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## EAT MORE CHEESE

**W**E certainly get our money's worth when we buy a pound of cheese. We get the protein and fat of a whole gallon of milk, as well as a considerable amount of calcium and other minerals. Being such a concentrated food, it stands to reason that it should be served with a bulky material like green salads of all kinds, which may include fruit. Processed cheese, which is sold in half-pound packets, is easily digested, very nourishing and excellent for cooking because it melts easily. It need not even be grated—just thinly sliced and added to the sauce. A half-pound is equal in protein value to 1 1/4 lb. of best lean rump steak.

### Yorkshire Rarebit

This is a traditional recipe. The quantities are for two people. Four ounces of cheese, 1/2 oz. butter, 3 tablespoons milk, a little vinegar, mustard and pepper, 2 slices of buttered toast and 2 poached eggs. Cut the cheese into small pieces and put into small saucepan with the mustard made with the milk, a few drops of vinegar and pepper to taste. Stir and cook gently until the mixture resembles thick cream. Meanwhile, prepare 2 slices of buttered toast, and pour some of the cheese preparation over each piece. Place a poached egg on top of the cheese and serve very hot. If served with crisp lettuce on a separate plate, a very hearty meal!

### Monkey Rarebit

This is an American recipe for six people. Two cups of soft breadcrumbs; 2 cups of milk; 1 lb. (or 4 cups) or grated or sliced processed cheese; 2 teaspoons of thick sauce or chutney; 1/2 teaspoon mustard either mixed or dry; 3/4 teaspoon salt; 1-8 teaspoon pepper, and 6 slices of toast. Soak the breadcrumbs and milk in the top of a double boiler for five minutes. Add the cheese and seasoning, and cook over boiling water, stirring occasionally, until the cheese is melted. Divide over the six pieces of toast. This also should be served with a green salad on a separate plate.

### Welsh Rarebit

This may be served on ordinary toast; or on toasted currant-bread (or buns cut in halves) with slices of tongue laid upon them. In this case just put them under the grill, or on the top shelf of hot oven, for a few minutes, to brown; and serve at once. One tablespoon of butter, 1/2 lb. of sliced processed cheese or grated ordinary cheese, 1/2 cup of top milk, 1/2 teaspoon dry mustard, 1/4 teaspoon salt, 2 teaspoons thick sauce (or chutney); 1 egg slightly beaten, and toast. Melt the butter in a double saucepan over boiling water. Stir in the cheese, and when it begins to melt, stir in the milk, about 1-3rd at a time. Add seasonings and continue to stir until all the cheese is melted. Then add the egg, and stir until thoroughly blended.

### Cheese-Salmon Timbales

These are baked in individual cups—even handle-less cups or tiny pie-dishes would do, or the mixture could be

cooked in one big pie-dish. Then they are turned out, or *unmoulded*, and served with the cheese-sauce. Flake and bone a one-pound tin of salmon. Mix it with a cup of soft breadcrumbs, 1/4 cup of milk, 2 tablespoons melted butter, a tablespoon of chopped onion, 2 beaten eggs, and pepper and salt to taste. Bake in moderate oven for about half an hour. Here is the sauce: Melt an ounce of processed cheese, in a double boiler, add 1-3rd cup of milk, stirring until very smooth. Serve with mashed potatoes topped with green peas.

### Cheese Busters

Equal parts of flour, wholemeal, and grated cheese; a pinch of salt. Rub in cheese with fingers, and mix with cold water. Roll very thin, cut into shapes, bake in slow oven till pale brown.

### Cheese Pudding

This recipe is sent by "Mrs. Nico-tinus," who advises eating the pudding with cooked celery. Put layers of thin

### DATE LOAF DE LUXE

Put in a saucepan the following:

3/4 teacup sugar; 1 teacup dates; 1 tablespoon butter or substitute; 1 teacup baking soda. Bring to the boil stirring all the time. Take off fire and beat a little. Add one beaten egg, 1/2 teaspoon salt, 1/2 teaspoon vanilla, and 2 teacups of flour in which is sifted 1 teaspoon baking powder. Bake in a loaf-pan or cake-tin; moderate oven, approximately 15 to 20 minutes. Regulo 5 or 370 degrees.

slices of bread and butter, sprinkled with plenty of grated cheese, in a dish. Cover with a custard of 2 eggs and 1 1/2 breakfast cups milk; salt and pepper to taste. Bake. Cut the celery in short pieces about 5 inches long. Tie in little bundles. Cook in butter, in a covered casserole in the oven.

### Cheese Fondue

An American Link in the Daisy Chain sent me this. One cup each stale bread-crumbs, thinly sliced processed cheese and milk; 2 eggs; 1 tablespoon butter; 1/2 teaspoon salt; 1-8 teaspoon each of mustard and paprika. Beat the eggs well, then add milk, and all seasonings, and beat again. Melt butter and add to beaten mixture. Butter a pudding dish and place layers of breadcrumbs and cheese until dish is full, then pour mixture over, and bake in moderate oven (350 degrees) till firm and lightly browned. This is a great favourite, and is a good stand-by for unexpected guests.

### FROM THE MAILBAG

#### Pressing Trousers

Dear Aunt Daisy,

In a recent *Listener* I read where "Housewife, of Palmerston North," was unable to obtain a good crease in her hubby's trousers. Here is a dressmaker's way of getting good knife edges: Have a heavy block of wood say about 4 x 4 and 12 inches long. Pad this with a thick

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