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STRAND BAG COMPANY LTD. — CHRISTCHURCH. JUNE, 1948.

BEST FOR COOKING

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In "Coarse" and "Fine," in 3lb. cartons and 7lb. bags. Hygienically prepared from selected wheat in the VI-MAX factory of D. H. Brown and Son Ltd., Moorhouse Ave., Chch.



BEST FOR BREAKFAST



SAVING MEAT COUPONS

HERE are some further ideas for serving tasty dinners without using any more meat coupons, by utilising and "stretching" left-overs, as well as the unrationed meats.

Shirley Fritters

These are surprisingly good and make quite a good meal for three people with only $\frac{1}{2}$ cup of minced cooked meat. Any scraps of cold cooked meat which appear hardly worth saving can be put together for this—tiny bits of mutton and beef (fresh or corned), scraps of fowl or bacon or kidney. One cup flour; $1\frac{1}{2}$ teaspoons baking powder; $\frac{1}{2}$ teaspoon salt; 1 well-beaten egg; $\frac{1}{2}$ cup milk; half-cup of cold minced meat; 2 teaspoons chopped parsley; 1 dessert-spoon grated onion; pinch of mixed herbs if liked. Sift flour, baking powder and salt. Add the milk to the beaten egg and mix with the flour, etc. Then add the other ingredients. Fry in dessert-spoon-lots in fairly deep hot fat, only about 2 minutes each side. Serve with baked tomatoes, green vegetables and jacket potatoes. Do not alter the proportions. Scraps of cold lamb are especially nice for these.

Tongue Casserole

Boil sheep's tongues till they will peel easily. Trim off bases and slit in half lengthwise. Grease a casserole, sprinkle with breadcrumbs, chopped parsley, a little thyme, pepper and salt to taste. Put in a layer of tongue and four slices of lean bacon; then remainder of tongue. Pour 1 cup of milk over, and cover with breadcrumbs and parsley. Cook slowly in moderate oven for 1 hour. Remove lid, spread good layer of mashed potatoes on top and cook again till nicely browned.

Toad-in-the-Hole

Prick a pound of sausages, pork or beef, put into saucepan with cold water and bring to the boil. Simmer very gently for five minutes. Take out, remove skin, cut into half lengthwise then again sideways. Make a light batter with 4oz. flour sifted with $\frac{1}{2}$ teaspoon baking powder and a teaspoon of salt. Make a well in the middle of the flour, and drop in a whole egg. Stir it gradually into the flour, then add about $\frac{1}{2}$ pint milk gradually, stirring to form a smooth batter. Then beat hard to introduce as much air as possible. Put about 1oz. to $1\frac{1}{2}$ oz. of good beef dripping into an oven-dish, and put into oven till the fat is smoking hot. Then pour in the batter, and distribute the pieces of sausage in it. Return quickly to oven and cook about 40 to 45 minutes.

Liver and Onions

Cut the liver into thick slices or chunky pieces so that they will be juicy when cooked; and do not cook too long—3 to 5 minutes, according to size and thickness. Dip the pieces into seasoned flour, working in a real coating with the fingers. It is a good idea to use a deep saucepan instead of a frying

pan, to avoid splashing the stove. Have the fat smoking hot and about $\frac{1}{2}$ inch deep. Put in the liver and cook gently on each side, turning with a spoon, because sticking a fork in will let the juice escape. Serve it very hot. Cook the onion rings at the same time in a separate deep pan of deep smoking-hot clean fat. They are cooked in 3 to 4 minutes. Cut big onions into thick

MUSHROOM MOUTHFULS

Fry $\frac{1}{2}$ lb. mushrooms in butter or bacon-fat. Then chop very fine and mix with 2 tablespoons of breadcrumbs already moistened with top milk; season with pepper and salt, cayenne and a dash of grated cheese. Have ready some half-rashers of bacon. Spread these with the mushroom mixture, roll up neatly and fasten with tiny wooden skewers. Flour them slightly and fry in hot butter (or good fat). Serve on fried bread or toast.

slices and separate into rings with the fingers. Dip these first into milk, then into flour. Shake off surplus flour and drop them into the deep fat. Remove with perforated spoon and drain on crumpled paper. Fry the bacon (or grill). Serve very hot, on hot plates, with mashed potatoes sprinkled with chopped parsley, and a green vegetable. The bacon slices may also be dipped first in milk and then in flour and fried in the pan after the liver, if desired. The secret of good fried liver is the fair thickness, the well-floured surface, the hot fat, and the short time of cooking, as well as the turning with a spoon instead of sticking in a fork.

Corned Beef Hash

This is a very tasty dish, served with any green vegetable, and apple sauce. Remove skin and gristle from cooked corned beef; then dice. Add an equal quantity of cold boiled, chopped potatoes, not mashed. Season with salt and pepper, moisten with good top milk, mix well, and spread evenly in hot buttered frying pan. Place over low heat to brown underneath. May be turned carefully and browned on other side; or simply cut out in individual portions, and put browned side upwards on hot plates.

Ham Loaf (Hollywood)

Two cups minced cooked ham; 1 cup breadcrumbs; $\frac{1}{2}$ cup milk; 1 cup cold water; 1 sliced onion; 1 teaspoon salt; 2 eggs; 2 teaspoons dry mustard; $\frac{1}{4}$ teaspoon pepper; 1 teaspoon butter. Mix together well. Mould into a loaf, bake in moderate oven 350 degrees about 1 hour. Sprinkle top with brown sugar, and stud with a few whole cloves before baking.

Devon Pie

At bottom of deep pie-dish put a layer of thinly sliced lamb's liver. Cover with layers of thinly sliced raw onion, raw potato, and bacon. Repeat the