



USING UP SOUR MILK AND CREAM

"**N**OW, that is a sensible subject," you will say when you see the title of this article. Those little half-jugfuls of sour milk, and of cream that is just "on the turn," do mount up to quite a lot of waste, don't they? Well, save them up, and use them in some of these ways; and you may even be guilty of leaving a jug of milk in the sun on the kitchen table on purpose, hoping that it will turn sour and give you an excuse to use some of these recipes.

Moist Chocolate Cake

Cream $1\frac{1}{2}$ cups of brown sugar with $\frac{1}{2}$ cup of butter. Add 2 eggs and beat until creamy. Add alternately $\frac{1}{2}$ cup sour milk to which one teaspoon of soda has been added, and two cups of sifted flour (sift before measuring). Beat well, and add $\frac{1}{2}$ cup of ground chocolate dissolved in $\frac{1}{2}$ cup of boiling water, and 1 teaspoon of vanilla. Beat several minutes, and bake in layers in a moderate oven. Ice with $1\frac{1}{2}$ cups of powdered sugar and 2 or 3 tablespoons of butter, 4 heaped teaspoons of chocolate, and 2 or 3 tablespoons of hot coffee, as well as one teaspoon of vanilla. Beat until smooth.

Sour Cream Spice Cake

This is an eggless recipe, and very useful. It makes a good everyday cake, and has been used for years by the sender.

One cup of brown sugar, 1 breakfast cup of thick, sour cream, $\frac{1}{2}$ cup of golden syrup, $3\frac{1}{2}$ breakfast cups of flour, 1 lb. of raisins or mixed fruit if liked, 1 teaspoon of soda, 1 teaspoon of mixed spice, and $\frac{1}{2}$ teaspoon of cinnamon. Dissolve the soda in 3 tablespoons of boiling water, add to the syrup, then add cream, sugar, flour and spices. Mix

well, add the chopped fruit. Bake one hour in a moderate oven.

Sour Cream Cookies

To every cup of sour cream allow $\frac{3}{4}$ cup of sugar. Beat well, and add $\frac{1}{2}$ teaspoon of carbonate of soda dissolved in a little cold water. Sift in $1\frac{1}{2}$ cups of flour. Do not stir, but add 1 cup of raisins, $\frac{1}{2}$ cup of walnuts, and $\frac{1}{2}$ teaspoon of vanilla. Mix well, and put in teaspoon lots on a cold, greased tray. Cook in a hot oven until biscuit-like—about fifteen minutes.

To vary the recipe, you can sometimes put in coconut, or peanuts, and a dessertspoon of cocoa. It is an easy, quick recipe, and was sent by "Dairy-maid," Auckland, who added that it is always successful.

Sour Milk Doughnuts

This is a really good doughnut, made with honey, which helps to keep it moist a long time.

Two eggs, butter the size of an egg, $1\frac{1}{2}$ cupfuls of honey, 1 cupful of sour milk, to which has been added 1 teaspoon of soda, enough flour to make a dough, which will roll out nicely, and to which must be added 2 teaspoons of cream of tartar. Cream the honey and butter together, add the eggs, well-beaten, and the other ingredients. Mix well, roll out and cut with a doughnut cutter, and fry in deep, hot lard.

Sour Milk Pancakes

Sift together 2 cups of flour, 1 teaspoon of salt, 1 teaspoon of soda, and 1 teaspoon of sugar. Add gradually 1 cup of sour milk, and 1 or 2 well-beaten eggs, and beat the mixture till it is full of bubbles. Cook as usual and serve with sugar and a squeeze of lemon juice. Brown sugar is nice.

Devil's Food Cake

Two cups of brown sugar, $\frac{1}{2}$ cup of cocoa, $\frac{1}{2}$ cup of butter, $1\frac{1}{2}$ cups of sour milk or buttermilk, $2\frac{1}{2}$ cups of flour, 2 teaspoons of soda, $1\frac{1}{2}$ teaspoons of vanilla. Mix the sugar and the cocoa together, then cream them with the butter. Put the soda in the milk, and add alternately with the flour to the creamed mixture, which makes two large layers. Put together with chocolate butter icing, made as follows: Cream $1\frac{1}{2}$ tablespoons of butter, add 2 cups of icing sugar gradually, and then $1\frac{1}{2}$ squares of unsweetened chocolate, melted, and 4 or 5

tablespoons of hot milk or cream — enough to make it the right consistency for spreading easily.

Sour Cream Cake

This is a useful one. Break 2 eggs into a cup and fill up with sour cream. Add a pinch of carbonate of soda. Put all in a bowl, and add 1 cup of sugar and $1\frac{1}{2}$ cups of flour. Beat all together to a cream, add 2 teaspoons of baking powder just before putting into the tin, and cook for twenty or thirty minutes in a square tin in a moderate oven.

Sour Milk Gingerbread

Half a cup of butter, $\frac{3}{4}$ cup of sugar, 2 eggs, $\frac{1}{2}$ cup golden syrup, 1 teaspoon of soda, $\frac{1}{2}$ cup of sour milk, 2 cups of flour, pinch of salt, 1 dessertspoon of ginger, $\frac{1}{2}$ teaspoon each of cinnamon and spice. Cream the butter and the sugar, add eggs one at a time, beating well after each addition. Add the syrup, stir the soda into the sour milk, and when it begins to froth add it to the mixture. Sift in the dry ingredients, and bake in a moderate oven in a shallow meat-tin, about half an hour.

"Fig Pie Sunday"

Palm Sunday is often called "Fig Pie Sunday" in Lancashire and Yorkshire, just as we still call Shrove Tuesday "Pancake Day." This is the recipe: One cup chopped figs, one cup each of sultanas and currants, one cup sugar, and one cup of cold water. Put all into a saucepan and stew until the figs are tender and the water all soaked into the fruit, stirring often to keep it from sticking — about half to three-quarters of an hour. Then set aside to cool. Make a good short pastry, line a large enamel or pyrex plate with it, place the fruit on it, cover with a lid of pastry, prick with a fork, and bake in a hot oven. This is delicious hot or cold, especially with cream.

Golden Syrup Scones

Half a pound of flour and a pinch of salt, $\frac{1}{4}$ teaspoon of baking soda, 1oz. of butter, and, if liked, a little cup of candied peel, 2 dessertspoons of golden syrup, and sour milk to mix with. Mix all the dry ingredients together in a bowl, make a hole in the centre, and add the golden syrup with sufficient sour milk to make a fairly soft dough. Turn on to a floured board, pat out, and cut into shapes as desired. Bake in a hot oven. When cooked, take out and quickly brush them over with a little sweetened milk, and return them to the oven to dry.

FROM THE MAIL BAG

How to Press Ferns

Dear Aunt Daisy,

All-wise, all-knowing! Greetings to you and gratitude for many an interesting and entertaining half-hour.

I want to make a collection of ferns, and wondered if you or your correspondents could tell me the best way to press and mount them in an album. Some of the ferns are sappy and very delicate, and if I could preserve their beautiful fresh colour, they would be a source of joy for many years to come.

Wishing you some of the joy you give to others.—"Green Lady."

Well, my dear "Green Lady," I certainly appreciate your delightful way of expressing yourself; albeit I wasn't sufficiently "wise" and "knowing" in this case, for I really had only a vague idea of how to press flowers or ferns. We used to do them as children—putting them between blotting paper, and then keeping them in our Bible or Prayer Book, and looking at them during an extra long and dry sermon in church! They were generally sentimental souvenirs, and fuchsias were very popular. Their meaning was, "Stoop down and kiss me!" However, I asked the Daisy Chain for help, which was, as usual, promptly forthcoming. Here are three letters which tell you in detail what to do. (The first is from "Typist-ee," who says that the information she gives can be vouched for as it came from a genuine botanist):

Place the specimen in the position desired between a folded sheet of newspaper, making sure it is not crumpled as it cannot be straightened after pressing; then place the newspaper between sheets of blotting paper. If it is desired to keep the specimen green, then this (newspaper and blotting paper) should be placed between corrugated cardboard, corrugated side to the blotting paper. This, with a good weight on top, should be placed in a dry place in the sun. The papers should be changed daily; this together with the pressure on the specimens, is the secret of successful drying and pressing. Thin ferns should be dried in a week or so, given good weather. Each specimen should be dried separately. If these instructions are carried out with every care, then there should be no disappointment in their results. These instructions apply equally well to other specimens.

More About Ferns

Dear Aunt Daisy,

I have just heard your S.O.S. about ferns. Now this method is taught by the C.G.C., or Children's Garden Circle, in Wanganui, to its little members. One

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