Honor Moore: Belfast Newsletter Cuttings Scrapbook, 1960

Honor Moore

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THE

BABERTON

SPIRAL

NOTE BOOK

LEAVES PUNCHED FOR
LOOSE LEAF BOOKS
COKER III

COOKERY HINTS

TOMATO SAUCE

One of the most popular of sauces is tomato sauce. It can be served with fish, chicken, meat, rice or spagetti, or it can be used as a basis for tomato soup. You need a tomato puree to begin with, so make it by stewing 1 lb. of tomatoes until they are soft, with the minimum of water, or take a tin of tomatoes, or bottle of tomatoes, and run through a sieve.

Now melt 1 oz. butter in a saucepan, stir in 1 lb. flour, cook for 3 or 5 minutes gradually add 1 pint tomato puree. Bring to boiling point, add a sprig of parsley, a piece of bay leaf, a little salt and pepper. Cook gently for 10 minutes, take out the bay leaf, strain, and correct the seasoning, adding a pinch of sugar if necessary. If the sauce is too thick, thin with a little boiling water.

The flavour of this sauce can be improved by freezing a little chopped bacon or a few bacon rinds in the fat, when the flour is added. Add a small pinch of herbs with the tomato sauce, or a tablespoonful of hot water. The tomato paste can be added to the sauce to give additional colour.

To turn this tomato sauce into an odibly good tomato sauce, slice into combine it with 1 pint very thin white sauce (1 oz. flour, 1 oz. butter and 1 pint milk), cook together for a few minutes, correct the seasoning, stir in the remaining nut of butter or a tablespoonful of two of cream, and serve very hot.

SIMPLE SAUCES

Flour, sugar and spices on a well baking sheet, in a small heavy saucepan, add a few drops of vanilla or almond essence in the mixture, omit the spices and fruit. Mix with the dough very stiff. Shape into 1 inch balls, roll in a yellow sugar, put into a roll, cream yeast, 1 lb. teaspoon of sugar, 2 oz. egg, 2 teaspoonfuls baking powder, pinch of salt, 1 lb. teaspoonful each ground ginger and grated nutmeg, 1 to 1 lb. milk.

COOKER

"Plain cake" is a popular brown sauce, for meat-croquettes, and a good sauce on a well baking sheet, in a small heavy saucepan. Add a few drops of vanilla or almond essence in the mixture, omit the spices and fruit. Mix with the dough very stiff. Shape into 1 inch balls, roll in a yellow sugar, put into a roll, cream yeast, 1 lb. teaspoon of sugar, 2 oz. egg, 2 teaspoonfuls baking powder, pinch of salt, 1 lb. teaspoonful each ground ginger and grated nutmeg, 1 to 1 lb. milk.

COOKERY HINTS

SCRAMBLED EGGS

Egg dishes require a low cooking temperature, or they will either become tough, or will curdle. Scrambled eggs burn readily, and require constant stirring.

Scrambled Eggs - For each egg allow 1 oz. butter and 1 tablespoonful of creamy milk, a dash of salt and pepper, and buttered toast. Prepare the toast before beginning to cook the eggs, and set aside in a warm place. Break 1 egg to each plate of a sunny position. Pour the eggs separately into a sauce, in case there should be a stale one. Take the saucepan from the heat, add the eggs, whisking each one lightly as it goes into the saucepan. Beat gently, stirring with a wooden spoon. Add 1 dash of salt and pepper, 1 oz. butter, and 1 tablespoonful of creamy milk. Cook gently for 10 minutes, take out the bay leaf, strain, and correct the seasoning, adding a pinch of sugar if necessary. If the sauce is too thick, thin with a little boiling water.

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MUSCULAR DYSTROPHY GROUP

Belfast branch set up

Mrs. Beiss Macaonachie, M.P., has agreed to be chairman of the Belfast branch of the Muscular Dystrophy Group, the inaugural meeting of which will be held at Bryson House on Tuesday next.

This is comparatively unknown to the general public, muscular dystrophy condemns thousands of children to be helpless in their wheelchairs, and, ultimately, to a premature death.

The Group is a new national 2 oz. spread into small pieces, or objective of raising funds for a research programme, aimed at finding a cure. Miss Patricia Cooper is also on the planning of the Belfast branch. Mrs. Edna Court, of Aylesbury Park, Belfast, has already she has the nucleus of a strong team to promote public interest, and Miss Patricia Cooper, and, of the Northern Ireland Council of Orthopaedic Development, will be the treasurer.
COOKERY HINTS

QUICK SOUPS

Undoubtedly a large pot of home-made chicken or beef soup, or minestrone makes a wonderfully nourishing meal, but we often want something ready in half-an-hour, and this is where a really well-flavoured bouillon comes in. Each one of the above bouillon cubes goes into their own pot, and while the sauce is being prepared the cubes melt, giving a rich and singing stock in which to work. The exact quantities for the suggested vegetables vary with the contents of the hearts of vegetables and whatever else you like, but here are a few experiments to get you started.

Orion Soup: Slice two large onions very thinly, and cook them in melted fat and sugar, 9 oz. flour, 9 oz. flultana., 2 pint boiling water, a beef bone or collar with an extra in the roasting tin for the stuffing. Stuffing can be made of bread crumbs and seasonings, then add the egg, and the water if necessary. The stuffing balls are very good accompaniment for a thick soup from the oven.—baked on a greased salad dish of finely chopped celery, 2 2 tablespoonsful of finely chopped onion, until they are brown and crisp, and serve cold. The covered casseroles is cooked in a moderately slow oven (325 to 360 deg. F.) for 2 to 3 hours after being baked and served very hot.

Onion Soup: Slice two large onions very thinly, and cook them in melted fat and sugar, 9 oz. flour, 9 oz. flultana., 2 pint boiling water, a beef bone or collar with an extra in the roasting tin for the stuffing. Stuffing can be made of bread crumbs and seasonings, then add the egg, and the water if necessary. The stuffing balls are very good accompaniment for a thick soup from the oven.—baked on a greased salad dish of finely chopped celery, 2 2 tablespoonsful of finely chopped onion, until they are brown and crisp, and serve cold. The covered casseroles is cooked in a moderately slow oven (325 to 360 deg. F.) for 2 to 3 hours after being baked and served very hot.

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If you like working with yeast, a hallowe’en yeast barrow will be a family favourite. The other recipes for yeast will also be useful.

**Barnbrick**

Yeast Barnbrick—1 lb. flour, 4 oz. butter or margarine, 4 oz. sugar, 2 eggs, 1 tsp. milk, 1/2 oz. yeast, 1 lb. raisins, 1 oz. candied peel.

Mix flour, butter, sugar, eggs, milk, a tea spoonful of yeast and half the raisins. Knead down, shape into one or two rounds, set on a greased and floured baking sheet, leave to rise again for half an hour, in a warm place. Brush the top with milk and bake in a hot oven for the first 15 minutes (425 degrees), then lower heat to moderate (325 degrees F.) for about 1 hour.

**Hallowe’en Cakes**

**By "Housekeeper"**

Hot Tea Barnbrick—Combine 1 cup of strong hot tea and 1 cup cupped mixed dates, 1 cupful mixed peel and 1 cupful of milk. Beat the mixture until it is smooth and shiny, lift out of the bowl, dust the bottom of the bowl with flour and bake in the dough. Soak it well. Add a beaten egg and 1/2 lb. 'our, well mixed, to the tea and mix. Bake in slow oven. Fill with fruit.

**By "Housekeeper"**

*British Empire Vegetable Marrow Chutney*

Vegetable marrow can be made into a good hot chutney, with the marrow cut in dice, or in wedges, to give it an interesting consistency. The first recipe has a bright yellow colour given by the turmeric, and is a sweet but hot chutney.

**Marrow Chutney:** Cut up enough marrow to give 4 lb. fruit. Sprinkle with salt and leave overnight. Make a syrup by boiling 14 lb. sugar and 1 pt. of vinegar for 10 minutes, adding 13 oz. dry mustard, 1 oz. ground ginger, 1 oz. turmeric, and 1 tsp. of vinegar, and tying half a dozen cloves and 6 cloves loosely in muslin before adding them to the mixture. Peel 1 lb. shalots or small white onions, or peel and slice gently 2 lb. of flavoured onions. (1/4 cup) and add them to the seasoned vinegar and sugar with the vegetable marrow. Bring back to boiling point, and cook until the marrow and onion are soft. Put into jars and cover with airtight covers.

**Marrow and Apple Chutney:**

Put 4 lb. peeled and diced marrow, 2 lb. peeled and sliced apples, 1 lb. peeled and chopped onions, 1 lb. sultanas, into a preserving pan with 2 pts. of water and 2 oz. and a good tablespoonful of each of ginger, cloves and allspice. The three latter ingredients should be put in when the apples, put in at the beginning, and the apple, covered with the rest of the spices, pot over a lower heat for 1 1/2 hours to make up the mixture. The mixture should be well mixed together every hour. At the end of this time, or when the fruit is soft, pour the mixture into a clean teapot, cover, let it cool, and then pour it into the jars, with a little fat around. Lastly, add a couple of tablespoons of sugar to each, fill, cover, and store in a cool place.

**By "Housekeeper"**

Corned beef and cabbage can be served with a preserving pan with 1 pint vinegar, a teaspoonful each of salt and mixed spice, a pinch of cayenne pepper, and cook until tender. Add 1 lb. sugar, and cook until necessary to add more vinegar if the chutney thickens too quickly. This chutney requires constant stirring.

A single rate letter to any unit within the Commonwealth.

**Oxford Festival**

A native of Dromore, Co. Down, playing an unusual part in this week's Wexford Festival.

Charles Dowd, and he is an established festival audiences on the 17th of the month in the country through the encomiums of James Mitchell, the tenor man. Dr. Dixon is now with a political axe to grind. "I am only interested in the act," he says, "and I'm somebody else's business."

Dr. Dixon was a student at St. John's College, and he is one of the last to graduate from there under the old University. He joined the Civil Service in Dublin as a medical officer, and is a member of the medical staff of the Royal Dublin Hospital. Mr. Dixon, the Civil Service officer, is also a medical doctor of the Royal College of Surgeons of England. He has just over 30 years.

**"Nationist"**

Dr. Dixon's antiquarian interests began many years ago, in the course of long walks through his native Co. Down. He has since
**CREAMED CORN**

Tiny pieces of chicken can be combined with cream and egg to make a pleasant casserole dish for supper.

**Pudding**

1 lb. tin corn, 1 cupful grated cheese, 5 spoonfuls flour, 1 teaspoonful salt, 3 eggs, 2 tablespoonsful chopped parsley, a little grated nutmeg.

**Spaghetti and Cheese Casserole**

About 12 oz. spaghetti, 1 lb. grated cheese, 1 lb. grated ham, 1 lb. chopped almonds, 1 lb. brown sugar, 2 sticks cinnamon, 1 lb. salted butter, 1 lb. chopped apples.

**COKERY HINTS**

**Christmas puddings**

By "Housekeeper"

Christmas puddings are very easy to make. All the ingredients are thoroughly mixed together, put into a greased pudding basin, covered with greased paper, and steamed for 3 hours.

**Plum Pudding**

4 oz. each raising, currants, sultanas, chopped mixed peel, 6 oz. suet, 3 oz. flour, 1 lb. chopped apples, 1 lb. brown sugar, 1 oz. blanched and shredded almonds, 3 oz. half a grated lemon rind, 1 tablespoonful treacle, 1 teaspoonful mixed spice, 1 dessertspoonful ground nutmeg and mace in the cake, provided you use the right sort. If you prefer, you can add one or two tablespoonsful as you require.

**Cooking**

Put into a greased pudding basin, cover with greased paper, and steam for 3 hours. To try to keep the top of the pudding firm, put it into a buttered casserole and sprinkle with the rest of the grated cheese until the dish is quite firm. You may then shape it as you like and leave it to cool, or turn it out of the pudding basin on to a plate with a little cream sauce and serve it with the proper sauce, or brandy sauce, or orange sauce, or with cream or milk.

**COOKERY HINTS**

**CHRISTMAS CAKES**

By "Housekeeper"

**Cakes**

To-day's first recipe gives a cake 8 inches square and bake it 5 hours (275 deg. F) for an hour to get the top of the cake with greased paper from the ordinary tin. For other cakes, put a greased tin, filling it high, and cover with a clean paper, and bake for an hour or an hour and a half and a third more. The dish should be a rather stiff dough as well as well-leavened. On the right word, you should be able to make a cake for any number of people. You may pour your mixture into glass of spirits over the meal before wrapping it, if you please. Recipes for planter cakes can be given later.
### COOKERY HINTS

#### SWISS STEAK

*By Housekeeper*

If you have a big oven you can cook a whole meal in it. Use margarine, saving fuel, and labour. Oven-cooked meals require little attention.

Swiss steak—hacked potatoes, scalloped onions or catsup, onions, form the main part of the meal, to be followed by baked apples, and a date and nut or the homely bread and butter pudding. Set the oven at a moderate heat (350 deg. F.). The quantities below will give 4 large servings, except for the date cake, which gives at least 8 to 10 servings.

**Swiss Steak**—Mix together 1 oz. flour, 1 teaspoonful salt, 1 teaspoonful of pepper, and pound into a piece of round or chuck steak about 1 inch thick (allow 1 lb. steak). Brown quickly in a tablespoonful of melted dripping. Add a pint peeled and sliced tomatoes, fresh or tinned, or 1 pint homemade tomato sauce, or condensed tomato soup, plus a small shredded or sliced onion. Simmer for 10 minutes, put into an oven casserole, cover and bake for 1 hour, or until tender (moderate oven 350 deg. F.).

**Baked Potatoes**—Scrub 8 to 10 medium-sized potatoes, prick with a coarse-toothed grater, lightly with fat, bake for an hour in a moderate oven, cut a cross in the centre of each, squeeze lightly, and serve with a good brown gravy.

**COD WITH DILL SAUCE**

*By House each*

If you want to cook a small whole cod, "poach it in a flavoured liquid, instead of plain water. Large whitefish would be excellent cooked in the same way.

Put the fish into a large pot on a rack, place an old plate in the bottom of the saucepan before putting in the fish. Pour in water and a pepper, using 24 cupfuls of salt to the liquid, and place a sieve of bay leaf. Cover the saucepan and simmer gently until the fish is tender, basting occasionally, and keep the temperature at a low point, being careful not to overcook the fish.

**Dill sauce** (enough for 2 lb. fish):—Melt 1 oz. butter or margarine in a small saucepan, season with 1 oz. flour. Add a tablespoonful of dill in which the fish cooked, and about one third of a cupful of creamy milk. Cook, stirring constantly until the sauce is thick, then add a tablespoonful of dill or about twice as much fresh dill. Set aside the sauce to cool slightly, heat up an egg yolk in a small bowl, gradually add the warm sauce, return to the saucepan.

Heat the sauce very gently, until the egg has cooked, but do not allow to boil. Season with a good tablespoonful of lemon juice, a few drops of onion juice, and a good dash of pepper, or cayenne to taste.

If you do not like the flavour of dill, or cannot get it, add the smallest pinch of fresh or dried herbs to the sauce, with a tablespoonful of chopped parsley, a little finely chopped chives, a leaf or two of mint, to make a smooth sauce.

**Apple Fritters**: Peel and core some apples. Cut into 1 inch rings, dip in either batter, and put into hot deep fat, cooking quickly, a few at a time, and turning frequently until done. They are a rich golden colour. Drain thoroughly, sprinkle generously with caster sugar, and serve very hot.

**Banana Fritters** and Orange Fritters can be made in the same way. Pineapple Fritters can be sprinkled with a light dusting of ginger before serving. The slices of pineapple must be very thoroughly dried before putting them into the batter. The batter could be used to make a sauce for the fritters, or as a flavouring for a cake, or cake slices.

**Onion Rings**: Make up the second batter above. Peel some large onions, cut in thick slices, then separate the slices into rings. Dip a few at a time in the batter until completely coated and fry (again, a few at a time) in hot deep fat, until the onion rings are brown, crisp and puffy. Keep hot until they are all cooked.

Small button mushrooms, or halved large mushrooms, can be dipped into the same batter, and cooked in the same way, or small whole shrimp, or cooked fresh lobster, or sliced cooked beef. Sprigs of cauliflower partially cooked are also supposed to be

### COOKERY HINTS

#### Deep Fat Frying

*By Housekeeper*

When food is being cooked in deep fat, it must be coated, either with flour, batter, or egg and breadcrumbs, to make a complete covering, and prevent the oil from tainting the fat—the exception, of course, being potatoes, which are cooked without any coating.

If you want to make crisp chopped potatoes, cut the potatoes nicely into the usual sized pieces, cover with cold water, leave to soak for half an hour, to remove some of the surplus starch, then drain well, and dry thoroughly, on a clean tea-towel. If you add any drops of water to hot fat, the fat will spark and can give you a nasty burn. Make sure that the fat is hot enough: there should be a pale blue haze rising from it. Dark smoke indicates that the fat is too hot. Lower the wire basket with the potatoes, and gently lower into the fat, lowering and raising it as necessary, to avoid having the fat boil over. When the chips are cooking nicely, tip them gently out of the basket. Allow to cool until they look cooked. If they aren't unless they are beginning to float to the tops of the fat. Lift out the potatoes by the handle after they are thoroughly cooked, and then, to each, give a nippy puff, and rise to the surface of the fat.

Lift out, shake the wire basket gently to encourage the surplus fat to be drained back into the saucepan, then drain thoroughly on crumpled kitchen paper, and serve very hot.

When you have a large quantity of potatoes to cook, do not make the mistake of putting them all into the pan at once. This will heat the fat of the fat too much, the chips cook slowly, and are soft and greasy, and some potatoes even disintegrate under this treatment. You will find it best to raise the heat under the fat as soon as the potatoes are fully lowered into the fat, in order to heat it up again quickly.

**Generally speaking, potatoes which are boiled are inclined to be 'soapy' make better chips than those which are 'steamed'.**

You can keep one or two warm in the oven, if you are cooking a
STEAK AND KIDNEY PUDDING

The filling for a steak and kidney pudding can also be used for meat pies, to be covered with flaky or puff pastry, and baked in the oven. If you use first-quality frying steak, you can make the filling with the stewing suggestions.

STEAMED PUDDINGS

A steamed pudding or a sweet steamed pudding, sweet or savoury, is usually a substantial part of a meal, and one which is very comforting in cold days. Sweet puddings can be used for dessert, both sweet and savoury, for roly-poly or layer puddings, and is very easy to make.

For the usual amount of pastry, for a pudding for four to six people, allow either 8 oz. flour, or 2 oz. flour mixed with 4 oz. fine breadcrumbs, 3 oz. suet, 1 teaspoonful powder, a pinch of salt, and sufficient cold water to mix to a pliable dough.

Dumpling — Divide the ingredients into two portions, add the suet to the larger piece into a well and use to line a well and then form a well in the middle and add the remaining ingredients. If a small pudding, cover with a little suet and bake. If a larger pudding, put it into a larger dish, cover with suet, and bake.

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HINTS

By "Housekeeper"

APRICOT JAM

Dried apricots make a delightful tart jam. Used alone the jam is a little sweet, so the addition of a little apple pulp as in the second recipe, or one of the jams or preserves made as for jelly, in the first recipe instead of 1 pint of water, a thicker jam is obtained.

Apricot jam — 1 lb. dried apricots, or 1 lb. of canned apricots, or 1 lb. of preserved apricots in water to cover the first. Cut in quarters, and put into a stewing pan with 4 pints of water, and 2 pints of sugar. Boil gently until thick, and then pour into glasses.

Apricots and apple jam — Prepare the jam as above, except that the recipe, cooking them until they are tender, and omitting the addition of a little water. Boil the jam until the sugar is dissolved, and then pour into glasses.

(See also under "Jams", "Preserves", "Syrups".)

Jams and preserves are always welcome on cold days, and in the winter, especially on cold winter days, a homely stewed fruit, such as a stewed apple, or an apricot jam, is a delicious treat.
Toasted Hints

By "Housekeeper"

Potatoes

Most of us serve potatoes at least once a day, except for those who are on a diet, and if you are intent on slimming you will find that potatoes are not the worst of the carbohydrate "black list." However, if we could serve potatoes in some other way than the usual "boiled, steamed, roast, or chipped." If you like roasted potatoes, parboil them, or steam for 20 minutes before putting into the tin with the roast meat and potatoes. They are more tender if partially boiled before being roasted. To make them, arrange, about a cupful of creamy milk, a nut of butter or margarine, salt, pepper and a tablespoonful of chopped parsley or chives; add diced, well-drained potatoes, and beat until quite smooth; serve at once.

Duchess Potatoes: Melt 1/2 oz. butter or margarine and add about 1 lb. diced potatoes or sieved potatoes (cooked), salt and pepper to taste. Drain an egg yolk with a tablespoonful of top milk, combine with the potatoes, and beat until smooth and creamy, adding a little more milk if necessary. Using a 1-inch piping tube and a large bag pipe, in stripes, pile several layers on top of each other, brush with the

MORE POTATO RECIPES

Another way of cooking potato flakes or dice is with bacon. The potatoes are boiled until they are barely tender, then drained well, cut into half-inch dice. Now cook some slices or very fat bacon until it is crisp. Pork fat, or the fat of cooked bacon, can be used instead of bacon. Lift out the bacon or pork, break into small pieces, and return to the pan. Keep it warm. Now brown the potato flakes, and add the bacon gently so that the potatoes brown evenly. Drain off the surplus fat, and put the potatoes into a hot dish and sprinkle with the bacon, pieces, and some chopped parsley, to serve.

This mixture can be used as the basis for a potato omelette, combining potatoes, bacon, and finely chopped tomato, and adding 2 eggs, and serving it at any time of day.

Bride-to-Be Moves into Palace to-Day

THEHERAN, Wednesday.—Miss Farah Diibah, the former Paris student, who will become the third wife of the Shah on December 21, will be transferred this morning from house into the Queen Mother's Palace to-morrow.

Accompanied by her mother, she will take all her belongings, including her piano and wardrobes, of Paris-made dresses. She will live in the palace until December 21, the day the 40-year-old Shah takes her as his bride.

After the Islamic wedding ceremony and the signing of the wedding documents a ceremonial reception will be held in the Gulan Palace for 1,000 guests.

Although Farah, who is 21, has said she does not want to be involved in her mother, it is understood that she will not be less than five million rials (about 125,000)

COOKERY HINTS

By "Housekeeper"

Small Cakes

A friend who is now living in Edinburgh has asked me for some very special recipes for small cakes, saying: "The church here runs a yearly fair, and in turn we do a bit of baking for it, and it would be nice to have something different." It may be prudent to offer a shortbread recipe to the people of Edinburgh, but I have found this recipe for cherry shortbread very popular.

Cherry Shortbread—12 oz. flour, 1 pinch of baking powder, 4 oz. mixed margarine and shortening, a few drops of vanilla essence, 8 oz. sugar, and 8 oz. cherries. Sieve the flour with the baking powder, add the sugar, and roll out the mixed fats until the mixture resembles fine bread-crumbs. Mix in the cherries and shape the dough. Sprinkle half the crumbs on the greased and lined oblong tin, about 11 by 7 inches, and top with the chopped cherries evenly on top and sprinkle with the rest of the crumbs. Bake 20 minutes in the oven, and leave in the tin until quite cold. Store in an airtight tin.

Small Cakes: 1 oz. flour, 1 pinch of salt, 1 teaspoonful baking powder, 1 teaspoonful cream of tartar, 1 teaspoonful ground cloves, pins of mixed spice, 4 oz. margarine, 4 oz. sugar, 1 egg, 1 egg yolk, about 1 cupful milk. For the meringue, 1 egg white, 1 pinch of salt, a little cupful chopped walnuts, or coconu

with 2 oz. melted butter or margarine, a tablespoonful of lemon juice, salt, a dash of pepper, and a tablespoonful of parsley.

Lyonnaise Potatoes: Cut cold boiled potatoes into slices. Chop an onion finely, and fry to a golden colour in a little fat. Stir in the potatoes gently, season with salt and pepper, and cook until the potatoes are hot. When all the fat has been absorbed, add two or three tablespoonfuls of stock, and, sprinkled with parsley and serve.
NO VEGETABLES?

A Portia reader writes, "I live alone, dislike vegetables, and don't bother to cook them for myself. Can I eat in a handy form to give the same value?"

My reactions to this problem are varied. First, I would suggest dispensing with vegetables and eating vitamin tablets instead. That is the prerequisite of a doctor. Vegetables in the diet are not essential in their actual food value, in that they also provide bulk in the diet, and are rich in laxative properties. They are a comparatively cheap and filling food, e.g., potatoes, and they may be very useful in our diet and make it interesting. However, this does not help the lady who is allergic to vegetables for all the mothers who hear the daily cry, Mum, I don't like my vegies!

Salads in variety, made of uncooked vegetables—tomatoes dressed with lemon juice and salt, thinly sliced cucumbers and onions (not for children), chopped parsley beaten lightly and grown on into creamed potato watercress are excellent.

For children and orange juice, bacon or syrup, or bottled or rose hip syrup additions to the diet as well as vegetables.

Milk, butter or margarine, and choose to fill all one's milk. However, all too spread or mix hot drinks or add all go to help to make

The same here is a chance nutritious food can be forgotten, renew and add indefinitely.

I have read on meat alone 1 year, but I am supposed to be id if it is to rhyme to-day. Some general precaution occasion to trace diet which has much starch and junk and tea—is

HERFT ST Mter, M. Mr. Me. Frederick's failing.

The second note on its nature of its behaviour, with its nature of its miss nothing more is a meaning acting as a fan of Mess. Mc.

There are the performances of Lolly Lucie, Mrs. Bland and Mr. T. H. M. of the Verey's invention of the next.

A pound of almond meal, which will cover the top of an 8 inch cake, or give a thick layer of icing on a 6 inch cake.

It can, of course, be bought prepared, but it is not difficult to make it.

Almond paste, or marzipan as it may be known, can be coloured with any of the eatable colouring and made form hobby leaves, and berries, mall animals and figures, flowers, 3

SPICED BEEF

Coriander beef can be spiced to serve hot or cold, and makes a very economical meal. Choose fairly ripe beef and tied neatly into shape, but not rolled. Cover the beef with a little lemon, bring to boiling point, and simmer gently, with the lid half-tight. Leave until a good skin forms on the top. Discard the liquid. Cover the beef with fresh cold eggs and brown breadcrumbs, and roll 3 or 6 cloves of

PIÑAAPPLE TARTS

From time to time there are a few drops pineapple, 2 dozen tartlets with rich short pastry, greasing the time thoroughly. Combine 23 oz. sugar, and a level tablespoonful of flour, blend with a beaten egg. 2 oz. melted margarine, a medium tin (14 oz.) of crushed pineapple, 1 cupful desiccated coconut, few drops lemon juice, few drops pineapple flavouring if desired. Mix very thoroughly and apply the pure-lined tartlet cases three-quarters full with the mixture. Bake in a moderate oven (300 deg. F.) for the first 15 minutes, then lower the heat to moderate for a further 10 minutes (350 deg. F.). Cool slightly, remove from the tins, and, when cold, glaze all with one lemon, glazed flavouring icing made, by combining above, and dusting with coconut and lemon

APPLE CREME—Cream 3 oz. margarine in a double boiler and 6 oz. sugar, beat in 2 lb. or milk, then work in the egg whites continuously at the egg whites, beat

APPLE PUCE—Dressing 3 oz. butter cream in boiling water and margarine with 6 oz. sugar, beat

CHOCOLATE TRUFFLES

Some time ago, I had a request for a particular recipe for chocolate truffles, made with unsweetened chocolate. I haven't been able to find the particular recipe I wanted. However, the one which should please those with a taste for home-made sweets.

Chocolate Truffles (1) — 4 oz. plain black semi-sweet chocolate, 4 tablespoonfuls melted milk, 2 heaped table- spoonfuls icing sugar, 4 drops vanilla and 1 oz. marzipan. Melt the chocolate in a bowl set over hot water, and add the sugar and vinegar, stirring until the sugar is dissolved. Cut the marzipan in small balls, and roll in icing sugar. Leave in a cool place to harden. Chocolate Truffles (2) — 1 lb. plain black chocolate, 2 tablespoonfuls melted milk, 4 tablespoonfuls melted milk, 2 heaped table- spoonfuls icing sugar, 4 drops vanilla.
COOKERY HINTS

Fondant

By "Housekeeper"

Fondant — 2

Boiled Fondant has to be cooked to 240 deg. F.: this is slightly higher than the temperature used for making fudge, when the mixture will form a soft ball when a little is dropped into cold water. For fondant, the boiled sugar should form a firm but not brittle ball when a little is dropped into cold water.

Boiled fondant 1 lb. granulated sugar, a good forkful of cream of tartar, or 1 oz. glucose, and a generous 1 pt. of water. Put the water and sugar into a saucepan, and heat gently until the sugar has melted, bring to a boiling point, add the cream of tartar, or glucose, and boil to 240 deg. F. Stir properly, or slab or a bowl of water, pour on the mixture slowly, leave to cool slightly until it can be formed into a ball, and continue to stir using a wooden spoon or spatula to prevent a mixture from the edges towards the centre. At the bottom of the pan, the mixture becomes firm, and when cool, place required amount of fondant. Decorate up when almost set with crystallised fruits, and when quite firm remove the paper.

Peppermint Creams — When the fondant has cooked, add a few drops of oil of peppermint, and when the mixture is cold quire smooth, put it in the top of a sandwich cake to pin a band of fondant round the top of the cake, to make a "collar," which may be decorated with the required amount of fondant. Decorate up when almost set with crystallised fruits, and when quite firm remove the paper.

Christmas Puddings

If you have not yet made your Christmas puddings, here are two recipes for puddings which can be made up a day or two early, and then reheated when needed.

The first recipe contains no fat.

In a large saucepan, add 1 cupful of each coarsely chopped walnuts and Brazil nuts, and of chopped dates, 1 cupful of mixed crystallised fruits — cherries red and yellow, pineapple, and candied orange, apricot and citron peel, 1 cupful raisins or sultanas, 4 oz. flour, 4 oz. light brown sugar, 3 oz. treacle, teaspoonful baking powder, 1 teaspoonful each salt, cinnamon, and ground nutmeg, and a teaspoonful of ground cloves, 4 eggs and 1 cupful of milk or fruit juice. Beat the prepared fruits and nuts into a bowl, and sieve the mixed dry ingredients on top of them, stir lightly together until the fruit is lightly coated with flour. Beat the eggs and sugar until light and fluffy, gradually beat in the milk, then fold in the dry ingredients, put into a well-greased Lemon mould, cover with several thicknesses of greased greaseproof paper, and steam 2 hours. When cold, wrap in fresh greaseproof paper, set in a cool place until required.

During the winter holidays, many workers, especially in the agriculture and food industries, are often faced with long hours and challenging work conditions. Over the years, 'New Wage Proposals for Derry Workers' have been introduced to address the needs and concerns of these workers. The latest proposal, submitted by Mr. M. Quinn, branch secretary of the Irish Transport and General Workers' Union, aims to improve the working conditions for employees in the food industry. The proposal includes increased wages, better working conditions, and improved benefits for workers.

At a meeting of shops, the proposal was discussed, and it was decided that a final decision would be made after further consultation with the workers. Mr. M. Quinn stated: "We have received a commitment from the Irish Transport and General Workers' Union to continue the talks on Monday night, when a final decision will be made."
Boiled Ham

By "Housekeeper"

Boil a ham, whether it is a whole ham or a piece of ham or even a very simple and foot-part of the Christmas ham, provided that you remember to boil it at all times. More boiling can be added from time to time, so that the water covers the ham completely. You should be able to avoid boiling the ham at all.

HOT SCONES

By "Housekeeper"

Ham can be covered with a thick paste of flour and water and baked in a slow oven until tender. Soak the ham for 24 hours in cold water, changing the water several times. If you want to glaze it, you may simmer it for an hour, allow to cool in the glaze, put on the flaked, or use the flour-based glaze. Deduct this simmering time from the cooking time.

The flour paste is simple made of flour and water, using enough water to make a fluffy paste, an inch thick all over the ham. Bake in a slow oven (300 deg. F) for 4 hours for a whole ham, 2 hours for a smaller piece of ham.

Baked Ham

By "Housekeeper"

Ham can be covered with a thick paste of flour and water on top, can be served as in previous recipe, baked in a hot oven (350 deg. F) for about 20 minutes, until nicely browned.

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**ROAST GOOSE AND TURKEY**

By "Housekeeper"

A loburn reader asks for some help on the cooking of goose or duck, to be stuffed in the same way, or with a potato, or with onion stuffing. This is not a very difficult matter, if you can procure a small goose (about 30 lb.).

1. **Stuffed Goose**: Stuff the neck and the body cavity with the ingredients below, and sew up the opening. Bake at 350°F for about 2 hours or until tender, basting frequently with the drippings.

2. **Stuffing Ingredients**: For the stuffing, you can use a combination of apples, onions, mushrooms, and herbs. Mix them well and season with salt and pepper.

3. **Baking**: Place the stuffed goose in a roasting pan and roast in a preheated oven at 350°F for about 2 hours or until the internal temperature reaches 165°F.

4. **Serving**: Remove from the oven and let it rest for 10-15 minutes before carving.

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**CHRISTMAS SAUCES**

By "Housekeeper"

**Christmas Stuffings**: The utilitarian plain stuffing, made with breadcrumbs, can be used with turkey, chicken, mutton, pork, and sausages. For each half pound of stale bread crumbs, rub in 2 to 3 oz. butter or margarine, and 2 to 3 tablespoonsful of finely chopped, minced or grated herbs, and the same amount of finely chopped parsley, 1 teaspoonful salt, dash of pepper, and a dash of dried herbs. Moisten with beaten eggs and stock mixture and pack loosely into the cavity. Sew up securely.

Another method of making this stuffing is to mix the ingredients, then combine with the remaining ingredients, use as above. Some people find this more easy to digest than the onions are added raw. The liver of chicken or turkey can be blanched, chopped, and cooked in the fat with the onions, and the stuffing added to the stuffing.

Sage and Onion Stuffing (for goose, duck and pork): Par-boil a large onion, chop finely, and mix with 1 oz. mixed dried herbs, a pinch of dried sage, or 4 to 5 chopped fresh sage leaves. Mix with 1 oz. melted butter or margarine, and a beaten egg. Cover with a piece of greased muslin if desired.

Potato Stuffing: Cover 2 pints of diced bread with cold water, drain off the surplus water, and cook a chopped onion and 1 cup choppedImproved butter or add a tablespoonful of chopped parsley, corned beef, and 1 pint of mashed potato, a lightly beaten egg, 1 teaspoonful salt, a good dash of pepper, and a good stock mixture of dried herbs. Taste and add more seasoning if required. Use for duck, goose, chicken or pork.
**MARMASERIES**

A Dungannon reader asks for a recipe for a cake called "Maseries," a chocolate and almond mixture, which appears in this paper "many years ago."

Perhaps other readers would like to try these cakes.

**Maseries**

- 2 oz. flour, 2 oz. butter or margarine, 1 lb. ground almonds, 3 oz. castor sugar, 1 egg yolk, 1 tablespoonful grated orange rind, 3 oz. castor sugar, 2 oz. chopped blanched almonds, 1 teaspoonful grated orange rind.

**CookeryHints**

For the pastry, cream the margarine with the flour and ground almonds, mix to a stiff dough with the egg yolk.

**COOKERY HINTS**

For this marmalade, pour 3 lb. sugar into a pan, add the peels coarsely and put in the tangerine peels, and pith and add the remaining juice, cutting up the flesh, and pasteurizing with the knife. The set-side peels, peel into a muslin bag together, for 24 hours, with 2 pints of sugar, and 1 tablespoonful of citric or tartaric acid. Cook until the tangerine peels are tender in about 10 minutes. Lift them out if overcooked tangerine peel cools to mush. Set aside. Continue cooking until the grapefruit peel is tender, then boil rapidly for 3 min. and add the tangerine peel, then remove them out of the bag. The marmalade will be sliced and used for Marmalade sounds quite difficult and complicated than it actually is. A Kilkeel reader writes for a recipe for a cake called "Housekeeper." With a thick rind, the marmalade sounds delicious and easy to make!
MNG (2)

AROSE THE ASANT

of the rind as in the
recipe. The grapefruit
should be slightly under
ripe.

MARMALADE (3)

Jellied Marmalade

is no more difficult to make a
jellied marmalade with shreds of
peel floating through it than it is
to make ordinary marmalade,
and the flavour is
vegetable sugar or a very sharp
knife to cut off the yellow rind
about one-tenth of an inch
then cut this into thin shreds.
A sharp pair of kitchen scissors
makes short work of this.
Now tie the shreds loosely into
a square of muslin, soak and
cook with the rest of the
chopped peel and the fruits,
and lift out the fine shreds after
about half an hour. They
are then tender. The
syrup is ready at the end of half
an hour they are not completely
tender, cook for five minutes
longer, and test them again.

Jellied Orange Marmalade

Prepare and chop 4 or 5
oranges, tie in muslin, chop up the
fruit, add 44 pints of water, add
a teaspoonful of tartaric acid and
the juice of a lemon. Soak
overnight, then cook until tender,
removing the bag of
chopped peel. Add 1 lb. sugar
and boil to setting point, and add
the shreds, boil for 1 minute longer,
distribute the shreds evenly, then
pot and cover.

Jellied lemon marmalade,
use the thinly cut and chopped
peel from 4 large lemons, cut up,
plus two grapefruit cut up, with
6 pints of water.

Grapefruit and Pineapple
Marmalade—Drain a tin of pineapple,
chop well and add to the
marmalade. Measure the juice
and set aside.

Weigh out an equal amount of
grapefruit and pineapple
and the grapefruit and lemons,soak
removing the pipes and any course
shreds. Add sufficient water to the
grapefruit and lemons to allow
of 3 pounds of water per pound of mixed fruits.

The lady from Bangor adds
"extra" to her cake, and has a
deal of vanity born from a
fortnight before cutting it
she is careful to
the cake, and has a
delicate" to her cake,
and a deal of vanity
Armed with the
of vanity born from
for a fortnight before cutting it.
She is careful to
the cake, and has a
delicate" to her cake,
and a deal of vanity

Cream the butter of margarine,
cream to a temperature, but must not be
melted or "colled": this spoils the
taste of the cake. Add sugar gradually and continue beating
until the mixture is light and soft,
and add the eggs one at a time with
a little of the sifted flour, baking powder and salt.
Add the remaining flour and the almonds when it is cold.

If you should find that, w
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**COOKERY HINTS**

**ANSWERS TO QUERIES**

A Belfast reader "Novice" finds that when marmalade she made from a recipe published some time ago, "at all a success" should require more explicit instructions," she says. She is particular about what is required—(1) the weight of the orange and apple pulps, and lemon juice, and (2) for what length of time to keep any length of time. She says she has seen a wedge of cabbage..." She says she will endeavour to correct the seasoning and serve it from a well

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**SCOTCH BROTH**

By "Housekeeper"

Scotch broth can be made with either beef or mutton. The barley should be thoroughly washed and covered with cold water. The vegetables should be put in a soup pot with the meat and allowed to become dry before gratinating. A simpl...a good Scotch broth can be made with a knifeline (3) 30 minutes, (4) 1 lb. sugar per pint of juice, (5) 2 lbs. cooking apples, (6) teaspoonful of citric acid, or the juice of 1 lemon, (7) lb. sugar, and water. Soak the orange rinds in 1 pint of water for 24 hours, adding the pipes tied in muslin. Cook until tender, slice the rinds thinly. Stew the washed apples in the minimum of water to prevent burning, or bake them in a moderate oven until tender. Slice to remove peel and pips. Add the apple pulp, and lemon juice or acid to the orange rinds, stir in the sugar, and boil until the mixture will set when tested. To-morrow I am going to deal with this reader's second...dried peas and their cooking.

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**MACARONI CH**

Here is a light macaroni cheese sauce that will make a nourishing lunchmeal...with two tablespoons of oil. A slice of raw onion and 1 scant...with raw onion and salt or coleslaw. Macaroni cheese soufflé—cupful...milk, 1 pt. milk, 1 lb. onion, 1 lb. beige, 1 lb. cheese sauce, 1 cupful Cream of tartar.

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**SALMON FRITTERS**

Tinned salmon can be used to make an unusual "fish-in-batter" dish...can be used as a party speciality...of a well

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COOKERY HINTS

Baked potatoes

By "Housekeeper"

When you are using the oven for other cooking, potatoes can be baked in it, at any temperature from moderate to very hot (350 to 450 deg. F.), though the lower temperature gives the better result. For medium sized potatoes allow about 1½ hours in a moderate oven, about 2 hours in a hot oven. Choose even sized potatoes, or good appearance, scrub them very thoroughly, prick well with a coarse darning-needle or a skewer, set on a dry baking tin, sprinkle with coarse salt if desired, and bake as above. When tender, cut across the centre, squeeze the sides gently to open up the cross slightly, and put a pat of butter in. Serve very hot.

Baked Stuffed Potatoes—Bake half a dozen potatoes as above, or as many as are needed, cut in half lengthwise, scoop out the centres, leaving a thick wall at the sides. Mash the scooped out potato with butter, milk, salt and pepper. Add chopped parsley chives, grated cheese, finely chopped onion or mushrooms cooked in a little butter or margarine until tender, or half a dozen anchovies cut in small pieces. Pack the filling back into the potato shells, sprinkle the cheese filled potatoes with a little more grated cheese. Heat through in a moderate oven for about 15 minutes and serve hot.

Fishy Potatoes—Bake half a dozen good-sized potatoes, as above, cut a slice from the top of each one, and scoop out the centres, leaving a firm shell. Mash the centres of the potatoes or sieve them, and cream with hot milk, butter, salt and pepper, adding a tablespoonful of finely grated onion. Beat until light and fluffy, and pile back into the potato shells, leaving a well in the centre. Bake any left-over potato on a well-greased tin, piled in little heaps. Fill the potatoes with creamed fish, sprinkle with a little grated cheese, or buttered crumbs, and heat in a moderate oven for about 15 minutes.

COOKERY HINTS

BRAISED OX-

margarine until thick and

An ox-tail makes a tasty stew or casseroles, or a nourishing soup. Have the ox-tail cut into joints, wash or wipe it with a damp cloth.

Braised Ox-tail—Put the ox-tail into a saucepan, cover with cold water, bring to boiling-point and simmer for 3 hours. Discard the liquid, wash the ox-tail and the saucepan. Now melt a nut of margarine or dripping in the saucepan, and cook in it a sliced onion and the ox-tail, dusted with seasoned flour (2 tablespoonsful flour, ½ teaspoonful salt, and a good dash of pepper). When nicely browned, stir in the rest of the seasoned flour, 1 pint tinned, bottled or peeled and chopped tomatoes, or 1 small tin tomato paste thinned with water to make 1 pint. Add 2 pints of water, or stock, or water plus a little red wine.

Cover tightly and simmer for 2 hours, pressure cook for 2 to 1 hour, or transfer to a casserole and cook in a slow oven (300 deg. F.) for 3 to 3½ hours. Take from the heat, lift the ox-tail on to a heated dish, sieve the sauce, add to it diced cooked carrot, turnip, and button onions, or sliced cooked mushrooms. Return the meat to the sauce, reheat, and serve at once. The sauce may require more salt and pepper, or a pinch of sugar, or a little lemon juice.

Braised Liver: Grease a piece of liver, at least 1 lb., cut in a thick piece. Tie neatly into shape, once it has been well washed. Put into a casserole bacon rinds, a diced carrot, a chopped onion, 2 sticks celery (coarsely chopped), 2 cloves, a piece of bay leaf. Set the liver on top of the vegetables, cover with strips of fat bacon. Add 1 pint stock or water, cover the casserole tightly, and bake in a slow oven (300 deg. F.) for 4 hours, then uncover, and bake for a further 15 minutes to crisp the bacon.

Lift the liver on to a heated dish, strain or sieve the sauce, and thicken with a mixture of 1 egg
A County Fermanagh reader requests a recipe for potato chips. The first requirement is a fairly large saucepan, preferably heavy metal, not light enamelled or aluminium pan—though I have used both successfully. A wire basket, used to lower the chips into the fat, and to lift them out, plus a perforated spoon, or a fish slice, are both desirable. And sufficient fat, large, white cooking fat, flavourless dripping, or oil, to fill the pan not more than one-third full. When you put cold food into the fat it bubbles up, and if there is too much fat in the pan it boils over, can go on fire, and cause a nasty accident. Should this happen, try to put a lid on the saucepan and turn out the gas, if used. Do not throw water on burning fat. Always when you are setting a saucepan of fat on the stove make sure that the handle is turned away from the front of the stove—this is important with other saucepans, too, but doubly so with hot fat, as it becomes very much hotter than boiling water, and will give a much milder burn than water-filled saucepans. Never leave fat on a stove unattended: it may become too hot, and will fill the kitchen with greasy fumes in a moment.

To prepare potatoes for chips, choose large potatoes, wash and drain. Peel them then, cut into chips a scant 1-inch square and thin enough to pass the potato. Soak for half-an-hour in cold water to cover, drain well, and dry on a clean tea-towel. Heat the fat until a pale blue haze is plain and give the chips a good shake to get rid of the excess. When they turn the right colour, put them into the wire basket, fill the pan not more than one-third full, and lower into the boiling fat until the fat runs over the edge and the chips sink to the bottom. You may cook the chips in the basket, or in the open saucepan. When they are setting a saucepan of fat on to the surface of the fat, and you can lift them out with the basket. Remove the heat and lower the margarine before replacing it.

Heat the fat until a pale blue haze is visible. Heat the chips in the basket, or in the open saucepan. When they are setting a saucepan of fat on top of the fat, and you can lift them out with the basket, fill the pan not more than one-third full, and lower into the boiling fat until the fat runs over the edge and the chips sink to the bottom. You may cook the chips in the basket, or in the open saucepan. When they are setting a saucepan of fat on the stove. Never leave fat on a stove unattended: it may become too hot, and will fill the kitchen with greasy fumes in a moment.

The chips will be soft in several places to a light brown, and be ready to lift out, gently. You may cook the chips for some minutes until the pastry is cooked through and the apples are tender, and this will be ready in from 20 to 25 minutes, or until you find that they are setting a saucepan of fat on the surface of the fat, and you can lift them out with the basket. Remove the heat and lower the margarine before replacing it.

The layers of pastry but too much applied. Some apples take longer to become crisp. Only say, put the pie (455 deg. F.) for 30 minutes until the pastry is cooked through, then lower the heat (325 to 350 deg. F.) until the cooking is complete. You may make the pastry somewhat thinner, and this will be ready in from 20 to 25 minutes, or until you find that they are setting a saucepan of fat on the surface of the fat, and you can lift them out with the basket. Remove the heat and lower the margarine before replacing it. The chips will be soft in several places to a light brown, and be ready to lift out, gently. You may cook the chips for some minutes until the pastry is cooked through and the apples are tender, and this will be ready in from 20 to 25 minutes, or until you find that they are setting a saucepan of fat on the surface of the fat, and you can lift them out with the basket. Remove the heat and lower the margarine before replacing it.
Cookery Hints

More Tripe Recipes

Tripe can be catered in the oven, to make a very substantial meal. Blanch it for 5 minutes beforehand, rinse well, and cut into pieces or strips. Choose a smallish round casserole with a tight-fitting lid. Dice some salt pork, or two rashers of salt bacon, and put in the bottom of the casserole, then put in a layer of tripe, then a layer of sliced carrots, repeat, ending with a layer of tripe. Tie a bunch of herbs, sprigs of thyme, bay leaf, clove of garlic, a chop and a sprig or two of parsley into a piece of muslin, and put into the casserole, into the middle of the other ingredients. Cover with water, stock, tomato juice, cider or white wine. Cover the casserole and bake in a slow oven (about 300 deg. F) for about 4 hours. Lift off, remove the bag of muslin. Blend a tablespoonful of flour to a paste with 1 oz. butter or margarine, stir into the casserole, season to taste, and 'return to the oven for half an hour longer.

Tripe and Onions (another recipe)—Blanch the tripe for 5 minutes, drain and rinse with cold water. Simmer gently with fresh cold water until tender, about 3 hours. Add a roughly equal amount of sliced onion, cook until the onions are nearly tender, about 15 minutes, strain off the liquid, and set it aside. Cover the tripe and onions with milk, and simmer gently until the onions are completely tender.

Blend 2 tablespoonfuls of flour with enough of the cold triple liquor to make a creamy paste. Stir into tripe and onion mixture, and cook until the mixture thickens. Season well with salt and pepper, add a little of butter or margarine and serve.

Tripe Lyonnaise—Pre-cook tripe until tender, cut in strips. Melt 2 oz. butter or margarine in a stewpan, add a tablespoonful of flour, stir in fresh pork, or two rashers of salt bacon, liquid, and let it aside. Cover and put in the bottom of the casserole and put in the tripe and onions with milk, and casserole, then put in a layer of sliced carrots, completely tender.

Blend 2 tablespoonfuls of flour with enough of the cold triple liquor to make a creamy paste. Stir into tripe and onion mixture, and cook until the mixture thickens. Season well with salt and pepper, add a little of butter or margarine and serve.

Cookery Hints

SANDWICH MAKING

A reader "Amateur" asks for suggestions for sandwich fillings, and also some recipes for a hot tasty evening meal (high tea).

If you are using unalced bread for rolled sandwiches, ribbon sandwiches, or shaped sandwiches, use bread which is a day old, and remove the crusts before slicing the bread. If you have to use fresh bread for sandwiches, wrap it completely and leave it in a refrigerator for several hours before slicing. To prepare the butter, allow it to stand in a warm room for half an hour, then beat until creamy with a spoon. If you have to make a quantity of sandwiches, you can beat half a cupful of milk into each pound of butter or margarine.

Rolled Sandwiches—Cut the bread lengthwise along the loaf. Banana sandwiches should be divided. Roll up, and wrap in greaseproof paper. Chill and slice just before serving.

Horn of Plenty Sandwiches—Cut sliced bread into 3-inch squares, spread with butter and a filling, roll to form a horn shape, and pipe or spoon more filling in the centre, garnish with a sprig of parsley or grated cheese. You may have to pipe these into shape with a wooden cocktail stick until they have been chilled.

Ribbons—Put together three or more slices of bread with different brightly coloured fillings, using both brown and white bread if desired. Wrap in a damp cloth and press under a weighted plate. Cut in slices a good 1 inch thick just before serving.

French Fried Sandwiches—A useful way of disposing of leftover over sandwiches.

Beat an egg lightly, and add a cupful of milk. Dip the sandwiches momentarily in the egg mixture and either fry in melted hard or margarine, or in deep fat, until lightly browned and crisp on both sides.

Serve savoury sandwiches garnished with bacon rolls or sprigs of parsley.

Dessert sweet sandwiches with a little sugar, or a mixture of sugar and cinnamon and serve at once.

Cookery Hints

SANDWICH MAKING

By "Housekeeper"

COOKERY HINTS

By "Housekeeper"

COOKERY HINTS

ULSTER ESTATE

Rev. Robert John Ash Morrison, of 602, Antrim Road, Belfast, who died on December 14, 1956, left £285,298 (duty paid £21,599).

Mrs. R. G. Towers said she seem to be a great asset in the world. The Collector, M. M. F. North-West, owing to lack of c. & f. makes the society going those respect added.

COOKERY HINTS
**SUPPER DISHES (3)**

Take very useful as they can be in the morning to be cooked or reheated. In these croquettes use as a base or sauce for chicken or potatoes:

- 2 oz. melted butter or margarine, 1 pint milk, or milk and stock, salt and pepper. Melt the fat, stir in the flour, cook until the flour loses its whiteness, but do not allow to brown. Add the liquid all at once, and beat vigorously over a moderate heat until the sauce is smooth. Cut a slice in the middle of the saucepan. Season to taste with salt and pepper. Add a cupful of minced chicken, or chicken and bacon, or beef, or a mixture of meat and vegetables plus one tablespoonful of chopped parsley, season with nutmeg, celery salt, garlic salt, mustard, a little lemon juice.

Fry in a little of the mixture on a plate and leave until cold, then shape into croquettes with the floured hands. Dip in egg and roll in breadcrumbs. Set aside for at least half an hour to become firm before frying in deep fat or in an inch of fat in a frying pan, turning the croquettes so that they brown evenly. Serve with a suitable savoury sauce such as onion or tomato, or with gravy.

For salmon croquettes use 2 cupfuls flaked salmon instead of the meat, and add a little lemon juice to the cooked sauce.

Salmon Croquettes or Fish Croquettes

In the generously equal parts of flaked cooked or canned salmon, well drained and free from bones and skin, and sieved or smoothly mashed potatoes. Add 1 lb. flour and 1 lb. potato. Add a beaten egg to make up the mixture to a small teaspoonful of salt, a good dash of pepper, and a teaspoonful of chopped parsley and a few grains of lemon juice. Mix together, then let the mixture in small spoonfuls into the hot fat. Fry for an inch or two in a fine deep pan, or in a frying pan. Drain well, and keep them in a moderate oven until they are cooked. Serve with chipped potatoes, raw vegetables, or with a green salad.

By "Housekeeper"

**CRUMPETS**

A Ballymena reader has memories of beautiful pancakes, of which half an inch thick, rich and spongy, which were still nice after several days, and asks if the recipe would have included cream eggs or shortening. In many of the farm houses a long time ago there was always a crock of cream eggs kept for butter-making, and when this was nicely scoured a spoonful or two added to the thickened cream. For soda bread or pancakes made wonderfully light and rich bread. We do the best we can by skimming the cream off the milk bottles!

To make these crumpets, which is probably the sort of pancake the Ballymena reader has in mind, you will need muffin rings—plain or of different sizes—about an inch deep. Grease a griddle lightly, or a flaky frying pan, and set the rings on it, warm the griddle.

**Crumpets—**10 oz. flour, 2 teaspoonfuls baking powder, 3 teaspoonfuls sugar, 2 oz. melted butter or margarine, 1 teaspoonful salt, 2 eggs, 1 cupful milk (about half pint). Beat the eggs, add the milk and muddled fat. Set the flour with the baking powder and salt, add the sugar, and gradually beat in the milk and eggs. Fill each muffin ring two-thirds full of the batter, and cook slowly until nicely browned underneath. Turn with a fish slice, turning the ring at the same time as the pancake. Cook on the other side, and serve hot or cold.

Apple Pancakes—Make an apple pancake batter with 8 oz. flour, 2 teaspoonfuls baking powder, pinch of salt, 1 cupful sugar, 2 eggs, 1 cupful milk and 1 lb. milk and slightly cooled margarine. This is slightly thicker than usual pancake batter, which is a good half pint of milk. In 1 cupful of grated or shredded apple, a good place of baking powder. Blend with a teaspoonful of flour, and a dash of nutmeg. Cook the pancakes with a greased griddle, and serve hot with a goodly portion of sugar or syrup over the pancakes.
FRITTERS

Meat and fish fritters can be served for lunch or supper, while sweet fritters make a fine dessert. The batter used can contain an egg or not as you wish, I prefer the eggless batter for coating meat, fish, or vegetables such as onion rings, or halved mushrooms, leaving the batter for sweet dishes, and salmon fritters.

Plain batter—4 oz. flour, 1 tablespoonful oil or melted fat, salt, pepper and sufficient cold water to mix to a smooth batter. Beat thoroughly, and set aside for at least 10 minutes before using.

Egg batter—4 oz. flour, 2 eggs, milk, 1 teaspoonful baking powder. For sweet fritters, omit the pepper, use only a pinch of salt, add 1 tablespoonful of caster sugar. Method as above.

The frying fat for fritters should be hot (360 to 370° F.) with a faint blue haze rising from it. Dip a tablespoonful into the fat, then into the batter, and slide a spoonful of the batter into the fat. Do not cook too many fritters at once, preferably in a thin layer, as they are a rich gold, drain on the wire on crumpled kitchen paper, and serve in an open dish all are cooked.

BEEF FRITTERS—Dip in egg batter and dry thoroughly. Put the beef into the fat. When they are a rich gold, drain on the wire, and serve dusted with more sugar.

SALMON FRITTERS—Add a good dash of pepper, and 31 tablespoonsful of vinegar to the batter and fry until crisp.

VARIATIONS

Beef Fritters—Dip in batter and fry until crisp. Serve dusted with more sugar.

Salmon Fritters—Add a good dash of pepper, and 3 tablespoonsful of vinegar to the batter and fry until crisp.

Lemon Marmalade

have requests for marmalade, and for the yellow jelly marmalade. It can be made either from oranges, or from

ramhade—2 lb. a water, 1 lb. sugar, Ruby thin, setting

Then later a day or so later, make a glaze by mixing two heaped tablespoonsful of sugar to a thin cream with boiling water, and leave it to set. Set in a cool place, and when it is firm, paint on the glaze, and leave it to set. This is a small selection for this jam, and the jam is then taken off, and the thin layer of marmalade visible on the jam is discarded.
FRUIT ZABAGLIONE

By "Housekeeper"

A zabaglione sauce makes a pleasant change from whipped cream with fresh, stewed or jellied fruit, or with a fruit salad. It can be made with orange juice, or with sherry.

Zabaglione Sauce: Separate the yolks from the whites of 4 eggs, and set aside the whites to be used for merengues or something similar. Whisk the yolks with a small pinch of salt until they are pale and a pale lemon colour. Gradually whisk in 4 oz. sieved caster sugar, and set the bowl over hot water, but not touching the water. Continue whisking until the mixture is light and frothy, and thickens. Gradually beat in half a cupful of fresh orange juice, or sherry, and a spoonful of grated lemon rind. From the heat, and stir insistently as the sauce cooks.

As a sauce for pears, tinned peaches, or fresh peaches should be halved, poached in a sugar syrup, a sugar to a deep pink of water, or they are tender. Arrange pear halves in individual ramekins, roll down the syrup until thickened, adding a strip of lemon peel to sharpen the flavour. Pour a little over each pear and leave until cold, then pour a little of the sauce round each pear.

EGG ALASKAS: Drain the required number of halved peaches (tinned) or pineapple rings. Cut squares of sponge cake as below, or the fruit, hollowing them out the centre so that the peaches sit firmly in position. Bake sponge cakes with a little of the fruit juice. Put into a hot oven 425 deg. F. for 2 to 3 minutes. For a large bowl of well-chilled ice cream, the centre of each peach or apple ring, and cover completely with meringue, and mark it well down the sides of the shape, so that there are no "air pockets." Put into a hot oven 425 deg. F. for 4 to 5 minutes. It is not long enough to brown the meringue, but not long enough to scorch the ice cream. Serve at once. If you are preparing this for a dinner party, have the sauce, fruit, and ice cream ready, and serve partially beaten and well down the sides of the bowl. In a cold place.
SPAGHETTI SAUCE

A recipe for a tomato sauce made with tomato paste is both useful and economical. To give the real Italian flavour use garlic and olive oil. There is close to a small onion very thinly and cook in 2 oz. butter or margarine until the onion is lightly browned and a little cooked. Chop the garlic and chopped almonds in 4 oz. butter or margarine, add a cupful of grated parsley and a good dash of pepper to taste. Stir to the edge of the pan, and turn on to the other side, then turn over. Cook on the other side, then add

For the pancake batter you need 4 oz. flour, 1 egg, 1 pint of milk, and a little salt. Sieve the flour with the salt, make a well in the centre, add the egg and half the milk. Beat the batter until it is smooth, and full of air. Heat the other half of milk, pour into the bowl, add the flour mixture and beat well. Pour the result into a moderately slow oven (325 deg. F.) for 15 minutes, and for a bit longer if necessary. Remove and grease lightly with a little butter or margarine, pour in enough of the hot mixture to cover the bottom of the pan, and tilt the pan until the batter completely covers the pan. Cook quickly until the pancake is lightly browned. Then it is done. Place it on the edge of the pan, and turn over. Serve the pancake as they come over, above, to the right or below, and sweet marjoram. Simmer gently for a minute or two and pour into a large or shallow, 1 lb. pan. Add 2 tablespoonsful of oil, and a little salt, and pour with the garlic and chopped almonds in 4 oz. butter or margarine, add a cupful of grated parsley and a good dash of pepper to taste. Stir to the edge of the pan, and turn on to the other side, then turn over. Cook on the other side, then add

LEMON MERINGUE PIE

A lemon meringue pie, made with fresh eggs and lemons, is neither expensive nor difficult to make. You will want a pie plate covered with pastry, leaving an extra inch of pastry round the edge, to be turned in. First put the juice from about 3 or 4 lemons into a saucepan. Add a little sugar. Simmer gently for half an hour, and strain. Let the sugar dissolve. Add 2 oz. flour, with a little or a lot of milk. Mix together. Beat an egg, and add a little flour to it, then pour into the mixture, and beat well. Pour the result into a moderately slow oven (325 deg. F.) for 15 minutes, and for a bit longer if necessary. Remove and grease lightly with a little butter or margarine, pour in enough of the hot mixture to cover the bottom of the pan, and tilt the pan until the batter completely covers the pan. Cook quickly until the pancake is lightly browned. Then it is done. Place it on the edge of the pan, and turn over. Serve the pancake as they come over, above, to the right or below, and sweet marjoram. Simmer gently for a minute or two and pour into a large or shallow, 1 lb. pan. Add 2 tablespoonsful of oil, and a little salt, and pour with the garlic and chopped almonds in 4 oz. butter or margarine, add a cupful of grated parsley and a good dash of pepper to taste. Stir to the edge of the pan, and turn on to the other side, then turn over. Cook on the other side, then add

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COOKERY HINTS

Savoury scrambled eggs
By “Housekeeper”

PLAIN CHERRY CAKE

A plain cherry cake can be made in the same way as the fruit cake by rubbing the fat into the flour.

Plain cherry cake—6 oz. margarine, 6 oz. sugar, 12 oz. flour, 1 egg, 1 tsp. teaspoonful baking powder, 1 pinch of salt, a few drops vanilla or almond essence, 1 lb. chopped cherries, milk to mix about cupful. Slice the floor with the salt and baking powder, cut and rub in the margarine, add the sugar and cherries. Beat up the egg with a tablespoonful or two of milk, and the flavouring. Add to the dry ingredients with as much more milk as is needed to give a fairly stiff dropping consistency. Put into a greased and lined cake tin (about 6 inches round, or two small loaf tins) and bake in a moderately hot oven (400 deg. F.) for about an hour.

COOKERY HINTS

More fancy breads
By “Housekeeper”

FANCY BREAD

The richer yeast breads always seem to be much easier to handle than those made with yeast and no yeast, and to-day’s recipes give a bread which can be served instead of the usual:

For each of the recipes you begin with the same yeast dough:—

2 oz. yeast, 1 tsp. pinch of salt, 1 pint warm water, 1 beaten egg, a little melted margarine. Put the milk into a saucepan and bring to boiling point, add the fat, sugar and salt, stir until the fat has melted, and cool to lukewarm. Cream the yeast with a teaspoonful of sugar, add the 1 pint of lukewarm water, and then stir into the milk mixture and the beaten egg. Stir the flour in gradually and beat until quite smooth. Turn out on to a floured board and knead until the dough is elastic. Cut with a knife a dozen balls, and put on a baking sheet greased with a mixture of 1 oz. melted and 1 oz. bright margarine. Brush the tops with a mixture of water and a little beaten egg. Rub the rolls well with a little oil, and let rise for about an hour. Bake in a moderate oven (350 deg. F.) for 30 to 40 minutes until nicely browned.

For the “Columbia” braids, put 3 oz. chopped dates, a pinch of salt, a few drops of essence, and a teacupful of milk, and the raisins or currants, 2 oz. ground rice, 1 oz. desiccated coconut, 2 oz. chopped dates, raisins or currants, 1 teaspoonful baking powder, pinch of salt, 2 eggs and a little milk. Beat the flour and baking powder, add the ground rice, cut and rub in the coconut, add the sugar, fruit and coconut, mix with the beaten eggs and milk. Bake in a greased and lined tin in a slow oven (300 deg. F.) for about an hour.

To-morrow: Recipes for apricot and cinnamon roll, 3 oz. eggs served on toast with a slice of butter in, besides the hot toast for tucking. Put one cupful of milk over the flour over the flour, and stir until the mixture is thick and smooth. Serve in hot triangles of bread. Leave in cold water before starting if not done.

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**ORANGE MERINGUE**

By *Housekeeper*

**MORE DESSERTS**

By *Housekeeper*

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**ORANGE MERINGUE**

Today's recipes for dessert, which are just a little different from the usual everyday cakes, and for one sauce which would not be usually included in an advanced course—Separate the yolks from the whites of three eggs and put the whites into a clean, dry bowl and set aside in a cool place. Beat the egg yolks at first slowly and then quickly add 3 to 4 oz. sugar and a little of the orange juice of 2 or 4 oranges. Cook over a gentle heat, stirring constantly until the mixture thickens. Beat an orange glass dish with a dozen lemons or half of an orange, lengthwise, or with thin fingers spread the cream and pour the orange cream over them. Chill until cold, and preferably overnight.

Take a meringue with the 3 egg whites and beat to a soft meringue (use 6 oz. sugar for a firm crisp meringue). Spread the meringue over the cake mix and cook until lightly coloured, a moderate to slow oven (350 to 375 deg. F.). Time varies according to the heat of the oven. Serve warm.

**COOKERY HINTS**

**SIM**

A Simnel cake improves keeping, and is, to my taste, the best of the traditional fruit cakes. It is too difficult to make, except in a technical sense, to make the centre of an almond paste fairly thin, there is no danger of the cake sinking. Do remember to line both the sides and the bottom of the oven dish, and never use a greased lining of brown paper.

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**Walnut Cakes (1)**

By *Housekeeper*

A County Armagh reader asks for a recipe for butter nutty cakes, made of chocolate iced and decorated with walnuts, which can be bought in a cake shop. I suggest the recipe probably contains omelet. Any reader with ideas on these cakes might help this reader. Meanwhile here are some walnut cakes, which if they do not exactly meet the requirements, should make a very pleasant dessert.

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**Walnut Cakes (2)**

By *Housekeeper*

- **Walnut Cakes—Line** patty tin with butter or cooking paper. Pour 2 oz. flour, 4 oz. brown sugar, and 4 oz. butter into a saucepan. Stir in 4 oz. milk, and 2 oz. walnuts. Stir over a moderate heat until the mixture thickens. Drizzle over stewed or tinned fruit, and serve warm.
- **Walnut Cakes**—Line patty tin with butter or cooking paper. Make a batter with 6 oz. flour, 4 oz. brown sugar, and 4 oz. butter. Stir in 4 oz. milk and 4 oz. walnuts. Stir over a moderate heat until the mixture thickens. Drizzle over stewed or tinned fruit, and serve warm.


**TAKING**

spoonful of cream of tartar to the dry ingredients.

Wheat bran—12 oz. wheat bran or wholemeal, 1 teaspoonful salt, 3 oz. self-raising flour, 1 small teaspoonful baking soda, 4 oz. flour, about half a pint of milk to mix. If using sweet milk, add 1 teaspoonful sour milk to the milk mix. If using fresh milk, rub in 1 oz. margarine into the flour, and add about half a pint of butter to the flour, about half a pint of milk. Knead until nicely browned, and then bake in a very hot oven (425 deg. F) for about half an hour. To try today's tea-towel and leave to cool in the ordinary way, by boiling the sugar, if used, or treacle:

**COOKERY HINTS**

By "Housekeeper"

ESP

If you put it hard, and store it in a cool place until double in size (1 to 14 hours). Yeast bread can be allowed to rise overnight in a cool, dry place, but be sure that you use a very large bowl.

Knead the dough on a floured board, divide in pieces of dough of at least 2 lb. and roll out each piece of dough 8 in. and 1 lb. of flour, and a tablespoonful of oil or lard. The dusting flour, and then shape in a proper manner. On placing the griddle, be sure to allow 2 oz. fat if you wish. If using sweet milk to mix, add 1 teaspoonful cream of tartar.

Beginners may find that they make better soda bread if they use a half teaspoonful of baking soda and a small teaspoonful of baking powder in the recipes above, with better milk to mix. Slate the floor with the salt, soda, cream of tartar, and the sugar, if used, or treacle:

**COOKERY HINTS**

By "Housekeeper"

**MORE WALNUT CAKES**

By "Housekeeper"

To-day's first cake contains flambeed, or mixed, walnuts, but also chopped dates, fruit and nuts. The nuts can be omitted. The biscuits could be increased with chocolate glaze icing if desired.

**YOGURT**

By "Housekeeper"

A Ballymena reader asks for a recipe for making yogurt from dried skimmed milk. I am sure that yogurt can be made from dried milk; as I understand it, yogurt is made from whole milk, fermented and concentrated by the use of several bacteria or micro-organisms.

American nutritionists have recently declared that yogurt has no greater nutritional value than the milk from which it was made. In other words, the fermented milk, whether it be yogurt, buttermilk, or whole milk, contains bacteria capable of converting milk sugars into lactic acid, which passes into the gut, and that this is effective in preserving life and health, I do not wish to become involved in an argument regarding the relative merits of fresh and fermented milk. Such a word on the part of an experienced yogurt is more expensive than fresh milk and whole milk.

If any reader has a recipe for converting dried skimmed milk into yogurt, I would be very grateful to hear about it. Here, in the meantime, is a recipe for turning fresh milk into yogurt which was passed on to me by a friend, which I have not yet tried.

**YOGURT**

By "Housekeeper"

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FRIED PORK PATTIES
Pastry patties filled with a fish or meat mixture, and fried, make delicious snacks, and are a good way of using up small and sufficient cold water to mix to a lightl

seasoned to taste or a white sauce coloured pink with tomato puree

Patties filled with a flake and as to taste.

or meat mixture, and fried in deep fat. Make pastry with 12 oz. flour, fat, make a dough, roll out the pastry so that it browns on the edges.

6 oz. shortening, a pinch of salt and

an economical fish, and bake for 20 to 30 minutes in a

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BEETROOT
mixed pickling spices per quart of vinegar, or 1/4 oz. each cinnamon, coriander, cloves, allspice,

BEETROOT
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COOKERY HINTS
By "Housekeeper"

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Potato doughnuts

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INTRODUCED—Recipes for bad

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**COOKERY HINTS**

**YOGHURT**

By "Housekeeper"

A Balfour kindly sent me a method of making yoghurt from dried milk. She suggests that the first time I am suffering from indigestion, I should try it, and then find out the difference between it and milk.

Yoghurt — Reconstitute the dried milk, bringing up to 200 deg. C. to sterilise the milk (with dried milk this may be unnecessary). Let it cool to 130 deg. F., put it into a wide-mouthed vacuum jar, and pour in yoghurt and yoghurt and leave for about 4 hours or until it sets.

From 1 lb. sausages, 3 eggs, 1 cupful milk, 13 oz. melted fat, 7 oz. flour, 2 teaspoonfuls of powder, half tablespoonful of sugar, 1 teaspoonful of salt. Grease a Swiss roll tin (16 by 1 inch) by 1 inch. Arrange the sausages neatly in it, greasing them lightly. Cook for 20 minutes in a moderate oven, lift out, raise the oven heat to hot (450 deg. F.) and put batter into the tin containing the sausages. Return to the oven, for 15 minutes or until the batter is very, very hot, with tart apple sauce.

**PISTACHIO**

**Batter**

Beat the eggs until they are light, add the milk and the melted fat. Sieve the flour, ingredients, including the sugar, into the egg and milk mixture, beat until the batter is smooth. Place the mixture on the top. Bake at 450 deg. F. for 20 minutes. Remember that the bay leaf should be removed before serving. A double and plenty add to make the mixture salt may be needed. If you want a high cake pressure cooker for this dish, put the milk and grated sultanas in the stew when you are adding the liquid. Cook for about 20 minutes at the usual pressure. Baked Bean Soup — Peel 4 large onions and 1 lemon then reheat. Peel and slice 2 large onions, add 2 pints of water, and half a teaspoonful of salt. Cook about 10 minutes. Use as a soup base. The lemon is not peeled until well blended, then increase the heat slightly and stop stirring until the mixture begins to form a crust. Do not allow to burn. Top with a hot grill and brown on top. Serve with browned suet, potatoes, scones, or toast, or with jam on the side.

Lemon and Tomato Sauce 1 lb. calf or pork, or beef liver, cut up into 20 pieces. Margarine, 1 cupful tomato puree, 1 pint tomato purée, 2 tablespoonsful flour, day old bread, and 2 tablespoonsful, dripping.

Melt the margarine in a sausageware pan and cook for a few minutes. Add the meat, tomato purée, salt, and pepper and simmer for about 20 minutes. When the meat is tender, strain it into a basin. Stir in the flour and add to the sauce. Leave for a few minutes, then serve with boiled rice and the dripping. Add to them tomato sauce, taking a minute, then serve sprinkled or chopped parsley.

**COOKERY TERMS**

ONE OF THE TERMS WHICH LENDS ITSELF TO EASY DESCRIPTION IS "CONJUGATION." THE "CONJUGATING CONSISTENCY" APPEARS TO THE HOUSEKEEPER A FAVOURITE WAY OF MAKING PUDDING MIXTURES. CONJUGATING CONSISTENCY IS NOT THE SAME AS "CONJUGATIONAL CONSISTENCY," WHICH IS ANOTHER WAY OF MAKING MUSHROOMS. COOKERY TERMS.

By "Housekeeper"

A jellied beetroot salad makes a colourful addition to lunch or supper. You can also add a salad dressing, such as mayonnaise, to the rice, if you like.

**JELLY BEEF**

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**COOKERY HINTS**

**PINEAPPLE AND RICE**

Pineapple Rice Meringue: Drain the juice from a tin of crushed pineapple, and make up to 1 pint with water. Add 1 oz. rice in the pineapple juice until it is tender, add the rice or half a lemon, then beat in the egg and milk. Put into a buttered pie dish, and with a meringue made from the beaten egg and sugar, and a little more beaten. Put into a hot oven to set, turn out and serve with chocolate sauce.

Pineapple Rice Custard: Cook 4 level tablespoonfuls rice in 1 pint of stock until the rice is tender. Peel 3 egg yolks with 1 tablespoonful sugar, add a little of the hot rice stir well and return to the mixture to the saucepan. Cook for a minute or more, allow to cool slightly. Whisk the egg whites until they are stiff, beat in 1 oz. sugar and stir into the mixture. Put into a buttered casserole, top with pineapple rings, sprinled brown sugar, dot with a few flakes of butter, and beat until the brown sugar has melted. You may chill the rice custard and turn into the meringue bowl as soon as it is set.

**AWARD FOR MOY MAN**

By "Housekeeper"

Joe Clineacy, Athlone, Mayo, was awarded £175 damages yesterday at Armagh County Court against Thomas High Minervy, Mayo, arising out of a motor accident when the vehicle was skidded across a road, dropped 3 feet, and rolled over.

CORNED BEEF HASH

CORNED BEEF HASH makes a tasty dish on a cold day, and one which can be prepared with half an hour's notice, as can the other dish given to-day.

CORNED BEEF HASH — 1 lb. sliced and cooled corned beef, 1 sliced and chopped onion, 2 stalks of celery finely chopped, 1 clove of garlic, 1 level tablespoonful of flour, 1 pint of stock, or water plus half a bouillon cube.

Take a knob of butter, fat, sprinled with flour, a level tablespoonful of maize meal, or flour, and brown. If their mixture is not dry, add flour in the usual way. When it is of a pale colour, sprinkle with the sharp sauce, and heat gently adding the hot stock a little at a time. Stir well to a jelly and pour over the top of the Hawaii. To cook In a frying pan and put the onion, celery, and garlic until the onions begin to colour, then add the pepper and pineapple into the saucepan, stir In the sauce and turn the saucepan, stir In the sauce and turn out.

Merlin!;e

Blanched and used almond could of butter, and heat under a low oven until a fawn colour. Sprve hot or cold. brown sugar, dot with the merln. The prl l p and a pale pineapple rings, prlnkcle with t Ion r flour with fat, USl'd for made from the White of one or/RUff, at In 1i oz. sugar and fold white. Bake In a low oven until a. buttered ca serolt', top with the hot Rub In — A method of ml elatln in cupfUl water, stir Into Puree — Vr tables or 0 dish. and top with a meringue there egg white.; until the mixture is thick, and

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Lettuce and Tomato Sauce 1 lb. calf or pork, or beef liver, cut up into 20 pieces. Margarine, 1 cupful tomato puree, 1 pint tomato purée, 2 tablespoonsful flour, day old bread, and 2 tablespoonsful, dripping.

Melt the margarine in a sausageware pan and cook for a few minutes. Add the meat, tomato purée, salt, and pepper and simmer for about 20 minutes. When the meat is tender, strain it into a basin. Stir in the flour and add to the sauce. Leave for a few minutes, then serve with boiled rice and the dripping. Add to them tomato sauce, taking a minute, then serve sprinkled or chopped parsley.

Lemon and Tomato Sauce 1 lb. calf or pork, or beef liver, cut up into 20 pieces. Margarine, 1 cupful tomato puree, 1 pint tomato purée, 2 tablespoonsful flour, day old bread, and 2 tablespoonsful, dripping.

Melt the margarine in a sausageware pan and cook for a few minutes. Add the meat, tomato purée, salt, and pepper and simmer for about 20 minutes. When the meat is tender, strain it into a basin. Stir in the flour and add to the sauce. Leave for a few minutes, then serve with boiled rice and the dripping. Add to them tomato sauce, taking a minute, then serve sprinkled or chopped parsley.

**COOKERY HINTS**

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One of the most puzzling things for the inexperienced cook is the use of many new terms in cookery books, and the consistent use of phrases like "a nut or two," is not an unusual one. It is not necessary or "a good pinch." There is a standard sized measuring spoon that holds half a pint of liquid. American measures are slightly smaller than the British—your pinch pan oz. to our 20 oz. and their tablespoon to an 18spoonful.

COOKERY TERMS—1

Blending or folding—mix flour or corn-flour to a smooth cream with a cold liquid, removing all lumps in the process. One of the simplest ways is to add a hot liquid as in thickening a sauce by the formation of a roux. Use as much flour as will make a stiff paste. Place these appear, sieve the sauce. The usual amount of liquid is 2 tablespoonsful flour and 1 cup liquid. Mixing is usually done in a cup or separate bowl.

Cream—To beat a mixture of fat and sugar, with a spoon, until it becomes frothy and light like cream. The fat should be at room temperature, but should not be too warm, or the mixture becomes greasy. If the cream is to be served in a cold place, it will harden quickly, so it should be used as soon as it is ready. E.g., when you are making a butter sauce, and are baking a cake, the cream is immediately it is prepared, the cream is added on top of the cake, not in the bowl.

OMAGH SALE OF WORK

A considerable sum of money was raised on Saturday at a sale of work in Omagh on Saturday. The sale was orga- nised by Mr. and Mrs. R. MacQuillan, secretary of the Omagh branch of the Country Women's Institute.

GROWERS OF SCOTLAND

Brown's vegetable seeds are a small parcel of strawberry seeds. One pound of strawberries makes a large-sized fruit. One bunch of strawberries will make 1/2 pint of purée.


**COOKERY HINTS**

**JAM-MAKING (1)**

A Ch. Tyrone a recipe for strawberry jam was unusual in that the fruit and sugar were boiled together without any preliminary cooking of the fruit. This can be done with ripe, well crushed strawberries, or with raspberries or other soft fruit, but cooking the fruit with the sugar does tend to toughen the skins of the fruit and is best avoided when making gooseberry or blackcurrant jams. Everyone has her one favourite strawberry jam recipe. Because it is so popular with the children. I like a recipe such as the first one-to-day which gives a comparatively large yield of jam from a small amount of fruit, using the cheaper apples or gooseberries to make up the balance.

Economical Strawberry Jam: 4 lb. strawberries, 2 lb. apples or green gooseberries, 1 pint water, 6 lb. sugar.

Put the washed but unpeeled, or unpeeled gooseberries into a pan with 1 pint water, and bring to a paint until the juice makes a good size of 3 lb. sugar. Stir until the jam has been set, put the sides of a plate into the basin and test. Crush the peeled strawberries, add 1 pint water and bring to a paint. Stir until set, and strain into a preserving pan or saucepan.

**Strawberry Jelly:** 4 lb. strawberries, 1 pint water, 6 lb. sugar.

Put the washed but unpeeled, or unpeeled gooseberries into a pan with 1 pint water, and bring to a paint. Either the juice or 3 lb. sugar. Stir until the jam has been set, put the sides of a plate into the basin and test. Crush the peeled strawberries, add 1 pint water and bring to a paint. Stir until set, and strain into a preserving pan or saucepan.

**JAM-MAKING (2)**

Yesterday's recipe for strawberry jam was unusual in that the fruit and sugar were boiled together without any preliminary cooking of the fruit. This can be done with ripe, well crushed strawberries, or with raspberries or other soft fruit, but cooking the fruit with the sugar does tend to toughen the skins of the fruit and is best avoided when making gooseberry or blackcurrant jams. Everyone has her one favourite strawberry jam recipe. Because it is so popular with the children. I like a recipe such as the first one-to-day which gives a comparatively large yield of jam from a small amount of fruit, using the cheaper apples or gooseberries to make up the balance.

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**COOKERY HINTS**

**JELLY-MAKING (2)**

If you feel inclined to make jelly from sweet cherries, ripe peaches, nectarines, dates, peaches, raspberries or any berry, the simplest way of adding sufficient pectin to the jelly is to pare the 'cherry, green, or other soft fruit and make a jelly out of the juice in the usual way. The second jelly will be the same in substance, the only difference being that the jelly is made out of the juice of the second jelly.
HAM AND TONGUE LOAF

A ham and tongue loaf with its garnish of hard-boiled eggs set in aspic jelly makes an effective cold dish to serve with a salad. Any remains can be used for sandwiches.

Ham and Tongue Loaf—Make up 2 pint of aspic jelly according to the directions on the packet. Cool. Hard-boil, peel and slice thinly 2 eggs. Slice thinly 3 in each cooked tongue and cooked ham. Take a very clean loaf tin about 10 by 4 inches, line it with cold, and pour in this heated up aspic jelly until set. And arrange slices of hard-boiled tongue and ham, carefully with a spoonful of the aspic jelly, to hold the eggs in position. Now put a layer of tongue, more jelly, a layer of ham, more jelly, a layer of eggs, and continue in this way until all the filling and the jelly have been used up. Allow the loaf to set between each additional layer of filling and jelly by putting it into a refrigerator or other cold place, and by keeping the ham and tongue in the refrigerator, so that they are cold. Should the aspic set in the bowl, warm it slightly until it is just fluid.

You may use chicken and ham, rather than tongue and ham, in aspic jelly and gelatine instead of aspic jelly, using 1 to 1 oz. gelatine per quart of stock.

Stuffed Tomatoes—Whip half cupful of mayonnaise, 1 tablespoonful of gelatine, 3 small pieces, or use tinned or frozen fish flesh. Fold into the mayonnaise, 1 cupful of the required number of tomatoes, correctly sliced and lightly salted with salt, pepper and sugar. Put the fish filling into the tomatoes, thence cut the off piece of tomato on top, and serve on a bed of shredded lettuce.

Presentation of Lobster Cocktail—Put some well washed, dried and shredded lettuce into cocktail glasses filled with the above mixture in each glass. Dust the top with paprika, and serve very cold. Some people like a dash of sharp sauce mixed with the mayonnaise, or a tablespoonful of lemon juice when this is served with a cold cucumber salad as a side to the cocktail.

QUICK CAKES

A plain cake mix can be used in any of today's recipes, or add a handful of butter sandwich mixture (4 oz. butter or margarine, 8 oz. sugar, 2 oz. flour, 1 teaspoonful baking powder, few drops vanilla, a pinch of salt, and milk to mix, to enough to form a moderately thick batter). Where the mix is very easy to the bottom of a greased plate, thin it slightly, fold in the skim milk until it is the consistency of whipped cream.

Orange Cake—Combine in the order given, 2 oz. orange juice, 4 oz. sugar, 1 teaspoonful grated orange rind, and 1 cupful of a cupful of desiccated coconut, and stir to a thick paste.

Spread the mixture evenly in the bottom of a well greased glass square cake tin (8 or 6 inches) put the cake mixture on top, put under a heated grill for 10 minutes, then place in an oven (350 deg. F.) to bake in a moderate oven (325 deg. F.) for 25 to 35 minutes. Allow to stand for 5 minutes, loosen the sides of the cake, and turn upside down on to a plate.

A quick finish for a previously baked cake, either plain, ginger, bread or spice cake can be made by mixing 1 oz. softening margarine, 2 oz. soft sugar and 4 oz. flour together. Spoonful or brown sugar and 2 level tablespoonfuls of flour and mix with vanilla, and a pinch of salt. Spread the mixture on top of the cake, and put under a heated grill for a few minutes before the topping is nicely browned. If you are using coconut, use a little of the lemon rind instead of vanilla for flavouring.

Chocolate mint icing—Leave a chocolate flavoured cake in the cake when it comes from the oven, and cover the surface with chocolate and peppermint sweets. Put it under a hot grill until the chocolate begins to melt, then run a spatula evenly over the sweets so that they get a nicely browned crust. Leave to cool, and run a knife around the edge of the cake so that it can be easily removed from the tin. Or, instead of the cake in the cake tin, line the tin with foil, and turn out on to a plate. Use as a decoration for any cake you like.

COOKERY HINTS

PICNIC PLANNING

Sandwiches—Choose lightly browned bread, and pile up the fillings in separate layers in the tin, and cover with a layer of fruit jelly. For cold shortenings, use a little of the lemon rind instead of vanilla for flavouring.

By "Housekeeper"
STRAWBERRY PRESERVES

Whole fruit strawberry preserves are a vital ingredient for making jam. But well worth the trouble of making them in the most proper way. Or a mixture of equal amounts of red gooseberries and red currants, cooking the fruit separately and adding 1 pint of water to 2 lb. of each fruit (use 1 pint altogether), and 1 lb. sugar per pint of juice.

Blackcurrant jelly — To 4 lb. black currants add 1 pint of water, simmer until the currants are soft, strain overnight, and put into a jelly bag, measure the juice. For each pound of juice weigh out currants or a mixture of red and white currants into a preserving pan, add about a cupful of sugar, and cover. Boil the sugar over the strawberries in the jars. Make up a fruit juice first, gooseberries and red currants. For each pound of juice weigh out 1 lb. sugar per pint of fruit. Skim out the fruit, and put into clean hot jars. Boil the sugar to boiling point, skim, pot, and cover. Red-currant jelly — Put the red currants or a mixture of red and white currants into a preserving pan, add about a cupful of sugar, and cover. Boil the sugar to boiling point in the usual way, skim, pot, and cover.

COOKERY HINTS

FRUIT BOTTLING (2)

The dry pack even method is undoubtedly the quickest method of fruit bottling, and gives reasonably good results, but the fruit must be carefully selected. The factory with the best results in this direction is B.T.N., and the best quality of fruit from it would be interesting to have Labour's opinion of. Weigh out currants on the scales, and discard any which are not sound. Pour the fruit into the jars, and fill the neck of the bottle with sugar syrup, using enough water to cover the fruit. Cook until tender, and strain. To each pint of fruit add 1 lb. sugar, stir until the sugar has dissolved and add the strawberries — 1 to 1½ lb. strawberries per pound of sugar, simmer for 5 minutes, then boil for 10 minutes.

Prepare the bottling, discarding any jar which does not seal properly. Place the bottles on a baking tray, and leave to cool in a cool place overnight. Bring to boiling point, strain the fruit, and put into clean hot jars. Boil the syrup until it thickens, and pour over the strawberries in the jars. Cover with airtight covers. Use for filling strawberry flans, strawberry cream sundaes, &c.

SEAMEN'S STRIKE

Whole plum strawberry preserves are the same as above, but with the addition of red currants. Place the plums in a preserving pan, add about a cupful of sugar, and cover. Boil the sugar to boiling point, skim, pot, and cover. Red-currant jelly — Put the red currants into a preserving pan, add about a cupful of sugar, and cover. Boil the sugar over the strawberries in the jars. Make up a fruit juice first, gooseberries and red currants. For each pound of juice weigh out 1 lb. sugar per pint of fruit. Skim out the fruit, and put into clean hot jars. Boil the sugar to boiling point, skim, pot, and cover. Red-currant jelly — Put the red currants into a preserving pan, add about a cupful of sugar, and cover. Boil the sugar over the strawberries in the jars. Make up a fruit juice first, gooseberries and red currants. For each pound of juice weigh out 1 lb. sugar per pint of fruit. Skim out the fruit, and put into clean hot jars. Boil the sugar to boiling point, skim, pot, and cover.

COOKERY HINTS

SOUR MILK CAKES

Sour milk or buttermilk can be used to make many pleasant cakes and buns, as well as for bread and pancakes. Sour milk spiced buns—Cream 4 oz. margarine with 8 oz. brown sugar, beat in two eggs and mix well. Add to the creamed mixture alternately with a pint of sour milk or buttermilk. With the small spoonful of flour add up to 1 cupful of chopped nuts, currants or finely chopped dates. Divide the batter among two dozen lightly greased bun tins, or among the same number of paper cake cases. Bake in a moderately hot oven (375 deg. F.) for about 20 minutes.

Add the sieved flour, sour cream, or even sour milk, and give the mixture a gentle stirring. Make up a mixture of sour milk, and give the mixture a gentle stirring. Make up a mixture of sour milk, and give the mixture a gentle stirring.

Bake the mixture until set, and test for an airtight perature for 5 minutes, then boil. Add 1 lb. sugar per pint of fruit. Skim out the fruit, and put into clean hot jars. Boil the sugar to boiling point, skim, pot, and cover.

Red-currant jelly — Put the red currants into a preserving pan, add about a cupful of sugar, and cover. Boil the sugar over the strawberries in the jars. Make up a fruit juice first, gooseberries and red currants. For each pound of juice weigh out 1 lb. sugar per pint of fruit. Skim out the fruit, and put into clean hot jars. Boil the sugar to boiling point, skim, pot, and cover.

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STRAWBERRY JAM

A "daily reader" asks for the correct method of making strawberry and raspberry jam, having missed seeing it in June.

The old-fashioned recipe for strawberry jam gives a fine flavoured jam; cook 4 lb. hulled strawberries with the juice of a lemon, mashing the strawberries slightly until the juice runs. Cook until tender, stirring frequently. Add 3 lb. sugar; stir until it has dissolved, and boil to setting point.

Strawberry Jam (2) — Make 4 lb. fruit juice (with 1oz. gelatine), add 1 pint of gooseberries, apples or redcurrants until tender with water to barely cover; the redcurrant requires 1 minute’s boiling. Strain through a sieve. Brush 4 lb. strawberries in a preserving pan, add the fruit juice, bring to boiling point, simmer for about 10 minutes, add 4 lb. sugar. Finish as above, yield about 6½ lb. jam.

Strawberry Jam (3) — Crush 2 lb. strawberries, bring to boiling point, simmer 10 minutes, add 3 lb. sugar, boil for 10 minutes, add 1 bottle commercial pectin, stir for 5 minutes off the heat, skim, pot and cover; yield about 8 lb. jam. Sweeter than previous two recipes.

Raspberry Jam —Crush 4 lb. raspberries slightly. Cool, stir until dissolved. Add 2 lb. sugar, boil for 10 minutes, add 12 oz. walnuts if you like, stir, pot and cover. Yield about 8 lb. jam. Recipes two and three for raspberry jam will make excellent raspberry jam using raspberries instead of strawberries.

Raspberry Jam (2) — Layer 4 lb. raspberries and 3½ lb. sugar in a glass or earthenware bowl and set in a cool place for 48 hours, stirring occasionally; keep covered with muslin. Put into a buttered preserving pan, bring to boiling point, and boil rapidly for 10 minutes. Skim, pot and cover. Yield about 6 lb. jam.

Raspberry and Rhubarb Conserve — Dice 4 pints of rhubarb finely, add 2½ lb. sugar, allow to stand for 12 hours. Add 2 lb. raspberries, the grated rind and the finely sliced flesh (minus peel) of a lemon, and a thick slice of orange. Boil until the mixture thickens, skim, pot and cover.

HOME MADE MINT SAUCE

Should you have a patch of mint, or be able to obtain some cheaply, you can make a three times as much as you would need to make during the winter. If you propose growing mint, you will find that it is best to have more than you need, as the plants multiply more quickly than most weeds.

Use small wide-mouthed jars, with wide cardboard linings to can be used for pickled beetroot. Pick root in a jar. Store in a cool place. Any left-over spiced vinegar increases evenly.

A... the mint sauce in peanut pouring the vinegar over cooked: there is of mint. Add salt, juice of a lemon. Strain the juice and add 1 lb. sugar per pint of juice. Boil to setting point in the usual manner. Colouring can be added if desired. Put into small jars, and serve with mutton.

SHERRY TRIFLE

A reader has requested a "bottle of a recipe #01 sherry." I feel sure that the recipe wanted must be either for a trifle, or sherry-baked ham, but not for sherry-making, although it is possible to make a wine resembling sherry from raisins.

Sherry Trifle: Cut half a sponge cake, or sponge cakes, in half, spread with raspberries and brandy and sprinkle generously with sherry. When the cake has been soaked by the cake, cover with fresh-made and cooled egg custard, leave to set and decorate with whipped cream, glace cherries and amaretto. The top, the custard, is ready to be turned out and coated with the remainder of the egg custard to a pale lemon colour and then coated with a thin strin of lemon rind, or a thin strin of lemon rind in it, for flavouring.

Sherry Baked Ham: Soak the well scrubbed ham overnight in cold water, then remove it to a saucepan with enough hot water to cover, heat gently, and simmer gently, allowing 30 minutes per pound, allowing for small pieces of ham. Baste after 10 and 20 to 25 minutes per pound for a large, thick, ham, lift out, drain, and remove the skin. Set on a platter, and cut into large slices. Serve with moderate over (350 deg. F).

COOKERY HINTS

By "Housekeeper"

HOME MADE MINT SAUCE

COOKERY HINTS

By "Housekeeper"

HONEYCOME CREAM

By "Housekeeper"

HOME MADE MINT SAUCE

COOKERY HINTS

By "Housekeeper"
COOKERY HINTS

GRAVY RECIPES

Gravy is probably the most frequently made sauce in the home, and unfortunately, it is not always well made. If you are beginning to make gravy, first of all, combine the broth with a little cornstarch. When the broth is warm, pour off all the dripping in the roasting tin, leaving a tablespoonful of the fat. This mixture may also be used to make a gravy for roast meat. An egg yolk will fill the average pan. If you are doing this in any other way, add one egg yolk. It keeps free from lump and thickens the ordinary sauce.

Economical Gravy-Skin, 1 oz. of margarine, 1 teaspoonful of flour, pinch of salt, a little pepper, and a little water. Gently melt the butter, and then gradually add the flour, mix, and add a little water. When the mixture begins to thicken, add a tablespoonful of gravy, and gently mix it in.

Gravy made from the drippings of roast beef, pork, or ham can be made by adding a tablespoonful of gravy to a pint of milk, and adding a tablespoonful of flour. This is a very good method for thickening gravy, particularly when the gravy is not thick enough. A tablespoonful of flour will thicken a large Amount of gravy, and a tablespoonful of flour will thicken a small Amount of gravy.

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The usual Shepherd's pie, made with minced cooked beef in gravy, covered with freshly mashed potato and mixed saucened mushrooms, should be made more often. The Shepherd's pie is a traditional dish, and is a hearty and satisfying meal. It is also a great way to use up leftover meat.

SHEPHERDS PIE

By "Housekeeper"

This sauce is served with duck or goose. A gravy for ham put

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LIVER RECIPES
Some dietitians recommend serving liver at least twice a week, so here are some suggestions which may soften the holes of protest which usually greet fresh liver.

Liver and sausage loaf, or patties: 1 lb. liver, 1 lb. sausage meat, 1 cupful breadcrumbs, 1 tablespoonful grated horseradish, 2 tablespoonfuls mustard or chat- nery, half a medium-sized onion, finely chopped or minced, 1 egg, 1 cupful of milk, salt and pepper.

Wash the liver, put into a saucepan, cover with boiling water, add a good pinch of salt, and simmer gently for five minutes. Remove any skin and gristle, mince finely. Combine with all the other ingredients, mixing the beaten egg with the milk, and using it to moisten the mixture. If you do not like horseradish, omit it. Put into a greased loaf tin, or divide into patties, shaping with the lightly floured hands. Set the patties on a greased roasting tin, and cook in a hot oven (400 deg. F) for about 35 minutes, and serve with gravy.

Put the loaf into a good moderate oven (375 deg. F) for the first half hour, then lower the heat to a slow moderate (325 deg. F) and cook for a further hour.

Liver Laver:—1 sliced onion, 1 lb. liver cut in thin slices, 3 tablespoonful vinegar, 2 tablespoonfuls mustard, 1 tablespoonful tomato ketchup, 1 tablespoonful chopped or minced pickle, 3 tablespoonfuls dripping. Melt the dripping and fry the onion to a golden colour; when the onion is done, add the laver, and cook for a further hour. Return the onion and pickle to the mixture, and serve with the liver.

COOKING HINTS
PLUM JAM
Plums, greengages, and damsons make excellent jams. Victoria, Persimmon, and Purple Globe will give the best results.

Damson Jam:—To each 4 lb. plums, 1 pint of water and 4 lb. sugar. Stone the larger plums; tie the smaller plums in muslin. Remove before adding the sugar. Cook the plums in the sugar until tender; then let the jam set when tested, stirring constantly, skim, and pot over. When using small plums, crush them before adding the water, and skim out the stones, as they rise to the surface. Expect about 7 lb. jam from 4 lb. plums.

Greengage Jam:—To 4 lb. greengages add 1 pint water and 4 lb. sugar. Method as in previous recipe. Use a scrupulously clean copper or brass preserving pan if you want to keep the green colour of the greengages, or add colouring, such as a few drops of confectionery, but those which are made for jams and bottling.

Spoon a tablespoonful of sugar drops at a time, to the skimmed jam, just before putting it into the pot.

Damson Jam:—To 4 lb. damsons add 1 pint of water, 1 lb. sugar per lb. damson, and a few drops of colouring. Stir over the heat until the jam will set boll to setting point as before.

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COOKERY HINTS
BOTTLING BEANS (2)
If you are going to bottle vegetables at home, this is the best method. The expense of the proper bottling jars and screw bands pays for itself in the long run.

Pour the liquid in which the beans were cooked into a saucepan, add 1 inch of the top of the jar of beans, put in a deep saucepan, and bring to the boil. Fill the jar with the hot liquid and tamper down with the beans, leaving a thin space at the top for air. Seal with the two-piece metal screw band, and store in a cool place.

Aseptic Process:—To aseptically prepare any vegetables for bottling, wash them in plenty of cold water, drain, and rinse. Set the vegetables in a large salad bowl over a saucepan, and bring to a boil. Add 1 cupful of salt, and boil until the vegetables are just tender, then drain and put into a deep preserving jar. Add 1 lb. sugar per pint of vegetables. Put the jars in a warm place until the sugar has melted. Then put in the jar to the level of water which will remain in the jar when inverted. Seal with the screw band, and store in a cool place.

Lettuce:—To bottle lettuce, drain the leaves and arrange them neatly in a deep preserving jar. Add 1 lb. sugar per 3 pints of lettuce, and 1 pint boiling water. Put the screw band on, and store in a warm place until the sugar has melted. Then put the jar to the level of water which will remain in the jar when inverted. Seal with the screw band, and store in a cool place.

Tomatoes:—Put the tomatoes into deep preserving jars, and add 1 lb. sugar per 3 pints of tomatoes. Fill the jar with boiling water, cover with the screw band, and store in a cool place.

COOKERY HINTS
M FLAN
marshmallow cream and decorate to-day's pudding. A perfect cream can be used for this. Make the cream as follows:—Sugar, 1 cupful, and flower of water, 1 cupful; make a sauce on the top of the stove; just cooked Arran near, 1 cupful; 2 tablespoonsful sweet cream, 1 flat teaspoonful baking powder, 1 cupful milk and water. Pour the batter over the plums, and bake in a moderate oven (325 deg. F) for about 1 hour. Serve it hot, thickened and pour over the plum and cake. Leave until set, and serve.

Plum Batter Pies.—Combine 2 oz. margarine and 2 oz. lard, beat to a cream, 2 egg yolks, 1 oz. castor sugar, 1 oz. mixed flour, and 1 tablespoonful of water; beat to a light paste, and alter. Alternately with half a pint of milk, beat to a cream. Grease a pie dish, and fill with the mixture, and set in the oven (350 deg. F) for about 1 hour. Serve when it is just done, and the plums are all quite soft. Make cream with the milk and sugar; and when the pie is done, add it to the cream, and serve hot.

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**Cookery Hints**

**Rhubarb Jams**

Rhubarb makes excellent jams, and there are plenty of flavourings such as ginger or lemon added, or it can be made a conserve for the winter. For a sweet-sour rhubarb jam, add 1 lb apple juice to each 4 lb fruit. To make the conserve, slice the apples, cook along with the rhubarb, and add the sugar. When the fruit is tender, add 1 pint of apple juice, a heaped teaspoonful of ground ginger, and 2 lb sugar. Stir until the jam is the right consistency then add the sugar, and stir until the sugar is dissolved. Place in jars and seal.

**Cinnamon Rolls**

To make cinnamon rolls, mix 2 cups flour, 1/2 cup sugar, and 1/2 teaspoon salt. Add 2 eggs, 1/2 cup milk, and 1/4 cup melted butter. Knead until smooth and elastic, cover with a towel, and let rise in a warm place for 1 hour. Punch down, roll out into a thin rectangle, spread with 2 tablespoons melted butter, sprinkle with 2 tablespoons brown sugar, and roll up tightly. Cut into 1-inch slices, place in a greased pan, and let rise until double. Bake at 375°F for 20-25 minutes. Cool, then drizzle with a mixture of butter and brown sugar.

**Tomato Sauce**

Rhubarb and Log-anberry—Cook rhubarb and log-anberry separately, adding a trace of water to the rhubarb, and add 1 lb sugar. Stir until the sugar is dissolved, then boil, stirring constantly, 10 minutes. (Previously washed and boiled) Chop the rhubarb and log-anberry as coarse as possible, put into a quart jar. Add 1 lb sugar, 10 oz flour, 1 tea-spoonful baking powder, and cover with thinly sliced apples, for 15 to 20 minutes. In a moderate oven (350 deg. F) for about 15 minutes. Allow to cool, then pulps and 2 tablespoonfuls syrup, blend the sugar, and add the syrup and treacle. Be sure the eggs are cooked, and roll out on a floured board, divide into four, and roll each half to an oblong size. Take the mixture alternate with the milk, and add a little more flour, and mix until it can be handled easily. Divide into pieces about the size of a small walnut, and using the thinly floured palms of the hands, set well spaced apart, and lightly greased for baking, and bake in a moderate oven (350 deg. F) from 20 to 25 minutes. Stir the tomatoes roughly, and simmer, and add a little more water, and a little more flour to get a smooth mixture. If you want the biscuits to be just right, mix the sugar and additional flour. Cream the mixture thoroughly then add the sugar, and stir until the sugar is dissolved. Place in jars and seal. The mixture will now be ready too soft to handle, and a little more flour should be added until it can be handled easily.

**Sweet Biscuits**

Biscuits which do not require rolling out can be made quickly. Shah biscuits are familiar to most of us, so here is a recipe for chocolate walnut biscuit made in the same way.

1. Preheat the oven to 350°F (175°C).
2. In a large mixing bowl, cream the butter and sugar until light and fluffy. Add the eggs, one at a time, beating well after each addition. Stir in the vanilla extract.
3. In a separate bowl, sift together the flour, baking powder, and salt. Gradually add the dry ingredients to the butter mixture, stirring until well combined. If the dough is too dry, add a little more milk until it comes together. If the dough is too sticky, add a little more flour. Shape the dough into a ball, wrap in plastic wrap, and chill in the refrigerator for 30 minutes.
4. Roll the dough out on a lightly floured surface to a thickness of 1/4 inch. Cut into desired shapes using a cookie cutter. Place the cookies on an ungreased baking sheet.
5. Bake in the preheated oven for 8 to 10 minutes, or until the edges are lightly browned. Cool on a wire rack.

**TOMATO SAUCE**

Home made tomato sauce is put into convenient sizes, with labels, covers and waxed linings, of different weights, and is ready for use. Cook over a very low heat, stirring constantly, until the tomatoes are thoroughly cooked. Rub through a very fine sieve. Add 1 lb. sugar, 2 lb. flour, 1 tea-spoonful baking powder. Beat the mixture until it is smooth and creamy, and then add the syrup and treacle. Be sure the eggs are cooked, and roll out on a floured board, divide into four, and roll each half to an oblong size. Take the mixture alternate with the milk, and add a little more flour, and mix until it can be handled easily. Divide into pieces about the size of a small walnut, and using the thinly floured palms of the hands, set well spaced apart, and lightly greased for baking, and bake in a moderate oven (350 deg. F) from 20 to 25 minutes. Stir the tomatoes roughly, and simmer, and add a little more water, and a little more flour to get a smooth mixture. If you want the biscuits to be just right, mix the sugar and additional flour. Cream the mixture thoroughly then add the sugar, and stir until the sugar is dissolved. Place in jars and seal. The mixture will now be ready too soft to handle, and a little more flour should be added until it can be handled easily.

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**Cookery Hints**

By "Housekeeper"

**Cherry shortbread**


**Cookery Hints**

**TOMATO SAUCE**

Tomato Sauce—Roughly chop 4 lb tomatoes, add a little water, and cook for 15 minutes. In a large saucepan boil 2 lb sugar, and add the tomatoes and water. Keep stirring until the sugar is dissolved, then boil, stirring constantly, 10 minutes. (Previously washed and boiled) Chop the tomatoes as coarse as possible, put into a quart jar. Add 1 lb sugar, 10 oz flour, 1 tea-spoonful baking powder, and cover with thinly sliced apples, for 15 to 20 minutes. In a moderate oven (350 deg. F) for about 15 minutes. Allow to cool, then pulps and 2 tablespoonfuls syrup, blend the sugar, and add the syrup and treacle. Be sure the eggs are cooked, and roll out on a floured board, divide into four, and roll each half to an oblong size. Take the mixture alternate with the milk, and add a little more flour, and mix until it can be handled easily. Divide into pieces about the size of a small walnut, and using the thinly floured palms of the hands, set well spaced apart, and lightly greased for baking, and bake in a moderate oven (350 deg. F) from 20 to 25 minutes. Stir the tomatoes roughly, and simmer, and add a little more water, and a little more flour to get a smooth mixture. If you want the biscuits to be just right, mix the sugar and additional flour. Cream the mixture thoroughly then add the sugar, and stir until the sugar is dissolved. Place in jars and seal. The mixture will now be ready too soft to handle, and a little more flour should be added until it can be handled easily.

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ELDERBERRY WINE

A Knock reader wants to make home made wines, especially elderberry, for which she has been given a family recipe which gives a wine which was "much nicer than Port Wine," but which unfortunately doesn't state the quantity of yeast or ginger essence. I have always felt that wine-making on a small scale iselfare for 24 hours, strain oft the

Elderberry wine (1) — 4 lb. elderberries, stripped from the stalks, (wash and dry if necessary) crush the elderberries, and pour on 15 gallons boiling water, cover with a clean muslin and leave for 4 days in a warm place, stirring occasionally. Strain through a jelly bag or several thicknesses of a wide mouthed jar, cover with 3 lb. sugar Hall dissolved, then blend the yeast with a little of the water

Elderberry wine (2) — Mash 7 lb. elderberries, cover with 3 gallons boiling water,’ mashing the berries with a little of the water. Leave for 24 hours, strain off the juice and measure it. To each gallon of juice add 1 lb. raisins, 3 lb. sugar, 1 oz. ground ginger. Bring to boiling point, simmer for about 1 hour, cool, to lukewarm.

Elderberry wine (3) — 1 lb. half an hour, cool, to lukewarm. Strain the fruit, use to fill the pastry, cover with a piece of pastry, brush with beaten egg white and sprinkle with castor sugar. Put into squares when cold, slice and serve.

GERMAN BISCUITS (1): Stiffen 1 lb. flour, a pinch of salt and a little baking powder. Cream 1 cupful sugar, add 3 teaspoonsful grated orange peel and set the mixture aside. Roll 2 tablespoonsful spirits into balls. Roll each ball in flour until the slightly brown, and it contains no sugar.

GERMAN BISCUITS (2): Cream 1 lb. sugar, add 3 teaspoonsful grated orange peel and set the mixture aside. Roll 2 tablespoonsful spirits into balls. Roll each ball in flour until the slightly brown, and it contains no sugar.

GERMAN BISCUITS (3): Roll 2 tablespoonsful spirits into balls. Roll each ball in flour until the slightly brown, and it contains no sugar.

GERMAN BISCUITS (4): Roll 2 tablespoonsful spirits into balls. Roll each ball in flour until the slightly brown, and it contains no sugar.

GERMAN BISCUITS (5): Roll 2 tablespoonsful spirits into balls. Roll each ball in flour until the slightly brown, and it contains no sugar.

GERMAN BISCUITS (6): Roll 2 tablespoonsful spirits into balls. Roll each ball in flour until the slightly brown, and it contains no sugar.

GERMAN BISCUITS (7): Roll 2 tablespoonsful spirits into balls. Roll each ball in flour until the slightly brown, and it contains no sugar.

GERMAN BISCUITS (8): Roll 2 tablespoonsful spirits into balls. Roll each ball in flour until the slightly brown, and it contains no sugar.

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GERMAN BISCUITS (28): Roll 2 tablespoonsful spirits into balls. Roll each ball in flour until the slightly brown, and it contains no sugar.

GERMAN BISCUITS (29): Roll 2 tablespoonsful spirits into balls. Roll each ball in flour until the slightly brown, and it contains no sugar.

GERMAN BISCUITS (30): Roll 2 tablespoonsful spirits into balls. Roll each ball in flour until the slightly brown, and it contains no sugar.
Vegetable marrow jam can be flavoured with ginger, or with pineapple, and made in several different ways.

Marrow and Ginger Jam (1)—Peel and dice enough marrow to give 4 lb. cubes (1 to 1 inch) and steam until tender. Slice 3 lemons whole and tie in muslin. Put the marrow, the lemons and 3 lbs. sugar into a preserving pan, with 2 oz. bruised root ginger, tied in muslin, and cook until the marrow is transparent, and the jam will set when tested. Stir very frequently. Remove the ginger and lemon rinds, skim the jam, allow to stand for five minutes, stir to distribute the marrow cubes evenly, and put into clean hot pots, cover and label.

Marrow and Ginger Jam (2)—Prepare 4 lbs. marrow, simmering it as above, put into a preserving pan with 1 lb. apple juice, 3 lbs. sugar and boil to setting point. To prepare the apple juice, take 1 lb. sugar, clip, cut as roughly as possible, and to water to barely cover, cook until the apples are soft, and strain in the juice through a jelly-bag.

Marrow and Pineapple Jam—Prepare enough marrow to give 5½ lb. cubes. Put into a bowl and sprinkle with 6 oz. salt. Bet in a cool place for 12 hours, then drain off all the salty water. Add 5½ lb. sugar to the marrow, and leave for a further 12 hours or longer. Add the juice of 2 lemons, cut the peels small, tie in muslin, and put with the marrow. Add ½ lb. crystallised or ground ginger cut into small pieces, and cook until the jam will set.

Marrow and Pineapple Jam—Prepare 4 lbs. marrow cubes, sprinkle with 3 lb. sugar and leave overnight. Add a further 3½ lb. sugar and 2 lbs. tinned pineapple with the juice. Cook until the marrow and pineapple are transparent, and the juice thick. If you want a really thick marrow and pineapple jam, cook 1 lb. apples with a trace of water until tender, rub through a sieve to remove pips and skin, add to the marrow and pineapple with an additional pound of sugar, before the final boiling.

CARRAGHEEN MOSS

"Beginner" from Belfast asks for simple methods of preparing Carrageen moss, and some tripe recipes. Carrageen moss is mainly used for milk puddings, though it can be used for ice cream, and a lot drink made with it, and taken at night. It is supposed to make an excellent night cap.

For two people, wash 1 oz. carrageen thoroughly, remove any discoloured springings, put into a saucepan with pint of milk and simmer gently for 10 minutes, then set aside for 20 minutes. Strain and stir into a small bowl and whisk over hot water until smooth. Stir in 2 lb. castor sugar and 4 oz. water and stir until thick, mix, heat until thick and boil. When cool, add ½ lb. milk, cool until thick and spooned. Whisk 2 egg whites until stiff, fold into the yolk mixture, and fold this into the carrageen mixture. When cold put into a silicone or plastic container, and freeze until firm. Serve with a suitable sauce, or with ice cream biscuits.

COOKERY HINTS

"Housewife"

Bean soup
A Helensburgh Bay reader asks for a recipe for a soup made with broad beans, which he says is delicious. The first recipe today is perhaps the most famous recipe for this soup, and comes from the South of France, where the beans used are the haricots used while fresh, and the beans have to be shelled and peeled. You also need a flavouring of two or three cloves of garlic pounded fine with enough olive oil to make a thick cream, and a teaspoonful of chopped fresh basil. Mix together and add 4 cupfuls olive oil, as you would for mayonnaise.

Bean Soup: Shell and peel enough broad beans to give a good cupful. Put into a saucepan with 2 lavender (small green marrows) cut into small pieces, 4 large tomatoes, peeled and quartered, 2 sweet green peppers thinly sliced, "gillings", and 1 oz. water to cover the saucepan. Put an inner pot over this and put into a preserving pan. Stir the soup, then add a teaspoonful of the olive oil and garlic dressing to each plate of soup.

Beans are also used in this American summer soup. Take 1 lb. meaty shank bone, 31 plats of water, the green tops of a small bunch of celery, 2 large carrots cut into a large slice, onion, a good drizzle of oil. Simmer 2 hours. Add 2 cupfuls each fresh green peas in broad beans, 4 pieces, diced potato, 3 tomatoes, and, if possible, 2 green peppers.

Simmer for a further hour, lift out the bone, cut off the meat and add to the soup. Add salt and more pepper if necessary. The soup should be thickened with the broad beans separately and added for the last 10 minutes of cooking. Whole or peeled, to avoid discolouring the soup.

Tree of Beans—Cook about 1 lb. broad beans, drain and purée. In a sautépan melt, or butter or margarine, melt and stir in 2 teaspoonsful of flour. Stir in the purée and cook until the flour thickens. Simmer and gradually stir into milk. Stir in the purée, season and sprinkle. You may add more stock or water to bring the mixture to the desired consistency.

Marrow and Ginger Jam

Marrow and Ginger Jam (3)—Prepare enough marrow to give 5½ lb. cubes. Put into a bowl and sprinkle with 6 oz. salt. Set in a cool place for 12 hours, then drain off all the salty water. Add 5½ lb. sugar to the marrow, and leave for a further 12 hours or longer. Add the juice of 2 lemons, cut the peels small, tie in muslin, and put with the marrow. Add ½ lb. crystallised or ground ginger cut into small pieces, and cook until the jam will set.

Marrow and Pineapple Jam—Prepare 4 lbs. marrow cubes, sprinkle with 3 lb. sugar and leave overnight. Add a further 3½ lb. sugar and 2 lbs. tinned pineapple with the juice. Cook until the marrow and pineapple are transparent, and the juice thick. If you want a really thick marrow and pineapple jam, cook 1 lb. apples with a trace of water until tender, rub through a sieve to remove pips and skin, add to the marrow and pineapple with an additional pound of sugar, before the final boiling.
COOKERY HINTS

Plain Biscuits

By "Housekeeper"

MONEYMORE reader asks for a recipe for plain biscuits so today I am giving two recipes for fairly plain semi-sweet biscuits, and the first, which can be used as a basis for a variety of biscuits by adding different flavourings and p.s. in currants and other fruit.

For Vanilla Biscuits will be required: 6 oz. flour, 2 oz. semolina (if this is not available use 6 oz. flour), 3 oz. sugar, 3 oz. fat, 1 teaspoonful baking powder, 1 teaspoonful salt, 1 egg, a little milk, and vanilla essence to flavour.

Cream the fat and sugar, save the flour, and baking powder, and add alternatively with the beaten egg, and a very little milk, if necessary—the mixture should be of the consistency of dry short crust pastry. Add the flavourings, turn out on a floured board, knead lightly, and roll out thinly, prick well, and cut into biscuits. Bake in a hot oven (450 deg. F. or "F") for 10-15 minutes until crisp and lightly browned, then cool on a wire tray.

Dietetic biscuits

Required: 2 oz. flour, 2 oz. wheatmeal, 2 oz. oatmeal, 2 oz. fat, 1 oz. sugar, 1 teaspoonful salt, a pinch of baking soda, and butter milk or poor milk to mix.

Mix all the ingredients together, and rub in the fat until the whole is like fine breadcrumbs. Mix to a very stiff dough with butter milk and knead lightly on a board flour covered. Roll out a quarter inch thick, prick with a fork, and cut into biscuits. Bake in a moderately hot oven (425 deg. F. or "D") for 15-20 minutes until the biscuits are browned and crisp. Cool and store in a tin.

COOKERY HINTS

ECONOMICAL RECEIPTS

Economical dishes need not be uninteresting. The recipe which follows can be varied according to the ingredients available. It gives 4 servings.

Savory Hob-Nob—1 lb. smoked sausage (thickly cut) or left-over cold meat, cooked sausages or frankfurters, 1 lb. tomatoes, onions, 1½ lb. potatoes, salt, pepper, breadcrumbs and grated cheese, about 2 oz. margarine or white shortening, or bacon dripping.

Boil the potatoes in lightly salted water until they are barely tender. Peel and cut in thick slices. Peel and slice the tomatoes into rings, and fry in the melted fat until they are tender. Peel and slice the tomatoes, and left-over cold meat thinly, have sausages.

Butter a caserole, put in a layer of potatoes, then a layer of one or two tomatoes and the meat. Repeat the layers, ending with a layer of potatoes. Sprinkle with breadcrumbs mixed with grated cheese, 5 oz. with flakes of margarine, and bake in a hot oven (425 deg. F.) for about half an hour. If preferred, the cheese can be omitted.

Onion and Potato Pie—Peel and slice thinly two large onions, cook in 2 oz. melted margarine or butter until the onions are tender but not coloured. Stir in 1 oz. flour, and gradually add 1 pint milk, and until the mixture thickens, then add to taste—salt, pepper, curry powder if desired. Fold in 2 lb. tomatoes, 3 oz. melted margarine or butter, and spread half-inch thick over a pie plate.

COOKERY HINTS

CIDER MAKING (2)

Cider and wines turn into vinegar with the action of acetic bacteria, usually caused by air getting in during the fermentation stage. The fruit may be embryo ciders, or wines turn sour in the bottle, this may be caused by wild yeasts, bacteria and fungus spores which were not destroyed during the fermentation, or which entered the bottle through improperly sterilised corks.

There are several excellent books for the home wine maker, which give detailed methods of preventing spoilage in wine-making, and more scientific methods of wine-making, but here is the recipe for making a maize beverage, from windfall apples, which sometimes works, and sometimes doesn't.

Wash, trim and grate or mince 4 or 5 windfall apples, and a gallon of boiling water, cover with damp muslin, or with paragraphs or paper cover, set in a warm room, across. Stir daily for 14 days, keeping in a warm room. Steam Add 2 lb. sugar, and if desired, 2 oz. ginger, a level teaspoonful each of cinnamon and powdered cloves. Stir until the sugar has dissolved, put into a barred (or bottles) hung tightly or cork loosely. After 6 weeks decant into clean bottles, cork tightly. Some fermentation occurs after adding the sugar: cork bottles at first gas so tightly that if the mixture ferments very vigorously, it will blow out the cork, not burst the bottles. If you cannot obtain a capper or suitable press the following method, in which yeast is used for fermentation will produce a better result than the previous recipe, but requires 6 months, instead of 6 weeks, to mature.

Slice prepared windfalls, cover with water, keep for a fortnight, stirring daily, keeping the container covered as in the previous recipe. Strain, measure, heat to lukewarm, and for each gallon of liquid stir in 2 lb. sugar and 1 oz. yeast. Stand in a warm room for 2 days, put into a cask, or fermentation jars filling to the brim, put in fermentation jars, and leave until all bubbling stops. Bang closely and bottle after 6 months.
AND HAM PATTIES

By "Housekeeper"

BEETROOT

When thinking of storing beetroot, most people think immediately of pickled beets, but unless these are sterilised, they rarely keep more than a few months. But the beets themselves can be stored in a box, or even in a heap, layered with washed sand, in the same way as carrots are stored. Use a cool shed, or corner of the house for this, and keep them dry.

To pickle beetroot, trim off the stalks leaving about 2 inches intact, and see that the roots are not bruised off by too vigorous digging. Wash and cook until tender, about 2 hours for large beetroot, adding 1 tablespoonful of salt to each pint of water. Cool slightly, rub off the skins, and cut into slices or dice. Put into dry, well-dried jars, covering to a depth of about half an inch. Put on airtight covers, suitable for pickles, metal, or glass, or use for covers should have waxed cardboard linings. Store when cold, in a cool dark place, and inspect periodically.

If the beets have been scratched during the cooking and you are afraid they may "bleed," you can be put on an old tray sprinkled with water after washing, and he baked until tender in a moderate oven.

Bottling Prayer

By "Housekeeper"

Cookery Hints

If you wish to bottle hard cooking pears you must first be slightly in the heat may be covered and set aside to cool. When cold, the pears are tender, drain, and add to the syrup a further 4 oz. sugar per pint, use this sugar syrup to cover the fruit.

For the dessert pears use 1 to 2 lb. sugar per pint of syrup, and you can add a teaspoonful of lemon juice per pint of water. Every time you use the jars neatly into the jars, cover with the sugar syrup, put on the lids complete with rubber rings, screw bands are left off for the oven method, but fully tightened, then loosened a quarter turn for the water bath method.

For the pear syrup, heat the jars slowly, so that in the first hour the water reaches 100 deg. F., in the second hour 120 deg. F., in 1 hour 140 deg. F., and in 1 hour 150 deg. F. and hold at this temperature for 20 minutes. Left over the jars, tighten the covers, and set aside to cool. When cold, test the jars for a seal, by unscrewing the bands, and lifting each jar by the glass. If the jars have not sealed, they can be re-heated, as before.

For the oven method, heat in a slow oven, (350 deg. F.), allowing 3 hours in a gas or electric oven, and 4 hours in a coal oven. At the end of this time, tiny golden bubbles should appear at the sides of the jars.
APPLE TART

"Amateur" is finding difficulty when using a small size electric cooker in cooking things like apple tarts and cakes completely. Then bottom usually remains raw. With an apple cake, when there is a very thick layer of apples these take a long time to heat through, and tend to make the pastry underneath soft and difficult to cook. An apple cake goes into an oven (400 deg. F) or even 450 deg. F) but once the top has browned, it is better to reduce the heat, and allow the pie to cook through in a moderate heat (350 to 325 deg. F), allowing about 1 hour in all. If this does not produce the desired result, I would suggest writing to the makers of the stove for advice, or try the following recipe, which has only one layer of pastry.

Canadian apple tart—Cut an inch wide strip of thin pastry, and use to cover the rim of a deep plate. Fill the centre with sliced or quartered tart greens apples, and cover with flaky pastry rolled out less than 1 inch thick. Brush the pastry with milk or beaten egg. Bake in a very hot oven (560 deg. F) for about 10 minutes until the pastry begins to colour then lower the heat to moderate (350 deg. F) and allow to cool.

AUSTRALIAN GOOSE

To prepare Australian goose, you need either a very co-operative butcher, or a very sharp knife and lots of patience as the main ingredient is not a goose, but a leg or shoulder of lamb or mutton which must first be boned. It is not a difficult job to do, but the first time you do it, it takes a long time. Once you have the boned leg of mutton, you may set aside the bones to make mutton broth.

Make a stuffing with a good cupful of breadcrumbs, a finely chopped onion, 1 oz. butter or margarine, 1 teaspoonful salt, a good pinch of pepper and from a good pince to 3 teaspoonful of powdered sage, or other dried herbs, or fresh herbs to taste. Bind the stuffing with the beaten egg. Spread the meat, skin side down, as flat as possible, on the seasoned flour, and sprinkle with seasoned flour, then set on a rack, and roast in a slow oven (300 deg. F) allowing half an hour per pound for the boned and stuffed joint, for leg of lamb, or 10 minutes per pound for shoulder. Serve hot with brown gravy and apple sauce.

If you want to use the bones for mutton broth, together with any odd scraps of meat, didn't it neatly into the pot into a soup pot, cover with plenty of cold water, bring to the boil, skim, and add 1 lb. brown sugar, and cook until thick. Pot and cover.

CHUTNEY RECIPES (3)

One of the simplest and quickest of chutneys to make is to-day's first recipe for apple chutney.

Apple Chutney (1): Put a small dessertspoonful of chutney, 1 clove of garlic, the first time you add 1 lb. Demerara sugar, and cook until thick. Pot and cover.

Apple Chutney (2): With Garlic. 2 lb. apples, 3 lb. onions, 1 head of garlic, one-eighth of a teaspooonful of cayenne pepper, 2 teaspoonful salt, 2 oz. crystallised ginger, 4 oz. sultanas, 1 pint vinegar, 1 lb. sugar and cook until thick. The garlic may be finely shredded before adding or the peeled cloves added whole, tied in muslin, and removed before putting into pot.

If you want to try this chutney but are appalled by the quantity of garlic, you could use a single clove of garlic, the first time you make it, increase the quantity if you wish.

Apple Chutney (3): Bayce. Cook together 1 lb. (2 pints) peeled and chopped apples, 3 oz. raisins, 3 oz. chopped crystallised ginger, 4 oz. sultanas, 1 pint vinegar, 1 lb. sugar, and cook until thick.

Apple Chutney (4): Tie 1 tablespoonful mustard seed into muslin, put into a saucepan with 1 lb. seedless raisins, 2 lb. finely chopped apples, 3 chopped onions, 1 pint vinegar, the graded rind and juice of 2 lemons, 1 teaspoonful salt and a good pinch of black pepper. Cook until tender and add 1 lb. brown sugar.
**COOKERY HINTS**

**SUET PASTRY**

Suet Pastry is the easiest of all pastries to make, and it can be used for nourishing savoury or sweet dishes.

For ½ lb. pastry, enough for a large dumpling or pudding, take 8 oz. flour or 4 oz. flour and 4 oz. fine bread crumbs, 3 to 4 oz. chopped or shredded suet, 1 good pinch of salt, 1 teaspoonful of baking powder, and sufficient water to mix. Place the flour with the salt and baking powder, add the suet, and mix to a soft elastic consistency with the water. Knead lightly on a floured board. Roll out and use as required. It may be boiled, steamed or baked.

**Jam Roll:** Take ½ lb. suet pastry, roll out into an oblong, spread with jam to within an inch of all the edges, damp the edges with water, and roll up, grasping the ends lightly together. Roll in greased paper rather loosely, then in a greased and floured cloth, and boil for 1½ hours. Roll only in greased paper, and steam for 2 hours. Or roll in greased paper, set on a baking sheet, and bake in a moderately hot oven (375 to 400 deg. F.) for about 1½ hours. If preferred, roll in lightly greased aluminium foil loosely, and twist the ends of the foil securely, bake in a good moderate oven (400 deg. F.) for 1½ hours, unroll and serve hot with custard or jam sauce.

**Apple Roly-Poly:** Pastry as above, a large apple, 2 oz. currants or raisins, 4 tablespoonful bread crumbs, 2 tablespoonful golden syrup or honey, 2 tablespoonful brown sugar, and the juice of a lemon. Coarsely grate or chop the apple, mix with the other ingredients, use as filling instead of jam, steam for 2 hours.

**Ginger and Apple Roll:** 1 lb. suet pastry, 1 chopped apple, 2 tablespoonfuls each chopped preserved ginger, salad, and raisins, 1 tablespoonful brown sugar, and shredded suet, 2 tablespoonfuls of the ginger syrup.

**COOKERY HINTS**

**SUET PUDDINGS**

The most popular of the suet puddings is probably the apple dumpling. For this you take 1 lb. suet pastry, cut off a small piece of the pastry, and roll out the remainder, into a round, put into a greased bowl, knead up with the suet lumps to cover the sides of the bowl evenly. Fill the bowl with peeled, cored and sliced apples, sprinkling the layers of apple with sugar, and adding three or four cloves if you wish. Roll out the small piece of suet pastry into a round to make the "lid," and press lightly in position. Cover with greased paper, and tie in position, or with greased aluminium foil, pressing the foil into shape. Steam for 2½ hours, and turn out just before serving, with a custard sauce. Other fruits, fresh or bottled, can be used instead of apples.

**Jam Layer Pudding:** Roll out 1 lb. suet pastry, cut into rounds, the first size of the bottom of a bowl which you have previously greased very thoroughly, and each succeeding layer of pastry slightly larger than the previous one. Put the smallest round in with jam almost to the top, damp the edge, and put the next layer of pastry on top, pressing it lightly round the edges. Repeat until all the pastry has been used, ending with a layer of pastry. Cover and steam as in previous recipe.

**Steak Pudding:** Prepare 1 lb. suet pastry, use to line a greased bowl, and to make a lid. Cut 1 lb. of steak, using lean stewing meat, into strips. Mix together a tablespoonful of flour, a dash of pepper and 1 teaspoonful salt, and sprinkle over the meat, and put into the bowl with a sliced onion and diced carrot, and stalk of celery—all the vegetables are optional: you can include diced bacon, or sliced mushrooms if you wish. Pour in about 1 pint of water, put on the pastry lid, and cover, steam for 4 to 5 hours, or pressure cook for 1½ to 2 hours, depending on the tenderness of the meat. A mixed filling of beef, mutton, pork and bacon, with sliced onion, apple, and suet, makes an unusual but delicious pudding.

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**By "Housekeeper**
QUINCE JELLY

By "Housekeeper"

I have been asked what quinces are, and how they may be used: also some uses for sloes, apart from winemaking.

The quince as a fruit tree (Cydonia oblonga) is easily grown from cuttings, or by layering: its fruit is something of a puzzle, being woolly, and full of seeds. It can be used alone for making jams and marmalades, jellies and preserves, or it can be combined with apples. The fruit is usually yellow in colour, with yellow flesh which turns pink on cooking. The peeled and sliced quinces can be mixed with apples to make a pie filling, or peeled and quartered they can be cooked in the roasting tin with beef or mutton, basting them with the fat and turning them occasionally, put in when the meat is half cooked. The fruit of the Japonica tree is sometimes mistaken for the quince. It can also be used for jams and jellies, either alone or mixed with apples. Japenica jelly is pinkish, slightly cloudy, and has an indefinable, yet very pleasant, flavour.

Quince jelly.—Wash the quinces, slice them, and for each pound of fruit add 1½ pints of water. Cover and simmer 1 to 1½ hours until tender, then strain, add 1 pint of water per pound of fruit and cook for a further half hour, strain and mix the two lots of juice. Add the juice of a lemon or 2 tablespoonful of citric or tartaric acid, or 4 lb. fruit and 1 lb. sugar per pint of juice, boil to setting point. Japenica jelly is as above, but make only one extraction of juice.

Quince and apple jelly.—Take 2 lb. quinces, 3 lb. pears, 3 lb. apples, and 10 lb. sugar, put in when the meat is half cooked, cover and allow to cool. It is best to place for 6 months, strain and use. Quinces, apples and pears are used in different ways: quinces make a good jelly with apples, and pears with apples. The first adds chopped walnuts, the second adds chopped walnuts and cloves.

COOKERY HINTS

PIES TO TRY

Apples pie is very nice, but if you would like to have a little different, try some of the following pies.

Pie 1: Place the diced leopard’s walnuts in a round pie dish, then put in a wooden spoon and pound them thoroughly, press in the base, and then fill it with the apples. Bake it for about 30 minutes in a moderate oven (325 deg. F). The pie must be greased and lined, or lined with one of the最好 baking papers."
COOKERY HINTS

Beetroot wine
By "Housekeeper"

A Belfast reader has asked for a recipe for beetroot wine. This is supposed to resemble port wine in flavour.

Beetroot wine:~Scrub 4 lb. beetroot, after trimming off all leaves and stalks, slice thinly, add 3 quarts of water, and simmer gently until tender, adding a dozen cloves and 1 oz. whole ginger to give flavour. Strain and measure the juice. For each gallon stir in 2 lb. sugar and the juice of a lemon, Cool to lukewarm and blend 1 oz. yeast (per gallon) with a little of the juice, and stir into the mixture. Ferment in a warm place until all bubbling stops, either in a fermentation jar complete with trap, or in a glass jar covered with stiff paper or card-board, all to allow the gases to escape. The jar should be filled to the brim.

When all bubbling has stopped, filter carefully into a barrel, or into bottles, cork tightly, or put corks into bottles already filled for the first few days, then tighten them. Store in a cool place for 12 months before bottling and using. You may add 1 pint of brandy to each gallon of the mixture when putting it into the bottles.

Vegetable jelly, general recipe:
1 lb. stale bread, 1 lb. flour, 4 lb. of water (a gill is 4 pint). Add 1 pint hot stock, water or vegetable juice, pickle juice until the mixture has thickened, and then boil steadily for a little of the juice. and stir into, give flavour. Strain and measure the mixture. Ferment in a warm place until tender, adding a dozen

COOKERY HINTS

WHITE CHRISTMAS CAKE

An Enniskillen reader asks for a recipe for a white Christmas cake made mainly with cherries, citron peel and almonds, very popular in Ceylon. To-day's recipe will make two two-pound cakes or one four-pound cake.

White Fruit Cake: 1 lb. butter, 1 lb. flour, 8 oz. castor sugar, 4 eggs, 1 cupful shredded coconut covered with milk and soaked for an hour, 1 lb. grated almonds, 1 lb. dried citron peel, 1 lb. whole blanched almonds, juice of 6 lemons, grated rind of 2 lemons, 4 lb. stewed or dried cherries with a little water, 1 pint orange juice, 1 pint apricot or other stoney jam, 1 oz. vanilla essence and the juice of 1 lemon. Mix the almonds and sugar to a stiff paste with the eggs, knead thoroughly on a hard board dusted with castor sugar, divide into two pieces, one larger than the other. Roll the smaller piece of paste out to a round the size of the top of the cake plus about half an inch. Roll the larger piece of paste out to a long strip making it long enough to go completely round the cake, and deep enough to cover the sides. Trim the top of the cake if necessary so that it sits level when turned upside down. Brush off any crumb, and brush with beaten egg white or with apricot or other sticky jam, over the sides. Put on the strip of paste, smoothing it and pressing it to the sides of the cake with the hands. Close up the edges neatly, and set aside to cool until the paste is hard. Place on a plate or fancy figures, and use to decorate the cake, trimming the edges between the fingers into a neat design. Put any figures in place while the icing is soft, and store in a tin until required. Tie a ribbon round the centre of the cake if you wish.

Half the above quantities will be ample to ice the top of a seven to eight inch cake. If you like an inch layer of almond iced use double the above quantities.

COOKERY HINTS

TRIFLES

By "Housekeeper"

Trifles vary from the "Lammy-custard - poured - over - stale - cake" variety to the rich creamy mixture which will decorate the party buffet. One of the simplest trifles consists of a white, moist sponge, thick and lemon coloured, gradually add the sugar until thick, fold in the milk alternately, mix lastly fold in the melted butter and the flavours into two greased sandwich tins, and moderate oven (350 deg to 40 minutes).

Swiss roll with greengage jelly, all cream and sprinkled chocolate.

Trifle: Cut a you cake or better sandy spread with jam, and put into a glass cake the with cherries, juice, adding slices of pear, and 1 pint to 1 pint, depending on the size and set aside to cool, over the cake. Leave and decorate with both cherries and angelica, then half set jelly, and fruit, which you before putting on custard if you wish.

For sophisticated orange trifle: spread cake with orange or and soak with the of Mandarin orange juice, slightly dash of orange curd layer of custard, may of the Manderin whipped cream.

ALMOND ICING

Rich Christmas cakes can either be covered with almond icing and filled with the almond paste plus the traditional figure, or with almond paste, plus a layer of royal icing, and a decoration of piped icing either plain or coloured, or a cooked icing such as Maitre d'hotel or feather icing can be applied direct to the surface of the cake. For the almond icing put into a bowl 1 lb. ground almonds, add 1 lb. sieved icing sugar or 1 lb. icing sugar and 1 lb. caster sugar. Mix thoroughly. Beat 2 eggs until light, add a few drops of vanilla essence, and the juice of a lemon. Mix the almonds and sugar to a stiff paste with the eggs, knead thoroughly on a hard board dusted with castor sugar, divide into two pieces, one larger than the other. Roll the smaller piece of almond paste out to a round the size of the top of the cake plus about half an inch. Roll the larger piece of paste out to a long strip making it long enough to go completely round the cake, and deep enough to cover the sides. Trim the top of the cake if necessary so that it sits level when turned upside down. Brush off any crumb, and brush with beaten egg white or with apricot or other sticky jam, over the sides. Put on the strip of paste, smoothing it and pressing it to the sides of the cake with the hands. Close up the edges neatly, and set aside to cool until the paste is hard. Place on a plate or fancy figures, and use to decorate the cake, trimming the edges between the fingers into a neat design. Put any figures in place while the icing is soft, and store in a tin until required. Tie a ribbon round the centre of the cake if you wish.

COOKERY HINTS

WHITE CHRISTMAS CAKE

An Enniskillen reader asks for a recipe for a white Christmas cake made mainly with cherries, citron peel and almonds, very popular in Ceylon. To-day's recipe will make two two-pound cakes or one four-pound cake.

White Fruit Cake: 1 lb. butter, 1 lb. flour, 8 oz. castor sugar, 4 eggs, 1 cupful shredded coconut covered with milk and soaked for an hour, 1 lb. grated almonds, 1 lb. dried citron peel, 1 lb. whole blanched almonds, juice of 6 lemons, grated rind of 2 lemons, 4 lb. stewed or dried cherries with a little water, 1 pint orange juice, 1 pint apricot or other stoney jam, 1 oz. vanilla essence and the juice of 1 lemon. Mix the almonds and sugar to a stiff paste with the eggs, knead thoroughly on a hard board dusted with castor sugar, divide into two pieces, one larger than the other. Roll the smaller piece of paste out to a round the size of the top of the cake plus about half an inch. Roll the larger piece of paste out to a long strip making it long enough to go completely round the cake, and deep enough to cover the sides. Trim the top of the cake if necessary so that it sits level when turned upside down. Brush off any crumb, and brush with beaten egg white or with apricot or other sticky jam, over the sides. Put on the strip of paste, smoothing it and pressing it to the sides of the cake with the hands. Close up the edges neatly, and set aside to cool until the paste is hard. Place on a plate or fancy figures, and use to decorate the cake, trimming the edges between the fingers into a neat design. Put any figures in place while the icing is soft, and store in a tin until required. Tie a ribbon round the centre of the cake if you wish.

Half the above quantities will be ample to ice the top of a seven to eight inch cake. If you like an inch layer of almond iced use double the above quantities.

COOKERY HINTS

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TURKEY STUFFINGS

The most popular stuffing for turkey, chicken, pork, mutton or tender mutton or tender beef is usually a mixture of bread and butter. For each given above the simple one made with the remaining ingredients given above. The cooked liver, half pound of crumbs made from finely chopped can be added to the stuffing. For each of the giblets tucked into the body, and these should be removed before cooking. Whether or not you intend to stuff the bird.

Another method of making the stuffing is to melt the fat and or marmalade until tender but not coloured. Combine with the remaining ingredients given above. The cooked liver, finely chopped can be added to the stuffing.

Sauce-meat stuffing: — Chop 2 oz. fat bacon and mix with 1 lb. sauce-meat, 2 oz. or 2 tablespoonful of dry bread crumbs or 1 oz. or 2 small onion finely chopped, up to a tablespoonful of finely chopped fresh herbs, or a good pinch of dried herbs. Bind with a beaten egg. Half this quantity will stuff a medium-sized chicken.

Fruit and wine stuffing: — If you want to be adventurous, try this fruit stuffing at one end of the bird, a more ordinary one at the other end. Stone enough prunes to give 2 oz. prune flesh, and chop it. Add 2 oz. raisins, and soak in half a cupful of red wine, cider or orange juice, overnight. Cook half a small head of celery, finely chopped, and a small onion, in 3 oz. butter, and add a large cupful of breadcrumbs, a tablespoonful of chopped parsley, a dash of pepper and salt. A tablespoonful of salt, and the fruit and liquid, Mix together, and use as stuffing for turkey or chicken.

COOKERY HINTS

By "Housekeeper"

FISH CAKES

Fish cakes made with tinned salmon are a pleasant stand-by dish for the lunch only cooked potatoes and an egg, plus seasonings. You will need 1 lb. flaked and boned tinned salmon or tuna-fish, or flaked cooked fish, 1 lb. potatoes, 1 beaten egg, salt, pepper, 1 tablespoonful of chopped parsley if desired, and two or three tablespoonful of flour. Mash the potatoes smoothly, beat in the egg, the salt, pepper, and parsley. Stir in the flaked fish and mix well. Pour the hands and shape the mixture into small balls, then flatten into cakes. Fry in shallow fat, turning once, browning on both sides. This mixture, with the addition of some sharp sauce could be made into tiny fish balls, to be served on a buffet table. If you want to fry them in deep fat, you should roll them in beaten egg and breadcrumbs before frying.

Fish Pastries. — Make small vol-au-vent cases with puff or rough puff pastry, rolling it out a good half-inch thick, and cutting into 2-inch rounds, then cut half-way down the pastry with a small pastry cutter, brush the top with beaten egg and bake in a very hot oven (350 deg. F.) for about 30 minutes, lowering the pastry in the oven, and putting in a second tray full of pastry when the first has shrunk — the pastry should go into the hottest part of the oven at first, to cook one or two at a time. Cool and store until required, or lift off the tops, and fill with a dish.

Baked tinned salmon, and a teaspoonful of finely chopped parsley, or a small tin of shrimps, or packet of frozen prawns, or a tablespoonful of sliced olives, beat through and put a good tablespoonful of the filling into each pastry. For a chicken pastry make the sauce with 1 pint milk and 1 pint of chicken stock, ad a tablespoonful of sherry. Serve in a glass dish.

Brandy Butter. — Cream 3 oz. butter, gradually add 3 oz. castor sugar, beat in 3 tablespoonful of brandy and a few drops of lemon juice. Serve in a glass dish.

Bread Sauce. — To serve with turkey or chicken. Bring 1 pint of milk to boiling point, put in a small onion with one or two cloves stuck into it, a pinch of salt, and 3 oz. fresh breadcrumbs. Set over a very gentle heat so that the sauce barely immers, for an hour, remove the onion, stir in 1 oz. butter, add a little more salt, and a dash of pepper if necessary, serve hot. A tablespoonful or two of cream makes the sauce richer and smoother.

Appleauce. — Put 1 lb. peeled, cored and quartered cooking apples Into a saucepan with two or three tablespoonsful of water, a very small piece of cinnamon if desired, and a tablespoonful of sugar. Melt and pour in 1 oz. butter, add a little more salt, and a dash of pepper if necessary, serve hot. A tablespoonful or two of cream makes the sauce richer and smoother.

Cranberry Sauce. — Pick over and wash, if necessary 1 lb. fresh, frozen or tinned cranberries. Add a cupful of water to the fresh or frozen berries, about 2 cupful to the tinned variety. Simmer to a pulp, mashing with a wooden spoon, Add about 4 oz. sugar, and if you wish, a dash of port wine. A sharp sauce to serve with turkey or fowl.

COOKERY HINTS

By "Housekeeper"

Winter Salads

A winter salad, made with any available fresh vegetables, or a mixture of fresh fruits and vegetables, combined with cooked vegetables or tinned vegetables, makes a pleasant addition to any meal.

Mushroom Salad. — Slice some well washed or canned mushrooms as thinly as possible, cover with French dressing (two-thirds oil to one-third vinegar, lemon juice or a little anchovy sauce), and chill for an hour. Sprinkle thickly with chopped parsley and chopped chives, or a little finely grated onion.

Tinned Tomato Salad. — Choose a tin of whole peeled tomatoes, and chop over (do not freeze), turn out and dress with a basting of celery salt, brown sugar, and lemon juice. Serve at once.

Vegetable Salad. — Cook a number of vegetables, such as cauliflower, green beans, peas, beetroot, carrot. Boil each separately for an hour or two, and, if necessary, arrange neatly on a flat plate, and a small bowl of mayonnaise sprinkled with chopped parsley in the centre of the plate. All the vegetables should be cut up, not only into tender, but still crisp.

Winter Health Salad. — Dice and grate 1 cupful carrots, finely shredded cabbage to give 1 cupful, and 1 cupful finely chopped celery into a bowl. Combine, chill, toss with French dressing before serving. Mayonnaise handed separately.
COOKERY HINTS

FRUIT AND VEGETABLE

The mixture of fruit and vegetables in a salad is one we associate with America, and one of the simplest of these mixtures consists of thin crosswise slices of peeled oranges, with the pips removed, alternated with very thin slices of raw onion. I have tried this once.

A more favoured combination is the Waldorf salad, a combination of thinly sliced celery and heart diced dessert apples with the skin left on, sprinkled with finely chopped walnut, and mixed with mayonnaise. You can halve apples, scoop out the centre leaving a thin rim all round, sprinkling this with lemon juice to prevent discolouring, and fill with the Waldorf mixture made with the centre of the apples. Very finely shredded cabbage and heart can be combined with an equal amount of diced apples and sprinkled with walnuts or sultanas, moistened with mayonnaise or salad cream.

Meat Salad—Combine 1 cupful diced cooked meat—beef, chicken, pork, ham, or a mixture of these, with 1 cupful diced cooked potatoes, and add 1 cupful chopped celery and a tablespoonful of finely sliced onion or more if desired. Toss with enough French dressing to moisten, sprinkle with chopped parsley or add sprigs of watercress, and serve with mayonnaise, and plain beetroot in vinegar, or sliced tomatoes, to add colour.

Raw Vegetable Salad—Combine as many and as much of the following ingredients as you wish, finely grated carrots, shredded cabbage, sliced onions, chopped celery, grated or diced apples, raisins, chopped nuts.

CARROTS, PARSNIPS

It is said that parsnips always taste better after the first frost of the season.

Carrots and Parsnips—Pare, a roughly equal amount of carrots and parsnips, cut into slices, add until tender, drain well, add a sprinkling of salt and pepper, a nob of butter, and mash in a pulp. Sprinkle with parsley and serve in a hot dish.

Roasted Parsnips—Cut peeled parsnips into ¹₂ inch slices, or into wedges, par-boil, and put to cook under the roasting meat, basting occasionally with drippings. You can also cook the parsnip rings, dip them in flour and fry in pork or bacon fat, to serve with bacon or sausages.

Mixed Vegetables: Wash peel and dice a large white turnip, a small leek, turnip, 2 stalks of celery, and 2 large carrots. Put into a saucepan with a good sized nat of butter, a dash or salt, a small cupful of water, and a dash of pepper. Bring to boiling point, cover, simmer 20 minutes, remove the lid, and cook until all the water evaporates—two or three minutes. Stir in more butter, some chopped parsley, and serve.

A finely sliced loaf, or a thinly shredded onion and 2 tablespoonfuls of tomato purée could be added to the above mixture, and half a cupful of grated cheese stirred in with the parsley.

Braised Vegetables: For this you need a casserolet with a tight fitting lid, put into it 1 to 1 two oz. butter, and a large head of celery.