and suet, and then the buttermilk and beaten egg. Sieve the flour with the soda, mix with the breadcrumbs, and beat into the syrup mixture. Put into a well-greased pudding-basin. Cover with greased paper and a pudding cloth, and steam for 2 hours. Serve with a thin custard, or orange sauce. Blend a tablespoonful of cornflour with a cupful of mixed orange juice and water. Add 2 tablespoonfuls of syrup, and 1/2 teaspoonful grated orange rind. Cook until the sauce becomes clear, and thickens. Serve hot. This pudding will serve 7 or 8.

Spicy date pudding—4 oz. flour, 1/2 teaspoonful baking powder, a good pinch of baking soda, 1/2 teaspoonful cinnamon, a good pinch each of ginger, nutmeg and cloves, 2 oz. margarine, 2 tablespoonfuls brown sugar, 1/2 cupful milk, 2 good tablespoonfuls syrup, good 1/2 cupful breadcrumbs, 1 egg, 1/2 cupful chopped dates, also 1/2 cupful chopped nuts, if liked. The egg may be omitted. Method—Sieve the flour with the spices, baking powder and soda. Cream the margarine and sugar, add the syrup and the egg, then blend in the remaining ingredients alternately with the milk. Put into a greased pudding bowl, cover, and steam for 1 1/2 or 2 hours. Serve with custard, preferably flavoured with lemon rind.

COOKERY HINTS

**Macaroon recipes**

By "Housekeeper"

A BELFAST reader asks for a recipe for macaroons, saying that the only one she can find requires 5 egg-whites, which is "slightly extravagant." Macaroons are usually baked on rice paper; but when this cannot be obtained, use lightly-greased paper, and allow the biscuits to cool slightly before wetting the back of the paper, when the macaroons can be removed easily.

Macaroons—To each egg-white used allow 4 oz. castor sugar, 2 oz. ground almonds, a scant tablespoonful of ground rice, and 1/2 teaspoonful orange flower water, or lemon juice. Whisk the egg until stiff, add the flavouring, and stir in the other ingredients, well mixed together. Put large teaspoonful of the mixture on to a prepared baking-sheet, spacing them adequately. Bake for 20 or 25 minutes in a moderately warm oven (350 deg. F). Avoid too great a heat with macaroons; they should colour to a pale brown.

Macaroons (2)—To each egg-white add a pinch of salt, and whisk stiffly. Stir in 2 oz. ground almonds, mixed with one-third of a cupful of icing sugar, which has been crushed and sieved to remove the lumps. Bake as above. A split and blanched almond, or half a cherry, may be set in the centre of each biscuit before baking.

Coconut Macaroons—To each egg-white allow half a cupful of desiccated coconut, one-third of a cupful of icing sugar, and a pinch of salt. Method as above.

Coconut Drops—Beat an egg-white until it is stiff, and fold in 1 oz. of flour, sieved with 1 oz. of castor sugar, and mixed with 1 oz. of coconut. Drop teaspoonfuls of the mixture on to a greased baking-sheet, and bake for about 5 minutes in a moderately hot oven (400 deg. F). If these biscuits are removed from the tin while hot, they can be rolled cornet-wise.

COOKERY HINTS

**Spaghetti sauces**

By "Housekeeper"

WHEN a quick meal has to be provided for unexpected guests, a plate of spaghetti served with a savoury sauce can provide a tasty and economical meal. If a sweet is required after the spaghetti, bottled fruit, served with mock cream made from sweetened condensed milk, gelatine and a flavouring of grated lemon rind, would be appropriate.

To cook spaghetti, have a large saucepan half filled with boiling, lightly-salted water. Drop in the lengths of spaghetti, and as they soften in the boiling water, they will slip into the saucepan easily. Cook spaghetti for about 15 minutes and macaroni for 20 minutes, and drain well. Put back into the saucepan with a nut of margarine, and keep hot, if the sauce is not quite ready.

Tomato and Mushroom Sauce—2 lb. bottle of tomatoes or a large tin, a small tin of mushrooms (or 1 to 1 lb. fresh mushrooms, depending on price), 1 large onion (finely chopped), a piece of stick celery, 2 oz. fat or bacon dripping, 1/2 teaspoonful salt, a dash of pepper and cayenne, a small pinch of herbs, and, if liked, a shredded clove of garlic. Melt the fat in a saucepan and cook the sliced onion until it is tender but not browned. Add the mushrooms, drained from the juice, and allow them to brown for a few minutes; then add all the other ingredients. Simmer until the sauce thickens (15 to 20 minutes), then correct the seasoning. Pile the spaghetti in a deep plate, pour the sauce over it, and serve a small dish of grated cheese separately.

15 Saturday

16 Sunday







## More spaghetti sauces

By "Housekeeper"

**T**UNA fish can be used to make a savoury sauce for spaghetti, whose flavour will please most tastes. For this will be required, 1 tin tuna fish, 1 chopped onion, 2 tablespoonsful chopped parsley, 1 oz. margarine 1 bottle or tin of tomatoes 1 cupful water, a scant teaspoonful of salt, a dash of pepper a pinch of herbs, and 2 tablespoonsful tomato ketchup. Melt the margarine or dripping in a saucepan, and cook the onion in it gently until it is tender but not coloured. Add the flaked tuna, and then all the other ingredients except the ketchup. Simmer gently for 15 to 20 minutes; then stir in the ketchup, and correct the seasoning. To give this sauce a Continental flavour, use 2 tablespoonsful of oil instead of margarine, and a mixture of white wine or cider and water for the liquid.

**Meat and Breadcrumb Sauce**—12 fairly thin slices of bread, 2 oz. margarine 1 lb. minced beef, 1 medium-sized onion or two cloves of garlic minced or finely chopped, 1 cupful of tomatoes, salt and pepper, and a dash of paprika or grated nutmeg. Crumble the bread and brown it in the melted margarine. Cook the hamburger separately, adding a little dripping if necessary. Mix all the ingredients together, and simmer for 10 or 15 minutes. If the mixture seems too thick, add a little hot water or hot stock. Serve hot.

Both these sauces could be served with mashed potatoes and a green vegetable instead of spaghetti. Or when they are cooked they could be put into a greased pie-dish, and covered with mashed potato, to make a meat or fish pie. Instead of putting the potatoes on top of the sauce, try lining a large pie-dish with mashed potato and put the sauce in the centre. Serve with triangles of crisp toast.

## COOKERY HINTS

## Whiting recipes (1)

By "Housekeeper"

**W**HITING is plentiful at present, and ranks among the economical fish. The traditional method of cooking it is to clean and wash well, leaving the head and tail intact; then to skewer the fish into an S-shape, or into a circle, securing the tail in the mouth with a small skewer or trimmed matchstick.

Dust the fish with seasoned flour then, for a more professional finish in milk or beaten egg and browned breadcrumbs. Pat the breadcrumbs smoothly into the fish, and fry in hot fat, putting one or two fish into the fat at once, to avoid lowering the temperature of the fat too much. The bath of deep fat should have a pale blue haze rising from it before putting in the fish. If it is not sufficiently hot, the fat will soak into the fish and make it soft, and the fishy flavour will taint the fat. Frying "fat" can be dripping, a mixture of dripping and cooking oil, or oil alone. Serve fried fish as soon as it is cooked, accompanied by a green vegetable, or baked tomatoes, and creamed or chipped potatoes. Both the fish and the potatoes must be well drained over the bath of fat, then on a crumpled kitchen paper.

Whiting, rolled in flour, breadcrumbs or fine oatmeal, can be pan-fried whole, headless or in fillets. It can also be brushed with margarine, bacon dripping, oil or peanut butter and grilled. Fillets of whiting can be skinned, rolled up, set on end, and baked in a greased baking-dish or casserole, with seasoned milk and a little margarine. Use a lidded casserole, or cover tightly with greased paper to avoid dryness in the fish.

For "made-up" dishes whiting can be baked, steamed or boiled, before removing the skin and all the bones. This can be done quite easily if the fish are cooked whole.

## Casserole of chicken

By "Housekeeper"

**O**NE of the great advantages of casserole cooking is that the food requires very little attention during the cooking, and if the casserole is sufficiently large, a whole meal can be cooked in one dish.

For a good chicken casserole take one large or two small (about 2½ lb.) boiling fowl. Cut into joints with a sharp knife, and put the carcass or carcasses in a large saucepan with onion and celery to make chicken soup. Wash and dry the pieces of chicken, and put them into a paper bag with a small amount of well-seasoned flour. Shake well until the chicken is well floured. Melt some dripping in a frying-pan, and brown the pieces of chicken. Cut two or three slices of fat bacon into small pieces, and crisp in the fat. Put into a casserole with a cupful of water, chicken stock, white wine or cider. Add ¼ lb. button mushrooms, fresh, canned or dried, and a carrot, cut into dice; also a small piece of onion. Make a bouquet garni by tying into muslin half a dozen springs of parsley, a bay leaf, two pieces of green celery leaf, a pinch of marjoram, and a sprig of thyme, a clove of garlic and two or three whole peppercorns (or a dash of pepper). Cook in a moderate oven (350 deg. F); for 1 or 1½ hours until the chicken is tender.

Make dumplings from suet pastry, or for specially light dumplings mix together 1 cupful of sifted flour, ½ teaspoonful salt and ½ teaspoonful of baking powder with 1 egg, 1 egg yolk, and 3 tablespoonsful of cold milk. The second egg yolk may be omitted, if desired, and 2 extra tablespoonsful of milk used. Drop into the

## COOKERY HINTS

## Whiting Recipes (2)

By "Housekeeper"

**W**HEN making cooked whiting or other white fish into pies or patties the flavouring and seasoning of the sauces with which the fish is mixed are of great importance. The simplest of fish pies, made from flaked cooked fish and white sauce, with a crust of mashed potatoes, will be transformed by the addition of sliced mushrooms lightly fried in a little margarine, the margarine being used as a basis for the white sauce, or by the addition of some shredded pickled onion or well-washed sliced stuffed olives. Parsley sauce, with a pinch of fresh or dried herbs, a cheese sauce, or a savoury tomato sauce all blend nicely with the bland flavour of fish. Line a pie-dish with mashed potatoes, mixed with chopped parsley, and a pinch of herbs, and fill with fish in a cheese sauce. Sprinkle the top of the fish with grated cheese, and brown in the oven. Remember that the sauce for a fish pie should be thin and creamy.

**Creamed whiting with herb sauce**—Melt 1 oz. margarine in a saucepan, and add ½ teaspoonful of basil and ½ teaspoonful of thyme, or a small pinch of each of these herbs if dried. Heat the herbs gently in the fat; then stir in 1 tablespoonful of flour and gradually add a cupful of milk or milk and water. Cook for 3 or 4 minutes after the mixture has thickened; then add ½ teaspoonful of salt, a dash of pepper, and 2 tablespoonsful of chopped parsley. Add 1½ cupful of flaked cooked fish, and heat, by setting the saucepan in a pan of boiling water, where it can be kept hot until required. Serve with a border of mashed potatoes, or in a hot pastry flan.

**Whiting puffs**—Combine 2 cupsful of cooked whiting, 2 cupsful of seasoned mashed potato, ½ teaspoonful of salt and 1 tablespoonful of lemon juice or 1 teaspoonful of vinegar. Melt 1 oz. margarine or white dripping in a saucepan, and cook 2 tablespoonsful each of shredded onion and chopped celery until tender. Add 2 tablespoonsful of chopped parsley, and mix with the potatoes and fish. Stir in 1 egg-yolk beaten with 2 tablespoonsful of milk. Then fold in the stiffly-beaten white of an egg. Put in a greased casserole, or into small individual casseroles, and bake for 30 to 35 minutes in a moderate oven (350 deg. F). Serve hot.

## For Children's Parties

By "Housekeeper"

**F**OR children's parties and other special occasions biscuits can be made in the shape of animals and figures. First of all find suitable shapes—from a children's drawing or alphabet book. Draw or copy these on thin but stiff cardboard, and cut out the outlines. A set of these figures could be made by the children themselves as a "wet day occupation." The biscuit dough should be rolled out ¼ inch thick, the cardboard figures set on top, and the biscuits cut out with a sharp knife. Trim the figures if necessary, and put on a lightly-greased baking-sheet. When baked and cooled, the biscuits can be iced with suitably coloured water icing, and decorated with currants, pieces of cherry, coconut, or suitably shaped sweets. The recipe below can be used for the biscuits, and will make a dozen or so large figures, or about 2 dozen small ones.

**Spiced Biscuits**—6 oz. syrup, 2 oz. sugar, ½ oz. margarine, ¼ oz. lard, 1 tablespoonful milk, 10 oz. flour, and ½ teaspoonful each of salt, baking soda, cinnamon, mixed spice, and ginger, with a dash of grated nutmeg. Put the syrup into a small saucepan, bring to a boil, and add the milk, fat, and sugar. Stir into the sieved dry ingredients, mix smoothly, and set aside until firm. Roll out, shape into biscuits, and bake for 10 or 12 minutes in a moderately hot oven (400 deg. F).

**Syrup Biscuits**—4 oz. mixed lard and margarine, 2 oz. brown sugar, 1 egg, 6 oz. golden syrup, ½ cupful milk, 12½ oz. flour, a pinch of salt, and ½ teaspoonful each of baking soda, ginger and cinnamon. Equal quantities of syrup and treacle will give a darker biscuit. Cream the margarine and sugar, and beat in the egg and the slightly-warmed syrup. Add the sieved dry ingredients alternately with the milk. Knead lightly on a floured board, as use as required.

## Battenburg Cake

By "Housekeeper"

**A** BATTENBURG cake, or Russian layer cake, is a colourful addition to any tea-table, with its diced effect in brown or pink and white, and its outer layer of marzipan. There are special cake-tins, oblong, with a metal division up the centre, for making these cakes; but small oblong tins, about 8 in. by 3 in., are suitable. Grease the cake-tins.

**Ingredients**—4 oz. margarine, 4 oz. sugar, 2 eggs, 6 oz. flour, a scant teaspoonful of baking powder, ½ teaspoonful of vanilla essence, and ½ tablespoonful of cocoa or chocolate powder. Raspberry or apricot jam. For the marzipan—4 oz. ground almonds, 4 oz. castor sugar, and a little lemon juice. Beat the eggs until light. Make up the marzipan using a little of the beaten egg and lemon juice; then set aside. Cream the margarine and sugar, add the beaten egg gradually, and stir in the sieved dry ingredients, adding a little milk to mix to a stiff dropping consistency. Add the vanilla flavouring. Put half the mixture into one of the cake-tins. Add the cocoa or red colouring, carmine or cochineal, and if available a few drops of raspberry flavouring, to the other half of the mixture. Put into the second cake-tin. Bake for about 30 minutes in a moderately hot oven (375 deg. F). Turn the cakes on to a wire rack to cool. Cut each cake in half lengthwise; then trim until all sides are level. Spread with raspberry or apricot jam, and stick the four pieces of cake together, so that the two colours alternate. Roll out the almond paste into an oblong large enough to roll round the cake. Spread the outside of the cake with jam, set on the almond paste, and fold it over. Turn the cake so that the joined side is underneath. Decorate the top by crimping the edge between the two forefingers and thumb, as you would pastry. Dust the top of the cake with a little castor sugar, and trim the ends of the cake until they are quite square.

Use any scraps and trimmings of cake for a fruit trifle, using stewed apples or pears, and custard, and decorating with scraps of almond paste or coconut.

20 Thursday

21 Friday

22 Saturday

23 Sunday



24 Monday

## COOKERY HINTS

**Kidney soup**

By "Housekeeper"

**T**HOSE who do not like kidneys in any other form frequently find kidney soup quite pleasant, and it certainly is rich and nourishing. Half pound beef kidney should be soaked in cold water for half an hour, then rinsed thoroughly, drained dry, and chopped finely, removing the fat and gristle. Season  $1\frac{1}{2}$  oz. flour with salt and pepper, and toss the chopped kidney in this mixture until it is thoroughly coated. Melt about  $1\frac{1}{2}$  oz. dripping in a soup pot, add a chopped onion and the floured kidney. Fry until the onion is lightly browned, then add any remaining flour. Gradually mix in three pints of well-flavoured stock.

If no stock is available, add two teaspoonsful of meat extract, or meat cubes. Bring slowly to the boil and add, finely chopped or diced, a stalk of celery, a carrot, piece of turnip and parsnip, and one or two potatoes. Tie a bunch of fresh herbs in muslin, add to the soup, and allow to simmer gently, with a tightly closed lid, for 2-3 hours, until the kidney is tender. Correct the seasoning, adding a tablespoonful of Worcester or other sharp sauce, and serve very hot.

Oxtail, when it can be obtained, will make excellent soup. It should be thoroughly washed, and cut into pieces, if this has not already been done by the butcher. Drain dry, and fry until lightly browned in a little melted dripping. A slice of bacon, cut into small pieces, or a handful of the rinds, should be fried with the oxtail, for additional flavouring. Add 2 chopped onions, 1 diced carrot, one or two stalks of celery, and a small piece of turnip, and lightly fry them with the meat. Add about 2 quarts of stock, or water, and bring to the boil. Add salt and pepper, and a bouquet garni, a bunch of herbs, tied in muslin with a bay leaf, two or three cloves, and a few peppercorns.

When fresh herbs are not available, add a small pinch of dried herbs, and a small bunch of parsley. Add salt and pepper, and allow to simmer slowly for three or four hours until the meat is quite tender and falling from the bones. Lift out the meat and bones, and the bouquet garni. Take the meat from the bones, cut into small pieces, and return to the soup. Reheat, correct the seasoning, and add a teaspoonful of sharp sauce just before serving.

25 Tuesday

## COOKERY HINTS

**Savoury Tripe**

By "Housekeeper"

**T**RIPE can be obtained fresh or pickled; the pickled tripe usually cooks in about an hour less than the fresh. Wash it thoroughly before cooking, and simmer gently for 1- $1\frac{1}{2}$  or 2- $2\frac{1}{2}$  hours, adding a teaspoonful of salt and a pinch of sugar to the water.

The tripe can be cut into thin strips, either before or after cooking. If desired it can be blanched by dropping into cold water, then bringing this quickly to the boil, draining off the water, and washing the tripe in plenty of cold water, before beginning to simmer it. Rough or dark-coloured tripe may have to be blanched several times before it becomes white.

Tripe and Onions.—Peel and slice two large mild onions, add the tripe prepared as above, and simmer together until tender. Drain off the liquid, and measure  $\frac{1}{2}$  pint. Add  $\frac{1}{2}$  pint milk, and make into a white sauce, thickening with 1 oz. margarine and 1 oz. flour, or with 1 oz. cornflour. Add the onions and tripe, a dash of grated nutmeg, and simmer together for 15-20 minutes; then serve with snippets of toast.

Savoury Tripe.—Melt 2 oz. margarine or bacon dripping. Add a sliced onion, a clove of garlic minced or finely shredded, and a cupful of diced carrot, with  $\frac{1}{2}$  stick finely chopped celery. Fry lightly, and then add 2 lb. tripe, prepared as above, 2 tablespoonsful chopped parsley,  $\frac{1}{2}$  bay leaf, a good pinch of thyme, or a few sprigs of fresh thyme, and two or three teaspoonsful lemon juice or vinegar. Stir these ingredients over a gentle heat for a few minutes, then add a tablespoonful of flour, and gradually stir in a cupful of stock or water, boiling hot. Season with salt, pepper and a little paprika. Stew until the tripe is tender,  $\frac{3}{4}$ -1 hour, stirring occasionally.

26 Wednesday



**Marshmallow Filling**

By "Housekeeper"

A PORTSTEWART reader asks for recipes for marshmallow cream for filling and icing cakes. The first recipe below is one of the most economical.

27 Thurs

Theoretically it should set without the addition of gelatine, but this is difficult, especially in summer. Measure the ingredients accurately, warming the syrup slightly to avoid taking too much; then beat the mixture thoroughly, and if it refuses to thicken, add gelatine, and continue beating until the mixture begins to set. Spread some between the layers of the cake, and then the remainder over the top and sides.

Ingredients—1 egg white, 1 oz. sugar, 6 level tablespoonsful of syrup, and flavouring. Beat the egg white until it is light, adding a pinch of salt; add the sugar and continue beating until the mixture is stiff but not dry. Add the syrup gradually, and continue beating until the mixture will set. If after 3 minutes' beating, it shows no signs of stiffening, fold in 1 teaspoonful of gelatine dissolved in 1 tablespoonful of boiling water. Continue beating until the mixture begins to thicken, then flavour with vanilla, lemon or orange rind, finely grated, or 1 to 2 oz. of melted chocolate or 1 teaspoonful of coffee essence or powder dissolved in a little water.

Coffee Mallow Cream—4 to 6 oz. marshmallows,  $\frac{1}{2}$  pint strong black coffee, 1 oz. gelatine, and a tin of sweetened condensed milk. Set aside three or four of the marshmallows to be cut up for decoration. Cut the remainder roughly into pieces with a wetted pair of scissors or sharp knife, and dissolve in the hot coffee. Add the gelatine dissolved in a tablespoonful or two of hot water. Set to cool, stirring the mixture occasionally as it cools. Whisk the condensed milk until it is stiff, fold in the thickening coffee mixture, and spread over one large or two small cakes.

For a fruit mallow, take the juice from a jar of bottled fruit, make up to half a pint, and add additional flavouring and colouring after mixing with the whisked milk, if necessary. Tinned pineapple juice cannot be used. Dissolve half a jelly square in a quarter pint of boiling water. Soften the marshmallows in another quarter pint of water, and proceed as in the recipe for coffee mallow.

28 Frida

NOVEMBER

97

## COOKERY HINTS

**Barm Recipes**

By "Housekeeper"

SOME time ago a reader said that she remembered, in her childhood, farmers' wives making their own yeast, or barm, it being a liquid which could be renewed daily as required. I have been trying for a long time to locate this recipe, and have found several variations. The oldest is a French recipe dating from 1779, which sounds as though it might be the origin of most of the others.

French Recipe—Take  $\frac{1}{2}$  lb. potatoes, and also  $\frac{1}{2}$  lb. of their starch, and mix with 4 oz. hot water. Put the mixture in a warm place. After 48 hours it will give off a slightly sour smell; then add a second amount of potato pulp, starch and water, and leave in the same place for the same time. Repeat. After six days this mixture will have the same properties as yeast. The starch mentioned above is obtained by grating potatoes, leaving in water and the starch then falls to the bottom of the bowl.

Artificial Yeast—Boil some sound potatoes until they are perfectly soft and just breaking into meal, reduce them to a thin paste with boiling water. Add one-eighth of the weight of potatoes in molasses (treacle) and about the same bulk (as molasses) of yeast. Mix well. Set in a warm place. The mixture will begin to ferment, and when fermentation is at its height, the barm is fit for use.

Barm (2)—Boil 1 lb. good flour,  $\frac{1}{2}$  lb. coarse brown sugar, and a little salt in two gallons water for an hour. Cool to lukewarm, strain, bottle and cork tightly. Store in a cool place. A  $\frac{1}{2}$ -pint of this warm will raise  $4\frac{1}{2}$  lb. flour.

Barm (3)—Mix 1 lb. potatoes,  $\frac{1}{2}$  lb. coarse raw sugar, 1 teaspoonful salt, 1 quart tepid water, and allow to stand in a warm place for 24 hours. Boil a small handful of hops for 10 minutes in  $\frac{1}{2}$ -pint water. Strain and add the liquid to the yeast. Set in a warm place for 24 hours. If it does not begin to ferment by then add a little ordinary yeast, and allow to work for 24 hours. Strain it, and it is ready for use. Put into stone or heavy glass bottles, and stopper firmly. Store in a cool place. Allow  $\frac{1}{2}$ -pint barm to  $3\frac{1}{2}$  lb. flour.

## COOKERY HINTS

**Chocolate bread pudding**

By "Housekeeper"

A CHOCOLATE bread pudding decorated with chopped marshmallows will make unusual and economical pudding. The egg in the recipe below can be omitted, and 1 tablespoonful of cornflour used to thicken the pudding.

Ingredients— $\frac{1}{2}$  cupful sweetened evaporated milk,  $\frac{1}{2}$  cupful water, 1 oz. unsweetened or dark chocolate 2 cupsful bread dice, 1 egg or 1 tablespoonful of cornflour, pinch of salt,  $\frac{1}{2}$  teaspoonful vanilla essence, 8 marshmallows.

Put the chocolate with the water into a double boiler and heat until the chocolate melts. Or use 2 table-spoonsful of chocolate powder or cocoa, and boil for three minutes, then add the sweetened milk, and stir in the bread cubes. Add a little of the hot mixture to the beaten egg, or blended cornflour, return to the saucepan and cook until the mixture thickens. Flavour and put into individual dishes, garnish with the cut-up marshmallows, and serve either hot or cold. If marshmallows are not available, sprinkle the top of the pudding with shredded coconut.

29 Saturday

30 Sunday

## COOKERY HINTS

**Vegetable Pancakes**

By "Housekeeper"

VEGETABLE pancakes can be served with fish or meat as a tasty supper dish, or they can be freshly cooked to serve at any time—in this case the vegetables usually potato and carrot, should be cooked together.

Ingredients—6 medium potatoes, 4 sliced carrots, 1 cupful water,  $\frac{1}{2}$  cupsful sieved flour,  $\frac{1}{2}$  teaspoonful salt, 2 oz. margarine or dripping. Cook the carrots and potatoes together, drain well, and save the liquid. If the pancakes are to be made from left-over vegetables, save a cupful of the liquid in which the carrots were cooked. Mix this cupful of liquid with the mashed vegetables, add the flour sieved with the salt and a dash of pepper and nutmeg or mixed herbs. Heat the dripping, and drop spoonsful of the mixture into it. Brown on both sides, and drain well before keeping warm on a hot plate. These pancakes may be sprinkled with cardamon or poppy seeds before serving.

Quick cheese pudding—6 slices toast, 1 oz. margarine,  $\frac{1}{2}$  lb. processed cheese,  $\frac{1}{2}$  cupsful evaporated milk,  $\frac{1}{2}$  cupsful water (or  $2\frac{1}{2}$  cupsful milk), 1 small onion (grated), salt and pepper. Spread margarine on the toast, and line a casserole with half the slices, cover with half of the cheese, add the remaining toast, and another layer of cheese. Bring the milk to the boil with salt, pepper, and the onion. Pour over the bread and cheese. Bake 10 to 15 minutes in a hot oven. Or, when the milk has soaked into the bread, brown under a hot grill. Chopped parsley and a pinch of mixed herbs can be added with the onion, or  $\frac{1}{2}$  teaspoonful of caraway seeds.



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1 Monday—(December)

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2 Tuesday

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3 Wednesday



4 Thursday

5 Friday

6 Saturday

7 Sunday

COOKERY HINTS

Christmas Cakes (2)

By "Housekeeper"

THE method for making Christmas cakes is the ordinary rich cake method. Sieve the flour with the salt and spices, then mix with the prepared fruits and nuts, and the grated lemon peel and ground almonds. Prepare the oven. A cool oven is required (300-325 deg. F.). Prepare the cake-tin or tins.

For the first recipe, a 7-inch cake-tin will be ample. Warm the margarine slightly, but do not allow it to melt. Beat to a light cream with the sugar, then add the lightly-beaten eggs, beating thoroughly after each addition. If one of the eggs is omitted, add 1 teaspoonful of baking powder to the flour, and use about 2 table-spoonful more liquid. When all the eggs have been added to the margarine mixture, stir in the mixed flour and fruit alternately with the liquid to give a stiff dropping consistency. Caramel is added at this stage; treacle can be beaten into the creamed fat and sugar, or stirred in with the liquid. Turn into the prepared tin, making a deep hollow in the centre of the mixture, to try to ensure a flat top when the cake is baked. Cook for 4 or 5 hours, reducing the heat after the first two hours, when the cake has coloured nicely, and has begun to set. Do not open the oven door more frequently than is absolutely necessary. Allow to stand in the tin for 5 minutes before turning out on to a wire cooling rack. Test the cake in the same way as any rich cake, by inserting a metal skewer or clean, steel knitting needle into the centre of the cake. If it is withdrawn clean and dry, the cake is cooked through.

Plain Christmas Cake—4 oz. brown sugar, 4 oz. margarine, 3 eggs, 6 oz. flour, a pinch of salt, 1/2 teaspoonful mixed spice, a pinch of grated nutmeg, 1/2 or 1 lb. mixed dried fruits, 2 or 3 oz. candied peel, or 2 or 3 table-spoonfuls of chunky marmalade, lemon juice, fruit juice, milk or spirits to mix. Add a table-spoonful of treacle, or a few drops of caramel or browning to give a dark coloured cake. If all the eggs are used, this mixture requires no baking-powder, but the use of 2 eggs, and 1 table-spoonful of baking powder gives good results.

Mincemeat (2)—1/2 lb. dried apricots, 1 lb. mixed dried fruit, including a small quantity of currants or raisins, 1/2 lb. chopped dates, 1 lb. apples, 1/2 lb. suet, 1/2 lb. brown sugar, 2 to 4 oz. chopped candied peel (or the grated rind of an orange and a lemon, or three or four table-spoonfuls of chunky marmalade), 4 oz. chopped nuts, 1 teaspoonful mixed spice, a little grated nutmeg, 1/2 teaspoonful cinnamon, with spirits, fruit juice or cider, and the juice of a lemon to mix. Soak apricots, or peaches, or dried apple rings, in a little water, adding the juice of the lemon. If possible all the water used should be soaked up by the fruit. Chop finely, or mince, and mix all the other ingredients together as above.

COOKERY HINTS

Rich Christmas Cakes

("By Housekeeper")

HERE are recipes for rich Christmas cakes. The method is the same as for the cake given yesterday.

Rich cake (1)—8 oz. margarine, 8 oz. brown sugar, 10 oz. flour, 5 eggs, 1/2 teaspoonful salt, 1 teaspoonful mixed spice, 1/2 teaspoonful grated nutmeg, 1/2 teaspoonful baking soda, 4 oz. blanched and chopped nuts, 8 oz. seedless raisins, 4 oz. Valencia raisins, 8 oz. sultanas, 2 to 4 oz. chopped candied peel, 1/2 teaspoonful grated lemon rind, 1 table-spoonful lemon juice, 1/2 teaspoonful almond essence, and milk or spirits to mix.

Rich cake (2)—10 oz. margarine, 10 oz. brown sugar, 12 oz. flour, 6 large or 8 small eggs, 1 teaspoonful baking powder, 2 teaspoonful mixed spice, a pinch each of ground nutmeg, mace and cinnamon, 1 1/2 lb. currants, 1 lb. sultanas, 1/2 lb. almonds, 1/2 lb. cherries, 2 oz. ground almonds, 1/2 lb. peel, the grated rind and juice of a lemon, and milk or spirits to mix.

Royal Christmas cake—8 oz. margarine, 10 oz. sugar, 8 oz. flour, 5 oz. chopped cherries, 2 lb. mixed dried fruits, 2 oz. chopped candied peel, 4 oz. ground almonds, 4 or 5 eggs, and 1 table-spoonful brandy or other spirits.

Canadian cake—8 oz. margarine, 8 oz. brown sugar, 4 or 5 eggs, 2 oz. treacle, 2 oz. golden syrup, 12 oz. flour, 1/2 teaspoonful baking soda, 1/2 teaspoonful salt, 1/2 cupful buttermilk or sour milk to mix, 1 lb. raisins, 1 lb. currants, 1/2 lb. finely-chopped dates, 1/2 lb. walnuts, 1/2 lb. chopped candied peel, 1/2 teaspoonful each of mixed spice, cinnamon, nutmeg, and ginger, and a pinch of nutmeg, mace and cloves (powdered). The syrup and treacle in this cake should be beaten into the margarine and sugar.

COOKERY HINTS

Christmas Puddings (3)

By "Housekeeper"

THE first recipe to-day is my own Christmas pudding. It is a rich dark pudding, moister than most, with a very good flavour. The quantity below will make two good-sized puddings.

Ingredients—1 lb. Valencia raisins, 1/2 lb. muscatel raisins, 1 lb. sultanas, 1/2 lb. currants, 1 lb. suet, 1/2 lb. brown sugar, 1 1/2 lb. breadcrumbs, 2 oz. flour, 1 carrot, 1/2 teaspoonful baking soda, 1/2 teaspoonful mixed spice, 1/2 grated nutmeg, 1/2 lb. chopped mixed peel, 1/2 teaspoonful salt, the rind and juice of a lemon, 1 small apple, 3 oz. treacle, 1/2 lb. dates, any buttermilk and sherry to mix.

Rich Christmas Pudding—3 oz. flour, 3 oz. breadcrumbs, 6 oz. each stoned Valencia raisins and currants, 2 oz. chopped candied peel, 4 oz. brown sugar, 2 oz. treacle, 4 oz. chopped or grated apple, 1/2 pinch of salt, 1 teaspoonful mixed spice, and a wineglassful of brandy, milk or fruit juice.

Rich Pudding (2)—6 oz. each of breadcrumbs and suet, 4 eggs, 1/2 teaspoonful mixed spice, 1/2 teaspoonful salt, 1/2 lb. stoned raisins, 1/2 lb. currants, 2 oz. each ground almonds, blanched and chopped almonds, and brown sugar, and 1 wineglass of wine or milk to mix.

Economical Pudding—4 oz. flour, 4 oz. breadcrumbs, 3 oz. suet, 2 oz. sugar, 2 oz. treacle, 2 eggs, 6 oz. dried fruit, 1 oz. candied peel, 2 oz. chopped nuts, a pinch of salt, 1/2 teaspoonful baking soda, 1/2 teaspoonful mixed spice, and 1/2 spirits or fruit juice to mix.

I have not tried to keep the first pudding more than eight weeks, but believe it would keep as long as three or four months if well covered. The two rich puddings will keep for at least six months, and the economical one for three or four weeks.

COOKERY HINTS

CHRISTMAS PUDDINGS (2)

(By Housekeeper)

PLUM puddings require long boiling. This can be cut by two-thirds if a pressure cooker is available: from 6 to 7 hours to 2 to 2 1/2 hours. The usual precautions in making steamed puddings should be observed. Have the bowl about two-thirds full, allow for swelling as the pudding cooks; and have the pudding and bowl covered with greased paper and a pudding cloth. Put 2 pints of boiling water into a pressure cooker and follow the usual instructions for cooking. In a saucepan, the water should come about half-way up the side of the pudding-bowl, and should be filled up, from a boiling kettle, from time to time as it boils away.

Dried fruit should be washed and dried as when making cakes. The breadcrumbs used should be from a stale loaf; a mixture of flour and breadcrumbs gives a much lighter pudding than if flour alone is used. When buttermilk can be obtained, it will also help to give a light pudding.

Plain plum pudding—1/2 lb. flour, 1/2 lb. breadcrumbs, 1/2 lb. suet, 1/2 lb. raisins, 1/2 lb. currants, 2 oz. brown sugar, 2 eggs, 2 oz. (2 small table-spoonful) treacle, the grated rind and juice of a lemon, 1/2 teaspoonful baking soda, 1/2 teaspoonful salt, 1/2 teaspoonful spice, and 2 oz. chopped candied peel. Mix all the prepared dry ingredients together. Add the beaten eggs, and sufficient milk, buttermilk or spirits to give a soft paste. Steam for 5 to 6 hours; then leave to cool. Tip the pudding out of the bowl, wipe the bowl dry, replace the pudding, tie on a fresh cover, and store in a cool dry place until required.

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8 Monday

9 Tuesday

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Carried Rice Sol 106.  
 Brussels Sprouts  
 Steamed Cakes

10 Wednesday

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11 Thursd

Cookery Hints

**Peppermint creams**

(By "HOUSEKEEPER")

ANOTHER Portstewart Reader asks for recipes for peppermint creams. There are two methods of making these, the second being recommended only for those who can use a sugar thermometer, to make the basic fondant from which peppermint creams and other flavours of "creams" can be made.

The simple method of making peppermint creams requires no cooking. Sieve carefully 1 lb. icing sugar. Take the white of one large egg, whisk it until it is frothy, and add 1 teaspoonful of lemon juice. Sieve half the icing sugar, mixed with a pinch of cream of tartar into the beaten egg. Stir well together, and then add as much of the remaining icing sugar as is required to make pliable dough. Set aside in a cool place for an hour. Then knead a few drops of peppermint essence, or peppermint oil into about a quarter of the mixture. Remember that peppermint oil is about twenty times as strong as the essence, so it must be used sparingly. Shape the mixture into round balls, flatten each slightly, and set to harden for 24 hours in a cool airy place. Put into paper sweet-cases.

For the boiled fondant, take 1 pint of water, full measure, and put it into a heavy saucepan with 1 lb. ordinary sugar. Stir over a gentle heat until the sugar has dissolved; then brush down the sides of the saucepan with a clean pastry-brush which has been dipped in cold water. Bring to the boil, and add 1 oz. of glucose or a good pinch of cream of tartar. Boil to 240 deg. F without stirring—i.e., the soft ball stage. Pour on to a wetted marble slab, or allow to cool slightly and put into a bowl. Stir on the slab with a wooden spoon

12 Friday

COOKERY HINTS

**Economical plum pudding**

By "Housekeeper"

TWO readers have kindly sent in recipes for economical plum puddings, the first of which may be allowed to stand overnight after mixing with the milk.

Plum pudding (1)—6 oz. bread-crumbs, 3 oz. plain flour, 4 oz. suet, 4 oz. demerara sugar, 1/2 teaspoonful salt, 1/2 teaspoonful mixed spice, 2 eggs, 1 small grated carrot, 1 grated sweet apple, the juice of one orange, 1 teaspoonful marmalade, 1/2 lb. chopped prunes, 1/2 lb. sultanas, 1/2 lb. currants, 1/2 lb. raisins, and milk to mix. Chop the suet finely, clean and prepare the fruit, and mix well with the grated carrot and all the dry ingredients. Add the eggs, well beaten, and the marmalade. Stir in the milk, and stir for at least an hour. Allow to stand overnight and boil for 6 hours.

Christmas pudding (2)—3 oz. suet, 3 oz. well-soaked bread, squeezed and finely flaked, 3 oz. coarse grated carrot, 2 oz. self-raising flour (or 2 oz. plain flour and a good pinch of baking powder), 3 oz. fine grated potato, 2 tablespoonsful of golden syrup or marmalade, 2 oz. sugar, 1 teaspoonful of mixed spices, 1/2 teaspoonful of nutmeg, 1 teaspoonful of baking soda and 6 oz. dried fruit, or more if it can be spared. Method—Bring the grated carrot and syrup or marmalade to the boil in a small saucepan, stirring to prevent sticking. Put the flour, finely-grated suet, prepared bread, fruit, sugar, spices and carrot mixture into the mixing bowl. Grate the potatoes on a fine grater. Add the solid part to the other ingredients. Mix the potato liquid with the baking soda. Stir all together thoroughly, and leave the mixture for at least 2 hours, then, if it seems a little stiff stir in some milk. Put the mixture into greased basins, leaving a little space for rising. Cover securely with greaseproof paper and pudding cloths, and steam for 4 hours. Store in a clean dry bowl. Steam for a further 2 hours before using.

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COOKERY HINTS

**Peppermint Creams**

(2)

By "Housekeeper"

FONDANT made as described yesterday may be used to ice cakes. A small quantity of the fondant should be put into a double saucepan, a few drops of water being added to thin it slightly, if absolutely necessary. Heat very gently, as the mixture is apt to turn cloudy if it becomes too hot. Pour and spread over the top of the cake.

Peppermint creams—Turn the fondant on to a board which has been dusted with icing sugar, knead in a few drops of peppermint flavouring, and roll out about 1/2 inch in thickness. Cut into small rounds or diamonds. To make coffee, lemon or orange creams add flavouring essence and colouring if necessary. Vanilla or almond creams can be finished with half a cherry or a halved blanched almond or a walnut.

Opera creams—1 lb. fondant, 1 lb. icing sugar, 1 tin of condensed milk, colouring and flavouring. Warm both the fondant and the condensed milk slightly, divide into portions, colour, and flavour to suit, and beat into each sufficient icing sugar to give a soft paste. Put into a tin lined with waxed paper. Smooth the top with a knife dipped into boiling water, and set in a cool place to become firm. When cold cut into square or fancy shapes. Desiccated coconut could be mixed with some of the opera creams, or very finely-chopped cherries, preserved ginger, candied peel or nuts.

Baked Alaska—Those who want a spectacular after-dinner sweet may try a Baked Alaska. Take a round of sponge cake, spread with jam, and put on a layer of any tinned fruit, with a little of the syrup. Set a block of ice-cream in the centre, preferably straight

COOKERY HINTS

**Ice Cream Pie**

By "Housekeeper"

HOT ice cream is looked upon as an impossibility. Here, however, is a recipe in which ice cream is served, not hot, but in a very different way from the usual.

First make and bake "blind" that is, without filling—a flan, or line a deep plate, and bake this. Use short pastry, flaky pastry, or crumb crust, or make a sponge cake flan. Cool.

Dissolve an orange jelly in 1/2 pint of orange juice and water. Stir in 1 pint of ice cream, vanilla flavoured, cut into pieces. Stir at once, and continue stirring until the ice cream has melted. Set in a cool place until the mixture is cool and beginning to thicken. Turn into the flan, and set in a cool place, or in refrigerator until the ice cream mixture has set. Garnish with shredded coconut, and wedges of orange which have been peeled and had all pips and pith removed.

This orange pie is just one way of using the basic recipe: in fact the orange juice can easily be omitted, and the jelly melted down with 1/2 pint of boiling water. Simply by using other flavours of jelly—raspberry, strawberry, lemon, pineapple—you will get a different flavour of pie.

Try a pineapple pie. Drain the juice from a tin of crushed pineapple thoroughly; make up to 1/2 pint with water, and use to melt the jelly. Cool the jelly ice cream mixture as above, and stir in the pieces of pineapple. Put into the pie-shell, chill, and decorate with mock cream. Use a sponge cake flan, spread the centre of the flan with apricot jam, put a little chopped tinned fruit on top, then the cold ice cream jelly mixture, and decorate with pieces of whole fruit. The jam spread over the sponge cake prevents the fruit juice from soaking into the sponge cake and leaving it wet and difficult to serve.

COOKERY HINTS

**Winter Salads**

By "Housekeeper"

POTATO salad in many guises is probably the favourite winter salad. It can accompany meat, fish or eggs or can be used as a base for Russian salad. The potatoes used should be boiled until they are tender but not drained, peeled, cut into dice while warm, and covered with French dressing salad cream, or mayonnaise. Leave to cool, and mix with finely shredded onion, chopped celery and any other desired ingredients. Stir in more salad dressing, and stir gently until all the ingredients are evenly coated with dressing.

For this basic salad take 6 to 8 medium-sized potatoes, 1/2 cupful of chopped white heart of celery, and half a mild onion. For French dressing use 2 tablespoonsful of vinegar, 2 tablespoonsful of salad oil and 1/2 teaspoonful of salt. Additions to this basic salad are: 1/2 cupful of chopped parsley, 1/2 cupful of chopped celery seed, and 2 chopped hard-boiled eggs.

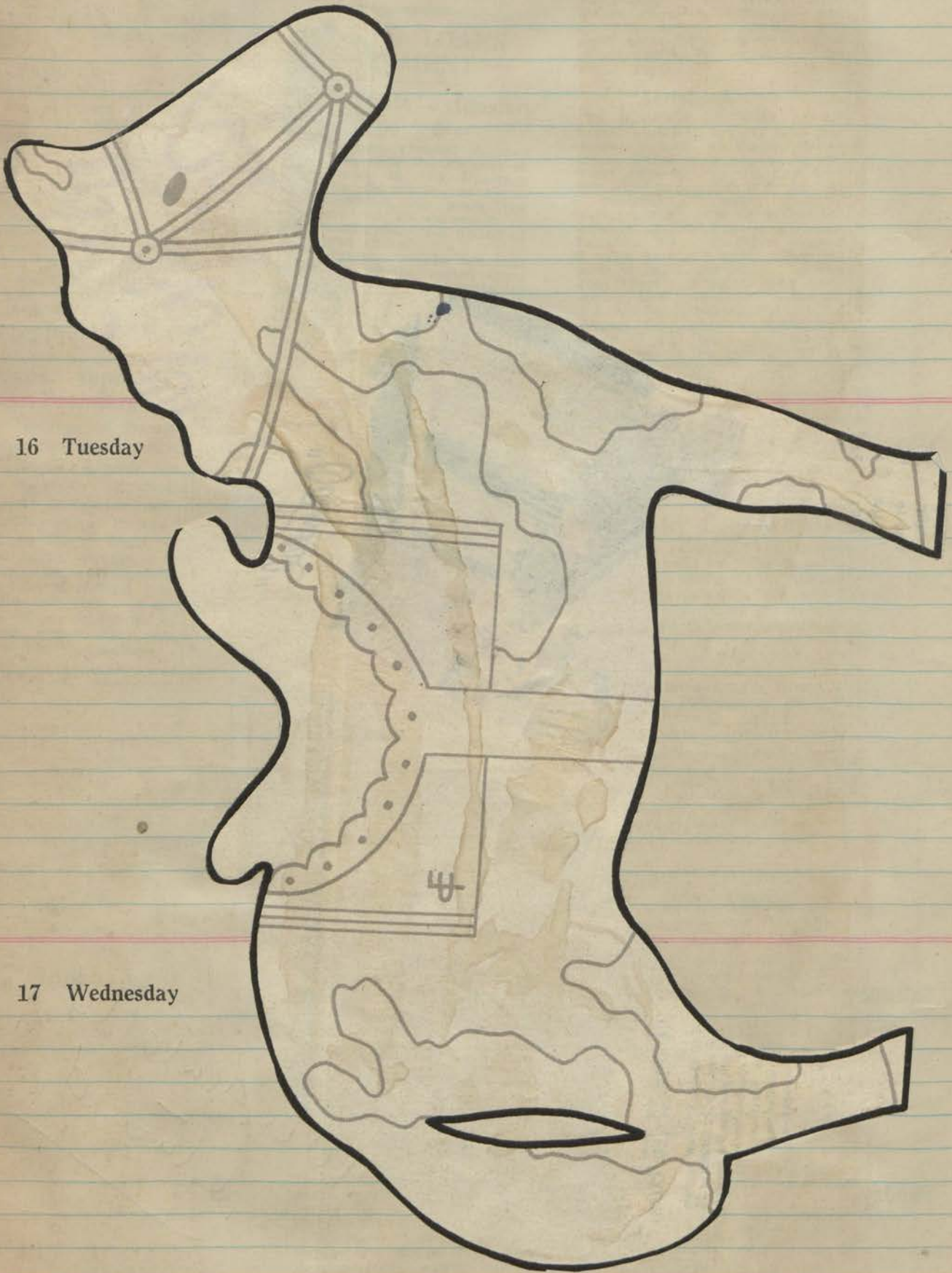
Spicy Tomato Salad—Mix 1 cupful of cooked peas with the potatoes. Mix 3 tablespoonsful of tomato ketchup with 2 tablespoons of salad dressing and use instead of the mayonnaise.

Hot Potato Salad—Cook half dozen potatoes, cool them, and slice thinly into a casserole. Stir in 1/2 cupful of chopped celery, 1 tablespoonful of chopped parsley and salt and pepper to taste. Bring 1/2 cupful of vinegar to the boil with 4 tablespoonsful of oil or bacon dripping, and a squeeze of lemon juice. Pour over the potatoes, and heat for 10 or 15 minutes in a moderately hot oven, covering the casserole. A slice of bacon can be fried until crisp and added to the potatoes.

Garnish cold potato salad with wedges of tomato, slices of pickle, beetroot, lettuce, watercress, sliced stuffed olives, or grated carrot.



15 Monday



16 Tuesday

17 Wednesday



**Brussels Sprouts**

By "Housekeeper"

**M**ANY people do not like Brussels sprouts, especially if they are over-cooked, but they can be delicious. When picking or buying sprouts, see that they are fresh and tightly shaped, preferably small in size. When picking them, it is best to take a few sprouts from several plants, rather than to strip each plant in turn. Rinse them, and trim off the stems and any loose leaves. Drop into lightly-salted water, and allow to soak for 10 or 15 minutes; then drain them, and drop into boiling water, adding about ½ teaspoonful of salt per pint of water. Cook uncovered, to retain the colouring, for about 15 minutes, until they are barely tender. Drain thoroughly and serve.

Here are other ways of dealing with sprouts:—Soften slightly ½ oz. margarine, and beat in 1 tablespoonful of lemon juice, with some chopped parsley added, and set this piece of margarine on top of the sprouts in the hot serving dish.

Melt ½ oz. margarine or bacon dripping in the saucepan in which the sprouts were cooked, and fry in it a few shreds of onion; then toss the sprouts in this flavoured fat, and serve.

Melt ½ oz. margarine in a saucepan, add a good teaspoonful of bottled mint sauce, and toss the sprouts in this. The margarine can be omitted, and the mint alone added to the sprouts.

Toss the cooked sprouts in some onion or parsley sauce, and sprinkle a few browned bread-crumbs over them before serving. Two cupsful of boiled Brussels sprouts into a casserole, add two cupsful of chicken stock, sprinkle the sprouts with grated cheese, and bake for about 10 minutes in a hot oven until the cheese is melted.

If one pours boiling water over the sprouts, and allows them to stand for two minutes, and then drains them, and then tosses them under running cold water, the flavour is improved.

COOKERY HINTS

**Boiled Cakes**

By "Housekeeper"

**A** CRUMLIN reader asks for a recipe and method for making a boiled fruit cake. There are two kinds of boiled fruit cakes, those in which some of the ingredients are boiled together before the cake is cooked, and the second in which the cake is steamed or pressure cooked.

Here is one recipe — 3 oz. fat, 5 oz. brown sugar, ½ pint water, 6 oz. mixed dried fruits (including chopped dates, figs and prunes if desired), 8 oz. flour, 1 teaspoonful baking powder, ½ teaspoonful mixed spice, a pinch of grated nutmeg, ½ teaspoonful salt, and ½ teaspoonful baking soda, with 2 oz. chopped candied peel, and 2 oz. chopped nuts.

**Method**—Line and grease a small cake-tin. Put the water, sugar and fat into a small saucepan, bring to the boil, and simmer gently for five minutes. Take from the heat and cool slightly. Sieve together the dry ingredients, and add the finely-chopped nuts. Stir the melted mixture into the dry ingredients, mixing together thoroughly, then pour into the prepared cake-tin, and bake in a moderate oven (350 deg. F.) for 1 to 1½ hours.

**Boiled Icing** — Boil ½ lb. granulated sugar with half a pint of water for 15 minutes, being sure that the mixture boils rapidly and continuously. Beat the whites stiffly, then pour the sugar and water in a thin stream on to the eggs, stirring constantly. Add the lemon juice, and beat until the mixture begins to thicken. Pour directly on to the cake, swirl into peaks with a knife or fork and set any decorations in position before the icing begins to harden. The egg yolks can be added to the cake mixture, and the whites put into a cup, to be kept for the icing until the cake is quite cold. Add the yolks to the cake mixture after all the fruit and the fat have been added.

CEMBER

**Almond Icing**

By "Housekeeper"

**A** RICH Christmas cake usually receives a coat of almond icing, then is given a thin coat of Royal icing, and is decorated, either with icing, white or coloured, or with edible flowers. The cake should be allowed a few days to mature, then be spread lightly with apricot or some other sticky jam before putting on the almond paste. This should be given at least three days to dry out before the white icing is put on top; otherwise the oil in the almond paste will discolour the white icing. With the soya or semolina icing, 24 hours is sufficient to dry out the paste.

**Almond Icing**—½ lb. ground almonds, ½ lb. castor sugar, or equal quantities of icing sugar and castor sugar, 1 egg yolk, 2 teaspoonfuls of lemon juice, and a few drops of almond essence. Mix the sugar with the ground almonds, add the other ingredients and mix well. A little more lemon juice may be necessary. Knead well on a board lightly dusted with sugar. Divide into two pieces. Roll the larger piece into a long strip, and press to the sides of the cake. Roll the other piece into a round and set on top of the cake. Roll smoothly in position with a rolling pin. Should the cake have risen too much in the centre, it should be trimmed until it is reasonably level before applying the almond paste.

**Soya Almond Paste**—6 oz. soya flour, 4 oz. margarine, 6 oz. sugar, 3 tablespoonfuls of water, and ½ teaspoonful of almond essence.

**Mock Almond Paste**—6 oz. semolina, 6 oz. sugar, 3 oz. margarine, 2 tablespoonfuls of water, and ½ teaspoonful of almond essence.

**Method** — Melt the margarine and sugar with the water, and bring to the boil. Stir in the semolina or soya flour and the essence, take from the heat, and beat thoroughly. Roll out on a board dusted with a mixture of icing sugar and cornflour. Apply as above. This mixture stiffens rapidly, so should be applied immediately.

COOKERY HINTS

**Boiled Cakes (2)**

By "Housekeeper"

**A** CAKE which is to be steamed should be put into a deep tin, which has been lined and greased in the usual way. Cover with a greased paper, and tie tightly with string. Steam for 3 hours, then remove the paper and bake for 1½ hours in a very slow oven (275 deg. F.). This may be done with any of the rich fruit mixtures, but is especially suitable for the recipe which follows.

**English Fruit Cake**—4 oz. margarine, 4 oz. brown sugar, 2 large eggs, 4 oz. flour, ½ teaspoonful mixed spice, a pinch each of mace and cinnamon, one-eighth of a teaspoonful of soda, 12 oz. currants, ½ lb. chopped seeded Valencias or Muscatels, 2 oz. blanched chopped almonds, 4 oz. chopped mixed peel, and 1 tablespoonful of milk or spirits. Wash and dry the fruit. Use whatever fruit is available, finely chopped. Cream the margarine with 2 oz. sugar, and beat in the egg yolks. Continue beating this mixture until it is soft and creamy. Whisk the egg whites lightly, add the remaining 2 oz. sugar whisk gently, and add to the creamed margarine. Add the flour, sieved with the other dry ingredients, and mixed with the fruit. Stir in the milk, using a little more if necessary to give a stiff dropping consistency. Put into the prepared tins, and cook as directed above.

**Sugarless Boiled Cake**—8 oz. flour, 1 teaspoonful baking powder, ½ teaspoonful salt, ½ teaspoonful baking soda, 2 oz. margarine, 1 egg, 1 teacupful syrup or honey, 1 teacupful orange juice and water, 1½ cupsful of chopped dried fruit, 2 oz. chopped candied peel, and 1 teaspoonful of mixed spice. Put the syrup, fruit peel spices, margarine and orange juice into a saucepan, bring to the boil, and boil for 3 minutes. Cool to luke-warm, and add the beaten egg. Sieve together the dry ingredients, and combine both mixtures. Beat until smooth, put into a greased and lined tin, and steam for 2 hours, or bake for 1 hour in a moderate oven (375 deg. F.).

**R**EFLECT to "Ghengormiey Reader"—So far as I know there is no method of making at home milk chocolate which could be used for lining paper cases or coating sweets. It used to be possible to buy "couverture" chocolate for these purposes. Perhaps another reader might be able to help with this problem.

**"A Constant Reader"**—The causes of cracks in the crust of a soda bread may be—too hot an oven, dough insufficiently kneaded, or dough too moist.

**"Ormeau"**—To cook a piece of ham or bacon, first weigh it. Allow 20 minutes per pound, plus 20 minutes extra, i.e., for a piece of ham 3½ lb. in weight allow 1½ hours after the ham has come to the boil. Soak for 12 hours in cold water, wash well, and scrape off any discoloration. Put to cook, covered with cold water, bringing rapidly to the boil, and then simmer gently for the required time. Allow to stand for 30 minutes before taking from the saucepan.

Remove the skin, and pat browned breadcrumbs into the fat. Serve hot or cold. One very pleasant way of finishing the ham is to add some brown sugar to the breadcrumbs, and pat this mixture into the fat of the ham. Cut one-inch diamonds, about ½ inch deep, into the fat, put a clove in the centre of each diamond, and bake for half an hour in a moderately hot oven. Baste occasionally with some of the liquid in which the ham was cooked. If the bacon or ham is not too highly smoked this liquor will make an excellent stock for pea, lentil or vegetable soup.

**"Belmont Reader"**—For curried rice, pour 2 cupsful of boiling water over ½ cupful of washed rice, and set in a warm place for ½ hour. Add ½ a cupful of fresh or bottled tomatoes, ½ teaspoonful salt, ½ cupful finely-chopped onion, 1 oz. melted margarine, and ½ teaspoonful curry powder. Put into a well-greased casserole, and bake for about 1½ hours in a moderate oven (350 deg. F.), stirring occasionally until the rice has absorbed all the liquid. Do not allow the rice to become dry and hard.

18 Thurs

19 Friday

20 Saturd

21 Sunda



22 Monday

## TURKEY IN BAG

## How to prepare, and roasting time

Thaw turkey if frozen, rinse inside, remove pin feathers, wash outside. Prepare dressing. Allow  $1\frac{1}{2}$  cups dressing per pound of cleaned turkey. Cool before stuffing the turkey. Season the cavity with salt, poultry seasoning. Stuff main cavity and inside of neck cavity. Close by slipping skewers or thin nails through the two edges of skin, then lacing tightly with white string, from top down. Season outside with

salt, paprika, and rub all over with soft fat. Set oven at  $325^{\circ}$ . Place bird in clean paper bag, twist end closed and tie with string. Place on a rack about  $\frac{1}{2}$  inch high, in shallow pan, and bake 20 minutes per pound for a bird over 12 pounds; 25 minutes a pound for a smaller bird. Don't baste, don't peek, don't poke until cooking time is up. Then open bag, keep bird under a hood of foil or cloth while making the gravy

23 Tuesday

Madam Enclosed Turkey  
 receipt - is for your many readers,  
 Please Publish - Delicious  
 & no trouble watching Turkey.

Mrs Dorothy Gibson  
 3 Kensington Rd  
 Knock

24 Wednesday

Very old idea - what delicious juicy  
 Dowl -



## Rich pastries

By "Housekeeper"

THOSE who want to make a flaky type of pastry and find that it must be done quickly may like to try the following method, which produces reasonably flaky pastry.

Ingredients—8 oz. flour, 4 oz. margarine, 1 oz. lard (if possible),  $\frac{1}{2}$  teaspoonful baking powder, a pinch of salt, and cold water to mix. Cut and rub the margarine and lard into the flour until it is in small lumps about the size of a pea. Add the salt and baking powder, and sufficient water to give a stiff elastic dough, softer than for short pastry. Roll out once, and use as required. Bake in a hot oven.

Economical rough puff pastry can be made from the following recipe, which uses semolina, and less than the standard amount of fat. Ingredients—6 $\frac{1}{2}$  oz. flour, 1 $\frac{1}{2}$  oz. semolina, 6 oz. fat, lemon juice and water. Cut the fat into the mixed flour and semolina in pieces the size of a hazel nut. Mix to an elastic consistency with the lemon juice and water. Roll into an oblong, fold in three, turn sideways, press the edges together, and roll out again. Repeat the folding and rolling seven or nine times in all, keeping the pastry as cool as possible. Set aside for half an hour to chill between each rolling when practicable. May be kept in a cool place overnight before the final rolling. If this pastry is to be used for mince pies, roll out only, cut the circles for the tops of the pies, set the trimmings of the top on top of each other, roll again, and, using a slightly cutter, cut out the circles for the bottoms of the pies. These may be well pricked with a fork to prevent them from puffing up. Damp the edges of the circles before putting them together. The tops may be brushed with an egg or a sugar and water before baking.

25 Thursd

26 Friday

27 Saturday

28 Sunday

## Cooking Chicken or Turkey

By "Housekeeper"

GRUMBLE from a friend that turkey is always dry and uninteresting, and a plea from a Tyrone reader for "a method of making turkey and chicken so tender that it will melt in the mouth," make me offer the following suggestion. Prepare and stuff the chicken or turkey in the usual way, then take a large sheet of greaseproof paper and spread it thickly with softened dripping. Wrap the bird in the paper and secure the ends tightly. Put into the roasting dish with the usual amount of dripping, and cook, basting frequently, and turning the bird over from time to time so that it cooks evenly. Remove the paper for the final half hour, to allow thorough browning. Some people add a little water with the dripping inside the "envelope" of paper, so that the bird is cooked in moist heat at first.

Turkey—Allow 15 minutes per pound up to 14 lb. weight, the bird being dressed and stuffed before weighing, or 10 minutes per pound for birds over 14 lb. weight, in a moderate oven (350 deg. F.). Stuff with forcemeat or celery stuffing. Serve with gravy, cranberry sauce, bread sauce, roasted sausages, bacon rolls, roast potatoes and vegetables.

Chicken—1–1 $\frac{1}{2}$  hours. Put into a hot oven (450 deg. F.) for the first 15 minutes, then reduce to moderate (350 deg. F.). If the "chicken" looks as if it might not be too tender steam or simmer gently for an hour, then roast for  $\frac{1}{2}$  hour. Turn several times, and baste frequently while roasting. Stuff as turkey, and serve with the same trimmings.

Duck—Cook as chicken, with sage and onion, celery or potato stuffing. Serve with apple sauce, orange sauce, gravy and vegetables.

Goose—Cook as turkey, but in a hot oven (450 deg. F.) for the first hour. Prick the breast thoroughly with a needle before cooking, to prevent the flesh being greasy. Serve and stuff as for duck.

Bread sauce—Stick several cloves into a medium-sized peeled onion, and simmer very gently with half a pint of milk, salt, pepper and a nut of margarine, for half an hour. Strain the liquid on to half a cupful of breadcrumbs, cook slowly for 15 minutes, and serve hot.

Forcemeat—Rub 3 or 4 oz. margarine into 4 cupful of breadcrumbs, or add 3 oz. chopped suet. Add salt, a dash of pepper, 2 table-spoonful of chopped parsley and onion, and a good pinch of mixed herbs. Add enough hot giblet stock to give a softish crumbly consistency. Use to stuff fowl, boned pork, or thinly-cut steak.

## Some savouries

By "Housekeeper"

RAW tomatoes or boiled onions can be stuffed with a meat and breadcrumb mixture, and then baked for half an hour in a moderately hot oven. Boil the onions whole until they are tender, and scoop out the centres. Use the boiled onion instead of fresh onion in the recipe for the stuffing, and use tomato, celery or mushroom soup to moisten the stuffing.

Savoury stuffing—Melt 2 oz. dripping or margarine in a small saucepan, and cook in it a chopped onion, and a stick of celery. Add one to two cupful of chopped cooked meat or fowl, and  $\frac{1}{2}$  cupful of breadcrumbs, together with the chopped pulp of the tomatoes, or soup, to moisten. Cook for five minutes, and pile into the tomato or onion shells. Bake and serve. If preferred, put the stuffing, made fairly moist, into a casserole lined with mashed potatoes, put two or three strips of fat bacon on top, and cook for 20 or 25 minutes in a moderately hot oven.

Beef and vegetable pie—Soak 1 cupful of breadcrumbs in half a cupful of milk until the crumbs are soft. Then add 1 cupful of minced beef ( $\frac{1}{2}$  lb.), season well and press round the sides of a well greased casserole. Bake for half an hour in a moderate oven (350 deg. F.), then fill with either creamed potatoes, or left-over vegetables in a white sauce or in gravy. Return to the oven for a few minutes to heat through.

Coconut pie—Make a scant pint of custard or cornflour, sweetening with a spoonful of golden syrup, and flavouring with lemon rind, cooked in the milk and removed. Cook 1 cupful of coconut in 1 $\frac{1}{2}$  oz. margarine to a golden brown, add half the coconut to the sauce, and put either into a greased pie-dish, or into a baked pastry shell. Allow to cool for an hour. Mix the remainder of the coconut with 1 $\frac{1}{2}$  oz. of brown sugar and 1 $\frac{1}{2}$  table-spoonful of cream from the top of a milk bottle. Spread gently on top of the custard, and bake for 15 minutes in a moderately hot oven (350 deg. F.). Serve hot or cold.

## 7-MINUTE ICING

(Corrected recipe): Put 1 egg white, 6 oz. sugar, 2 $\frac{1}{2}$  table-spoonful cold water, a pinch of cream of tartar and 1 small teaspoonful golden syrup in the top of a double saucepan. Beat until the ingredients are well mixed, set over boiling water, and beat for 7 minutes, preferably with a rotary whisk. Take from the heat and continue beating until the mixture begins to thicken. Flavour and use.

for puddings, stir in  $\frac{1}{2}$  table-spoonful of custard powder, blended with a little milk instead of each yolk, and omit the meringue where one is suggested. Spread the top of the baked pudding with a large spoonful of warmed jam or jelly, and sprinkle with a little coconut.

Pineapple Pudding—Pour 1 cupful of hot milk on to 1 $\frac{1}{2}$  cupful of fresh breadcrumbs. Allow to stand for a few minutes, then stir in 1 egg yolk,  $\frac{1}{2}$  oz. margarine, a few drops of vanilla essence,  $\frac{1}{2}$  cupful of chopped nuts or raisins, 1 table-spoonful sugar or syrup, a pinch each of cinnamon and nutmeg, and 1 $\frac{1}{2}$  table-spoonful of grated lemon rind. Add 1 cupful of drained crushed pineapple, and the juice of half a lemon. Stir in the stiffly-beaten egg white, put into a greased casserole, and bake for 30 or 35 minutes in a moderate oven (375 deg. F.).

Date Pudding—Take 2 cupful of stale bread, cut into small dice, and pour over it 2 cupful of milk which has been warmed with 2 table-spoonful of syrup or sugar, a pinch of salt, a pinch each of nutmeg and cinnamon, and  $\frac{1}{2}$  cupful of fruit juice. Allow to stand for a few minutes, then stir in  $\frac{1}{2}$  cupful of chopped dates,  $\frac{1}{2}$  cupful of chopped nuts, and a beaten egg. Bake in a greased casserole (setting it in a shallow tin of hot water) for 50 or 55 minutes in a moderate oven (350 deg. F.).

Apple Pudding—Pour 1 cupful of hot milk on to 1 $\frac{1}{2}$  cupful of breadcrumbs, stand a few minutes, and add 2 egg yolks,  $\frac{1}{2}$  oz. margarine, a few chopped nuts or raisins, 2 oz. syrup or sugar, a pinch of mixed spice, a small teaspoonful of grated lemon rind, and 1 $\frac{1}{2}$  cupful of diced or shredded apple. Stir in the egg whites (stiffly beaten), and bake as for pineapple pudding.



29 Monday

30 Tuesday

31 Wednesday



## Bread Puddings (2)

By "Housekeeper"

IN the recipes for bread puddings given on Saturday, a number of different flavourings were used; but some of these may be omitted and also the nuts and raisins.

**Meringue Pudding**—Soak 1 cupful of stale breadcrumbs, or 1½ cupful of fresh breadcrumbs, in 2 cupful of warm milk for half an hour. Cream 2 oz. margarine with 2 oz. sugar or syrup, beat in one or two egg yolks, and the grated rind and juice of half a lemon. Stir in the crumbs, put into a greased pie-dish, and bake for 20 minutes in a moderate oven. Put a meringue (made from 1 egg white, 1 oz. sugar and a few drops of lemon juice; or 2 whites and 2 oz. sugar) on top of the pudding, and bake for 15 minutes in a slow oven (300 deg. F.). Serve hot.

**Pineapple Creams** (by request)—6 oz. flour, 2½ oz. margarine, 1½ oz. lard, 1 oz. sugar, a pinch each of salt and baking powder, and one dessertspoonful of milk. Cream the fats with the sugar, and work in the sieved dry ingredients, together with the milk to make a stiff pasting. Roll out thinly, cut into rounds, put into patty-tins. Prick the pastry well with a fork, and bake in a hot oven (450 deg. F.), reducing the heat after the first 5 minutes. Allow 10 or 12 minutes in all. Cool on a wire tray. Place a spoonful of pineapple jam, or tinned pineapple in each. The pineapple juice may be thickened with a little cornflour or arrowroot, and poured over the pineapple. Top with mock cream, made by beating condensed milk until thick, and adding 1 tablespoonful of gelatine per tin of milk. Serve very cold, decorated with a piece of pineapple, a glace cherry, or chopped nuts.

Water icing could not be used as a decoration for these cakes as they are, as the liquid in the pineapple would cause it to soften. The simplest way of using the icing would be to cool the pastries as a covered tart, and then to ice the tops of the cakes when they are cold. Can any reader help with the actual icing which is used for the iced pineapple cakes?



Next you add a pint of ice cream, cut in pieces, and stir till melted. Place in refrigerator to thicken slightly.



Then just fold in the coconut or fruit, and pour your filling into the pie shell that you made from Pillsbury's Best. Chill about 20 minutes more or until serving time. Easy!

## NOTES



## Pillsbury's ORANGE COCONUT ICE CREAM PARFAIT PIE

This recipe was developed by Ann Pillsbury for Jell-O and Pillsbury's Best. They are required for perfect results. Incidentally, this pie crust recipe is one you'll want to use over and over again with Pillsbury's Best. It makes an especially flaky and tender crust.

### FILLING

- FILLS 8 or 9-inch pie shell.
- .... 8 or 9-inch pie shell as directed at right.
  - .... 1½ cups orange juice (fresh, frozen or canned) to boiling in 2-qt. saucepan. Remove from heat.
  - .... 1 package Orange Jell-O; stir until dissolved.
  - .... 1 pint vanilla ice cream, cut into pieces, to hot liquid; stir immediately until melted.
  - .... 1 cup shredded coconut (toasted, if desired); mix well.
  - Chill..... until mixture is thickened but not set, 30 to 35 minutes.
  - Turn..... into cooled, baked pie shell. Chill until firm, about 15 minutes. Top with whipped cream and additional coconut, if desired.

### FLAKY CRUST

- BAKE at 425° F. for 10 to 12 minutes. MAKES 8 or 9-inch pie shell.
- Sift together 1 cup sifted Pillsbury's Best Enriched Flour\*
  - ½ teaspoon salt
  - Cut in..... ½ cup Homogenized Spry until particles are the size of small peas.
  - Sprinkle 2 to 3 tablespoons cold milk over mixture, tossing lightly with fork until dough is moist enough to hold together. Form into a ball.
  - Roll out.... on floured pastry cloth or board to a 10-inch circle (11-inch circle for 9-inch pie). Fit pastry loosely into 8 or 9-inch piepan. Fold edge to form a standing rim; flute. Prick crust
  - Bake.....

### HOUSEHOLD HINTS

#### Some Useful Tips

By "Housekeeper"

HERE to-day are some household hints which may help some young housewives:—

**Teastains**—To remove, pour boiling water as soon as possible through the stained portion of the cloth.

**Inkstains**—Soak in buttermilk. If persistent, put a speck of salts of lemon (poisonous) on the stain, and pour boiling water over. Rinse very thoroughly.

To remove discolouring from linen, put some slices of lemon in the water in which it is boiled.

To remove stains from baths and basins, rub with dry coarse salt. Salt and lemon juice will remove the verdigris stains from copper. The juice of a lemon in a pint of water will clean a sponge; allow it to soak for a few minutes, then squeeze the sponge through the water, until it loses the "slimy" feeling.

Spirits of camphor on a soft cloth can be used to remove heat marks from a highly polished surface.

Aluminium and zinc kettles, buckets and saucepans can be polished by applying a paste of whiting and cloudy ammonia, leaving to dry, and then polishing. Cooking utensils must be thoroughly washed afterwards.

To remove the "fur" caused by hard water, in kettles or double boilers, fill with potato peelings, and boil rapidly. Rinse thoroughly before using. A marble or piece of clean oyster-shell in the kettle or saucepan will prevent the "fur" from collecting.

Cheap cotton or flannelette night-dresses and children's wear can be fireproofed if a little alum is added to the final rinsing water after each washing. The more expensive materials are frequently fireproofed during manufacture.

## NVOI

### COOKERY HINTS Dec 30

#### A salmon casserole

Take about 1½ cupful of cooked macaroni. Take about 1½ cupful of dry macaroni, and boil it in plenty of salted water for 20 minutes. Put the mixture into a greased casserole, sprinkle with browned breadcrumbs, dot with a few flakes of margarine, and bake for 15 minutes in a moderate oven (375 deg. F.). Serve very hot.

**Beef Balls with Macaroni**—Mix together ½ lb. minced beef, ½ cupful of dry breadcrumbs, salt and pepper, and an egg. Divide into 13 to 20 portions, roll into small balls, and brown in a little melted dripping. Lift out the beef balls, and set on a plate. Put into the fat 1 cupful of sliced onions, and for flavouring, a clove of garlic minced finely (optional). When the onion is tender but not browned, add a large bottle of tomatoes or tin of tomatoes or tomato pulp, and the meat balls, with salt and pepper. Bring to the boil, and add 1½ cupful of macaroni, broken small, or as shells. Cover, and simmer very gently for 20 to 30 minutes, until the macaroni is tender.

**Quickly-made Macaroni Cheese**—Cook ½ lb. of macaroni or spaghetti until tender in plenty of fast-boiling water (15 to 25 minutes). Drain well. Add ½ lb. of shredded processed cheese, a tin of thin vegetable or meat soup or stock, a nut of margarine, and a dash of pepper. Stir over a low heat until the cheese has melted and formed a sauce with the soup.





The young fry will love a Christmas Cookie Tree and ice cream party during the holidays.

# Christmas Cookies



CHRISTMAS is coming — and it wouldn't be Christmas without tempting home-made cookies. Begin with Springerle which need time to ripen. Decorate other cookies with candy sprills held in place with egg white.

## TO MAKE A COOKIE CHRISTMAS TREE:

Cut out eight star shaped cookies in graduated sizes, ranging from eight inches down to one inch. Cut 16 small round cookies to be used between the star-shaped cookies. Cut a small hole in the center of each cookie. Bake as directed. Frost stars with white or colored sugar frosting and sprinkle with multi-colored sprills, silver dragées and red cinnamon candies. Support a slender round stick firmly on a small square or round base so that it will stand. Cover base with ribbon. Slip the largest star on stick and anchor with some of the frosting. Next, place two small round cookies on the stick and then the next size star, and so on, alternating points of stars to get the effect of tree branches and anchoring to stick with frosting between cookies. If a small portion of stick remains, place a small ball of fondant or hard frosting over it and cover with silver dragées or stand two small star cookies upright, as illustrated.

## SPRINGERLE

4 eggs	4½ cups sifted cake flour
1 lb. powdered sugar	1 teaspoon baking powder
1 teaspoon lemon extract	aniseeds

Beat eggs until light. Stir in sugar; beat until thoroughly combined. Add lemon extract. Mix and sift flour and baking powder; add; mix thoroughly. Chill 1 hour; roll out ½-inch thick on floured board; cut into fancy shapes with cookie cutters or use springerle board to press designs in dough, then cut out cookies with a sharp knife. Grease cookie sheets; sprinkle with aniseeds. Arrange cookies on sheets. Bake in moderate oven, 350° F., 10 minutes. Cool; store in covered jar for two or three weeks before serving. Makes about 42.

## CHRISTMAS COOKIES

5 cups sifted all-purpose flour	2 cups sugar
3 teaspoons baking powder	2 eggs
1 teaspoon salt	2 teaspoons vanilla
1 cup shortening	2 tbsps. cream or

Sift together flour, baking powder and salt. Cream shortening and sugar. Add eggs, vanilla and cream. Stir into flour mixture. Chill thoroughly. Roll out on lightly floured board ¼ inch thick. Cut in desired shapes. Bake on greased cookie sheets in moderate oven, 375° F., 10 minutes.

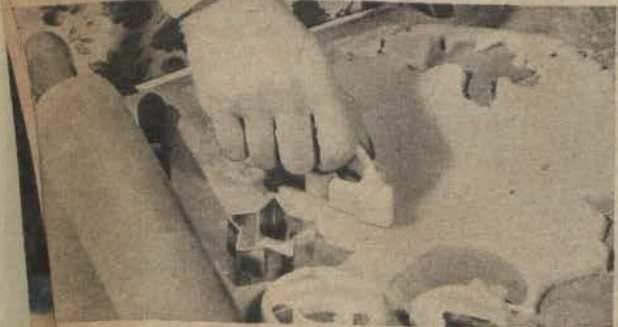




A hard wood springerle board makes clear-cut designs on special dough. The squares are cut out with sharp knife.



Christmas cookie dough may be shaped in a roll, wrapped in waxed paper, chilled thoroughly, sliced and baked.



The dough also may be rolled out and cut with special Christmas cutters—trees, stars, wreaths, Santa Claus.

131 GRADE DECEMBER 5, 1948

On Thanksgiving your dining room and center of a happy gathering. Not only turkey, but "all the trimmings" will be on hand to add their characteristic color and flavor to the feast. The cranberries we longed for last year have been pouring in fresh from the wind-swept cape. And a rich supply of grapefruit and oranges suggests a fruity first course such as the Florida Glacé to give the keen edge to appetite. If your dinner is a formal one you might want to serve oysters on the half shell for their magic quality of enhancing zest for the main course. Most important of all, November climaxes a turkey-rich season. But this year the birds will be filled with other than wheat bread stuffing. You will like the recipes given here. One, using potatoes, is an old New England favorite. The corn bread filling is made in accordance with the best tradition of Southern cookery. Both were popular long before wheat was needed to save lives. Now they're both popular and necessary.

BY KATE VAN DORÉ



### Florida Glacé

Pour 2½ cupfuls (#2, can) Florida grapefruit juice into freezing compartment. Set at coldest control. Freeze until solid around edges but mushy in center. With a fork mash frozen juice, mixing well. Replace in freezing unit until firm. Serve with fruit sections.



### Baked Hubbard Squash

Cut squash into serving size portions; remove seeds. Mix 4 tablespoonfuls margarine, a teaspoonful paprika and ½ cupful brown sugar. Spread over squash. Place in baking pan; pour ½ cupful boiling water into pan and bake in moderate (350° F.) oven, 40 to 60 minutes.



### Mincemeat-Pumpkin Pie

1 recipe single-shell pastry	4 lbs. flour
1 cup mincemeat	⅓ cup honey
1 p. salt	2 eggs
1 p. ginger	1½ cups cooked strained pumpkin
1 tsp. nutmeg	3 lbs. vitaminized margarine
1 tsp. cinnamon	1 pint hot milk

Preheat oven to very hot (450° F.). Bake 10 minutes; remove from oven. Cover bottom crust with mincemeat. Combine salt, spices and flour. Stir in honey, eggs, pumpkin. Melt margarine in milk and stir into pumpkin mixture. Spoon over mincemeat. Bake in 350° F. oven until pie is firm—about 45 minutes. Yield: One 9-inch pie.



### Cauliflower de Luxe

Cook cauliflower in boiling salted water until tender—about 20 minutes. Drain. Serve with Cheese sauce. Melt 2 tablespoonfuls vitaminized margarine in small saucepan. Blend in 2 tablespoonfuls flour, ½ teaspoonful salt, ¼ teaspoonful pepper. Gradually stir in 1 cupful milk. When mixture thickens, add 1 cupful (¼ lb.) grated cheese and continue stirring until cheese is melted. If desired, garnish with a few fried crumbs.



This pie bakes in two layers, surprises even the cook. It's velvety custard beneath a crunchy macaroon top.

# Coconut Macaroon Pie

By Beth Merriman, PARADE'S FOOD EDITOR

**S**OMETHING MYSTERIOUS happens to this pie in the oven! A crunchy, macaroon-like mixture rises to the top and toasts to a golden hue, leaving a delicate custard layer below! Everyone we served it to demanded the recipe. And here's fair warning: *your* guests will, too!

## Coconut Macaroon Pie

(MAKES 1 9-INCH PIE)

- 1 package pie crust mix
- 2 tablespoons butter or margarine
- 3 eggs, separated
- 1 1/2 cups sugar
- 1/4 cup milk
- 1 teaspoon lemon juice
- 1/4 teaspoon almond extract
- 1 1/2 cups shredded coconut, cut

1. Line 9-inch pie pan with pastry made with mix.
2. Roll remaining pastry 1/4-inch thick; cut in long strips about 1/4-inch wide. Braid 3 strips together, joining when necessary, to make a braid long enough to go around rim of pie. Moisten edge of pastry in pan; place braid on moistened edge, loosely, to allow for shrinkage during baking.
3. Add salt to egg yolks; beat until thick and lemon-colored.
4. Add sugar, 1/2 cup at a time, beating well after each addition.
5. Add milk, butter, lemon juice and almond extract; blend well.
6. Fold in coconut and stiffly beaten egg whites; turn into pie shell.
7. Bake in moderate oven, 375°F., 50 minutes or until inserted knife comes out clean. Cool.
8. Garnish with whipped cream and toasted coconut if desired.

**CUT PASTRY** into long strips 1/4-inch wide; braid three strips together; place loosely around the rim of pie plate.



**ADD SUGAR, milk, butter, lemon juice and flavoring** to salted, well-beaten egg yolks as directed in the recipe.



**FOLD IN coconut and stiffly beaten egg whites; turn into unbaked pie shell.** As it bakes, two layers form.



Not exceeding 4 oz. . . . .	1 1/2 d.
Exceeding 4 oz. but not exceeding 6 oz. . . . .	2 d.
"    6 oz.    "    "    8 oz. (maximum weight) . . . . .	2 1/2 d.

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"    30    "    "    50 . . . . .	2/-

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**N.B.**—Live Bees are allowed to pass by Inland Letter or Parcel Post on condition that they are sent in suitable cases and so packed as to avoid all risk of injury to other packets or to the contents of the department.

### IRISH LAW SITTINGS, 1952.

SITTING	BEGIN	END
<b>Hilary</b> . . . . .	11th January . . . . .	31st March . . . . .
<b>Easter</b> . . . . .	15th April . . . . .	17th May . . . . .
<b>Trinity</b> . . . . .	2nd June . . . . .	31st July . . . . .
<b>Michaelmas</b> . . . . .	10th October . . . . .	20th December . . . . .

If the day for the beginning of any sittings shall be a Saturday or a Sunday, such sittings shall begin on the following Monday, or if such Monday shall be Easter Monday or Whit Monday, on the following Wednesday.

JUNE 24, 1951



# STAMP DUTIES

(continued)



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10	...	0	1	0
15	...	0	1	6
20	...	0	2	0
25	...	0	2	6
50	...	0	5	0
75	...	0	7	6
100	...	0	10	0
125	...	0	12	6
150	...	0	15	0
175	...	0	17	6
200	...	1	0	0
225	...	1	2	6
250	...	1	5	0
275	...	1	7	6
300	...	1	10	0
350	...	1	15	0
400	...	2	0	0
450	...	2	5	0
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Hely's Ltd., Dame Street	- 78277
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(b) For conveyances or transfers where the amount or value of the consideration exceeds £500 but does not exceed £1,000 and the instrument contains a statement as at (ii) above and, in addition, a statement as follows:—

I/We certify that the transaction hereby effected does not form part of a larger transaction or of a series of transactions.

Where amount exceeds £500 and does not exceed	£	Duty—£	s.	d.
550	...	600	7	0
600	...	650	9	0
650	...	700	12	0
700	...	750	15	0
750	...	800	18	0
800	...	850	21	0
850	...	900	24	0
900	...	950	27	0
950	...	1,000	30	0

(c) For Conveyances or transfers where the amount or value of the consideration exceeds £1,000 and the instrument contains a statement as at (ii) above duty is chargeable at the rate of £1 10s. 0d. for every £50 or fractional part of £50 of the amount or value of the consideration.

(d) In all cases where an instrument of conveyance or transfer does not contain a statement as at (ii) above duty is chargeable at the rate of £25 per cent. of the amount or value of the consideration.

### LEASES—PREMIUM ON LEASES.

Stamp duty chargeable on amount of premiums in accordance with (a), (b), (c) and (d) under conveyance or transfer of lands, tenements and hereditaments.

### PROTEST OF ANY BILL OF EXCHANGE OR PROMISSORY NOTE.

Where the Stamp Duty on the Bill or Note does not exceed One Shilling	...	...	...	Duty—£	s.	d.
In any other case	...	...	...	0	1	0

The same Duty as on the Bill of Note.

### INSURANCE POLICIES.

Life.—Where the sum insured does not exceed £10	...	0	0	1
Exceeds £10 and does not exceed £25	...	0	0	3
25 " 500—for every £50 and also for any fractional part of £50	...	0	0	6
500 " 1,000—for every £100 and also for any fractional part of £100	...	0	1	0
1,000—for every £1,000 and also for any fractional part of £1,000	...	0	10	0

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