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MORE UNRATED MEAT RECIPES

LAST week I gave you suggestions for using sausage-meat and kidneys. Now we come to the cooking of liver, which forms the basis of many tasty dishes. It is also widely prescribed for anaemic people, because it is so rich in iron, as well as being a valuable source of vitamin B. It loses in food-value if it is overcooked—in fact, there was a vogue some years ago for giving anaemic people sandwiches of raw minced liver just flavoured with tomato juice or pulp. However, here are some really palatable suggestions:

Liver and Bacon

When frying liver and bacon, fry the bacon first and keep it very hot; or fry the liver and grill the bacon at the same time. Don't have the liver cut in very thin slices—thicker chunky bits cook better. Dip them into seasoned flour, and work the flour into the liver with the fingers, so that there is a real covering which does not shake off. It is a very good idea to use a thick saucepan instead of a frying pan, because then you avoid any splashing of fat on to the stove. The fat needs to be about ½ to ¾-inch deep, because the liver absorbs some. It must be smoking hot. Do NOT turn the liver with a fork—thus pricking it and letting out the juice; use a spoon; and cook till brown on both sides—about three to five minutes. The secret of cooking liver is the hot fat, the well-floured surface, the short time, and not pricking with a fork. Serve with a green vegetable and jacket potatoes.

Another Way

An Auckland Link in the Daisy Chain says first, pour boiling water over the fairly thick slices of liver, and let them stand for a few minutes. Then dry each piece with a cloth. Have ready two plates, one holding a little milk, and the other a cup of flour sifted with a pinch of salt and a small teaspoon of baking powder. Have also the very hot fat ready in frying pan (or saucepan). Dip the rashers of bacon first into the milk, then in the prepared flour, and fry and keep hot while doing the same thing with the pieces of liver. Turn without sticking a fork in, and cook only 2 or 3 minutes on each side. Pour off the fat from the pan, and make gravy with a little beef or vegetable extract.

Baked Liver (Whole)

Wash a liver thoroughly and wipe dry. Cut a long deep hole in the side, and fill with a good stuffing made with breadcrumbs, chopped bacon and onions, pepper and salt to taste, a little butter or bacon fat, and a beaten egg to bind all, or milk if no egg available. Tie up the liver, spread well with dripping and bake about an hour in a good oven, basting frequently. A piece of butter paper should be placed over the liver at first, to prevent the outside getting dry and hard. Remove the butter

paper when half cooked. Serve with good gravy, and currant jelly or quince honey.

Poor Man's Goose

(1) This is the traditional Gloucestershire method, using heart as well as liver, and no stuffing. Peel and parboil 2lb. of potatoes, and slice them thinly. Wash a sheep's heart and liver, dry thoroughly, and cut in thick slices. Peel and chop 2 onions. Grease a casserole and put in alternate layers of potatoes and meat, sprinkling each layer with onions and a seasoning of salt and pepper, and powdered or chopped sage. Put the lid on the casserole (in olden times they used a piedish and covered the dish with greased paper) and bake in a moderate oven for 1½ to 2 hours. Bacon may be used as an additional flavouring for this dish. Serve with plenty of apple sauce, and a green vegetable or raw green salad.

(2) Slice a sheep's liver and pour hot water over. Make a good stuffing with breadcrumbs or soaked stale bread squeezed dry, chopped onion, chopped sage (or powdered), pepper and salt to taste. Grease a piedish or casserole. Put a good layer of stuffing in first, cover with a layer of sliced raw apple, then put a layer of liver, sprinkled with chopped bacon, and then a layer of sliced parboiled potatoes. Repeat whole process, layers of stuffing, apple, liver, bacon and potato, until the dish is full. There should be three complete lots at least. The apple takes the place of apple sauce. Bake and serve as in No. 1.

Liver Puffs (Lancashire)

This is a traditional recipe and makes a very tasty change. Half a pound of liver, 6oz. macaroni, 2 tablespoons flour, 1oz. butter or fat, 3 or 4 eggs, 1 breakfast cup of milk, 2 tablespoons of chopped parsley. Parboil the liver, and boil the macaroni in salted water for 20 minutes. Then mince or chop both finely. Make a sauce by melting the butter, stir in the flour, and when brown add the milk, stirring till it thickens. Then add the liver and macaroni and parsley. When heated through, add the well-beaten eggs. Then drop large spoonfuls of mixture into boiling fat. They will puff up and be very light.

Finland Liver Pie

This uses rice, so few people will be able to follow the recipe exactly; but I would like to try it with cooked macaroni instead—chopping it small. Anyhow, you can keep the recipe for use later on. Have some calf's liver minced up finely, and an equal quantity of boiled rice (shall we try macaroni or spaghetti?). Add pepper and salt to taste and some raisins or sultanas; and with hot milk make all into a light paste. Put into greased piedish, and bake in moderate oven. Serve with melted butter.