



MINCE PIES AND SHORTBREAD

MINCE pies have a powerful appeal for men! You must have noticed this. Even though he has already consumed a bounteous Christmas meal of roast turkey, with all the goodly accompaniments, and plum pudding with brandy sauce, a man will seldom turn a deaf ear to the suggestion: "Just one of these tiny mince pies!" They do round off the meal so nicely; and after all, one owes something to tradition! If the pies are made of a convenient size, they are splendid to take to picnics. Let us consider one or two different mince meats:

Banana Mincemeat

Half a pound of bananas, without skins, a quarter of a pound each of brown sugar, beef suet, seedless raisins, candied peel, sultanas, currants, and apples (weighed after peeling, etc.), one ounce almonds, quarter of a nutmeg, half a lemon (rind and juice), and a little almond essence. Wash, pick over, and dry the fruit, several days before. Chop everything finely, the almonds being blanched. Mix together with the bananas mashed to a pulp, add lemon juice and almond essence, mix thoroughly, put into jars and tie down air-tight.

Old-Fashioned Mincemeat

One cup each of chopped currants, raisins, apples and suet, one lemon (juice and rind), one ounce chopped peel, one ounce of chopped almonds, a little nutmeg and spice, and a cup of brown sugar. Mix with a little brandy or rum, and keep in air-tight jars.

Christmas Mincemeat (Special)

One pound of suet, two pounds of apples, three-quarters to a pound of light brown sugar or raw sugar, good pinch cayenne pepper, one teaspoon grated nutmeg, one teaspoon almond flavouring, half a teaspoon rum flavouring, half a teaspoon vanilla flavouring, half a teaspoon of salt, two pounds of currants, one pound of sultanas, one pound of raisins, quarter pound of lemon peel, quarter pound of orange peel, half a pound of dried apricots, half a pound of prunes, half a pound of preserved ginger, grated rind of one lemon, grated rind of half an orange, quarter pound of blanched almonds, one cup brandy or half a cup of rum is an improvement but not essential. Mincemeat is improved if made several weeks or months before being used. Stone the prunes, grate the suet, grate the apples without peeling. Chop the almonds and raisins. Mince the apricots. Chop or grate the lemon peel, and orange peel. Mix all the ingredients well together. Put into a large preserving bottle. Stand till ready to use.

Digestible Mincemeat

Some unfortunate people find that mince pies give them indigestion on account of the suet. In order, therefore, that such people may not be altogether deprived of this Christmas joy, make a little of this mixture: One cupful raisins, chopped or minced, one cup-

Ten Little Mince Pies

(Tune—Ten Little Nigger Boys)

Ten tempting mince pies, golden crust ashine,
Mum just had to try one, then there were nine.

Nine noble mince pies, sitting on a plate,
Sister's young man took one, and then there were eight.

Eight lovely mince pies, like a glimpse of heaven,
Bobby sneaked the biggest one, then there were seven.

Seven saucy mince pies, up to any tricks,
One gave grandpa awful dreams, then there were six.

Six spicy mince pies see Aunt Jane arrive,
One gave her a "happy thought," then there were five.

Five sugared mince pies, one fell on the floor,
Fido made short work of that, then there were four.

Four fancy mince pies, left out after tea,
A mouse crept out and sampled one, then there were three.

Three thoughtful mince pies heard a great to-do,
Big brother came in late one night, then there were two.

Two drooping mince pies, feeling rather "done,"
Father saw his chance at last, and then there was one.

One lonely mince pie, but trust our little son,
Bobby helped himself again, and then there was none.

"Scotch Heather"

ful of sugar, one cupful of buttermilk, or sour milk, one egg, beaten, and spice to taste. Mix well together. Or this one: half a pound of raisins, chopped or minced, three ounces mixed peel (also chopped), one ounce of butter (melted), one tablespoon of mixed spice, two tablespoons golden syrup and three ounces of sugar. Mix all well together.

Lemon Mincemeat

Six lemons, two pounds of sugar, half a pound of candied peel, one pound each of beef suet and raisins, half a pound of currants, three apples, finely chopped, and two tablespoons of orange marmalade. Chop raisins, currants, and candied peel, and mince or shred finely the suet. Mix all together, squeeze the juice of the lemons over, and add the grated rind. Add a wineglass of brandy if desired, and put into air-tight bottles.

Cooked Mincemeat

Two pounds suet, two and a half pounds raisins, two pounds apples, one and a half pounds currants, two pounds sugar, quarter pound candied peel, one and a half ounces sweet almonds, one teaspoon mixed spice, three lemons (rind and juice), one pint of brandy, and, if possible, half a pint of home-made wine. Mix all thoroughly after mincing, put in a large jar, stand in pan of boiling water, and cook for several hours. This will keep well.

Shortbread For Christmas

WHAT a comfortable sense of security a housewife derives from the knowledge that she has a couple of tins of good shortbread put away in case of unexpected visitors or unforeseen demands. Shortbread is very satisfying, too, and a general favourite. I brought back these real Scottish recipes with me last year. The first one I picked up at the Glasgow Exhibition.

Glasgow Shortbread

One pound of flour, or three-quarters pound of flour and quarter of a pound of rice flour, quarter of a pound of sugar (sifted), and half a pound of butter. Mix flour and sugar together in a bowl or on a board. Put in the butter and work flour and sugar into this with hands, kneading it well. After all the flour is worked in, knead the whole for a little, then shape into a cake. Pinch the edges and prick the top with a fork. Place the cake on a greased tin and bake in a slow oven for three-quarters of an hour. Allow to cool a little before removing from the tin. Shortbread may also be rolled out and cut into fingers or fancy shapes.

Shortbread (With Cornflour)

This recipe makes a substantial quantity, which is really economical, as one baking lasts a long time. It came from the Women's Rural Institute at Cross-house, in Scotland.

Three and a half pounds of flour, two pounds of butter, one egg, half a pound of cornflour, one pound of granulated sugar, and one dessertspoonful of cream. Mix plain flour and cornflour together. Work butter and sugar, then add egg and cream and work in flour in the usual way.

FROM THE MAIL BAG

Washing Woollies

Dear Aunt Daisy,

You were talking the other morning about washing babies' woollies. Well, I have a wee girlie about three years old, besides twin boys four months old, and they are always dressed in hand-knitted woollies. I wash these in a good soap powder, and rinse them in two lots of clean water of the same temperature, without using any blue. I then lift a mat, and put down, first a newspaper, then a towel, and next comes the wee singlet or romper. I pull it into shape as well as I can, and lay another towel on top; then more newspaper, and finally the mat. Next day I throw a towel over the line, and air the "woollie" on it. By doing this, the white garments do not go yellow. I still have the shawl my wee girl had, and it is not at all yellow. I hope this may be of some use to you.

I am enclosing two recipes. The marmalade is wonderful. It is a recipe used by a Scottish lady who used to put hers in Shows, and was very lucky indeed. I hope you will try some yourself, Aunt Daisy.—"Another Morning Listener" (Sumner).

GOOD DUNDEE MARMALADE: Three pounds of sweet oranges, two lemons, twelve large cups of water, and nine pounds of sugar. Slice the fruit finely (I mince mine), and put it into a basin, and add the water. Steep for twenty-four hours; then boil for twenty minutes. Steep again for twenty-four hours; then add sugar and boil for twenty minutes. I bottle while it is still hot.

MEAT PASTE. (This is ideal for sandwiches): One pound of beef-steak, quarter of a pound of butter, quarter of a teaspoon of nutmeg, one small teaspoon of salt, two tablespoons of Anchovy Sauce, one small teaspoon of pepper. Put all in a basin, and steam. When it is cooked, put through the mincer, and add the gravy.

Many thanks for a most useful letter. It is very good of you to take so much trouble. The true "Daisy Chain" spirit!

Sore Hands

Dear Aunt Daisy,

This morning I heard you talking of sore hands and their cure. This recipe never fails, and I have even known it to cure the worst broken chilblains it is possible to imagine. Procure some marsh-mallow leaves; barely cover them with water, and simmer with a lid on the pot until the colour is extracted from the leaves. Then mix this liquid with pure lard to an ointment. Hoping this will help someone, Yours sincerely, —"Aramoho."

Very many thanks. An old-fashioned cure, and an excellent one.

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