

# RECIPES **ASK** Aunt Daisy **ANSWERS**

## CRISP, CRUNCHY BISCUITS

**I**T has been said that "A Biscuit a Day Keeps the Dentist at Bay"—so long as the biscuit is hard and crisp enough to give the teeth and gums some good exercise. Certainly, when eggs are very scarce, a good batch or two of biscuits gives a big return for a comparatively small expenditure of material as well as of fuel. Moreover, the family will consume quantities of wholesome bran and wholemeal in the form of biscuits, which is all to the good. Have you ever heard the old saying—"Bones and Biscuits for Puppies and Children?" Try some of these recipes:—

### Shrewsbury Horseshoes

Half a pound of flour, 1 teaspoon of baking powder, 4oz. of sugar, 4oz. of butter, one egg yolk, or half an egg, a pinch of salt, and flavouring essence if liked. Ratatia is nice, and a change from vanilla or almond. Cream the butter and sugar together until soft and creamy. Add the egg, and work in the flour and flavouring until you have a stiff smooth paste. Take off pieces, work in to a roll about 4 inches long, curve into a horse-shoe shape, and brush over with egg or egg white. Sprinkle with chopped nuts, cherries, caraway seeds, or sugar. Bake slowly about 15 or 20 minutes. Instead of making horseshoes you may roll it out to a quarter of an inch thick, and cut it into rounds. Then take a smaller cutter and remove a round from the centre of each, so that you have as many rings as biscuits. Decorate as suggested for the horseshoes.

### Ginger Wafers (No Eggs)

One cup of golden syrup, ½ cup butter, ½ teaspoon ground ginger, ½ teaspoon cinnamon, ¼ teaspoon salt, 1 teaspoon baking soda, one tablespoon boiling water, about 3½ cups of flour or wholemeal. Boil the syrup and butter together. Cool, and then beat in salt, ginger, cinnamon, and soda, mixed with the water. Add enough flour to make a

### Malt Meal Wafers

Four ounces of butter, 4oz. sugar, 1 egg, 1 tablespoon malt, ½ cup flour, 2 tablespoons milk, 1 cup bran, 2 cups wholemeal, 1 teaspoon baking powder. Cream the butter and sugar, add egg then malt, and beat well. Mix in the milk then the dry ingredients. Turn on to a floured board and knead. Roll very thin, prick well and cut into squares. Bake in a moderate oven. Watch carefully, as they burn easily.

### Bran and Cheese Biscuits

One cup of flour, 1 cup bran, 2oz. butter, 2oz. sugar, 1 egg, 4 heaped tablespoons grated cheese, 1 teaspoon baking powder. Cream the butter and

## Date And Tomato Chutney

*Six pounds of ripe tomatoes, 3lb. of stoned dates, 4 good-sized onions, 1lb. of preserved ginger, ½oz. cayenne pepper, 2oz. of salt, 1lb. of brown sugar, ½oz. of garlic, 4 pints of vinegar. Scald and peel the tomatoes, cut up the ginger, the dates, garlic and onions, and place them all together with the vinegar in a pan, and boil gently for four hours*

sugar, then add the dry ingredients and the cheese. Roll thin and bake in a slow oven.

### Bran Crisps

Cream 3oz. of butter with 2oz. of castor sugar. Add one-third of a cup of milk, then add 1 cup of bran, 1 cup of flour, and 2 tablespoons of baking powder. Roll out very thinly, cut in squares, and bake on greaseproof paper until a nice light brown. They must be rolled thin. They are very nice spread with butter.

### Indian Coffee Creams

Two cups of flour, 4 teaspoons of coffee essence, ½ cup of sugar, 4oz. of butter, 1 egg, some vanilla essence, and 1½ teaspoons of baking powder. Cream the butter and sugar, add the coffee and vanilla, and nearly all the beaten egg, the flour and the baking powder. Roll out fairly thin, cut in rounds, and brush over half the biscuits with the rest of the egg (which is about 1 tablespoonful) and put a piece of walnut on top. Bake in a moderate oven till lightly browned. The biscuits with the walnuts on top, form the top halves of the complete biscuits—just stick them together, two by two, with the following filling: One tablespoon of coffee essence, 1 table-

spoon of butter, and ½ cup of icing sugar.

### Orange Crisps

Cream together ¼lb. of butter, 1 packet of orange jelly crystals, and 2oz. of sugar. Add 1 egg, and beat. Then add 2oz. of coco-nut, 2oz. ground rice, 4oz. flour, 1 teaspoon of baking powder, and a pinch of salt. Place in small pieces on cold greased trays, and mark with a fork. Bake in a moderate oven.

### Lancashire Biscuits

¼lb. cornflour, ¼lb. of castor sugar, 1 egg, ¼lb. ordinary flour, ¼lb. of butter, and 1 teaspoon of baking powder. Cream the butter and sugar well, add the egg and then the dry ingredients. Mix to a paste. Put in teaspoonfuls on a buttered tray. Stick together with jam in twos while still hot.

### Alexandra Biscuits

This recipe comes from Yorkshire. Cream together 6 or 8oz. of butter, and 4oz. of white sugar. Add ¼lb. of flour, ½lb. of custard powder, and about ½ teaspoonful of baking powder, then a

well beaten egg, and a few drops of flavour to taste. Knead it all to a smooth dough, roll it on to a floured board, and cut into plain or fancy shapes. Place these on a greased and floured tray, and bake in a moderate oven till brown. They can be iced and decorated, or stuck together with jam, or any filling. You could use half quantities.

## FROM THE MAIL BAG

### Save the Feathers!

Dear Aunt Daisy,

I have just renovated a quilt. It was supposed to be a down quilt, but I found it all feathers. Now I used extra feathers from a pillow easily 35 years old, and have made this quilt like new—warm, yet not heavy. It is worth two blankets! It has occurred to me that at a time like this, one should save all

(Continued on next page)

# THOUSANDS of Husky Young New Zealanders are Thriving on this Vitalising Food

VI-MAX is the ideal breakfast food and cooking cereal for young and old. It is also an approved first solid food for infants, provided it is specially prepared by boiling for half an hour, and carefully strained. For active, growing children there is no finer food. VI-MAX not only nourishes, but, being vitamin plus and rich in minerals, helps build resistance to illness and dental decay. VI-MAX fills a very urgent need in New Zealand.



"You can see the Wheat Germ."

Every Morning Enjoy Vitalising

# Vi-MAX

MAXIMUM IN VITAMINS

Children Love its Nutty Flavour

## Green Tomato Jam With Lemon Juice

*Three pounds of tomatoes, 4lb. of sugar, the juice of 6 lemons, ¼lb. of shredded ginger. Slice the tomatoes, add the lemon juice and the ginger, and a very little water to prevent it from sticking. Boil for 1 hour, add the sugar, and then boil until it will jell when tested—about three-quarters of an hour*

biscuit dough, roll out very thin, cut into shapes and bake in a moderate oven, on a cold tray, for about fifteen minutes.