



STRAWBERRIES

IT is a good season for strawberries this year. Here are some suggestions for serving them now and for preserving them for later on. Actually it seems a pity to try to "glorify" them in any way, for fresh strawberries and plain cream (not ice-cream) are surely an ideal dish. However, strawberry shortcake is a lovely dessert—and ekes out the berries, too.

Strawberry Shortcake

This is really extravagant; you will have to save the top-milk from several bottles to get the cream. For the butter you can use half cod-fat and half butter.

To prepare the berries: Cut strawberries in half. Prepare a syrup by boiling together 2 cups sugar and $\frac{1}{2}$ cup water for 4 minutes. Cool and pour over berries. When the shortcake is cooked, lift the berries out and place between and on top of cake. Serve the syrup with each portion of shortcake as dessert. You may colour this syrup with red colouring, and add strawberry essence to taste, before serving. The syrup may be made with honey instead of sugar— $\frac{1}{2}$ cups honey to $\frac{1}{2}$ cup water, boiled as above.

The Shortcake: Sift together 2 cups flour; $\frac{3}{4}$ teaspoon salt; 2 teaspoons baking powder. Rub in lightly 2 tablespoonfuls butter. Add 1 cup top-milk (light cream) and mix (with a knife or fork) to a soft dough. Turn on to floured board, knead just slightly, and divide into 2 parts. Pat out each half into a round shape $\frac{1}{2}$ inch thick, lay one piece on greased oven slide, brush over with a little soft butter, and place the other half on top. Bake in hot oven approximately 15 to 20 minutes. Then place on hot serving-plate, remove top half, spread with a little soft butter, and then a generous layer of prepared berries. Sift icing sugar over, replace the top half, cover it also with berries, sift icing sugar over. You are now supposed to cover with whipped cream flavoured with orange essence and sweetened a little; but even without this final extravagance you have a lovely party dessert.

Strawberry Dainty

Make your favourite sponge-cake—two layers. Make up a strawberry jelly, and when setting, whip up with egg-beater to make it fluffy. When quite cold and set, put the jelly between the layers as a filling, adding a few mashed strawberries. Now cut out a big circle from the top layer of sponge, and fill up the cavity with strawberries mashed with castor sugar. Spread with whipped

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the salt dries, the evaporation of the water takes place from the surface, some of the iodide therefore getting removed from the salt. This process of leaching may cause considerable loss of the iodide. The housewife is advised to avoid this loss by turning out her salt into glass jars with lids. If any of her preserving jars have been cracked, they can still serve this useful purpose.

cream (you can get quite enough from 3 milk-bottles) and arrange a few whole strawberries for decoration.

Strawberry Dessert Cake (American)

Sprinkle $\frac{1}{2}$ cup sugar over 4 cups sliced fresh strawberries and let stand an hour or two. Meanwhile, sift together 2 cups flour, 2 good teaspoons baking powder, 6 tablespoons sugar and $\frac{3}{4}$ teaspoon salt. Blend in third of a cup shortening with tips of fingers, and mix all with 1 large egg, beaten, and added to two-thirds of cup milk. Spread this mixture in a greased pan or meat-dish (should be $1\frac{1}{2}$ inch deep pan). Now spoon the prepared berries and juice over top of the mixture. Blend together quarter cup softened butter, quarter cup sugar and 3 tablespoons flour. Drop this mixture by spoonfuls over the strawberries. Bake 35 to 40 minutes (approximately) in moderate oven (about 400 degrees or regulo 6). Serve warm with cream.

Strawberry Pavlova

Make the Pavlova by whipping up, in a DRY basin, 3 egg-whites, adding gradually 2 tablespoons sugar to each white. When very stiff (will hold its shape) pipe it out—through a cone shaped from greaseproof paper—into an oval shape high at the sides, so that it forms a kind of shallow dish. You can just arrange it with a spoon instead of piping it, if you wish. Many people like to set it on greaseproof paper, either dry or wetted with cold water. Put in oven at 250 degrees and turn off heat. Leave till cold, without opening door. A pinch of alum added to the beaten mixture makes it dryer. Fill the Pavlova with hulled strawberries, which may have been soaked in sherry if for a special occasion, but are just as lovely in their own freshness, and sprinkled with castor sugar. Serve this on a pretty dish, with strawberry leaves arranged all round.

Strawberry Pie

This is absolutely marvellous. Hull the strawberries and sprinkle with castor sugar—enough to fill an ordinary, fairly deep, pie-dish. Some people think a dash of cinnamon improves this—only $\frac{1}{2}$ teaspoon cinnamon to a cup of castor sugar. Add a squeeze of lemon-juice. Cover with a rich pie-crust, slash across once or twice, and bake as usual. Raspberries also make a lovely pie, or raspberries and red-currants together, or raspberries and loganberries.

Strawberry Jam

Heat the berries and the sugar (equal quantities) in oven until almost too hot to bear the hand in. Then take out and stir together for 5 minutes (by the clock). Leave to stand for 15 minutes then stir again for 5 minutes. Leave again for 15 minutes and then stir for 5 minutes, pot and seal. Thus the fruit and sugar have 15 minutes actual stirring, with two intervals.



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