

Fagged out -

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HE is not lazy, disinterested or stupid. He is just one of those children who cannot find the energy to outlast the day. There is a reason, and it will usually be found in the child's diet. Some children need more of certain food elements than others to maintain their strength, energy and awareness. That is why it is always a good plan to include 'Ovaltine' in the daily dietary and to give all children facilities for adding 'Ovaltine' to their milk at school.

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MEATLESS DAY MEALS

WE all know that it is necessary to save as much meat as possible in accordance with our campaign for Aid to Britain. Thousands of vegetarians will testify to the goodness of meatless meals; and their physical and mental strength and vigour show the soundness of their principles. Perhaps some of these will send to us a few tasty original recipes. In the meantime, here are some suggestions—for we could all try one day a week to begin with. It is amazing what a lot of meat could be saved by even 1000 meat-eating families observing one meatless day a week.

Mock Duck

This recipe came in April from a Link in the Daisy Chain. Soak 1lb. lentils overnight and boil until tender. Drain and allow to dry. Soak 4 slices of stale bread in boiling water, squeeze well and add a finely chopped onion, pepper and salt to taste, herbs to taste (parsley, sage, etc.), and one beaten egg, to make a tasty stuffing. Butter (or grease) a pie-dish, spread a layer of lentils, then a layer of the stuffing, then 2 hard-boiled eggs chopped up. Now another layer each of lentils and seasoning and put a layer of lentils on top. Dot over with small pieces of butter (or dripping) and bake golden brown. Serve either hot or cold, cut in slices. Nice with green vegetables, and baked jacket potatoes split open and the inside forced up a little and a dab of butter put on and forked in, then a sprinkle of chopped parsley.

Mock Goose

About 2lb. potatoes; 4 or 5oz. grated cheese; 2 or 3 large cooking apples; a flat teaspoon dried sage or some fresh sage leaves cut up; 1½ breakfastcups of vegetable water or any good stock; 1½ tablespoons flour; pepper and salt to taste. Peel potatoes very thinly (or even just scrub them) and put a good layer of the sliced raw potatoes in a greased pie-dish or casserole. Next place a layer of sliced apple, a sprinkling of sage, pepper and salt, and a good layer of grated cheese. Repeat all the layers having potatoes on top. Pour in half the stock, cover, and cook in moderate oven for nearly an hour, till potatoes are soft. Then add the remainder of the stock into which has been blended the flour, sprinkle with more cheese, and bake uncovered, for another 15 minutes. Serve with a green vegetable and boiled leeks.

Lima Bean Mould

Soak sufficient lima beans in cold water overnight. Cook in the same water till tender. Rub through coarse sieve, forming 2 cups of thick puree. Melt 2 tablespoons of fat, add 2 tablespoons of chopped onion and cook till yellow. Add 1½ tablespoons of flour, stir until smooth, then add ½ cup milk. Stir constantly until creamy; add the pureed limas, 1 beaten egg, ½ cup chopped walnuts (or peanuts), ¼ teaspoon pepper, and ½ teaspoon salt.

Pack into greased individual moulds (small cups) or one big mould. Stand in a pan of hot water and bake at 350 degrees for about 20 minutes, or until set. Turn out and serve with tomato sauce made by stewing tomatoes with very little water and sieving them; flavour with a little sugar and nutmeg.

Pease Pudding

One pound of split peas; 1 stalk celery; 1 leek; 2 onions; parsley; fresh herbs; 1 teaspoon salt (about). Wash and soak peas overnight. Tie loosely in a cloth and simmer slowly for 2 hours. Chop the onion, celery and leek into

QUINCE JAM

Seven pounds quinces; 4½ pints water; 9lb. sugar. Wipe quinces put in whole and unpeeled with 4½ pints of water. Boil till quite soft, then take off and measure juice and make up to 4½ pints add half the sugar and bring to boil. When half cooked add the other 4½lb. of sugar, stir thoroughly till dissolved and boil till the jam is bright red colour and will set when tested. This is very little trouble and pips and all boil down beautifully.

small dice and brown them in butter or oil until they are tender. Add the peas, salt, parsley and herbs, and mix well together. Put into a casserole and bake slowly in the oven for an hour. Serve with tomato sauce, with vegetables.

Wrapped Marrow

Peel a good-sized marrow; cut a wedge-shaped piece out of the side and clean out the seeds. Make any favourite stuffing, using breadcrumbs, chopped grated onion, chopped parsley, a little mixed herbs, salt and pepper, a small piece of butter, and, if possible, a beaten egg to bind all together. Fill the marrow with this through the cavity, replace the wedge-shaped piece of marrow, and wrap the whole marrow in a pastry crust. Use short pastry or potato pastry, not flaky. Put it in a baking dish with about ½lb. of fat. Bake about an hour or so, basting occasionally with the fat. Serve with steamed spinach or cabbage, and jacket potatoes.

Salmon Omelette

This makes a substantial meal. I'll give the big one (5 eggs!) and you can adapt it to your possibilities. 5 eggs; ½lb. tinned salmon; 5 tablespoons boiling water; 1 teaspoon salt and a shake of pepper; 2 tablespoons butter or margarine. Separate the eggs. Beat the yolks till lemon-coloured and the whites till stiff. Flake the salmon up finely. Add it to the yolks. Stir in the boiling water, pepper and salt. Fold all lightly into the beaten egg-whites. Melt the 2 tablespoons butter in a heavy frying pan, turn in the omelette mixture and cook slowly, lifting occasionally around the edges until brown underneath and firm throughout. Serve plain or with tomato sauce.

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