



COOL DESSERTS FOR SUMMER DAYS

EVEN though one may not be fortunate enough to possess a refrigerator, with the help of which to make ice cream and frozen puddings, yet there are plenty of delicious and easily made dishes for the "sweets" course, which one can make and "set" overnight—or even in the early morning, if one gets up early, and has a cool safe which stands in a good draught. For instance, one can make:

Strawberry Bavarian Cream

Soak two tablespoons of gelatine in quarter of a cup of cold water, and then dissolve it in half a cup of boiling fruit juice. Cool this, and add a little sugar, according to taste. Then add two cups of crushed fresh strawberries, and place in a cold place to chill, stirring occasionally. When the mixture begins to thicken, fold in nearly a pint of cream, whipped stiff. Turn the whole into a mould (rinsed out with cold water) and leave until set. When serving, turn the mould out upon a pretty dish, and garnish with whole strawberries, and some whipped cream.

Strawberry Dainty

Make a sponge with three eggs, a pinch of salt, and one teacup of sugar, beaten together; sift in a cup of flour, one teaspoon of baking powder, one large tablespoon melted butter, and one tablespoon cold water. Bake in sandwich tins; dissolve three-quarters of a packet of jelly crystals in a cup of water. Pour in a plate to cool. When set, spread between the layers of sponge. Cut a circle out of the top layer about the size of a teaplate. This leaves a double rim on the outside. Mash some strawberries with a little castor sugar, place in cavity, put whipped cream on them, then a few whole strawberries; dust with castor sugar. If preferred, use your own favourite sponge recipe for the cake part.

Raspberry or Strawberry Fool

Beat up two large eggs with two ounces of sugar, and add three-quarters of a pint of warm milk. Put this mixture into a double saucepan, or a jug standing in a saucepan of boiling water, and stir until it is thick enough to coat the back of a spoon, but not curdled or set. Let this get cold, and then pour it over a pound of ripe berries, rubbed through a sieve, and mix well. A richer dish may be made by using less custard and making up the quantity with cream.

Strawberry Shortcake

This is an American specialty, and most delicious. The ingredients are, three eggs; their weight in flour, butter,

and sugar; about quarter of a teaspoon of baking powder; and some strawberries, whipped cream and lemon juice. Cream the butter and sugar, then add the well beaten eggs. Mix the baking powder with the flour and add gradually to the first mixture. Divide in two, and bake in shallow round tins. Leave till cold. Now mash some ripe strawberries, keeping the finest ones back for the top of the cake. Sprinkle the mashed portion of the fruit with sugar and a little lemon juice. Spread a layer on one half of the cake, and then place the other half on top. Spread another thin layer

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of mashed berries, cover with whipped cream, and then decorate with whole strawberries.

Chiffon Pies

These are really delicious fillings, poured into already baked pie-shells, or "flans." They are smoother and finer than the well-known "Lemon Pie" filling, which is thickened with cornflour, while "chiffon" depends on gelatine.

You can make Lemon or Orange Chiffon Pie as well as Pineapple and even Pumpkin:

Lemon Chiffon Pie

Soak one tablespoon of gelatine in quarter of a cup of cold water. Beat four egg yolks until light, and add half a cup of sugar, half a cup of lemon juice, and a teaspoon of grated lemon rind, and continue to beat. When very light, place on very low heat and cook, stirring until it is the consistency of custard. Then add the soaked gelatine, dissolve it, and let the whole get cool. When cool, add the four egg whites beaten stiff with about half a cup of sugar. Pour the whole into the already baked pie shell, and leave to chill and set. Serve with a thin layer of whipped cream.

Orange Chiffon Pie

Make just like Lemon Chiffon Pie, but instead of one half cup of lemon juice, and one teaspoon of grated lemon rind, use one half cup of orange juice, one tablespoon of grated orange rind, and one tablespoon of lemon juice.

Pineapple Chiffon Pie

This is very similar, but uses one and a-quarter cups of crushed pineapple.

Soak one level tablespoon of gelatine in quarter of a cup of cold water, for about five minutes. Beat four egg yolks slightly, and add quarter of a cup of sugar, one and a-half cups of tinned crushed pineapple, one tablespoon of lemon juice, and a pinch of salt. Cook on low heat until of the consistency of custard. Add the softened gelatine, stirring thoroughly, and cool. When the mixture begins to thicken, fold in the four stiffly-beaten egg whites, to which has been added another quarter of a cup of sugar. Fill the baked pie shell, and chill. Just before serving, spread over the pie a layer of whipped cream.

Pumpkin Chiffon Pie

Cook together over a low heat one cup of brown sugar; three egg yolks slightly beaten; one to one and a-half cups of pumpkin, cooked, strained and mashed (strain it through a very fine sieve, so that it is smooth); half a cup of milk; half a teaspoon of salt; 2 teaspoons of cinnamon; half a teaspoon of ginger; and quarter of a teaspoon of all-

spice. Cook until thickened. Add one ounce of gelatine which has been softened in a little cold water, and cool. When the mixture begins to congeal, fold in three egg whites beaten with the two tablespoons of sugar. Pour into a baked pie shell, and chill. Garnish with whipped cream, if desired.

Floating Islands

This is a real "old timer"—a cold dessert that was a favourite in New Zealand in the early days, but which has been superseded lately by all the gelatine mixtures. Put about three quarters of a pint of milk into a saucepan, sweeten to taste, and add some essence of lemon. Separate the whites of four eggs from the yolks and beat the whites to a stiff froth. Bring the milk to boiling point, and drop in spoonfuls of the beaten whites. Keep turning these until sufficiently cooked. These will be the "islands"; put them in a glass dish as they are cooked.

Then beat up the yolks, stir them into the milk, add a little more sugar and flavouring; strain the mixture into a jug, and stand in a pot of boiling water. Keep stirring until it thickens. Pour this custard over the "islands" which will rise to the surface. Put in a cool place until wanted. Very nice.

FILL UP THE BISCUIT TIN

VERY useful indeed are a batch or two of biscuits. They are easily mixed up, and do not take very long to bake, so that not much fuel is used. Try these:

Almond Horseshoes

Half a pound of flour, and one small teaspoon of baking powder; quarter of a pound each of butter, ground rice, castor sugar, and ground almonds; two egg yolks, and two dozen almonds. Cream the butter and sugar, and mix in thoroughly the dry ingredients. Bind with egg yolks. Roll out thinly, and cut into narrow strips about four inches long and one inch wide. Shape into horseshoes, and stud with nuts. Place on greaseproof paper on a buttered tin. Bake about twenty minutes in a moderate oven. This makes about forty delicious and unusual biscuits.

Iced Currant Fingers

Sift eight ounces of flour, half a teaspoon of baking powder and a pinch of salt; rub in four ounces of butter; add two ounces of castor sugar, and two to four ounces of currants. Mix in the yolk of one egg and a tablespoon of milk, previously beaten together. Roll out thinly. For the icing beat well the white of one egg, and stir in gradually four ounces of sifted icing sugar. Spread thinly on the surface of the rolled out mixture, cut into fingers, and bake in a moderate oven for twenty minutes.

Aces

These are very nice for a bridge evening.

Cream together four ounces each of butter and castor sugar; add one egg and a little essence, and beat well. Add eight ounces of flour and a teaspoon of baking powder, and mix to a stiff dough. Turn on to a floured board, roll out thinly and cut into oblongs a little smaller than a playing card. Put on to a greased tray and bake in a moderate oven until a pale biscuit colour—ten to fifteen minutes. When cold, cover with a white, soft icing, and place diamonds, hearts, etc., of angelica cherries, and suitable crystallised fruits, in the centre, as in the aces of a pack of cards. If desired, a small "A" may be piped in opposite corners.

Almond Fingers

Blanch and chop three-quarters of an ounce of almonds. Sift into a bowl four ounces of flour and quarter of a teaspoon of baking powder; rub in two ounces of butter, and add four ounces of castor sugar and one and one-quarter of an ounce of ground almonds. Beat up an egg, keeping out a little of the white, and add it to the mixture. Roll out into an oblong shape, on a floured board. Beat the white of egg and add two ounces of icing sugar. Spread over the paste, and sprinkle on the chopped almonds. Cut into fingers and place on a greased tray. Bake in a moderate oven for ten to fifteen minutes.