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HANSELL'S
"CLOUDY" FOOD
FLAVOURINGS
for strength



OYSTERS

SELDOM do we find an article of food equally high in nourishment and in popularity. Liver, for instance, is very good for us, but it is often disliked, or only tolerated; eels are high in food value, but far from popular; while, on the other hand, rich pastries and cakes are in very great demand (in peacetime), though not particularly good for us. Oysters, however, are really tops from both points of view. Their only drawback is their expensiveness. They are an excellent source of protein, comparing favourably with meat and eggs. They contain some carbohydrate; are a splendid source of iron, copper, manganese and iodine, and of vitamins A and D; and they have appreciable amounts of thiamin, riboflavin, and vitamin C. Because of the high iron and copper content, they stimulate the regeneration of the red blood cells, and so are valuable in a diet for anaemia.

People often ask if oysters are harmful to eat during the months when they are not "in season." No, it is not for that reason they are restricted, but because it is the spawning season; and also because they are perishable, and, before modern refrigeration methods were available, it was difficult to transport them during hot weather.

Buttered Oysters

One dozen oysters, 1 dessertspoon butter. Scald oysters in their own liquor, then strain and beard them. Heat the butter, drop in the prepared oysters and cook for one or two minutes. Add cayenne to taste. Serve on a hot plate with fingers of crisp toast, or thin bread and butter.

Oyster and Potato Cakes

Two breakfast cups of freshly-opened oysters, 1 egg yolk, 1 tablespoon minced parsley, 3 cups well-seasoned mashed potatoes, few grains nutmeg. Chop the oysters after draining from the liquor. Add to the potato with the other ingredients. Form into thin flat cakes. Dip in flour, and brown in vegetable oil or meat fat. Mix the oyster liquor with additional milk and make a white sauce to serve with them.

Escalloped Oysters with Tomatoes

Two breakfast cups of freshly-opened oysters, 2 cups soft breadcrumbs, ½ teaspoon salt, ¼ teaspoon pepper, 3 tablespoons melted butter, 2 large tomatoes, 1-3rd cup dry breadcrumbs, 1 tablespoon butter or fat additional. Wash each oyster separately. Be sure all shell is removed. Oil a shallow baking dish. Mix the breadcrumbs with the salt and pepper and the 3 tablespoons of melted butter and arrange a layer in the dish. Cover with a layer of the oysters. If very large, these may be halved. Put on another thin layer of crumbs, then another layer of oysters and sprinkle a few crumbs over the top. Over this place a tomato sliced quite thin. Sprinkle lightly with salt and cover with the fine dry crumbs and the remaining tablespoon of

butter. Bake 30 to 35 minutes in a moderate oven. This recipe is equally good without the tomatoes.

Baked Oysters on the Half Shell

Place in a large baking pan the desired number of oysters on the half shell, and sprinkle liberally with breadcrumbs. Add a tiny speck of salt to each, and sprinkle with paprika. Put a dab of butter on top and bake in a hot oven for 10 minutes.

Oyster Surprises

To 2 cups mashed potatoes add 2 tablespoons top-milk, 1 tablespoon butter, ¼ teaspoon salt, a little pepper and grated nutmeg, 1 tablespoon chopped parsley. Whip all together till very light. Form into oval pats, tuck two oysters in each pat. Dip in beaten egg, roll in crumbs, arrange on a greased baking dish, and bake in hot oven until brown, basting twice with melted butter.

Oyster Soup

Two dozen fresh oysters, bearded and cut in half, and their liquor; 1½ oz. butter, 1½ oz. flour, ¾-pint milk, 1 dessertspoon chopped parsley, pepper and salt. Melt the butter, add the flour, stir till smooth, cooking a little. Add the hot milk gradually, and the oyster liquor, stirring well. Cook till it thickens. Then put in oysters, pepper and salt to taste. Do not cook any longer, only allow oysters to heat through on very low heat. Add chopped parsley and serve.

FROM THE MAILBAG

Fat for Cooking

Dear Aunt Daisy,

I wonder if you would remind people how to prepare fat for cooking. To our surprise we have found many people do not know. The butcher receives our surplus with joy, and sniffs it with appreciation (but he pays us just the same as anyone else).

Boil up the dripping from mutton and beef, in a pot, for 10 minutes, with about the same quantity of water, to sweeten and clarify it. Pour into a bowl to set. Remove the fat and scrape off any sediment gathered beneath. This is good to use, but, if you have some butter, warm up the fat till it melts (do NOT let it get VERY hot) and then put in the butter. Remove from stove and stir occasionally till it begins to set again. This is splendid for making cakes and biscuits and short pastry. Instead of butter the fat from fowls may be used. A Scots friend told me this is for the finest cakes. It may be clarified in the usual way, and, if boiled sufficiently, even that from stuffed fowls will lose any smell of onions, etc. This looks like yellow oil, and (if clarified) will keep indefinitely. Add a little to your mutton fat, to soften it, and, even if you have no beef dripping on hand, this is a good mixture. What makes fat disliked for baking is that it is not sufficiently clarified. It may be necessary to boil up twice.—*"Barbara," Waverley.*