THE "BEST WAY" BOOK (No. 4)

CLASSIFIED INDEX OF CONTENTS

	Page
Beverages	101–105
Biscuits	88–91
Brawns and Potted Meats	106–108
Bread and Rolls	114–115
Cakes	75–82
Care of Clothes	117–120
Casserole Cookery	116
Chocolate Recipes	92–94
Cold Meat Cookery	61–72
Dinner Dishes	15–22
Drinks	101–105
Fish Recipes	9–14
Jams and Preserves	109–113
Haybox Cookery	100
Invalid Dishes	73–74
Nursery Notes	131–132
Pastry and Puddings	34–48
Pickles	95–99
Potatoes for All	31–33
Sauces	95–99
Savouries	57–66
Scones and Teacakes	83–87
Soups	3–8
Sweets and Creams	49–56
Toilet Tips	134
Vegetable Cookery	23–30
Washing Wrinkles	121–130
What a Housewife Ought to Know	124–128

INDEX

	Page
SIMPLE SOUPS	
Almond Soup	4
Brown Onion Soup	6
Bone Soup	8
Best of All Soup	5
Brown Vegetable Soup	8
Celery Soup	8
Cabbage Soup	5
French Potato Soup	5
Green Pea and Barley Soup	4
Italian Soup	3
Lentil Soup (White)	8
Lettuce Soup	6
Marrow Soup	6
Nourishing Soup	5
Nourishing Bread Soup	3
Nutritious Soup	5
Nutritious Celery Soup	6
New Egg Soup	4
Nourishing Fish Soup	8
Onion and Cheese Soup	6
Onion and Oatmeal Soup	5
Oxtail Soup	4
Rice Soup	8
Summer White Soup	6
Sheep's Head Soup (Delicious)	5
Soup from Pig's Feet	8
Tripe Soup	6
Tomato and Cream Soup	3
Tasty Tomato Soup	3
Tapioca Soup	4
Turtle Soup (Mock)	3
Tasty Carrot Soup	6
Vegetable Marrow Soup	3
White Foam Soup	4
Windsor Soup	4
FINE FISH RECIPES	
Cod Roe Cutlets	10
Cod, Two Dishes from a Pound	13
Cod Cutlets	12
Curried Fish Cakes	13
Cheese Herrings	14
Creamed Fish in Potato Border	14
Egg and Herring Pie	11
Fresh Haddock and Macaroni	10
Fish Omelette	10
Fish and Oatmeal Balls	11
Fish Salad	12
Fish Scallop	13
Fish Balls	13
Fish Pudding	14
Fish and Macaroni	14
Fish in Casserole	14
Herrings (Baked)	9
Herrings (Curried)	9
Herrings (Potted)	9
Herrings Grilled and Mustard Sauce	10
Herring Timbals	11
Herring Pasties	11
Herrings Fried in Batter	11
Herrings in Jelly	11
Herrings Cooked in Milk	11
Haddock and Celery	9
Haddock Fritters	9
Haddock with Cheese	10
Haddocks Smoked and Tomatoes	11
Kipper Toast	13
Lobster Cutlets	12
Mackerel (stuffed)	13
Macaroni and Salmon	12
Salmon Salad	10
Soles, Baked (A French recipe)	12
Skate Balls	13
Salmon Kedegree	14
Skate Pie	12
DINNER DISHES	
Beef and Polenta in Casserole	20
Brittany Tripe	19
Beef Skirt Roly Poly	21
Cauliflower Cutlets	18
Cheap Dinner, A	21
Calf's Head Boned and Stuffed	21
Curry Balls	22
French Pie	15
Jumble Meat Pudding	20
Kidneys on Toast	15
Liver Dumpling	15
Liver Pie	15
Liver Cutlets	16
Mock Jugged Hare	17
Mutton, Boiled Half-Leg in Paste	18
Mutton, Rolled	18
Mutton, Steamed	18
Mutton Cutlets	18
Meat and Rabbit Pie	20
Mock Pork	21
Mock Tongue	22
Nourishing Summer Dish	22
Ox Cheeks, Stewed	15

	PAGE
Poor Man's Goose	20
Pork Pudding	17
Pork Fritters	20
Pork (Stuffed Leg of)	22
Rabbit Roll	16
Rabbits, Jugged	16
Rabbit, Tasty Pudding	16
Rabbit and Tripe	16
Rabbit, Delicious Curried	17
Rabbit, Jellied	17
Rabbit Browned with Forcemeat Balls	17
Rabbit Pie with Potato Crust	17
Rabbit and Pork Pudding	18
Rabbit, Roast	21
Raised Pork Pie	21
Rabbit, Curried Economical	21
Savoury Pork Pudding	15
Savoury Stew and Dried Peas	18
Sausage Tart	20
Scotch Liver Roll	22
Stewed Skirt of Beef and Kidney	22
Sweetbreads, Dutch	16
Tripe and Onions	19
Tripe, curried	19
Tripe Omelette	19
Tripe with Tomatoes and Spinach	19
Tripe Cutlets	19
Tripe and Calves Foot	19
Tripe Shape	20

VEGETABLE COOKERY

Artichoke Balls	25
Artichokes, Curried	25
Buttered Parsnips	23
Beans, Fricasse of	23
Bean Omelettes	23
Bean Salad	23
Beans, French, with Eggs	24
Beans, Broad, with Tomatoes	24
Beans, Broad, and Cream Sauce	26
Boiled Bean Pudding	29
Butter Beans, Fried, and Tomatoes	29
Beans, Haricot, with Minced Onions	29
Beans, Haricot, Curried	28
Broad Beans (Curried)	24
Conservative Cooking	30
Celery and Potato Pie	23
Cabbage and Rice Pie, with Tomatoes	24
Cabbage Dainty	24
Carrots, Braised	25
Cabbage Pyramid	25
Carrot Fritters	25
Celery and Carrot Fricasse	26
Celery Fritters	26
Chestnuts and Brussels Sprouts	27
Green Pea Souffle	25
Lentil and Cauliflower Pie	28
Lentil Gallantine	28
Lentils, Baked and Bacon	28
Onion and Cabbage	26
Onions Braised with Boiled Chestnuts	26
Onion and Macaroni Casserole	27
Onions, Fried	29
Onion Fritters	27
Parsnip Croquettes	23
Peas and Cheese Sauce	28
Rice and Cabbage	26
Rice Savoury and Onions	26
Tomato Bouillon	24
Tomatoes in Batter	24
Tomato Savoury	24
Tomatoes and Mushrooms	27
Turnips (Stuffed)	27
Vegetable Pie	23
Vegetable Hot Pot	25
Vegetable Pudding	29
Value of Vegetables	30
Vegetarian Sweetbreads	27
Vegetable Turkey	28

POTATOES FOR ALL

Potatoes Baked Without Fat	32
Potatoes Bread	32
Potato Cakes	33
Potatoes Curried	31
Potatoe Irish Cakes	32
Potato Tasty Dumplings	33
Potato Rolls	32
Potato and Egg Pie	33
Potatoes instead of Fried Toast	32
Potato Yorkshire Pudding	33
Potatoes Instead of Flour	33
Potato Sausages	32
Potato Scones	32
Potato Pears	31
Salmon and Potatoes	33
FOUR GOLDEN RULES	31
THE WHOLESOME WAY	31
THE ART OF FRYING	33

PASTRY AND PUDDINGS

Apples and Red Jelly	34
Apple Cheesecakes	34
Apple and Rice Pudding	34
Apple Amber	34
Apple and Raisin Pie	35
Apple and Custard Tart	34
Apple Mouldies	35
Apple Sponge Pudding	36
Apple Tart (Novel)	35
Almond Pudding	38
Apple Trifle	45
Bananas Scalloped	34
Blackberry and Damson Cheese	35
Bananas Baked and Rice Pudding	36
Banana Suet Dumpling	45
Banana Pancakes	45
Blackberry Fool	36
Blackberry and Apple Pie	39

	Page
Blackberry Pancakes	40
Blackcurrant Shape	40
Black Currant Charlotte	40
Batter Tart	45
Bread Fritters	43
Bread Dumpling	48
Bread and Jam Pudding	38
Blackberry Pudding (Steamed)	42
Christmas Pudding (No Eggs)	37
Cheap Christmas Pudding	37
Christmas Pudding (Sugarless, Eggless, and Milkless)	37
Christmas Pudding, Pineapple with Nut Sauce	41
Christmas Pudding without Suet	37
Cheap Christmas Loaf	37
Caramel Bread Pudding	38
Cornflour Fruit Pie	39
Cherry Roly Poly	40
Cherry Victory Pudding	40
Currant Fritters	40
Chocolate Bread Pudding	43
Cornflour Blancmange	48
Chocolate Cheese Cakes	47
Carrot Pudding	47
Chocolate Pudding, Steamed or Boiled	48
Caramel Rice Pudding	48
Chocolate Jelly made with Cornflour	46
Cornflour Pancakes	48
Date Pudding, Good	39
Damson Omelettes	41
Damson Charlotte	41
Devonshire Dumpling	42
Date Suet Pudding	43
Delhi Pudding	43
Date and Nut Pudding	44
Date and Coconut Pudding	44
Date Charlotte	44
Dover Pudding	46
Economical Pudding	48
Fun Pudding	35
Fruit Pudding Baked	39
Feather Pudding	44
French Pancakes	46
Golden Suet Pudding	43
Granny's Pudding	44
Gooseberry Trifle	46
Gooseberry Batter	46
Ginger Maize Pudding	47
Gainsborough Pudding	47
Ground Rice Cheese Cakes	38
Ground Rice Pudding (Steamed)	48
Jam Pudding	38
Jam Omelette	39
Jam Pudding (Steamed)	38
Jam Sandwich (Nutty)	47
Lemon Bread Pudding	38
Melon Tart (delicious)	36
Macaroni Queen Pudding	42
Oatmeal Pudding	43
Orange Tart (Hot)	44
Orange Fruit Salad	44
Orange Pudding (Inexpensive)	45
Plum and Rice Trifle	40
Prune Tart	41
Prune Charlotte	41
Plum Pudding (Baked)	41
Prune Pudding (Novel)	42
Plum Batter	39
Rhubarb and Tapioca	36
Rhubarb and Banana Tart	37
Rice and Suet Pudding (Steamed)	43
Rice and Date Mould	44
Raspberry Pudding (Steamed)	45
Rhubarb and Rice Recipe	45
Sago and Apricot Pudding	35
Strawberry Pudding (Hot)	36
Strawberry Pancakes	36
Snowdon Tart	42
Sponge Crust Pudding	45
South Carolina Pudding	47
Semolina Cheesecake (Baked)	42
Special Suet Pudding	42
Treacle and Apple Pond	35
Tapioca Jelly	47
Vermicelli Pudding	48

SWEETS AND CREAMS

Apricot Eggs	50
Apple Toast	50
Apple Balls	50
Apple Snowballs	56
Banana Custard	49
Blackberry Tartlets (Iced)	49
Banana Cream	50
Blackberry Dillie	53
Bramble Foam	54
Bananas on Toast	56
Coffee and Raspberry Chartreuse	49
Cherry Tartlets	50
Cherry Sponge	51
Currant Cup Puffs	51
Cherry Blancmange	53
Caramelled Rhubarb	54
Cherry Cheese	56
Delicious Blackberry Soufflé	50
Fruit Dominoes	53
Fairy Sponge	53
Fruit Jelly	54
French Rice Fritters	49
Gooseberry Sponge	53
Iced Currants	49
Iced Strawberry and Banana Dish	52
Lemon Sponge	53
Macaroni and Pineapple	56
Marrow and Almond Surprise	84
Pineapple Tapioca Mould	51
Prune Jelly	56
Rice Balls	50
Raspberry Tapioca	51
Rhubarb Fanchonettes	51
Rhubarb Sponge and Milk Jelly	52

	PAGE
"Ring the Changes" Pudding	52
Rhubarb Hedgehog	52
Rainbow Trifle	53
Raspberry and Sago Fluff	54
Rhubarb Fritters	54
Rhubarb Duff	54
Red Currant Salad	56
Strawberry Cream	51
Strawberries and Devonshire Junket	52
Sago and Blackberry Mould	54
Tapioca Whip	51
Tapioca Balls	52
Tapioca Cream	52
Vanilla Soufflé	49

COLD MEAT COOKERY

A Delicious Bacon Pie	67
A Delicious Savoury Pudding with Oatmeal	70
Artichoke Cutlets	71
Bacon Patties	67
Bacon and Macaroni	68
Baked Tomato Pudding	68
Braised Cabbage Rolls	70
Coated Eggs	69
Cabbage with Forcemeat	72
Cornish Pasties	72
Cheese Sandwiches	72
Delmonico Potatoes	72
French Roll	70
Ham Shape	67
Ham Pastry	68
Haricot Beans with Fried Ham	68
Ham, Macaroni and Tomatoes	69
Ham and Rice Salad	71
Minced Ham	67
Macaroni and Carrots	67
Marrow Turnovers	69
Macaroni and Ham Mould	69
Mushroom Cutlets	71
Pork and Rice Curry	70
Pork Cutlets and Apple Sauce	70
Pork Dumplings	70
Potato Omelettes	71
Potato Puffs	72
Picnic Dumplings	71
Rice and Bacon Roast	68
Rice and Sausage Pie	69
Stuffed Rolls	68
Stuffed Marrow	69
Sausage Pancakes	70
Savoury Roast Heart	71
Stuffed Lettuces	72
Tongue and Pickled Peaches	67
Tomatoes and Peas	67
Veal Rissoles	72

INVALID DISHES

Arrowroot Blancmange	73
An Invalid's Dish	73
Barley Custard Pudding	74
Cake (Invalid)	73
Chicken Soup	73
Chicken Cream	74
Custard Pudding	74
Chop, Steamed	74
Custard, Savoury	73
For Influenza Patients	74
Hints on Serving Food for Invalids	74
Omelette	74
Puff Pudding	74
Tart, Nourishing Invalid	73
Tripe, Stewed with Rice	73

SAVOURIES

Aberdeen Roll	65
A Delicious Vegetable Curry	58
A Delicious Pie	60
A Good Marrow Dish	61
Anchovy Cutlets	66
Bean Pie	59
Baked Cauliflowers	59
Breakfast Fritters	60
British Pie	60
Bacon and Roe on Toast	65
Bacon, Macaroni and Tomatoes	66
Cornflour Omelette	57
Curried Macaroni	57
Californian Salad	59
Cauliflowers, Baked	59
Cauliflower Salad	62
Cauliflower and Macaroni	62
Curried Bananas	64
Curried Apples and Chestnuts	66
Dressed Broccoli and Macaroni	65
Durham Cutlets	59
Egg Salad	58
Economical Breakfast Dish	60
Economy Rissoles	65
Eggs Stuffed with Sardines	66
Egg and Ham Jumble	60
Fish Balls and Bacon	66
Kromskies of Liver	57
Lentils and Eggs	65
Marrow Roast	57
Marrow Savoury	60
Mock Crab Salad	58
Macaroni Pie	58
Macaroni and Carrots	62
Macaroni Cakes	62
Macaroni Salad	64
Macaroni and Mushrooms	65
Macaroni Timbale	58
Mock Soles	66
Onion Rarebit	57
Onion and Sausage Pudding	57
Onions in Suet Paste	59
Onions and Scalloped Eggs	64
Oatmeal Sausages	65
Oatmeal Shape and Cheese Sauce	66
Picnic Salad	58

	Page
Potato Whips	61
Picnic Egg Rolls	65
Poached Eggs on Oatmeal Croutons	65
Pastry Eggs	62
Rice Batter	61
Rice Rarebit	61
Split Pea Roly-poly	61
Savoury Macaroni	61
Savoury Pudding	61
Spinach and Egg Salad	62
Tomato Pancakes	64
Tomatoes with Curried Rice	64
Tomato Jelly	64
Winter Salad	64
Vegetable Curry (Delicious)	58
Vegetable Mash Sausages	60
Vegetable Pie with Semolina Crust	59

FAVOURITE CAKES

	Page
Apple and Oatmeal Cake	77
Bath Buns, Rich	81
Banbury Cake	75
Belgium Creams	76
Banana Cake, Iced	77
Blackberry Cake	81
Coffee Diamonds	76
Caramel Cake	77
Chocolate Cake, Delicious	77
Christmas Cake, Novelty	77
Christmas Cake, Decorated	78
Cocoanut Macaroons	78
Cocoanut Ice Buns	78
Carltona Cake	77
Chocolate Cream Sandwich	80
Cornflour Pancakes	77
Cornflour Blancmange	77
Chocolate Sandwich	81
Chocolate Cake	82
Cream Cake	79
Date and Walnut Cake	75
Dundee Cake	81
Dainty Cakes for Parties	80
Date Gingerbread	75
Economical Fruit Cake	77
Fig and Oatmeal Gingerbread	75
Favourite Peel Cake	82
Good Luck Cake	78
Ginger Creams	81
Ground Rice Buns	81
Ginger Cake	79
Gingerbread (The Real)	80
Irish Apple Cake	76
Jazz Cake (Children's Delight)	78
Jam Sandwich, Delicious	79
Johnny Slims	75
Lemon Rice Cake	78
Lemon Rice Rockies	80
Little Fancy Cakes	77
Orange Cake, Delicious	82
Rich Cake for Tea	82
Rich Cake (No Eggs)	80
Ribbon Cake	76
Raspberry Buns	81
Strawberry Cake	75
Victory Cake	80
Yule Log	76

SCONES AND TEACAKES

Artichoke Tea-cakes	86
Afternoon Tea-cakes	87
Barley Scones	83
Boston Tea-cakes	84
Chestnut Muffins	85
Cakes (Easter)	85
Cocoanut Scones	85
Carrot and Oatmeal Scones	86
Crumpets	86
Crumpets (Potato)	86
Crumpets (Eggless)	86
Date Scones (Hot)	83
Date Muffins	83
French Muffins	84
Girdle Cakes	84
Ground Rice Scones	85
Norfolk Tea-cakes	85
Milk Bread Twists	87
Orange Scones	84
Oatmeal Shapes	86
Paisley Rolls	83
Paisley Jam Sandwich	83
Potato Gridle Cake	84
Rice Muffins	85
Raised Oatmeal Muffins	84
Seed Scones	84
Scotch Piklets	85
Scotch Bannocks	86
Scotch Breakfast Scones	87
Scotch Scones (Tasty)	86
Scotch Pancakes or Drop Scones	87
Treacle Scones	85
Velvet Muffins	83
Yorkshire Tea-cakes	84

BISCUITS FOR EVERYONE

Apple Biscuits	90
Almond Biscuits	91
American Breakfast Biscuits	91
Chocolate Macaroon Biscuits	88
Coffee Biscuits	88
Chocolate Fingers	89
Cocoanut Biscuits	91
Digestive Biscuits	89
Digestive Biscuits (Delicious and inexpensive)	91
Economical Biscuits	90
Fancy Rock Almond Biscuits	88
Good Family Biscuits	88
Gingerbread Biscuits	89
Ginger Parkin Biscuits	90
Lemon Rock Biscuits	90

the water or stock and a small teaspoonful of butter, then place all in a saucepan and boil for fifteen minutes, stirring occasionally whilst boiling, but keep the cover of the saucepan on as much as possible to preserve the flavour of the soup.

Cabbage Soup

TAKE one large cabbage, one ounce of dripping, three ounces of rice, two ounces of grated cheese, one onion, two sticks of celery, six pints of stock, seasoning, and bread. Wash and shred the cabbage. Heat the stock till boiling, add dripping, cabbage, chopped onion, rice, chopped celery, and some seasoning, and simmer for about three-quarters of an hour. Put a handful of stale bread, cut in cubes, in a hot tureen, pour the boiling soup on to them, and shake the grated cheese over the surface. Serve with potatoes.

Onion and Oatmeal Soup

INGREDIENTS: Four large onions, two ounces of dripping, four tablespoonfuls of coarse oatmeal, one tablespoonful of cornflour, one small teacupful of milk, pepper and salt. Method: Peel and slice the onions, and cook them in the dripping. Add the stock by degrees, then the oatmeal, and simmer for two hours. Then add the cornflour, mixed to a smooth paste with milk, cook for ten minutes longer, and serve hot.

Delicious Sheep's Head Soup

TAKE a sheep's head, quarter of a pound of pearl barley or rice, salt and pepper, two carrots, two turnips, and two onions, a bunch of herbs, and a little Worcester sauce, if liked. Clean the head thoroughly by letting the water flow freely from the tap. Take brains out, and place in saucepan of cold water on fire. Skim until it reaches boiling-point. Add vegetables and other ingredients. Stew the head till perfectly done—until the meat falls off the bones. Take it out, and cut the best parts into small pieces. Remove the tongue, and put back the scraps of meat into the soup. Thicken with a little flour, and quickly boil up. The brains and tongue will form another dish. Wash the brains, and boil till tender. Chop with the tongue (skinned), add a cupful of breadcrumbs, seasoning, and a little chopped parsley. Moisten with beaten egg. Make into flat cakes, roll in flour, and fry a golden brown.

Nourishing Soup

ONE teacupful of lentils, half a teacupful of oatmeal, one teacupful of mashed potatoes, one teacupful in all of chopped onion, carrot, and turnip. Soak the lentils overnight. Put them in a saucepan with three and a half pints of water, and cook for one hour. Then add the vegetables, and season to taste. Cook for half an hour longer, sprinkle in the oatmeal, and add the mashed potatoes. Simmer gently until the lentils are quite soft, and stir frequently.

Nutritious Soup

TO a quart of bone stock add a tiny pinch of cayenne and a breakfastcupful of chopped vegetables, turnip and onion, carrot and potato, and simmer till done. Then stir in very carefully one egg, well beaten.

French Potato Soup

TAKE one pound of potatoes peeled and sliced, a quarter of a pound of chopped onion, two ounces of butter, boil in three pints of water until the vegetables can be mashed with a wooden spoon. Mash them in the saucepan in the water they were boiled in, add a teaspoonful of syrup, half a pint of milk, pepper and salt to taste, and just bring to the boil before serving.

Best of All Soup

REMOVE the bone from two pounds of lean beef and tie up with string. Break the bone and place in a large saucepan with the meat, add three quarts of cold water, and bring very slowly to the boil. Remove any scum there may be, and add two carrots and one turnip cut in large pieces, two small onions stuck with four cloves, one cabbage cut in six pieces, a blade of mace, a few peppercorns and a little allspice, a small bunch of savoury herbs, and a dessertspoonful each of chopped parsley and salt. Put on the lid and simmer (not boil) for four hours. Place one slice of bread for each person in a soup tureen and pour the soup over. There will be enough for five or six persons. The meat should be served as a separate dish. It is excellent eaten cold.

Summer White Soup

CUT ribbon-like some carrots, turnips, and potatoes, and slice some onions. Melt some fat in a saucepan, fry the vegetables a little, add some minced ham and two quarts of boiling water, and cook until the vegetables are tender. Then pour in one pint of boiling milk, add six ounces of vermicelli or tapioca, pepper and salt to taste, and simmer till all is cooked and the soup thickened. It will need to be stirred frequently when it begins to thicken. Serve very hot. Mutton broth can be used instead of the water and milk.

Lettuce Soup

TAKE four lettuces, one pint of bone stock, half teaspoonful of sugar, one small onion, one ounce of dripping. Wash the lettuce, and put in a pan with the dripping and onion and simmer for ten minutes, then add the stock and boil until soft. Rub through a hair sieve, return to the saucepan and bring to the boil. Add sugar and seasoning to taste, and serve very hot.

Onion and Cheese Soup

BOIL two onions, when soft chop and rub through a sieve. Make a thin white sauce with one heaped tablespoonful of cornflour and three breakfastcupfuls of milk, or two cupfuls of milk and one of water the onions were boiled in. Add the onion purée, season well with pepper and salt, then add a teacupful of grated cheese—any hard pieces will do—boil for two minutes, and serve.

Tasty Carrot Soup

ONE pound of young carrots, one pint of milk, one onion, one pint of stock or water. Scrub the carrots well and cut in half, boil until tender in the stock or water, adding the onion cut up small. When very soft rub through a sieve, return to the saucepan, add the milk, and if the purée sinks thicken with a little cornflour. Season well with pepper, salt, and a grate of nutmeg.

Marrow Soup

CUT some marrows into quarters and take out the seeds, put the unpeeled marrow into a potato steamer, and steam until soft. Then peel the marrow, put into a large bowl, and mash to a pulp. Add boiling milk, salt, pepper, and a little white stock; boil up and serve.

Brown Onion Soup

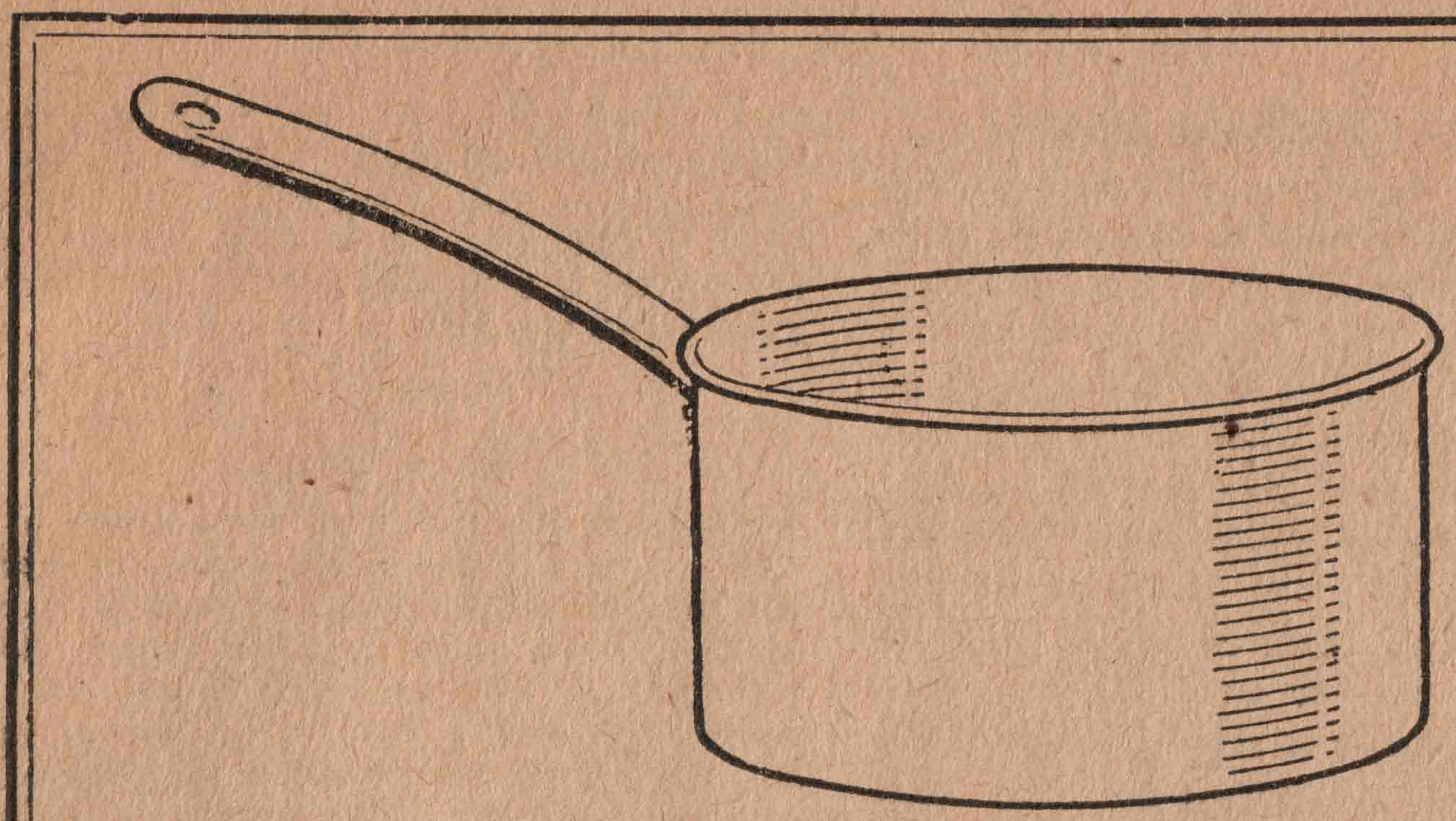
CHOP three Spanish onions, and fry them in dripping in a saucepan a golden brown, taking care not to let them burn. Sprinkle over two ounces of flour, and stir until it browns, then pour on one quart of stock, season with salt and pepper and two cloves, one small blade of mace, and a few peppercorns tied in a muslin bag. Bring to the boil, skim, and simmer gently for two hours, then add two teaspoonsfuls of Bovril.

Nutritious Celery Soup

TAKE one head of celery, one pint of stock, one egg, one teacupful of milk, seasoning. Wash celery thoroughly, cut into pieces, and simmer gently in a saucepan with the stock. Rub through a sieve, season, add the milk, and bring it to the boil. Beat up the egg, and put into the tureen. Pour the boiling soup on the egg, mixing it well in, then serve with small dice of toast. The soup should not be brought to the boil after the egg is added, or it will curdle.

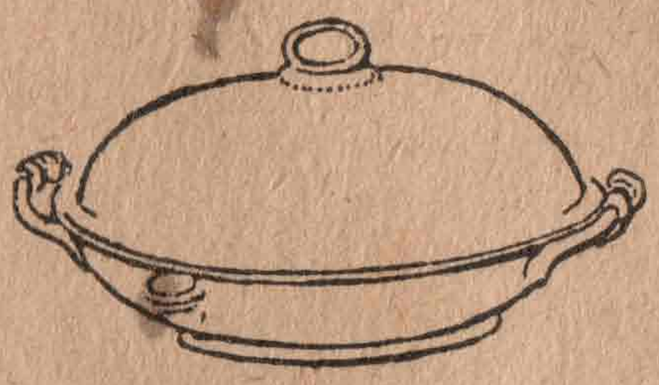
Tripe Soup

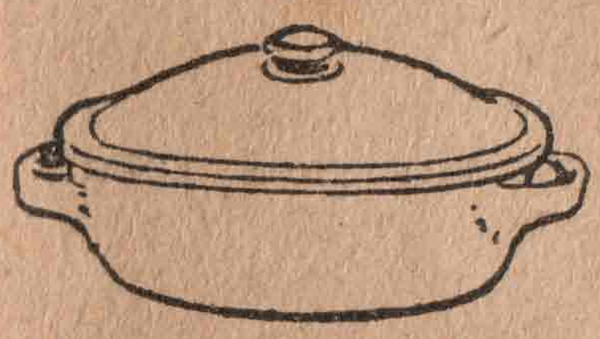
BOIL a teacupful of rice in slightly salted water. When the rice is soft, strain it, and return the water to the saucepan with one carrot, one onion, one turnip, cut up, and simmer gently for one hour. Then add half a pound of tripe cut in small squares, and cook gently foe another hour. Strain the tripe and vegetables, and put the liquor back into the saucepan. Rub the vegetables through a sieve. Mix a heaping teaspoonful of cornflour with a breakfastcupful of skim milk, add it to the liquid in the saucepan, and stir until it begins to thicken, then add the vegetables and tripe and make thoroughly hot. Put some boiled potatoes into the tureen, add the rice (which should have been kept hot), and pour the soup over. This is a really delicious white soup, and is very nourishing.

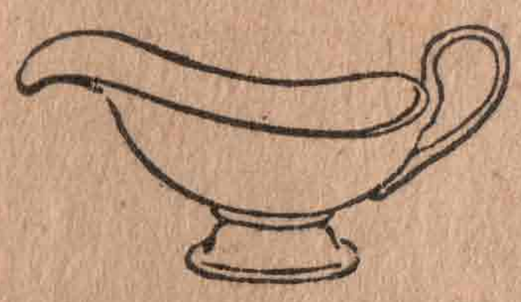




A little BOVRIL will improve them all.







Every savoury dish can be improved by a little Bovril. Just a teaspoonful in a soup, a gravy, casserole, or an entree will add enormously to its richness in flavour and food value.

A bottle of Bovril kept handily on the shelf where you keep the other things you use every day for cooking will always prove a great boon.

When you add BOVRIL to any dish you add beef.

BOVRIL

Brown Vegetable Soup.

TAKE four potatoes, two carrots, one turnip, two large onions, salt, pepper, one dessertspoonful of brown sugar, three pints of cold water or vegetable stock, half a pint of milk, a little dripping. Wash and prepare the vegetables, cut into thin slices, and put into a saucepan with the dripping made hot. Add the sugar and cook till nicely browned. Then put in the water or stock, bring to the boil, and simmer until tender. Rub through a colander or sieve. Return the mixture to the saucepan, add the milk with one teaspoonful of Bovril and make very hot.

A Nourishing Fish Soup.

TAKE a good-sized haddock, from one and a half to two pounds. Boil the fish till done, with a little salt in the water. Remove the best pieces of fish, keeping back the bones. Return the bones, skin, etc., into the water the fish was boiled in. Boil for about an hour; then strain, and thicken with flour and milk as for white soup. A breakfastcupful of milk or a little cream may be added—an egg is an improvement—a little pepper, and chopped parsley. When dished up, put in the pieces of fish and a small piece of butter and serve very hot.

Soup from Pig's Feet.

WASH and boil in three pints of water two pig's feet, which can be bought cheaply from the butcher. When the meat slips from the bones strain the liquid, and let it cool. It will be a clear jelly. Next day boil until soft in three pints of water one ounce each of peas, beans, and pearl barley, flavour with celery, salt, pepper, and chopped parsley, add the jelly, and serve with squares of toast. Cost about tenpence. The meat can be used with vegetables, or pressed to make breakfast brawn.

White Lentil Soup.

WASH well two teacupfuls of lentils, put on to boil with three pints of water, two onions, sliced, a sprig or two of parsley and one or two sticks of celery. Cook for one and a half hours, then strain through a colander. Mix in a small pan, one dessertspoonful of dripping, one tablespoonful of flour, add gradually a teacupful of milk, and stir over the fire until it thickens. Add this to the soup, season with salt and pepper, and serve with toast cut into small squares.

Rice Soup.

WASH a teacupful of rice, steep in a quart of stock all night, peel and cut into small pieces three onions, wash and put up a small head of celery. Put these, with the rice and stock, into a saucepan, add a bunch of herbs, and simmer till all is tender—about an hour and a quarter. Ten minutes before serving add a pint of milk, two ounces of breadcrumbs, pepper and salt, and a little nutmeg.

Bone Soup.

TAKE three pounds of bones, cooked or uncooked, two carrots, two onions, one turnip, one strip of celery, parsley, thyme, bay leaf, twelve peppercorns, two cloves, two tablespoonfuls of fine sago, two ounces of fat, salt, and five pints of water. Break up the bones and toss in the fat until well browned, put in the water and a dessertspoonful of salt; bring to the boil and skim well, add the prepared vegetables (cut in thick slices) and other ingredients, but not the sago; cook gently for five hours, skimming occasionally. Strain and return to the saucepan, season to taste, and when the soup boils, sprinkle in the sago, simmer ten minutes longer, then serve.

Celery Soup.

PUT one ounce of margarine into a stew-pan. When melted, add three ounces of sliced onion, three ounces of turnip, and a head of celery cut into slices. Cover the pan and let all simmer very gently for ten minutes, then stir in two tablespoonfuls of rice flour, and when smooth, pour in gradually one and a half pints of warm water and stir until it thickens. Add a pinch of sugar, a small blade of mace, pepper and salt to taste, and cook slowly until the vegetables are tender. Rub all through a sieve, return to the stew-pan, and mix in by degrees one pint of boiling milk. Let the soup simmer, but not boil. Serve with grated cheese.

FINE FISH RECIPES



Haddock and Celery

INGREDIENTS: Two heads of celery, one pound of fresh haddock, half a pint of white sauce, a small teacupful of grated cheese, pepper and salt. Method: Wash and cut the celery into pieces about four inches long, boil in well-salted water, with a small piece of carbonate of soda, for about twenty minutes. Steam the haddock for twenty minutes, and while hot remove the skin and bones and flake it. Arrange the celery neatly in a shallow, fireproof dish or pie-dish, place the fish on the celery, and cover all with white sauce; sprinkle the grated cheese over, and then place in the oven or under the grill to just melt the cheese. Serve very hot. Potatoes may be used instead of celery. To make the sauce: One heaped tablespoonful of flour, half a pint of milk-and-water, one ounce of margarine, a pinch of salt and pepper. Mix flour into a paste with a little of the milk, then add the rest, also margarine. Cook for a few minutes, stirring all the time until it thickens.

Baked Fresh Herrings

REQUIRED: Four fresh herrings, one dessertspoonful of chopped parsley, one dessertspoonful of chopped mushrooms, one ounce of margarine, browned breadcrumbs, mustard sauce, pepper and salt. Method: Grease a pie-dish rather thickly with some of the margarine and sprinkle over half the parsley and half the mushrooms. Have the herrings nicely cleaned and trimmed, remove the heads and score the skin across in several places. Lay the fish in the dish, season them well, and sprinkle with the remainder of the parsley and mushrooms. Cover with browned breadcrumbs, and put the rest of the margarine in small pieces on the top. Bake in a moderate oven about twenty minutes, and serve with mustard sauce.

Curried Herrings

CLEAN four herrings carefully, and take out the backbone, and as many small bones as you can. Then cut into fillets. Wash three ounces of rice and boil in salted water until tender. Drain. Melt one ounce of dripping in a saucepan, add one tablespoonful of curry-powder and one ounce of flour. Fry for three minutes, then add stock from the rice. Let it all boil up, stir carefully. Fry the herring fillets in fat for ten minutes. Then add to the curried stock. Let it get very hot, and pour into centre of rice on hot dish. Serve with mashed potatoes.

Potted Herrings

REQUIRED: Herrings, white vinegar, a few bay leaves. Time, two hours. Method: Cut off the heads and tails of the fish, clean, wash, and dry them well. Sprinkle them with pepper and salt within and without, lay them in an earthen pan, and cover them with white vinegar. Set them in an oven, not too hot (the roes at the top, but they are not to be eaten) till the bones are quite soft, which will be in about two hours. The fish should have been cut down by bone so as to open them, and then rolled up from the tail to the head. A little water may be added to the vinegar if preferred. Cover them with paper while cooking.

Haddock Fritters

PUT two ounces of flour and a pinch of salt into a basin. Beat up the yolk of an egg, then add the white, three tablespoonfuls of milk, and a tablespoonful of olive oil. Stir this gently into the flour until you have a perfectly smooth batter. Free from skin and bone some fresh haddock, break into pieces, and lay them on a dish, pouring over the following mixture: A teaspoonful of

chopped parsley, some pepper and salt, a dessertspoonful of vinegar and a dessertspoonful of olive oil. Leave for half an hour. Prepare your fat on the fire, and when it gets to frying-heat lift the pieces of haddock out of the mixture they have been steeping in, slip them into the batter and then into the fat ; fry golden brown.

Haddock with Cheese

INGREDIENTS : Half a pound of smoked haddock, half a pint of milk, one ounce of grated cheese, one ounce of flour, salt, pepper, squeeze of lemon-juice, and one ounce of margarine. Method : Put haddock in a saucepan with the milk and seasoning, and cook for ten minutes, measure the milk and make up to half a pint. Melt the margarine in the saucepan, and add flour and milk in which fish was cooked. Remove bones from the fish, and add it to the sauce with seasoning and lemon-juice and grated cheese. Simmer for ten minutes, and serve hot.

Fresh Haddock and Macaroni

INGREDIENTS : One medium-sized haddock, one ounce of margarine, one ounce of flour, two teaspoonfuls of tomato sauce, salt and pepper to taste, milk, and three ounces of boiled macaroni. Method : Remove the head and tail of the fish, cut the remainder into neat pieces, bones and all. Place all in a stewpan, with sufficient milk to cover, and stew until tender. When cooked, strain from the milk, keep the fish hot, thicken the milk with the flour, add the margarine, and boil the sauce for a minute or two. Add the seasoning and tomato sauce to it. Warm the cooked macaroni, place it on a hot dish, keeping the cooked haddock on top, and pour the sauce over all.

Fish Omelette

TAKE four ounces of haddock, one and a half ounces of margarine, two or three eggs, two tablespoonfuls of milk, one dessertspoonful of grated cheese. Break the eggs into a basin, add milk and cheese ; beat them well, season with pepper and salt. Free the fish from skin and bone, and flake it. Melt the margarine in a pan, put in the fish, and let it fry a little ; pour in the egg mixture ; stir over a quick fire until the eggs appear to set. Shape the omelette to an oval cushion towards the side of the pan, allow it to brown a little, turn it out on to a hot dish, and serve.

Grilled Herrings and Mustard Sauce

CLEAN the herrings, and cut slits in the sides from the back to the roe, about a quarter of an inch apart. Season with oil, pepper and salt, and grill or boil for about fifteen minutes. Serve with mustard sauce made as follows : Dissolve an ounce of margarine and three-quarters of an ounce of flour together, and mix with a quarter of a pint of water, stir over the fire till it boils, add the juice of a lemon, a little pepper, a teaspoonful of thick mustard, and a tablespoonful of milk. Strain, make hot, and serve.

Salmon Salad

REQUIRED : One small tin of salmon, one lettuce, one bunch of spring onions, half a pound of tomatoes, half a cucumber, salt and pepper. Wash and cut up the lettuce. Peel and cut the cucumber finely, and slice up the tomatoes. Wash the onions and cut them up finely. Mix all together except the tomatoes. Open the salmon, turn out whole, and place on a dish. Put the green salad round it, and place slices of tomato all round edge of dish. Then pour over the following dressing : Beat up the yolks of two eggs and add very slowly a small bottle of salad oil, beating all the time. Then add a tablespoonful of fine sugar, and beat well again. Then add a little chopped garlic, and beat all to a cream. Then add a teacupful of vinegar. Beat well again, and then add the whites of the eggs, beaten to a froth. Whip all well up together, and bottle.

Cod Roe Cutlets

INGREDIENTS : Three-quarters of a pound of cod's roe, one egg, breadcrumbs, a few slices of lemon, and a tablespoonful of vinegar. Method : Put the roe into boiling water for five minutes, then put it on a sieve and hold it under the cold-water tap for a few minutes. Put it in a stewpan, adding vinegar and salt, and let it simmer gently for half an hour. Then drain the roe well, and let it cool. When cold, cut into slices half an inch thick, and brush over

with beaten egg and breadcrumbs. Have ready a pan of boiling fat, and fry the cutlets a golden brown. Drain well, and serve hot, garnished with slices of lemon.

Herring Timbales

INGREDIENTS: Allow a herring for each person (and for each herring allow a thin slice of bacon, and a finger-shaped piece of buttered toast), half a lemon, a little cayenne pepper, and the hard-boiled yolk of one egg. Method: Cut off the tails of the herrings and roll each one in a slice of bacon. Squeeze a little lemon-juice on, and dust lightly with pepper. Put the herrings on the pieces of toast, place them on a baking-tin in the oven for about eight minutes, or until the bacon is a pale brown. Just before serving decorate each with a little yolk of egg.

Herring Pasties

TAKE four fresh herrings, one ounce of dripping, half a teaspooonful of salt and pepper mixed, half a pound of pastry, and a finely chopped onion. Roll out the pastry thinly, and cut it into pieces a little larger than the herrings. Clean the fish, removing the backbone, and as many of the smaller bones as you can, sprinkle the inside with pepper and salt and a little chopped onion, also add a little melted dripping. Close them up and place on the strips of pastry. Cover each herring, and bake in a quick oven till brown.

Fish and Oatmeal Balls

REMOVE skin and fins from one pound of cod. Rub the fish all over with flour, and put in a large baking-dish. Put a few pieces of butter on the top, and pour a small breakfastcupful of milk round it. Put this into the oven for a quarter of an hour. Take a teacupful of oatmeal, a small chopped onion, a little parsley—chopped—about half a teacupful of chopped suet, salt and pepper to taste. Mix all these ingredients together, adding some cold water to moisten. Roll into balls with floured hands, put the balls round the fish, and cook for a quarter of an hour or longer.

Smoked Haddocks and Tomatoes

SELECT a good-sized haddock, skin it and cut it into six equal-sized pieces. Put into a stewpan one ounce of margarine and half a dozen large tomatoes. Lay on top of the pieces of fish, cover, and simmer gently for about fifteen minutes. Then strain, place the tomatoes in the centre of a hot dish, with the fish on it, and keep warm while you boil up the liquor with a little milk, a piece of margarine rubbed in flour, and a seasoning of pepper and salt. Pour this over the dish, and serve at once.

Herrings Fried in Batter

MAKE a nice light batter with two eggs, half a pound of flour, half a pint of milk, and a pinch of salt. Wipe the herrings, dip them in the batter made of the above ingredients. Fry a nice brown, serve very hot, and garnish with fried parsley.

Egg and Herring Pie

FILLET four herrings, and sprinkle with salt and pepper. Put a layer in a deep piedish, sprinkle with chopped hard-boiled eggs, then put a layer of mashed potatoes. Mix together half a teacupful of vinegar with about half that of water, and pour into the dish. Repeat the layers, and brush the top of the potatoes with milk. Bake for half an hour, and serve hot.

Herrings in Jelly

CLEAN and bone six herrings, put them in a deep dish, sprinkle them with chopped parsley and shallots. Mix six tablespoonfuls of stock, two of anchovy sauce, and one of vinegar. Put in a saucepan with a little allspice and pepper, and pour over the herrings when hot. Cover the dish, and bake for twenty minutes. When cold and firm the herrings are ready for serving.

Herrings Cooked in Milk

TAKE two fresh herrings, one teaspoonful of powdered herbs, half a pint of milk, two teaspoonfuls of flour, seasoning. Clean and scale the herrings, split open, and carefully remove the bones, cut into quarters, sprinkle each with powdered herbs, season, and lay in the milk. Cook the herrings in this until they are done (from five to ten minutes, according to size), then pour off the milk, and put them in the oven to keep warm. Blend the flour into a

smooth paste with a little water, add to the milk, bring to the boil, cool for three minutes, stirring all the time, and pour round the fish. Serve hot.

Macaroni and Salmon

GET a tin of salmon, open it, and pour off the liquor. Take out the fish, remove all skin and bones, and break into flakes. Boil some macaroni in milk (let it be very moist when cooked). Place a layer in a piedish, then a layer of fish, seasoned with cayenne and salt, a few breadcrumbs, and a sprinkling of minced parsley. Continue these layers until the dish is full, allowing the top layer to be of breadcrumbs. Cover the top with small pieces of margarine, and bake in a hot oven for twenty minutes.

Lobster Cutlets

ONE tin of lobster, one ounce of flour, half an ounce of margarine, one gill of milk, pepper, salt, dripping, an egg, and breadcrumbs. Method: Remove the lobster from the tin, turn on to a board, and break up finely. Put the margarine and flour in a saucepan, add the milk and seasoning, and stir all the time until it boils. Pour the sauce over the lobster, and allow to cool. Flour baking-board, also your hands, and turn the mixture out and form into cutlets. Brush with egg and breadcrumbs, and fry in boiling fat.

Baked Soles—A French Recipe

GET a pair of fresh, medium-sized lemon soles, clean, and wash them well. Slice in thin slices a small Spanish onion, place it in a small, shallow baking-dish, with a few bits of margarine and two or three sliced tomatoes. Place the soles on the top, making a few incisions in the flesh, into which drop a little anchovy essence. Dredge them lightly with flour, put some slices of margarine on them, and two or three tablespoonfuls of milk. A little grated cheese may be added if the flavour is liked. Bake in a fairly hot oven for about twenty-five minutes.

Fish Salad

REQUIRED: One lettuce, a few slices of beetroot and cucumber, some chopped parsley and spring onions, one hard-boiled egg, some cold cooked white fish—cod, hake, or halibut, etc.—and four tablespoonfuls of salad cream. Method: Well wash the lettuce and dry on a cloth, pick to pieces, and line a salad bowl with it. Break up the fish with a fork, season with pepper and salt, and pile in the centre of dish. Sprinkle with chopped parsley and onion, and garnish with slices of beetroot, egg, and cucumber. Pour the salad cream over the whole, and let stand for half an hour before serving. *Salad Cream.*—One cupful of milk, the yolk of one egg, one dessertspoonful of mustard, a little salt, and a pinch of cayenne pepper. Mix all well together, pour in one cupful of boiling vinegar, beat well together, then stir over the fire until hot and it thickens. Let it cool, then put into a bottle.

Cod Cutlets

CUT from the tail end of fresh cod three or four slices, rather more than half an inch thick, remove the skin from them, and lay them on a dish. Mix two tablespoonfuls of salad oil with the same of vinegar, a few sprigs of parsley, a little pepper and salt. With a spoon pour this over the steaks, and let them remain in it for two hours. When wanted wipe them with a clean cloth, dust some flour on both sides, then brush with beaten egg, coat with breadcrumbs, and fry in boiling fat till they become a nice brown colour. Serve hot with plain butter sauce, and garnish with parsley. For a small party of four or six, this way of cooking cod is best.

Skate Pie

BOIL a thick cut of skate for fifteen minutes in salted water. Take the fish from the bones, and flake into small pieces. Butter a piedish, and sprinkle in a thin layer of breadcrumbs. Now place in the skate, then more breadcrumbs, and a little grated cheese. Continue until the fish is used up. Next make a white sauce by melting one ounce of margarine in a saucepan, then stirring into it one ounce of flour, adding half a pint of milk (a little at a time). Season to taste, and boil till thickened, stirring all the time. Pour over the fish, and bake the pie until lightly browned at the top. The piedish should only be about three parts filled with fish and breadcrumbs.

Kipper Toast

FRY a large kipper. Then remove all bones and flake the fish. Melt a dessertspoonful of any kind of fat in a small pan, add the same quantity of flour, and fry for a few minutes, till the flour is cooked, but not browned. Pour on a teacupful of boiling milk, and stir till the sauce is smooth. Add to fish, a pinch of cayenne pepper and a grating of nutmeg. Simmer gently for fifteen minutes. Have ready some rounds of hot, dripping toast, pile fish mixture on to them. Strew grated cheese on each, return to the oven to brown.

Skate Balls

BOIL half a pound of fresh skate in enough water to cover, with a clove, mace, and one bay leaf. Cook a quarter of an hour, take the fish up, remove all the flesh, put the bones back, let them simmer half an hour, strain into a basin, chop the fish up, mix in with the stock and enough semolina to thicken, the grated rind of a lemon and a little finely-chopped parsley. Beat up with one egg, save enough to brush over, make all into balls, sift over some oatmeal, and fry in boiling fat a nice brown.

Curried Fish Cakes

INGREDIENTS: Four ounces of rice, one small onion, a pinch of sugar, seasoning, four ounces of flaked fish, half a teaspoonful of curry powder, a little brown gravy, half a teaspoonful of minced parsley. Method: Well boil the rice in half a pint of water, with the curry powder, a pinch of sugar, the seasoning, one small minced onion, and the minced parsley. While the rice is still hot, add the finely flaked fish, stir thoroughly, and form the mixture into small balls. Roll these in flour, and bake in a good oven until brown. Pour the gravy over them, and serve in a ring of mashed potatoes. These are very tasty.

Two Dishes from a Pound of Cod

FISH PIE.—Cut a pound of cod into small pieces, put them into a stew-pan with two ounces of nut-butter, and cook slowly over the fire for fifteen minutes. Then put in another ounce of butter, two onions (chopped), one tea-cupful of milk, a little chopped parsley and grated lemon-peel, and a dash of mace or nutmeg. Stew gently till the onions are soft. Put the mixture into a piedish, cover with crust, and bake in a hot oven.

FISH CHOWDER.—Free one pound of cod from skin and bones, and break into flakes. Make some dripping hot in a saucepan, and put in enough fish to cover the bottom. Add a layer of sliced onions, then one of sliced potatoes, dot with bits of dripping, and season to taste. Repeat the layers until you have used up the fish, two large onions, and one pound of potatoes. Fill the pan with water slightly thickened with flour, and simmer gently for forty minutes.

Fish Scallop

BUTTER a dish, lay pieces of cold fish all over the bottom of it, squeeze a little lemon-juice over, and sprinkle with grated lemon-peel, powdered sweet herbs, pepper and salt. Cover the whole with a layer of breadcrumbs thick enough to hide the fish completely. Place little lumps of butter on the top; put in the oven, and bake for twenty minutes.

Fish Balls

FOURTEEN ounces of mashed potatoes, five ounces of cold boiled fish, two ounces of butter, two tablespoonfuls of milk, salt, pepper, one egg, breadcrumbs. Melt the butter in the hot potatoes, add the milk, seasoning, and fish, mix thoroughly, form into balls or cakes, roll them in the egg and breadcrumbs, and fry in hot fat. These are the celebrated fish balls of America.

Stuffed Mackerel

TAKE three mackerel, clean and wash them well, wipe them dry in a cloth, slit them down the back from head to tail, but do not open them; flour and broil them over a clear fire. Have a hot dish ready, chop a handful of parsley and young onions, and mix with a quarter of a pound of margarine, and pepper and salt. Put this stuffing in the slit down the back, and put them in the dish, and place before the fire until the margarine is melted. Squeeze the juice of two lemons over them and serve hot.

Fish Pudding

WASH a fresh haddock in cold water. Put it in a fish-kettle of boiling water and simmer for fifteen minutes. Take six medium-sized potatoes, peel, and boil them for twenty minutes, drain off the water, add a little salt, and let them dry over the fire for a minute or two, then skin and bone the haddock, cut into pieces the size of dice, put into a basin, add the potatoes, which must be rubbed through a sieve with a wooden spoon, season with salt, pepper, and a little cayenne, add one and a half ounces of butter and one egg, beaten to a froth with milk, stir all together with a fork, put into a piedish with a few pieces of butter on top and bake until a bright brown.

Fish and Macaroni

TAKE one pound of cooked fish, four ounces of grated cheese, six ounces of macaroni, one tablespoonful of brown breadcrumbs, one ounce of margarine, and seasoning to taste. Break macaroni into bits, boil till tender, butter a pie-dish, put in a layer of macaroni, then a layer of fish, then a layer of cheese, till dish is full, cheese being last. Sprinkle with crumbs, put the butter on top in bits, bake till a nice brown in a hot oven. Serve with mashed potatoes.

Salmon Kedgeree

WASH six ounces of rice, put into a jar with two and a half gills of water and one teaspoonful of salt. Place the jar in a saucepan of boiling water, steam about thirty minutes, until quite tender and the grains separate. Open a tin of salmon and flake the fish (or any kind of cooked white fish), removing any pieces of bone and skin; make quite hot, add half an ounce of butter, the cooked rice, a teaspoonful of chopped parsley; pepper and salt to taste. Serve very hot. The addition of a chopped hard-boiled egg greatly improves this dish.

Creamed Fish in Potato Border

REQUIRED: Half a pound of any cooked fish, one ounce of butter, one ounce of flour, half a pint of milk or fish stock, one hard-boiled egg, one teaspoonful of lemon-juice, salt and pepper, mashed potato. Break the fish into large flakes after removing all skin and bone. Melt the butter in a saucepan, stir in the flour smoothly: then add the milk or fish stock and stir the sauce over the fire until it boils well. Then add the fish, the egg cut in dice, salt, pepper, and lemon-juice to taste. Make the mixture thoroughly hot. Arrange the mashed potato in a neat border round a hot dish, marking it prettily with a fork. Pile the fish neatly in the centre and serve at once.

Fish in Casserole

TAKE steaks of cod or fresh haddock and place in casserole (after dissolving one ounce of margarine in the casserole); add salt and pepper to taste. Then cut into chips some potatoes, and fill up the dish. Place this on a bead of gas, and cook very slowly for from two to two and a half hours. This is delicious, and costs very little to cook. The juice from the fish can be thickened with cornflour and a little sauce, if liked. Underdone beef done this way is nice, too, only then put in a small cup of gravy, and an onion cut very finely, and cover all with a suet pudding.

Cheese Herrings

WASH as many herrings as you require, cut each in half, roll each piece round a piece of hard roe, and tie with coarse cotton. Put the fish in a baking-tin, well greased, and bake for twenty minutes. Make a sauce with one pint of milk, one tablespoonful of butter, and a teacupful of grated cheese, and thicken with barley flour. Boil for ten minutes. Place the fish in a fireproof dish, and pour the sauce over. Put in the oven to brown, and send to the table garnished with slices of lemon.

DINNER  DISHES

Liver Dumpling

THIS dish is easily prepared. Mix in a basin four dessertspoonfuls of fine oatmeal, one dessertspoonful of flour, one tablespoonful of breadcrumbs, one small onion (previously scalded and chopped fine), three tablespoonfuls of chopped suet, and about half a pound of liver (parboiled and grated finely). Add seasonings to taste, then mix in enough milk to make the mixture doughy. Press into a buttered basin, tie a greased paper over the top, and steam steadily for four hours. Serve with potatoes and cabbage. Very little pudding will be required after this satisfying dish, so a little stewed fruit could complete the meal.

Liver Pie

A NOVEL and tempting dish, which is very economical. Make a crust with four ounces of lard or dripping, three-quarters of a pound of flour, and a little cold water; then roll out. Now take one pound and a half of liver (parboiled), quarter of a pound of fat bacon, and one large onion. Cut these up into small pieces, and put in a piedish. Pour the stock the liver was boiled in over the whole, adding a pinch of sweet herbs, pepper and salt, and a dust of flour. Cover the top with the paste, and bake in a moderate oven for three-quarters of an hour. Serve with potatoes and mashed turnips. This is enough for a large family, and is delicious.

French Pie

INGREDIENTS: One and a half pounds of calves' liver, half a pound of fat bacon, a quarter of a pound of veal, a little cayenne, half a teaspoonful of black pepper, one small onion, one and a half ounces of gelatine, one pint of stock. Method: Boil the calves' liver till done, and when cold put it through the mincing machine with an onion; then pound it well with the cayenne, pepper, salt, and a little nutmeg. Line a china mould with thin slices of fat bacon, then put a layer of cooked veal, cut in thin slices; next a layer of the pounded liver, and so on until the mould is full. Pour in some stock in which the gelatine has been melted, cover the top with bacon, and bake in a moderate oven for two hours. More gravy should be added when it comes from the oven. Leave to set, then turn out.

Savoury Pork Pudding

MINCE finely some pork and two ounces of suet, but if the pork is very fat the suet will not be required. Put one pound of breadcrumbs into a bowl, add one teaspoonful of mixed herbs, a little chopped onion, salt and pepper to taste, mix well, then stir in the pork, and bind with an egg and a little milk. It should not be too moist, but crumbly. Press tightly into a buttered basin, and steam for two hours. Serve with gravy made from the stewed bones and trimmings, with a few herbs tied in a muslin bag for flavouring.

Kidneys on Toast

MINCE two sheeps' kidneys, put half an ounce of margarine into a pan, and when quite hot stir in the kidneys, and keep stirring for five minutes, then add the yolk of one egg, salt and pepper, and a few drops of lemon-juice. Mix well together, and serve on pieces of buttered toast.

Ox Cheek Stewed

CLEAN the cheek, and put it into water, just warm. Let it soak for a few hours, then wipe it dry and clean, put it into a stewpan, and cover it with water. Put in two onions (with a clove in each), a couple of carrots, and a little mixed herbs, salt and pepper to taste. Let it stew gently till tender; then cut up the cheek, divide into suitable pieces for serving; skim the gravy. Stir in

flour to nicely thicken it, and let boil a few minutes longer. Serve in a soup tureen. This is a very nourishing, economical, and savoury meal.

Rabbit Roll

TAKE a young rabbit, boil till tender with some onions, carrots, and a bunch of sweet herbs. When cooked (so that the meat can be slipped off the bones) take out the rabbit, and when cold cut the meat into dice; also a quarter of a pound of cold bacon. Wet a large jam-jar, and decorate with slices of hard-boiled egg and chopped parsley; then fill with the rabbit mixed with the bacon. The meat must be well seasoned with pepper and salt, a pinch of allspice, and a little chopped parsley. Strain some of the rabbit, season it with pepper and salt, and dissolve it in a little gelatine. Pour this, while hot, over the rabbit, press down, put a weight on top. When quite cold, turn out and garnish.

Jugged Rabbits

PREPARE two rabbits as for boiling, cut them into neat pieces, and fry brown in some dripping. Fry some onion, carrot, turnip, and a little celery. Drain away all the fat, put the rabbits and vegetables into a jar, and pour over sufficient water to cover; adding browning, ketchup, peppercorns, salt, mace, and a bunch of herbs. Cover the jar closely, set it in a pan of boiling water, and let it boil steadily for two or three hours, according to the age of the rabbits; it should be tender, but not overdone. When cooked, arrange the rabbits on a dish, thicken the gravy, and strain over the rabbits. Garnish with slices of bacon and seasoning balls.

Tasty Rabbit Pudding

ONE rabbit, half a pound of pork or bacon, one onion, a quarter of a pound of suet, one pound of flour. Joint the rabbit, and lay in cold, salted water to soak for an hour, then turn into colander to drain. Chop suet, and mix with flour, then make dough suitable for rolling out. Well grease and line a large pudding-basin with the dough. First have a layer of rabbit, then pork or bacon, after having cut this into pieces, next a few slices of onion; then continue until all is used. Add salt and pepper to taste and enough water to fill three parts of the basin, and cover with dough. Place greased paper over the pudding before putting on the cloth, and steam for three and a half hours. The onion may be left out if not liked.

Rabbit and Tripe

INGREDIENTS: One rabbit, one pound of tripe, two pounds of Spanish onions, one pint of milk, a little salt. Method: Clean and wash the rabbit whole; cut the cooked tripe into pieces; peel and slice up the onions, and boil all up together in plenty of water for one and a half hours. When cooked, place on a very hot dish, the rabbit in the centre and the tripe round. Drain the liquor from the onions (which save). Have ready the milk, into which the salt and two tablespoonfuls of flour have been mixed, and stir with the onions until it thickens; then pour over the rabbit, and serve. The liquor will make into excellent soup.

Liver Cutlets

HALF a pound of liver, three ounces of streaky bacon, half a pound of flour, one ounce of margarine, one egg, and half a pint of stock. Fry the bacon lightly, also the liver, and chop both fine. Melt the fat, stir in the flour smoothly, add the stock, and stir till it boils. Then add the minced liver and bacon, mix well, and season to taste. Turn it out on to a plate, and, when cool, form into cutlets. Brush with egg (or a paste of flour and milk will do), roll in breadcrumbs, and fry in hot fat a golden brown.

Dutch Sweetbreads

TAKE eight ounces of minced mutton, three ounces of shredded suet, one ounce of margarine, two ounces of breadcrumbs, one egg, two teaspoonfuls of grated onion, one pint of brown or tomato sauce, and seasoning to taste. Soak the breadcrumbs in a little milk or water, and squeeze dry; add them to the melted margarine with the suet, mutton, beaten egg, onion, and seasoning. Cook for a moment over the fire, turn on to a well-floured board, and divide into eight pieces. Roll these in flour, and fry in hot fat until brown on both sides. Then stew

gently for half an hour in the sauce. Arrange on a bed of mashed potatoes, and garnish with parsley.

Mock Jugged Hare

THIS is very nice and economical. Take one pound of shin of beef, one small carrot, one onion, three cloves, a bunch of herbs, one quart of stock or boiling water, pepper and salt to taste. Cut the meat in neat pieces, fry both sides in a pan with a small piece of butter or dripping till nicely brown, then put the meat into a jar with the carrot and onion (with the cloves pushed in one end), and pepper and salt and the herbs tied up in a bundle so as to be easily removed before sending it to table. Pour over stock or boiling water, and stew in the oven slowly for four hours. Serve with forcemeat balls made of soaked stale crusts of bread, squeezed as dry as possible, suet and parsley.

Pork Pudding

INGREDIENTS: One pound of fresh pork, two onions, half a pound of apples, a quarter of a pound of suet, one pound of flour, salt and pepper. Method: Make a crust with the suet, flour, salt, and water. Line a basin with the crust, put in some apples (sliced), and the onions (chopped); put in the pork, cut into small pieces and well season, and mix with the remaining apples; fill up with onions. Add a little water and cover with a crust. Tie down and steam for four hours.

Delicious Curried Rabbit

INGREDIENTS: One rabbit, four ounces of dripping, two onions, one apple, two tablespoonfuls of curry-powder, half a pint of water or stock, half a lemon, salt, pepper, and rice. Method: Melt dripping in stewpan, peel and chop onions, put into hot fat and fry brown. Wash, dry, and cut up the rabbit in nice joints. Strain onions when done and return fat to stewpan, put in rabbit and fry a few minutes. Sprinkle in curry-powder, and cook five minutes longer. Add fried onions, chopped apples, and water or stock. Season with salt and pepper, and simmer for two hours. Add lemon-juice just before serving. Dish rabbit neatly, and send a dish of well-boiled rice to table with it. Sufficient for five persons.

Jellied Rabbit

TAKE two young rabbits, two slices of bacon, a quarter of an ounce of gelatine soaked in water, a blade of mace, ten peppercorns, a bunch of sweet herbs, half a teaspoonful of lemon-rind, two teaspoonfuls of salt, one pint and a half of water. Skin the rabbits and wash them in warm water and salt, cut into pieces, and place in a stewing-pan with the bacon (cut up in dice) and the other ingredients. Cover with a lid, place in a moderate oven, and cook for two and a half hours. Rinse a quart mould with cold water. Remove the bones from the meat and put the rabbit into the mould. Strain the liquid over. When cold, turn out carefully.

Rabbit (Brown) with Forcemeat Balls

CUT up one rabbit into neat joints, wash and dry carefully, flour each joint. In an ordinary frying-pan melt a little dripping (bacon fat is best), and fry each joint a golden colour. Season whilst frying. Place the rabbit then in an earthenware dish with cover, and cover with stock (or water with a spoonful of meat extract). Place in a hot over to simmer. Then take six small onions and one carrot, cut into thin rings, and any tiny pieces of bacon, and fry all together in the same frying-pan as rabbit until golden. Then add to the rabbit, and let all simmer for one and a half hours. Take the liver of rabbit, cook a little, then mince finely with any left-over meat, mix with breadcrumbs and a pinch of mixed herbs. Bind with half an egg, roll up into small balls, and drop into the rabbit stew half an hour before serving. Serve in the dish it is cooked in with a folded napkin round it.

Rabbit Pie with Potato Crust

CUT a rabbit into pieces and soak in salted water two hours, then wipe dry. Put the rabbit into a saucepan with a little dripping, and fry a light brown. Add half a pint of water, one small carrot, onion, and turnip, cut into dice. Season well and simmer slowly for about one hour and a half. Then pour all into a piedish. Make a paste with one tablespoonful of flour, one ounce of margarine, a pinch of salt, and a breakfastcupful of mashed potatoes. Mix with a tablespoonful of warm milk. Roll out and

cover the piedish. Make a slit in the centre with a knife, and bake in a moderate oven till the paste is nicely browned. This is a very tasty way of cooking a rabbit.

Rabbit and Pork Pudding

Cut the best parts of a rabbit into neat joints and put away the head. Cut a quarter of a pound of pickled pork into dice. Dip the rabbit into seasoned flour, and fill into a pastry-lined basin, putting a layer of pork between and some chopped parsley. Fill with stock from the trimmings or with water. Cover and cook for four hours. A teaspoonful of finely chopped onion may also be added to the contents of this pudding.

Boiled Half-Leg of Mutton in Paste

Procure a fillet from a leg of mutton. Have it boned, fill the cavity with some veal forcemeat, and cut off any angles or sharp corners that would be likely to break through the paste. Make a paste of flour and water and a little baking-powder, roll it out, and wrap the mutton inside, being sure that the meat is completely covered, and no hole left where the juice of the meat could escape. Wet the edges of the paste where they lap over, tie in a large pudding-cloth dipped into boiling water and floured all over, and put into a pot of fast-boiling water. Cook fast for two or three minutes, and then set the pot where the contents will simmer steadily for about three hours. This will be found a delicious dish, with plenty of rich, juicy gravy.

Rolled Mutton

Get two pounds of breast of mutton, and remove the bones. Make a stuffing with half a pound each of mashed potatoes and breadcrumbs, a teaspoonful of herbs, seasonings to taste, and a heaped tablespoonful of chopped parsley. An onion is nice, too, or onion sauce can be served with the meat instead. Put the mixture on the meat, then roll it up and tie with tape to keep in position. Put it in a roasting-tin containing some dripping, and bake for about one and a half hours.

Steamed Mutton

This is much appreciated, and is a decided improvement on mutton boiled in the usual way. Butter a stew-pan generously at the bottom, and place as many small Spanish onions as will cover the bottom, then place half a shoulder or leg of mutton on top of the onions. Any space left may be filled up with turnips sliced. No water to be used, the onions yielding sufficient moisture. Cover closely and cook slowly about three hours over a slow fire. Don't lift the lid of stewpan if you can possibly avoid it, but shake the pan occasionally to keep contents from burning. When cooked, place the onions round the joint, and thicken the gravy with a little corn-flour. Serve some mashed potatoes and a dish of haricot beans with the mutton. When stewing any kind of white meat a strip of lemon-peel cooked with it is a great improvement.

Savoury Stew and Dried Peas

Ingredients: One gill of dried peas, one pound of neck of mutton, salt and pepper, half a pint of water, and one onion. Method: Cut the mutton into chops. Place these in a casserole with enough water to cover. Add a well-chopped onion, pepper and salt. The peas must be soaked in cold water overnight with a pinch of soda. Boil these for about one hour, then stew them with the mutton for about twenty minutes before serving.

Mutton Cutlets

Take one pound of cold cooked mutton, cut in thick slices and shaped into cutlets. Season the pieces of meat with pepper and salt. Take three-quarters of a pound of mashed potatoes, the yolk of an egg, a little salt and grated nutmeg, and one teaspoonful of chopped lemon-rind. Mix all together, cover each slice of mutton with the potatoes, brush over with the white of an egg, dip in bread-crumbs, and fry in hot fat until brown.

Cauliflower Cutlets

Wash a cauliflower in salted water, then boil it. When nearly done, take it out and drain, place on a dish with salt, pepper, and vinegar, and heat this thoroughly over the fire. Make a batter of three tablespoonfuls of flour, an egg, a little salad oil, and a little salt. Make this into a thin paste, dip each piece of cauliflower into this paste, and fry a light brown. Serve very hot with a squeeze of lemon.

Tripe and Onions

INGREDIENTS: Half a pound of boiled tripe, a quarter of a pint of milk, two onions, two teaspoonfuls of flour, pepper and salt. Method: Wash the tripe in hot water and cut into neat pieces. Put in a saucepan with the milk and finely chopped onions, and simmer until tender (about three-quarters of an hour). Take out tripe. Moisten the flour with a little cold water or milk, add the thickening gradually to the milk and onions, and boil up, stirring all the time. Replace the tripe in the pan, and re-heat. Season with salt and pepper, and serve in a hot dish.

Curried Tripe

MINCE finely two large onions and fry them till tender. When done, mix them into a tablespoonful of ground rice and the same quantity of curry paste. Add gradually half a pint of stock, and stir over the fire till it boils. Take one pound of tripe, which has already been boiled till tender, cut it in small pieces, and add it to the stock and other ingredients. It should be boiled gently for an hour. Serve very hot with rice boiled as for curry.

Tripe Omelette

TAKE one pound of tripe, cut into shreds, and place in a stew-jar with one tablespoonful of water and a little grated lemon-peel and juice. Place the jar in a pan of boiling water, cover closely, and *steam* until tender. Then pour the tripe into a basin with its liquor, and, when cool, add two prepared dried eggs, salt and pepper to taste, and two tablespoonfuls of milk. Beat all well together, pour into some hot dripping in an omelette pan, and stir over a slow fire until a thick, creamy mass. Brown the under side, slip on to a hot dish, folding it over as you do so, and serve at once.

Tripe with Tomatoes and Spinach

TAKE two pounds of boiled tripe, cut into pieces ready for serving. Press the contents of a quart tin of tomatoes through a colander into a saucepan, add salt and pepper after the pulp has boiled up; squeeze in the juice of half a lemon, and add a Spanish onion, first chopped very small and scalded. Boil for ten minutes. Then thicken with an ounce of flour and butter, lay in the tripe, and in a quarter of an hour or so serve it, with some plainly cooked spinach in little heaps round the dish. A poached egg may be laid upon each bed of spinach, with little rolls of fried bacon in between each bed.

Tripe and Calf's Foot

FOR six persons, take two pounds of tripe, clean carefully, scald and drain; one calf's foot, which bone and scald. Put the tripe and calf's foot (cut in pieces) into a basin with salt, pepper, and three cloves. Into an earthenware saucepan, enamelled on the inside, put a little bacon fat, onions, carrots, a little garlic, and mixed herbs. Add the tripe and calf's foot, cover with stock, and boil. When it comes to the boil cover tightly, adding, if necessary, a little paste made with flour and water round the rim of the cover. Place in a slow oven a whole day. To serve, take out the tripe and best pieces of calf's foot and bacon fat. Put these into a hot vegetable dish and pour the gravy over, having first freed it from any fat. Tripe prepared in this way is very savoury.

Brittany Tripe

CUT up finely one onion, one carrot, one stick of celery, and a small piece of turnip, and fry in hot fat until nicely browned. Put the vegetables in a casserole; then fry the dressed tripe, cut in thin strips. Add to vegetables, and put casserole in oven for half an hour. Then pour in some gravy if you have it; if not, add some boiling water to the fat the vegetables were fried in. Season with pepper, salt, and a little browning. The tripe should be just covered with the gravy. Put the casserole on top of the stove, and cook gently for three hours. Just before serving add the juice of half a lemon, and send to table in the casserole.

Tripe Cutlets

INGREDIENTS: Half a pound of boiled tripe, one onion, one teacupful of white sauce, a quarter of a pound of macaroni, one pound of potatoes, one egg, bread-crumbs. Method: Boil the macaroni in salted water until tender, and cut into

short lengths. Scald the tripe, trim off all the loose fat, cut into even-sized pieces, dip them in the egg (beaten) and bread-crumbs, and fry in boiling fat until a golden brown. Cut the onion in slices and fry until tender; mash the potatoes and arrange in a border, placing the tripe and fried onion on it. Make the sauce thoroughly hot, stir the macaroni into it, and serve in the centre of the border.

Pork Fritters

CUT some underdone pork into circles' cover well with mashed potatoes nicely seasoned. Make a batter with milk, flour, and a little egg-powder. Dip each fritter in the batter, then roll in breadcrumbs and fry in boiling fat until brown. Serve with apple-sauce and mashed parsnips.

Tripe Shape

THE tripe must be well cooked—simmered from four to six hours—then cut up in small pieces, seasoned well, and fried for some time in boiling fat without being browned. This gives a delicious taste to tripe, and to fry without browning, toss it well. Some small spring onions may be cooked with the tripe, and some fresh carrots (whole). Rinse a mould in cold water, place a layer of hard-boiled egg (cut in rounds) at the bottom, then some tripe, the carrots (cut in rounds), then more tripe, with onions between. Repeat the layers till the mould is nearly full, then pour over enough of the stock to cover. Turn out when cold. If milk is added to the stock it is more nourishing, but will require a little gelatine to make the mould firm to turn out. Served with lettuce, rice, and potatoes, this makes a good supper dish for cold weather.

Meat and Rabbit Pie

MAKE a batter with two or three eggs or egg substitute, half a pound of flour, a little salt, and three-quarters of a pint of milk. If the flour is self raising, no baking-powder will be needed. Grease a piedish, put in any cold meat you may have, cut in small pieces, seasoned to taste, pour over the batter, and mix. Bake for one hour and a half in a moderate oven. Pork is the best meat for this dish; fat pork makes it very tasty.

Jumble Meat Pudding

TAKE half a pound of flour, half a teaspoonful each of salt and baking-powder, half an ounce of suet, one onion (finely chopped), and four ounces of meat. Cut the meat into small pieces, and mix all the ingredients together with milk and water. Put into a greased basin, tie a cloth over, and boil for one hour and a half.

Sausage Tart

THIS is a delicious tart flavoured with apples. Line a flat tin with thin pastry, spread over a layer of pork sausage-meat, then a layer of chopped apples. Put on a thin layer of pastry, and repeat the layers of sausage-meat and apples. Cover with pastry, brush over with milk, and bake for three-quarters of an hour. This should be eaten cold.

Beef and Polenta in Casserole

FOR the polenta crust take half a pint of milk and water, half a teacupful of yellow maize, half a teaspoonful of salt. Place the salt in the liquid, and bring to the boil, stir in the meal by degrees, and cook for ten minutes, stirring all the time, then remove to a cooler place, and simmer for half an hour, stirring occasionally. Place in a small casserole three ounces of raw meat (minced), one carrot (cooked and sliced), or a tomato, half an onion (sliced), salt and pepper to taste, and one gill of vegetable stock. Put on the lid, and cook very gently for three-quarters of an hour. Then cover the meat with the polenta, return the casserole to the oven without the lid, and cook until the polenta is slightly brown. Serve in the casserole. This is a nice dinner for hot days, as little gas or fire is needed for cooking.

Poor Man's Goose

TAKE a deep dish, put a few pieces of dripping at the bottom, then a layer of sliced apples sprinkled with sugar, and upon that a layer of sage and onion stuffing, then some slices of liver, and a layer of raw potatoes, sliced, and well sprinkled with salt. If the dish is deep enough, repeat the layers, but be sure to finish with potatoes. Dot with bits of dripping and bake for an hour in a moderate oven. Serve very hot. Try this dish when you want a cheap dinner, and if you shut your eyes you will think you are eating real

goose with apple sauce and sage and onion stuffing.

Mock Pork

This makes a tasty meatless dinner. Soak half a pound of haricot beans overnight. Chop finely two large onions, put beans and onions into a saucepan, and just cover with water and simmer slowly. When done, turn into a bowl and mash. Add two ounces of margarine, a quarter of a pound of breadcrumbs, a dash of pepper and salt, and one tablespoonful of sage. Bind with one egg well beaten and half a teacupful of milk. Make into a thick roll, and bake till a nice brown. Put some fat into the baking-tin and baste frequently. Serve with apple sauce.

A Cheap Dinner

Take half a pound of cold potatoes, half a pound of flour, and mix together with half a teaspoonful of salt. Make into a dough with milk and water, and roll out. Grease a pudding basin with nice fat, and line with the paste. Cut up two onions, three potatoes, and three rashers of bacon, put into the basin, just cover with water, and cover the top with the remainder of the crust. Tie over a floured cloth, and boil for about two hours and a half.

Economical Curried Rabbit

Slice two or three onions and fry brown in butter or margarine. Then add the rabbit cut into joints, and fry for five or ten minutes. Make a curry sauce with half a pint of good stock, a pinch of salt, and a good tablespoonful of curry powder. Add rabbit and onion to this, and stew till tender. Serve on a hot dish and wall round with boiled rice, afterwards squeezing over it a few drops of lemon juice.

Calf's Head Boned and Stuffed

Take half a calf's head, three ounces of breadcrumbs, one tablespoonful of chopped parsley, one egg, two ounces of beef suet, half a teaspoonful of mixed herbs, nutmeg, lemon rind, salt and pepper. After boning the calf's head, stuff with above mixture, roll up, tie in a cloth, and simmer for two hours in water containing carrots and onions. When cooked, pour parsley sauce over and serve.

Beef Skirt Roly-Poly

Required: Three-quarters of a pound of flour, four ounces of suet, half a teaspoonful of baking-powder, half a teaspoonful of salt, one pound of beef skirt, a small Spanish onion, pepper, salt, and cold water. Method: Wipe the meat and cut into small pieces, cut the onion into very thin slices. Mix flour, salt, and baking-powder, shred and chop the suet and mix with the flour. Mix to a stiff paste with cold water, roll out pastry about one-third of an inch thick in an oblong shape. Arrange rows of meat down the length of the pastry, leaving a little margin without meat. Lay on the rings of onion, and dust with pepper and salt. Roll in the shape of a bolster, short and thick. Press the edges well together, tie in a floured cloth, and boil steadily for two and a half hours. This is delicious, and equal to beef steak.

Roast Rabbit

Take a young rabbit and clean it thoroughly. Make some stuffing with sage, two onions, breadcrumbs, dripping, and seasoning, and fill the rabbit with it. Put in a baking-tin, cover with slices of fat bacon, and bake in a good oven for about one hour. Serve with thick brown gravy.

Raised Pork Pie

Remove bones from two pounds of lean pork, place them in a stewpan together with one onion, pepper and salt, and enough water to cover. Simmer for two hours. Cut meat into dice, and season. Sift one pound of flour into a basin and add a pinch of salt. Put half a pound of lard into a saucepan, boil for five minutes, well mixing a gill of water with it. Make a well in the flour, pour in melted lard, stirring well meanwhile, and when cool start kneading, keeping pan warm to prevent paste turning cold. When kneaded until perfectly smooth, cover with a cloth, and let it remain by the fire for thirty minutes. Keep paste lukewarm, but do not overheat. Cut off enough for the cover, then mould the rest round a jam-jar. See that walls are all of same thickness. Roll out the lid. Fill up pie with meat, and sprinkle with a little powdered sage and cayenne. Moisten with stock in which bones were cooked, put on cover, and decorate with leaves of pastry. Pin a few folds of greased paper round the pie and bake for

two hours in a moderate oven. Brush over with beaten yolk of egg fifteen minutes before removing from oven. Reheat the remainder of gravy, raise crust a little, and add. This makes a delicious pie.

A Nourishing Summer Dish

Rub the inside of a casserole all over with a little bacon-fat, then put in a layer of firm tomatoes (sliced thickly), one of sliced onions, and one of thickly-sliced raw potatoes. Sprinkle the potatoes liberally with chopped parsley and some finely-chopped fresh herbs. Cover with a thick layer of green peas. Repeat the layers till the casserole is quite full, using every sort of vegetable you can get —sprigs of cauliflower, cubes of peeled marrow or cucumber, or both, shredded cabbage or lettuce, rings of carrot and turnip, etc. Let the top layer be potato, then season enough meat or vegetable stock to half fill the casserole. Cover with greased paper, put on the lid, and bake for about one hour, or until everything is tender. For the last half-hour remove the paper and lid, put a few bits of dripping on the top potatoes, and leave uncovered to brown. Serve with boiled rice.

Mock Tongue

Take half a beast's heart, put it in a stew-jar with a few sage leaves, one small onion, three or four cloves, pepper and salt to taste, and some water. Cover with a well-fitting lid and put in the oven. When it boils reduce the heat and let it simmer gently all day. Leave it in the jar till cold, then cut in thin slices and eat with sauce or pickles. It will be found equal to tongue.

Scotch Liver Roll

To one pound of liver, minced, add half a pound of fat bacon, a teaspoonful of sweet herbs, a little grated nutmeg, pepper and salt to taste; mix together, and bind with a beaten egg. Make into a roll, tie in a floured cloth, and boil for two hours. Place the roll (still in the cloth) between two plates with a weight on the upper one and leave it till next day, then remove the cloth and serve cold with salad.

Stewed Skirt of Beef and Kidney

Take two pounds of skirt, half an ox kidney, one ounce of dripping, two onions, pepper and salt, and three teacupfuls of water. Cut the skirt into neat pieces, also cut up the kidney small. Brown the skirt and kidney well in the hot dripping with the onions, add the water, stew gently for two hours. Thicken the gravy with two dessertspoonfuls of flour mixed smooth with water, add seasoning, and boil for five minutes. Serve on a hot dish with mashed potatoes and turnips.

Stuffed Leg of Pork

Put a leg of pork into a saucepan, just cover with boiling water, and simmer for one hour. Then remove the bone, and fill the cavity with stuffing made with three large onions parboiled and chopped, one teacupful of bread-crumbs, one teaspoonful of sage, and seasoned with pepper and salt. Sew up, and roast the pork in a hot oven, allowing twenty minutes to every pound. Boil some haricot beans in the stock, and serve with the pork.

Curry Balls

Boil half a pound of rice with one pint of water, one teaspoonful of curry powder, half a teaspoonful of salt and sugar, one minced onion, chop or mince eight ounces of cooked mutton with a little parsley and herbs, and while the rice is hot mix in the meat and form into balls, rolling them in flour. Brush over with a well-beaten egg, and bake till brown. When done, pour over them a rich brown gravy, and serve very hot with fried potatoes round. Hand chutney with this dish.



VEGETABLE COOKERY

Buttered Parsnips

Boil a few parsnips until tender, allow to cool, scrape, and cut lengthwise. Chop a little fresh green parsley, put it into a clean saucepan with three tablespoonfuls of margarine and a pinch of pepper and salt. Set on the fire, and when the margarine is melted place the parsnips in it. Shake pan from time to time until the contents boil. Then lay parsnips nicely on hot dish, pour margarine over them.

Fricassée of Beans

Take two pounds of young broad beans, a tiny bunch of mixed herbs (with more parsley than anything else), half a pint of white stock, one and a half ounces of butter, one and a half ounces of flour, the yolk of an egg, the juice of half a lemon, salt and pepper to taste. Boil the beans with a little salt in the water, the herbs, and a very small pinch of soda, then skin them. Make a white sauce with the butter, flour, and stock, boil it for five minutes, flavouring lightly with salt and pepper. Add a tablespoonful of cream (skimmed from the milk), the egg-yolk (beaten), and the lemon-juice. Stir it over the fire till it thickens, then mix in the beans and let them get quite hot. Turn out on a dish, garnish with small slips of toast, sprinkle over finely chopped parsley.

Parsnip Croquettes

Boil three or four parsnips in salted water until quite soft. When cool, mash them, with a beaten egg and a few breadcrumbs; season with pepper and salt. Make into small flat cakes, roll in egg and breadcrumbs, and fry till a golden brown.

Celery and Potato Pie

Ingredients: Two heads of celery, half an ounce of margarine, half a pint of milk, mashed potatoes, seasoning, half an ounce of flour, brown crumbs. Method: Trim and wash the celery, cut into convenient lengths, and cook gently in the milk. Keep back a little of the milk to mix with the flour for thickening. Take up the celery, drain, and keep hot. Add the blended milk and flour to the liquor in which the celery has been cooked, boil for five or ten minutes, season well, and stir in the margarine. Grease a piedish, and put in the cooked celery with the sauce. Cover the whole with mashed potato. Sprinkle a few brown crumbs on top, and bake in a sharp oven till brown.

Bean Omelettes

Boil until soft, drain, rub through sieve, adding half a cupful of milk while doing so. Now add two tablespoonfuls of breadcrumbs, some chopped parsley, two well-beaten eggs, flavouring to taste, one ounce of melted butter. Pour mixture into well-greased dish, bake for one hour. Serve with brown sauce.

Bean Salad

Put one spoonful of salt and half a spoonful of pepper into a salad-bowl, mix with one tablespoonful of vinegar, add two tablespoonfuls of salad oil. Toss beans (already cooked) in this dressing, and sprinkle with some finely chopped shallot and parsley.

Vegetable Pie

Ingredients: Four ounces of spaghetti, one ounce of tapioca, two onions, half a pound of tomatoes, one tablespoonful of tomato catchup, half a pound of peas (previously boiled), one teaspoonful of finely minced parsley and thyme, one pound of cold boiled potatoes cut in slices, one ounce of margarine, pastry. Method: Melt the margarine in a saucepan, chop the onions

finely. Cut the potatoes in slices, and fry them with the onions for eight minutes. Add them to the spaghetti, broken in pieces, and add the peas. Pour in one pint of water, and boil gently till the spaghetti is done. Soak the tapioca in a little boiling water until it is jellied. Stir this into the spaghetti, also thyme, parsley, catsup, pepper and salt, and the tomatoes (peeled and sliced). Turn into a piedish and leave until cold. Then cover with pastry, and bake in a moderate oven for half an hour.

Delicious Bean Dishes

French Beans with Eggs.—One pound of French beans, three eggs, a clove of garlic, two ounces of butter. String the beans and cut them across, not lengthways; boil till tender in salted water, and drain. Crush the garlic, and toss in the butter over a gentle heat for five minutes. Remove the garlic, add the beans, season to taste, and mix well. Have ready some hard-boiled eggs, cut them in quarters while hot, and serve the beans piled on a hot dish, and garnish with the eggs.

Broad Beans with Tomatoes.—Shell and boil the beans in salted water. Heap on a hot vegetable-dish, pour over some parsley sauce, and arrange round them a border of halved tomatoes, baked until tender, but not broken. This is a delicious and nourishing dish.

Broad Beans (Curried)

Shell enough broad beans to make a pint, and boil them in plenty of slightly salted water until tender. Drain and remove the skins while hot. Plunge four ripe tomatoes into boiling water for a moment, skin them, cut them into slices, and put them into a frying-pan with a little butter and the beans. Season with salt and pepper, and moisten with a small quantity of curry sauce. Arrange these neatly on a dish bordered with plainly boiled rice, and sprinkle over a little chopped parsley. Put in a hot oven for a few minutes, and serve.

Tomato Bouillon

Put six medium-sized tomatoes in cold water with salt, and stew them until thoroughly cooked. Stir into them one tablespoonful each of margarine and flour, a seasoning of red pepper. Add one pint of boiling milk. Let all boil for fifteen minutes, then serve hot with squares of toast.

Tomatoes in Batter

Ingredients: Six tomatoes, two tablespoonfuls of breadcrumbs, one tablespoonful of chopped parsley, two eggs, one pint of milk, one tablespoonful of butter (melted), half a teaspoonful of lemon-juice, thyme, grated lemon-rind, half a teaspoonful of nutmeg and mace, salt, pepper, and half a pound of flour.

Method: Make a batter of the milk, flour, one egg, and a pinch of salt. Let it stand while the tomatoes are prepared thus: Put them into boiling water to loosen the skins, remove these, and make a cavity in each tomato by taking out a little of the pulp. Mix breadcrumbs, parsley, thyme, spice, and seasoning in a bowl; moisten with a beaten egg and tomato pulp. Stuff the tomatoes with this, place in a well-greased baking-tin, and pour the batter over.

Tomato Savoury

Cut number of tomatoes required in half-inch slices, season with a little pepper and salt, place a thin slice of bacon on the top of each. Put in a greased tin, and cook in a quick oven for twelve minutes. Arrange on a hot dish, sprinkle with chopped fried parsley, and serve.

Cabbage and Rice Pie with Tomatoes

Remove the outside leaves and the hard part of the stalk from a good-sized cabbage. Then boil in salted water till tender, drain, and well press out all moisture. Boil four ounces of rice in one pint of stock, till well swollen. Skin three or four tomatoes, and cut in slices. Then arrange the cabbage, rice, and tomatoes in alternate layers on a greased piedish, season well, and add a grating of nutmeg. Sprinkle a few browned crumbs on top, and make thoroughly hot in the oven.

Cabbage Dainty

Get a nice firm cabbage and parboil it; then shred down roughly, and put a layer in a deep piedish. Over this scatter a few breadcrumbs or oatmeal,

season to taste, and add a very little grated cheese. Repeat the layers, finishing up with crumbs or oatmeal. Pour in a teacupful of seasoned milk, and bake in a hot oven. With mashed potatoes this provides an excellent meatless dinner dish.

Green Pea Soufflé

Rub a quart of three-parts cooked green peas through a sieve, add to this purée half an ounce of butter, the yolks of three eggs, three tablespoonfuls of thick white sauce, a dust of sugar, and last, the stiffly-whipped whites of the eggs, and a little sap-green colouring, if liked. Fill a well-buttered, papered soufflé tin, and steam in the usual way. Turn out and serve with tomato sauce.

Braised Carrots

Scrape and peel some carrots, cut into rounds or kite shapes. Put into a saucepan with boiling water (this preserves the flavour), and a pinch of salt. When cooked, strain off. Put two tablespoonfuls of margarine into a stewpan; when melted, put in the carrots. Sprinkle with red pepper, fry a nice golden brown, add half a cupful of stock, braise them with a greased paper over, keep well basted for an hour. Add more gravy as it reduces. Dish up in a pile, serve the liquor with them.

Cabbage Pyramids

Use the remains of previously cooked cabbage, and have about equal quantities of potatoes. Chop the cabbage finely, and mash the potatoes. Put some dripping in a frying-pan in proportion to the quantity of vegetables you have, and melt it; add the cabbage and potatoes, some pepper and salt to taste. Stir over the fire till perfectly hot, using an iron spoon. Then dish up neatly. Form into pyramids, making the sides smooth. Serve nice and hot.

Curried Artichokes

Ingredients: One and a half pounds of boiled artichokes, two onions, one ounce of dripping, one dessertspoonful each of curry-powder, flour, and chutney if obtainable (or a squeeze of lemon-juice), half a pint of stock (vegetable), pinch of salt, and a teaspoonful of vinegar. Method: Slice thickly the artichokes, chop the onion, melt dripping, put in onion, and fry golden brown; add curry and flour, and fry a few minutes; add stock, chutney, and vinegar. Stir till boiling. Season and simmer for fifteen minutes, add artichokes, and leave to simmer another fifteen minutes. Turn out on to a hot dish and, instead of rice, a nice dish is made if a well-chopped cabbage is served.

Artichoke Balls

Take some Jerusalem artichokes, as nearly of a size as possible, trim them neatly, and boil for ten minutes. Pour away the water, and put them on a clean cloth until they are as dry as possible. Make a batter with one and a half ounces of flour, a teaspoonful of egg-powder, and sufficient milk to make it of the consistency of cream. Season with pepper and salt, and stir in a teaspoonful of finely chopped parsley. Dip the artichokes into the batter, and fry in boiling fat till a nice golden brown. Drain on paper, and serve on a hot dish garnished with a few sprigs of parsley.

Vegetable Hot-Pot

Ingredients: Two pounds of potatoes, about four ounces each of beans, cucumber, cauliflower, carrots, leeks, young onions, turnips, young cabbage, lettuce, half ounce of dripping, two teaspoonfuls of meat extract (optional) stock to cover. Seasoning: Parsley and herbs. Method: Wash and prepare the vegetables. Put a layer of thickest slices of potatoes in the casserole, also a layer of onions. Add layers of vegetables alternately, and between each layer sprinkle some chopped parsley and herbs to flavour. Mix the meat extract with vegetable stock. Season well, and pour in just enough to cover the vegetables. Cover the top with thick slices of potatoes. Put little bits of dripping here and there on the potato, cover the casserole, and bake in a moderate oven for two hours. For the last half hour remove the lid, in order that the potatoes may be brown. Half an ounce of small sago shaken in is an improvement (if liked).

Carrot Fritters

Cut two carrots of medium size into long pieces, cook till soft, drain well, and press them through a colander.

Add two tablespoonfuls of fine bread-crumbs, a tablespoonful of melted butter, and season with salt and pepper. Beat an egg and stir in gradually as much as will reduce the carrot, etc., to a consistency between that of light paste and thick batter ; drop in spoonfuls into a pan of hot fat, and cook till lightly browned.

Onion and Cabbage

Boil separately one cabbage and one large onion, then chop fine, and mix together. Add salt, pepper, vinegar, or the juice of a lemon. Make into sandwiches while hot. You will find it very tasty.

Broad Beans and Cream Sauce

Ingredients: Two pounds of broad beans, one egg, a little stock, a little minced parsley, a quarter of a pint of fresh cream, salt and pepper. Method: Shell the beans and boil them for ten minutes in plenty of water, drain, skin, put them in a saucepan with boiling water. Add the stock (or a gravy cube will do), salt and pepper, and boil slowly until quite tender. Strain the stock into a basin, and keep the beans hot near the fire. Beat well the yolk of the egg, and mix with the cream. Add to the stock and return to the saucepan. Simmer gently, stirring all the time, stir in the parsley, and pour all over the beans.

Celery and Carrot Fricassée

Boil some celery and carrots well, and then cut into slices. Make a thick white sauce, using a twopenny celery cream soup square and skimmed milk, making three-quarters of a pint of liquor. Place the cut celery and carrots in a deep dish, and stir into them some chopped bacon. Pour the sauce over, and scatter a little chopped parsley on the top.

Celery Fritters

Procure a good head of celery, clean, and take all the outside leaves away. Put in a pan of cold water to make it crisp, then boil till tender. Make a good, thick batter as you would for pancakes ; take the celery out of the water, wipe with a clean cloth, and dip in the batter as you would dip fish. Fry in plenty of hot lard till a golden brown both sides.

Rice and Cabbage

Put on a small teacupful of rice in a little water, and cook gently until tender. Parboil a fresh cabbage. When done, strain off the water, and add the rice and the cabbage, well chopped. Season well with pepper and salt, and a grate of nutmeg. Add a small pat of nut butter, and one or two tablespoonfuls of milk. Cover closely with the lid, and simmer all for fifteen minutes. When ready, turn out on to a hot dish, and strew over a little finely-grated cheese.

Savoury Rice and Onions

Take one and a half teacupfuls of rice, two breakfastcupfuls of water, one teacupful of milk, one tablespoonful of flour, three good-sized onions, a small piece of margarine, salt and pepper. Boil the onions first, then put in the rice, and boil for twenty minutes. Mix the flour and other ingredients together, and add to the rice and onions. Warm up. When served, garnish with hard-boiled egg.

Braised Onions with Boiled Chestnuts

Ingredients: One pound of medium-sized onions, two ounces of margarine, a quarter of a pint of stock or water, seasoning to taste, one pound of chestnuts. *White Sauce.*—One ounce of cornflour, one ounce of margarine, one gill of white stock or water, half a pint of milk, a quarter of a teaspoonful of finely chopped parsley. Method: Prepare the onions. Melt the margarine in a saucepan. Add the onions, and cook gently for thirty minutes with the lid on. Add the half-pint of stock, and seasoning, then cook gently for one hour. Prepare the chestnuts by pricking or cutting each. Place them in a saucepan of boiling water and cook briskly for thirty to forty minutes, according to size. Drain, and remove the skins from the chestnuts. *Sauce.*—Put the flour and margarine into an enamelled saucepan ; add the milk and stock. Cook gently for ten minutes, season to taste. Add the cooked chestnuts, and re-heat. When quite hot, add the parsley. Place the onions in the centre of a hot dish, and pour the chestnuts round.

Onion Fritters

Boil till soft one large or three small onions. Chop into small pieces. Mix a quarter of a pound of flour, a quarter of a teaspoonful of baking-powder, a little salt, one teaspoonful of salad-oil. Mix with milk-and-water till it drops easily from spoon, stir in onion, drop in spoonfuls into hot dripping. When brown, turn and brown other side. Drain on paper. Serve with dish of mashed potatoes.

Vegetarian Sweetbreads

Stew a large parsnip, an onion, and an artichoke in about half a pint of milk and flavour with white pepper, very little salt, and a small piece of mace. When quite soft cut the parsnip in slices, and place on each slice a piece of Cheddar cheese of the same size. Lay these on a thick slice of buttered toast, and put in a quick oven till the cheese becomes soft and slightly brown. While this is cooking, thicken the milk (after straining the onion and artichoke from it) with a small piece of margarine and a dessertspoonful of flour. When this boils, pour over the sweetbread, and decorate with small sprigs of parsley.

Tomatoes and Mushrooms

Required: Six large tomatoes, half a pound of mushrooms, two ounces of margarine, one dessertspoonful of finely minced onion, one dessertspoonful of chopped parsley, half a cupful of bread-crumbs, salt and pepper. Method: Remove a piece from the top of the tomatoes and scoop out some pulp. Prepare, wash, fry, and chop half of the mushrooms, put these in a small saucepan with half the margarine, onion, pepper and salt, and fry for ten minutes. Mix in the bread-crumbs and parsley, and cook for six minutes. Fill the tomatoes with the mixture, lay a mushroom on top, scatter over some browned breadcrumbs and the rest of the margarine in small pieces. Cook on a well-greased baking-tin for a quarter of an hour, in a moderate oven.

Chestnuts and Brussels Sprouts

Peel the outer skin from half a pint of chestnuts, put them into boiling water for a few minutes, then throw into cold water and remove the second skin. Wipe them dry, put into a saucepan, pour over enough stock to cover them, and stew gently till they are tender without being at all broken. The time they will take will vary from twenty minutes to three-quarters of an hour, according to the quality. A bay leaf, two or three strips of bacon rind, an inch of lemon rind, with pepper and salt, should be added to the gravy in which they are stewed. Take out the chestnuts, strain the gravy and thicken it with cornflour. It should be like thick cream. Free it from fat and add a few drops of browning. Have ready some Brussels sprouts boiled separately in the usual way; drain well. Then put them, together with the boiled chestnuts, into the sauce, and heat gently over a clear fire. Pour into a tureen, and serve very hot. This dish, though seldom seen, is exceedingly popular with all who have tried it.

Stuffed Turnips

Choose as many turnips of equal size as required, peel them, and simmer them gently in milk and water until they are just tender. Drain them on a cloth as dry as possible. Cut a slice off the top of each, and scoop out the middles. Work together with a wooden spoon one ounce and a half of breadcrumbs, one ounce of margarine, a tablespoonful of essence of anchovy, two tablespoonfuls of lemon-juice, a little finely-grated onion, and two ounces of turnip pulp; season with salt and cayenne pepper. Fill the turnips with this preparation, put on the lids, brush over with milk, dust lightly over with breadcrumbs, and put them in the oven to heat through and colour delicately.

Onion and Macaroni Casserole

Boil two or three ounces of macaroni, strain when soft. Slice up one large onion, and fry slowly in a little dripping till brown. Stir in a dessertspoonful of flour, stir thoroughly, and add by degrees some stock or milk until you have a thick sauce. Season to taste. Now put a layer of macaroni in the casserole, next a little of the onion sauce, and so on till your macaroni is used; finish by pouring over some sauce. Sprinkle a few brown

breadcrumbs over the top, and little pieces of fat here and there, and put into a hot oven for about half an hour.

Curried Haricot Beans

INGREDIENTS: One pint of haricot beans, one large onion, two apples, one tablespoonful of curry-powder, one tablespoonful of flour, one tablespoonful of desiccated coconut, half a pint of milk, two teaspoonfuls of sugar, one lemon, and rice. Method: Soak the beans one hour; put them on in cold water, and boil gently till they are soft. Put dripping in a pan, and fry in it the onion, chopped finely. When it is a pale brown add the chopped apples, curry-powder, and flour, and stir over the fire till cooked; then put in the coconut and milk, and stir till the mixture boils; add the beans, sugar, and salt to taste. Heat; then add the strained juice of half a lemon, and serve on a hot dish with a border of boiled rice.

Lentil and Cauliflower Pie

INGREDIENTS: Three-quarters of a pound of lentils, one onion, one carrot, one parsnip, cauliflower, mixed herbs, salt and pepper.

Method: Cook the lentils till quite soft. Cook cauliflower, carrot, parsnip, and onion, and fry in fat. Cut up in small pieces. Place in layers in a pie-dish. Add a little water in which lentils, etc., were cooked, salt and pepper and mixed herbs. Cover top with mashed lentils. Bake in a moderate oven fifteen to twenty minutes.

Lentil Galantine

INGREDIENTS: Eight ounces of cooked red lentils passed through a wire sieve, six ounces of fine dried bread-crumbs, one teaspoonful of chopped parsley, grated onion and mixed herbs, four ounces ot grated carrots, salt and pepper to taste.

Method: Mix all the ingredients with a raw egg, or one dried one beaten up with one gill of stock or water, form into a roll, and tie in a well-floured, clean cloth. Place in boiling stock or water, and boil for two hours. If served hot, place on a hot dish, and pour brown sauce or tomato sauce over, while the stock in which it is boiled will form the foundation for the sauce. If served cold, it should be glazed with clear, brown glaze.

Vegetable Turkey

INGREDIENTS: One pound of lentils, one egg, breadcrumbs, butter, parsley, salt.

Method: Boil thoroughly one pound of lentils (or half peas and lentils) in a cloth, with a little salt. Grease an enamelled dish, and line bottom and side with the lentils. Now prepare a stuffing of bread-crumbs, parsley, egg, etc., the same as for turkey. Fill up the dish with the stuffing, and cover with the rest of the lentils; put a few pieces of butter on the top and bake forty-five minutes to an hour, and serve very hot: if any of this dish is left over, it is delicious made into flat cakes rolled in flour and fried a golden brown.

Baked Lentils and Bacon

WASH a pint of lentils well, and put them to soak in a pint of cold water for the night. Next morning put them in a saucepan over very gentle heat, a teaspoonful of vinegar added to the water, a small onion, three cloves, and three peppercorns. Cover the saucepan with a lid and simmer very gently for half an hour. Take out the onions, cloves, and peppercorns, and put the lentils on a greased earthenware dish, or in a piedish, and sprinkle with brown breadcrumbs. Then lay some fat rashers of bacon on the top, and bake in a good oven for twenty minutes to half an hour. If you have no bacon, dot some bits of margarine over the top. However, very often when you have had a bit of bacon for boiling, and have come to the end of it, there are some nice pieces of fat left which come in useful for such dishes as above.

Peas and Cheese Sauce

PUT two tablespoonfuls of flour (not self-raising) into a basin and work it into a smooth cream. Then gradually add a pint of boiling milk, or skim milk, or milk-and-water. Add pepper and salt and cook until it is a smooth white sauce. Add a little bit of margarine, then add half a teacupful of grated cheese. Some dried peas should have been soaked the night before, and simmered gently next morning till cooked, with a little mint. Then put the peas into a piedish, draining off the water, add a little margarine, the cheese sauce, and then a sprinkling of breadcrumbs, dot a few more scraps of margarine on the top

of the breadcrumbs, and bake for a quarter of an hour to twenty minutes in a moderate oven.

There is a great art in cooking dried peas. You must simmer them very gently, or the skins come off the peas.

Fried Butter Beans and Tomatoes

Butter beans are most nourishing and digestible if properly prepared, but only one person out of a hundred knows how to prepare and cook them properly. The preparation is more important than the cooking.

Put the butter beans to soak in a deep basin, so that they have plenty of water. The water must be cold, and you must add a pinch only of bicarbonate of soda. Soak them for three days, but the water must be changed every day.

But the water on the third day must not have the soda added. On the fourth day put the beans, and the water they were last soaked in, in a saucepan, and the great point is they must be in a large saucepan, with plenty of water. Cook gently until tender. It is easy to test if the beans are tender. Then leave the beans to soak all night in the same water as they were cooked in.

The next morning put some bacon or beef dripping into a frying-pan, put the beans in and fry them. Put them on a hot dish, sprinkle with chopped parsley, and keep hot in the oven. Cut up two large tomatoes into slices, and fry. Arrange round the beans. If you prefer it you can sauté some potatoes—that is, fry thick slices of cooked cold potato until golden brown—and arrange round the beans. This is cheaper, of course, than tomatoes.

I would like to impress on cooks just now how useful these butter beans are. Cooked and prepared first as I have described, they are quite digestible and full of nourishment, taking the place of meat. A savoury suet pudding with boiled butter beans makes a grand dinner. Use the water the beans were cooked in for soup. It has become a thick jelly, as if made from bones.

Boiled Bean Pudding

Take three ounces of flour, six ounces of mashed potatoes, three ounces of fat, one ounce of grated cheese, half a pound of butter or haricot beans, one teaspoonful of baking-powder. Rub half the fat into the flour, sift in the baking-powder, add the potatoes, and season well with pepper and salt. Mix all to a paste with cold water. roll out, and line a greased basin with it. Fill the basin with the beans, boiled and mashed with the cheese, the rest of the fat, and enough of the liquid they were boiled in to make them into a soft paste, cover with crust, tie a floured cloth over, and steam for two hours. Serve in the basin and with good brown gravy.

Fried Onions

Peel as many onions as required, boil them half an hour, drain them very dry, chop them, and sprinkle them with flour, pepper, and salt. Have ready a hot frying-pan. Rub with a piece of margarine, then put in the onions, and fry them slowly, adding small pieces of margarine from time to time, tilting the pan so that the fat may run all over. When nicely browned, serve in a hot dish with border of boiled rice or mashed potatoes.

Haricot Beans with Minced Onions

Take one pint of haricot beans, four medium-sized onions, a quarter of a pint of good brown gravy, half an ounce of butter. Mince the onions, and fry them in the butter till they are a light brown colour, then dredge them with a little flour, add the gravy, and season with pepper and salt. Have the beans ready, well boiled and drained, mix them with the onions and gravy, and serve very hot. This dish is seasonable at any time.

Vegetable Pudding

Line a basin with suet crust—the same as you would for a meat-pudding, and fill with potatoes, onions, and carrots, all cut up. Mix a soup-square with a little water, and pour over the vegetables, cover with crust, tie in a cloth, and boil for an hour or more, according to the size of pudding. This is quite as nourishing as meat-pudding, and more tasty in hot weather. Tapioca, soaked and squeezed as dry as possible, is an excellent substitute for suet.

The Value of Vegetables

I WANT to have a chat now about the health value of vegetables. People have a sort of idea that all vegetables are good for you. So they are—but some are better for some people than others. For instance, anyone liable to skin trouble or eczema should eat plenty of greens, but leave carrots and beetroots alone. Thin, nervy people, on the other hand, should have plenty of carrots, turnips, beetroot.

Let us take a few vegetables and find out what they are good for.

Are You Bloodless ?

People who suffer from anæmia should eat plenty of spinach and leeks, for they contain a lot of iron.

For Sluggish Livers

People with sluggish liver should eat dandelion leaves—very young ones—in their salads, and plenty of tomatoes.

Jerusalem artichokes are good for thin, nervous people. Globe artichokes are good for the blood.

Asparagus is good in cases of kidney disease.

Rheumatic People—Take Note

Celery is splendid for rheumatic people, but should be stewed.

Cauliflower is one of the first vegetables a child can be given—just the flower part.

Potatoes are nourishing, but they are starchy and fattening. But if baked they contain a valuable salt under the skin which is generally cut away when the potato is peeled.

Beans, peas, broad beans are not easily digested, so people who suffer from indigestion should avoid them.

Mushrooms

Mushrooms when newly gathered are nourishing

Radishes have no food value.

Mustard and cress is a stimulant to the digestion.

Making Cucumber Easy to Digest

Cucumber is blood-cooling but indigestible. If soaked in olive oil for an hour before eating it is much easier to digest.

Vegetable marrow is good for the blood.

Conservative Cooking

ALL vegetables should be cooked conservatively—that is, without water, in their own juices, or steamed. In cases where vegetables must have liquid to start them cooking, it should be milk and water, which can be made into a sauce afterwards.

The best part of the vegetable is often thrown away down the sink. If any of my readers have suffered from indigestion or skin trouble for years, let them try conservative cooking, and in a month's time note the improvement in health.

You cannot wash vegetables too much. A lot of mother earth is eaten with them, as a rule, and grit may set up internal irritation.

Potatoes

NEVER boil potatoes. Wash their skins and bake or steam them.

Green Vegetables

A DOUBLE saucepan is the right thing for cooking greens, but if you don't want the expense of buying one, or a hot-air cooker, get a large jam-jar, at least seven pounds. Wash the greens well and cut them up, or pick spinach to pieces. Then put a tablespoonful of water at the bottom of the jar, and pack the vegetables in. Tie a piece of parchment paper over the top. Stand this in a large saucepan of boiling water and cook until the greens are done. Then take out the greens. Pour over them their own liquor which has run out, add a little butter, pepper and salt, and cook for a few minutes over gentle heat. The greens are not such a good colour, but taste much nicer, and will do you twice as much good.

Cauliflowers

STEAM cauliflowers, or boil them in milk and water, thickening the liquid afterwards with flour and pouring over the vegetables.

Cook leeks, onions, celery, and turnips the same way.

Broad Beans

BROAD beans should be cooked in milk and water, and the sauce made as above. Peas and French beans must be cooked in water, but they have not such valuable salts as other vegetables.

POTATOES FOR ALL



order to show you some of the many ways in which potatoes can be used, I am devoting a special chapter to them. Below you will find a little article telling you the BEST WAY to cook potatoes.

Try some of the recipes contained herein. I am sure you will like them. EAT MORE POTATOES ! *They are good for you.*

* * *

The Wholesome Way

THE most wholesome way of cooking potatoes is always to cook the vegetable in its skin. The most nourishing part of the potato, the part that contains certain very precious vegetable salts that our blood needs, is close against the skin. This valuable part is nearly always peeled away with the skin. But if you peel the potatoes after cooking, you can get the skin off so thin that the valuable part is saved and eaten.

Another reason for not peeling potatoes is that they peel more easily when cooked.

Another hint—steam, do not boil potatoes. Just for curiosity's sake, one day peel and boil a potato in the old way and eat it. The next day scrub a potato and steam it in its skin, then take the peel off, sprinkle a little salt on the potato, and taste the difference in the flavour. A tin steamer to fit on a saucepan is cheap. Steamed potatoes are dry and floury and far more digestible.

* * *

Four Golden Rules

1. Do not mash, but sieve potatoes when you add them to flour. First steam the potatoes in their skins, take them out and peel them, rub the potatoes, one at a time, through the sieve, using the bottom of a jam-jar to press them through. Remember they must be sieved when hot.

2. After adding the sieved potatoes to the flour, beat well. This is most important.

3. When adding baking-powder do not mix it with the flour and then add potatoes, but beat flour and potatoes together, and, when well beaten, sprinkle in the baking-powder and mix quickly in.

4. Puddings made with mashed potato and flour should always be left in their tins or basins for a few minutes before turning out.

* * *

Curried Potatoes

INGREDIENTS: One and a half pounds of boiled potatoes, one large onion, one ounce of dripping, two teaspoonfuls of curry-powder, two teaspoonfuls of flour, two teaspoonfuls of chopped chutney, half a pint of vegetable stock, one teaspoonful of vinegar, salt. Thickly slice and cut the potatoes into large cubes. Chop the onion. Melt the dripping, put in the onion, and fry a pale yellow. Add the curry-powder and flour, and fry all a good brown. Then add the stock, chutney, and vinegar, and stir till boiling. Season, then simmer for fifteen minutes. Add the potatoes and let them heat through (do not let them boil), simmer for about ten minutes, then turn on to a hot dish, and serve with a well-cooked chopped and nicely seasoned cabbage.

Potato Pears

INGREDIENTS: One pound of mashed potatoes, one cooking egg, one ounce of margarine, salt and pepper, three ounces of breadcrumbs, one dessertspoonful of minced parsley, two teaspoonfuls of essence of beef. Method: melt margarine, mix the essence with a little water, then mix with the potatoes, salt, pepper, and a little of the well-beaten egg. Flour the hands, and form the mixture into pear shapes. Brush over with beaten egg, roll in breadcrumbs, and fry in boiling fat. Stick a clove into the thick end of the pear-potatoes, and a small piece of cinnamon into the other to look like a stalk. Serve garnished with fresh parsley. This is a novel and appetising way of using up mashed potatoes.

Baked Potatoes without Fat

CHILDREN are very fond of baked potatoes, but mothers hesitate to give them on account of the fat needed for cooking. I have found a way to bake them without using any fat at all. Wash and peel the potatoes, cut each into about three pieces, according to size, and lay them in a baking-tin. Pour in water to the depth of an inch, sprinkle a little salt over, and bake in a hot oven. When done, all the water will have boiled away, leaving the potatoes brown but quite soft.

Potato Bread

WARM seven pounds of flour, then add two and a half pounds of sieved potatoes while still warm, and two ounces of salt. Mix well. Make a well in the middle and add two ounces of yeast which has been creamed with a little tepid water, and then mix up with two pints of tepid water. Work in just a little of the flour and potatoes with the yeast, after pouring it in the well, just enough to make a smooth batter. Sprinkle this batter, or "sponge," as it is called, with a little flour. Cover with a warmed towel and put in a warm corner of the kitchen for fifteen minutes. When the sponge is covered with tiny bubbles it is ready to mix. Work in gradually another two pints of tepid water, and mix all together. You may need less water, or a little more, different flours taking up more or less water, but the test is that the dough should be smooth and not stick to the hands. Turn out on the pastry-board and knead well. Make two deep cuts across the dough after it has been well kneaded, put in a warmed clean basin, cover with a towel, and leave in a warm kitchen or greenhouse to rise all night. The next morning shape into loaves, leave in a warm place on the oven shelf for fifteen minutes, then bake. They take about an hour, and this bread is most delicious.

Potato Rolls

TAKE one pound of flour and add a saltspoonful of salt. Rub in one ounce of dripping or lard or margarine. Then add one pound of sieved potatoes. Do not mix the potatoes with the flour until they are cold, BUT SIEVE THEM WHEN HOT, Beat flour and potatoes well together, sprinkle in a heaped teaspoonful of baking-powder. Mix to a dough with half milk and half water. Roll out, cut into little rolls—they can be round, oval, or twists—and bake for about a quarter of an hour in a hot oven.

Potato Scones

PUT half a pound of flour in a basin and add a pinch of salt. Add half a pound of sieved potatoes and a teaspoonful of baking-powder. Melt down one ounce of margarine in half a teacupful of milk, or if you can get buttermilk no fat is needed. Mix to a smooth dough, roll out, and cut into scones with the top of a tumbler.

Potato Sausages

BAKE some potatoes in their jackets. When done, cut off the tops and scoop out a little of the pulp. Fill up with cooked sausage-meat, which you have flavoured with pepper and salt. Put in the oven to heat up, and serve.

Irish Potato Cakes

INGREDIENTS: One pound of mashed potatoes, half a pound of flour, pinch of salt, and baking-powder. Work flour into potatoes with baking-powder and salt. Roll out on board, well floured, about a quarter of an inch thick, drop into pan with boiling fat and fry till crisp and golden brown. Serve hot with syrup. The children love them for tea, as they are a welcome change from bread, and you will find them an excellent substitute for cake.

Instead of Fried Toast

A VERY favourite dish with some people is croutons of fried bread in pea-soup. You know what I mean, tiny squares of fried bread. Pea-soup when served like this takes the place of a meat dish.

You can use potatoes for this purpose, and I think they are nicer. Peel some large potatoes, cut into slices and then cut the slices across and across so as to make little dice. Dip these potato dices into pea-flour, and then fry them in dripping, lard, or cocoa-butter, the fats being raised to correct frying heat. In the case of cocoa-butter, it is best to test for the right heat with a little bit of bread. The bread should turn golden brown a second or two after being put in the boiling fat.

Tasty Potato Dumplings

Cook a pound and a quarter of potatoes. The best method is steaming them in their jackets, if you have a steamer. Then peel and mash them and put them in a saucepan. Add a tablespoonful of cream you have skimmed off the milk, and one egg well beaten, then a pinch of salt, a breakfastcupful of flour, and a teaspoonful of baking-powder while the saucepan is off the fire. When well mixed turn into a basin and leave to cool. Make up into small dumplings, put in fast boiling salted water, and boil for a quarter of an hour.

Potato and Egg Pie

Grease a pie-dish and place a layer of cooked potatoes (cut in fairly thick slices) at the bottom, then a layer of sliced, hard-boiled eggs. Use all the eggs (three) and potatoes (one pound) in this way, making the last layer potatoes. Make a thick, white sauce by melting one ounce of margarine in a saucepan, add a heaped teaspoonful of flour, mix well, and pour in half a pint of cold milk. Bring to the boil, and season with salt and white pepper. Simmer for ten minutes, and pour it over the eggs and potatoes in the pie-dish. Bring the slices of potatoes in the last layer to the top, sprinkle over a tablespoonful of grated cheese, and cook in the oven till brown.

Potato Yorkshire Pudding

Take half a pound of flour, quarter of a pound of ground rice, one pound of cold potatoes, mashed, one teaspoonful of baking-powder, two teaspoonfuls of egg-powder, and a pinch of salt. Mix with cold water, put into a greased tin, and bake in a moderate oven till nicely browned. This is very light and economical.

Salmon Potatoes

Bake some large potatoes. When done cut the top off each and scoop out some of the pulp. Save the pulp for another dish. Then take half the contents of a small tin of salmon, mash the fish up, and add pepper and salt. Stuff the potatoes with this. Put on the tops, put potatoes back in the oven and leave for a few minutes, then dish up.

Potatoes instead of Flour

Line a pudding-basin with slices of raw potato and fill with beef cut up as for an ordinary meat pudding. Season with pepper and salt, add a little cornflour for thickening, and pour in enough water to cover the meat. Put a thick layer of potatoes on the top, tie a cloth over and boil for three hours. This is a very tasty pudding. A little chopped onion may be added if liked.

Potato Cakes

Take any cold potatoes you have, mash smooth with a fork, add sufficient flour to make a dough, and a little milk if necessary. Roll out and spread with lard and a little sugar, fold over, and roll out twice more. Cut into rounds and bake in a hot oven. These are delicious eaten hot or cold. Without the sugar, this makes flaky pastry for a meat-pie.

The Art of Frying

Fried food is not bilious and indigestible if it is properly fried, but only one woman out of twenty knows how to fry well. Food is put on the table which looks brown and appetising, but it is very greasy when you come to eat it. Properly fried food is never greasy. When put into fat at the correct temperature the intense heat seals up the batter round the food, and prevents any fat getting in.

The way to fry is as follows. Put the fat into a frying-pan over a very low gas or gentle heat. Let it cook until it boils, then let it go on cooking until it is quite still.

If you have not been in the room, and do not know if the fat has boiled, take a little bit of crumb of bread. Put it in. If the fat has boiled and got still, the bread will sizzle very busily, and turn golden-brown at once. If the fat has not yet boiled, it will only be hot enough to let the bread sizzle lazily, and take some time before it browns. Now, it is this heat of fat in which most people fry food. The food will get quite brown and quite crisp if left in about ten minutes to a quarter of an hour.



PASTRY AND PUDDINGS

Apples in Red Jelly

PEEL six large apples and take out core. Put into each apple two cloves and as much sifted sugar as it will hold. Place them, without touching each other, in a pie-dish. Add more sugar, the juice of one lemon, and two teaspoonfuls of water. Bake in the oven with a dish over them. Look at them frequently, and as each apple is cooked and becomes cool, place it in a glass dish. Strain the liquor in which they have been stewed into a lined saucepan. Add the rind of a lemon, and a tablespoonful of gelatine dissolved in cold water, also a little sugar if needed. Boil till clear, colour with a few drops of cochineal, and strain jelly into a jug. Cool a little, then pour into dish round the apples. When quite cold, garnish the tops of apples with a bright jelly, or the white of an egg beaten to a froth with sifted sugar. This is a splendid cool summer dish.

Scalloped Bananas

COVER a buttered pudding-dish with a thick layer of sliced bananas. Over this put two tablespoonfuls of sugar, and moisten with lemon-juice. Then sprinkle a layer of breadcrumbs. Repeat this process until the dish is filled. Pour a little melted butter or margarine over the top, and bake until nicely brown. Serve hot.

Apple Cheesecakes

PEEL, core, and skin one pound of apples, and cook in a little water till soft enough to crush. Add six ounces of margarine and four ounces of castor sugar. Stir one way until the margarine is melted. Pour into a basin, add the grated rind and juice of two lemons, and two well-beaten eggs, and stir with a wooden spoon until well mixed. Line some small tins with pastry before putting the mixture in. Bake for a little over an hour in a hot oven.

Apple and Rice Pudding

BOIL half a cupful of rice in one pint of milk. Add a tablespoonful of sugar, a small piece of butter, and the yolks of two eggs. Pour into a greased pie-dish. Put some stewed apples on the top. Beat the whites of the eggs stiffly, pile on the apples, and bake till set.

Apple Amber

ONE pound of sour cooking apples, two ounces of margarine, a few glacé cherries, three ounces of loaf sugar, two eggs, one lemon, short crust or puff paste. Peel the apples, cut them in halves, and remove the cores ; slice them and put into a stewpan with the sugar and margarine. Peel the lemon thinly, add the rind to the apples, cover the stewpan, and cook slowly until the apples are tender ; then rub the apple purée through a hair sieve. Roll out the paste, stamp out some small rounds about the width of the pie-dish edge. Line the edge of the pie-dish with a narrow strip of paste, brush over with a little white of egg, and arrange the rounds of paste on same as neatly as possible. Stir the yolks of eggs into the apple purée, add half the lemon-juice, pour this into the pie-dish, and bake for about fifteen minutes. Whisk the whites of two eggs to a very stiff froth, spread this roughly on top of the apple mixture in the pie-dish, decorate with halves of glacé cherries, dredge with castor sugar, and bake in a slack oven for another fifteen minutes, or until the top acquires a light brown colour.

Apple and Custard Tart

MIX well together eight ounces of flour, three ounces of lard, one teaspoonful of baking-powder, one salt-spoonful of salt, and enough water to mix. Pare thinly half a pound of green cooking apples, core, cut in thin slices,

add two or three cloves, two tablespoonfuls of water, and one of sugar. Cook and allow to cool; then remove cloves. Line a soup-plate with the pastry, make a thick ornamental border with cuttings, brush the edge with beaten egg, pour in fruit, and bake for twenty minutes. When cool, pour over a cupful of thick vanilla custard, dust with coconut, and leave till set.

Treacle and Apple Pond

Boil half a pound of rice in milk till done and sweeten to taste. Scoop the cores out of one pound of cooking apples—leave the peel on—and slightly cut round the centre of apples to give them a nice appearance when cooked, fill in the tops with sugar and bake. Take half a pound of treacle, the same quantity of water, the juice of one lemon and a small piece of rind (finely cut up), and boil to a syrup. When all is done, turn the rice on to a hot dish, make a hole in the centre to form a well, stand the apples in the centre, and pour the syrup over. This is cheap and wholesome for children.

Blackberry and Damson Cheese

Place equal quantities of blackberries and damsons in a large jar, and place in a cool oven until cooked and pulpy. Turn the contents of the jar into a coarse sieve, and run through with a wooden spoon. Place the pulp in a clean pan, allowing one pound of sugar to every pint. Boil until rather stiff—for about half an hour. Serve in a glass dish.

Fun Pudding

Fill a deep dish three-parts full of apples (sliced very thinly), sprinkle some fine sugar over them and a thin layer of margarine, and over the margarine lay some apricot or other kind of jam. Then mix two tablespoonfuls of arrowroot with half a pint of new milk and two teaspoonfuls of sweetened condensed milk, and stir over the fire till it boils. Pour it over the apples and bake in a moderate oven until brown.

Apple Mouldies

Six large apples, two ounces of sugar, a quarter of a pint of thick custard, two ounces of stale sponge-cake, one ounce of sweet almonds, and lemon jelly. Well wash and wipe the apples, and, with a sharp-pointed knife, remove the cores, taking care not to go right through the bottom. Make a thick custard and beat into it the almonds (finely chopped), sponge-cake crumbs, and a little sugar. Mix all well up, then fill in the apple centres. Put into a deep dish, cover with a greased paper, and bake in a moderate oven until the apples are soft, but not broken. Make a pint jelly from a jelly square, pour carefully round the apples, and allow to stand for twelve hours.

Novel Apple Tart

Ingredients: Four apples, half a cupful of stoned and chopped raisins, half a teaspoonful of salt, half a cupful of sugar, a little treacle, three tablespoonfuls of tapioca, pastry. Method: Pare and core the apples, fill the centres with raisins and sugar, place in a piedish, and bake in a hot oven till nearly done. Throw the tapioca and salt into three cupfuls of boiling water and boil until clear; then add the remainder of the raisins and sugar, with just enough treacle to make the mixture yellow. Pour this over the apples, cover the edges with pastry, and bake until a golden brown.

Sago and Apricot Pudding

Wash one cupful of sago and boil slowly in one pint of cold water until it is transparent. Stir frequently to prevent burning, and, when it thickens, add sugar to taste and two more cupfuls of cold water. Pour the contents of a tin of apricots in the bottom of a pie-dish, add a little more sugar, then the sago, and bake in a hot oven for twenty minutes. Beat the white of one egg stiffly with two tablespoonfuls of sugar and a pinch of salt, pile on top of the sago, sprinkle with castor sugar, and return to the oven to set and slightly crisp the meringue.

Apple and Raisin Pie

Cut six or eight apples into halves, core and pare them. To one cupful of sugar add half a cupful of water and two slices of lemon, and boil up. When the syrup is quite boiling, add the apples and cook them slowly, taking them out as soon as they are tender. To the syrup remaining add a cupful of raisins, and cook until the mixture jellies in the spoon.

Have ready a baked shell of pastry, arrange the apples (rounded side up) on the pastry, and pour the syrup and the raisins around them. Cut blanched almonds into thin strips and stick them closely together into the apples. Two cloves may be added to the syrup while cooking, if liked.

Apple Sponge Pudding

Put some stewed apples into a pie-dish, then take half a pound of flour, four ounces of sugar, two ounces of margarine, one egg, one teaspoonful of baking-powder, a few drops of essence of cinnamon, and milk to make a stiff batter. Cream the margarine and sugar, add the egg (well beaten), flour, and milk alternately, then the baking-powder and flavouring. Beat well, pour over the apples, and bake for about one hour and a half in a moderate oven.

Blackberry Fool

Ingredients: One pound of blackberries, a quarter of a pound of loaf sugar, half a pint of milk, half a pint of cream, and half a pint of water. Put the blackberries, sugar, and water in a jar; then place the jar in a saucepan of boiling water and cook until quite tender. Rub them through a hair-sieve, add more sugar if necessary, and let the pulp become quite cold. Whip the cream stiffly and stir it, with the milk, into the preparation a few minutes before serving.

Baked Banana and Rice Pudding

Peel and slice six ripe bananas and cook them for ten minutes in syrup made with two ounces of sugar and half a gill of water flavoured with lemon. Cook two ounces of washed rice in a pint of milk, sweeten, and add this to the bananas. Whisk stiffly the whites of two eggs and mix them carefully with the rice and bananas. Pour into a greased fireproof baking-dish, sprinkle with chopped almonds and castor sugar, and bake for about twenty minutes.

A Delicious Melon Tart

Peel a melon, and cut as much as required into neat dice, stew very gently for fifteen minutes, turn out, and allow to cool. Line a shallow tart-dish with a pastry crust made with half a pound of flour, a quarter of a pound of lard, a pinch of salt, and water to mix. Pour the stewed melon in, and bake in a moderate oven for twenty minutes. Mix to a paste with a little milk one tablespoonful of ground rice and one tablespoonful of sugar; bring half a pint of milk to boiling point, stir in the ground rice until it thickens, then pour the mixture over the tart, and return to the oven for five minutes.

Strawberry Pancakes

Take two eggs, a pinch of salt, five ounces of flour, and about half a pint of milk. Sift the flour into a basin, and mix in the salt. Beat up the eggs, then stir into the flour, and beat to a smooth batter, adding the milk gradually. Stand on one side until the frying-pan is hot, with sufficient fat in it to fry the batter. Beat up the batter again, then pour about one cupful into the pan, and fry until nicely coloured; then toss, and fry the other side a golden brown. Turn on to a hot dish, spread with strawberry jam, roll up, and serve very hot. Put fresh fat in the pan for each fresh pancake.

Hot Strawberry Pudding

Ingredients: Two eggs, with their weight in flour, margarine, and sugar, one heaped teaspoonful of baking-powder, two tablespoonfuls of milk, eight ounces of strawberries, two ounces of loaf sugar, and a gill of water. Method: Cream together the margarine and sugar, then add the eggs one by one, beating them well in; add flour and baking-powder, lastly the milk. Put the mixture into a well-greased mould and steam for one hour. Stew strawberries with loaf sugar, and when the pudding is cooked place on a hot dish. Take out a piece of the top and put in fruit.

Rhubarb and Tapioca

One pint of milk, one egg, grate of nutmeg, one and a half ounces of tapioca, sugar to taste. Cook the tapioca in the milk in a double saucepan, sweeten to taste, and when slightly cool stir in the beaten yolk of the egg and the whisked white of egg. Have some stewed rhubarb in a deep glass dish, and pour the creamed tapioca over it.

Rhubarb and Banana Tart

Cut some rhubarb into short lengths, removing any hard skin. Peel two or three bananas and cut into slices. Pile the fruit high in a dish and pack it very closely, as the rhubarb will greatly shrink in the cooking. Place two or three spoonfuls of sugar in a small saucepan, and add half a teacupful of water and heat until the sugar melts, adding a level teaspoonful of salt. When melted, remove from the stove and add a few drops of ratafia essence; pour this over the fruit in the pie-dish. Cover with a good short crust, and cook.

CHRISTMAS PUDDINGS

A Plain Christmas Pudding. No Eggs

Half a pound of breadcrumbs, four ounces of golden syrup, half a pound of flour, half a teaspoonful of bicarbonate of soda, half a pound of suet, half a pound of currants, one teaspoonful of spice, half a pound of raisins, a little grated lemon rind, two ounces of shelled chopped almonds, two ounces of mixed peel, one pint of milk. Mix the dry ingredients together, add the grated lemon rind, then the spices, golden syrup, and mix with the milk. Put the mixture in a well-greased basin with greased paper over the top, and steam for eight or nine hours. When cooked, remove paper and cloth.

Sugarless, Eggless, and Milkless Christmas Pudding

Ingredients: Quarter of a pound of flour, two ounces of breadcrumbs, quarter of a pound of suet, quarter of a pound of grated carrot (raw), quarter of a pound of potatoes (mashed), quarter of a pound of stoned dates, three ounces of currants, one ounce of candied peel, a little nutmeg and other spices, and a pinch of salt. Method: Chop the suet finely, cut up the dates, wash, pick, and dry the currants. Mix these with the other ingredients and stir all well together. Grease a basin, fill with the mixture, cover with grease-proof paper, then with a strong cloth. Boil for six hours. No liquid is required—the carrots will give sufficient moisture, and if they are fresh it is impossible to detect their presence.

Cheap Christmas Pudding

Rub down some stale breadcrumbs. Measure out a quart of crumbs for a large pudding, or for a small one a pint. I will give directions for making the smaller pudding, and readers can increase it if they like. Measure out two breakfastcupfuls of breadcrumbs, and put into a basin. Pour on a little hot water to soak the crumbs. When well soaked, beat in with a wooden spoon a teacupful of golden syrup, a teacupful of stoned raisins or sultanas or currants, a teaspoonful of allspice, and half a teaspoonful of ground ginger. You will then need a breakfastcupful of self-raising flour, and half a teaspoonful of bicarbonate of soda. A dessertspoonful of nut-butter should be added, and this can either be rubbed into the flour first, or melted down in the golden syrup. I think the latter is better. Mix this well up, and put into a well-greased basin. Cover with a greased paper, and steam for two or more hours.

A Cheap Sauce for the Pudding.—Put half a teacupful of golden syrup into a clean saucepan, and add to it half a teacupful of water, the grated rind and the juice of half a lemon. Cook until the syrup and water have run together.

Christmas Pudding Without Suet

Add to six ounces of flour a quarter of a pound of breadcrumbs, four ounces of raisins, four ounces of currants, and a quarter of a pound of Demerara sugar. Rub a quarter of a pound of margarine or dripping into the flour before adding the other ingredients. Then add a quarter of a pound of finely chopped pine kernels, two ounces of chopped mixed peel, a teaspoonful of mixed spice, and half a teaspoonful of ground nutmeg. Work in two cooking eggs, well beaten, and a little milk. Put into basins and boil for seven hours. Puddings can be steamed instead of boiled. If steamed, space must be left for rising, but boiled puddings should have the basin full.

A Cheap Christmas Loaf

Put a breakfastcupful of water into a saucepan, and add to it two large breakfastcupfuls of chopped dates, and a breakfastcupful of dried figs chopped finely; then add a tablespoonful of treacle. Let the water get warm, and then add a third of a breakfastcupful of lard, a teaspoonful of allspice, half a

teaspoonful of grated nutmeg, a saltspoonful of salt and a teaspoonful of bicarbonate of soda dissolved in a teaspoonful of boiling water. Boil for five minutes. Put two breakfastcupfuls of flour into a basin, add a teaspoonful of baking-powder. Then pour the contents of the saucepan into the basin and stir up well. Put the mixture into a well-greased tin, and bake in a moderate oven for two hours.

Ground Rice Cheesecakes

BEAT four ounces of margarine to a cream, add four ounces of castor sugar, the yolks of two eggs, and the white of one, mix very thoroughly, adding two ounces of ground rice, the rind and juice of a lemon or a few drops of essence of lemon. Line some patty-pans with short pastry, put one teaspoonful of the mixture into each, and bake in a quick oven for from ten to fifteen minutes.

Caramel Bread Pudding

INGREDIENTS: Half a pound of stale bread, three ounces of brown sugar, one pint of milk-and-water, one ounce of margarine, one ounce of ground ginger. Method: Grease a pudding-mould, dust it thickly with some of the brown sugar, cut the bread into neat dices, and place in the prepared mould. Dust the remainder of the sugar over, mix the ginger to a smooth paste with a little of the milk-and-water, and stir it into the remainder of the milk-and-water. Pour this over the bread in the basin, let it soak for one hour, then steam for one and a half hours.

A Steamed Jam Pudding

INGREDIENTS: Two ounces of margarine, two ounces of sugar, two ounces of ground rice, two ounces of flour, two cooking eggs, one teaspoonful of baking-powder, and enough milk to make a stiff batter, any kind of jam preferred. Cream the margarine and sugar together, add the eggs (well beaten), mix in the ground rice and flour, and lastly add the baking-powder. Add as much milk as it takes to make a stiff paste. Well grease the sides of a pudding-basin, and put some of the jam at the bottom, next put a layer of the mixture, then some more jam, until it is full. Cover with a greased paper, and steam for two hours. Serve with a sweet sauce.

Bread-and-Jam Pudding

INGREDIENTS: One pound of scraps of bread, half a pint of milk, two tablespoonfuls of flour, one dessertspoonful of egg substitute, three ounces of dripping, two ounces of sugar, and as much jam as desired. Method: Soak the bread in cold water for one hour, drain it, and squeeze as dry as possible. Cut the dripping into fine shavings, and mix with all the other ingredients, except the jam, into the bread. Grease a pudding-basin and put a liberal amount of jam into it; put the mixture on top. Cover the basin and steam for two hours. When the pudding is turned out, the jam will run over it, so that no sauce is needed.

Jam Pudding

INGREDIENTS: Eight ounces of flour, four ounces of margarine, four tablespoonfuls of any kind of jam, one teaspoonful of bicarbonate of soda, a little milk, two tablespoonfuls of sugar. Method: Rub flour into the margarine, add sugar and jam (use a wooden spoon for this). Dissolve the soda in a little milk, and add to the rest. It must make a nice light dough; if too dry, add a little more milk. Grease a pudding-basin, pour the mixture in, tie down, and boil for at least four hours. Serve with *Lemon Sauce.*—Juice of one lemon, one ounce of margarine, one ounce of sugar, a teacupful of water. Mix all well. Boil quickly for six minutes, and pour over.

Almond Pudding

INGREDIENTS: Two ounces of flour, quarter of a pound of breadcrumbs, two ounces of sweet almonds, two ounces of sultanas, four ounces of sifted sugar, two ounces of currants, two ounces of finely chopped suet, a pinch of salt, cinnamon to taste, a teacupful of milk, and a small teaspoonful of baking-powder. Method: Blanch the almonds and chop finely, and mix well with the suet, breadcrumbs, currants, sugar, most of the sultanas, the salt, cinnamon, and baking-powder, and make into a stiff paste with the milk. Well grease a mould or basin, place in it the remaining sultanas in rows, fill up with the other ingredients. Cover with greased paper, and steam for three hours.

Lemon Bread Pudding

PUT the bread into a deep basin, and pour over it a pint of boiling milk.

Leave until the bread is well soaked. Take the yolks of two eggs, two tablespoonfuls of sugar, a few drops of essence of lemon, and beat well with the bread. Put into a greased pie-dish, and spread the top with jam. Take the whites of the eggs, beat to a froth, and put on top of the jam. Bake a nice brown. This makes a delicious pudding, and uses up pieces of stale bread.

Jam Omelette

BEAT three eggs and mix with them a teaspoonful of moist sugar, a pinch of salt, and a tablespoonful of milk. Make an omelette pan quite hot, put two ounces of fat into the pan, and when it begins to bubble pour in the eggs, etc., and keep stirring them with a spoon until lightly set. When browned, turn it on a hot dish, spread a little jam in the middle, fold the edges over on each side, sift a little sugar over, and serve as quickly as possible.

Baked Fruit Pudding

INGREDIENTS: One pound of any fruit in season, two eggs, one and a half ounces of butter, half a pint of breadcrumbs, and sugar to sweeten. Method: Clean the fruit, put it into a jar, place the jar into a pan of boiling water, and boil until the fruit is quite soft. Press fruit through a coarse sieve, and to every pint of pulp add two well-beaten eggs, one and a half ounces of butter, half a pint of breadcrumbs, and sugar to taste. Beat up the mixture, place in a buttered pie-dish, and bake about forty minutes. Strew with sifted sugar, and serve hot or cold with custard. This pudding can also be baked in a pastry case, if preferred; it is delicious either way.

Blackberry and Apple Pie

INGREDIENTS: One pint of blackberries, one pound of apples, three ounces of sugar. Method: Pick the berries, peel, core, and cut apples up small; put an old cup in centre of dish, fill up with the fruit, add sugar. Paste for same: Half a pound of flour, pinch of salt, half a teaspoonful of baking-powder, three ounces of lard, and water to mix. Put flour, salt, and baking-powder into a bowl, rub in lard, mix to a stiff paste with water. Roll out paste, and put a border round dish; wet edges, and put on crust, pink round edge. Brush over with water and sprinkle with sugar. Bake forty-five minutes.

Plum Batter

STEW some plums in a pie-dish in the oven until they are just about half done. Have the following ready mixed: One cupful and a half of flour, one cupful of sugar, half a teaspoonful of baking-powder, one egg, and enough milk to make it into a thin batter. Pour the batter over the half-stewed plums, put back in the oven, and bake a nice brown.

Cornflour Fruit Pie

(Sufficient for Six Persons)

INGREDIENTS: One ounce and a half of cornflour, one pint of milk, half an ounce of butter, one ounce of sugar, and a pinch of salt. Method: Mix the cornflour with a little milk to a smooth cream. Bring the rest to the boil. Stir in the cornflour, add the butter, sugar, and salt. Boil for ten minutes, stirring all the time. Have ready two pounds of any kind of fruit in season, previously stewed and sweetened to taste. Place the fruit in a pie-dish, pour over it the cornflour mixture, and bake until brown. (This is lighter than ordinary pie-crusts, and more suitable for children.) If preferred, the mixture only may be baked.

A Good Date Pudding

TAKE four ounces of flour, four ounces of breadcrumbs, a little milk, three ounces of margarine or chopped suet, six ounces of cooking dates, two ounces of moist sugar, one tablespoonful of golden syrup, half a teaspoonful of pudding spice, half a teaspoonful of bicarbonate of soda. An egg is an improvement, though not absolutely necessary. Mix together the flour, breadcrumbs, spice, and bicarbonate of soda. Stone and chop the dates, chop the suet finely, add these to the flour, etc., heat the syrup slightly, add to it also the well-beaten egg (if you are using one), and enough milk to mix the whole to a smooth paste. Put the mixture into a greased basin, cover the top with a piece of greased paper, and steam from two to three hours. If it is not convenient to use an egg, make the mixture rather stiffer. When cooked turn on to a hot dish, and serve with any sweet sauce.

Blackberry Pancakes

ONE cupful of flour, one cupful of blackberries, half a cupful of milk, two tablespoonfuls of sugar, one tablespoonful of margarine, one teaspoonful of baking-powder, and one egg. Cream the margarine and sugar, and mix with milk and egg ; add flour, baking-powder, and the blackberries. Drop a teaspoonful at a time into boiling fat, and fry a delicate brown. Serve hot.

Cherry Roly-poly

MIX one pint of flour, one tablespoonful of sugar, and two small teaspoonfuls of baking-powder, half a teaspoonful of salt. Rub in two large tablespoonfuls of butter, and mix them into a soft dough with sweet milk. Roll the paste out until half an inch thick, and spread on it a generous layer of stoned cherries ; dust them with flour, add sugar according to the tartness of the fruit. Roll up the paste, and pinch the ends together. Lay the pudding on a plate greased with margarine, and steam it for forty-five minutes. Then place it in a hot oven, just long enough to dry off and to colour the top very lightly.

Cherry Victory Pudding

ONE pound of cooking cherries, three ounces of sugar or syrup, piece of cinnamon, three ounces of flour, two ounces of white sugar, one egg, quarter of a pint of milk, grated rind of lemon, and salt. Stone the cherries, and put them into a jar with the cinnamon, moist sugar, and two tablespoonfuls of cold water. Place the jar in a saucepan of boiling water, cook till tender, and allow to cool. Mix the flour with a little milk, add the rest of the milk, and boil with sugar and a good pinch of salt. Let it cool slightly, then beat in yolk of egg, lemon rind, and stiffly whisked white of egg. Well grease a mould, place a layer of cherries at bottom, then a layer of mixture, until the mould is full. Cover with a greased paper and bake in a moderate oven forty minutes. Serve with fruit syrup.

Currant Fritters

INGREDIENTS : Half a pint of milk, with two tablespoonfuls of flour, four eggs, three tablespoonfuls of boiled rice, the same of currants, sugar to taste, a little grated nutmeg, hot lard or clarified dripping. Put milk in basin with flour, which should previously be rubbed to a smooth batter with a little cold milk. Stir these ingredients together, add the eggs (well whisked), the rice, currants, sugar, and nutmeg. Beat the mixture for a few minutes, and if not sufficiently thick add a little more boiled rice ; drop it in small quantities into a pan of boiling lard or clarified dripping, fry the fritters a nice brown, and. when done, drain on a piece of clean blotting-paper and dry before the fire. Pile them on a white d'oyley, strew over sifted sugar, and serve very hot with a cut lemon.

Black-Currant Shape

PICK and stew one pound of black currants. Cut some stale bread into pieces and spread with margarine, and line a pudding-basin with them, placing the bread well up round the sides and the margarine side next to the basin. Put the black currants in the middle, and place some more pieces of bread on the top. When the basin is well filled, place a saucer on the top, and on that put a weight, so that it squeezes it down well, and leave till following day. Then turn out and pour a pint of custard round.

Black-Currant Charlotte

TOP and tail and wash some black currants. Grease a plain pie-dish and sprinkle it with brown sugar. Fit strips of buttered bread (free from crust) so as to line the bottom and sides, leaving no spaces between. The bread should not be more than a quarter of an inch thick. Fill up the mould with the black currants (leaving them wet), sprinkle sugar freely among them. Cover with more strips of bread, placing little dabs of margarine about ; then put a greased paper over all and bake in a moderate oven until the crust is crisp and the currants thoroughly cooked. Let it stand a moment or two, then slip a knife round the sides and turn out on to a dish.

Plum and Rice Trifle

INGREDIENTS : One pound of plums, a quarter of a pound of rice, half a lemon, three ounces of sugar, half a pint of milk, vanilla custard. Method : Stew the plums with the sugar, taking care not to let the fruit break. Put the rice into a saucepan with the milk and a little

water, and cook until tender and all moisture is absorbed. Grease a deep dish, put in a layer of fruit, then a layer of rice (flavoured with lemon-juice), another layer of fruit, and the dish nearly filled up with rice. Pour a vanilla custard over the top, and allow to stand some hours until quite cold.

Damson Omelettes

REQUIRED: One pound of damsons, three ounces of sugar, two eggs, one and a half ounces of cornflour, half a cupful of milk, fat for frying. Put the sugar with a cupful of water into a stewpan, and boil for five minutes. Add the damsons, and stew very gently until the fruit is quite tender. Remove the fruit from the liquid. Beat up the yolks of the eggs, add the cornflour slowly, then the milk, and lastly the whites of the eggs, beaten to a stiff froth. Melt two ounces of fat in a frying-pan, pour in half of the batter, and fry a nice golden brown on one side only. Fry the rest of the batter in the same way. Spread the damsons on half the omelette, fold the other half over, and dust with sugar. Do the same with the other omelette, and serve very hot.

Delicious Prune Recipe

PRUNE TART.—Stew a pound of prunes with half a pound of sugar and two small glassfuls of water. When tender, remove the stones and extract the kernels, and put the fruit and liquor into a piedish. Cover with puff paste, and bake. Serve with cream or custard.

Damson Charlotte

INGREDIENTS: One bottle of damsons, stale bread, sugar, margarine, half an ounce of gelatine, three-quarters of a pint of custard. METHOD: Coat a round cake-tin with margarine, line the sides with strips of bread previously soaked in sweetened milk. Turn the damsons and their juice into a stewpan, simmer until soft, and remove the stones. Replace the fruit into the stewpan, sweeten to taste, add the gelatine, previously soaked in cold water, and stir until dissolved. Pour all the mixture into the tin, cover with a round of soaked bread, and place the tin under pressure until cold.

Pineapple Christmas Pudding with Nut Sauce

MIX together half a pound of flour, two ounces each of breadcrumbs, brown sugar, currants, raisins, and chopped dates, and a small piece of finely chopped candied peel and two ounces of chopped suet; add spice to taste. Mix all together. Open a small tin of pine-apple, strain off the juice, chop the pine-apple finely, mix into the other ingredi-ents. Dissolve three tablespoonfuls of treacle in half a pint of milk, add the pineapple juice. Stir into the dry ingredients. Put into a greased mould. Tie a cloth over, and boil for six hours. For the nut sauce, boil one pint of milk, sweeten, add four ounces of mashed pea-nuts. Simmer over the fire to a cream.

Baked Plum Pudding

TAKE one pound of plums, one ounce of margarine, three eggs, sugar to sweeten, fresh breadcrumbs, or some crumbled stale sponge-cake may be used. Place the plums in sufficient water to cover, stew till tender and sweeten to taste. When cold, whisk the eggs and stir them in, adding the margarine. Grease an enamelled dish and sprinkle it thickly with the bread or cake crumbs, and castor sugar. Pour in the plum mixture carefully, well cover the top with a crust of crumbs and sugar, and bake in a moderate oven for about an hour.

Prune Charlotte

TAKE half a pound of prunes, half a pint of cold water, half a packet of black-currant jelly, four small sponge cakes, sugar to taste, and a little lemon-rind. METHOD: Wash the prunes, stew them until soft in the half pint of water with the lemon rind. Remove them from the stove, strain, and return the juice to the stewpan with the jelly to dissolve. While this is cooking, split the prunes and remove the stones, cracking a few of them and keeping the kernels. Then cut the prunes into small pieces. When the jelly is melted, mix it with the prunes and kernels, and add as much sugar as needed. Slice the sponge cakes, line a mould with them so that they over-lap, and when the prune mixture has cooled pour it into the mould. Stand in a cool place to set, then turn it out of the mould, and pour some custard round.

A Novel Prune Pudding

TAKE half a pound of prunes and stew in water until tender; then cut in half and remove the stones. Have a basin well greased, and line it with the half prunes. Take three ounces of stale bread and cut into little squares; dissolve one and a half tablespoonfuls of sugar in half a pint of milk, one egg, well beaten, and some grated nutmeg. Put the bread in the basin without disturbing the prunes, and pour over the milk carefully. Cover with greased paper, and steam from three-quarters to one hour. Serve with sauce made from the liquid of the prunes, by adding just sufficient cornflour to slightly thicken it, and sugar to taste.

Snowdon Tart

MIX four ounces of cornflour with four ounces of flour, one teaspoonful of baking-powder, and a dessertspoonful of castor sugar. With the tips of the fingers rub into this three ounces of margarine, make into a dough with the yolk of an egg and a gill of milk. Roll out the paste, turn the edge an inch high all round, ornamenting it if liked. Prick the bottom well, and then bake in a quick oven. Nearly fill with any kind of stewed fruit. Before serving, ornament it with the white of an egg beaten to a stiff froth.

Special Suet Pudding

(*For a Delicate Person.*)

INGREDIENTS: Four ounces of fine flour, one and a half ounces of shredded Atora, one ounce of bread or sponge-cake crumbs, or mixed, one egg, cold water, fruit juice. Method: Sift the flour, add crumbs and Atora. Beat the egg-yolk with one-third of a pint of water and the strained juice of half a lemon or orange, about a tablespoonful or rather more. Add the flour, etc., mix well, then fold in the white of an egg, beaten to a firm froth. Take an extra half-ounce of block Atora for greasing a basin and paper, three-parts fill with the mixture, twist the paper over, and steam for two and a half hours. Serve with jam, jelly, sugar, honey, etc., to taste. No sugar being used in the pudding, plenty of variety in the matter of adjuncts is easily obtained.

NOTE.—Wine or brandy may replace the fruit juice.

Devonshire Dumpling

THREE-QUARTERS of a pound of flour, quarter of a pound of lard or suet, three ounces of sugar, two ounces of sultanas or currants, two ounces of raisins, chopped figs, or chopped dates, a good pinch of salt, a good pinch of spice, one teaspoonful of bicarbonate of soda, and enough sour milk to mix to a stiff dough. First sift the soda, sugar, and salt into the flour, then the other ingredients. Mix up quickly with the sour milk, put into a greased pudding-basin, and steam for three hours. Turn out and serve with white sauce. The dumpling is generally tied in a floured cloth and boiled in this, but I do not recommend this method, because so much fat boils out into the water and is lost. The use of a basin is an economy.

Steamed Blackberry Pudding

TWO cups of flour, four level teaspoonfuls of baking-powder, half a cup of sugar, one tablespoonful of margarine, an egg, two-thirds of a cup of milk, two cups of blackberries dusted with flour. Mix flour, sugar, and baking-powder. Work in the margarine Beat the egg, add the milk, combine the mixtures, and stir in the fruit. Grease a tin pudding-dish, dust with flour, and fill with the dough. Stand in a saucepan of boiling water, cover well, and steam for about an hour and a half. Turn out and serve with the following sauce. Beat to a cream a tablespoonful of margarine and half a cup of sugar, add two level tablespoonfuls of flour and gradually a cup of boiling water. Boil for five minutes, and add a teaspoonful of vanilla flavouring.

Macaroni Queen Pudding

TAKE two ounces of macaroni, break into inch lengths, and boil in plain water for twenty minutes; then strain and place in a pie-dish. Have ready some well-sweetened stewed fruit, and pour it over the macaroni. Failing fruit, a good layer of jam will answer the purpose. Now make a custard according to directions given with the powder, using a pint of milk, and pour it over the fruit or jam. If preferred, cornflour or ground rice may be used instead of custard powder. This makes a nice cold sweet, or it may be eaten hot.

Baked Semolina Cheesecake

HALF a pound of light, plain pastry, half a pint of milk, one ounce of semolina, one egg, one lemon, two table-

spoonfuls of castor sugar, and one tablespoonful of currants. Put the milk and very thin strips of lemon-rind on the fire to boil, then remove the rind. Next shake in the semolina, and stir over the fire till it thickens and becomes quite transparent. Beat in the sugar, cleaned currants, and strained juice of lemon. Beat the egg well, stir it into the other ingredients, mix well, and put aside until nearly cold. Roll out the pastry until a third of an inch thick, and with it line a greased tin plate. Spread the cooled mixture over the tart. Decorate the top with twists of pastry and bake for twenty minutes.

Suet Date Pudding

A QUARTER of a pound of beef suet, two ounces of breadcrumbs, half a pound of dates, a pinch of salt, a quarter of a pound of flour. Grate the suet, add flour, salt, breadcrumbs, dates (stoned and cut up), mix with cold water, and fill a well-greased pudding-basin. Tie in a cloth and boil. Serve with white sauce.

Golden Suet Pudding

MIX together half a pound of flour, four ounces of suet (finely chopped), four ounces of breadcrumbs, half an ounce of ground ginger, half a teaspoonful of bicarbonate of soda, and a pinch of salt. Then warm slightly in a small saucepan two tablespoonfuls of golden syrup and a teacupful of milk. Stir this into the dry ingredients, and mix all thoroughly together. Put the mixture into a greased basin, place a piece of greased paper over the top, and steam for two hours.

Bread Fritters

FOUR thin slices of stale bread, one tablespoonful of flour, a quarter of a pint of milk, one tablespoonful of fine sugar, one tablespoonful of jam, and hot fat for frying. Mix the flour and milk into a smooth batter. Cut the crusts off the slices of bread, and cut each slice into three or four pieces and soak in the batter for twenty minutes. When the fat is hot, fry the bread till a golden colour. Drain on soft paper. Form sandwiches from two pieces of the bread and spread jam in between. Sprinkle sugar on each sandwich.

Steamed Rice and Suet Pudding

TAKE one teacupful of rice, one teacupful of finely-chopped beef suet, one teacupful of raisins, one teacupful of sugar, one egg, and half a teacupful of milk. Parboil the rice and strain it, stone the raisins, and cut them into halves Mix the rice, suet, raisins, and sugar together; then add the milk and well-beaten egg, and mix well together. Grease a mould, pour in the mixture, and steam for an hour and a half.

Delhi Pudding

HALF a pound of flour, a quarter of a pound of chopped suet, a pinch of salt, half a teaspoonful of baking-powder, a quarter of a pound of raisins, half a pound of apples, grated rind of half a lemon, two tablespoonfuls of sugar, a grating of nutmeg. Stone and chop the raisins, pare, core, and slice the apples. Mix both with lemon-rind, sugar, and nutmeg. Mix flour, salt, suet, and baking-powder into a stiff paste with cold water. Divide into two equal parts; with one line a well-greased basin, from the other cut off sufficient to form the lid, and roll the remainder out thinly. Place a layer of the fruit mixture in the basin. From the rolled-out paste cut a round rather more than enough to cover the fruit, moisten the edges, and join them to the paste lining the basin. Proceed in this way until the basin is full, then cover with greased paper and steam for two to three hours. Serve with sweet sauce or custard.

Oatmeal Pudding

ONE tablespoonful of fine oatmeal, one dessertspoonful of flour, one pint and a quarter of milk, one egg, and salt. Mix the oatmeal and flour smoothly with a little cold milk, boil up the remainder, and add the blended oatmeal and flour. Stir and boil gently for five minutes, add salt to taste, and, when cool, put in the egg. Turn the whole into a buttered pie-dish, bake gently for twenty minutes, and serve with cream and sugar, or golden syrup.

Chocolate Bread Pudding

TAKE five ounces of bread (cut into small pieces), one ounce of grated sweet almonds, a quarter of a pound of

chocolate, three-quarters of a pint of milk, three ounces of sugar, vanilla flavouring, and one egg. Boil the milk with the chocolate, sugar, and almonds, and pour on the bread. Add the yolk of the egg and flavouring, and beat well. Then grease a mould thoroughly, beat the white of the egg to a froth, add to the mixture, and steam for an hour or until firm, and serve.

Feather Pudding

HALF a pound of self-raising flour, one ounce of pearl sago, one egg, one orange or lemon, two and a half ounces of finely-chopped suet, two ounces of sugar, and a pinch of salt. Mix together the flour, salt, suet, and sugar, add the sago, which should have been soaked overnight in plenty of water and then drained, mix in the beaten egg and the strained juice of the orange and about one and a half tablespoonfuls of milk. Put in a greased basin and steam for three hours. Serve with sweet sauce or custard. Any kind of flavouring may be used instead of the orange.

Date and Nut Pudding

TAKE eight ounces of flour, four ounces of finely-chopped suet, one teaspoonful of baking-powder, two ounces of shelled nuts, four ounces of chopped and stoned dates, and a little milk. Mix the ingredients well together, and add sufficient milk to form a stiff paste. Turn the mixture into a well-greased basin, and boil gently for one and a quarter hours.

Granny's Pudding

INGREDIENTS: Eight ounces of stale breadcrumbs, two ounces of shredded Atora, one egg (optional), quarter of a pint of milk. Method: Pour milk over breadcrumbs, leave until soaked, add egg well beaten, then Atora; mix up well. Place layer of mixture in well-greased pie-dish, then layer of stewed blackberries and apples sweetened; do this alternately until dish is filled, having a rather thick layer of the mixture on top. Bake in moderate oven until nicely browned. Turn out of pie-dish before serving.

Date and Coconut Pudding

INGREDIENTS: Half a pound of dates, a quarter of a pound of desiccated coconut, twelve ounces of breadcrumbs, two ounces of margarine, a cupful of milk, and the rind of one lemon. Method: Grate the lemon rind, cut dates into small pieces after taking out the stones. Then mix breadcrumbs, dates, desiccated coconut, margarine, and grated lemon-rind well together, add milk. Steam in a greased basin from two to three hours.

Date Charlotte

TAKE half a pound of dates, half a pint of water, half a packet of red-currant jelly, four small sponge-cakes, and a little lemon-rind for flavouring. Wash the dates, and stew until soft in half a pint of water. Remove them from the fire, strain, and dissolve the jelly in the strained juice. Split the dates, remove stones, and cut into small pieces. When the jelly is melted, mix it with the dates, lemon rind, and a little sugar, if necessary. Slice the sponge-cakes, line a mould with them, and when the date mixture has cooled pour it into the mould. Stand in a cool place to set. Turn it out of the mould, and pour some custard round it.

Hot Orange Tart

DIVIDE three or four oranges into figs, place them in a pie-dish, sprinkle with sugar, add rind of two oranges finely grated, and one tablespoonful of cold water. Make a crust with six tablespoonfuls of flour, one heaped tablespoonful of baking-powder, two ounces of lard, rubbed in lightly, roll out, cover, and bake in a moderate oven for half an hour. Serve hot with custard.

Orange Fruit Salad

GRATE the rind of three oranges. Take the pith off the fruit, and divide the oranges up into figs. Put them in a glass dish. Then melt down an orange jelly with three-quarters of a pint of hot water, and add the grated orange-peel; it should be very fine. Pour over the oranges and leave to set. Delicious, and quite a change from ordinary jelly.

Rice and Date Mould

A QUARTER of a pound of ground rice, one pint of milk, half a pint of water, two ounces of sugar, half a pound of dates, and half an ounce of margarine. Cook the rice in the milk and water for

fifteen minutes, stirring all the time. Stone the dates, chop (not too small), and add to the saucepan, together with the sugar. Have ready a large pudding basin rinsed out in cold water. Pour the mixture into this, and allow to stand overnight. Turn out and serve with custard.

Apple Trifle

One pound of cooking apples, slices of bread, three ounces of castor sugar, two ounces of currants, juice and rind of half a lemon, custard. Peel and core the apples, and stew gently in a little water until soft. Butter a piedish, and put slices of bread in the bottom. Spread over a layer of apples, then a few currants, sprinkle well with sugar, then put another layer of bread, and repeat with apple, etc., until the dish is almost full. Make a nice, lemon-flavoured custard, pour over the pudding, and allow to set. Serve cold.

Inexpensive Orange Pudding

Ingredients: Fourteen ounces of self-raising flour, half a teaspoonful of salt, four ounces of chopped suet, four ounces of castor sugar, grated rind of three oranges, half a pint of orange-juice, and water. Method: Put the flour, salt, sugar, and suet into a basin, and mix them together. Pour in the orange-juice and water, and the grated rind of oranges, and stir them with the dry ingredients. Put the mixture in a greased basin, cover with greased paper, and steam for three hours. Turn out, and serve with a sweet sauce.

Steamed Raspberry Pudding

Ingredients: Weight of two eggs in flour and margarine, one tablespoonful and a half of sugar, two tablespoonfuls of raspberry jam, one egg, a quarter of a teaspoonful of bicarbonate of soda. Method: Melt the margarine and sugar together; add the flour, mix thoroughly. Next add the jam, the egg (well beaten); last of all the soda dissolved in half-cupful of milk. Put mixture into a greased pudding-basin, cover with grease-proof paper, steam for one hour and a half. Serve hot with sweet sauce.

Banana Suet Dumpling

Ingredients: Two teacupfuls of flour, half a teacupful of finely-chopped suet, one teaspoonful of baking-powder, a little milk, and a pinch of salt. Method: Mix all the ingredients to a stiff paste, and roll out to half an inch in thickness. Peel three bananas and slice each one into four pieces, lay them on the paste, roll up, and tie in a floured cloth, and boil for two hours. When cooked, make some custard, well mash a banana, and add to the custard, and serve with the pudding.

Rhubarb and Rice Recipe

Take a quarter of a pound of rice, two pints of water, one ounce of margarine, half a pound of dates, one tablespoonful of condensed milk, a pinch of salt, and one pound of rhubarb. Wash the rice and boil it in the water with the salt for half an hour, or until soft and stiff, then stir in the milk. Grease and flour a deep sandwich tin, and line it with rice, pressing it well into the tin. Cut the rhubarb into pieces, put into a saucepan with a little cold water, add the dates (stoned and chopped), and cook until rhubarb is soft, but not broken. Pour it on the rice, and bake in moderate oven until the rice is nicely browned. Remove carefully from tin, and pour over some boiled custard.

Banana Pancakes

Take a cupful of flour, one and a half teaspoonfuls of baking-powder, one teaspoonful of sugar, and a pinch of salt. Add gradually half a cupful of milk-and-water and a well-beaten egg. Get two bananas, cut into thin slices, and stir into the batter. Fry in boiling fat as you would ordinary pancakes; turn over to brown the other side. Serve very hot, sprinkle with sugar and lemon-juice.

Batter Tart

Put the fruit in a deep pie-dish and dust with sugar. Any kind of fruit in season can be used, but hard fruit, such as gooseberries, plums, and rhubarb should be stewed. Make a batter of four ounces of flour, one egg, two tablespoonfuls of syrup, half a teaspoonful of baking-powder, and enough milk to mix. Beat briskly until covered with air-bubbles, then pour over the fruit, and bake until set and slightly browned.

Sponge-Crust Pudding

Take one tablespoonful of margarine, one teacupful of flour, one egg, one

tablespoonful of milk, one small teaspoonful of baking-powder, and three tablespoonfuls of moist sugar, together with a little salt. Slightly warm the margarine and beat it to a cream, add the sugar, and beat well. Now beat the egg into it, and add the flour and baking-powder, salt, and milk. Whilst making this mixture put one and a half pounds of damsons, sugar, and a little water into a piedish, cover with a tin or plate, and cook until the fruit is done. When cooked, remove from the oven, pour the above mixture over, and return to the oven, and bake until the mixture has risen and is brown. Care must be taken that the fruit is boiling when mixture is poured over.

Gooseberry Trifle

(*A Delicious Cold Sweet.*)

INGREDIENTS: Half a pound of gooseberries, four ounces of sugar, one egg, one pint of custard, and four sponge-cakes. Method: Stew the gooseberries until tender with the sugar, rub through a hair sieve, and when cold add the yolk of well-beaten egg. Slice the sponge-cakes and place them in a glass dish. Pile the fruit on them, and then pour the custard over. Whip the white of egg to a stiff froth, place in small heaps on top, and finally dredge with castor sugar. Serve cold.

Gooseberry Batter

INGREDIENTS: One pint of gooseberries, half a pound of flour, two eggs, a pint of milk, sugar. Sieve the flour into a basin, make a hole in the centre, beat up the eggs, and put them into it. Add slowly half of the milk, stirring all the time with a wooden spoon. Then beat the mixture until the surface is covered with bubbles, add the remainder of the milk, and let the batter stand for at least half an hour. Wash and pick the gooseberries, well butter a piedish, put in the fruit, dust over with sugar, then pour over the batter. Bake in a moderate oven until a pale brown and nice and crisp. Cut into neat squares, sprinkle over castor sugar, and serve.

Dover Pudding

TAKE one and a half pints of milk, one large dessertspoonful of flour, the grated rind of half a lemon, two eggs, sugar to taste. From the milk take enough to moisten the flour and make it like cream. Boil the remainder, and gradually add it, stirring all the time. Let it cool, then add the grated lemon-peel, the well-beaten eggs, and sugar to taste. Pour into a well-buttered dish, and bake in a moderate oven fully half an hour. When baked, let it stand in a warm place for twenty minutes before serving. A dish of stewed fruit may accompany it if desired.

Chocolate Jelly Made with Cornflour

SIX flat tablespoonfuls of cornflour, two flat tablespoonfuls of good cocoa, quarter of a pound of sugar, one quart of water, and a little essence of vanilla. Mix the cornflour with a little of the water, and put aside. Mix the sugar and cocoa with a little water, add the rest of the water *boiling*. Remove from fire and add the mixed cornflour, stirring all the time, until brought to the boil. Let it boil gently for about five minutes, stirring all the time, add the vanilla essence, and pour into mould rinsed with cold water. When cold, turn out, and serve with whipped cream or custard.

French Pancakes

INGREDIENTS: Two ounces of flour, two ounces of castor sugar, four tablespoonfuls of jam, two ounces of butter, two eggs, half a pint of milk. Method: Warm the milk while you are creaming together the butter and sugar. Beat the eggs to a froth, and mix with the butter and sugar. Then sift the flour in by degrees. To this paste add the heated milk, and beat in very thoroughly. Do not think your batter is ruined if the warm liquid gives it a curdled appearance, but, after beating, cover the mixture and let it stand an hour or so. Then pour the batter into six buttered saucers, and put these into a quick oven. When the pancakes begin to "rise," let them continue cooking, more slowly, for ten minutes or so, when they should be ready. For these pancakes a gas oven is the best, as the heat can be regulated so easily. Turn the cooked pancakes from their saucers, and pile them on a hot dish with layers of jam between them, and a little soft sugar sprinkled over. Serve very hot.

Chocolate Cheesecakes

TAKE a small cake of chocolate, and dissolve it in a little milk, then add an ounce of castor sugar, half an ounce of margarine, and the yolks of two eggs (well beaten). Stir over a slow fire till the mixture is as thick as cream, adding more milk if it gets too thick. Have ready a few cases of short pastry, pour mixture into them, and bake in a good oven. When done, spread on the top of each a spoonful of white of an egg, whisked to a stiff froth with a little sugar.

Nutty Jam Sandwich

INGREDIENTS: Two eggs, two tablespoonfuls of castor sugar, two tablespoonfuls of flour, one teaspoonful of baking-powder, three tablespoonfuls of grated nuts. Method: Beat the eggs thoroughly, add the sugar, and then add the flour gradually. Beat the mixture well and add the nuts, and finally the baking-powder. Spread over two round sandwich-tins, previously greased, and bake in a brisk oven for ten minutes. When cool, spread some raspberry jam on one round and place the other round upon the top. Then ice the cake, using six ounces of icing-sugar and the juice of an orange or lemon (or any other kind of flavouring preferred). Mix thoroughly together, spread on cake, and decorate with halves of walnuts or almonds. This is delicious.

Tapioca Jelly

PUT two ounces of tapioca into a jar with half a pint of cold water. Set the jar in a saucepan of water, and keep it boiling. When the tapioca begins to thicken, stir in another half pint of water. Let it boil gently for an hour, stirring occasionally. Flavour with essence of vanilla or almond, sweeten to taste, and pour into a mould to set. If preferred, some cochineal colouring may be added to this jelly, which is very nice eaten with stewed fruit or cream.

South Carolina Pudding

(For Four People.)

INGREDIENTS: Three tablespoonfuls of maize-meal, half a teaspoonful of mixed spice, one level dessertspoonful of ginger, one teaspoonful of treacle, a pinch of salt, one pint of milk, one egg, one dessertspoonful of butter or margarine. Method: Bring the milk to the boil, and sift into it very gradually the maize-meal, stirring all the time. Let it boil gently for six or seven minutes, stirring well, and then stand the pan to one side. Mix in thoroughly the spice, salt, ginger, treacle, fat, and the egg, beaten lightly. Put the mixture into a well-greased piedish, and bake in a moderate oven for at least three hours. After it has baked for two hours, pour in, without stirring, half a breakfastcupful of cold milk.

Ginger Maize Pudding

INGREDIENTS: Six ounces of flour, six ounces of maize flour, three ounces of margarine, one and a half teaspoonfuls of ground ginger, one saltspoonful of bicarbonate of soda, two tablespoonfuls of treacle, and milk to mix. Method: Rub the margarine into the flour, add the other dry ingredients, then treacle, and enough milk to make the mixture drop from the spoon. Put into a greased basin, cover with greased paper, and steam for two hours.

Carrot Pudding

WASH and scrub half a pound of young carrots, but do not scrape them. Put into slightly salted water, boil till tender, and then pass through a sieve. Cream half a pound of margarine and four ounces of castor sugar together, add the yolks of two eggs and well beat, then mix in half a pound of breadcrumbs, one teaspoonful of ground cinnamon, four ounces of glacé cherries (cut in quarters), and the carrot pulp. Whip the whites of eggs to a stiff froth, stir very lightly into other ingredients, pour the mixture into a well-buttered mould, and steam for two and a half hours. Serve with the following sauce: Half a pint of water, the juice and rind of one lemon, the yolk of one egg, one ounce of butter, one ounce of flour, and three or four lumps of sugar. Melt the butter, stir in the flour, and well cook without browning. Add water, stir until it boils, then add sugar and lemon flavouring. Let the sauce cool slightly, add egg, stir until it thickens, and serve.

Gainsborough Pudding

BOIL one pint of milk, adding while still warm half a pint of breadcrumbs.

Sweeten to taste, and flavour with lemon. When cold, add the beaten yolks of two eggs and one ounce of margarine. Place in a greased pie-dish, and bake slowly for half an hour. Let it cool a little, then squeeze over the juice of a lemon, and spread with jam. Whip the whites of eggs to a stiff froth, and pile on the pudding, and just set in the oven.

Bread Dumpling

HALF a pound of stale bread, two ounces of suet, one ounce of chopped peel, teaspoonful of allspice, dust of nutmeg, one egg. Soak the stale bread in water for three hours. Strain and squeeze as dry as possible. Chop the suet and peel, add the spice and nutmeg, mix well. Beat up the egg and add to the mixture. If too moist, add a little flour. Make up into small dumplings, and throw into boiling water. Boil for half an hour. Take out, strain, and serve with stewed fruit and castor sugar.

Chocolate Pudding (Steamed or Boiled)

INGREDIENTS: Four ounces of flour, two ounces of margarine, two ounces of sugar, three ounces of grated chocolate, one egg, one teaspoonful of baking-powder, and milk to mix. Method: Beat sugar into margarine, add egg, and sift flour into it, add chocolate and baking-powder and cook. Chocolate Sauce: Half a pint of milk, half an ounce of flour, two ounces of chocolate, half an ounce of sugar. Mix flour, chocolate, and sugar in a basin to a smooth paste, boil milk and pour into it. Stir well, boil for one minute, and serve with pudding.

Cornflour Pancakes

TAKE two small tablespoonfuls of cornflour, a teacupful of milk, one egg, and a small pinch of salt. Beat well together. Fry them in a pan covered with butter or margarine, and cook each pancake about ten minutes.

Cornflour Blancmange

TAKE two ounces of cornflour, mix with a little milk. Boil one pint of milk and about eight lumps of sugar. Stir briskly till it thickens.

Steamed Ground Rice Pudding

INGREDIENTS: One ounce of lard or margarine, an ounce of sugar, one ounce of ground rice, one ounce of flour, one egg, one teaspoonful of baking-powder, and sufficient milk to mix these. Cream the lard and sugar together, add the egg, and mix them well. Mix in the ground rice and flour, and lastly add the baking-powder, and milk enough to make it into a stiff batter. Grease well the sides of a basin, and put some jam at the bottom, fill it up with the pudding mixture, cover this with a greased paper, and steam it for an hour. Serve this with custard or sweet sauce.

Vermicelli Pudding

INGREDIENTS: Quarter of a pound of vermicelli, one ounce of sugar, one pint each of milk and water, small piece of butter or margarine. Method: Boil the water, place vermicelli in a pie-dish with the sugar, then pour the boiling water over this, and leave to soak for about ten minutes. Now stir in the milk, and add the butter. Bake in a moderate oven for about three-quarters of an hour. Result: A creamy, delicious pudding.

Caramel Rice Pudding

INGREDIENTS: Two ounces of best rice, one pint of milk, two eggs, one ounce of butter, sugar, rind of lemon. Caramel, two ounces of castor sugar, three tablespoonfuls of water, squeeze of lemon-juice. Method: Wash rice and boil in milk until soft and it has absorbed the milk, then take out the lemon-rind. Add eggs (beaten) and a little sugar. Put into a saucepan the two ounces of sugar, and cold water with squeeze of lemon. Let this cook until a pale brown. Have ready a plain tin mould, warm it, and run the caramel all over it, pour in the rice, cover with greased paper. Steam one hour. Turn out carefully, and caramel will run over like a sauce. Delicious hot or cold.

An Economical Pudding

PARTLY cook some rice, drain and line a pudding-basin thickly with it, leaving enough to form a lid for the pudding. Fill up the basin with blackberries, adding sugar, and put the rest of the rice on the top. Tie down and steam.

SWEETS  & CREAMS

French Rice Fritters

WASH and cook until tender a quarter of a pound of rice in one pint of milk. When done, add one ounce of castor sugar, one ounce of stoned raisins (chopped), and one ounce of glazed cherries (chopped), and cover up until cold. Now mix in one ounce of margarine and the yolks of two eggs, beat well, and lastly add the stiffly whipped whites. Have a pan ready with hot lard, and drop in the mixture by teaspoonfuls. When done, they will be a golden brown in colour and puffed up. Drain on tissue paper, sprinkle castor sugar and lemon juice on them, and serve.

Vanilla Souffle

INGREDIENTS: Two eggs, two ounces of margarine, two ounces of flour, half a pint of milk, one dessertspoonful of castor sugar, half a teaspoonful of vanilla essence. Method: Grease a pint and a half souffle-mould. Put a band of greased paper round the mould, coming two inches above it. Melt one ounce of margarine, add one ounce of flour. Mix well together. Add the castor sugar and milk. Stir this over the fire until it thickens, then take off the fire. Add, one at a time, the yolks of the eggs, beating all well together. Put a pinch of salt to the whites, whip stiffly, and stir in lightly to mixture; add vanilla essence, and pour into greased mould. Steam from twenty to thirty minutes. Serve with custard or a little fruit sauce.

Iced Currants

INGREDIENTS: A quarter of a pint of water, the whites of two eggs, red or black currants, and pounded sugar. Select very fine bunches of red, black, or white currants, and well beat the whites of the eggs. Mix these with the water. Then take the currants, a bunch at a time, and dip them in; let them drain for a minute or two, and roll them in very fine-pounded sugar. Lay them to dry on paper, when the sugar will crystallise round each currant and have a very pretty effect. Any fresh fruit may be prepared in the same manner.

Coffee and Raspberry Chartreuse

INGREDIENTS: Three-quarters of a pint of wine-and-lemon jelly, half a pound of raspberries, half a pint of coffee custard (made with Bird's Custard Powder), six leaves of angelica, one ounce of gelatine. Method: Melt three-fourths of the jelly. Put a mould in a basin, surrounded with crushed ice, and line the inside of the mould thinly with jelly. Pick out the best berries, substituting strips of angelica for the stalks, decorate the sides and bottom of the mould with these; coat well with jelly to keep in position. Cut up the remaining fruit, and add to the custard, also the gelatine, previously dissolved in the jelly. When on the point of setting, turn into decorated mould.

Blackberry Tartlets (Iced)

TAKE eight ounces of flour, one and a half teaspoonfuls of baking-powder, four ounces of lard, half a teacupful of water. Rub the lard into the flour, and add a little salt. Mix dry ingredients thoroughly till as fine as possible. Add water, mix, and roll out, cut round with a fancy cutter, place in patty-tins. Bake to a very light brown. Meanwhile wash half a pound of blackberries, cover with half a teacupful of water, two ounces of sugar, stew gently. When pastry cases are done, fill with the fruit. Beat up the white of an egg with a dessertspoonful of white sugar, spread a little on each, and replace in oven to harden.

Banana Custard

COOK three ounces of well-washed rice in a pint of milk, with two ounces of sugar added, till quite soft. Add one ounce of margarine, and let the rice

cool. Spread it in a glass dish, cover with sliced bananas, and then pour over it some thick custard (made with Bird's Custard Powder). Serve with sugar and cream if possible.

Banana Cream

INGREDIENTS: Half an ounce of gelatine, three bananas, two eggs, three tablespoonfuls of sweetened condensed milk, three-quarters of a pint of water. Method: Mix the milk and water well together, add the gelatine, and let it soak for an hour, then stir over the fire until thoroughly dissolved. Add the beaten yolks of the eggs, and stir until the mixture thickens. When nearly cold, add the bananas, sliced thin, and the whites of the eggs, well beaten, and pour into a wetted mould.

Apricot Eggs

SLICE a sponge-cake, stamp into rounds, prick with a fork, and soak in apricot syrup. Place half an apricot on each piece; this forms the yolk. Whip some cream or whites of eggs with sugar to sweeten. Place in forcing bag, and arrange round the apricots to form the white.

Delicious Blackberry Soufflé

ONE pound of blackberries, six ounces of macaroni, half a pint of milk, half a pint of macaroni-water, two ounces of Bird's custard-powder, one egg. Method: Break the macaroni into short pieces, cook in slightly salted water for half an hour. Drain it, saving the water in which it is cooked. Wash and pick the blackberries, stew until soft in a little water; sweeten to taste. When cool, turn the fruit into a deep glass dish. Put the milk and macaroni into a pan, boil, pour in the custard-power (mixed with a tablespoonful of milk). Stir until it thickens. Separate the yolk from the white of the egg; beat the yolk into the custard. When the custard is nearly cold, pour it over the fruit and leave to set. Whip the white to a stiff froth, add flavouring, and heap over the custard.

Apple Toast

CORE, peel, and cut into slices six medium-sized apples. Put two tablespoonfuls of butter or margarine into a saucepan, and when it is melted throw in the apples, with half a cupful of sugar and two tablespoonfuls of water. Stew the apples quickly, tossing them with a spoon. In the meantime, cut several slices of bread and fry in melted margarine until brown. When crisp, place the toast on a hot dish, sprinkle with sugar, and cover with the apples.

Rice Balls

STEAM and mash about two pounds of apples, rub through a sieve, and flavour with lemon-juice. Boil some rice in milk till thoroughly soft, and pour into little moulds, like those for castle puddings. When set, turn into a glass dish, with a dab of whipped cream on the top of each (or custard). Pour in the apple pulp so that the white rice balls stand up out of it.

Apple Balls

PASTRY: Two teacupfuls of flour, two tablespoonfuls of lard, one tablespoonful of sugar, half a teaspoonful of baking-powder, cold water to mix. Sift the flour into a bowl, add the lard, and rub it in gently till quite fine. Add the sugar, salt, and powder. Mix into a very firm paste, using cold water as required. Turn on to a floured board and work lightly. Cut into six or eight pieces, and roll out like small scones. Pick the apples all about one size. Core each apple before paring it; then pare apples. Place them in the centre of a round of paste, fill up the centre with sugar, and put a clove on top of each. Wet the edge of the pastry all round and draw it right up to the top of the apple, pressing the edges firmly all round. Lay on the floured tin, and brush each ball over with cold water. Bake in a quick oven at first until the pastry begins to brown, then reduce the heat to cook the apple gently. Lift carefully on to a hot dish.

Cherry Tartlets

TAKE half a pound of short crust paste, one pound of cooking cherries, two tablespoonfuls of moist sugar, two large or three small eggs, and white sugar. Remove the stalks from the cherries, put them into a small stew-jar with the moist sugar, stand the jar in a saucepan, surround it with boiling water, and cook until the cherries are tender. Meanwhile line ten or twelve deep patty-tins with the paste, fill them with dry rice,

which is to be removed afterwards, and bake in a quick oven. When the cherries are sufficiently cooked, strain off the syrup into a small stewpan, add the yolks of eggs, previously beaten, and stir by the side of the fire until the custard thickens. Fill the patty-pans with cherries, cover with a layer of custard. On the top spread a little stiffly whipped white of egg, and sprinkle with white sugar. Replace in the oven until the white of egg hardens and acquires a little colour, then serve hot or cold.

Cherry Sponge

ONE ounce of powdered gelatine, one gill of boiling water, half a pint of cold water, one pound of sugar, a few drops of cochineal, the whites of two eggs, one teaspoonful of almond essence, and one pound of cherries. Put the cherries into a saucepan, add the cold water and sugar, and stir gently till all the juices are extracted. Strain, add the gelatine dissolved in boiling water, cochineal, and essence. When nearly cold add the stiffly beaten whites of eggs. Pour into a wet mould, and set on ice till required. Dissolve a Chiver's Lemon jelly, allow to cool, and serve together.

Currant Cup Puffs

INGREDIENTS: Half a teacupful of castor sugar, half a cupful of milk, two eggs, two teaspoonfuls of baking-powder, a pinch of salt, sufficient flour to make a smooth, fairly thick batter. Method: Grease six cups or small moulds. Put a tablespoonful of batter in each, then a layer of red currants, then batter and currants alternately till cups are three-quarters full. The last layer must be batter. Steam one hour and turn out. Serve with sweet sauce.

Raspberry Tapioca

ONE pint of raspberries, half a teacupful of sugar, one tablespoonful of lemon-juice. Method: Soak the tapioca in three-quarters of a pint of water overnight. Next day put the tapioca and water into a saucepan, and cook slowly until done and quite clear; then add the sugar and lemon-juice. Take the pan off the fire and stir one pint of raspberries into the mixture. Pour into a wet mould. When set, turn out and serve with custard.

Pineapple Tapioca Mould

WASH half a cupful of tapioca. Soak in a pint of water overnight. Cook till clear in the same water, add a pinch of salt, a small cupful of sugar, half a small pineapple (grated), or same quantity from a tin of pineapple, and cook for a quarter of an hour, stirring often, and place in a dish. Beat the whites of two eggs very lightly, add gradually two tablespoonfuls of fine sugar, pile on the mixture. Place in a warm oven, with door open for ten minutes, then close the oven door till a very pale brown. Serve cold with cream or custard.

Tapioca Whip

TAKE one and a half pints of milk and pour into a saucepan. When boiling, stir in three heaped tablespoonfuls of tapioca, allow to cook until tender, then add two tablespoonfuls of sugar and a little vanilla flavouring. Draw to one side of stove, allow to cool slightly, then add the yolks of two eggs, well beaten, and allow to stand until quite cold. Whip up the whites of eggs to a stiff froth, stir well into the tapioca, and then pour into a glass dish and decorate with cherries and whipped cream.

Rhubarb Fanchonettes

TWO pounds of rhubarb, a cupful of golden syrup, half a cupful of strained orange-juice, one tablespoonful of gelatine, and pastry shells. Cut the rhubarb into one-inch pieces, and place in layers in a greased dish, with syrup between the layers. Add two tablespoonfuls of water, cover, and bake for an hour. Dissolve the gelatine in the orange-juice, and when the rhubarb is cooked add this mixture to it, and let it get cold before it is put into the pastry shells.

Strawberry Cream

INGREDIENTS: One pound of strawberries, half a pint of cream, three ounces of castor sugar, three quarters of an ounce of leaf gelatine, and the juice of one lemon. Method: Pick the strawberries and pass them through a fine hair sieve. Dissolve the gelatine and sugar in two tablespoonfuls of water, and add the lemon-juice. Strain the gelatine,

etc., in the strawberry purée, add the cream, well whipped, mix lightly together and pour into the prepared mould. Set on ice or in a cold place until firm.

Strawberries and Devonshire Junket

This dish must only be made a short time before using. Prepare a pound of strawberries, place them in the bottom of a deep glass dish, and well sprinkle with castor sugar. Then take a quart of milk, heat in a saucepan until lukewarm, sweeten to taste, then add a tablespoonful of liquid rennet, stir well but not vigorously for a few minutes, then pour gently on the strawberries. As soon as the junket has set, grate a little nutmeg over it, and cover the surface with cream.

Iced Strawberry and Banana Dish

Make a syrup with half a pound of loaf sugar in a quarter of a pint of water. Let it boil for three minutes; allow to cool. Next put a good layer of strawberries and sliced bananas in a deep dish, pour the syrup over, and sprinkle on top a few blanched almonds. Dissolve a Chiver's fruit jelly, and allow to set. Then place little heaps around, placing strawberries among them. Serve with cream.

Tapioca Balls

Boil half a pound of tapioca in one pint of milk. Add sugar and a few drops of essence of lemon. Peel six apples, remove the core without breaking the fruit, and place in the hollow a piece of margarine, a teaspoonful of sugar, and a little grated lemon-rind. Flour some small pudding-cloths, and spread the tapioca on these, half an inch thick. Place the apples in the centre, and tie the cloths securely. Put the puddings into boiling water and keep them boiling for three-quarters of an hour. Turn out on to a dish, and serve with custard or sweet sauce.

Tapioca Cream

Soak one cupful of tapioca in water for twelve hours, then strain and cook with one large cupful of milk and one tablespoonful of white sugar for half an hour. Then melt down a strawberry jelly in a very little water, and when the tapioca is just warm add it to the jelly and whisk well till all is very foamy. Serve with sponge fingers.

Rhubarb Sponge and Milk Jelly

Stew some rhubarb in a very little water and a quarter of a teaspoonful of bicarbonate of soda. Cut up into small pieces one-half of a Chiver's lemon jelly square (pint size), and add to the rhubarb just before removing from the fire. Line a mould with slices of sponge-cake, fill the mould with the stewed rhubarb, cover the top with slices of sponge-cake, cover with a plate and press down with a weight. When set, turn into a glass dish and serve with milk jelly.

Milk Jelly.—Cut the other half of the lemon jelly square up into small pieces, put into a mug and stand the mug in a saucepan of hot water to dissolve; pour it into a glass dish, stir in one pint of cold milk. This will be deliciously creamy, and quite a change from the usual boiled custard.

"Ring the Changes" Pudding

Take a small bundle of rhubarb, one pint of strawberries, two ounces of sugar, two eggs, half a pint of milk, and some thin bread-and-butter. Line a pudding-basin with thin bread-and-butter, place a layer of rhubarb and a layer of strawberries, dust over with sugar, then put another layer of bread-and-butter, rhubarb, and strawberries, and so on until the dish is full. Beat the eggs, add the milk, pour over the contents of the basin, tie a cloth over, and steam the pudding for two hours. When cold, it is ready to turn out and serve. Any other fruits can be used.

Rhubarb Hedgehog

Take two pounds of young rhubarb, wipe the sticks, but do not skin. Cut into small pieces, stew till tender, then pulp through a wire sieve, and sweeten to taste. Add the juice and grated rind of a lemon. Dissolve three-quarters of an ounce of gelatine, add this, and two tablespoonfuls of melted margarine. Beat this in, pour into a wet mould, leave until set, then turn out into a glass dish, and stick all over with almonds cut into shreds.

Fruit Dominoes

TAKE a cupful of shelled and chopped walnuts, half a cupful of chopped figs, and half a cupful of stoned dates. Finely chop the ingredients, or put them through a mincing machine. Add the grated rind of one orange, one tablespoonful of orange juice, and one square of unsweetened chocolate. Toss the mixture on to a board sprinkled with powdered sugar, and roll it out to one-third of an inch in thickness. Cut the paste into the shape of dominoes, using a sharp knife. Spread them thinly with some more of the melted chocolate, and decorate them with small pieces of blanched almonds to imitate dominoes.

Lemon Sponge

INGREDIENTS: One ounce of gelatine, juice and the thin rind of two lemons, one pint of water, half a pound of loaf sugar, whites of two eggs. Method: Simmer for half an hour, strain into a bowl, leave it until it is on the verge of setting. Then stir in the whites of two eggs beaten to a froth, and whisk briskly till it sets in snow. The same thing made with strong coffee, instead of lemons and water, is very delicious, particularly if you have a little whipped cream with which you can decorate it before sending it to the table.

Rainbow Trifle

INGREDIENTS: One pint of milk, two ounces of sago, tapioca, or semolina, rhubarb purée, and sugar to taste, raspberry jam, and grated coconut. Method: Stew some rhubarb and make a purée by rubbing it through a sieve. Put the milk on to boil, and sprinkle in the sago or semolina, cooking it until clear and thick. If tapioca is used it should soak in the cold milk and then cook very slowly in the milk until quite soft. Put half the cooked tapioca at the bottom of a glass dish, on to this pour the rhubarb purée, and in little dabs over this purée put about two tablespoonfuls of the raspberry jam. Cover with the rest of the tapioca, and sprinkle grated coconut over the top.

Fairy Sponge

INGREDIENTS: Two cupfuls of breadcrumbs, one pint of milk, two ounces of sugar, half a lemon, one egg, and jam. Method: Heat the milk, pour it over the breadcrumbs, add the grated rind and juice of lemon, the yolk of egg, and one ounce of sugar. Beat all well together and put into a greased dish. Place in a moderate oven, and cook till set. Then put a layer of jam on the pudding. Make a meringue with the white of egg and the other ounce of sugar, spread over the pudding.

Gooseberry Sponge

HAVING cleaned one quart of gooseberries, place them in a stewpan with a breakfastcupful of cold water. Stew to a pulp. Take a little of the hot syrup, and dissolve a quarter of an ounce of gelatine in it. Press fruit through a sieve; add gelatine to the syrup; sweeten with a quarter of a pound of fine sugar. Now add a breakfastcupful of cream; or, if this cannot be obtained, use only a teacupful of milk and the whites of two eggs beaten to a froth. Pour into a mould, and when cool decorate with crystallised fruit. This is everybody's favourite.

Blackberry Dillie

STEW two pounds of blackberries slowly with one gill of water, then pass through a fine sieve. Boil for a few minutes four ounces of sugar in a gill of water, and melt three-quarters of an ounce of gelatine in the third gill of water. Mix the three different liquids together, and pour it into a wet china mould. Turn out when set.

Cherry Blancmange

INGREDIENTS: Half a pound of cherries, two ounces of cornflour, one pint of milk, two ounces of sugar, a few drops of essence of vanilla. Method: Stew the fruit with a little sugar and water almost to cover. Use either a stewpot or earthen jar in the oven. Take care not to overcook, as the fruit must be whole to be appetising. Mix the cornflour to a smooth paste with a little of the cold milk, and put the remainder on to boil. When boiling, pour it slowly over the cornflour paste, stirring all the while. Return the mixture to the pan and add the sugar; let it boil for five minutes, and stir continuously. Add the vanilla essence, and pour the whole into a pretty mould rinsed in cold water. Leave it until set and cold. Then turn the shape

into a fancy glass dish, from the top scoop out two or three spoonfuls, fill the cavity with cherries, also cold, piling them high. Pour the juice round, and decorate with cherries. Any fruit in season can be used the same way.

Raspberry and Sago Fluff

Put one pound of raspberries into a brown jar, sprinkle a little moist sugar on it, and put it into a large stew-pan half full of boiling water, or into a cool oven till the juice flows freely. Wash a teacupful of sago (large sago is to be preferred), soak it for an hour in a pint and a half of cold water, then put it into a saucepan and stir till it boils. Draw it back and simmer it gently, stirring it frequently till it looks clear and is thick. Put half a pint of fruit juice with it, boil together for a few minutes, and add sugar to taste. Pour the preparation into a damp mould ; leave it in a cool place till wanted.

Bramble Foam

Ingredients : One pound of black-berries, three-quarters of an ounce of gelatine, one teacupful of water, three-quarters of a pint of custard, one ounce of castor sugar, whites of two eggs, and a few drops of vanilla essence. Method : Stew the blackberries until soft, then rub them through a sieve. Make the custard (from powder) and melt the gelatine in a cupful of water. Let the custard cool, then add the fruit pulp and gelatine. Pour into a mould which has been rinsed in cold water. Turn out into a glass dish when set, and just before serving beat the whites of the eggs to a stiff froth with the sugar and vanilla, and pile it over the pudding. Decorate with a few large ripe blackberries.

Sago and Blackberry Mould

Take four tablespoonfuls of small sago and soak in cold water until swollen, free from water. Put in a saucepan with a dessertspoonful of water, then well wash and pick a quart of ripe blackberries, pour in with the sago, with enough sugar to sweeten, mix thoroughly, and boil gently till the fruit is quite tender. Wet a large mould with cold water and put the mixture in allow to set cold, turn out, and place on the top a few sweet almonds. Serve with custard.

Marrow and Almond Surprise

Required : Some thick slices of stale bread (with the crusts removed), one marrow, four ounces of sweet almonds, four ounces of sugar, one pint of milk, and one tablespoonful of custard-powder. Method : Cover the sides and the bottom of a well-greased pie-dish with slices of bread, cut the marrow into small pieces, and three-parts fill the dish. Blanch and shred the almonds (reserving a few with which to ornament the top), sprinkle the almonds and the sugar on top, pour in a quarter of a pint of water, cover with bread, and bake in a slow oven for forty-five minutes. Make a custard with the milk and custard-powder, pour over the contents of the pie-dish while hot. When it is nearly cold, ornament with the sweet almonds.

Fruit Jelly

Ingredients : One pint each of raspberries and red currants, half a pound of cherries, two ounces of sago, two ounces of sugar, one pint of water. Method : Put the currants and raspberries in a clean pan, stone the cherries, crack the kernels, and add these to the fruit with one pint of water. Simmer till it is all quite tender, then pass the pulp through a sieve, and add to the juice the sago and the sugar. Return again to the pan, boil till the sago is well done, then put it into a mould, and let it set. Serve when cold.

Caramelled Rhubarb

Five sticks of rhubarb, one teacupful of brown sugar, one and a half ounces of margarine, three tablespoonfuls of water. Wipe the rhubarb, peel, and cut up into inch length pieces. Cover the bottom of a large pan with pieces of rhubarb. Sprinkle the sugar on them, cut up the margarine, lay it on the sugar, and pour the water over all. Cover and cook over a slow fire till the rhubarb is tender, but not mashed. Lift carefully and serve with custard.

Rhubarb Duff

Line a bowl with slices of bread, then fill it up with stewed rhubarb and dates. Put a thick slice of bread on the top, soak it well with uice, and press down with a plate. Pu n the oven for a quarter of an hour, and serve hot or cold with custard.



BY APPOINTMENT.

Purveyors of JAMS, JELLIES & CANNED ENGLISH FRUITS to HIS MAJESTY THE KING.

Chivers' Jams

Made from finest freshly gathered fruit and refined sugar, by a special process which preserves the full flavour of the fruit.

Chivers' Jellies

Flavoured with ripe fruit juices—delicious, wholesome, and refreshing—always turn out well. Excellent for the tea or supper table.

CHIVERS & SONS, LTD., THE ORCHARD FACTORY, HISTON, CAMBRIDGE.

Prune Jelly

STEW a pound of prunes with half a pound of sugar, a pint of water, and the rind of one lemon. When tender, remove the stones and take out lemon rind. Put the prunes back into the syrup with the juice of one lemon and half an ounce of gelatine (which must be previously soaked), bring up to the boil, and pour into a damp mould. When set, turn out and serve with whipped cream or custard.

Macaroni and Pineapple

INGREDIENTS: One pint of any clear jelly, half a tin of preserved pineapples, three ounces of sugar, six ounces of macaroni, milk, cochineal. Method: Boil the macaroni in milk till tender, sweetening it with sugar. Melt the jelly, and coat a wetted border mould with it, and in this arrange the pineapple, drained from the syrup and cut in dice. Colour what is left of the jelly with cochineal, fill up the mould with it, and, when the jelly is set, turn it out, and fill in the centre with the macaroni. Pour a good custard powder over all.

Red Currant Salad

WASH and drain one quart of red currants, brush them and press through a sieve; add one cupful of sugar, and stir them from time to time until it is all dissolved. Have six bananas peeled and sliced thin, and mix them with one cupful of raspberries and one cupful of black currants. Add the juice of one lemon to the currant juice, pour it over the fruit, and serve.

Cherry Cheese

STONE the fruit, or, if this trouble is objected to, bruise and boil it without, until it is sufficiently tender to press through a sieve; this will mean boiling from twenty to thirty minutes. Weigh the pulp, and boil it quickly to a dry paste, then stir into it six ounces of sugar to a pound of fruit, and when this is dissolved place the pan again over—but not upon—a brisk fire, and stir the preserve without ceasing, until it is so dry as not to adhere to the fingers when touched. Then press it immediately into small moulds or pans, and turn it from them when wanted for the table.

Apple Snowballs

TAKE as many apples as you require, and to each apple allow one teaspoonful of rice, half a pint of milk, or milk-and-water mixed, a clove, and one teaspoonful of moist sugar. Simmer the rice in the milk until all the milk is absorbed (a good pinch of salt should be added to the rice and milk, and, if liked, one teaspoonful of sugar to every pint of milk). Pare and core the apples, keeping them whole, fill the centre of each with sugar, and put in a clove if liked. Cover with the rice, and tie each ball in the corner of a pudding-cloth. Put into boiling water, and boil gently from forty-five to sixty minutes. Serve with sugar.

Bananas on Toast

TAKE four bananas, milk, flour, pepper and salt, thin slices of toast, one gill of thick custard, and a little grated nutmeg. Peel four bananas (not too ripe), cut them into halves lengthways, season with salt and a little cayenne pepper, dip each into milk and into flour. Fry to a golden brown, in margarine. Drain on a cloth. Prepare thin slices of toasted bread, cut in the shape of the bananas; dip bread in milk before toasting, as this improves the flavour. When toasted, spread each with a thin layer of custard, sprinkle each with a pinch of grated nutmeg and a little pepper. Place fried bananas neatly upon them.

SAVOURIES

Onion Rarebit

Boil a large Spanish onion until very soft, drain and chop it, and return it to the saucepan with a little milk, a morsel of butter, a tablespoonful or two of grated cheese, salt and pepper, a pinch of grated nutmeg, and enough mustard to give piquancy. Stir until hot, then serve on toast after the manner of ordinary cheese rarebit.

Kromeskies of Liver

(*A very tasty dish*)

Required: Six ounces of liver, half a pound of bacon, one small onion, half a small carrot, a bunch of parsley and herbs, salt, pepper, nutmeg, and some dripping. *Batter for Frying.*—Ingredients; A quarter of a pound of flour, quarter of a teaspoonful of salt, one tablespoonful of melted dripping, white of one egg, quarter of a pint of tepid water. Mix the flour and salt together in a basin. Make a hole in the middle, and put in the melted dripping and tepid water. Beat these till smooth, and last of all whip the white of an egg to a stiff froth, and add lightly.

Wash the liver, chop it up finely, and cut three ounces of the bacon into small dice. Fry these a pale brown in dripping, add the sliced onion, carrot, and herbs. Fry all for a few minutes, and then pour in some stock, and cook over a slow fire for ten minutes, stirring well. Next pound the mixture in a mortar (an enamelled basin and a rolling-pin will do). Rub the mixture through a sieve, season to taste. Cut the rest of the bacon into very thin slices (two and a half inches square), and on each slice put a large teaspoonful of the mixture. Wrap it up in the bacon, and see that the ends are well closed. Dip each roll into the batter, then fry it a golden brown in a fat from which a bluish smoke is rising, and drain it on paper. When all the kromeskies are fried, pile them up on a lace paper, and garnish with fried parsley. Serve as hot as possible. Mix the

Cornflour Omelette

Mix one tablespoonful of cornflour to a paste with a little milk, then pour on a gill of boiling milk, and cook for five minutes. Leave to get nearly cold, then mix in two teaspoonfuls of chopped parsley, a pinch or two of powdered herbs, or some finely chopped bacon, and seasoning. Beat two eggs—dried ones—well, and add to the cornflour. Beat all together well, and fry brown on both sides.

Onion and Sausage Pudding

Take one onion (chopped fine), two breakfastcupfuls of flour, a quarter of a pound of suet, a little salt, and a teaspoonful of baking-powder. Mix the onions and suet with the flour into a stiff dough, roll out and spread a layer of sausage-meat over it. Roll it up, tie in a floured cloth, and boil for an hour and a half.

Marrow Roast

Pare a good-sized marrow, and cut off a slice from one end. Scoop out all the seeds, place the marrow into boiling salted water, and cook for half an hour. Lift out and drain well, and fill up the cavity with this stuffing: Half a pound of mashed potatoes, a cupful of fine oatmeal, a cupful of boiled rice, a large onion (grated), half a pound of chopped tomatoes, two ounces of dripping, an egg, pepper and salt. Tie round a piece of tape to keep in the mixture, and place the marrow into a tin containing some hot dripping. Baste well, and cook in the oven until tender and brown, basting frequently. Serve with a brown vegetable or onion sauce.

Curried Macaroni

Ingredients: Half a pound of macaroni, a dessertspoonful of curry

powder, one tablespoonful of margarine, one tablespoonful of flour, a little salt, and half a gill of gravy. Method : Break some macaroni into equal lengths, and cook it in boiling water (salted) until it is tender, but not too soft. Strain it. Place the gravy in a saucepan, add the macaroni, curry powder, margarine, and flour. Stir the mixture lightly with the handle of the spoon, and allow it to boil up for a few minutes. Pour into a deep dish, and garnish to taste.

Egg Salad

Boil three eggs hard, then set them aside to cool in cold water. Take off the shells, cut a large piece off the top of each, and remove the yolks carefully. Put the yolks into a basin, and mix into a smooth paste with one ounce of margarine and a little milk. Sprinkle in a little dry mustard, cayenne pepper, and salt to taste. When well mixed, fill the egg whites with the mixture, pressing it in gently, replace the piece cut off, and set aside. Prepare a nice dish of lettuce, cress, or other salad preferred, and place the eggs among the green. Garnish with radishes, beetroot, and spring onions, and pour carefully over all a salad mixture made as follows : Rub the yolk of a hard-boiled egg quite smooth, and add to it a pinch of salt, half a teaspoonful of sugar, and the same quantity of dry mustard. Mix thoroughly together. Work in by degrees two tablespoonfuls of salad oil, two tablespoonfuls of cream, and two tablespoonfuls of vinegar. Stir all together, and pour it over the salad.

Picnic Salad

Two cabbage lettuces, six spring onions, a small cucumber, a few radishes, a few sprigs of endive, a small beetroot (boiled), one egg (hard-boiled). Thoroughly wash the lettuce, onions, and radishes. Shake dry. Cut into small pieces, and add the cucumber and radishes (sliced thinly), also the endive. Put into a glass dish, and garnish with alternate rings of beetroot and egg. Sprinkle lightly with salad-dressing just before serving.

Mock Crab Salad

Take two cupfuls of cooked haricot beans and rub through a hair-sieve, six ounces of finely grated white cheese, one heaped teaspoonful of dry mustard, two tablespoonfuls of unsweetened condensed milk. Well mix to a creamy mass. Pass four breakfastcupfuls of lentils through a hair-sieve, place in a basin with a teacupful of bread-crust raspings ; well season. Place some clean, dry lettuce-leaves on a salad-dish. Form the lentil-cream into crab-shell shape, place in a dish on lettuce-leaves. Arrange the cream-cheese mixture in centre to represent crab-meat, sprinkle a little cayenne over it. Arrange watercress, mustard and cress, a few rings of finely sliced tomato and cucumber round the base. Sprinkle a little vinegar over the whole.

Macaroni Pie

Macaroni, onions, and seasoning. To each quarter of a pound of macaroni allow a fair-sized onion and seasoning to taste. Put a quarter of the onion to boil with the macaroni ; chop up the remainder and fry to a golden brown. Strain the macaroni and put a layer of it in a greased piedish, sprinkle with onion, finely chopped meat, and seasoning, and repeat until the dish is full. Moisten with a little stock or some of the macaroni water, sprinkle with breadcrumbs (if at hand), add a few pieces of dripping or nut butter, and bake until the top is a light brown. Serve very hot.

Macaroni Timbale

Scraps of cold fish can be used up in the following way. Boil some macaroni, season with salt, pepper, and a little grated cheese. Grease a basin or mould and line it thickly with some of the prepared macaroni. Break up the fish and mix with some more of the macaroni, season and moisten with white sauce, which can be made with the water in which the macaroni was boiled. Fill up the mould with this mixture, cover with boiled macaroni, place a greased paper over the top, and steam for two hours.

A Delicious Vegetable Curry

Shell some green peas, wash the husks, boil them for half an hour, then strain and use the liquor for stock. Cut up some spring onions with most of the green, wash and scrape some

young onions and potatoes, put them in a saucepan with a small piece of fat, and lightly brown them. Then add the stock (hot), the shelled peas, one tablespoonful of chopped parsley, and cook till the vegetables are soft. Mix a tablespoonful of flour, a dessertspoonful of curry-powder, and a little salt to a thin paste with water, add a tablespoonful of vinegar, pour into the saucepan, and stir till it thickens. Serve with a border of boiled rice.

Californian Salad

One pound of ripe tomatoes, half a pound of cold boiled potatoes, three hard-boiled eggs, one lettuce, three ounces of boiled macaroni, two tablespoonfuls of mayonnaise sauce, and a little chopped parsley. Slice the tomatoes and potatoes rather thickly, shell and quarter the eggs lengthways, and cut the macaroni into inch lengths. Wash, drain, and dry the lettuce, and pull it into small bits. Mix the macaroni with the mayonnaise, making a pile in the centre of the salad-bowl. Arrange round it a border of lettuce, then a ring of slices of tomato, then slices of potato; sprinkle with the chopped parsley and arrange the eggs at regular intervals round the dish.

Bean Pie

Ingredients: Half a pound of butter beans, half a pint of white sauce, half an ounce of dripping, and some finely mashed potatoes. Soak the beans for twelve hours, and then boil them in salted water until tender. Drain them, season with pepper, celery, and salt; then add half a pint of white sauce and half an ounce of dripping. Line a piedish with mashed potatoes and put it into the oven until nicely browned; then pour the mixture in, return to a moderately hot oven to reheat, and then serve. This can also be made with breadcrumbs and tomatoes instead of potatoes.

Onions in Suet Paste

Skin and partly boil three large onions in a little water; drain them, reserving the water. Make a suet paste similar to that for boiled apple dumplings. Take the three partly-boiled onions, make a hole in the centre of each, and force in a little minced meat and chopped sage (seasoned). Then make the three onions into dumplings with the paste and bake in a tin with a little dripping or margarine for about three-quarters of an hour, until nicely browned, basting occasionally with the fat. While these are cooking grate or slice finely one large onion, and fry in dripping or margarine till brown. Mix this with the water reserved from the boiled onions, add pepper and salt, and thicken over the fire with cornflour. This makes a delicious gravy, which should be served with the dumplings and a little potato, if desired.

Baked Cauliflowers

A nicer dish could not be desired than this. Parboil a couple of nice cauliflowers, then cut off the outside leaves and stalks. Arrange half the vegetable in a piedish and prepare the following sauce: Blend an ounce of butter with a tablespoonful of flour and half a pint of milk, and add seasonings to taste. Let this boil for a minute or two, then stir in one ounce of grated cheese. Pour half the sauce over the cauliflower in the dish, put in the remainder of the vegetable, and pour in more sauce. Cover the top with grated breadcrumbs and a teaspoonful of grated cheese, place small pieces of butter here and there, and bake in a hot oven till nicely browned.

Durham Cutlets

(Tasty and Economical)

Take four ounces of any cold meat and mince finely, six ounces of flour, one ounce of margarine, one gill of stock, a small onion chopped finely, and a seasoning of salt and pepper. Put stock and butter in a saucepan, stir in flour, and boil; then add meat and seasoning, and leave till cold. Form into cutlets, stick a small piece of macaroni in end, roll in brown breadcrumbs, and fry. These are delicious.

Vegetable Pie with Semolina Crust

Required: Any "left-over" vegetables (the more varieties, the better), one pint of milk, half a pound of semolina, butter, one egg, one teaspoonful of cooked tapioca, and seasoning. Cut the vegetables small and fry them

lightly in the butter; then add a little water. Put in the tapioca and let the whole simmer for a few minutes; then turn into a piedish and cover with a semolina crust, made as follows: Boil the semolina in the milk till thoroughly cooked; beat up the egg and stir in with some salt. Cover the pie with this crust, and dot pieces of butter on top, and cook for about twenty minutes.

Economical Breakfast Dish

TAKE three or four large, ripe tomatoes, one egg, half a teacupful of fine breadcrumbs, one tablespoonful of margarine, and one or two tablespoonfuls of milk. Let the tomatoes stand for a few minutes in boiling water. Remove the skin, melt the butter in a saucepan, add the milk, then the tomatoes. Stir well, and, when boiling, gradually add the breadcrumbs and the beaten-up egg. Heat thoroughly, but do not boil, stirring all the time. Have ready some slices of hot buttered toast, pile the mixture on to it, sprinkle with chopped parsley, cut the toast into squares, and send to table very hot.

Savoury Marrow

REQUIRED: One medium-sized marrow, four heaped tablespoonfuls of chopped cooked meat, one tablespoonful of breadcrumbs, one tablespoonful of boiled rice or mashed potatoes, two tablespoonfuls of chopped onions, two teaspoonfuls of chopped parsley, half a teaspoonful of powdered herbs, one ounce of dripping, browned crumbs, seasoning. Method: Peel the marrow, cut in half lengthways, and scoop out the seeds, put it in boiling salted water for about eight minutes, or until barely half cooked; then lift it out of the water and drain on a clean cloth. Mix the mince next, put the meat, crumbs, rice, herbs, and onion into a basin, mix thoroughly, adding a little gravy or stock to bind stiffly. Then put stuffing into the two halves of the marrow, bind them in position with a tape. Place in a greased tin, add the dripping, and bake for about half an hour, or until the marrow is tender.

A Delicious Pie

HALF a cupful of rice, one cupful of lentils, four cupfuls of water, one ounce of margarine, one onion, two cupfuls of gravy, mashed potatoes, and seasoning. Wash the rice and lentils thoroughly, then put into a saucepan with the water and margarine. Cook for one hour, then add the onion, well chopped and fried previously. Stir in the gravy (or stock) and beat all well together. Add seasoning, turn into a greased pie-dish, and cover with a thickish layer of mashed potatoes. Place in a moderate oven and bake till brown.

Vegetable Mash Sausages

TWO carrots, two onions, two turnips, half a pound of split peas, two tablespoonfuls of fine oatmeal, two tablespoonfuls of sauce, chopped parsley, seasoning, and one teaspoonful of egg-powder. Cook all the vegetables and mash them up together. Add the meat seasoning and egg powder. Have the split peas cooked and ready, and add them along with the parsley and sauce. Allow to cool, roll into sausage shapes, dip in flour, and fry a rich brown.

British Pie

REQUIRED: Four hard-boiled eggs, one onion chopped fine, two large tomatoes cut in slices, one red beetroot cut in slices, three large potatoes cut in slices, and enough mashed potato to cover. Grease a fireproof dish, put in a layer of sliced potato, hard-boiled egg, beetroot, tomato, and a sprinkling of onion and salt and pepper; repeat until the dish is full, pour in about half pint of water, put on a cover of cold potatoes, and bake in a moderate oven thirty minutes.

Breakfast Fritters

SOAK a pint of split peas for twelve hours, tie them in a cloth, and boil for two hours, rub them through a sieve, beat up one egg and melt one ounce of margarine and add to the peas, put into a basin, and steam for one hour, turn out and leave to get cold, then cut into half-inch-thick slices, make a batter with three tablespoonfuls of flour, a pinch of salt, one egg, and a quarter of a pint of milk. Dip the slices one by one in the batter, and fry in boiling fat.

Egg and Ham Jumble

FOUR squares of fried bread, four ounces of cooked ham, two eggs,

seasoning, little chopped parsley, and a little dripping. Pass the ham through a mincer, beat the eggs well, and stir them in with the ham, pepper, salt, and parsley. Make some dripping hot in a small pan, put in the mixture, and shape it with a knife into a flat cake. Directly the egg is set, cut the cake into squares, put each upon a square of fried bread the same size, and serve very hot.

A Good Marrow Dish

CHOOSE a yellow marrow, peel it, and cut out an oval piece so that it can be placed in again. Remove pips and fibre, fill marrow with half a pound of chopped suet, three onions, three carrots, four potatoes, and two handfuls of haricot beans, and a teacupful of bread-crumbs. Mix all together with half a gill of milk or gravy, fill the marrow with this mixture, and replace the piece which was cut out, and tie it up with tape. When nearly cooked, dish up and place in a tin and bake in oven until a golden brown. Baste it often. Make some gravy with a spoonful of flour in the tin, set it over the fire, and then pour it over the marrow. Serve hot.

Savoury Pudding

SOAK in cold water a small stale loaf of bread or pieces of bread left over, and strain. Take an egg well beaten up, and add four ounces Ariston shredded suet, three onions well chopped, and season with pepper, salt, and thyme. If an egg is not available, a couple of tablespoonfuls of flour with any gravy you have will answer the purpose as well. Mix all together, and bake in a well-greased tin for an hour in a moderate oven until it is a nice golden brown.

Split Pea Roly-Poly

INGREDIENTS: One pint of split peas, one pint of stock or water, pepper and salt, one teaspoonful chopped parsley one onion chopped fine, a little minced ham (should you have any by you), one preserved egg. Method: Soak the peas over night, then boil for three hours, pass through a sieve. Mix with the ham, parsley, and onion, using the egg to bind it. Make into a roly-poly, and bake in a moderate oven for one hour.

Rice Batter

BOIL half a pound of rice till cooked, add four or five shallots (minced finely) and two slices of bread (crumbled small). When all is thoroughly cooked, add one ounce of margarine or dripping. Then pour into a well-greased tin and bake till a nice golden colour. Serve either with gravy or with jam or sugar. Small pieces of meat added helps to eke it out.

Rice Rarebit

THIS makes an excellent dish. Boil a small teacupful of rice in water until soft, then strain it. Stir into the rice a quarter of a pound of grated cheese, a small spoonful of made mustard, salt and pepper to taste, a chopped, cooked onion, and a piece of margarine the size of a walnut. Stir with a fork, and allow to simmer for ten minutes. Serve very hot.

Savoury Macaroni

TAKE two large onions, half a pound of macaroni, one ounce of fat, four tablespoonfuls of wholemeal, one pint of milk, one teaspoonful of sage (powdered), half a teaspoonful of salt, pepper to taste, a breakfastcupful of crusts, and one egg. Put the crusts to soak in warm water or milk. Break the macaroni into short pieces, and throw into boiling water. Boil for about half an hour, or until tender. Peel and slice the onions, and fry a light brown, in the lard (or other fat). Grease a pie-dish, put in a layer of onions. Drain the bread crusts, put them in a bowl, add the wholemeal, salt, pepper, and sage; mix well. Add gradually the beaten egg, then the milk (rather less than a pint). Mix well together to form a stiff batter, pour over the macaroni and onions, and bake in a hot oven from three-quarters of an hour to one hour.

Potato Whips

TAKE a small quantity of hot mashed potato with the yolk of an egg added, a tiny bit of cooked onion, pepper and salt, and a pinch of dried herbs. Shape into small, round, flat cakes, cover with egg and breadcrumbs. Drop into boiling Ariston suet, and lift out when golden brown. Drain, and serve with chops or grilled steak.

Macaroni and Carrots

BOIL five or six medium-sized carrots in salted water, remove from pan, keep hot. Put six ounces macaroni, cut in medium-sized pieces, into the boiling liquor with two ounces margarine and two ounces grated cheese. When the macaroni is cooked, drain and place round the dish. Cut the carrots into round, thin slices and heap in centre of dish. Pour the following sauce over all: Put one pint of milk and water in a pan, stir in by degrees one tablespoonful flour, two ounces grated cheese, one ounce of butter, pinch of nutmeg, grated rind of a lemon. Stir over a slow heat until it thickens.

Macaroni Cakes

TAKE three ounces of macaroni, and boil till tender in salted water. Make a thick sauce with one ounce of fat and two tablespoonfuls of flour, using a little of the water the macaroni was boiled in. Cut up the macaroni and add to the sauce, season with pepper, salt, and a little grated rind of lemon; then add two tablespoonfuls of cornflour in a dry form, and mix all thoroughly together. Put out on a plate, and when cold cut in rounds. Breadcrumb, and fry like fishcakes. Serve with tomato or curry sauce.

Cauliflower Salad

INGREDIENTS: Remains of cooked cauliflower, one tablespoonful of chopped parsley, a small raw onion chopped finely, dressing. Method: Pull the cauliflower into neat sprigs, and if there is not sufficient to make a nice dish, add a few slices of potato, carrot, or any vegetable to hand. Arrange in a bowl, and scatter the parsley and onion over it. Add a small handful of mustard and cress in the middle. Pour the dressing over the salad. *Salad Dressing:* One teaspoonful of dry mustard, three teaspoonfuls of sugar, half an ounce of margarine, one teaspoonful of celery salt, the yolks of two eggs, well beaten, one tablespoonful of vinegar. Mix the dry ingredients together first, add the margarine (which should be oiled), then the eggs and vinegar. Place in a saucepan, and heat over the fire till it thickens like custard; but it must not boil.

Pastry Eggs

HERE is a very tasty breakfast dish, which will make a nice change for your home folk. Line some little pastry-tins with a short crust made with a quarter of a pound of flour, half a teaspoonful of baking-powder, and a teacupful of grated cheese. Into this rub two ounces of nut butter, and mix to a dough with water. Put the tins into the oven to bake, putting some crusts of bread in the centre to keep the space in the centre from rising up. Then—for four people—beat up two eggs with a little milk, add pepper, salt, and half a teacupful of milk. Pour this into four teacups greased with a little nut butter. Stand the teacups in a saucepan of boiling water, and cook till set. Then take out the pastry cases and remove the crusts, slip a knife round the poached eggs, and put one into each pastry case. Make a little white sauce with grated cheese, milk, and cornflour (it must be stiff). Pour a little over each egg in the pastry case. Put in the oven to get very hot, and sprinkle the top with chopped parsley. These can be eaten hot or cold.

Spinach and Egg Salad

WASH and dry thoroughly a pint of young spinach leaves. Mix these with about half a dozen spring onions which have been previously chopped small. Add a few drops of vinegar to one tablespoonful of the best olive oil, season with salt and pepper, pour it over the spinach and mix well. Put it into a salad-bowl, and arrange on the top two hard-boiled eggs which have been cut into slices.

Cauliflower and Macaroni

INGREDIENTS: One medium-sized cauliflower, two ounces of macaroni, two heaped tablespoonfuls of grated cheese, half a pint of white sauce, two ounces of breadcrumbs, and one ounce of margarine. Method: Put the cauliflower into fast-boiling, salted water, and boil gently till tender, keeping the saucepan uncovered. Take up carefully and drain. Break the macaroni into short pieces, throw into boiling water, and boil until tender. Strain into a colander, and hold under the cold-water tap a moment, then drain again. Well grease a pie-dish, and put first a layer of cauliflower, then one of macaroni, and then a sprinkling of cheese, till all the cauliflower and macaroni is used. Mix half the cheese that may be left over with the sauce, and the rest with the breadcrumbs. Pour the sauce over the cauliflower, cover with the mixed breadcrumbs and



The nourishment that Children need

is provided in a most economical form in puddings and pies made with Ariston Beef Suet. Manufactured from the purest animal fat (the most valuable of foods) "Ariston" is free from skin and all impurities found in ordinary butcher's suet. Further, 1 lb. of "Ariston" goes nearly as far as 2 lbs. of butcher's suet, whilst costing only a little more than one. Sold in two forms—Blocks for frying or basting, Shredded for puddings, etc.

ARISTON



REFINED
BEEF SUET

Ask your Grocer for "Ariston"—the red, green, and blue packet.

If any difficulty in obtaining send postcard to

WILES & LEWIS Ltd., St. Albans, mentioning the name of your Grocer.

The firm with over a century's experience in fat melting and refining.

Packed in ½-lb. and 1-lb. Cartons.

Sample Sizes:
Block, **2d.** Shredded, **3d.**

NO CHOPPING REQUIRED



cheese, put a few bits of margarine over the top, and bake until nicely browned.

Onions and Scalloped Eggs

TAKE one d ied egg and one tablespoonful of milk for each person, two Spanish onions, salt and pepper, and dripping. Peel and slice the onions, and fry them in a little dripping. Put a portion into saucers. Beat the eggs and milk together, seasoning them. Pour into each saucer enough of the custard to cover the onions. Bake in a moderate oven till the custard sets. *Onion and Cheese Omelette.*—Cut some Spanish onions up rather small, cook them in salted water. When done, put in a pie-dish, spread with grated cheese, sprinkle with salt and pepper, and then a few breadcrumbs. Brown in the oven.

Curried Bananas

SOAK one teacupful of desiccated cocoanut in one teacupful of milk for an hour, peel and cut into cubes six bananas, fry in a little margarine, sprinkle with curry powder, and remove to a hot plate. Put the soaked coconut and any milk that has not been absorbed into the frying-pan, add a dash of cayenne and anchovy sauce, also a teaspoonful of meat sauce, and mix well. Beat an egg, stir into the sauce, lay the curried bananas in the pan, and cook until thoroughly hot. Serve with boiled rice and chutney.

Tomato Pancakes

THREE or four tomatoes, one egg, four tablespoonfuls of flour, a quarter of a pint of water, one cupful of grated cheese, salt and pepper, a little tomato sauce, and chopped parsley. Make a batter with the flour, egg, and water, add the tomatoes, which must be peeled and pulped with a fork. Add salt and pepper, and beat the mixture well. Heat some fat in a frying-pan, pour in a small cupful of mixture, frying it until brown on each side. Put a spoonful of hot tomato sauce in centre of each pancake and fold over.

Tomatoes with Curried Rice

TAKE three ounces of rice, five large tomatoes, stock, curry powder, seasonings, and one ounce of margarine. Wash the rice and cook it in the stock. Cut the tomatoes in half, place in a greased baking-tin, sprinkle with pepper and salt, and bake in the oven until soft. Drain the rice well, melt the margarine in a saucepan, add a clove of garlic, cut in two, and toss this over the fire for a few minutes to extract the flavour, then remove it. Add pepper and salt and a teaspoonful of curry powder to the margarine, cook for a minute, add a pinch of sugar and a tablespoonful of vinegar, then toss the rice in this. Make a nicely shaped layer of the rice over a hot dish, and place the tomatoes on the top.

Tomato Jelly

FRY one teaspoonful of chopped onion slightly in half an ounce of melted margarine, add half a pound of tomatoes, and cook gently till they are pulpy. Season to taste with salt, pepper, and mace. Rub the mixture through a sieve, and add to it four leaves of gelatine which have been previously dissolved in a little water. Pour the mixture on to a plate, a quarter of an inch in depth, allow to get cold and set, then cut into rounds with a cutter, place these on a dish, and garnish with mustard and cress.

Macaroni Salad

INGREDIENTS: A quarter of a pound of macaroni, one small beetroot, one large lettuce, and one tablespoonful of grated onion. Method: Cook the macaroni in the usual way, adding the onion. Drain and leave till cold. Line a salad-bowl with crisp lettuce-leaves, pile the macaroni in the centre, and garnish with chopped beetroot. Pour a good salad-dressing over the macaroni and lettuce.

Winter Salad

REQUIRED: Celery, a beetroot (boiled), endive, mustard and cress, and two hard-boiled eggs. Method: Well wash the celery and shred it into thin pieces. Cleanse the endive and mustard and cress free from grit, and arrange these high in the centre of a salad-bowl. Garnish with slices of beetroot and hard-boiled egg. *The Dressing.* One teaspoonful of mixed mustard, one teaspoonful of castor sugar, two tablespoonfuls of salad oil, four tablespoonfuls of milk, two tablespoonfuls of vinegar, cayenne and salt to taste. Mix together

the sugar and mustard, add the oil very gradually, and then the milk and vinegar, and seasoning to taste. Add to salad just before serving.

Lentils and Eggs

COOK half a pound of lentils, drain, and rub them through a sieve, then season with pepper and salt. Pour into a shallow dish, and make spaces, and into each space drop a raw egg carefully. Sprinkle a few broken breadcrumbs over each egg, and place a small piece of dripping on each. Bake in a moderate oven for about ten minutes.

Dressed Broccoli and Macaroni

TAKE one medium-sized broccoli, two ounces of grated cheese, two ounces of macaroni, and one ounce of margarine. Put the broccoli into boiling water (salted), and boil till tender. Take out carefully, and drain. Break and boil the macaroni till tender, then strain. Well grease a pie-dish, and put a layer of broccoli, a layer of macaroni, and a sifting of cheese till all is used. Make a white sauce and pour over, putting a few pieces of margarine on top. Bake till brown.

Macaroni and Mushrooms

COOK a quarter of a pound of macaroni. Cut half a cupful of mushrooms in small pieces, and fry them. Make a sauce with one pint of milk, four tablespoonfuls of cornflour, and salt and pepper to taste. Stir well over gentle heat till thick, then add the macaroni and mushrooms, pour into an earthenware dish, and sprinkle with grated cheese. Put into a hot oven and brown nicely.

Picnic Egg Rolls

FOUR eggs, four bread rolls, one teaspoonful of parsley, one breakfastcupful each of cold mashed potatoes and brown breadcrumbs. Boil the eggs quite hard, shell them, and put aside to cool; mix the mashed potatoes, breadcrumbs, and parsley well together, season the mixture, and cover each egg with it. Shape nicely, brush over with milk, roll in breadcrumbs, and fry to a golden brown in boiling fat. Cut into thin slices and place between bread rolls.

Bacon and Roe on Toast

CUT some thin slices of fat bacon, spread them with chutney and mixed capers, then lay on each rasher a well-washed bloater-roe. Season, roll them up, skewer them, and fry. Lay them on squares of toast and pour hot fat over them.

Aberdeen Roll

MINCE very finely two pounds of raw bacon, add two cupfuls of breadcrumbs, pepper and salt, and a little nutmeg. Beat up two eggs and mix the ingredients together, shape into the form of a roly-poly, tie in a greased cloth, and boil for three hours. Press between two dishes with a weight on top. When cold, take out of the cloth and glaze it.

Poached Eggs on Oatmeal Croutons

PUT four ounces of coarse oatmeal into a little less than half a pint of salted water (boiling), and a finely-minced shallot. Cook slowly for half an hour, stirring frequently. Break into it a whole egg and a pinch of white pepper. Turn on to a floured board, roll out, cut into as many squares as required. Fry brown on both sides, placing a poached egg on each.

Economy Rissoles

WHEN there is any cold porridge left over, it can be used with excellent results in the making of these rissoles. Mix with the oatmeal an equal quantity of dry boiled rice, some minced boiled bacon, corned beef, or any scraps of cold meat, a pinch or two of herbs, a little finely-chopped onion, and pepper and salt. Form into rissoles, and fry in dripping.

Oatmeal Sausages

CHOP finely one pound of beef suet, mix it with three-quarters of a pound of oatmeal, a dessertspoonful of salt, a teaspoonful of pepper, and one onion (chopped). Get some skins from the butcher, wash them well, and cut into sausage lengths. Fill with the mixture—not too full, or the sausages will break while cooking. Tie the ends securely, prick with a darning-needle, and fry like ordinary sausages.

Oatmeal Shape and Cheese Sauce

ONE cupful of coarse oatmeal, one pint of milk, half a teaspoonful of salt, one beaten egg. Bring the milk to the boil, add the salt, and sift in the oatmeal. Stir with a wooden spoon, and boil for forty-five minutes. Just before removing from the fire, stir in a well-beaten egg. Serve with a thick layer of grated cheese over the top, or with a cheese sauce. If the latter is used, the egg need not be added to the meal.

Bacon, Macaroni, and Tomatoes

TAKE half a pound of bacon, half a pound of macaroni, six tomatoes, grated cheese, margarine, pepper and salt. Boil the macaroni in salted water till tender, then drain and cut in short lengths; fill a greased baking-dish with alternate layers of macaroni and tomatoes, flouring each layer with grated cheese, pepper and salt, and putting small pieces of margarine between them; cover the top with fine breadcrumbs and bacon cut in dice, bake in a moderate oven, and serve hot.

Eggs Stuffed with Sardines

FIVE hard-boiled eggs, two ounces of margarine, one dessertspoonful of sardine paste or some mashed sardines, a few drops of vinegar, cayenne pepper, salad, and small biscuits. Cut the eggs in halves across, remove the yolks, and cut a small piece off the whites, so that the pieces stand like little cups. Put the yolks into a basin with the margarine, sardine paste, and seasoning, pound well, and then rub through a sieve. Spread the biscuits with some of the mixture, and fill up the egg-cups with the remainder, piling it high in the centre. Serve cold with a salad.

Anchovy Cutlets

TWO tablespoonfuls of anchovy sauce, the same of breadcrumbs and finely-chopped parsley, three hard-boiled eggs (well chopped up), a little lemon-juice, cayenne to taste, if liked, two ounces of margarine, two ounces of flour, half a teacupful of milk. Melt the margarine in a saucepan, add the flour and milk, stir over the gas for a few minutes, then add dry ingredients. Spread on a plate and shape into cutlets, egg and breadcrumb them, and fry in boiling fat.

Curried Apples and Chestnuts

HALF a pound each of green apples and chestnuts, one large onion, one carrot, and half an ounce of curry-powder. Boil the chestnuts until soft, chop into small pieces, and put them into a saucepan with one pint of water. Slice the carrot, onion, and apples very thinly, fry to a golden brown with curry-powder in a little butter. Take a little of the water the chestnuts are standing in and add it to the vegetables; boil for five minutes, then pour on to the chestnuts. Simmer for two hours. Serve very hot with thin bread and butter.

Fishballs and Bacon

THIS is a delicious supper dish. One cupful of flaked fish, half a cupful of boiled rice and mashed potatoes, one tablespoonful of chopped parsley, one egg, and two or three rashers of bacon. Mix the mashed potatoes and cold boiled rice well together, add the flaked fish and chopped parsley, and moisten all with the well-beaten egg. Season with salt and pepper, and shape into balls the size of an egg. Fry in a pan of deep boiling fat until a golden brown. Roll the bacon rashers into small tubes, fasten with thread, and fry until well cooked. Arrange the balls on a hot dish, surround with the bacon rolls—after removing the thread—and garnish with parsley.

Mock Soles

MIX a quarter of a pound of ground rice and a pinch of salt with half a pint of milk, and boil (stirring) until it becomes a thick paste. Roll out on a pastry board, sprinkle with rice, until it is about an inch thick. Cut into shapes, and fry until browned.

COLD MEAT COOKERY



Bacon Patties

TAKE equal quantities of bacon, apple, and onion, and a little cheese. Cut the bacon, cheese, apple, and onion into very small pieces, mix together, and add salt and pepper to taste. Put the mixture into small patty-tins lined with paste, then cover with paste. Place them in the oven and bake until a nice brown. These are delicious.

Tongue and Pickled Peaches

PLACE a potted tongue in a basin closely covered, and steam until hot through. Then cut into slices and dish up. Take three pickled peaches, cut up, and heat them, place in the centre of the dish, and pour over the whole a piquant sauce. Piquant Sauce: One dessertspoonful of lemon juice, one dessertspoonful of mushroom catsup, one dessertspoonful of savoury sauce, a little sugar, a pinch of salt and cayenne. Boil all together.

Ham Shape

INGREDIENTS: Half a pound of cooked ham, one onion, one teaspoonful of mixed mustard, two ounces of boiled rice, seasoning to taste, one dessertspoonful chopped parsley, and one dried egg. Method: Mince the ham finely, chop the onion, and mix both ingredients with the rice, parsley and seasoning. Soak the egg as directed, beat well, and add a little rice-water. Press into a greased mould, and bake for three-quarters of an hour in a gentle oven.

Minced Ham

MINCE some cold boiled ham very finely with an onion, and put it into a pie-dish with an equal quantity of bread-crumbs and a dash of cayenne. Let it get thoroughly hot, then spread on toast and serve at once.

Macaroni and Carrots

BOIL five or six medium-sized carrots in salted water, remove from pan, keep hot. Put six ounces of macaroni, cut in medium-sized pieces, into the boiling liquor, with two ounces of margarine and two ounces of grated cheese. When the macaroni is cooked, drain, and place round the dish. Cut the carrots into round, thin slices, and heap in centre of dish. Pour the following sauce over all: Put a pint of milk-and-water in a pan, stir in by degrees one tablespoonful of flour, two ounces of grated cheese, a quarter of a pound of margarine, a pinch of nutmeg, the grated rind of a lemon. Stir over a slow heat till it thickens.

A Delicious Bacon Pie

TAKE half a pound of rather fat bacon, three onions, one and a half pounds of potatoes. Boil the bacon and cut it in slices, boil the onions and chop them, and cook the potatoes in as much of the bacon-water as will just cover them. When potatoes are done, mash them well and grease a baking-dish; put in a layer of potatoes, then a layer of onions, then bacon, and see that the top layer is of potatoes. Dot with bits of dripping, and bake in a moderate oven. This makes a very nutritious dinner.

Tomatoes and Peas

SIX large tomatoes, one pound of cooked peas, six ounces of cold ham, one tablespoonful of fried breadcrumbs, one tablespoonful of grated cheese, one tablespoonful of margarine, and one dessertspoonful of minced onion. Wash and dry the tomatoes, cut a circular round off the top of each, scoop out the inside, and mix with the peas, ham,

breadcrumbs, and onion, season highly with pepper, salt, and a tiny grate of nutmeg. Put a nut of margarine into each tomato, sprinkle with salt. Fill with the mixture, dust tops of each with grated cheese. Place on a greased baking-tin, and bake about twenty minutes in moderate oven.

Bacon and Macaroni

BOIL two ounces of macaroni, cut into short lengths, in a pint of stock till it is soft, but not sloppy, or until the liquid is all absorbed. Add an equal quantity of boiled or fried bacon cut into small pieces, keep the mixture in a pan over the fire till it is quite hot, then serve at once.

Baked Tomato Pudding

INGREDIENTS: One pound of ripe tomatoes, three-quarters of a pound of breadcrumbs, one large onion, one tablespoonful of chopped parsley, one teaspoonful of mixed herbs, pepper, salt, one teaspoonful of meat extract, two eggs, and one ounce of chopped ham. Method: Peel the tomatoes and mash them to a pulp, mix them with the breadcrumbs, chop the onion, herbs, and ham finely, and stir into the tomatoes and crumbs. Season with pepper and salt, beat the eggs, and add them with the meat extract, dissolved in a little hot water, to the other ingredients. Thoroughly mix, and bake for three-quarters of an hour.

Rice and Bacon Roast

SIX ounces of rice, six ounces of bacon cut into dice, six ounces of cooked and mashed potato, three-quarters of an ounce of flour, a small chopped onion, a little chopped parsley, half a gill of stock, three gills of water, pepper and salt to taste. Wash the rice and put it into a tin with three gills of water. Cover the tin and set it in a saucepan containing sufficient boiling water to come half-way up the sides of the tin. Cover the saucepan, and steam for thirty to forty minutes until the rice is quite soft and the water absorbed. Mix the rice, bacon, potato, parsley, flour, and stock thoroughly together. Season with pepper and salt. Form into a roll, and place into a deep tin or a bread-tin. Bake in a moderate oven for thirty or forty minutes. Serve hot with apple sauce and gravy

Stuffed Rolls

A DOZEN finger-shaped rolls, a quarter of a pound of cooked veal or chicken, two ounces of cooked ham or bacon, one ounce of margarine, half an ounce of flour, a gill of milk or stock, salt and pepper, and a little cress. Chop the veal and ham finely, melt the margarine in a saucepan, stir in the flour, add the milk and stir it over the fire until it boils and thickens, then add the veal and ham and a tablespoonful of cress. Season the mixture well, and leave it until cold. Split the rolls in halves lengthways, spread a good layer of the mixture on one half, lay the other half on the top, pressing them well together. Pile them on a dish, and garnish with fresh parsley.

Ham Pastry

INGREDIENTS: Six ounces of cooked ham, half a cupful of breadcrumbs, seasoning, a little milk, one hard-boiled egg, short or flaked pastry. Mix the ham, finely chopped, with the breadcrumbs and seasoning; work into a paste with a little milk, and with this mixture fill a well-greased pie-dish lined with pastry. Bake in a hot oven till the pastry is a golden brown; take out and sprinkle over the top the white and yolk of the egg, chopped separately—the yolk should be in the centre—put back in the oven for a few minutes, with a piece of greased paper over the top; then lift out of the dish and serve.

Haricot Beans with Fried Ham

TAKE half a pint of haricot beans, half a pound of ham, one pint of stock or water, one large Spanish onion, salt and pepper to taste, one ounce of butter, dripping, or margarine, and two teaspoonfuls of chopped parsley. Soak the beans overnight, put them in a saucepan with the stock or water and butter, and cook until tender. They should absorb the liquid. Cut the ham into small, neat pieces, heat a frying-pan, and fry the ham until the fat is slightly browned, then keep hot. Slice the onion thinly, and fry it in the dripping from the ham. Add the parsley, pepper, and salt to the cooked beans, but omit the salt if the ham is salty. Arrange the ham on a hot dish with the beans round, and the onion in a line down the centre.

Marrow Turnovers

ONE small vegetable marrow, one large tomato, a tablespoonful of chopped onion, two ounces of chopped ham; parsley, salt, pepper, and a few breadcrumbs. Make some short crust, cut into pieces about four inches long and five wide. Boil the marrow until tender and drain as dry as possible, then mash it up with salt and pepper. Skin the tomato, parboil, then mash and add to the marrow, together with the onion, ham, parsley (very finely chopped), and sufficient breadcrumbs to make a fairly firm mass. Put a large tablespoonful on each piece of pastry, fold over, brush with white of egg or milk, and bake in a quick oven.

Rice and Sausage Pie

REQUIRED: Half a pound of cooked rice, half a pound of fried sausages, one ounce of chopped onion, half a teaspoonful of powdered sage, one gill of thickened gravy, two tablespoonfuls of browned crumbs, seasoning to taste. Drain the rice, and mix with it the chopped onion and a little seasoning. Well grease a pie-dish with fat from the fried sausages. Spread in it a good layer of rice; on this lay some sausage, cut in thickish rounds. Dust over a little seasoning and some of the sage. Repeat until dish is full. Last layer should be of rice. About three parts fill the dish with gravy. Dust crumbs over the top, and bake for twenty minutes.

Macaroni and Ham Mould

INGREDIENTS: Quarter of a pound of macaroni, quarter of a pound of cooked ham, two tomatoes, a small piece of cucumber, one ounce of gelatine, pepper, salt, and cayenne. Method: Break the macaroni into inch lengths, and throw into boiling salted water. Cook until quite tender. Strain thoroughly, and set aside to get quite cold. Mince or chop finely the ham, and mix with the macaroni, adding salt, pepper, and a pinch of cayenne. Skin the tomatoes, and slice the cucumber very finely. Pound the tomatoes to a pulp, and add to the mixture, together with the gelatine. Put into an enamel saucepan, and heat just sufficiently to melt the gelatine. Prepare a large mould by rinsing well in cold water. Lay some cucumber rings in the bottom, pour in the mixture, and allow to stand twelve hours. Serve with lettuce and cucumber.

Ham, Macaroni, and Tomatoes

TAKE half a pound of ham, half a pound of macaroni, six tomatoes, grated cheese, butter, pepper and salt. Boil the macaroni in salted water till tender, then drain and cut in short lengths. Fill a buttered baking-dish with alternate layers of macaroni and tomatoes, flavouring each layer with grated cheese, pepper and salt; cover the top with fine breadcrumbs and ham cut in dice. Bake in a moderate oven, and serve hot.

Coated Eggs

THIS is a novel and appetising way of serving eggs: Hard boil the number of eggs desired, remove the shells, and dip each egg in flour. Now put a thin layer of sausage meat over each egg, entirely covering the latter (the flour will make the meat adhere). Brush each egg lightly with beaten egg, and roll quickly in a dish of fine breadcrumbs. Fry in deep boiling fat until a golden brown. Drain thoroughly, then cut each one in half, and place on a hot dish, garnished with a little fresh or fried parsley. If the halves will not stand firmly, slice just a little from the bottom of each.

Stuffed Marrow

REMOVE the skin from a medium-sized vegetable marrow, cut it in two portions lengthwise, remove pith and seeds. Place one pound of pork sausage meat, a breakfastcupful of breadcrumbs, a teaspoonful of mixed herbs, and four peeled and pounded tomatoes, in a large basin; well mix and knead into a mass, place on a floured board, and roll out like a breakfast sausage. Place the sausage in the cavity of the marrow, fit the other section over, and tie at centre and both ends with a piece of tape. Cover with greased paper, and place in a baking-tin with a teacupful of stock. Put in a quick oven, and bake one hour and twenty minutes. Thicken gravy with cornflour, place the marrow on a large dish, remove tapes, then pour over the gravy. Serve very hot with baked potatoes.

Sausage Pancakes

PUT into a frying-pan a little lard. When boiling, pour in sufficient batter to form a pancake. Do not turn it, but when quite set lift it out, and place at one end a sausage that has been already boiled; roll it up in the pancake, and place on a dish. Continue until you have as many rolls as required. If they are to be made hot, put a piece of margarine on the top of each roll, and place in the oven for twenty minutes.

Pork and Rice Curry

TAKE the remains of the joint of cold pork, cut it up in slices and place in an enamelled pie-dish, adding half a pint of stock or water; cut up a nice-sized onion and put into this; place in the oven. Boil quickly two ounces of rice in a pint of water till soft, and pour this into the dish with the pork and onion. Mix half a teaspoonful, or more, of curry-powder with water to a paste, and add this just before sending to table, adding a little salt and pepper, and giving a final boil up.

Pork Cutlets and Apple Sauce

THIS is a delicious way of redressing cold pork. Cut the meat into neat slices about a quarter of an inch thick. Prepare a teacupful of breadcrumbs and season them with onion, and salt and pepper to taste. Partially dissolve, but do not oil, a piece of butter. Draw the slices of pork through this, and cover with breadcrumbs. Fry in a pan of boiling fat until a golden brown. Pile in a mountain on a dish some hot apple sauce. Arrange the cutlets neatly around this, garnish with parsley, and serve.

APPLE SAUCE.—Stew until tender one pound of apples or more, according to the requirements of the family. When cooked enough, beat them to a pulp, and add a piece of butter and a little sugar.

A Delicious Savoury Pudding with Oatmeal

BOIL half a pound of pig's fry for about an hour. Then chop up the fry, and chop up with it two ounces of suet. Put into a basin, and add one teacupful of medium oatmeal, one large onion (chopped finely), half a teaspoonful of salt, a little pepper, and half a teaspoonful of dried sage. Now moisten it with the liquor the fry was boiled in, put it into a greased basin, cover with a greased paper, and steam for one hour and a half. Make a nice brown gravy with some of the stock, thicken with cornflour or household flour, and brown with a fried onion. Turn out the pudding, pour gravy over.

Pork Dumplings

INGREDIENTS (for crust): Quarter of a pound of suet, half a pound of flour, a pinch of salt, and a little water for mixing. Method: Cut into pieces one pound of streaky pork, two onions (chopped finely), pepper and salt. Roll out suet crust, place pork and onions in the middle, sprinkle pepper and salt over pork. Roll all together, place in a linen cloth, and boil for two and a half hours. Serve hot with potatoes.

Braised Cabbage Rolls

TAKE half a pound of lean beef, quarter of a pound of raw bacon, three ounces of breadcrumbs, one egg, three-quarters of a pint of stock, salt, pepper, three young cabbages, one ounce of butter, one carrot, one turnip, one onion, three tablespoonfuls of brown sauce. Mince the meat, put in a basin and add breadcrumbs. Beat up the egg, add one half gill of stock, pour into the other ingredients, and mix well. Season, and form into short, thick rolls. Wash and boil the cabbages for five minutes. Take them up and drain. Divide them, and select the best leaves. Enclose the prepared rolls in cabbage leaves, and tie them with string. Heat the butter in an earthenware stewing-pan, and fry the carrot, turnip, and onion (sliced) a golden brown colour. Add the remainder of stock, and boil it up. Put in the cabbage rolls, resting them on the top of the bed of vegetables, cover with a piece of buttered paper. Simmer gently for half an hour, basting the rolls occasionally with the stock. Take them up, remove the string, pile the rolls up on a hot dish, and keep warm. Remove fat from the stock in stewing-pan, add brown sauce, and boil for five minutes. Season with salt and pepper, and pour sauce over and around the cabbage rolls.

French Roll

FOUR ounces of bacon, eight ounces of potatoes, eight ounces of cooked

rice, salt and pepper, one egg, twelve ounces of liver, four ounces of kidney, a little brown sauce, vegetable salad. Mince the bacon, which should be raw, stew gently the liver and kidney until tender. Drain them and mince again with the bacon; boil and mash the potatoes; cook the rice in salted boiling water; add the rice and potatoes to the liver, etc., with salt and pepper to taste. Beat up an egg and add it. Mix thoroughly together, adding the sauce to flavour; when quite cold, coat it thickly with fine crumbs. Place on a greased tin, bake in a fairly hot oven for about fifty minutes till firm and brown. Serve cold with vegetable salad.

Ham and Rice Salad

REQUIRED: Half a pound of boiled rice, a quarter of a pound of cooked ham, corned beef, or chicken and tongue, one tablespoonful of grated onion, one small beetroot, about two inches of cucumber, a lettuce, about a teaspoonful of any creamy dressing, one tablespoonful of parsley, and seasoning to taste. Method: Mix the rice, which must be well drained, with the chopped ham, onion, seasoning, and sufficient dressing to make it a creamy mass. Pile this mixture in the centre of the prepared lettuce, garnish with sliced beetroot and cucumber and a hard-boiled egg, and dust with the parsley.

Savoury Roast Heart

ONE sheep's heart, one ounce of breadcrumbs, one teaspoonful of sage, salt and pepper to taste, one large onion, and two ounces of dripping. Remove the pipe and all blood from the heart, wash thoroughly, and wipe dry. Boil the onion and chop finely, add the crumbs, sage, and seasoning, and mix well together, and fill the heart with it. Have the heart well fastened, and place in a tin with the dripping. Bake for an hour, basting constantly.

Potato Omelettes

MELT in a stewpan an ounce and a half of margarine, add to it by degrees two pounds of cooked mashed potatoes, stirring well, then the yolks of two eggs, and one tablespoonful of milk; stir till quite smooth. Leave it to become cold, lay it on a floured board, and knead into it a little flour. Roll out three-quarters of an inch thick, and cut into small squares. Have ready about six ounces of cooked meat of any kind, very finely minced, and flavoured with pepper and salt. Mix with the minced meat two tablespoonfuls of warm sauce, and place a tablespoonful on each square of potato pastry; roll into neat rounds or fingers, cover with egg and breadcrumbs, and fry in absolutely boiling fat, and serve with thick brown gravy. Sausages are very nice in place of minced meat.

Mushroom Cutlets

A LITTLE cold meat, one ounce of margarine, one ounce of flour, a few drops of lemon-juice, one egg, one tablespoonful of minced mushrooms, one dessertspoonful of minced ham, one and a half ounces of breadcrumbs and seasoning. Mince the meat (any kind) with the mushroom and cooked ham; melt the margarine in the saucepan, blend in the flour, and stir till quite smooth. Add about a gill of stock or water, and boil for two or three minutes. Stir in the meat, season, and flavour with lemon-juice. Turn on to a plate to cool. When cold, divide and shape into cutlets. A few breadcrumbs may be added if the mixture is too moist. Brush over with egg, roll in breadcrumbs, and fry a golden brown. Serve cold with mixed salad, or garnish with parsley and dices of beetroot.

Picnic Dumplings

BAKE one dozen potatoes in the oven, and, when cooked, cut a hole in the top of each as large as a half-crown. Through this remove, with a small spoon, all the potato, leaving only the rind. While the potatoes are cooking, make a mixture of ham or any cold meat; add parsley, breadcrumbs, and lemon-peel thoroughly mixed with pepper and salt. Fill the potato-rinds with this mixture, moistening with any good brown gravy which you may have by you. Stand potatoes upright, so that the gravy will not run out. Put them in the oven for twenty minutes, then let them get cold. They are very delicious.

Artichoke Cutlets

WELL boil as many artichokes as are needed, mash and make them into a mould. Take some lamb, mutton, or

pork; mince finely and well season. Mix with a beaten egg, roll in flour, dip in milk, and then in browned crumbs. Form into cutlet shape, finish with a tiny strip of macaroni, fry in boiling fat, and serve with the mould of artichokes.

Cabbage With Forcemeat

A LARGE cabbage, a slice of bacon, a sprig of thyme, two carrots, one bayleaf, some stock, pepper and salt, minced meat or forcemeat. Take off the outer leaves and cut off the stalk of a fine cabbage, and scald it in hot water for ten minutes. Make a hole in the middle, by the side of the stalk, and fill it, and between each leaf, with minced beef or mutton, highly seasoned, or with some sausage forcemeat. Bind it round neatly, and stand it in a stewpan with some stock, a slice of bacon, a sprig of thyme, the bayleaf, and two carrots. Let all stew gently, and, when done, place the cabbage on a dish, untie the string, and pour the strained gravy round it. Garnish with carrots, and serve it up very hot.

Veal Rissoles

PUT into a saucepan a lump of fat, add some grated onion, and fry till brown. Add some minced veal, beat thoroughly, and put to cool. Add some breadcrumbs, a teaspoonful of egg-powder, pepper and salt, and one tablespoonful of water. Form into rissoles, and fry for five to ten minutes.

Potato Puffs

MASH some cold potatoes, adding one egg to bind together. Roll the mixture out and cut into rounds four inches across and half an inch thick. Place on each some cold meat (minced), or cold fish (seasoned), and a small piece of dripping. Fold over, or place another layer of potato on top, flour both sides, and fry in boiling fat to a golden brown. Drain, place on a dish, sprinkle a little chopped parsley over, and serve.

Delmonico Potatoes

CUT four cold boiled potatoes into dice, and put in a pie-dish. Make a sauce with half a teaspoonful of flour, a cup of milk, and half a tablespoonful of butter seasoned with salt and pepper, boil this for five minutes, then pour it over the potatoes. Strew over the top a heaped-up tablespoonful of breadcrumbs, and finish with two tablespoonfuls of grated cheese. Bake for twenty minutes.

Cornish Pasties

TAKE one cold potato, two ounces of cooked meat, one cooked onion, seasoning, one meat cube, and some short crust. Mash the potato and onion, add chopped meat, salt and pepper, and water in which the meat extract cube has been dissolved. Roll pastry into a square and cut into eight rounds. Place a little of the mixture in the centre of each round, damp edges, fold over and twist with finger and thumb. Bake twenty minutes.

Cheese Sandwiches

CHOP three ounces of cheese finely, put it in a basin with two ounces of margarine, a pinch of salt, and a little made mustard. Pound till quite smooth, then spread between thin slices of bread-and-butter.

Stuffed Lettuces

REQUIRED: Two fair-sized lettuces, two cupfuls of breadcrumbs, one small egg, four ounces of cold meat, half an ounce of margarine, salt and pepper. Method: Chop the meat finely, mix it with the breadcrumbs and seasoning, and bind together with the egg. Put the lettuces into boiling water, and let them boil for five minutes. Take them out, strain well, and cut through down the centre. Fill with the mixture and tie up firmly. Cook very gently in stock for two hours, and just before serving add the margarine.

INVALID  DISHES

Invalid Cake

HERE is a nice light cake made with cornflour: Half a pound of cornflour, six ounces of sugar (castor), four ounces of butter, two eggs, one teaspoonful of baking-powder. Wash butter well in cold water, working it with the hand. After taking it from the water sqeeze it well, put in a basin and beat it to a cream, add sugar, and beat it till it is white. Then sift in the flour through a fine sieve, give a slight stir, add eggs, well beaten over hot water, last of all add baking-powder. This can either be baked in well-greased patty-pans or one large tin. Just fill tin half full, as it rises so much. Bake in a quick oven twenty minutes. It may be flavoured with a little vanilla, but for delicate stomachs is better plain.

An Invalid's Dish

INGREDIENTS: Two eggs, half a pint of white sauce, salt and pepper. Method: Make the white sauce and pour it into a soup-plate. Over it break the eggs, taking care not to injure the yolks. Sprinkle them with salt and pepper. Stand the soup-plate over a pan of fast-boiling water, and cover with another plate. Keep the water boiling for about fifteen minutes; the eggs should then be done and ready for serving. Garnish with parsley or a cut lemon. For the sauce use one ounce of margarine, one ounce of flour, and half a pint of fresh milk.

Chicken Soup

CUT a fowl into small pieces, remove skin, and put joints into a bowl; cover with boiling water and allow to stand for five or ten minutes. Remove joints from water and wash in cold water. Place in a stewpan, add half a teaspoonful of salt, six peppercorns, a blade of mace, a little lemon-rind, and a few sweet herbs. Bring to boil, skim carefully, and then simmer gently for two hours. Then strain, allow to cool a little, and remove fat, if any. Take white meat from breast, etc., pound very finely, rub through hair sieve, and mix with yolk of an egg and a large cupful of milk. Return to saucepan, pour over the stock, and stir over fire until warmed up. Serve with dry toast.

Arrowroot Blancmange

BRING to boil half a pint of milk, to which has been added six sweet almonds blanched and beaten. Add sugar to taste, and strain milk. Mix smoothly half a teacupful of arrowroot with a little milk, and then by degrees pour the boiling milk upon it, keeping stirred all the time. Put the whole into a pan, and boil for a few minutes, still stirring. Dip a shape in cold water, and pour in the arrowroot. When cold and stiff, turn out. This is a cool, light pudding, and specially nice for an invalid.

Stewed Tripe with Rice

CUT the tripe into pieces two inches long and one inch broad, rinse well, and place in a saucepan with a small onion cut finely. Cover well with milk or stock. Wash about one ounce of best rice, add to the tripe, season with pepper and salt. Simmer for one hour; it must not boil or it will curdle. Serve with a finger of toast.

Savoury Custard

MINCE any cold meat or ham, add a good seasoning of chopped parsley, and line small cups or moulds, previously greased with the mixture. Beat up one egg and add a cupful of milk, a dessertspoonful of cornflour, and seasoning of salt and pepper. Fill up the moulds with this and steam for one hour.

A Nourishing Invalid Tart

PARE and slice one pound of apples, put on to stew with a tablespoonful

of sugar and a little nutmeg. When ready, turn into a pie-dish and smooth the top. Slice a small sponge-cake and put it on the top of the apples. Put a teacupful of milk on to boil, and pour it on the yolks of two eggs and one dessertspoonful of sugar, which have been well mixed. When all is mixed, return the whole to the saucepan, stir till it thickens, and pour over the sponge-cake. Now beat the whites of eggs very stiffly, add to them a tablespoonful of sugar, spread over the custard, and brown.

Chicken Cream for Invalids

TAKE a nice tender chicken and boil it gently in a cloth. When tender, take the meat from the breast and upper part of legs, mince, and pound well. Chop the rest of the chicken with all the bones broken ; put into a stewpan with a quart of water, some allspice, a little nutmeg, pepper, lemon-peel, and a tiny pinch of salt. Let this stew down to a pint ; rub the minced chicken through a sieve into the gravy, after the latter has been strained. Thicken with two spoonfuls of good fresh cream and a little cornflour.

Custard Pudding

INGREDIENTS : Three tablespoonfuls of flour, three eggs, three breakfastcupfuls of milk. Method : Put the flour in a small bowl and beat into a batter with a a little milk (cold). Separate the yolks from the whites of eggs ; put whites on a flat plate and beat to a froth so well that a knife will stand upright in it. Beat the yolks also and add them to the batter ; put the remainder of the milk on the fire in a saucepan. When a little warm, add the batter and sugar to taste and stir well until it boils. Boil four minutes, then lift on to a table and let it cool a little before adding whites. Stir them in very lightly, keeping the froth a good deal to the top. A little vanilla flavouring may be added if wished. The heat of the pudding cooks the whites sufficiently.

Steamed Chop

TRIM all the fat from the chop, place it in a dry jar, cover very closely, set in a pan of boiling water, and cook one hour. Sprinkle with salt and serve very hot.

Omelette

INGREDIENTS : Two eggs, one tablespoonful of milk, one ounce of margarine. Method : Beat the eggs well, add the milk and half the margarine (cut in small pieces), melt the rest of the margarine in a pan, pour in the mixture, and stir with the back of the spoon till it begins to set, then draw to one half of the pan and cook till creamy in the centre. Slip a knife under it, and slide on to a hot dish, and fold it in half. Serve with a little stewed fruit or jam.

Hints on Serving Food for Invalids

SMALL quantities only should be placed before the patient. Fish, milk, and eggs should always be perfectly fresh.

Barley Custard Pudding

INGREDIENTS : One ounce of patent barley, half an ounce of margarine, a teaspoonful of castor sugar, one egg, one and a half pints of milk, salt, and nutmeg. Method : Mix the barley smoothly with a little cold milk, boil up the remainder, and pour it over the barley, stirring meanwhile. Add the margarine, sugar, and a pinch of salt, and stir the mixture until it boils. Cool slightly, beat in the yolk of egg, and lastly add the white of egg previously stiffly whisked, turn into a greased pie-dish, grate a little nutmeg on the top, and bake gently for ten minutes.

Puff Pudding

SOAK two tablespoonfuls of bread or biscuit crumbs in one gill of milk for five minutes, then stir in yolk of one egg, sugar and flavouring to taste, and lastly the stiffly whipped white of egg. Pour into buttered cups and steam twenty minutes. Serve with a little jam or cream.

For Influenza Patients

SOAK half a pound of prunes overnight, and stew in the same water until the skins break. Rub through a colander to remove stones. Add two ounces of lump sugar to the pulp, the juice of half a lemon, and half a teacupful of water, also a quarter of an ounce of gelatine previously soaked in cold water. Turn all into a saucepan and boil for ten minutes, stirring all the time. Pour into a wetted mould and leave until set.



FAVOURITE CAKES

Date and Walnut Cake

INGREDIENTS: Half a pound of flour, quarter of a pound of sugar, half a pound of dates, quarter of a pound of margarine, two ounces of nuts, two teaspoonfuls of baking-powder, one teaspoonful of carbonate of soda, nearly one gill of milk, a pinch of salt. Method: Mix the baking-powder and carbonate of soda with a pinch of salt and the flour. Rub in the margarine, add the nuts, finely chopped, and the dates cleaned and cut into small pieces. Mix to a rather stiff paste with the milk. Line a deep tin with greased paper, put in the mixture, and bake in a moderate oven.

Strawberry Cake

TAKE two breakfastcupfuls of flour, one teaspoonful of baking-powder, and half a teaspoonful of salt. Mix these well, then rub in very lightly three ounces of lard and margarine in equal proportions, add two tablespoonfuls of sugar. Beat up one egg till frothy, pour over it half a gill of milk, and very gradually stir these into the dry ingredients until a nice light dough is formed. Pour into a deep layer tin, which has been well greased with dissolved margarine, and bake in a fairly hot oven for twenty-five minutes. When cool, split the cake, and spread between the two pieces a thick layer of crushed and sweetened strawberries, spread over the top a good layer of whipped or clotted cream, and decorate with whole strawberries.

Johnnie Slims

COOK half a pound of oatmeal and leave it to get cold. Rub into half a pound of flour three ounces of margarine, then stir it into the oatmeal. Add two ounces of sugar, one teaspoonful each of bi-carbonate of soda and cream of tartar, and half a teaspoonful of ginger. Bake in a quick oven, and when cooked put a little jam or marmalade on the top.

Banbury Cakes

INGREDIENTS: One pound of flour, half a pound of margarine or lard, half a teaspoonful of baking-powder. Method: Rub the margarine into the flour, add the baking-powder, and mix into a dough with as little water as possible. Roll out the paste half an inch thick, cut into three-inch pieces, then roll again till each piece is twice the size, put some Banbury filling in the middle of one side, fold the other side over, pinch into an oval shape, flatten with the hand, letting the seam be at the bottom, turn over and brush top with beaten white of an egg, and sprinkle with fine sugar. Bake in moderate oven. *Banbury Filling.*—Beat a quarter of a pound of margarine to a cream, add a quarter of pound of mixed peel, cut fine, half a pound of currants, and half a pound of sultanas (washed and dried), one heaped teaspoonful of spice. Mix thoroughly well together, put in a jar till wanted.

Date Gingerbread

PUT one pound and a half of flour into a basin with a pinch of salt, and rub into it half a pound of margarine, add four ounces of sugar, a quarter of a pound of treacle, two teaspoonfuls of ground ginger, one teaspoonful each of bi-carbonate of soda and baking-powder, and half a pound of dates, stoned and cut into small pieces. Mix into a batter with milk, and put into a well-greased cake-tin, and bake in a moderate oven for an hour.

Fig and Oatmeal Gingerbread

INGREDIENTS: Half a pound of flour, a quarter of a pound of medium oatmeal, two ounces of sugar, three ounces of margarine or dripping, four ounces of dried figs, one teaspoonful of ginger, one small teaspoonful of soda, two tablespoonfuls of treacle, and a little milk. Method: Well mix the flour, oatmeal,

ginger, soda, and chopped figs. Melt the dripping in a saucepan, add to it the sugar and treacle, warm gently until the sugar is dissolved, pour over and well mix with the dry ingredients, add enough milk to make it drop easily from a spoon, and turn into a greased tin. Bake carefully in a moderate oven for about one hour and a half, or till firm and well risen.

Yule Log

PREPARE a Swiss roll in this way : Put the yolks of two eggs in a basin with three ounces of sugar and three tablespoonfuls of hot water, beat well together before adding four ounces of flour, beat again, then add whites of eggs (whipped stiff). Pour into a baking-tin and bake in a moderate oven, spread some sugar on a clean board, turn, roll out of baking-tin, and spread with jam, roll while hot, let it stand until cold, then cut edges slantwise. Take half a pound of icing sugar, mix with warm water until the right consistency, add enough cocoa to make it chocolate brown, coat the roll with this, let it set, then put a little of the same icing in a paper forcing-bag, and make thin lines along the roll, leaving knots here and there to resemble the bark. Cut some thin strips of angelica, lay a fairly thick one along the top of the log, arrange smaller ones each side, then cut some to resemble leaves, quarter a few cherries, also arrange so that the whole resembles a sprig of holly.

Belgian Creams

To make these dainties, whip the white of an egg with a teaspoonful of water, and add one pound of icing sugar. Knead the paste smooth, and divide into three parts. Colour one-third pink, and flavour with strawberry ; another third pale green, and flavour with vanilla ; and leave the remainder white, but flavour with lemon. Roll each piece out with a rolling-pin to a quarter of an inch thick, brush each lightly with the white of an egg, and place one on top of the other, pressing them firmly together. Melt two ounces of chocolate in a spoonful of water, and brush thickly over both sides of the creams, letting one dry before doing the other. When quite set, cut with a sharp knife into diamonds or triangles.

Coffee Diamonds

TAKE two ounces of margarine, two ounces of icing sugar, two tablespoonfuls of coffee essence. Make a light cake with a sponge mixture in a large, flat tin, turn it out on a cake wire to cool. With a sharp knife cut it into diamonds, cover each little cake with coffee icing made by beating two ounces of margarine, two tablespoonfuls of coffee essence, and two ounces of icing sugar together. Put on the icing with a knife dipped in hot water, sprinkle the cakes with chopped coconut, and set them aside to dry.

Ribbon Cake

BEAT to a cream four ounces of margarine and six ounces of sugar, add two well-beaten eggs and a little milk. Stir into the mixture half a pound of flour and two teaspoonfuls of baking-powder. Beat all well together. Separate the mixture into three parts, colour one with cochineal, grate a bar of plain chocolate into another, and leave the remaining part cream-coloured. Place them in flat tins, and bake in a quick oven. *Icing.*—Grate three ounces of chocolate, place in a saucepan with four ounces of icing sugar and enough cold water to moisten it. Let it boil quickly for ten minutes. Spread some of the icing between each layer of cake, and then ice it all over.

Irish Apple Cake

TAKE three or four boiled potatoes (mash them while still warm), three tablespoonfuls of flour, half a teaspoonful of ground ginger, half a teaspoonful of salt, and three good-sized cooking apples. Mix the dry ingredients together, and add them to the mashed potatoes. Knead the mixture well, add a little water if necessary, and roll out half an inch thick (square). Pare, core, and slice the apples, cover half of the square with them, wet the edges, and turn over the other half, making a case for the apples. Press the edges firmly together, well flour the cake, and bake it slowly on a pan or a griddle, turning it often. When cooked, split it open, and add a few pieces of butter and sugar. Close the cake and butter the top. Serve hot.

Banana Cake (Iced)

TAKE six bananas, two eggs, six ounces of flour, six ounces of sugar, a gill of water, and half a pound of icing sugar. Put the sugar in the water and boil until clear, then mix with the eggs and beat for twenty minutes. Stir in the flour, and bake the mixture in a well-greased sandwich-tin for half an hour. When cold, cut through the middle. Skin and reduce to a pulp three bananas. Spread the bananas on one side of cake, lay on the other half to form a sandwich. For the icing, take two bananas, skin and mash to a pulp, add the icing sugar, and mix well together. Spread the icing on the cake with a knife, then take the last banana, cut it up, and lay it on the cake to decorate.

Little Fancy Cakes

INGREDIENTS: One packet of vanilla-flavoured Carltona bun flour, half a pound of household flour, quarter of a pound of butter or dripping, quarter of a pound of castor sugar, one egg, and four tablespoonfuls of milk. Method: Mix the bun flour, sugar, and ordinary flour together dry, and rub in the butter. Beat the egg and milk together, stir briskly, then add a few currants and a few sultanas or a little chocolate powder or desiccated coconut, according to taste. Now put the mixture into little patty-pans and bake for about ten minutes. If liked, the cakes may be iced over with plain sugar or chocolate icing.

Apple and Oatmeal Cake

BOIL three ounces of oatmeal until thoroughly swelled, strain, and place in a dish, and carefully dry in the oven for about ten minutes. Peel and core six good-sized apples, chop them finely, and mix well with the dried oatmeal and two ounces of sugar. Bind all with one ounce of flour, and form into small cakes. Fry them lightly in one ounce of margarine. When done, sprinkle with a little sifted sugar.

Caramel Cake

TWO cupfuls of self-raising flour, two ounces of margarine, one cupful of sugar, one egg, and half a cupful of milk. Beat the egg, sugar, and margarine well together; then put half the milk and half the flour and beat well. Then add the remainder of the flour and beat well again. Bake in a moderate oven. When cool, cut in two. *For the Caramel.*—Half a pound of icing sugar, a few drops of vanilla, a few drops of caramel to colour it, and a few drops of water to mix it. Mix rather stiff, then spread it between the cake.

Carltona Cake

INGREDIENTS: A packet of Carltona almond-flavoured bun flour, half a pound of household flour, quarter of a pound of butter or dripping, quarter of a pound of castor sugar, one egg, and four tablespoonfuls of milk. Method: Mix the bun flour, sugar, and flour together in a dry state, and rub in the butter. Beat together the egg and milk, then mix all together, stir briskly, and place in a cake-tin. Bake in a hot over for an hour.

Economical Fruit Cake.

CREAM six ounces of margarine and six ounces of sugar together, add two eggs, beat well, then add one pound of self-raising flour. When well beaten, add half a pound of currants, a little mixed spice, and, if needed, a little milk.

Delicious Chocolate Cake

FOUR ounces of margarine, four ounces of flour, four ounces of sugar, two eggs or egg substitute, a little baking-powder, and one dessertspoonful of cocoa essence. Stir the margarine and sugar together for five minutes, add one egg and part of the flour; when well mixed, add the other egg, the remainder of the flour, cocoa, and baking-powder. Put the mixture in a shallow cake-tin lined with greased paper, and bake for three-quarters of an hour.

Novelty Christmas Cake

TAKE one pound of flour, one ounce of yeast (which must be melted in luke-warm water or milk), and make into a thick paste. Roll out the paste into a long strip two inches thick, and smear it thickly over with margarine or dripping. Cut six ounces of peel finely, add six ounces of sugar, a quarter of an ounce of cinnamon, and a quarter of a pound of

currants. Thoroughly mix these ingredients together, and scatter over the prepared dough. Then roll up the dough round and round, and put it in a round tin, well greased, and set this over the shelf of the kitchen range to rise till the cake has risen to the top of the tin. Bake in a medium oven. Melt some dripping or margarine and put over it, and bake till a nice brown.

Decorated Christmas Cake

RUB two ounces of lard and four ounces of margarine into one pound of dried and sieved flour. Then add a quarter of a pound of currants, a quarter of a pound of stoned and cut-up dates, two ounces of grated candied peel, one ounce of shredded cherries, one ounce of ground almonds, and spice to taste. Then make into a stiff but moist paste with a tablespoonful of golden syrup, a teaspoonful of vinegar, two eggs—dried ones are excellent—and sufficient milk. Bake carefully in a moderate oven, and, when cold, ice with water icing, made by boiling half a pound of sugar in half a gill of water for five minutes, then stirring one way until cold. Cover the cake with the icing, and decorate with cherries and angelica to represent holly.

Good Luck Cake

FOUR ounces of ground rice, two ounces of cornflour, two ounces of flour, four ounces of margarine, two ounces of sugar, two ounces of desiccated coconut, one egg, half a cupful of milk, one teaspoonful of baking-powder, a pinch of salt, and a few drops of vanilla essence. Sift together the flours, rice, salt, and baking-powder. Rub in with the finger-tips the margarine, add the sugar and coconut. Beat up the eggs well with a little of the milk, add to the mixture, and beat well with a wooden spoon. When the mixture is in a moist dough, stir in the drops of vanilla essence. Put in a well-greased cake-tin and bake in a steady oven for over an hour. Instead of one large cake it can be made in little tins, which require a quicker oven and half the time.

Jazz Cake—the Children's Delight

INGREDIENTS: One pound of self-raising flour, half a pound of margarine, six ounces of sugar, six ounces of currants, one ounce of shredded candied peel, one egg, one gill of milk, one tablespoonful of treacle, a quarter of a teaspoonful of salt. Method: Put flour and salt into a bowl, and rub in lightly margarine; add dry ingredients, beat up egg and add to milk, stir in treacle and mix all well together. Pour into greased tin, and bake in hot oven for one hour. This makes a cake of about two and a quarter pounds and is not expensive. Egg-powder or dried eggs may be used instead of eggs.

Coconut Macaroons

MAKE pastry with four ounces of flour and two ounces of margarine mixed with cold water. Roll out and line small tins. Put little jam on pastry, then a mixture made with equal parts of coconut and sugar mixed with white of an egg. Lay tiny strip of pastry over top and bake in smart oven about fifteen minutes.

Coconut Ice Buns

HALF a pound of flour, two ounces of desiccated coconut, one teaspoonful of baking-powder, one egg, three ounces of margarine, three ounces of sugar, and a little milk, if required. Rub the margarine among the flour, add all dry ingredients. Mix well. Beat up the egg, add it, and mix stiffly. Turn on to a floured board. Take a piece of the mixture and drop on a greased tin; bake for about fifteen minutes. When done, ice with plain water icing, then dip each one into desiccated coconut. Leave on wire tray to harden.

Lemon Rice Cake

PUT into a basin three ounces of margarine and three ounces of sugar. Beat till creamy, then add the grated rind of half a lemon and a few drops of the juice. Beat one fresh egg well and put into the basin, then sift three ounces of ground rice and three and a half ounces of flour with one teaspoonful of baking-powder. Well mix slowly in the basin, like a batter, with a little milk. Put into a well-lined cake-tin and bake about one hour in quick oven at first, then a little cooler to finish.

Carltona Chefs save you the trouble of experimenting——



Everything is "just right" if made in the Carltona way. Expert Chefs in the Carltona Model Food Works study all the fine points of cookery; and unless you burn the milk or make a wrong guess at a pint, you can't possibly go wrong in serving Carltona Table-Dainties—they are so exact, reliable, and *constant*.

Carltona Jelly Crystals give a pure, crystal-clear and entirely nourishing Jelly that sets firmly, quickly, and is probably the most refined Jelly in the whole world. 14 flavours. Price, per 1-pt. packet, 8½d.

Carltona King Custard Powder makes 24 pints from one pound, and is just like egg custard. It is refined, creamy, and expertly compounded to counteract perfectly the acids of fruits. Price, per 1-lb. Tin, 1/2.

Carltona Milk-Chocolate Blancmange is the only one made anywhere from real Milk-Chocolate. It is delicious, smooth, and unique. Price, per 1-pt. packet, 5½d.



Carltona Table-Dainties

Carltona Sponge Maker, Carltona "I—T" Yorkshire Pudding and Pancake Mixture, Carltona "John Bull" Cake Mixture, Carltona Fairy Cake Mixture, Carltona Milk Pudding, etc.

Obtainable from good-class Grocers everywhere. Made in the finest Model Food Works in Great Britain by—

Carltona, Ltd.,
Willesden, London, N.W. 10.

Dainty Cakes for Parties

A VARIETY of fancy cakes can be made from the following recipe: Four eggs, their weight in castor sugar, butter, flour, half a teaspoonful of baking-powder, and a pinch of salt. Beat the butter and sugar to a cream, add the well-beaten eggs, then add the flour by degrees, stirring all the time, then add the salt and baking-powder. Beat all well together for a few minutes. The mixture must then be divided into as many portions as variety of cakes are wanted. The following can then be added to various portions: Sultanas to one; desiccated coconut, caraway seeds, crystallised cherries (cut into small pieces), a little cinnamon (to taste), and a little chocolate powder to the other portions. Put a little of the mixture into small fancy tins; bake in a hot oven from ten to fifteen minutes. If liked, some of the cakes may be iced over. The above quantity makes at least thirty dainty cakes.

Victory Cake

REQUIRED: One pound of flour, three-quarters of a pound of castor sugar, half a pound of lard, half a pound of margarine, one pound of dates, a quarter of a pound of currants, a quarter of a pound of chopped hazel nuts, one ounce of candied peel, one small teaspoonful of mixed spice, one saltspoonful of soda, one teaspoonful of salt, and two well-beaten eggs. Beat the lard and margarine to a cream, then stir in gradually the flour, add the sugar, eggs, mixed spice, and the soda dissolved in a tablespoonful of hot water. Beat all together till the whole is light and creamy, then add the dates (chopped small), currants, nuts, peel, and salt. Line a tin with greased paper and bake in a quick oven. A nice icing can be made for the above by beating two ounces of margarine, a quarter of a pound of castor sugar, and a teaspoonful of either vanilla, lemon, or almond flavouring, and spreading it all over the cake with a knife dipped in hot water.

Chocolate Cream Sandwiches

INGREDIENTS: Two eggs, their weight in margarine, sugar, and flour, two teaspoonfuls of baking-powder, and two ounces of chocolate. Method: Melt the chocolate in a little hot water, cream the margarine and sugar, and add the chocolate. Mix the baking-powder with the flour and add lightly, then well beat the eggs and mix together. Bake in a round sandwich tin. When baked, turn out to get cold. Then whip a gill of cream (flavoured with vanilla) and a little sugar, then pile on the top of the sandwich. Decorate with preserved cherries.

Lemon Rice Rockies

INGREDIENTS: Four ounces of ground rice, four ounces of self-raising flour, four ounces of lard or margarine, three ounces of brown sugar, one tablespoonful of syrup, one teaspoonful of baking-powder, two teaspoonfuls of egg-powder, rind and juice of one lemon, sour milk, and salt. Method: Put the rice, flour, salt, egg and baking-powders into a basin. Cut the lard into small pieces, add the flour, etc., and rub it lightly with the finger-tips. Add the sugar, grate in the lemon rind, mix well. Stir the lemon-juice into the syrup, add a little sour milk, and pour into the basin. Make into a stiff mixture, and put small heaps on to a well floured and greased tin. Bake in a good oven for twenty minutes. When cooked, put on to a wire tray to cool.

The Real Gingerbread

CRUMBLE four ounces of butter or lard into two pounds of flour, half a pound of brown sugar, two ounces of ground ginger, half an ounce of ground carraway seeds, then mix to this two pounds of treacle and three well-whisked eggs, and, last of all, half an ounce of carbonate of soda dissolved in a small cupful of warm water. Stir all briskly together. Well grease a shallow tin, or two tins, and half fill, as this gingerbread will rise up high and be very light and good. Put into a moderate oven and bake for an hour and a half. When cold, cut into thick squares.

Rich Cake (No Eggs)

TAKE six ounces of margarine and half a pound of castor sugar, and beat to a cream. Sift in half a pound of flour and half a pound of ground rice. Heat half a pint of milk, and in it dissolve one teaspoonful of baking soda. Add this, also six ounces of raisins and six ounces

of currants, to the mixture, and put into a greased cake-tin. Bake for two and a half hours in a moderate oven.

Rich Bath Buns

INGREDIENTS: Half a teacupful of butter, one teacupful and a half of sugar, two eggs, one heaped up teaspoonful and a half of baking-powder, half a teacupful of candied lemon-peel (cut into small, thin slices), one pint and a half of flour, half a pint of milk. Method: Rub the butter and sugar to a smooth, light cream, add the eggs, beat a few minutes longer, then add the flour with the powder sifted in it, the lemon-peel, and milk. Mix into a moderately firm batter. Lay well-greased muffin-rings on a greased baking-tin, and put a large teaspoonful into each. Sift sugar on them, and bake or fifteen minutes in a nice hot oven.

Raspberry Buns

INGREDIENTS: Mix together half a pound of flour, three ounces of margarine, three ounces of sugar, and one teaspoonful of baking-powder. Stir in one well-beaten egg, and add sufficient milk to form a fairly stiff paste. Divide into twelve portions, put a little raspberry jam into centre of each, press edges lightly together, brush over with milk, and bake in a moderate oven about fifteen minutes.

Dundee Cake

INGREDIENTS: Half a pound each of butter and castor sugar, three-quarters of a pound of sultanas, one pound of flour, a quarter of a pound of candied peel, five eggs, and a teaspoonful and a half of good baking-powder. Method: Prepare the fruit in the usual way, beat the butter and sugar to a light cream. Sift the flour and baking-powder on to a paper. Break the eggs into the creamed sugar one by one, beating well between each; then add the sultanas and peel. Beat in the flour very gradually, adding a few drops of milk if the mixture appears too thick. Pour into a tin previously lined with paper, and bake in a steady oven for two hours.

Blackberry Cake

INGREDIENTS: One cupful of butter, two cupfuls of sugar, three cupfuls of flour, three eggs, one cupful of sweet milk, one teaspoonful of soda dissolved in hot water, one teaspoonful of nutmeg and the same of cinnamon, one quart of ripe fruit thickly dredged with flour. Method: Stir the butter and sugar to a cream, add the beaten yolks, then the milk, flour, and spice, the whites whipped stiff, and the soda. At the last stir in the fruit with a wooden spoon, taking care not to bruise it. Bake in a loaf in a moderate but steady oven until a straw comes out clean from the thickest part. This is a delicious cake, and deserves to be better known.

Ground Rice Buns

No eggs, milk, or sugar needed. Ingredients: Five ounces of ground rice, one gill of syrup from fruit, three ounces of flour, half an ounce of chopped almonds, two ounces of tinned apricots, one small teaspoonful of bicarbonate of soda, three ounces of margarine, four teaspoonfuls of lemon juice. Method: Mix the ground rice, flour, and soda. Cut the fruit in tiny cubes, grease some buntins, rub the margarine into the flour, etc. Add the nuts and fruit. Mix the syrup and lemon-juice, and stir these in briskly. Half fill the tins with the mixture, and bake in a quick oven for about twenty minutes.

Chocolate Sandwich

USE brown bread spread with butter and cut thinly, then spread on one slice chocolate mixture, put another plain slice on top, and press lightly together. Cut into neat fingers. Mixture: Beat two ounces of butter and four ounces of icing sugar until creamy, add two tablespoonfuls of grated chocolate and a few drops of vanilla essence. Mix well together. Grated chocolate may be used with the addition of cream to moisten, and a little sugar and flavouring.

Ginger Creams

INGREDIENTS: One and a half pints of milk, one ounce of sugar, half an ounce of gelatine, four ounces of preserved ginger cut up, a tablespoonful of syrup, two yolks of eggs. Method: Boil the milk, sugar, and gelatine together, stir in ginger and syrup, pour on to two yolks of eggs, well beaten. stir

occasionally till nearly cold and beginning to set, then beat up briskly and pour into a wetted mould.

Rich Cake for Tea

GRATE a carrot into a basin and cover it with a quarter of a pound of black treacle. Put it in the oven for a few minutes to cook the carrot. Mix together one pound of flour, a quarter of a pound of margarine, two teaspoonfuls of egg-powder, a pinch of salt, and a tablespoonful of sugar, add the carrot and treacle and a small cup of milk, and beat for ten minutes. Turn into a greased tin and bake in a moderate oven.

Delicious Orange Cake

TAKE three ounces of castor sugar, three ounces of margarine, six ounces of flour, rind of one or two oranges (according to size), one egg, one teaspoonful of Borwick's baking-powder. Cream margarine and sugar together, break egg, and add it unbeaten to the cake. Beat well, grate orange-rind on the flour, then add flour and orange-juice alternately until all is used. Add a little milk, if necessary. Pour into a well-greased, lined cake-tin and bake for about one hour in a fairly hot oven. Add baking-powder to the last portion of flour.

Favourite Peel Cake

INGREDIENTS: Three-quarters of a pound of mashed potatoes, three-quarters of a pound of flour, a quarter of a pound of margarine, two teaspoonfuls of Borwick's baking-powder, a quarter of a pound of sugar, a little mixed peel, one egg. Method: Mash the potatoes, mix in the other dry ingredients, then add the beaten egg. Roll out, shape, and bake in floured tins about thirty minutes.

Chocolate Cake

TAKE a quarter of a pound of self-raising flour, three ounces of chocolate powder, one egg, two ounces of sugar, half a teacupful of milk. Beat together the egg and milk. Mix all the dry ingredients and add them to the egg and milk. Bake in a small tin. The cake may be iced with the following, which should all be mixed together in a cup and then allowed to stand on the hob till melted. One teaspoonful each of sugar, water, and chocolate, with two or three drops of vanilla flavouring.

The Lightest Cakes, Pastry, Puddings, &c., are made by using

BORWICK'S BAKING POWDER.

the Best, Purest and most economical in the World.

Resolutely Refuse all Substitutes.

SCONES AND TEACAKES



Date Muffins

USE three level tablespoonfuls of margarine, one-third of a teaspoonful of salt, four level teaspoonfuls of baking-powder, one egg, one cupful of milk, two cupfuls of sifted flour, and one cupful of dates (stoned and chopped). Cream the margarine, add the egg (well beaten), then the milk, flour, salt, baking-powder, and beat all well together. Stir in the chopped dates, pour into greased pans, and sprinkle the tops with sugar and a few chopped nuts, if liked. Bake in a quick oven, and serve warm.

Hot Date Scones

STONE and chop two dozen dates with two ounces of raisins or sultanas, also stoned and minced. Whisk well the yolks of two eggs, add to them three-quarters of a pint of milk. Next stir in six ounces of flour and two teaspoonfuls of baking-powder. Beat all together thoroughly. When well mixed, stir in lightly the whites of two eggs beaten to a stiff froth. Pour all on a well-greased baking-tin, bake quickly for twenty minutes. Serve with hot butter.

Paisley Rolls.

8 *to* 12 *Rolls.* *Time* 20 *to* 30 *mins.*

INGREDIENTS: One and a quarter ounces of Brown & Polson's "Raisley," two ounces of butter or margarine, half a teaspoonful of castor sugar, 8 ounces of flour, half a teaspoonful of salt, yolk of an egg, and quarter of a pint of milk. Method: Measure out the ingredients. Rub the butter into the flour. Add the salt, sugar, and "Raisley." Mix all thoroughly. Beat up the yolk of the egg, add it to the milk, and mix in lightly to the dry ingredients, making a moderately soft dough. Turn this on to a floured board, roll out till about one-eighth of an inch thick, cut into pieces about four inches square, roll these up into rolls, brush over with milk, and bake in a very quick oven for fifteen minutes. Cool on a wire tray.

Velvet Muffins

STIR to a cream two tablespoonfuls each of margarine and sugar, add two well-beaten eggs or two dried eggs, one cupful of milk, one scant quart of flour, sifted with two rounded teaspoonfuls of baking powder and one-fourth teaspoonful of salt. Beat until light and bubbly, though the batter must be quite stiff, and turn at once into well-buttered muffin-rings, hot enough to hiss when the batter is dropped in. Bake in a quick oven.

Barley Scones

HALF a pound of barley flour, three ounces of white flour, one ounce of butter, one and a half teaspoonfuls of baking-powder, and a pinch of salt. Mix flour, rub in the butter and salt. Mix with knife to a soft dough with half-pint of milk. Work into a ball, put on well-floured board, pat it out with floured hand to half-inch thickness. Cut in three-cornered pieces or rounds, and bake twenty minutes in a moderate oven.

Paisley Jam Sandwich. No. 1.

For 6 *persons.* *Time* 20 *to* 30 *mins.*

INGREDIENTS: One ounce of Brown & Polson's "Raisley," six ounces of flour, a pinch of salt, 4 ounces of sifted sugar, two ounces of butter or margarine, one egg, quarter of a pint of milk, essence of lemon or other flavouring. Method: Measure out the ingredients. Butter two round, shallow baking tins. Mix the flour, "Raisley," and salt well together in a bowl, dry. Beat the sugar and butter into a cream. Beat the egg separately, and add it to the sugar and butter. Work into this the mixture of flour, adding the milk and flavouring. Pour the mixture *at once* into the two tins,

and put into a moderately *hot* oven. When baked, turn out, cool on a wire tray, and put together with jam between.

TINS.—Special sandwich tins can be had from Brown & Polson, Ltd., Paisley.

Raised Oatmeal Muffins

INGREDIENTS: Three-quarters of a cupful of hot milk, a quarter of a cupful of sugar, half a teaspoonful of salt, one ounce of yeast dissolved in a quarter of a cupful of warm milk, one cupful of cold, cooked oatmeal. Method: Mix all these ingredients, beat the mixture thoroughly, and let it stand all night. Fill tins or basins three parts full, and let it rise in a warm place. Form into cakes, and bake in a moderate oven twenty-five to thirty minutes.

Potato Griddle Cake

INGREDIENTS: One teacupful of mashed potatoes, one teaspoonful of margarine, a little salt, one tablespoonful of milk, and one cupful of flour. Method: Mix the potatoes, salt, margarine, milk, and half the amount of flour in a bowl, kneading till smooth. Turn out on a board, and knead in the remainder of the flour. Roll out and shape, then prick with a fork. Bake on a hot griddle on both sides till a nice brown.

Girdle Cakes

INGREDIENTS: Three cupfuls of flour, two tablespoonfuls of sugar, one teaspoonful of cream of tartar, a saltspoonful of bicarbonate of soda, four ounces of lard or margarine, a pinch of salt. Method: Put flour, sugar, and salt into a basin, and rub lard well into the mixture. Mix bicarbonate of soda and cream of tartar in a drop of milk, and put into the basin. Mix well together. Roll out and cut into biscuits. They are delicious buttered.

Seed Scones

TAKE half a pound of fine flour, two ounces of castor sugar, and two ounces of butter, well rub together till smooth. Then add quarter of an ounce of caraway seeds and the chopped peel of one lemon or orange. Mix in one ounce of baking-powder and a quarter of a pint of cold milk. Mix up quickly, and lightly roll the paste to one inch in thickness. Stamp out into rounds about two inches in diameter. Put these on to floured baking-tins, and bake for twenty minutes.

Boston Teacakes

INGREDIENTS: Two heaped cupfuls of flour, one ounce of butter, a pinch of salt, one egg, a cupful of sweet milk, a teaspoonful of baking-powder, two teaspoonfuls of cream of tartar, and a tablespoonful of castor sugar. Method: Rub the butter through the flour, mix in the other dry ingredients, then add egg (beaten up) and sweet milk. Knead and roll out on a floured board, cut into small cakes with a cake-ring, and bake in a quick oven for about ten minutes. When done, put them on a wired tray to cool. This will make about twenty small cakes.

Orange Scones

RUB togetner till quite smooth six ounces of flour, three ounces of butter, and four ounces of sugar. Grate in the rind of a small orange, add also a quarter of a teaspoonful of bicarbonate of soda. Mix all well together. Beat one egg till light, and stir it in with the juice of the orange and sufficient milk to make a smooth, thick batter. Half fill small buttered tins with this mixture, bake for fifteen minutes.

Yorkshire Teacakes

INGREDIENTS: One egg, its weight in flour, butter (or margarine), ground rice and sugar, one teaspoonful of baking-powder, and a very little milk. Method: Mix all together, spread over two well-buttered dessert plates, and bake from ten to fifteen minutes. When finished, slip them off the plates, spread preserve on one, and press the other cake gently on the top, and then sprinkle with sugar.

French Muffins

INGREDIENTS: One pound of flour, four ounces of butter or margarine, three ounces of sugar, half a teaspoonful of salt, two teaspoonfuls of baking-powder, two eggs, and a little milk. Method: Mix flour, salt, and baking-powder, rub in butter lightly with finger-tips, add sugar. Beat eggs, add to the dry ingredients, with enough milk to make a nice dough. Roll out rather thickly on floured board.

cut into rounds, place on greased tins, and bake in fairly hot oven at once. After baking for eight minutes turn muffins over, brown slightly ; then remove from oven, split open, butter well, and serve hot.

Rice Muffins

TAKE two cupfuls of boiled rice (cold), one pint of flour, one teaspoonful of salt, one teaspoonful of sugar, half a teaspoonful of baking-powder, one gill of milk, one large egg (or three dried ones). Mash rice free from lumps, add beaten eggs and other ingredients. Mix well together, and bake in muffin-tins for fifteen minutes.

Scotch Pikelets

SIX ounces of flour, pinch of salt, one ounce of lard or dripping, one tablespoonful of sugar, small half-teaspoonful carbonate of soda, three-quarters of a teaspoonful of cream of tartar, one egg, and a little milk. Mix flour and salt and rub in fat, add cream of tartar, carbonate of soda, and sugar. Add the egg, sufficient milk to make into stiff batter, just as it will drop from the spoon. Heat griddle, drop mixture on in spoonfuls.

Chestnut Muffins

Canadian Recipe

INGREDIENTS: One pint of chestnuts, half a teaspoonful of salt, one egg, one teaspoonful of baking-powder, a quarter of a cupful of milk, a quarter of a cupful of flour. Method: Boil the chestnuts, shell them, and rub through a colander. Add salt, and the yolk of the egg beaten with the milk. Sift the flour and baking-powder together. Thoroughly mix all together, then fold in the well-beaten white of egg last. Bake in greased pans, which should be very hot.

Easter Cakes

CHOP finely and rub through a sieve a quarter of a pound of almonds and three stale sponge-cakes. Mix them together, then add the finely grated rind of an orange, a quarter of a teaspoonful of powdered cinnamon, quarter of a pound of castor sugar, and stir in the whites of three eggs. Bake in small, well-greased patty-pans, and when cold turn out, and put a piece of candied peel or a little jam in the centre of each.

Ground Rice Scones

MIX six ounces of ground rice with six ounces of flour, and rub in three ounces of lard or margarine. Add two teaspoonfuls each of baking-powder and egg-powder and sugar, and then add a few drops of vanilla essence. Melt two tablespoonfuls of syrup in a cupful of milk, and when cold stir it into the other ingredients. Roll out about a quarter of an inch thick, cut into rounds, and bake for fifteen minutes.

Norfolk Teacakes

TAKE two pounds of flour, three ounces of margarine, three ounces of sugar, three ounces of currants, one teaspoonful of salt, one ounce of yeast, one pint of milk. Rub the margarine into the flour, mix the yeast with a little sugar and warm milk, add the currants, sugar and salt to the flour. Make a well in the centre and add the yeast and milk. Knead well together, then stand aside to allow it to rise, then turn on a floured board, cut into pieces, and roll out about half an inch thick ; then cut into three-corner shapes, place on a greased tin, prick, and allow them to rise in front of the fire. Then bake in a hot oven for ten to fifteen minutes.

Treacle Scones

THESE are even better if made with buttermilk and cooked on a griddle. Use half a pound of flour, a dessertspoonful of margarine, a large tablespoonful of treacle, one teaspoonful of cream of tartar, half a teaspoonful of bicarbonate of soda, one tablespoonful of sugar, and sweet milk to mix. Rub margarine amongst dry ingredients, add treacle and enough milk to make a smooth dough. Roll out on a floured board, cut into scones, and bake in a moderate oven.

Coconut Scones

ONE pound of flour, rub in it two ounces of lard and two ounces of margarine. Then add grated rind of one lemon, two teaspoonfuls of desiccated coconut, one teaspoonful of sugar. and pinch of salt. Make into a firm dough with one egg and milk, divide into portions. Form into rounds, flatten a little with the hand, brush over with milk, and bake in a quick oven for about twenty minutes. To use, split, toast, and butter.

Oatmeal Shapes

TAKE half a pound of oatmeal and a small teaspoonful of baking-powder. Mix them well together. Warm a quarter of a pint of milk, mix it with quarter of a pound of golden syrup, and one egg (well beaten). Rub into the oatmeal two ounces of sweet dripping. Stir all the ingredients well together. Warm a tin, grease it, put dessertspoonfuls of the mixture at regular distances. Bake in a moderate oven for twenty minutes, or till crisp.

Carrot and Oatmeal Scones

BOIL one pound of carrots and turnips, mix until soft, and add two small teacupfuls of oatmeal. After the turnips and carrots have been sieved, mix all thoroughly together in a large bowl, add pepper and salt to taste. Next add a little water to make the mixture moist, but not too soft. Divide it into little scones, and roll in flour. Fry them slowly in hot fat until brown.

Scotch Bannocks

ONE pound of medium oatmeal, six ounces of barley and maize meal, six ounces of margarine, one teaspoonful of salt, one teaspoonful of baking-powder, one teaspoonful of sugar (not essential). Mix to a dough with water. Divide into two, and roll to size required, or cut into small rounds. Bake slowly.

Tasty Scotch Scones

TAKE twelve ounces of flour, two ounces of fine oatmeal, half a teaspoonful of bicarbonate of soda, an ounce of ground rice, half a teaspoonful of cream of tartar, three-quarters of a gill of milk, one egg, two ounces of sugar, two ounces of margarine, a saltspoonful of salt. Method: Mix flour, oatmeal, and rice together, and rub in margarine. Add sugar, soda, salt, and tartar. Make to a stiff dough with the egg and milk. Form into a variety of shapes, and bake in a quick oven for about twenty minutes; when the scones are half done, brush the tops with a little egg and milk.

Crumpets

TAKE one pound of flour and four ounces of dripping or lard, four ounces of sugar, an egg, and a little milk to mix. Rub the dripping into the flour, add the sugar, beat up the egg, and stir into the mixture with sufficient milk to make a smooth batter. Drop on to a hot griddle in tablespoonfuls, and, when ready, split and butter; serve hot.

Potato Crumpets

PEEL and boil a large potato, drain it and dry it well by shaking the saucepan over a gentle heat. Mash it till quite smooth, add two pints of hot (but not boiling) water, and stir well. Beat up two ounces of yeast with a fork, add a teaspoonful of salt, and stir into the potato mixture. Sift in enough flour to form a batter, and heat well; cover and leave for half an hour. Beat for ten minutes, then put aside for another half an hour. Beat again for ten minutes. Use a small frying-pan (greased). Pour in enough batter to form a crumpet of the ordinary thickness, and hold over a moderate heat, turning the crumpet when the first side appears cooked.

Eggless Crumpets

INGREDIENTS: Half a pound of flour, one teaspoonful of egg-powder, one teaspoonful of best baking-powder, half a teaspoonful of baking-soda, half a teaspoonful of cream of tartar, a pinch of salt, one dessertspoonful of margarine, one dessertspoonful of syrup, milk. Method: Mix all dry ingredients, melt margarine and syrup, and add milk. Mix well, and put on greased girdle in spoonfuls. Cook this on both sides. This will make eighteen or twenty A1 crumpets.

Artichoke Teacakes

BOIL some artichokes in their skins till tender. Strain, and reserve the water for foundation for soup. Peel artichokes and mash smoothly; add salt to taste. Mix with the artichokes an equal quantity of flour with baking-powder, or use self-raising flour and mix with a little milk to a stiff paste. Roll out thinly, and cut into shapes. Cook cakes on iron plate over gas-ring. When brown one side, turn and brown the other. Butter and eat while hot.

Scotch Breakfast Scones

12 *Scones.* *Time* 10 *to* 15 *mins.*
2 oz. Brown & Polson's "Raisley."
1 lb. Flour.
A small teaspoonful of Salt.
About a breakfastcupful of Milk (½ pint).

Measure out the ingredients. Mix the flour, "Raisley," and salt well together in a bowl, dry. Make into a dough quickly with the milk, adding the milk a little at a time till you have a moderately soft dough. Do not knead more than is necessary. Roll out flat on a floured board till about half an inch thick, and cut into circles or three-cornered pieces. Put at once into a hot oven or on to the griddle or hot plate sprinkled with flour. The hotter the oven the better will these scones be raised. In a quick oven they will be ready in three to five minutes. Cool on a wire tray.

Afternoon Teacakes

8 *to* 12 *Cakes.* *Time* 20 *to* 30 *mins.*
1 oz. Brown & Polson's "Raisley."
2 oz. Currants.
2 Eggs.
8 oz. Flour.
1 small half-teaspoonful Salt.
2 oz. Castor Sugar.
2 oz. Butter or Margarine.
A little Milk.

Measure out the ingredients. Clean and dry the currants. Beat the eggs well. Mix together the flour, salt, and sugar. Rub in the butter lightly. Mix in the currants and the "Raisley." Stir in the beaten eggs with sufficient milk to make a smooth dough. Turn on to a floured baking-board, and roll out half an inch thick. Cut into rounds, and bake in a hot oven for about fifteen minutes. Cut the cakes open, butter, dust with sugar, and serve hot.

Scotch Pancakes or Drop Scones

12 *to* 24 *Scones.* *Time* 15 *to* 20 *mins.*
8 oz. Brown & Polson's "Patent" Cornflour.
2 oz. Brown & Polson's "Raisley."
8 oz. Flour.
4 oz. Castor Sugar.
2 Eggs.
1 pint (nearly) Milk.

Measure out the ingredients. Mix the flour, cornflour, "Raisley," and sugar well together in a bowl, dry. Add the egg and stir it into the flour. Mix in the milk quickly with a wooden spoon, adding it a little at a time, till you have a batter so thin that it will pour. Pour it *at once*, a little at a time, on to the hot plate or griddle, greased with melted fat, and resting over the flames on the top of a gas-stove. The griddle may be placed over the open fire of an oven, or hung over a bright fire. When brown on the underside, turn and allow to brown on the other side. Cool on a wire tray. It is well not to mix up more than you can bake in a short time, as the mixture, if left, quickly loses its raising power.

NOTE.—The griddle should be so hot that the fat just begins to smoke very slightly, but not hotter.

Milk Bread Twists

12 *Twists.* *Time* 20 *mins.*
2½ oz. Brown & Polson's "Raisley."
1 lb. Flour.
A small teaspoonful of Salt.
1 oz. of Butter or Margarine.
1 Egg.
A small teaspoonful of Castor Sugar.
½ pint Milk.

Measure out the ingredients. Mix the flour, "Raisley," and salt well together in a bowl, dry. Rub in the butter. Beat up the egg a little with the sugar and mix into the flour. Make into a dough quickly with the milk, adding the milk a little at a time till you have a moderately soft dough. Do not knead more than is necessary. Roll out flat on a floured board till about one-half to three-quarters of an inch thick. Cut into strips about three-quarters of an inch wide, and roll these strips into round ropes. Twist these now into knots, plaits, horseshoes, etc., brush over with milk, place on a baking-sheet, and put *at once* into a *hot* oven. They should be ready in five to ten minutes, according to heat. The hotter the oven the better will they rise. Cool on a wire tray.



BISCUITS FOR EVERYONE

Chocolate Macaroon Biscuits

TAKE four ounces of grated chocolate, three ounces of castor sugar, half an ounce of rice-flour, the whites of two eggs, vanilla essence. and blanched almonds. Whip the whites of the eggs to a very stiff froth, mix together the sugar, chocolate, and rice-flour, and lightly stir them into the beaten whites of eggs, add vanilla essence to taste. Put the mixture in little heaps on rice-paper, dredge with sugar, and bake in a slow oven for half an hour. If liked, a blanched almond may be put on the top as a garnish.

Savoy Biscuits

INGREDIENTS: Four eggs, eight ounces of castor sugar, a few drops of essence of lemon, and eight ounces of flour. Method: Break the eggs into a basin, beat well with the sugar and essence of lemon for a quarter of an hour; then dredge in the flour gradually and well but lightly mix. Then put the mixture into a forcing bag, press the mixture in finger shapes out on to a sheet of thick cartridge paper, and bake in rather a hot oven; but let them be carefully watched, as they are soon done, and a few seconds over the proper time will spoil them. These biscuits are delicious, and may be used for a variety of dishes.

Lemon Fingers

EIGHT ounces of flour, four ounces of butter, pinch of salt, four ounces of sugar, one egg, and lemon-rind. Beat the butter and sugar to a cream, add the well-beaten egg, grated rind of one lemon, and the flour and salt. Mix thoroughly, knead well, and roll out. Cut into thin fingers, and bake in a cool oven.

Virginia Biscuits

TAKE one pound and a half of flour, one tablespoonful of butter, one tablespoonful of lard, one teaspoonful of salt, and cold water. Method: Work the butter and lard into the flour, add the salt, and moisten with cold water to a stiff paste. Beat this until it bubbles, cut out into small biscuits, and prick with a fork. Set the biscuit on clean baking-sheets, brush over with milk, and bake in a warm oven. The more beating the better the biscuit. Time, a quarter of an hour. These cost little and are always liked. Sufficient for four dozen cakes.

Fancy Rock Almond Biscuits

INGREDIENTS: Whites of three eggs, a teaspoonful of vinegar, one pound of ground sugar, half a pound of sweet almonds. Method: Beat up the whites of three eggs with a teaspoonful of vinegar and a pound of the finest ground sugar till very stiff and light. Blanch, dry, and mince half a pound of sweet almonds, and add to the mixture. Drop from a teaspoon on to slightly greased tins, and ornament on the top with small strips of angelica and coloured almonds. Bake in a very slow oven till hard, but not brown. Half of the quantity may be made pink by adding a little cochineal.

Coffee Biscuits

HALF a pound of flour, two ounces of sugar, quarter-pound of margarine, half a teaspoonful of baking-powder, one egg, a little milk (about a teaspoonful). Work the margarine into the flour and sugar, add the baking-powder, then work up with the egg and milk, make the dough very smooth; cut out, stamp, and bake in a quick oven till light brown. Great care must be taken, however, as they burn easily. These biscuits can be iced in any way desired.

Good Family Biscuits

TAKE half a pound of flour, quarter of a pound of margarine, two ounces of castor sugar, two tablespoonfuls of egg-powder, and a quarter of a teaspoonful

of powdered cinnamon. Cream the margarine and sugar. Beat in the egg-powder, add the flour and cinnamon lightly. If the mixture is too soft to handle, leave it in a cool place for half an hour. Then roll it out to the thickness of a quarter of an inch. Stamp it into rounds, and bake them in a cool oven for fifteen minutes. For the filling, take two tablespoonfuls of ground almonds, two tablespoonfuls of apricot jam, and one teaspoonful of vanilla essence. Rub the jam through a sieve, add it to the almonds and essence. Mix all well, and then spread the mixture on the biscuits, placing two biscuits together to form sandwiches.

Chocolate Fingers

To a quarter of a pound of flour add a quarter teaspoonful of baking-powder. Rub in three ounces lard, add three ounces of castor sugar and three ounces of cocoa. Drop in one egg, and make into a paste. Roll out thin, cut into strips one inch wide and three inches long. Bake in a moderate oven till crisp.

Gingerbread Biscuits

In half a pound of flour mix one teaspoonful of baking-powder, and one of ground ginger. Work in two ounces of margarine and two ounces of sugar. Mix to a paste with golden syrup. Roll out thin, cut into small rounds, place on floured baking-tins, and bake in a very slow oven forty minutes.

Sugar Biscuits

Cream together one cupful of sugar and four ounces of margarine. Add one beaten egg, half a cupful of milk, and one teaspoonful of vanilla. Sift together three and a half cupfuls of flour, two teaspoonfuls of baking-powder, and half a teaspoonful of salt. Mix all together, roll out thin. Sprinkle with granulated sugar. Cut into rounds, and place a raisin or half a cherry on each. Bake in a hot oven ten to twelve minutes.

Lunch Biscuits

Four ounces of self-raising flour, two ounces of margarine, one teaspoonful of egg substitute, the juice of half a lemon, two tablespoonfuls of golden syrup, salt, and sour milk. Put the flour, egg substitute, and salt into a basin, then add the margarine (rub in with finger-tips), then the syrup, and then enough sour milk to make into a very stiff dough. Put on a floured board, roll out to a quarter of an inch thick, stamp into plain rounds, and bake in a moderate oven for twenty minutes.

Sponge Biscuits

Lay clean sheets of paper on the oven shelves, and dredge with castor sugar. Put two eggs and one ounce of castor sugar in a basin, place over a pan of boiling water, and beat till the mixture is frothy. Mix a pinch of baking-powder with a quarter of a pound of flour, and sieve this into the eggs and sugar. Beat (not stir) well together. Put in small dessertspoonfuls on the papered shelves as quickly as possible, dredge over with castor sugar, and bake in a quick oven for five minutes. Slip off the paper, and stick two together.

Vienna Biscuits

Ingredients: Half a pound of fine flour, sifted, five ounces of margarine, half a teaspoonful of bicarbonate of soda, one egg, eight drops essence of vanilla, and a quarter-pound of castor sugar. Method: Rub the margarine into the flour so that it is as fine as oatmeal, add the sugar and bicarbonate of soda; mix well. Beat the egg and strain it. Add the vanilla to the egg. Mix with the flour and margarine to a dough. Roll out to a quarter of an inch thick. Cut out and place the biscuits at wide distances apart. Bake for ten minutes in a moderate oven until a pale brown. This quantity makes seventy-two biscuits. *Icing.*—Mix six ounces of sieved icing sugar with boiling water (one tablespoonful), six drops of vanilla, and two tablespoonfuls of chocolate powder. Just warm over the fire, spread a little on the under side of biscuit, and press another on to it. Spread a little on the top of each double biscuit, using a knife dipped in hot water. Finish with half a shelled walnut on top of each biscuit.

Digestive Biscuits

Three ounces of margarine and lard (mixed), six ounces of flour, four ounces of oatmeal, two ounces of castor sugar, a saltspoonful of bicarbonate of soda, and an egg. Melt the margarine

and lard, and beat the egg with a tablespoonful of water. Mix flour and oatmeal and bicarbonate of soda well together, then add the other ingredients and knead well. Roll out thin, cut into biscuits, and bake a golden brown.

Apple Biscuits

One dozen apples, two pounds of sugar, and two drops of oil of cloves. Boil the apples until they become pulpy, then take them out of the saucepan and rub them through a hair sieve. Add the sugar and the oil of cloves. Mix all thoroughly together. Then roll the mixture, cut into separate shapes, place them into a very slow oven, and brown them.

Lemon Rock Biscuits

Rub the yellow rind of two fresh lemons upon a quarter of a pound of loaf sugar. Powder it, and mix it gradually with the white of an egg whisked to a firm froth, and beat thoroughly. Butter some writing paper, place it on an oven tin, drop the mixture upon it from the end of a spoon in rock-like shape, and place it in a cool oven to dry.

Economical Biscuits

Quarter of a pint of milk, two ounces of margarine, quarter of a pound of flour, half eggspoonful of salt, and a pinch of baking-powder. Mix the flour, butter, and baking-powder and salt together lightly, add warm milk, stir with knife, put on board, roll thinly, shape, and bake in a moderate oven.

Rice Biscuits

Ingredients: Six ounces of butter, six ounces of sugar, twelve ounces of flour, four ounces of rice flour, one ounce of baking-powder, two eggs. Method: Mix flour, rice flour, baking-powder. Put butter and sugar into a basin, and cream up with the hand. Add the eggs and flour. Mix to a nice soft dough, roll out a quarter of an inch thick. Dust over with sugar. Bake about seven minutes.

Nut Biscuits

Take two cupfuls of flour, half a teaspoonful of salt, one teaspoonful of baking-powder, one tablespoonful of nutter, one cupful of ground walnuts, one dessertspoonful of sugar, and some sweet milk. Mix the salt, powder, and flour; rub in the nutter; add the nuts and sugar. Mix well, and form into a soft dough with the milk. Shape into small balls, place them in a greased baking-dish brush over with more milk, put a tiny pinch of chopped nuts on each, and bake in a hot oven until brown.

Semolina Biscuits

Take one cupful of semolina, two cupfuls of self-raising flour, a quarter of a cupful of sugar, a pinch of salt, two tablespoonfuls egg powder, a little milk, two ounces each of lard and margarine. Put all the dry things into a bowl, rub in the lard and margarine, and make into a stiff paste. Roll on a floured board, cut into rounds with a cutter or glass, place on a baking-tin, and bake in a hot oven for ten or fifteen minutes.

Ginger Parkin Biscuits

Take seven ounces of oatmeal, five ounces of flour, two ounces of margarine, a pinch of salt, two teaspoonfuls of ginger, one teaspoonful of bicarbonate of soda, and one teacupful of treacle. Melt the treacle and fat before mixing well with the dry ingredients. Roll out and stamp into rounds, and bake in a fairly hot oven for twenty minutes.

Savoury Biscuits

Ingredients: Three ounces of sieved flour, half a teaspoonful of salt, one ounce of grated cheese. Method: Melt gently one ounce and a half of butter, and stir into it the yolk of one egg. Make all into a stiff paste, and stamp in crescent-shape biscuits.

Rolled Oat Biscuits

Ingredients: Half a pound of rolled oats, two teaspoonfuls of baking-powder, three ounces of sugar, quarter of a pound of lard, half a pound of dough, and a pinch of salt. Method: Mix lard, salt, baking-powder and sugar with rolled oats, then knead into dough thoroughly. Lay out on baking-board, and roll out thinly. Cut into rounds and bake in a moderate oven. They are delicious and keep well in a close fitting tin.

Lemon Oatmeal Biscuits

TAKE six tablespoonfuls of flour, and the same of medium oatmeal, a pinch of salt, one tablespoonful of sugar, one teaspoonful each of egg-powder and baking-powder. Mix all well together, then rub in three to four ounces of lard, add a little milk and a quarter of a teaspoonful of essence of lemon or a tablespoonful of finely minced peel ; make into a dough, roll out fairly thin, cut into rounds with a fancy cutter, place on a flat tin, brush over with milk, and bake to a light brown. When a little change is desired, a few currants can be added, or minced raisins, instead of lemon peel.

Delicious and Inexpensive Digestive Biscuits

MIX six ounces of flour, four ounces of medium oatmeal, two ounces of sugar, and a saltspoonful of bicarbonate of soda well together. Melt three ounces of butter or lard, and beat one egg with a tablespoonful of water, then add the other ingredients, and knead well. Roll out thinly, cut with a cutter into nice biscuits, and bake a golden brown.

Cocoanut Biscuits

To half a pound of desiccated cocoanut add double the weight of powdered and sifted loaf sugar, the whites of two eggs (very stiffly whisked), and one teacupful of flour for every pound of sugar. Drop in spoonfuls on to a greased paper and bake in a moderate oven for about twenty minutes. Easily made.

Shrewsbury Biscuits

INGREDIENTS : Eight ounces of flour, four ounces of castor sugar, four ounces of margarine, one egg, essence of vanilla. Method : Cream the margarine and sugar together, beat up the egg, and add by degrees two or three drops of vanilla ; stir in the flour, making a dough. Roll on a floured board, and cut into biscuits. Place on a baking-tin, and bake in a moderate oven for fifteen to twenty minutes.

Orange Biscuits

INGREDIENTS : The whites (only) of four eggs, half a pound of ground almonds, one pound of powdered sugar the grated rind of two oranges. Method : Beat the whites to a stiff froth, and add to them the sugar, almonds, and rind of the oranges. Beat well, and drop on stiff white paper previously sprinkled with sugar. Bake for a few minutes in a slow oven.

Almond Biscuits

INGREDIENTS : Half a pound of crushed oats, quarter of a pound of butter, two tablespoonfuls of milk, almond essence, three ounces of sugar, and one tablespoonful of flour. Method : Melt the butter and pour over the oats, sugar, and flour. Add the essence. Cut into fingers when half cooked. Bake in a moderate oven, and leave on tin until cold.

American Breakfast Biscuits

TAKE one pound of flour, two teaspoonfuls of baking-powder, a quarter of a pound of margarine, a little salt, two teaspoonfuls of sugar. Well rub the margarine into the flour after sifting in the baking-powder, then make into nice soft dough with milk , stale milk is really the best. Roll out to half an inch in thickness, cut out into rounds with a pastry cutter. Bake in a very hot oven. When wanted for use, cut open and butter.

Shortbread Biscuits

TAKE half a pound of flour, four ounces of butter or margarine, four ounces of sugar, one egg. Rub the fat into the flour and sugar, mix it into a stiff paste with the egg, roll it out to a quarter of an inch in thickness, cut into squares, and lay small pieces of candied peel on each square. Bake for twenty minutes.

DELICIOUS CHOCOLATE RECIPES

Milk Chocolate

INGREDIENTS: A half-pound tin of Cadbury's sweetened cocoa and milk powder, quarter of a pound of cocoa butter, and two tablespoonfuls of sweetened condensed milk. Method: Grate the cocoa butter into a small saucepan, and let it melt at the side of the fire. When quite dissolved, add the cocoa and milk powder gradually, and then the condensed milk, stirring all beside the fire. Be careful not to let it boil. Grease a flat tin or dish or any fancy shapes, and pour the mixture in and let it cool. Just before it is quite cool, mark into squares with a knife.

Chocolate Sauce

BOIL half a pint of milk and one dessertspoonful of Bournville cocoa, and pour over the yolk of one egg well beaten up with a little sugar. Pour mixture into pan again, and stir over a slow fire until it reaches boiling point. Add a few drops of essence of lemon or vanilla and serve.

Chocolate Curd

FOR sandwiches, biscuits, etc., take two ounces of granulated sugar, two ounces of Bournville cocoa, two ounces of butter or margarine, one egg. Melt sugar, cocoa, and butter in a saucepan, beat the egg, and stir into the mixture while hot (not boiling); beat till well blended, put in pots for use. Nice in pastry for tarts.

Chocolate Ice

INGREDIENTS: One ounce of cornflour, four ounces of Cadbury's chocolate (grated), one pint of milk, two ounces of castor sugar, half a teaspoonful of vanilla essence. Mix the cornflour to a smooth paste, then add the rest of the milk, and put into a saucepan with the sugar. Cook for three minutes, stirring all the time, then add the grated chocolate, previously dissolved in a little cold milk. Stir all well together, and remove from the fire. Allow this to become cold, add the vanilla essence, and stand it on ice until wanted.

Chocolate Cheese Cakes

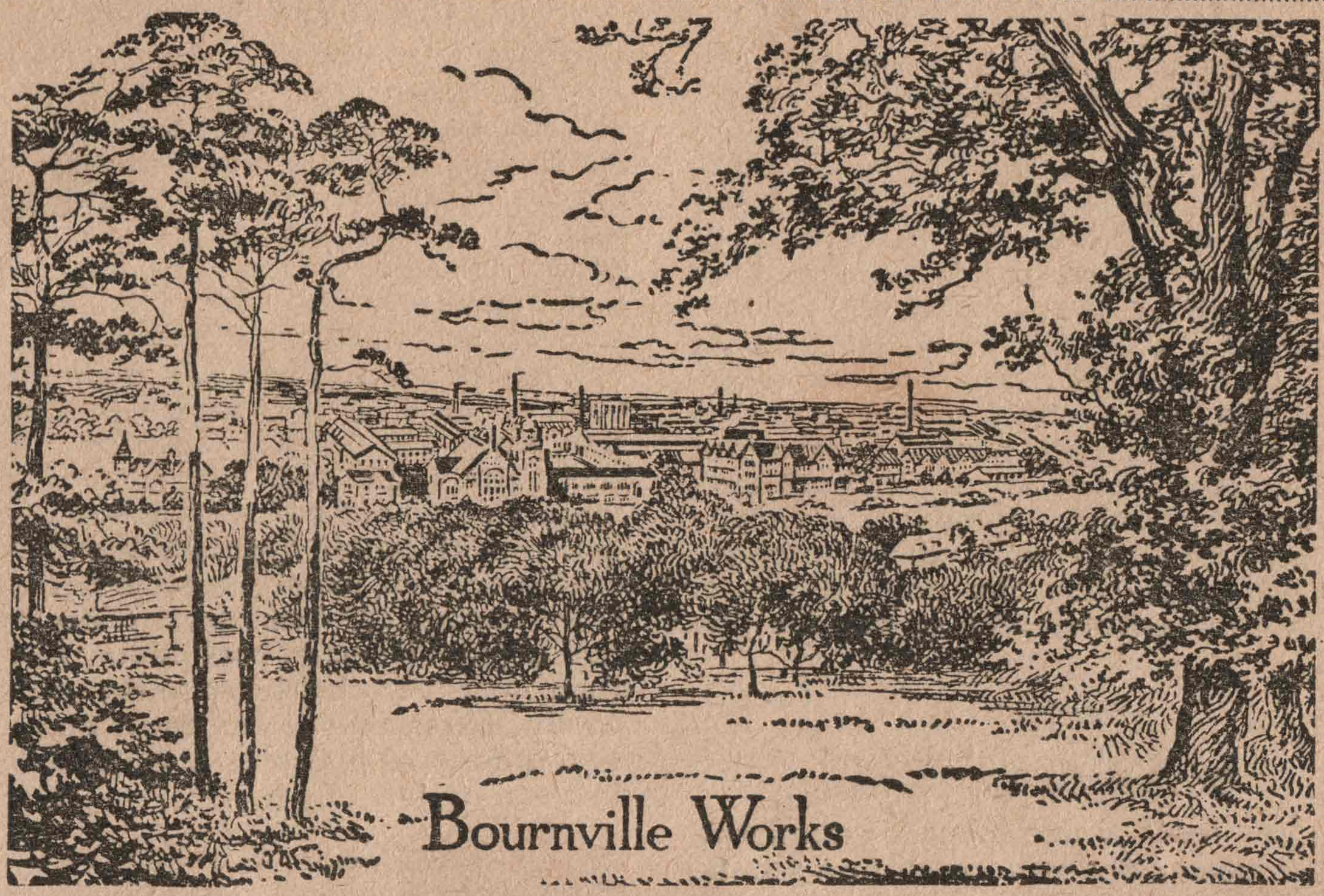
MAKE some short pastry with eight ounces of self-raising flour, two ounces of cornflour, three ounces of lard, pinch of salt, one teaspoonful of sugar. Cream together one ounce of sugar with two ounces of margarine, then add three tablespoonfuls of milk and three teaspoonfuls of Bournville cocoa. Finally, mix three ounces of self-raising flour into the mixture. Line two dozen tins with pastry, and put a teaspoonful of chocolate cheese into them. Place a tiny piece of pastry on top, and bake fifteen to twenty minutes in a hot oven.

Chocolate Fruit Cake

INGREDIENTS: Quarter of a pound of margarine, quarter of a pound of sugar, five ounces of flour, quarter of a teaspoonful of baking-powder, two ounces of chopped candied peel, two ounces of currants, two ounces of sultanas, a little milk, pinch of salt, one ounce of Bournville cocoa, two eggs. Method: Sieve the flour, salt, and cocoa. Cream the margarine and sugar, add the eggs (well beaten), stir in the flour, fruit, and peel, add the baking-powder and a little milk. Mix well, and bake in a cake-tin, lined with greased paper, for one hour and a half in a moderate oven.

Chocolate Biscuits

TAKE two eggs, one tablespoonful of Cadbury's grated chocolate, two ounces of flour, and four ounces of sugar. Beat the yolks well, and add to the the chocolate, flour, and sugar. Beat thoroughly, and add the whites of the eggs beaten to a stiff froth. Drop in small spoonfuls on buttered paper in a flat pan, or roll on a well-floured board, and cut round with a cutter. Bake in a quick oven.



THE FACTORY IN A GARDEN

It is important that Food Products should be manufactured under clean and healthy conditions. This essential has been fully observed at

BOURNVILLE

where every detail to promote cleanliness and the good health of the workers has been considered. Such ideal conditions ensure ideal productions.

BOURNVILLE COCOA

IS MADE UNDER IDEAL CONDITIONS.

SEE THE NAME **"CADBURY"** ON EVERY PIECE OF CHOCOLATE.

CADBURY, BOURNVILLE.

Steamed Cocoa Cake.

This recipe requires no oven, and can be cooked over any boiling saucepan. The quantities given make a good-sized cake. Have ready a well-greased cake-tin, and some greased paper to cover it. Take two teacupfuls of flour, two tablespoonfuls of syrup or treacle, half a teaspoonful of baking-powder, and the same of bicarbonate of soda, two ounces of margarine, one tablespoonful of sugar, one tablespoonful and a half of cocoa, and about a teacupful of milk. Mix all the dry ingredients, and then rub in the fat. Pour in the treacle and milk, and mix well. Pour into the tin, and cover with the greased paper. Put in the steamer and steam for one hour.

Chocolate Tapioca.

Wash half a cupful of granulated tapioca; put on to cook in a double boiler with four cupfuls of boiling water; add half a teaspoonful of salt and half a cupful of sugar. Boil until clear, and add four tablespoonfuls of cocoa, mixed to a paste with half a cupful of boiling water. Boil ten minutes. Set aside until partly cool, then put into a glass dish. Serve with whipped cream, if liked, and garnish with cherries.

Chocolate Jelly.

Ingredients: One ounce and a half of cornflour, three ounces of sugar, vanilla flavouring, one ounce of chocolate powder, one pint of cold water. Method: Mix the cornflour and chocolate smoothly with a little cold water, and put into a saucepan with the remainder of cold water. and add the sugar. Bring to the boil, and allow to boil for eight minutes. Add a few drops of vanilla flavouring. Pour into a shaped mould to set. and when cold turn out and serve with custard.

Chocolate and Rice Pudding.

Put a pint of milk and two ounces of rice into a double saucepan. Mix an ounce of chocolate powder with a spoonful or two of milk, and add. Cook till soft, add sugar to taste and a little vanilla essence, and serve. This is as appetising as it is nourishing.

Chocolate Eclairs

Put two ounces of butter and one gill of water into a saucepan. When boiling, beat in two ounces of flour; remove from fire, and add two eggs separately. Heat again to boiling point, stirring all the time until the mixture leaves the sides of the saucepan. When cool enough, put into forcing-bag, and lay out in finger-shapes, on greased baking-sheet, a good distance apart. Cook until a golden brown in a moderate oven for twenty minutes. When cold cut open and fill with whipped cream (quarter of a pint of cream, dessertspoonful of castor sugar, three drops of vanilla essence, mixed together). Dissolve three ounces of Cadbury's chocolate in half a gill of water, and boil. Let cool until you can hold saucepan on your hand, then add eight ounces of icing sugar, and pour over eclairs quickly.

Chocolate Tea-Cakes.

Take eight ounces of flour, six ounces of sugar, six ounces of butter, four ounces of ground chocolate, four eggs, and half a teaspoonful of vanilla flavouring. Beat the butter to a cream in a warm pan, add the sugar, and beat both well. Whisk the eggs to a light froth and stir them in. Add the flavouring, and lightly mix in the flour and chocolate. Drop the mixture with a spoon on to buttered flat tins, each cake the size of a large chestnut. Dust some sugar over, and bake in a warm oven. Instead of chocolate, if liked, use two ounces of cocoa powder, two ounces of fine sugar, and a dozen more drops of vanilla flavouring.

Chocolate Pastry.

Ingredients: A quarter of a pound of butter, quarter of a pound of sifted sugar, half a pound of flour, nearly the whole of one egg (slightly beaten), three ounces of chocolate powder. Method: Rub the butter into the flour, add the sugar, melt the chocolate with a very little hot water to a thick paste, and add it to the other ingredients. Make all to a stiff paste, roll out thinly, cut into shapes or fingers, and bake on a floured baking-sheet. When cold, place two of the fingers or shapes together, with chocolate glaze in between. To make the glaze put one ounce of chocolate in a stewpan with a quarter of a gill of water, beat till smooth, then add three tablespoonfuls of icing sugar, and use while warm.

PICKLES AND SAUCES



Pickled Walnuts

INGREDIENTS: 100 walnuts, one gallon of water, two pounds of salt, one quart of vinegar, two ounces of whole black pepper, one ounce of allspice, one ounce of bruised ginger. Method: The walnuts must be procured young, before the shell begins to form. Prick these thoroughly with a needle or fork; prepare the brine with the salt and water, in which place the walnuts, and leave for a week, renewing the brine every third day. Drain them, and place them on a tray in the sun until they become quite black. Put these in some dry jars, and cover with the vinegar and spices. Tie down with bladder, and store for two or three months before using. Walnuts improve with keeping.

Steak Sauce

TAKE half an ounce of horseradish (grated), half an ounce of pickled shallots, half an ounce of allspice, one ounce of salt, and one ounce of whole black pepper. Pound these very finely, and put them into a pint of mushroom ketchup. Let it stand for about a fortnight, when the liquor may be strained and bottled for use. A little of this sauce can be poured over steaks, or may be mixed with gravy.

Lemon Pickle

WIPE three lemons, and cut them up. Put them in a large, clean jam-jar, and add a handful of salt, three cloves of garlic, two ounces of ground nutmeg, the same of ground cloves, half an ounce of grated horseradish, two ounces of mace, and one ounce of dry mustard. Over this put a quart of vinegar. Stand the jar in a saucepan of boiling water, and let the water boil round for twenty minutes. Set the jar aside, and open it daily and stir with a wooden spoon; then at the end of six weeks it is ready to tie up permanently. Please remember if you use jam-jars for pickles they must be unglazed inside.

Rhubarb Chutney

TAKE four pounds of rhubarb, cut up small, and boil with one pound of sugar or syrup till quite soft. Take 2 medium-sized onions, and mince very small. Put them in a bowl, and add four tablespoonfuls of salt, two ounces of curry-powder, a quarter of an ounce of cayenne pepper, half a pound of mixed raisins, and a pint or rather less of malt vinegar. After mixing well, pour the mixture over the cooked rhubarb and sugar. Stir over the fire until the ingredients are quite cooked, then pour into jars and tie down.

A Novel Pickle

THE following is delicious with cold meat. Choose ripe plums, and prick them all over. Put in a saucepan (enamel), and pour over them enough vinegar to cover them. Leave for three days. Take them out, measure the vinegar, and to every pint of vinegar allow one pound of sugar, a little cinnamon, and four or five cloves. Put back in the saucepan. Boil gently till the plums are tender. Fill up jars with the plums. Boil the vinegar a little longer, and pour over the plums. Cover, and store in a dry place.

Tomato Sauce

TAKE three pounds of tomatoes, one large onion, half a pound of Demerara sugar, two ounces of salt, one ounce of peppercorns, two ounces of allspice, one teaspoonful of cloves, and one pint of vinegar. Cut the tomatoes into slices, the onions into small pieces, put them into a saucepan with the other ingredients, and pour on the vinegar. Simmer gently for two hours

stirring frequently to keep them from burning. When done, rub through a hair sieve. Bottle the pulp, cork securely, store in a dry place, and it will keep for years.

Marrow and Apple Chutney

Peel and cut two pounds of marrow into small chunks, sprinkle with salt, and let stand for twelve hours, then strain. Add half a pound of shallots, one and a half pints of vinegar, one pound of cooking apples, half a pound of loaf sugar, a few chillies, peppercorns, half an ounce of bruised ginger. Put all into a stewpan and boil for half an hour (spices must be placed in a muslin bag). Mix half an ounce of turmeric powder with a tablespoonful of cornflour. Mix with a little vinegar into a smooth paste. Pour into the boiling mixture, and boil quickly for four minutes, stirring all the time, and add a little cayenne. Bottle when cool.

Chilli Sauce

Take twelve large, ripe tomatoes, one ripe pepper-pod, two onions, one and a half cupfuls of vinegar, one tablespoonful of salt, one tablespoonful of cinnamon, and one tablespoonful of sugar. Chop the onions and pepper, add tomatoes and all other ingredients, and boil for one hour and a half. Allow to cool before corking the bottles. This will keep any length of time, and is a delicious sauce.

Fig Chutney

Ingredients: Four pounds of figs, one teaspoonful of allspice, half a pound of Spanish onions, a quarter of a pound of crystallised ginger, a quarter of a pound of salt, one pound of treacle, a quarter of a pound of sultanas. Method: Cut the onions and ginger into small cubes, and cut the figs into three lengthway pieces. Add the allspice, salt, treacle, and sultanas, and boil all in a quart of vinegar until tender and of a rich chocolate colour. Put into pots, and cork up while hot. Seal the corks the next day.

Gooseberry Chutney

Ingredients: One quart of gooseberries, one pint of vinegar, half a pound each of raisins and brown sugar, one ounce each of garlic and shallot, one teaspoonful each of salt, ground ginger, and cayenne. Method: Put the vinegar into an enamel saucepan with the sugar; put in the gooseberries, add the raisins (which have been stoned and chopped), also the garlic and shallot (chopped very small); add other ingredients, and simmer gently for one hour, stirring well. Then put into a stone jar in a slow oven for about four hours. When cold, put into small jars and tie down.

Banana Pickle

Skin and cut one dozen bananas into half-inch pieces. Stone and cut one pound of dates into strips. Place them in a dish, and add a teaspoonful of allspice, two teaspoonfuls of curry-powder, two pounds of Spanish onions (peeled and chopped), a quarter of a pound of crystallised ginger chips, two tablespoonfuls of salt, and one pound of treacle. Cover all with one pint of vinegar mixed with half a pint of water. Mix well. Turn into a large jar, bake in a rather slow oven till a rich chocolate colour. This will take about two hours. When done, place in clean jars and cover down while hot.

Tomato Catsup

Ingredients: Three and a half pounds of tomatoes, one and a half pounds of apples (weight after peeling and coring), three ounces of salt, eight ounces of brown sugar, two small onions, two ounces of ground ginger, one and a half ounces of mustard seed, half an ounce of whole pepper, and one pint of vinegar. Scald the tomatoes, remove the skins, cut into pieces, and put into a saucepan with the apples and onions, which should be chopped very small; add ginger and salt and part of the vinegar. Boil until the fruit is cooked, rub through a sieve, return to saucepan, and then add the sugar and remainder of vinegar. Put the mustard seed and whole pepper into a muslin bag, tie it loosely, and boil it in the fruit from half to three-quarters of an hour. Take out the bag, and put the ketchup into bottles. Tie down next day.

Pickled Plums

Take equal quantities of plums and sugar, and to every five pounds of plums allow one pint of vinegar, and half an ounce each of cloves and

stick-cinnamon. Prick the plums; boil the sugar, spice, and vinegar until dissolved, then put the plums in and boil for ten minutes. Remove from the fire and let it cool for a quarter of an hour; then carefully remove the plums whole and place in wide-mouthed jars. Cover with the syrup and tie down at once. Damsons can be done in the same way, but only require five minutes' boiling.

Date Chutney

ONE pound of apples, half a pound of dates, one pint of vinegar, one medium-sized onion, half a pound of sugar, one teaspoonful of salt, one half teaspoonful of cayenne pepper, and one small teaspoonful of ground ginger. Cut the apples in small pieces, stone the dates, chop the onion in small pieces, add the other ingredients, and pour vinegar over. Stew until tender.

Sage-and-Onion or Goose Sauce

CHOP very fine an ounce of onion and half an ounce of green sage leaves. Put in a stewpan with four spoonfuls of water, and simmer gently for ten minutes; then put in a teaspoonful of salt, some pepper, and one ounce of breadcrumbs. Mix all together, then pour into it a pint of stock, gravy, or melted butter, stir together, and simmer for a few minutes. This is a most delicious sauce for all poultry or pork.

Sauce for Fish

TWENTY-FOUR chopped anchovies, ten shallots, two ounces of horse-radish (scraped), four blades of mace, one lemon (sliced), twelve cloves, a quarter of an ounce of black pepper, one gill of anchovy liquor, one quart of best vinegar, and one quart of water. Let the whole simmer on the fire in a covered saucepan until reduced to one quart, strain, and bottle for use. If required for long keeping, add a quarter of an ounce of cayenne pepper.

Mixed Vegetable Pickle

Nice and cheap.

TAKE any vegetables in season, cut in pieces, sprinkle with salt, and let remain for twelve hours; then drain and, with a cloth, wipe free from moisture. To every four pounds of vegetables add two quarts of vinegar, half a pound of Demerara sugar, half an ounce of turmeric, one ounce and a half of mustard, and one ounce of ground ginger (less may be used if desired). Put all the powders in a basin, mix one or two tablespoonfuls of flour with them, and mix to a paste with vinegar. Let the vinegar and sugar come to the boil, then drop in the vegetables, and, when it comes to the boil again, stir in the powders and paste. Give the whole ten minutes' boil, let it cool, then put into jars and cover.

Apple Sauce

PARE, core, and slice some ripe, tart apples, and stew in enough water to cover them until they break into pieces. Beat up into a smooth pulp and stir in a piece of margarine and sugar to taste.

Bread Sauce

TWO ounces of breadcrumbs, half a pint of milk, six peppercorns a slice of onion, half an ounce of margarine, salt and cayenne. Soak the onion and peppercorns in the milk for twenty minutes, then put it on to boil. Strain the boiling milk, pour it over the breadcrumbs, and bring to the boil again, adding a little margarine; then season with salt or cayenne, as desired.

Sauce for Cauliflower

MELT three-quarters of an ounce of margarine or dripping in a saucepan, stir in one ounce of flour, and, when it is thoroughly mixed, add half a pint of milk or milk and water, slowly stirring with a wooden spoon. Season, then boil up for five minutes.

Cheese Sauce

TAKE two tablespoonfuls of grated cheese, one dessertspoonful of flour, one teacupful of milk, a small piece of margarine, and a little mustard, salt, and pepper. Put the margarine in a pan, melt it, and then stir in the flour. Add the milk and stir the mixture till it thickens, but do not let it boil. Then put in the cheese and seasoning.

Savoury Sauce

TAKE four large tomatoes, one onion, one carrot, one and a half gills of stock, half a teaspoonful of vinegar, salt and pepper. Cut up the tomatoes, carrot, and onion into slices, and stew them in the stock. When quite soft, rub through a hair-sieve, season, add the vinegar, and beat all together.

Parsley Sauce

INGREDIENTS: One and a half ounces of margarine, three-quarters of an ounce of flour, one gill of milk, a gill of stock in which the fowl, veal, or mutton is being cooked, three peppercorns, a little salt, and a dessertspoonful of finely chopped parsley. Method: Melt the margarine in a stewpan, then mix the flour smoothly in it. Add the seasoning, gradually stir in the milk and stock, and bring it to the boil, stirring all the time. Let it simmer for ten minutes, strain the sauce, add the chopped parsley, and serve.

Jam Sauce

INGREDIENTS: One gill of cold water, two large tablespoonfuls of jam, two ounces of loaf sugar. Method: Put these ingredients into a stewpan and boil rapidly for ten minutes. Strain the sauce round the pudding.

A Nice Way of Pickling Cabbage

QUARTER a large red cabbage and cut out the stalk, then slice very thin. Put it on a flat dish, sprinkle plenty of salt on it, and leave overnight. In the morning turn it over (to mix the salt), let it drain, and then fill bottles or jars with it. Put on the top of each jar one quarter of a teaspoonful of cayenne pepper, and pour cold vinegar to cover the cabbage. Tie stiff paper over the jars and store away. In two days the pickled cabbage will be ready for use.

Pickled Celery

CHOOSE some heads of quite young and crisp celery, wash and dry well, cut into small lengths, and add a little pepper, salt, and a blade of mace. Put all into an enamel saucepan with sufficient vinegar to cover it and let it come to the boil. Bottle when cold. Ready for use in about three days.

Almond Sauce

TAKE one and a half ounces of sweet almonds and seven bitter almonds, two teaspoonfuls of orange-flower water, the yolks of two eggs, three tablespoonfuls of milk, and five lumps of sugar. Method: Blanch and pound the bitter and sweet almonds in a bowl with the orange-flower water until they are a pulp, then put them into a clean saucepan with the milk and the eggs (well beaten) and the sugar. Whisk well over a moderate fire until smooth and frothy. This can be served with any kind of sweet pudding.

Cress Vinegar

DRY and pound half an ounce of cress seed (such as is sown with mustard), pour upon it a quart of best vinegar, and let it steep for ten days, shaking every day. It is strongly flavoured with cress, and for cold meats, is better than plain vinegar.

Marrow and Onion Pickle

FIVE pounds of marrow and one pound of onions, cut finely. Sprinkle with salt and leave for twelve hours; then strain and throw away the liquor. Cover with vinegar and boil till tender; add a quarter of a pound of sugar, one ounce of ground ginger, three-quarters of an ounce of turmeric, cayenne to taste, and two tablespoonfuls of mustard. Mix all together with a little cold vinegar, stir into marrow, and bottle when cold.

Apple Pickle

EIGHT ounces of onions, eight ounces of apples, two ounces of chillies, one pint of white vinegar, one tablespoonful of salt. Chop the onions, apples, and chillies; boil the vinegar and salt and pour over the ingredients. Mix well and, when cold, put into jars.

Simple Piccalilli

CUT into small pieces two pounds of onions, a good-sized vegetable marrow, one large cucumber, and a cauliflower. Lay in a dish, sprinkle well with salt, and leave for twenty-four hours. Boil three quarts of vinegar with three-quarters of a pound of moist sugar, two ounces and a half of ginger, two ounces and a half of curry-powder, and one ounce of whole white peppercorns. Let it boil, then add vegetables,

drained as dry as possible. Mix three tablespoonfuls of mustard and flour with some cold vinegar, stir into the pickles, boil for five minutes. and then bottle.

To Pickle Mushrooms

Take button mushrooms, and wipe them with a piece of flannel dipped in vinegar. Then place in a saucepan, with pepper, salt, two or three cloves, and a little pounded mace. Let them stew over the fire till they have produced a great deal of liquor, then place the saucepan on the side of the fire until they have soaked up all the liquor again, shaking the pan occasionally to prevent them from sticking to the bottom. Boil sufficient vinegar, and allow it to get cold. Then put the mushrooms in wide-mouthed bottles, pour the cold vinegar over them, and cork tightly. The pickle will keep a long time.

Sweet Pickle

Cut up any vegetables overnight—cauliflowers, beans, tomato, marrow, onions, etc.—and sprinkle them with salt. Next day drain, then boil for a quarter of an hour in vinegar to which has been added for every quart of vinegar a cupful and a half of sugar, four tablespoonfuls of mustard, and half a tablespoonful of turmeric. Mix one cupful of flour with a little cold vinegar, and add. Boil for another ten minutes, and bottle.

Vegetable Marrow Pickle

Take two marrows, peel and cut into cubes; sprinkle with salt and let it stand for twelve hours. Drain well. Take two quarts of vinegar, one ounce of turmeric, one ounce of ground ginger, half a pound of sugar, a few chillies, and six shallots. Boil altogether for fifteen minutes. Take out shallots and put in the marrow. Boil ten minutes. Put into jars. When cold it is ready for use.

Green Tomato Pickle

Take three pounds of green tomatoes, one pound of onions, sliced, quarter pound of treacle, half a dessertspoonful of mustard, one teaspoonful each of pepper, cloves, all-spice, and salt. Mix all together in a saucepan, bring to the boil, and let simmer for an hour.

Elderberry Sauce

Pick from the stalks a quart of elderberries, and pour over them a quart of boiling vinegar, then set in a cool oven all night; next morning strain the liquor from the berries, and boil it up with quarter of a pound of anchovies, a blade of mace, a little ginger, salt, and peppercorns until dissolved. When cold, strain, and put it into bottles and cork down.

Mushroom Catsup

Lay alternate layers of mushrooms and salt in an earthenware pan, using quarter of a pound of salt to every two quarts of mushrooms. After six hours break up into pieces and set in a cool place for three days, stirring every day. Strain, and to every quart of juice add half an ounce of ginger, half an ounce of allspice, half teaspoonful ground mace, and one teaspoonful of cayenne pepper. Boil briskly for five hours. Let it stand overnight in a cool place to settle. Bottle and cork tightly.

Tarragon Vinegar

Pick enough nasturtium flowers to fill a pickle bottle, press down, put in a pinch of salt and half a teaspoonful of red cayenne pepper, then cover with good cold vinegar. Cork tightly. The bottle will require filling with vinegar after a day or two.

To Preserve Kidney Beans for Winter Use

Gather the beans while tender, cut them as if you were going to use them. Get an earthenware pan, put a layer of salt in the bottom, then a layer of beans, continue until the pan is full. With a layer of salt on top, tie up, and store away in a dry place. When wanted for use, take out the quantity of beans required, soak in warm water for twenty-four hours, changing the water several times; boil with a teaspoonful of brown sugar in water.

Save Your Celery Tops

Wash and dry all odds and ends of celery and leaves. When clean, place them in the oven to dry, turning them now and again. Thoroughly dry, then put them in an air-tight tin, and store in a dry place. When celery is out of season, it will be found very useful for flavouring soups and hashes, etc.

HAYBOX COOKERY

Have a Haybox and Save Fuel

BUY a cube sugar-box and lid. If the lid is a bad one, get a carpenter or your good man, or a friend, to make you a stout lid.

Line the box with several layers of newspapers, and then cover the newspapers with stout brown paper. The thick felt paper for putting under carpets is good. If you happen to have some carpet felt this is better still.

Buy enough hay to fill the box to the top when it is well pressed down. Three-quarters fill the box with hay. Use the other quarter of hay to stuff an unbleached calico mattress to lay on the top, and when this is in the box should be full. Line the lid with paper and felt paper, and fix firmly to the box with hinges, and put a loop and catch in front, or strong tape ties.

Now buy as many casseroles (fireproof earthenware saucepans) as the box will hold. Make holes in the hay for each saucepan to fit in. Have some bags of flannelette made, any colour, to pop easily over the casseroles rather after the nature of cosies, only they need not be stuffed with wadding, although if you do make little cosies, stuffing them with wadding, your box will be a greater success still.

Stand your haybox in a corner of the kitchen. All you need now is an asbestos mat you can get at any oilshop to put over the gas to stand the casserole on.

Haybox Cookery

THIS is the secret of haybox cookery. You put what you are going to cook in a casserole, and stand it on the asbestos mat over a very low gas till the contents of the casserole are boiling, and cook the required time. When bubbling, you then lift off the casserole, pop it in its bag, put it in the little hole waiting for it in the haybox, cover with the mattress, shut down the lid, and there your dinner goes on cooking as long as you like. It can't overcook. You take it out when you want it, and put it straight on the table in the casserole.

So we will suppose in the ordinary way you cook a stew for two or three hours on the gas. By this method you cook it for half an hour, then put it in the haybox for four hours. Porridge for breakfast needs twenty minutes on the fire or gas, and can be left in the box all night.

Here is a wonderful way of cooking milk puddings. The night before put some rice and milk and sugar or honey in a saucepan and bring very slowly to the boil. Simmer for twenty minutes; then pop the casserole into the haybox and leave all night till half an hour before dinner the next day. Then tip the pudding in a piedish and pop in the oven just for the top to brown. You have never tasted anything more creamy and delicious than these puddings. And think how it saves the gas.

Time-Table for the Haybox

Name of Dish.	On Gas.	In Box.
Vegetable soup ..	½ hr.	3 hrs.
Potato soup	10 min.	2 hrs.
Irish stew	30 min.	4 hrs.
Boiled meat	45 min.	3 hrs.
Beefsteak pudding ..	1 hr.	4 hrs.
Suet pudding	1 hr.	4 hrs.
Chicken	20 min.	3 hrs.
Potatoes	5 min.	1½ hrs.
Carrots, turnips, etc.	5 min.	1½ hrs.
Young vegetables ..	5 min.	1½ hrs.
Old vegetables ..	10 min.	2 hrs.
Dried peas	30 min.	4 hrs.
Haricot beans	30 min.	4 hrs.
Lentils	30 min.	4 hrs.
Macaroni, rice, etc. .	5 min.	1 hr.
Creamy milk puddings	20 min.	4 hrs. or all night
Porridge	20 min.	4 hrs. or all night
Stewed fruit	10 min.	2 hrs.
Dried fruit	15 min.	6 to 7 hrs.



HOME-MADE DRINKS AND BEVERAGES

Raspberry Cordial

POUR two quarts of boiling water over three pounds of loaf sugar and one pennyworth of tartaric acid. When cold, add a pennyworth of burnt sugar, one ounce of essence of raspberry, a quarter of an ounce each of ground ginger and cayenne. Bottle and cork securely. For a delicious hot drink, use one part cordial to two parts boiling water.

Egg Chocolate

TAKE one pint of milk, one and a half teaspoonfuls of grated sweet chocolate, one tablespoonful of sugar one egg. Mix the chocolate and sugar with a very little milk, boil the remaining milk, and mix in. Cook in a double saucepan till thickening, then stir in the beaten egg. Cook for one and a half minutes.

Ginger and Fruit Syrup

REQUIRED : One ounce of bruised ginger, one lemon, half a pound of muscatel raisins, one orange, a pinch of cinnamon, one pound of loaf sugar, and about two pints of water. Stone the raisins, cut them up and place them in a basin with the powdered cinnamon, the juice of the orange and lemon, and a little of the sugar, grated. Just cover with boiling water and leave until the syrup is ready. Place the lemon-rind, ginger, and remainder of the sugar in a saucepan, with a pint of water, and boil until it becomes a syrup ; then strain the juice from the fruit into the syrup, having removed the ginger and lemon-rind from the syrup. Return the pan to the stove for a minute, then the syrup is ready to serve, or bottle for future use when cool. A tablespoonful of the syrup in a glass of hot water makes a delicious winter drink.

A New Way of Making Black or White Elderberry Wine

GATHER the berries ripe and dry, pick, bruise, and strain them. Put the liquor by in earthenware vessels for ten hours to settle. Then add to every pint of juice a pint and a half of water, and to a gallon of this liquor add three pounds of sugar. Put over a fire, and when nearly boiling add the whites of four eggs to clear it, then let it boil for one hour. When it is almost cold, work it with a good strong yeast, cask it, and within a month it will be ready for bottling.

Blackberry Cordial

TAKE two quarts of blackberry-juice, one pound of sugar, some grated nutmeg, half an ounce of ground cinnamon, quarter of an ounce of ground cloves, and the same amount of ground allspice. Put these ingredients into a saucepan, cover them tightly, and cook them slowly for half an hour. Cool and strain the mixture, and add two cupfuls of water. Bottle it and cork it tightly for future use. This makes a nice drink, and will keep well if tightly corked.

Fruit Sherbets

STRAWBERRIES, raspberries, currants, rhubarb, make delightful sherbets, their colouring is so rich and tempting. Pick the fruit when ripe and juicy, and mash or squeeze it through a fine sieve. To every pint of juice add a pint of water and a pound of powdered sugar, stirring until the sugar is dissolved. Strain the mixture through a muslin bag, and pour into clear glass bottles, when it is ready for use. Pour a little of this syrup into a glass, fill up with water according to taste, and you will have a delightful cooling drink.

Lemon Whey

ONE pint of milk, a little sugar, juice and rind of a large lemon. Put the rind (thinly pared) and juice of lemon into the milk. Bring this to the boil, and simmer for two or three minutes. Take it off the fire and let it

settle, then strain and sweeten. Put a little whey into a glass and add hot or cold water.

Pineapple Drink

This is quite cheap to make and delicious to drink. Make a syrup by boiling one cupful of sugar with two cupfuls of water for ten minutes. Add the juice of three lemons, one tablespoonful of grated pineapple and two of the juice. Add cold water—as cold as possible—to make one quart, and at the last toss in a sprig of mint or wild woodruff, to give a pleasant aroma. A tin of pineapple chunks will last quite a long time if used for this purpose only, but the contents must be emptied into a jar, or they will not keep.

Black Currant Vinegar

On one quart of black currants, picked from the stalks, pour one pint of vinegar. Let stand nine days, then squeeze. To every pint of juice add one pound of lump sugar. Boil twenty minutes, and bottle when cold. When required for a refreshing drink, add cold water to taste; and for colds or hoarseness mix with an equal quantity of hot water, and take when going to bed.

Cherry Cider

Wash and stone half a pound of sound, ripe cherries. Bruise and pour over them a pint of boiling water, and add a piece of thin lemon-rind, or, if preferred, a few of the kernels (bruised). Soak them for four or five hours, then strain and sweeten the liquor with two ounces of sifted sugar.

To Dry Cherries with Sugar

Stone some sound cherries, put them into a pan, allowing six ounces of powdered sugar to each pound of fruit; set them over a moderate fire, and simmer gently for twenty minutes. Let them remain in the syrup until a little cooled, then spread them on a dish, and dry in a cool place.

Iced Coffee

Make some strong coffee, let it boil up once, then strain into a jug until cold, sweeten to taste, and add a thinly-sliced lemon. Just before serving add a tablespoonful of crushed ice. Tea may be served in the same way, omitting the boiling. This is a delicious summer drink.

Sherbet

(*Economical and quite easily made.*)

Put into a basin half a pound of icing sugar, add four ounces of tartaric acid, four ounces of bicarbonate of soda, and forty drops of essence of lemon. Drop the lemon on the sugar. Mix and bottle in a dry, clean bottle. A small teaspoonful added to a tumbler of water makes a refreshing drink.

Cherry Soda

Stalk and stone one pound of sweet, ripe cherries. Then bruise them on a hair sieve with a clean basin underneath. Next empty half a pint of water over the sieve, so as to avoid wasting the juice. Add half a pound of sifted sugar to the juice, water, and cherries. Cover and leave for two hours. Run through a hair sieve. Add a quart of soda-water and a piece of ice. Cool and serve.

Raisin Beverage

Ingredients: Quarter of a pound of raisins, quarter of a pound of rice, two quarts of water. Method: Split the raisins in order to extract the full flavour, but they need not be stoned. Put the fruit and well-washed rice into an enamel saucepan with two quarts of water. Stir occasionally till the liquor boils, then draw the pan away from the fire, and let the contents simmer for half an hour. Strain off while hot.

Summer Drinks

Oatenade.—Simmer a quarter of a pound of coarse oatmeal in one quart of water for one hour, stirring occasionally. Strain, add lemon-juice and sugar to taste.

Russian Tea.—Pour fairly strong tea into tumblers containing two lumps of sugar and one slice of lemon.

Cherry Vinegar

Put two quarts of cherries in a large earthen bowl, mash lightly, and pour over them one quart of vinegar. Cover and set in a cool place for two days. Strain through a muslin bag, and to each pint of juice add three-quarters of a pound of sugar. Place over the fire and scald for fifteen minutes. Strain,

set aside to cool for fifteen minutes, and then bottle. (Diluted, this makes a most refreshing summer drink.)

Apple Wine

APPLES of any kind can be used for this wine, or cores, or peelings. Cut into small pieces, put into a pipkin, cover with boiling water, and let them stop there about fourteen days, stirring daily. Strain the juice. Put again into pipkin, and allow one pound of sugar to one quart of juice, and stir until dissolved. Then bottle, and allow it to work for about a week. Then cork, but not too tightly at first, or bottles will burst. Keep this at least six months before using.

Currant Wine

INGREDIENTS: Currants (black, red, white, or mixed), water, and granulated sugar. Method: Crush the currants, measure the juice, add an equal quantity of water, and pour over the sugar, allowing one pound to each quart. Put into cask and allow to work, filling cask as it runs over. When still (about three weeks), bung tightly down.

Hop Wine

To each gallon of water allow one ounce and a half of hops, one ounce of ginger, two oranges, two lemons, and three pounds of sugar. Peel the oranges and lemons very thinly, taking care there is no white pith. Squeeze out the juice and put it in an earthenware vessel or a barrel with the rind, hops, ginger, and sugar. Fill up with cold water, and to every six gallons put in two tablespoonfuls of barm. Stir once a day for a fortnight, then strain the liquor and put it into a clean barrel with two ounces of isinglass and one pound of raisins. Bung up tightly, and in six weeks it will be ready to bottle.

Raspberry Syrup

TAKE equal quantities of raspberries and red currants, mash them well together in a basin, then let them stand for three days in a very cool place; after that pass the pulp through a cloth and squeeze well. Then stand the juice in the cellar for a week, then pass it through a fine muslin without pressing at all. Pour two pounds of this juice over four pounds of castor sugar. Set over a brisk fire, and let it just come to the boil. Should a skin form over the syrup when cold, remove it very carefully. Then bottle. This should fill three large bottles.

Damson Wine

PUT a dozen or more pounds of damsons into an earthenware pan and cover with cold water. Stir every day, then strain the liquid. To every quart of juice allow one pound of moist sugar. Pour into bottles, and put into a warm place to ferment. Fill up the bottles as the wine works out, and when fermentation has ceased put a teaspoonful of brandy into each bottle. Cork tightly. Ready to drink in a month, but it improves with keeping.

Gooseberry Wine

INGREDIENTS: Firm green fruit. To each pound of fruit allow two pints of cold water; to each gallon of juice obtained from fruit allow three pounds of lump sugar, half a pint of good gin, and four ounces of isinglass. Method: Top and tail fruit, rinse them thoroughly, pour over the cold water, and let stand for four days, stirring it frequently. Strain through a jelly-bag or fine hair sieve. Dissolve the sugar in the liquid, add the gin and isinglass (dissolved in a little warm water), and pour the whole into a cask or bottles. Cork loosely until fermentation has ceased, then tightly for six months.

Cowslip Wine

WHEN cowslips are in season an excellent wine can be easily made. To two gallons of water add six pounds of sugar; boil for half an hour, taking off the scum as it rises. Pour into a bowl to cool, with the rinds of two lemons. When cold, add four quarts of cowslip flowers and the juice of two lemons. Let it stand for two days, stirring every two or three hours, then pour into a large stone jar, and leave it for a month. Finally bottle, putting a lump of sugar and a tablespoonful of rum into each bottle.

Good Orange Wine

BOIL together two gallons and a half of water with the whites of two eggs well beaten and seven pounds and

a half of sugar for a quarter of an hour. Leave this liquid till nearly cold. Then finely peel twenty-five Seville oranges, take off the white pith, break the oranges up, and take out the pips, and put the pulp and juice into the liquid with a quarter of an ounce of yeast. Measure off a pint from the boiling liquid and put into it half the orange peel. Let it stand for ten days, then strain through a hair sieve. Mix all together and put into a cask. Bung up, and when clear bottle and store.

Dandelion Beer

THE following is a very cheap and beneficial drink, very refreshing in the warm weather. Take one pound and a half of dandelion roots and boil them for one hour in two quarts of water. Strain the liquid and add a pennyworth of ground ginger, a pennyworth of yeast, and one pound of brown sugar; the yeast must be dissolved in water before adding. Get a big pan, and to the mixture add one gallon and a half of water. Let the pan and its contents stand in a warm place for about six hours, when the liquid will have fermented. It can then be bottled and corked securely. It will be ready for use in about twelve hours. This costs very little.

Home-made Coffee Essence

MANY people who are good judges of coffee do not care for the taste of coffee essence. More often than not this is only because the coffee essence is made with coffee and chicory, and the drinker of pure coffee does not like the taste of chicory. Try this, and see if you are not delighted. Put half a pound of pure coffee into a jug, and bring to the boil a pint and a half of water. When boiling, pour it on the coffee. Stir well, put a saucer on top of the jug, and stand the jug in a saucepan of boiling water so that the water comes half-way up the jug. Let the water boil round for an hour, then strain the coffee—there ought to be at least a pint; if not, add a little more boiling water—into a clean enamel saucepan. Add to this half a pound of sugar, and simmer gently till the mixture feels syrupy: then bottle it and cork well. To make a cup of coffee, use a teaspoonful of this coffee essence, and fill up with half milk and half water boiled together, or condensed milk—a dessertspoonful mixed with a teacupful of boiling water. This makes a delicious cup of coffee.

Stone Ginger

REQUIRED: Three or four lemons, one ounce of root ginger, half a pound of golden syrup, one pennyworth of brewers' yeast, two teaspoonfuls of cream of tartar. Method: Bruise the ginger and put in a pan with two pints of boiling water. While this boils for a few minutes cut up the lemons into quarters and put in a bowl with golden syrup. Now pour the contents of the pan on the top of these and stir well. Leave for a few minutes, and then add four quarts of cold water, the cream of tartar, and the yeast. Stir well again, and leave twelve hours. Now take the yeast off the top and bottle. This is both refreshing and nourishing, and a drink that is easily made and costs little.

Real Strawberry Sherbet

REQUIRED: One pound of strawberries, three pints of water, juice of one lemon, one tablespoonful of orange-flower water, three ounces of double refined sugar. Take a pound of strawberries, crush them to a smooth mash, then add three pints of water and a tablespoonful of orange-flower water. Let it stand three or four hours. Put the sugar into another basin, stretch over it a large cloth, and strain the strawberries through it on the sugar, wringing it to extract as much of the juice as possible. Stir until the sugar is dissolved, then strain again and set it in ice for an hour before serving in small tumblers.

Fruit Nectarade

RHUBARB or apples make a most refreshing drink, especially for children when hot and thirsty. To every pound of fruit allow one quart of water, juice and grated peel of one lemon, quarter of a pound of sugar, or honey for apples, also add five or six cloves. Place fruit whole in a pan in cold water with sweetening and flavouring, just bring to the boil gradually, then remove to side, allow to stand for an hour, then strain. Ready for use when cold. Almost all small fruit can be done the same way, but rhubarb makes the best drink.

Orangeade

INGREDIENTS: The juice of ten oranges, the rind of three oranges, three pints of water, half a pound of loaf sugar, and a little crushed ice. Method: Remove the peel of three oranges as thinly as possible, add it and the sugar to one pint of water, and simmer for twenty minutes. Strain the orange-juice into a jug and add the remaining two pints of water. When the syrup is cold, strain it into the jug. Add a little ice when serving.

Red Currant Syrup

INGREDIENTS: Two quarts of very ripe red currants, one quart of water, three pounds of granulated sugar. *Method:* Wash, pick, and drain the currants, put into an enamel saucepan, and bring quickly to the boil. Mash with a wooden spoon, add the water, and let it simmer for fifteen minutes. Remove and strain through butter muslin overnight. To each cupful of fruit juice add one cupful of sugar, and stir until the sugar is dissolved. Put over a slow fire, and boil for ten minutes.

Old-Fashioned Ginger Beer

TAKE three pounds of white sugar, one ounce and a half of cream of tartar, the rind of two large lemons, two ounces of bruised ginger. Put these ingredients into a large earthenware pan, and pour over them three gallons of boiling water. Stir so as to perfectly mix them, cover, and allow to cool. When this liquid is only just warm, add the juice of the lemons and one ounce and a half of yeast (previously dissolved with a tablespoonful of powdered sugar). Mix the contents of the pan thoroughly, cover with a thick cloth, and stand in a warm place until the next day, when fermentation will have taken place and the yeast be in the form of a thick crust on top. This must be skimmed off and the clear beer carefully removed from the sediment and bottled in sound and clean bottles as quickly as possible. The corks should be put into boiling water just before they are used, and tied tightly down with string or wire. This beverage will be ready for use in three days.

Blackberry Vinegar

GATHER fruit on a dry day, that which is not over-ripe. Put into a large basin, and to each pound of fruit pour over one pint of best white vinegar. Let it stand for twenty-four hours. Put another lot of fruit in another basin, set a hair sieve over this, and pour the basinful of fruit and vinegar over. Let this stand twenty-four hours. Then repeat the process with another lot of fruit, stand for twenty-four hours, strain, and measure. To each pint of juice allow one pound and a half of sugar. Put into a clean preserving pan, let it boil up at once, skimming carefully, and as soon as the sugar is dissolved strain again, and leave till cold. Bottle and cork well.

Rhubarbade

TAKE a dozen thick sticks of rhubarb, wash but do not peel them, then cut into short lengths. Slice an orange and a lemon, and bruise an ounce of ginger, place with the rhubarb, and sprinkle a pound of Demerara sugar over the fruit. Pour over two gallons of boiling water, cover the vessel, and leave till lukewarm. Ferment with half an ounce of yeast dissolved in a little of the liquid, and in six hours skim and bottle.

BRAWNS AND POTTED MEATS

Galantine of Tripe

INGREDIENTS: Two pounds of tripe, two rashers of fat bacon, half a pound of sliced tomatoes, half a pound of grated onions, pepper and salt to taste, one tablespoonful of margarine, a spray of parsley, the rind of a lemon, and some stock. Method: Stew the tripe, bacon, lemon-rind, and parsley in the stock until tender; cut tripe and bacon into dice and set aside. Remove the parsley and lemon-rind from the stock, add other ingredients, and cook until quite tender. Then rub through a hair sieve into a basin, and add the sliced tripe and bacon. Dissolve one ounce and a half of sheet gelatine in a little tepid water, add to contents of basin, and stir. Allow it to remain until nearly cold (but not "set"), then turn into a large mould or round cake-tin. When set firm, turn out on to a dish.

Pressed Beef

TAKE four pounds of brisket of beef. Rub well into it two teaspoonfuls of mixed spice and one of salt. Leave it all night. In the morning put it in a saucepan of cold water (do not wash it), with two bay-leaves, carrot, turnip, a few peppercorns, and simmer gently. When done, press well, and leave till quite cold.

Tinned Beef Jellied

TAKE a small tin of corned beef, cut the meat into small dice, and season to taste with pepper and salt. Take one or two hard-boiled eggs, cut in slices, and dip in oiled margarine and finely chopped parsley. Place the slices of egg in the bottom of a fancy mould, then add the meat. Dissolve half an ounce of gelatine in half a pint of good stock, and pour over the meat in the mould. When set, turn out into a glass dish, garnish with slices of beetroot and sprigs of parsley, and serve.

Rabbit Brawn

TAKE the meat from a cold boiled rabbit, and quarter of a pound of cooked bacon. Cut it into tiny squares. Grease a brawn mould, put in the meat with one hard-boiled egg (chopped), and seasonings of salt and pepper. Take sufficient stock to fill the mould, dissolve in it enough gelatine to make stock a thick jelly when cold. Pour it over the rabbit, etc., and place in a cold place until set.

Scotch Brawn

BOIL an ox cheek and one calf's foot very slowly until the meat comes off the bones. Remove the meat carefully, chop it fine, add seasoning of pepper, salt, and allspice. Mix with a little stock (in which the meat was boiled) and press into a greased mould.

Beef Brawn

PUT half a pound of beef steak with half a cowheel in a stewpan containing half a pint of cold water. Place it in a moderate oven and stew for four hours. Remove bones, and pour into a mould with seasonings of salt, pepper, mace, and cloves.

Tongue Brawn

BOIL a medium-sized tongue until tender. When cold, cut into tiny squares. Put into a mould with seasonings of salt, pepper, cloves, mace, and bay-leaf, and a little chopped ham or cooked bacon. Dissolve quarter of an ounce of gelatine in half a pint of stock, pour this over the tongue, etc., and put in a cold place until set.

Glazed Sausage Roll

INGREDIENTS: Half a pound of sausages, one dessertspoonful of ketchup, one egg, four ounces of breadcrumbs,

one teaspoonful chopped parsley, half a teaspoonful mixed spice, one dessertspoonful chopped pickles, a little stock, pepper and salt, some meat glaze. Method: Carefully remove all skin from the sausages. Put them into a basin and add the breadcrumbs, pickles, parsley, spice, pepper, and salt. Mix well, and bind with the egg (well beaten), the ketchup, and, if necessary, a little stock or gravy. Form into a roll and tie into a pudding-cloth like a roly-poly. Boil this roll for half an hour, then lift out and press between two dishes until cold. Remove the cloth, and brush over with a little melted glaze. Serve cold, garnished with parsley or salad.

Pig's Head and Feet Brawn

WASH pig's head and feet, place in boiling water along with a shin of beef, about one and a half pounds. Boil for two and a half hours. Lift from the water, remove all bones, chop fine, mix tablespoonful of salt, teaspoonful mixed spice. Add to brawn; mix all thoroughly. Rinse a mould with cold water, press in the brawn, and place a weight on top. Turn out when solid.

Ox-Cheek Brawn

CLEAN, and remove all bone from the ox-cheek, soak in salted water for three hours. Wash again and put to boil. Then add two or three carrots, turnips, onions, thyme, parsley, peppercorns, two teaspoonfuls of salt, and a blade of mace. Let all gently boil until meat will leave the bones, about four or five hours. Then remove the bones. When cold, cut up meat into small pieces. Well wet a basin, put some pieces of hard-boiled egg on the top, fill in with cheek, about halfway. Dissolve one ounce of gelatine in some of the liquor, let it boil, season, strain, and fill up the basin or mould.

Russian Brawn

INGREDIENTS: Half a pint of stock, two ounces of semolina, quarter of a pound of corned beef, and seasoning. Method: Place the stock in a saucepan, and when it boils shake in the semolina. Stir and boil till thick and clear, season well, and add the corned beef, chopped finely. Stir for a minute, pour into a mould, and when cold it will be stiff enough to turn out. A teaspoonful of ketchup will improve the flavour.

Liver Roll

MINCE one pound of ox liver and add to it ten ounces of breadcrumbs, eight ounces of minced fat bacon, a pinch of sweet herbs, a seasoning of pepper and salt, and a little grated nutmeg. Mix the ingredients well together, and add one beaten egg to bind them. Put the mixture in a floured pudding-cloth and tie at both ends. Place the roll in a saucepanful of boiling water and let it boil for two hours, then place the roll (still in the cloth) between two plates, with a weight on top, and let it remain until next day. Take the roll from the cloth and serve cold with tomatoes.

Salt Pork Brawn

TAKE a salt hock of pork, place in stew-pan with enough water to well cover. Pepper and spice to taste. Simmer from three to four hours till every scrap of meat leaves the bones. Remove all bones, skim off fat, place in moulds, and let them stand overnight to set.

Sheep's Head Brawn

GET a sheep's head, soak and clean well, and then boil for three hours with about half a pound of bacon. When cooked, remove all bones, skin tongue, and mince finely all the meat, also bacon, add pepper and salt to taste, mix all well together, and press by putting into a basin or mould. Place a saucer on top, and put weight or iron on saucer. When cold, turn out.

Jellied Meat

TAKE the remains of any cold meat and cut it into small dice, with a few strips of bacon. Season with pepper and salt. Boil two eggs till hard, cut into slices, and dip into melted margarine and chopped parsley. Place the slices of egg at the bottom of a fancy mould, then add the meat and the bacon. Pour over it half a pint of nicely flavoured stock, to which half an ounce of gelatine (dissolved) has been added. When set, turn out and garnish with slices of cucumber and parsley.

Potted Cods' Roes

INGREDIENTS: Two cods' roes, half a pound of margarine, pepper and salt to taste. Method: Boil roes to a pulp (in a piece of muslin). Put margarine, with the seasoning, in a small saucepan, and when thoroughly hot, pour over roes, and pound together. Put into a glass pot, and cover with a thin layer of butter poured over hot.

Sardines—Potted

INGREDIENTS: Sardines, butter, cayenne. Method: From each sardine remove the skin and backbone. Pound to a paste, adding butter as required, and season highly with cayenne. Pass through a hair-sieve, press into small pots, and cover with clarified butter.

Corned Beef Mould

INGREDIENTS: One pound of tinned corned beef, quarter of a pint of stock or water, quarter of an onion, a sprig of parsley, small piece of carrot, five peppercorns, a little pepper, and half an ounce of gelatine. Method: Put the stock or water with the vegetables, peppercorns, and seasoning in a saucepan, and simmer gently for thirty minutes. Strain, and return to the pan with the gelatine, and stir until the gelatine is quite dissolved. Have a large mould, well rinsed in cold water. Decorate the bottom of the mould with little flowers cut from hard-boiled white of egg, forming stalks and leaves from some cut pickles. Cut the meat into dice, removing all pieces of fat and gristle; fill the mould loosely with the meat. Pour in the gelatine mixture, and allow to set. Turn out and serve cold.

Potted Ham and Tongue

CUT cooked ham from the bones and mince with some tongue. Season with pepper and salt, and mix thoroughly until a paste is formed. Press this into glass or china jars, and seal the top by pouring a layer of melted butter over, and allowing this to set. This will keep for weeks if well sealed.

Delicious Cheese and Nut Paste

TAKE half a pound of grated stale cheese, three ounces of ground nuts, two ounces of margarine, salt, cayenne. Method: Slightly warm the margarine, well work in the cheese and nuts, add seasoning to taste, and pound well together. Press down into dry pots, and pour on the top of each a little melted fat.

Salmon and Shrimp Paste

INGREDIENTS: Half a tin of red salmon, half a pint of shrimps, tablespoonful of margarine, the same of vinegar, nearly half a saltspoonful of salt, cayenne pepper. Method: Break up the salmon and free it from skin and bones, skin and chop the shrimps and place with the salmon, then throw in all the other ingredients and pound together until a smooth paste is the result. Put into small jars, and cover with melted mutton fat, lard, or margarine. When cool, tie down in the ordinary way, and it will keep for months.

Potted Beans

INGREDIENTS: Half a pint of haricot beans, two ounces of grated breadcrumbs, two ounces of margarine, two ounces of grated cheese, cayenne, pepper, salt, nutmeg to taste. Method: Bake the beans slowly, then mix into a pulp, adding slowly the other ingredients. Put into moulds, and run a little melted butter or margarine over them. Put between buttered bread or toast. This makes good sandwiches.

Bloater Paste

TAKE four cooked red herrings, remove skin and bones, then mince or pound finely. Add half a saltspoonful of freshly made mustard, and half that quantity of pepper. Melt four ounces of margarine, and mix most of this with the fish. Press into jars, and pour remainder of margarine on top to seal. Tie down. This should keep for six to eight weeks.

JAMS AND  PRESERVES

Raspberry and Red Currant Jelly

TAKE two pints of raspberries and one pint of red currants, see that the fruit is clean, and then put into a pan with a very small quantity of water. Take great care that the fruit does not burn. When it is heated and soft, take off the fire and put into a jelly-bag made of flannel or linen, and let the pulp strain all night into a pan. Do not squeeze the bag. To every pint of juice allow nearly a pound of sugar. Boil for thirty minutes over a steady heat. Remove the scum as it rises. Put into jars, and let it cool before tying down.

Banana Jam

TAKE six pounds of bananas, four and a half pounds of sugar, two pounds of juicy pears, and the juice of two lemons. Cut the bananas up into small, equal-sized pieces. Then put in the preserving-pan the juice of the two lemons, and the pears, cut up into small pieces after being pared, and one pound of the sugar. Now put on a slow fire, and when boiling put in gradually the bananas and the rest of the sugar ; stir gently till all boils, then boil one hour fast boiling. Skim well, and pot while boiling hot.

Fig Jam

TAKE one pound of figs, two pounds of sugar, and six lemons. Method : Wash the lemons well, put them in a saucepan with a quart of water. Boil until the rind can be easily pierced with a skewer (changing the water once, and renewing with boiling water). When the lemons are done, take them out and allow to cool, then cut in shreds, taking away the inside pith and pips, and saving the pulp. Keep a pint of lemon-water. Run the figs through a mincer, add them to the lemon-pulp, and put them, with the sugar and lemon-water, into a preserving-pan. Boil until a small portion jellies on a plate.

Plum and Marrow Jam

TO twelve pounds of plums, after having cut in halves and removed stones, allow six pounds of sugar and two pounds of marrow cut into small cubes ; place all in a deep bowl, with layers of sugar in between, and leave for twenty-four hours. Then place all in a preserving-pan, bring slowly to the boil, using a wooden spoon to stir, and removing the scum lightly now and again. Crack a few stones and add to the jam. Boil until a little jellies on a plate.

Damson and Apple Jelly

TAKE equal quantity of damsons and apples, add half a pint of cold water to every pound of fruit. Boil until the fruit is quite soft, then strain through muslin. Weigh the juice, and allow one pound of sugar to one pound of liquor. Boil the juice quickly for fifteen minutes, then add the sugar, and boil the whole for half an hour.

Bottled Fruit Without Patent Bottles

TO every pound of fruit add six ounces of white sugar. Place a layer of fruit and a layer of sugar until each jar is quite full. Tie a piece of bladder-skin over the top, after having moistened the skin with warm water and dried with a cloth. Place them thus prepared in a saucepan of cold water, packing a little straw between the bottles. Set over the fire, and boil until the air is exhausted. The bladder will rise at first, but when the air is exhausted it will sink. Take the saucepan off the fire, and allow the fruit to remain in it until the water is cold. Store in a dry place.

Fig Mincemeat

WASH thoroughly one pound of figs, half a pound of sultanas, and toss them in a towel to drain off the water. Put the figs through a mincer and add to them the sultanas ; sprinkle with sugar and add the grated rind of one lemon and a saltspoonful of grated nutmeg. Mix all these ingredients well together and keep in a cool, dry place until required.

Nut-Butter Mincemeat

TRY the following recipe and I think you will prefer it to the old-fashioned, indigestible, uncooked mincemeat. Prepare one pound of currants, one pound of sultanas, one pound of raisins, half a pound of mixed peel, and one pound of apples. Pass the whole through a mincing machine and add half a pound of sugar, a little spice and nutmeg according to taste, also the chopped rind of a lemon and the juice. Put the whole into an earthenware jar and let steam for two hours. Whilst hot, stir in six ounces of nut butter. When you have made the paste for mince pies, roll it out twice instead of once, and line some large-size patty-pans with it. Fill with mincemeat, cover with paste, brush over lightly with cold water, and dredge with castor sugar. Bake in a moderately hot oven, and you will have some very crisp mince pies.

Dried Apricot Jam

THE dried apricots make a delicious jam, and make a change from other kinds. Soak one pound of dried apricots in three pints of cold water for twenty-four hours. Boil till tender, which will take from thirty to forty minutes. Have ready one and a half pounds of sugar and two ounces of almonds, blanched and cut in tiny strips. Add these to the fruit, and boil again twenty minutes. This makes six pounds of jam. Too long boiling is not to be recommended, as it wastes the jam.

Mock Mincemeat

TAKE one pound of apples (weighed after peeled and cored), one pound of preserving sugar, one pound of currants, half a pound of peel, half a nutmeg, half a teaspoonful of ground ginger. Wash and clean the currants, place them in a basin and cover well with boiling water. Let them soak overnight, then peel, core, and slice the apples, and stew them in half a pint of water until they are reduced to pulp. Then add the soaked currants, the sugar, and the peel, finely shredded. Grate the yellow part of the lemon, and add this with the strained juice. Add the nutmeg and ginger while cooking. Boil all until the mixture will set when put on a saucer (about half an hour). This tastes like mincemeat, and is more digestible if thoroughly cooked than the ordinary mincemeat.

New Recipe for Blackberry Jelly

CHOOSE large, crisp, red, unripe berries. Wash the fruit, and place in preserving-pan. Cover barely with water, and boil gently until all the juice is extracted. Then put into a jelly-bag, and let it run all night, and to each pint of liquid add a pound of sugar Boil in preserving-pan for nearly an hour, or until it jellies, when a little is put on a cold plate, stirring occasionally with a wooden spoon. Take the scum off as it rises

Blackberry and Apple Preserve

TAKE equal quantities of apples and blackberries. To every pound of blackberries add a quarter of a pint of cold water, to every pound of fruit add three-quarters of a pound of sugar. Boil the apples till soft, then add the blackberries, boil up, then add the sugar, and boil for an hour, or till a little dropped on a plate will set or jelly. Put in pots, and tie down when cold.

Lemon Mincemeat

TAKE two large lemons, three large apples, four ounces of beef suet, half a pound each of currants and raisins, four ounces of moist sugar, one ounce of orange and citron peel. Chop up the apples and suet, mix them with fruit and sugar, then squeeze the lemons. Well mix the whole. It is then fit for use immediately, or it will keep if required.

Gingered Marrow Jam

INGREDIENTS : About five pounds of vegetable marrow, three pounds of Demerara sugar, two lemons, three teaspoonfuls of essence of ginger, three ounces of root ginger. Method : Peel the

marrow, and cut into pieces resembling preserved ginger. Cover with water, and stand for twenty-four hours. Drain off, making sure no liquid remains. Put half the sugar on the marrow, and leave standing until next day. Cut the lemon. rind as for marmalade, scrape out the pulp, and put all in with the marrow and sugar before leaving it to stand. Afterwards drain off melted sugar and lemon, put into preserving-pan, bring it to the boil, and pour over the marrow, again leaving it to stand until the next day. Then put the whole into the pan, adding crushed root ginger in a muslin bag, and let it gently boil until the marrow becomes translucent. Add the essence of ginger and remove muslin bag of root ginger. Seal in jam-jars.

Apple Curd

PUT half a pint of milk and water in a saucepan to boil. Mix a tablespoonful of cornflour with a little of the milk and water in a basin, and when the milk and water boil in the saucepan, gradually stir in the cornflour, and cook well. Take off the fire and allow to cool a little; then add one pound of apples (previously stewed, sweetened, and beaten to a pulp) and the grated rind of a lemon. Well mix, and when quite cold put in small heaps on biscuits, in pastry cases, or even on bread and butter it is delicious.

Blackberry Jam

RIPE, firm berries should be chosen. Pick them over carefully, and put them in the preserving-pan, with half a pound of brown sugar to every pound of fruit. Boil gently for nearly an hour, stirring and skimming well all the time. A little lemon-juice added, according to taste, is an improvement. Apple can also be added, but it must be cooked first, and then mixed with the boiling fruit. If the apples are put in with the blackberries they will not get soft. Put into pots and tie down when cold.

Clear Jelly Marmalade

INGREDIENTS: Four pounds of bitter oranges, two lemons, five pounds of sugar, water. Method: Wash and pare the fruit very thinly in ribbons, cut the ribbons across into very thin chips with a pair of scissors. Remove all the white pith from the fruit, divide the fruit into pieces, removing the pips. Put the fruit in a jelly-pan with five breakfastcupfuls of water, to boil gently for three-quarters of an hour. Tie the chips in muslin, and cook with the fruit, stirring it occasionally, and skimming frequently. Take out the chips, pour the pulp and liquid through a sieve, and allow to drip all night. Put all the liquid thus obtained, the chips, and five pounds of sugar in a clean jelly-bag, stir, and allow it to boil for a quarter of an hour, then skim and pot.

Lemon Cheese

TAKE half a pound of margarine, one pint of water, a quarter of a pound of custard powder, two lemons, half a pound of sugar. Squeeze the juice of lemons, remove pips, and cut up peel with all other ingredients. Put into saucepan, and heat until all becomes a thick cream, and then take out lemon-peel, put in jars, and it is then ready for use. This is very nice to spread on bread and butter for children.

Make Your Own Candied Peel

CUT up any quantity of orange or lemon peel you may have, cover with cold water, and boil till soft. Pour water off, and boil again. (This takes the bitter taste away.) Boil two cupfuls of sugar in one of water until it threads when dropped off the spoon. Cook peel in syrup for ten minutes, drain, and coat the peel with granulated sugar. It is now ready for use, and will keep any length of time in a dry place. The cost is very small when oranges and lemons are cheap.

Tomato Preserve

TO each pound of ripe tomatoes (peeled and sliced) add grated rind and juice of one and a half lemons and one pound of sugar. Boil for one and a half to two hours. Put into jars, and, when cold, cover in usual way.

Marrow Curd

INGREDIENTS: Two pounds of marrow (weighed after it has been cooked and well pressed), one and a half pounds

of sugar, quarter of a pound of margarine, four lemons. Method : Cook the marrow as for a vegetable, squeeze very dry, and weigh out. Mash well, and return to saucepan. Add sugar, margarine, grated rind and juice of the lemons. Boil all together for half an hour, when it should have become a nice thick consistency, stirring well all the time. Put into jars, and tie down as for jam. This makes a nice filling for tarts.

Ginger Apples

INGREDIENTS : Three pounds of apples, two ounces of ginger root, two lemons, one pound and a half of sugar. Method : Peel and cut apples in even-sized pieces, cut ginger root in thin slices, and lemon-peel in thin chips, and boil till it looks clear. Drain, and let stand till cold, using water in which they are boiled for the syrup. Simmer the apples in the syrup till tender enough to be pierced with a straw, then put them in fruit jars. Cook the lemon and ginger a little more in the syrup, and then divide it among the jars of apples, filling up with a thick syrup, and screw the lids while the syrup is hot.

Chocolate Butter Instead of Jam

TAKE half a teacupful of milk, and, when boiling, mix with two dessert-spoonfuls of good cocoa. While still boiling, thicken with a teaspoonful of cornflour dissolved in a little cold milk. Cook all together for two minutes, and then take off the fire and stand aside to cool. Weigh one ounce of margarine and beat it with one ounce of sugar, then add the cocoa mixture. When it is a well-blended cream, stand aside to cool.

Blackberry and Marrow Jam

To every half a pound of marrow use half a pound of blackberries and three-quarters of a pound of sugar. Peel the marrow and take out the seeds, then cut thinly into small pieces. Place the marrow in a preserving-pan with just a little water, and cook until tender. Then add the blackberries, which have been previously well picked, and cook for a short time. Add the sugar, and boil gently for three-quarters of an hour. Put into jars, and while warm tie down.

To Preserve Marrows for Winter Use

THIS is an excellent way. Take as many sound, dry marrows as required, place them separately (or at least so as not to touch each other) in large tins or jars. Put a layer of dry salt at the bottom and top of the marrows. Tie down. The marrows will keep beautifully all through the winter in this way.

Dried Plums and Damsons

CHOOSE dry fruit free from blemish, and of an even size. Spread them on trays and place in a cool oven in the evening, taking them out during the day. Repeat until the fruit is free from juice and withered-looking, and hard to touch. Then leave the trays exposed to the air for a day, afterwards storing in tins till wanted. Soak the plums in warm water twenty-four hours before using, and cook in the same water.

Blackberry and Apple Cheese

TAKE equal quantities of blackberries and apples. Peel the apples ; cover and stew them until quite done. Then add the blackberries, mix them with the apples for a few minutes, and let them boil for five minutes. Pass them on to a large dish through a sieve, a little at a time. Add three-quarters of a pound of sugar to a pound of fruit, and boil quickly for thirty minutes. Skim well and put into jars.

Sweet Orange Marmalade to Save Sugar

TAKE twelve sweet oranges and six lemons; slice very finely, and after they are cut up allow two pints of cold water to every pound of fruit. Let it stand for forty-eight hours, then weigh, and boil till the strips are tender, allowing three-quarters of a pound of sugar to one pound and a half of fruit and water. After adding sugar, boil quickly for about three-quarters of an hour.

Real Dundee Marmalade

TAKE twelve Seville oranges and two lemons. Cut them through, and slice pulp and rind into very thin strips. Take out all the pips, and put in a basin with one pint of boiling water. Put the

strips and pulp into another pan with six quarts of water. Stand for twenty-four hours, then boil slowly for two hours; add ten pounds of preserving sugar and the liquor from the pips, which will now be a stiff jelly, and boil the whole for about an hour and a half, or until the jelly sets when a few drops are put on a plate.

Carrot Marmalade

Well wash and scrape the carrots, cut in pieces two inches long, and put them in a pan with just sufficient water to prevent burning. Stew till tender, then rub through a hair sieve. Make a syrup with sugar and water, for every pound of pulp allowing one pound of sugar, the grated rind and juice of one lemon, and half a pint of water. Boil this until it sticks to a spoon, then put in the pulp and boil till it jellies. Pot and tie down when cool.

Banana Cheese

Two ounces of margarine, two ounces of sugar, two eggs, three cloves, a small piece of cinnamon rind, the juice of half a lemon and half an orange, and ten bananas. Put the margarine, sugar, lemon and orange flavourings into a saucepan, and stir until the margarine is melted. Add the eggs (well beaten), stir over the fire for ten minutes, and then add the bananas, which have been well mashed with a fork. Cook for another ten minutes very slowly. Rub through a sieve, and pour into well-dried jars. When cold, tie down. This is excellent for tartlets.

Figs, Preserved

Take small green figs, wipe, and put them into cold water. Do this in the morning, and the next day simmer them till tender. Put them into cold water for three days, changing the water each day. Try if they are soft enough for a pin's head to pierce them easily. If so, weigh them, and to each pound of fruit allow a pound of sugar. Clarify the sugar, and put the figs into it while hot. Simmer for ten or twelve minutes. In a couple of days add the thin rind of a lemon and a little ginger to the syrup, and heat the figs in it again. Do this twice, divide the figs into halves, and put them, in their syrup, into pots. Tie down closely.

Baked Damsons

To every pound of fruit allow six ounces of pounded sugar, and melted mutton suet. Choose sound fruit, not too ripe, pick off the stalks, weigh it, and to every pound allow the above proportion of pounded sugar. Put the fruit into large stone jars (quite dry), and sprinkle the sugar amongst it. Cover the jars with saucers, place them in a rather cool oven, and bake the fruit until it is quite tender. When quite cold, cover the top of the fruit with a piece of white paper cut the size of the jar; pour over this the melted mutton suet about an inch thick, and cover the tops of the jars with thick brown paper, well tied down. Keep the jars in a cool, dry place. The fruit will keep for three months.

Preserved Black Currants

Take six pounds of ripe black currants, perfectly fresh and free from stalk or leaf, and to every pound of fruit weigh out an equal quantity of Demerara sugar. Put twelve bruised cloves into a muslin bag, drop into a twelve-pound jar, and fill up with alternate layers of sugar and black currants. Soak a piece of note-paper in spirit, place over the fruit, and fasten up in the ordinary jam-pot manner, taking particular care, however, to make perfectly air-tight. Currants preserved in this way will keep any time, and when opened will be found as good as freshly gathered. They are most useful in winter.

Economical Mincemeat

Ingredients: One pound of chopped apples, three-quarters of a pound of currants (washed and picked), half a pound of raisins (stoned and quartered), half a pound of finely-chopped suet, half a pound of castor sugar, two ounces of chopped candied peel, the juice and grated rind of one lemon, one saltspoonful of grated nutmeg. Mix all these ingredients well together and keep in closely-covered jars in a cool, dry place until required.



BREAD AND ROLLS

Economical Standard Bread for Tea

BRING to the boil one and a half pints of water, and sprinkle into it half a pound of rice. Stir for a few minutes to prevent the rice sticking to the bottom of the pot, and then simmer gently until the rice is quite soft and the water has evaporated or been taken up by the rice. On no account must the rice be allowed to burn. Turn it out to cool in a basin, but before it gets quite cold mix into it three pounds of standard flour in the same way that lard is rubbed into flour for pastry. Sprinkle in one and a half teaspoonfuls of salt while mixing, and add two tablespoonfuls of yeast. It should then be thoroughly kneaded, and set to rise in front of the fire as usual. When properly risen, make it up into loaves with a little flour, which should be warmed slightly. Bake in the oven, giving it nearly half an hour longer than the ordinary bread. By this method good, healthy, economical bread can be made for a family, and housewives will find that the use of rice in this way greatly increases the quantity of bread resulting from the mixture.

Cornflour Rolls

TAKE half a pound of cornflour and half an ounce of salt, and mix to a smooth paste with a little cold water; then pour over one pint of boiling water, stirring well all the time. When nearly cold, add half an ounce of yeast, previously dissolved in a little tepid water. Cover over and let the mixture stand for two hours. Place in a pan three pounds of flour, make a well in the centre, and put in the cornflour mixture. Make up into a dough, using more water if necessary. Put the dough, covered up, in a warm place to prove. When ready, turn out on a board, and mould up into small rolls. Let them stand to prove, and then bake in a moderate oven.

Barley and Oatmeal Bread

TAKE one pound of barley flour, one pound of ordinary flour, three-quarters of a pound of cooked oatmeal, one gill of tepid water, three-quarters of an ounce of yeast, half a teaspoonful of sugar, and a good teaspoonful of salt. Mix the flour and salt in a basin, cream the yeast with the sugar in a basin, and add this, with the water, to the oatmeal. Add the mixture to the flour, mix well, and put in a warm place to rise for two or three hours. Then turn on to a floured board, and knead well. Make into loaves, set these in a warm place to rise for half an hour, and then bake in a hot oven.

Brown Bread

HALF a quartern of wholemeal flour, half a quartern of white flour, twopennyworth of yeast, two teaspoonfuls of salt, sugar, and water to mix. Put the yeast in a basin with a tablespoonful of sugar, cover with lukewarm water, and let it stand until it rises. Mix the salt with the two kinds of flour, make a hole in the flour, and pour in the yeast, adding tepid water until a firm dough which leaves the hands quite clean. Leave this to rise for about an hour in a warm place. Grease some tins, half fill with the dough, and then let it stand to rise again. Put into a hot oven and bake for one hour.

Currant Bread

INGREDIENTS: Two pounds of flour, a quarter of an ounce of salt, one ounce of yeast, four ounces of lard, half a pound of currants, one gill of milk, and some water. Method: Sift the flour, add the salt, and rub in the lard; then add the currants. Make a well in the centre, crumble the yeast into it, add a gill of tepid water, and make the yeast into a batter. Let this stand for thirty minutes, then add half a pint of tepid water and a

gill of milk, and knead for ten minutes. More milk or water may be added if found too stiff. Let the dough stand for an hour in a warm place, covered with a cloth ; then make into small loaves of even size, and let them stand for another twenty minutes to prove. Bake in a moderate oven for from thirty-five to forty minutes.

Wholemeal Bread

One quart of water or milk and water mixed, (well warmed) one and a half ounces each of yeast and castor sugar, two ounces each of lard and syrup, one ounce each of salt and cream of tartar, half an ounce of bicarbonate of soda, and four pounds of wholemeal flour. Dissolve the sugar, syrup, salt, and yeast in the water ; sieve the soda and cream of tartar into the flour, rub in the lard, add it to the liquor, and make into a dough. Cover it up, and set in a warm place to rise for half an hour. Turn it on to a board to knead it, and then put it back again to rise for another fifteen minutes. Divide the dough into three pieces, put into greased tins, and bake in a good oven.

Oatmeal Fruit Loaf

Rub four ounces of margarine into one pound of fine oatmeal, add four ounces each of sugar, currants, and sultanas, two eggs, two ounces of shredded suet, a small teaspoonful of cream of tartar, bicarbonate of soda, and salt. Add a slight flavouring of cinnamon. To the beaten eggs add a teacupful of milk, stir it into the dry ingredients, then add as much more milk as is necessary to form a fairly stiff dough. Bake in a greased tin in a moderate oven.

Oatmeal Ginger Bread

Ingredients : One pint of oatmeal, one pint of flour, one cupful of sugar, one cupful of treacle, one teaspoonful of baking-powder, one small teaspoonful of bicarbonate of soda, three ounces of butter or lard, one egg, one teaspoonful of ginger, one cupful of milk. Method : Mix all dry ingredients, melt the butter, and add treacle. Put the bicarbonate of soda in the milk. Beat all well together for ten minutes, put in a well-greased tin. Bake in a moderate oven for fifteen minutes. When baked and cold, cut into squares.

Lemon Bread

Ingredients : Two pounds of flour, two ounces of lard, one ounce of sugar, one egg, one lemon, one ounce of yeast, a pinch of salt, and about a pint of lukewarm milk. Method : Rub the lard into the flour, add the sugar and the salt, with the grated rind and juice of the lemon. Beat up the egg, and add it with the milk and the yeast. Mix it into a light dough, and let it stand for two hours in a warm place. Put the dough into tins, and bake the bread in a moderate oven.

"In a Hurry" Bread

Put two pounds of flour in a basin and add an ounce of sugar, a tablespoonful of salt, and a level tablespoonful of baking-powder. Moisten with about half a pint of skim milk, or half milk and water. Knead quickly. Divide up into four loaves, and put in four square tins, which must have been greased. Bake for about an hour in a quick oven. Of course, all these loaves can be made without tins, but I have had the best results from tins.

Little Milk Loaves

Ingredients : Half a pound of flour, two ounces of margarine, a good pinch of salt, a teaspoonful of baking-powder, milk to mix. Method : Mix the flour, salt, and baking-powder, and sieve it. Rub in lightly the margarine. Then add enough milk to form a stiff dough. (You can add half water if you are short of milk.) Form into little loaves or rolls. Put on a hot tin, and bake in a hot oven for fifteen minutes. Just before they are done, brush over with a little milk. Use hot or cold.

CASSEROLE COOKERY

What are Casseroles?

CASSEROLES are French fireproof china cookery-pots. Casserole is the general term, but you can have all kinds of pots, saucepans, stewing-pans, frying-pans, soufflé-pans, little dishes for cooking eggs, potato steamers, and baking-dishes, square and oval.

The cheapest make is rough brown crockery with a dark brown glazed interior. More expensive makes are green, pale yellow, or brown, lined white.

The Great Advantages

I WANT to explain to you why casserole cookery is clean, quick, and easy. It is clean because china is much easier to clean than enamel. Use a soft rag dipped in scouring soap-powder and any food that has stuck to the side of the pot peels off in a moment.

It is quick, because when once you have got the food cooking slowly over a gas-ring or oil-stove, you need not attend to it again, because food does not overcook in a casserole. It is easy, because casserole cookery saves a tremendous amount of worry and washing up, for the food should always be sent to table in the casserole. Think what an advantage that is alone.

Thrifty Cookery

CASSEROLE cookery is undoubtedly the most economical cookery for two reasons. (1) Only a pin-prick of gas is needed to keep the contents of the casserole bubbling. Fireproof china retains heat, and therefore, once you get the saucepan or stewpan hot, a little gas keeps it slowly cooking. Another thrifty point is you can buy tough cuts of meat or an old fowl and cook them in a casserole until they taste like best English meat or a spring chicken.

What the Doctor Says

EVERY doctor approves of casserole cookery. It is very clean, and every bit of nourishment is left in food cooked by this method. If you get an oval-shaped casserole with a lid, put in the meat, fish, rabbit, or fowl, some stock or milk, then put on the lid, and bake this in the oven for two or three hours, you will be surprised at the difference in the taste of the food from anything you have ever had before.

General Rules for White Stews

WHITE stews can be made of tripe, fish, fowl, rabbit, sheep's head, sheep's brains, etc.

Put some milk in a casserole—skim milk will do nicely, but add a dessertspoonful of nut butter. Flavour with pepper and salt, then make a little "bouquet garni" with a bay leaf, a piece of thyme, and two peppercorns and a strip of lemon-peel. These should be put in a small bag made of cheese muslin. When this is in the milk, add the tripe cut into thin strips or rabbit in joints, or the meat off a sheep's head. In this last case the head should be partly boiled in water with pearl barley before cutting off the meat, and then the stock used for soup.

General Rules for Braising

RABBIT, fowl, any meat, tripe, kidneys, sausages, liver can be braised. Take some potherbs and cut into thin slices. Fry onions in some nut butter until brown. Then fry carrots and turnips and lay on onions. Lastly fry the meat or fowl, etc., for a few minutes, and lay on the top of the vegetables. Pour over some stock, put on the lid, and cook in the oven or on a gas-ring turned very low.

Do Casseroles Break Easily?

NOT if care is taken. (1) Be sure there is no water on the outside of the casserole before you put it on the gas. (2) When you take the casserole off the gas, put it down on a wad of dry newspaper. If it touches anything damp while it is so hot it will crack at once. (3) Get an asbestos mat—they only cost a few pence—and put it on the gas-ring, stove, or oil-stove before you put on the casserole.



CARE OF CLOTHES

To Renovate a Brown Cloth Suit

TAKE one pennyworth of Peruvian bark, boil overnight in a quart of water, and strain. Then shake the dust out of the garments to be cleaned, lay on the table, and with a soft brush rub in the solution over all the soiled and shiny parts. Then put a teaspoonful of powdered nut-galls in a cupful of hot water, and apply to the garments as before. Shake well, pull into shape, and hang in the air to dry. While still slightly damp, press on the wrong side with a warm iron, and then finish airing.

To Clean Gloves

To dry-clean white or light-coloured gloves that are not very badly soiled, mix together a little finely powdered fuller's earth and alum, and rub well into the gloves with a piece of flannel ; then brush off with a soft brush.

To Make a Coat Waterproof

TAKE four ounces of sugar of lead and four ounces of alum. Dissolve these in four gallons of cold water. Leave all night, draining off the sediment in the morning. Put the coat in the clear water and leave for twenty-four hours. Wring and hang out to dry.

How to Clean Furs

FURS may readily be cleaned at home by scrubbing them with bran. Buy a pound of bran, divide in two, and place one half in the oven to heat. Spread the fur on the table, and rub the cold bran all over well. Then shake out the bran, and brush the fur well all over with a soft hat-brush. When the other bran is quite hot, rub this quite evenly all over the fur in the same manner as before. Shake it out well, and brush the fur till it is quite free from all bran and dust.

Mud Stains

MUD stains on a dark dress can generally be removed by sponging with a weak solution of borax and water if brushing alone fails.

Shiny Blue Serge

SPONGE the serge with water to which you have added a little turpentine. Hang up to dry in the fresh air.

To Wash a Serge Skirt

MAKE a lather with warm water and soap powder. Rinse and squeeze the skirt in this. Then rinse in warm water. Lift the skirt out of the water and don't squeeze, just press the water out. Peg it by the waistbelt to the washing-line, out of doors, and let it drip dry. When nearly dry, iron on the wrong side, using a warm but not too hot iron.

Stains on Silk

IF wax or grease, make a cream of French chalk and lavender-water, and spread it on the stains. Then lay blotting-paper on the top, and iron with a warm iron. Leave for a time, and brush off the chalk, which will have dried in a fine powder.

Faded Silk

IF, after cleaning a spot off silk, the colour has faded, it can often be revived by rubbing it with a flannel dipped in sal volatile.

Veils

BUY a rolling-pin, cover it with cotton-wool or wadding, and then with mercerised cotton. Roll your veils round this when you take them off. A little orris-root sprinkled on the wadding will give the odour of violets.

To Dry-Clean Tweeds

First of all spread the costume on the table, and brush it well. Then mix some breadcrumbs with a pennyworth of magnesia, and with a piece of flannel (or a small nail-brush) rub the mixture all over the costume, always rubbing one way. Repeat if necessary, and shake well. Place a damp cloth over the costume, and press with a warm iron. If carefully done, and well pressed, you will be delighted with the result.

Another Mud Spot Cleaner

Don't brush mud till it is dry. It leaves a stain on some materials. To remove this boil a handful of ivy-leaves in a pint of water, and bottle it. When cold, rub it on the mud stains with a piece of sponge.

Reviving Black Silk

Put a piece of lump ammonia, the size of a cobnut, in a saucer, and pour over boiling water. When dissolved, sponge black silk with this, and iron while damp on the wrong side.

Delicately Coloured Silk

Use potato water to sponge this, being sure the potatoes were very well peeled and washed before cooking them.

To Clean White Velvet

You can clean white velvet by rubbing into it some powdered magnesia on a soft piece of rag. Then brush with a clean, stiff brush.

A Good Cleaning Ball

To make a chemical cleaning ball, put in a basin a quarter of an ounce of fuller's earth, a quarter of an ounce of pipeclay, one ounce of salts of tartar, one ounce of ox-gall, and one ounce of rectified spirits of wine. *Keep the spirits of wine away from the fire or a naked light.* Although it does not send out a vapour like petrol or benzine, it is like methylated spirit. Mould this up into a ball, and leave to get hard. When you have a stain on your dress, damp the stain with cold water, rub the chemical ball on, then sponge well with a wet sponge, and it cleans beautifully.

Cleaning Clothes

Most stains can be removed by the application of the yolk of an egg, if this is put on before the article is washed. This simple remedy is within the reach of all, and is not generally known. The yolk of an egg will in no way injure the article that is being washed in removing the stains. If tar should be spilt on any article, place in a saucer the part that is spoilt and pour pure olive oil over it. Let it soak all night in this, and then wash in the usual way; the tar will have disappeared.

Ladders

To prevent "runs" and "ladders" in stockings, sew a piece of tape to the top of the stocking to hold the suspenders. This lengthens the life of the stocking, and prevents "ladders."

A New Hat for an Old One

You want a new hat and cannot afford it. Your old burnt straw hat is hopeless. Try this method:

First of all, lay the hat on a table and brush it well with an old tooth-brush dipped in peroxide of hydrogen you get from any chemist. Then rinse the hat with a sponge dipped in cold water, and let it dry out of doors. It should be put on a table out of doors with flat-irons on the brim to keep it straight, and the crown can be stuffed with newspaper.

If you have any faded old blue or pink ribbons, dye them a pretty shade of mauve, and iron while damp to stiffen.

Then make a bunch of cherries out of rounds of red velveteen stuffed with cotton-wool, the stalks of wire wound round with green thread, the leaves of green linette with a piece of wire up the back of each. You can copy the leaves from a rose-leaf picked out of the garden, or from a friend's garden. A pretty way to put the ribbon on is straight round the crown, then bring the two ends round and tack them to the brim, and let the right-hand end be held by a bunch of the red cherries.

Velvet Hats

Put the hot-plate off the top of the stove on a flat cake-tin. Then wring out a cloth in hot water and lay over the

hot-plate. Hold the hat over this and brush the wrong way of the nap. It brings it up like new.

Stains on Fine Fabrics

To get grease out of the finest fabric make this cleanser: Buy a quart of distilled water from the chemist and add to it one teaspoonful of saltpetre, four tablespoonfuls of ammonia, and one ounce of shaving-soap, sliced fine. Warm the water till all are dissolved. Put a piece of blotting-paper under the grease stain on the garment, and dip a small piece of flannel into this solution and rub round and round in a circle.

Storing Furs

Store away all furs in boxes lined with blue paper. Sprinkle on the paper a few drops of eucalyptus oil, and moths will never trouble them.

To Preserve Boots

Rub a little vaseline in every night. Then polish quite dry with a soft piece of material. This will double the life of your boots and shoes.

Press Studs

If press studs are securely fastened when blouses and dresses are being mangled, they will not crush, and will be found to fasten as easily as when new.

Dubbin

A very simple and good dubbin is two parts of beeswax to one part of mutton fat dissolved and mixed together. This should be rubbed into your boots to make them waterproof, and then wiped off the next morning with a flannel. At first they will not polish with blacking, but after a time they come up with a splendid shine, especially if a few drops of paraffin are added to the blacking.

Your Faded Blouse

You may have a faded blouse and mean to dye it, yet you may rather regret it because you liked the original colour so much. Just give this a trial, and then if no good you will know the blouse is hopelessly faded and must be dyed. Dissolve a pennyworth of tartaric acid in cold water, and, after washing the blouse, rinse it in this. It is a wonderful colour-reviver.

A Chintz Chair Cover

Sometimes you find a chair covered with chintz, which has been made not as a loose cover, but as a fitted cover, not detachable. It is a pity to take this off, as it comes off in pieces and may get out of shape if washed. Make a paste of starch and water and spread it on the chintz. Then let it dry, and brush off. It cleans it splendidly.

Greasy Clothes

Instead of soap, quilaya bark—or soap-wood, as it is called—is much used in America, and also Germany, for washing very dirty, greasy cloths and clothes. Soak the bark in water to well float it for three or four days, then use as you would dissolved soap—that is, sufficient of it to lather. It removes grease quickly.

Tussore-Coloured Linen and Holland

Many people buy tussore coloured linen or holland to make dresses, and they do not want it to bleach when washed. The following hint applies to linen, holland, or tussore. The last rinsing water should have a handful of hay boiled in it; and carefully rinsed they will keep a lovely tussore shade.

Another Dry-Cleaning Method

If you want to clean a light tweed or cloth costume, try this: Put equal parts of flour and salt in the oven, and when dry rub through a sieve. Then spread the dress out on the table and have the flour and salt on a plate. Dip a square of flannel into it, and well rub into the dress. Go all over it and then shake out of doors. You will be surprised to see the dirt which comes off.

Black Serge

Shake well and remove all dust with a brush. Mud stains can be removed by rubbing with a decoction made from ivy leaves and water. Then lay the dress out on a table and into a basin put three

parts of hot water to one part liquid ammonia. Take a piece of cloth (the same material, if possible) and, dipping it into the water, rub the dress down carefully. Then go over it with a cloth dipped in cold water. Hang in a shady place to dry, and iron on the wrong side.

Dirty Suede Gloves

PUT on the gloves. Dip a flannel into a little petrol, and well rub into the gloves. *Keep petrol away from both light and heat, as it is inflammable.*

Dirty Kid Gloves

DAMP a flannel in warm milk. Then rub on a piece of white soap and wipe over the gloves, which must be on your hands, changing the flannel as it gets dirty.

Suede Shoes (to Blacken)

IF you have a pair of suede shoes that have gone dingy or faded, dye them with this recipe; they will look like new. Get a small bottle of the very best dyeing stain, which you can buy at any leather-cutter's. Well clean the shoes, and then apply the stain with a small, clean brush. Leave to dry for a day. If not a deep black, apply a second coating. When dry, take a piece of sandpaper (size 1½) and stroke gently all in one direction. The shoes will never get dingy.

To Prevent the Bristles of a Hair-Brush Becoming Soft

PUT a small lump of rock ammonia in a quart of hot water, and, after freeing the brush from hair, dip the bristles in and out of the water until clean. Rinse in cold water in same way, and shake well. Soap should not be used, as this makes the bristles become soft.

To Darken Brown Shoes

MIX together equal quantities of liquid ammonia, milk and water, and apply with a soft rag. When the shoes have quite dried, polish in the ordinary way.

To Remove an Inkstain from a Pair of Gloves

DISSOLVE a teaspoonful of oxalic acid in a teacupful of hot water, and rub the stained part well with a flannel dipped in the solution. Very frequently a reddish stain remains. To remove this, procure a solution of chloride of lime and apply it in the same manner. *Both chemicals are poisonous.*

To Take Oil Out of Boots

TAKE two pennyworth of oxalic acid and dissolve it in one pint of hot water. Let it stand until nearly cold, then rub the acid well into the boots with a nail-brush; then wash off with cold water, and dry with cloths. (2) Make a paste of fuller's-earth and cover the boots with it. Leave for twenty-four hours; repeat process if necessary.

A Useful Umbrella Hint

TO mend a hole in an umbrella take a piece of court plaster the size required, soak it till it is quite soft, and then place it carefully under the hole on the inside of the umbrella and allow it to dry.

Coffee for Black Silk

SPONGE black silk with clear coffee to freshen it, and iron on the wrong side when partly dry.

Knots

TO keep thread or silk from knotting as you sew, try soaping it with a bit of pure, white soap.

Woollen Darning Wool

SHRINK this in the steam of a tea-kettle before mending the stockings with it.

About Buttons

WHEN altering buttons that are too tight on children's boots, cut the buttons off. Then make a little hole where each button is to go, and push the back of the button through. Thread the buttons with a strong bootlace along the back, and sew the lace firmly at each end, top and bottom. The buttons will never come off.



WASHING WRINKLES

Hints

QUALIFY to be a laundress in your own little wash-house, doing your own folks' washing.

Quite fragile materials can be washed if put in a large jam-jar and cold water and a little powdered borax added. Then the jar must be stood in a saucepan of hot water, and the water allowed to boil round. The contents of the jar must stew for about an hour.

Rinse in warm water always, especially when clothes have been boiled. If you put clothes straight into cold water they are bound to go a bad colour.

Right quantities make a lot of difference. The right stiffness in starch stiffens clothes; the wrong quantity makes them like boards. The right amount of turpentine, a tablespoonful to the gallon, when boiling clothes takes out dirt, and makes the iron run smoothly; the wrong quantity leaves little brown spots on the clothes. The right quantity of borax whitens clothes; the wrong quantity rots and stiffens them.

Starch should be made as follows: Mix eight tablespoonfuls of starch with the same amount of cold water. Dissolve two teaspoonfuls of borax in a little boiling water. Add to the starch, and stir in boiling water until the starch changes colour and thickens. If you want to make the starch thinner, add cold, not hot, water to thin it.

Stains of fruit and wine can be got out by spreading the part of the garment stained over a jug, sprinkling it thickly with salt, and pouring boiling water through the stain till it fades to nothing; then wash. Tea, coffee, and cocoa can be removed by the same method. Paint or tar should be removed with turpentine; tar should be moistened first with oil. Mildew can be removed by rubbing the stains with soap, then shaking on French chalk, and bleaching out in the sunshine. Grease and oil stains should be taken out with a hot iron and blotting-paper. Scorch stains can be removed if light with chloride of lime and water.

Tablecloths must be very neatly folded into four before being put through the mangle.

Towels should be stretched before ironing, and the fringes should be combed with an ordinary hair-comb, not ironed.

Undo buttons and buttonholes before mangling, and turn the buttons inwards.

Velveteen should be shaken well before washing, and must be washed in tepid water. Put vinegar in the rinsing-water if one colour, or if a two-coloured garment rinse in salt and water.

Washing at home is a great advantage. It costs less, the clothes last longer and are a better colour. One disadvantage is the house gets steamy, but not if you ventilate properly and keep the wash-house or scullery door closed.

You will find it worth your while and labour-saving to make soap-jelly by saving scraps of washing-soap, putting them in a jam-jar, covering with water, and standing in the oven, or in a saucepan of water over the fire till the soap has dissolved. When cold this sets in a jelly, and is invaluable for washing flannels, woollens, lace, and chiffon.

Irons should be tested as follows: Dip your finger into water, and touch the iron. If a large mark is made on the iron it is right for pressing flannels; if a small mark, and the iron hisses, it is right for cottons, linens, etc. If no mark is made the iron is too hot to use.

Boiling clothes properly is an art. You will save yourself a lot of trouble and fishing for the clothes over a steamy copper if you make several calico bags for holding the clothes you want to boil. Then start off with the bag with the least-soiled clothes, and gradually work up to the dirtiest garments. The bags need only

be run through the wringer, and hung up to dry for next washing-day.

Chiffon should be put in warm, suddy water, and left to soak for half an hour, then squeezed, not rubbed, till quite clean, rinsed in several warm waters, and squeezed, not wrung dry. Hang a clean sheet over the washing-line, and pin the chiffon to this. Iron on the wrong side before quite dry. If you want it much stiffer put through gum-water.

Don't rinse chamois-leather gloves or doeskin in plain water. Let the rinsing-waters be slightly soapy, then the leather does not get stiff.

Eiderdowns should be washed and dried as quickly as possible. Choose a fine day before attempting to wash them. Beat with a cane before putting them into the wash-tub to get out all dust, and again when the eiderdown is dry to fluff up the down.

Embroidered dresses should be washed in bran-water made by boiling half a pint of bran in each quart of water. Put the bran in a muslin bag.

Flannels should be washed in warm waters till the water seems clean. A little ammonia added to the water draws out dirt, and does no harm. Pass the flannels folded the way of the selvedge through the wringer. Flannels should always be put through the wringer, never wrung by the hands.

Air clothes before they are put away. There are several reasons for this, but the first is the most important—that fatal chills have started through wearing unaired clothes; also, if put away damp, clothes crease and look rough-dried, and, however slightly damp they may be, they are apt to get spotted with mildew, the washerwoman's greatest enemy.

Knitted jackets should be laid flat on a table or on a bath towel on the floor to dry, as then they never stretch and lose their shape.

Jet-black ink, just a few drops, should be added to the last rinsing-water when washing Japanese silk. It keeps the silk from going yellow.

Lace should be tacked to strips of calico if very fine. If the lace is real it is better to tack it to calico, and then wind the calico round a clean pickle-jar. Rinse this up and down in soapy warm water till the lace is clean, and let it dry on the bottle.

Lace can be tinted Paris shade in coffee essence, diluted, or old lace shade by steeping it in weak tea.

Muslins should always be shaken and then steeped in hot soapy water for two hours. Then wash in fresh soapy water, squeezing and pressing, not rubbing. After starching muslin dresses the gowns should be well shaken.

Draw rents together with needle and red marking cotton, out of which the dye does not come, should you be too busy to mend them before washing-day.

Oily garments, such as overalls, should be steeped in borax and hot water all night, and then a tablespoonful of turpentine added to each gallon of water used when boiling the garments.

Polishing collars is done with a polishing-board, a polishing-iron, and a damp rag. The secret is to keep the article you are polishing damp, as there is no glaze on a dry collar or shirt-front.

Goffering should always be done from right to left, with the right thumb underneath when starting the goffering stroke, then the wrist should be twisted from left to right.

To Wash and Iron Collars Successfully

SOAK the collars overnight in cold water, and then wash well in warm soapy water. Get a stone jar and put the collars in, place the jar in a saucepan of boiling water, and give them a good boiling. After this rinse well and dry thoroughly. Have ready the starch, made with two tablespoonfuls of white starch, a quarter of a teaspoonful of borax to one pint of lukewarm water. Put the collars through this, well rubbing the starch in. Lay them quite flat between two clean towels for two hours. Now iron on both sides, doing the wrong side first. Iron till quite smooth and dry, then with a clean wet rag rub them lightly, and finish with a polishing-iron or the edge of an ordinary iron while warm, pressing into shape with the fingers.

Washing New Blankets

THE best way to wash new blankets is to dissolve a quarter of a pound of

rock fuller's earth in boiling water, add sufficient cold water to cover the blankets, and leave them to steep overnight. Squeeze out and wash in the usual way. By adopting this method all oil will be removed and less soap required. The blankets will be beautifully soft and fleecy. When thoroughly dried, wrap in plenty of newspaper before putting them away, as moths do not like printers' ink.

Valuable Tips on Washing Woollies

WOOLLEN articles should be washed and dried quickly, and on no account left lying about.

Neither too hot nor too cold water should be used in washing; and, while drying, woollen articles should not be left in too hot or too cold a place.

Soften the water, if hard, by adding ammonia. Use it both in the washing and rinsing water.

New flannels should be steeped in warm soap lather, to which ammonia has been added, for about twenty minutes before they are washed.

A nice soap lather can be prepared by adding soap-jelly to warm water. Move the water about until a lather is produced.

Woollens should never be rubbed—only squeezed and kneaded.

Boiling, Folding, Ironing

CLOTHES should be put into the copper in cold water, brought to the boil, then a handful of borax added, and they will be an excellent colour. Sheets should be folded immediately they are dry and taken from the lines, particularly when they have to be ironed if there is no mangle. When ironing, place the towels, pillow-cases, etc., on the ironing-blanket, and this will save time and labour, as they will only need folding after the ironing is finished.

Time-Saving Hints for Washing-Day

THE day before white articles are to be washed, sort them out as follows: Put the fine things, such as cuffs, collars, etc., into a small pan, the ordinary body linen into another, and the rough and the dirty kind into another. Then soak them thus: Fill the pans with lukewarm water, and rub over the dirty parts with soap. Leave the articles in soak till the following day. Fill the copper, and put in all the small pieces of soap you may have, having first rinsed the copper out. Then wash the clothes, put them into the copper, putting such small things as collars and handkerchiefs into a bag or pillow-case. Allow twenty minutes for boiling. As soon as the next panful is ready to go into the copper, add more hot water to the copper. As the clothes are boiled, have ready some cold water, ready blued, and rinse well. A little pipeclay dissolved in the water for washing linen makes it beautifully white. It cleans the dirtiest clothes thoroughly, with a great saving of time and soap.

A Strong Soap Jelly

SOAP jelly is one of your best friends on washing-day. Shred up half a pound of yellow soap, and put it in a saucepan with a quart of cold water. Add a piece of rock ammonia the size of a walnut. Let the soap and water simmer till clear, but be careful it does not boil over, which it is very apt to do. You can use up any odd bits of soap in this way. When dissolved, pour into a large jar and leave to set in a jelly.

A Perfect Starch

FOUR heaped tablespoonfuls of starch two teaspoonfuls of borax, half a teaspoonful of turpentine. Cold water to mix starch, and boiling water poured on.

WHAT A HOUSEWIFE OUGHT TO KNOW

Helpful Hints for the Daily Round

PRECIPITATED whiting is made by putting ordinary whiting in a bag made of butter muslin and hanging it to the handle of a bedroom ewer half full of cold water. The bag must hang free and not touch the bottom of the jug. The next day take out the bag, pour the water carefully away, and at the bottom will be found a fine white powder, which is precipitated whiting. It soon dries if spread on a clean dish.

Quills of feathers can be preserved and hardened by steeping them in boiling alum water, then laying them in the open air till cool.

Quassia should be dissolved in boiling water and used for washing wooden bedsteads which are infested with insects. Use an ounce of quassia to a pint of water.

Roan leather can be restored and cleaned by beating up an egg and mixing with it a tablespoonful of vinegar. Rub on with a piece of soft sponge and polish with a soft duster till dry.

Rust can be prevented from forming on iron and steel by making the following mixture. Melt down half a pound of hog's lard and stir into it half an ounce of camphor. When this has dissolved, leave it to cool. If for iron, mix in as much blacklead as will make it a good black shade. Rub the mixture on the iron. Leave for a day and a night, then wipe off with a clean rag, and polish with a soft cloth. If you want to preserve very brightly polished steel, melt down some paraffin wax, rub it on, then polish well with a woollen cloth.

Silver can be cleaned by washing in hot water, with a little bit of rock ammonia.

Upholstery can easily be learnt at home. Buy some cheap unbleached calico, and make a chair cover to start with. Get it perfect, then save it as a pattern for the chair in the future.

Verdigris is deadly poison, and forms on copper with the aid of acid. That is why you must be careful not to clean your copper cooking vessels or preserving pans with vinegar. Use an antidote to verdigris, an alkali such as soda or ammonia.

Varnish the new wall-paper in the kitchen with clear copal varnish. It can then be washed and lasts for years.

Water-taps would not freeze in the winter if the housewife left the tap running just a very little when she fears a bad frost at night.

Yellow or old-gold curtains in a north room give the appearance of sunlight.

Zinc baths should be cleaned with warm water and silver sand.

To get rid of mice, hunt out their entrances to cupboard or pantry, and plaster them with a mixture of soft laundry soap and red pepper.

If you have to pack bottles in a trunk, take care to tie in the corks ; then wrap them in soft towels, garments, etc., and place in the middle of the trunk.

Discoloured copper articles can be made to look like new. Rub them with lemon dipped in salt. Rinse in clear, hot water, and rub them with a soft cloth.

When arranging pillows for an invalid, place the first pillow lengthwise with the patient, and the second one across the upper half of the first pillow.

Change the water in your flower-vases daily, and put a tiny piece of charcoal in the bottom of the vases. This will keep the water sweet and fresh.

Save all the buttons, tapes, etc., of garments that are no longer useful.

Kettles are Expensive—Take Care of Yours

After buying a new kettle place a good-sized piece of lard in it. Stand the kettle on the range till the lard melts, shaking it frequently. Draw the kettle to the side of the range, and let it remain there several hours. Then pour out the fat, and wash the kettle very thoroughly with hot soda water. Kettles treated in this way never rust, and as a result they wear for ages, which is a great economy in these days when kettles are so expensive.

Make Your Own Distemper

Now that distemper is so very expensive, this is a very good way of making your own. Scald seven pounds of ordinary whiting with two quarts of boiling water; stir well till free from lumps. Add one large basin of size; procure three of any of the dyes required; these can be bought for a few pence, all colours. Scald the dyes in an old basin till you get the shade required, then mix well through the whiting. Leave till cool, then it is ready for use.

Do YOU know that—

Flour sprinkled freely on burning oil will at once put out the flames.

Coal dust mixed with salt and water and made into lumps is excellent for fires on a cold night.

A pinch of bicarbonate of soda put into milk as soon as it arrives will prevent it turning sour.

A piece of camphor put into the reservoir of a lamp will give a better light and save oil.

Bran water is excellent for removing mud stains from almost any kind of cloth.

To Mend an Enamel Bowl

Many people throw away their enamel bowls when a hole appears, but, as they are very dear now, this hint may be of use. Get some ordinary building cement and mix with cold water to the consistency of a thick cream. Spread evenly over the hole, and leave to dry for a day or two, when it will be quite firm, and the bowl fit for use.

The Cupboard Under the Stairs

Don't stow away small bits of lino. They are useful for cutting into mats to lay under the tablecloth and prevent hot plates and dishes making a white mark on a highly polished table. If the white marks are already there, make a paste of salt and linseed oil, spread it on, leave some time, and then polish off with dry dusters.

Hints that Help

To clean a furred kettle, fill it full of water with a little vinegar, and let it boil till the fur softens; it will then come off without scraping. Then keep an oyster-shell in it to prevent it from furring again. To clean a rusty kettle, put it on to boil with a handful of soda, and let it boil for an hour; then empty out. Get some fine ashes from under the oven, a stiff sink-brush, and a little vinegar, and brush well. When all the rust has gone, boil again. If the first attempt is not successful in removing all the rust, repeat. Always dry the kettle after using by standing it on the hob, if it is only used occasionally. If in daily use, keep the kettle full.

If the bars of your grate have an ugly red appearance, rub them with a piece of lemon and they will take on a brilliant polish without any trouble.

The seats of cane chairs may be stiffened by soaking with hot water and drying in the air.

For cleaning stoves, mix blacklead with water, then add a little turpentine and liquid ammonia, and you will have a splendid polish.

Hair brooms last much longer if they are dipped in hot brine occasionally. It makes the hairs stiff again; besides which, brooms thus treated sweep much cleaner.

For cleaning tinware there is nothing better than dry flour applied with a newspaper. First wash the tin in hot soapsuds. wipe thoroughly dry, and then scour with flour and well-crumpled newspapers.

To Re-Cord a Venetian Blind

Cut off knot at the bottom of the old cord as it is in the blind, and sew the new to it. If the cord should be

broken further up, draw the ends together, and sew them firmly also. Loosen the screws at the top just sufficiently to allow the cord to pass. Next pull the cord as usual, and the new will pass through with the old, thus threading the blind without removal, and saving a lot of trouble.

To Clean a Blocked Sink Pipe

PLACE as much chloride of lime in the pipe as possible, pressing it well down with a piece of wood. Dissolve the lime by letting a little boiling water trickle through. When dissolved, pour more boiling water into the sink, and, as soon as it runs off, turn on the water tap and let it run quickly for five minutes. The lime will burn away whatever was blocking the pipe.

To Clean A Gas Oven

DISSOLVE threepennyworth of rough potash in a little cold water, and paint the inside of the oven with this, using an old brush, as the potash ruins it. Leave overnight, and next morning wash it over with warm water. All grease and burnt bits come away, leaving the oven perfectly clean.

Unbreakable Gas Mantles

IN order to make incandescent mantles hard and unbreakable except when considerable force is used, dissolve a teaspoonful of sal-ammoniac in a cupful of vinegar, and saturate the mantle with this solution before burning. Let the mantle dry before using. You will find the light much brighter, and the mantle will not get smoked or blackened by too great a gas pressure.

Magic Polishing Cloths

DISSOLVE half a cupful of shredded white soap in a cupful of hot water. When it is cold stir into it three large tablespoonfuls of powdered whiting and a few drops of ammonia. Beat this into a smooth jelly. Have ready some suitable pieces of old soft flannel or table-linen. Put these in the jelly, and allow them to absorb as much of it as possible. Squeeze them slightly and let them dry. A quick rub with one of these cloths will remove all tarnish from silver and give it a brilliant polish.

A Cinder, Time, and Dust Saving Hint

TAKE a disused meat tin (such as is used for baking a joint in), cover the top of it with very small mesh wire-netting. Stand it under the grate. In this way the ashes from the fire will fall through the wire-netting into the tin, while the cinders will stay on top and can be used again. This saves much time, as the ashes are carried from the room in the tin and there is no dust.

How to Keep Grates Bright and Clean During the Summer

IN blacking a grate, all grease spots should be carefully washed off with soapy water, and the rough, rusty parts of the grate, where something has been thrown carelessly on to it, must be carefully rubbed with sandpaper. The blacklead should be mixed with vinegar until it becomes of the consistency of cream, and this rubbed on the grate will produce a mirror-like surface. This done about once a fortnight will keep the grate clean and bright, and free from rust during the summer weather. This has been tried with every success.

To Keep Flies Away

BOIL an ounce of quassia chips in a pint of water. Bottle this after straining it. Damp a piece of sponge in this, and rub over the windows, then polish dry with a chamois leather. Flies will keep away from the room.

"My Marble Mantelpiece is Stained with Smoke"

SMOKE stains are very hard to get off marble unless you know the right way. Mix together a tablespoonful of pumice-stone powder with the same amount of powdered chalk and soda crushed. Mix this with cold water to a paste, and smear on the smoke stains. Leave for some hours, then wash off with cold water and polish with a dry cloth.

A Saving in Light

IF, when reading or sewing by lamplight, a sheet of white paper is placed underneath the lamp, a far better and stronger light will be given over the room.

An Iron Stand

When ironing, an ordinary brick makes a far better rest for the iron than the usual metal stand. The latter is a good conductor of heat, and consequently draws the heat from the iron quickly. If you are studying economy in gas and firing you will find this hint useful.

To stop a leak in a gas or water pipe, beat some whiting up into some yellow soap. Well rub into the leak, and it will stop the leak when other things have failed.

The Linen Cupboard

Every now and then look through your linen cupboard. There is no need to keep linen that has seen its best days. It only lumbers up the cupboard.

You can cut an old torn table-cloth up into very nice little serviettes. They look especially nice if you stamp a transfer pattern of a scallop design round the edge, and work it in white crochet cotton.

If your sheets are weak in the centre, the place where they always do get worn, cut them down the centre, turn them round and join up what were the sides, making a join down the centre, and hem down the cut edges for the sides.

Old bath towels make nice slop cloths if they are cut into squares, bound round the edge with tape, and a loop left in one corner.

How to Clean a Wire Spring Mattress

Damp a stiff brush with paraffin, give the wire a good brush, finish the ends with a cycle pump or a pair of bellows, leave mattress exposed to air, and paraffin will evaporate. Finish off with a coarse rubber. Result: will be free from rust and germs, also saves the tedious work of unscrewing.

Five Minutes Saved Washing Up

If you haven't a plate-rack, buy one at once. A home-made one can be made with a cube sugar case with the bottom knocked out. Fix the framework of the box to the wall, pierce holes in the bottom—which is really one of the sides of the box in the ordinary way—then make divisions for the plates with wire netting or slats of wood. However, you can buy standing plate-racks to stand beside the sink for a trifle; and if you get one of these, stand it in position, then get your good man to fix a shelf along the back of the sink with a groove run in it to hold saucers, and hooks along the front for cups.

Have a large basin for washing up—one of those deep zinc pans will do very well—put in some soap-powder and boiling water, then pop in your cups and saucers first. It is a good plan to have a thick glove on your left hand, so that you can pick out the saucers and cups without burning your fingers. Then stand the saucers, undried, on the shelf, and hang up the wet cups. Pop in your greasy plates next, and swill them round with a washing-up mop; lift them out, and put in the plate-rack. Your knives, forks and spoons, should have been put in an enamel jug with soap-powder, and boiling water poured in the jug. If left while you were washing up, they will have cleaned themselves. So, you see, no drying saves more than five minutes; *but you must have the water boiling, as then the plates, etc., dry with a nice glaze as if they had been dried with a dry pantry cloth.*

A Copper Hint

If your copper iron-moulds, try this: Get a child's wooden hoop—one much larger than the size of the copper—and enough calico to make a bag that will fit comfortably inside the copper, and sew this on to the hoop. When you boil clothes, fit the bag inside the copper, put your clothes into it, and you will never have any more copper-stained clothes. Sometimes water is very hard, so that a scum forms and settles back on the clothes, which is very difficult to remove. If so, avoid this by keeping the copper lid raised a little when boiling.

Laying Linoleum

How many people try to lay linoleum, and make rather a muddle of it! At last they give it up in despair, and send for a man, who will fix it so firmly to the floor with proper paste that it looks like an inlaid parquet floor. You may try that paste yourself and make a hopeless blunder, because you do not know how it is made.

The secret is to mix not ordinary flour, but rye flour with cold water to a smooth paste, then add boiling water, stirring all the time till you get it to the

consistency of paste for putting up wall-paper. Melt down some glue size, and add to the paste while both are hot—this is very important. The more size you add the harder the paste will stick. An inlaid parquet linoleum needs a strong paste. If you make the paste too thin, don't add more flour ; boil it for a few minutes, and it will thicken.

Spread it on the lino and lay it down, smoothing it absolutely flat. Look later to see if any bubbles have formed, when you can generally press them down by drawing up part of the lino. It takes a day or so to get quite firm.

The Home Painter

PERHAPS you have done a good bit of painting in your time. You rather fancy yourself at it. Then dad makes a new bit of furniture, or you have to paint some new wood which has never had any paint before. You paint it with ordinary white enamel paint, and, oh dear, what a failure ! You did not understand that a priming was needed first. Also look carefully to see if there are any knots in the wood, as, if so, they must be treated, or they will fall out and leave holes in the wood. "Knotting" is made by mixing dry red lead and gold size to the consistency of putty, and then painting over the knots. Always be careful to wear gloves when dealing with white or red lead, as they are both poisonous if they get down the nails or into a scratch or sore place on the hands.

The way to "prime" new wood is to rub it well with sandpaper first, dust it well, apply the "knotting," and let it dry. Make the priming of white lead, patent driers, and equal parts of linseed oil and turpentine. When this is put on and allowed to dry, an enamel lies beautifully over it. You always allow one pound of driers to fourteen pounds of white lead, and put equal quantities of turps and linseed oil (raw) till it is like thick cream in consistency.

Re-Silvered Old Plate

WHO has not some treasured bit of plate which is not wearing well, and shows yellow stains. It always means that you have to take the treasured cruet-stand or spoon to the jeweller's and have it re-silvered. I am sure it will please you if I tell you it is possible to do this yourself and make quite a good little job of it.

Buy sixpennyworth of mercury and onepennyworth of prepared chalk. Mix these two together to a paste, using a very little warm water in the mixing. Then take a small bit of chamois leather, dip it into the paste, and rub well the plated article with this until it is bright again. This is splendid for tarnished plate as well.

That Old Mahogany Table

YOUR old mahogany table is causing you quite a pang because somebody has put hot dishes on it, and has marked the shining wood with white marks. Unless the marks are very bad, the following little hint will remove them. Take some fine table salt, and crush any lumps. Then mix the salt to a cream with some olive oil. Rub it well into the white marks, and leave for an hour or two. Then polish off with a soft rag, and finally give a rub with an old piece of silk. Old pieces of silk dresses or old silk blouses should always be kept for polishing furniture.

How to Clean Your Gilt Frames

PEOPLE who do not know try washing their gilt frames and spoil them. This is the way to clean them. Put enough flowers of sulphur into a pint of water to make it look bright and yellow. Then bruise four small onions and put them in the sulphured water, and boil. Strain this liquid, and let it get cold, and then with a soft camel-hair brush paint this over your gilt frames. You will hardly know the shabby old frames ; they look as if newly gilded.

Rusty Steel Fireirons

MAKE cream with powdered bath-brick and methylated spirit, and rub it on the steel. Leave till dry, and then polish off with a soft duster.

How to Re-Enamel a Bath

IT is quite easy to re-enamel a bath. The great mistake people make is to use a cheap enamel, or ordinary white paint, which will not stand hot water.

Another fault is not giving the enamel long enough to dry. The first thing is to get a very coarse sandpaper and sandpaper off all the old paint. This is most essential; you will never make a good job of it otherwise. Then wash the bath out with a good scouring soap, or scouring-powder and hot water, and rinse well with cold. Dry, and leave till the next day. Give a thin coat of bath enamel, and leave it to get quite dry; then give another thin coat, and leave to dry; and then a third coating. The neatness when finished depends on the thinness of the coats of paint. If you put it on thickly, it will not be a good job. When you have finished this, leave the bath for at least a week, putting a sheet over the top to prevent dust getting in while the enamel is wet. Then fill the bath to the top with cold water, and leave for twenty-four hours, and it is ready for use. But it is always advisable to put cold water into an enamelled bath first; never put boiling water in first. The longer you can leave the bath before using it, the harder the enamel will be.

Mother as a Locksmith

If the lock of a door goes wrong, don't call in a locksmith. You will have to pay for the man's time. Unscrew the lock off the door; take it off, and then take off the back of the lock. You can then see how the key works. Turn the key backwards and forwards, and see what is wrong. It may be a new spring that is wanted, and you can take the lock to a locksmith and have a new spring inserted for a penny or two. Even if a new lock is needed, you can buy one exactly the same size, take it home, and screw it on again.

Dusting Hint

When sweeping, sprinkle tea-leaves or little balls of wet paper on the floor, which will do much to keep the dust from rising. Put away all small ornaments, keeping out only the especially nice big ones. Do away with all dressers and shelves where possible, and substitute cupboards and cabinets in their places.

Paint is best cleaned with dry, precipitated whiting on a damp flannel.

LAUNDRY HINTS

Have you ever tried lye for washing clothes? I never knew about it until lately, when a dear old granny wrote and told me. If you live in a town where rain-water is sooty and useless to collect for washing, make lye-water.

This is simply a tub half filled with wood-ashes and then filled up with water. A gallon of this lye in a copper of hard water will make the hard water as soft as rain-water.

Now, a good many people have been burning wood instead of coal lately. I got in a big load of wood and have been saving the ashes from the grate for making lye. Of course, no coal-ashes must be used. It is wonderful stuff, though, and seems to me even softer than good country rain-water, and makes the clothes beautifully white.

Everybody likes to have nice white linen. I once passed a little house in a garden city, and outside one of the houses in the small garden hung the most snowy-white sheets and pillow-cases and towels I have ever seen. The little housewife was hanging them up, and, being always on the look-out for something interesting to tell you, I just called across and asked her if she would tell me how she got her house-linen so exquisitely white.

She was kind enough to write down her recipe. Into every ten gallons of water in the copper she puts a large handful of borax and one tablespoonful of turpentine. It makes the linen smell so sweet as well as look so nice. She told me she never uses a bit of soda when washing, not even bleaching soda, but always this borax and turps.

How to Glaze Linen

A reader has sent me this recipe in case you might like to know of it. She says you get up a glaze on linen like white china. After washing the garment you must starch it in cold starch and then iron it while damp. Then a piece of flannel must be dipped into some dry French chalk and rubbed on the linen, after which a piece of white Castile soap must be rubbed on the chalk, and then the linen is ironed on the right side only

with a perfectly clean polished iron. My reader says the effect is really lovely, and it's a much easier way of doing up collars and white shirt-fronts than a polishing iron.

Snowy Flannels

People have such funny ideas about washing flannels. It seems to be the usual thing to wash flannels in lukewarm water, *and this is quite wrong.* Flannels should be squeezed in hot soap-suddy water, made suddy with soap-jelly. The water must be hot, but of course not too hot. If the hands can be comfortably borne in it, then it is all right. Flannels should never have soap rubbed on them. They should be squeezed and gently rubbed in this soapy hot water, then rinsed in warm water with a little borax in to soften it, squeezed—not wrung dry—and shaken well. They should then be hung out of doors at once to dry. Wait for a fine day to wash flannels, and they should not be ironed until quite dry, and then the iron should not be too hot.

If you will try this you will be delighted with your flannels and woollens.

Flannelette

Flannelette requires quite different treatment. It should be washed in hot soap-suddy water, then rinsed in cold water, wrung as dry as possible, and then hung out of doors. It should be ironed with a hot iron on the wrong side before it is dry. If you are washing flannelette shirts with a coloured stripe, or blouses or pyjamas, soak them in cold water with a handful of salt added before washing, and the colours will not run.

Coloured Flannels

Don't use ammonia, and put a tablespoonful of vinegar in the rinsing water.

Washing Stockings

Use a little ammonia in the water with soap-jelly for black stockings and vinegar for coloured stockings.

Coloured Blouses

Many people dread washing a favourite blouse in case the colour runs. There are certain rules about this which, if you will follow, will save you such a disappointment.

First of all, rinse the blouse in lukewarm water with a tablespoonful of vinegar added. Then wash in lukewarm soap-suddy water. Then squeeze out the blouse and put into the rinsing water. Now, it is this rinsing water which sets the colour.

If your blouse is black, or black and white or grey, then put a teaspoonful of pepper in the rinsing water. If it is dark blue, royal blue, saxe blue, or pale blue, or purple, mauve, or heliotrope, put half a teaspoonful of citric acid in the rinsing water. If it is dark green, bottle green, pale green, or any shade of pink or red, put a few spoonfuls of vinegar to the rinsing water. Rinse quickly, hang up to dry indoors, or out of doors if it is not sunny, and then, when slightly damp, iron with not too hot an iron.

A Soaking Secret

If you will try this the day before your washing day you will be surprised to find how much easier washing day is. Measure out a gallon and a half of cold water and put it into a pan. Shave up a pound of soap and dissolve it in the hot water. Let it get hot enough to dissolve the soap. Then add three tablespoonfuls of ammonia and a tablespoonful of turpentine. Put this mixture into a tub or zinc pan. Put the clothes in to soak and cover the tub. Leave to soak all night. You will find the next day the clothes hardly need rubbing and do not need boiling at all. They should be lifted out of the soiled soaking water, rubbed out in nice soapy water, rinsed, mangled, and hung up. They are beautifully white.

Kitchen Cloths

Kitchen cloths sometimes get discoloured and have a nasty faint smell. They should be boiled with a tablespoonful of paraffin added to the copper. Of course, a copper of water is not needed for kitchen cloths, but they can be put in after the other clothes have been boiled and taken out. This quite removes the unpleasant smell and whitens them.

NURSERY NOTES FOR MOTHER

IF A CHILD IS SUFFERING FROM RINGWORM, the first thing is to be careful to see the child uses his own towel, sponge, brush, etc., and nobody else uses them. Then fill an old medicine bottle with paraffin oil and put in it a lump of soda. Let it dissolve, then apply this mixture to the ringworm with a piece of clean rag several days in succession. The ringworm will very quickly disappear.

KNOCK-KNEED CHILDREN CAN BE CURED. Each morning bathe the knee-joint with cold water and bend it gently outwards about thirty times. In three months the child's knees will be quite normal. Half a pint of cold water taken the last thing at night and the same when first waking in the morning will cure most obstinate cases of constipation. Some children suffer from nettlerash all the year round. If nettlerash is rubbed with fresh parsley it is a certain cure.

IF A CHILD GETS STUNG by any kind of insect lay a slice of freshly-cut onion on the place and the pain will go at once.

USE DADDY'S OLD PANTS AND VESTS to make cosy little knickers for your little girlie of two years of age, for wearing under the little white ones, as she is too young yet for combinations. Put elastic in the waist, also in the white ones, and she is so warm and neat always.

THIS IS AN EXCELLENT CURE FOR CONSTIPATION. Get two pounds of prunes and put four in a cup, cover with water, put the cup in a saucepan of boiling water, and stew till tender. Two of these, with a tablespoonful of juice, must be eaten as soon as you wake. It is important that no sugar is added. After you have taken the whole two pounds of prunes cooked like this—just two every morning—a cure should be effected of the most obstinate cases of constipation.

A SPLENDID LINIMENT FOR WHOOPING COUGH, which gave my two little ones instant relief when rubbed in. Get a block of camphor, twopennyworth of methylated spirit, and a tenpenny bottle of salad oil. Break up the camphor, put it in the methylated spirit, and leave for three hours, then add the salad oil and shake well.

THIS IS A GOOD CURE FOR DIARRHŒA. Boil two breakfastcupfuls of rice in four breakfastcupfuls of water for at least three-quarters of an hour, strain through a sieve, and, when quite cold, drink the rice-water. No sugar must be added.

A CERTAIN CURE FOR COLDS IN THE CHEST: Take three drachms of oil of amber, three drachms of oil of cloves, nine drachms of oil of camphor, and mix. A little of this to be rubbed into the back and chest night and morning.

CURE FOR EARACHE: Warm a few drops of glycerine and drop into the ear. This also gives the greatest relief when a baby is cutting teeth if rubbed on the gums.

THERE IS NO NEED TO SPEND MONEY on extra blankets now they are so dear. Buy some wadding like you use for quilting. Arrange it in three layers. Cut to the size required. Cover with cheap muslin, tacking it well down here and there, like a mattress. Then make a loose cover of print to button on. It makes a pretty and warm bed-cover, and is easily kept clean, as the cover can be taken off and washed. It saves two blankets.

NEVER LET CHILDREN GO TO BED WITH COLD FEET. It is the cause of croup, colds, and bronchitis, If a baby cries and draws the legs up, it is a sure sign there are pains in the stomach. Gently rubbing with the hand from right to left will help to move the wind and give relief; or. if not, a flannel should be made hot and laid on the child's abdomen, and it will quickly relieve the pain.

THIS IS AN EXCELLENT RULE when buying new stockings for boys or girls. Take some wool the same colour and darn the heels and toes simply by neatly darning in a thread longways. It is surprising how long the stockings or socks wear without going into holes.

In cold weather it is difficult to keep baby warm in his pram. Make a bag out of a piece of blanket or warm material, and cover it with a pretty coloured sateen. Make a deep hem round the top and run a tape through. The bag must be amply long and wide for baby to have the freedom of his limbs. Baby is put into this and the tape is tied under his arms.

When there are several children the tablecloths are a serious item. The following will be found a good idea. Get some butcher-blue linen or casement cloth the size the tablecloth is required to be. Featherstitch the hems and embroider sprays of daisies or butterflies in white in the corners. These cloths look very dainty and keep clean much longer than a white cloth. Pink casement cloth can be used the same way.

Mothers of children who suffer from croup will be glad to hear the following simple preventative. Procure a block of camphor and pound it well. Stir it into a tablespoonful of melted lard. When it has set it is ready for use. Before the child retires to bed rub the throat and chest with the ointment. You will find by the morning the croupy cough has subsided. Repeat when required.

The importance of the convalescent stage from any illness is not always sufficiently realised, and the patient runs serious risk of resuming the normal conditions of life in an unfit state. The building-up process is very important, and is greatly assisted by the addition of Virol to the diet. This food possesses very remarkable properties as a restorer of wasted tissues, and is invaluable in convalescence. The adoption of this nutriment by all the hospitals of the country is a sufficient testimony to its dietetic value.

A Food and a Tonic

Virolised Milk (a teaspoonful of Virol to a tumbler of warm milk) is a diet in itself, and has remarkable tonic properties of special value in nervous exhaustion and wasting conditions, whilst the milk is made more digestible by the Virol. In view of the great extent to which Virol is used in public health work, an indepentent investigation was undertaken to ascertain if the vitamines were present in Virol, and has shown that these important accessory food factors are present in active state in Virol as manufactured and sold to the public. The Virol should not be added until the milk is well below boiling point, as vitamines are destroyed by excessive heat.

This has Saved the Life in Grave Cases of Bronchitis

Cut up three large onions rapidly, and as finely as possible. Place in muslin, and the poultice thus formed should be bound in position with a bandage, first being covered with a folded towel. It may be left on some hours. Under its influence the patient sleeps, expectoration becomes freer, the breathing easier, the skin perspires, and the temperature falls. Remember the value of warm air, and keep the child in the same temperature.

Note.—In all cases of acute bronchitis the doctor should be sent for. Tell him about the onion poultice, and he will, no doubt, let you try it, as it could do no harm. But send for the doctor first of all.

Children are always getting stains on their clothes. The following hints may be useful: For grass stains, moisten them with warm water, then drop a little treacle on the stains, and rub in. Wash the garment afterwards. If a child gets ink on a white frock or pinafore, melt a little bit of tallow. Dip the stained part of the garment into the melted tallow, wash, and all marks will have disappeared. For coffee stains, stretch the garment over a basin and pour boiling water through the stain till it is removed. For cocoa stains, rinse first in cold water and then treat as for coffee stains. Ink in coloured goods can be removed if the stains are rubbed at once with milk and then rinsed in water.

It is a good plan to make one warm bodice do duty for all little petticoats, which should be buttoned on. Wet or soiled petticoats can then be taken off without undressing the child, and prevent baby catching cold.

Low Diet means Low Resistance

IT is utterly unscientific to let down the power of resistance of the patient in illness; many illnesses are the result of already lowered power of resistance. Notwithstanding the patient's inability to digest and disinclination for solid food, it is possible so to order the diet that the protective cells of the blood are strengthened and increased.

It has been demonstrated that the addition of Virol to the diet does definitely stimulate the white blood cells in their work of destroying disease germs. Whilst throwing no extra strain on the organ of assimilation and excretion Virol maintains the strength of the patient and builds up wasted tissue.

The terrible exhaustion following Influenza and other febrile conditions may thus be considerably lessened and complete recovery to normal health made more rapid, convalescence being attended with less risk.

Specimen invalid dishes to which Virol should be added: Blancmange, Sponge Pudding, Sweet Sauces for light puddings, Custards, Barley Water, Gruel, Arrowroot.

Virolised Milk (a teaspoonful of Virol to half pint of warm milk) is valuable in nervous exhaustion and sleeplessness. During Colds, Coughs, and Bronchitis, Virol is taken either from the spoon direct or in warm milk.

The palatable nature of Virol is pleasing to the invalid.

VIROL

In Jars 1/3, 2/-, and 3/9.

VIROL Ltd., 148-166, Old St., London, E.C.

TOILET TIPS



An Eyebrow Hint

"RAGGED" eyebrows. Carefully brush with an old tooth-brush every day, applying the smallest drop of olive oil, and the eyebrows will become quite smooth.

Neck Scragginess

"SALT-CELLARS." Deep breathing will help to fill out the hollows of the neck. Every night before going to bed, and every morning before dressing, deep breaths should be taken. Take as much air into the lungs as they will possibly hold. The air should go down to the very bottom of the lung capacity, and on up to the very top.

Exercise for Developing the Hips

STAND alternately on each foot, and swing the free limb pendulum-fashion from the hips, each time allowing it to go as far backward and forward as possible. Practise for ten minutes night and morning.

AN OILY SKIN.—Add five drops of ammonia to half a wineglass of rose-water, and use sparingly.

WARM MILK is a good lotion to use for bathing tired eyes. A little cocoa butter stroked on the eyebrows every night tends to darken and thicken them.

HAIR can be kept in good condition by brushing it for five minutes nightly with clean brushes, and then massaging the scalp with the tips of your fingers.

HANDS never get chapped if rubbed with glycerine when wet, then dried, and a little powdered laundry starch rubbed in.

FRECKLES can be faded with peroxide of hydrogen mixed with water. Another good cure is cucumber juice and rose-water.

LOVELY BATH BAGS TO SOFTEN WATER can be made as follows; Put a couple of tablespoonfuls of oatmeal in a bag with a teaspoonful of powdered orris-root and a dessertspoonful of Castile soap shaved up small. Use butter muslin for making the bags. The bags are ideal water softeners, and perfume the water as well.

CORNS are very painful, and no girl can enjoy life if suffering from these torments. Soak the feet in washing soda and water every other night, and then rub in a little castor oil. In about six days the corn will come out without any pain.

COMPLEXIONS can be wonderfully improved by eating plain food with plenty of green vegetables and fruit, taking a teaspoonful of olive oil daily with salad or puddings. Also by washing with one of the bath bags and using the best Castile soap at night and a dash of cold water in the morning.

ANÆMIA will make the prettiest girl look plain. If you have a pale skin and bloodless lips, and your hair falls out a lot, get a good iron tonic and spend as much time in the open air as you can.

ACID FOODS, such as vinegar, pickles, etc., make the skin sallow.

DRY HAIR should not be washed more often than once in six weeks, but it should be kept clean by washing the hair-brushes three times a week. Rub in a good hair tonic occasionally at night to keep the hair in good condition.

DANDRUFF is the greatest enemy of the hair. A good ointment for dandruff can be made of three drachms of precipitated sulphur mixed with four ounces of white vaseline. Wash the hair with a shampoo lotion made of a tablespoonful of best soft soap dissolved in two breakfastcupfuls of boiling water and allowed to cool. Then rub in the ointment.

LIPS THAT CRACK show the general health is out of order. Take half a teaspoonful of Glauber salts in hot water every morning till better.