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take out the pieces, and boil until the bones easily fall out. Then take a round cake tin, and put in first a layer of mutton, sprinkle with spice and a little nutmeg, then add slices of tongue, and continue these layers until the tin is full. Dissolve a little gelatine in some of the liquid in which the mutton was boiled. (A dessertspoon of gelatine to half a pint of liquid, or a little more if you do not like the jelly too thick.) Pour about a cupful or so of this into the tin, so that the meat will turn out nicely set in jelly. Cover with a plate, and press it down with heavy weights. Leave it for 24 hours or so, when you can turn it out as a delightful jellied dish.

Norfolk Dumplings

These are traditional in Norfolk County, and one of its most famous dishes. They are not a sweet, but a very substantial part of the meat course, and, indeed, are often a meat substitute. In some villages, the dumplings are boiled on top of the green vegetable! They are then called "Swimmers." They are made of ordinary bread dough, and shaped like a ball; and then dropped into fast boiling water, 15 minutes being allowed for them to cook, after the water has come back to the boil. The dumplings (or "Swimmers") are then dished on to very hot individual soup-plates, and hot gravy poured round them. Housewives who make their own bread could try these; others could make

ordinary plain suet dumplings. Never lift the lid of the saucepan while the dumplings are cooking, and be sure that the pot or saucepan is large enough to allow for their swelling. Suet dumplings are very good in ordinary stew, and certainly are an economical way of making a small amount of meat go a long way.

FROM THE MAIL BAG

Lost Recipes

Dear Aunt Daisy,

Could you please put two recipes in *The Listener* for me shortly?

First, I should like the one about the Extended Butter. I was unable to get it all down properly, as I was interrupted at the time.

Now this is the other one. I was just going to make it up when my husband said, "Are you sure that you have it down right?" I said that I thought so, but would write and ask you so as to make quite sure.

It is a lemon syrup; this is what I have down: 2 large lemons, 2 lbs. of sugar, and 2 dessertspoons of cream of tartar. Slice the lemons, and put all in a bowl. Pour over 2 gallons of boiling water, and leave for 24 hours. Strain and bottle. This is ready for use in two weeks. Would the cream of tartar go in last?

I am enclosing a recipe for some biscuits, that I made up myself:

Vimax and Wholemeal Biscuits

Three ounces of butter, $\frac{1}{2}$ breakfast cup Vimax, $\frac{1}{2}$ breakfast cup wholemeal, 2 oz. brown sugar, 2 oz. icing sugar, 3 ozs. custard powder, and use a little milk to finish mixing. Work into balls and flatten them out a bit, and bake on a cold tray until golden brown—about 20 minutes. I always use ground rice to do biscuits with, they are easier to handle, and no sticky mess. — "Irish Eyes" (Otorohanga).

Yes, Irish Eyes, you have the lemon-ade recipe quite right. The recipe says—"Slice the lemons and put all in a bowl" so you evidently put in the cream of tartar at the same time. Such a cheap recipe, isn't it? The lady who sent it said that it tastes just like real lemonade. Thank you for the original biscuits; and here is the recipe for the Extended Butter

Pour the cream off a quart bottle of milk, and add to this enough milk to make up 1 pint. For those who do not get bottled milk, the proportion would be a little less than half cream, and the rest milk. Soak a heaped teaspoon of gelatine in two tablespoons of the milk, for five minutes. Then place it over hot water until the gelatine is dissolved. Cut one pound of butter into small pieces, and place this, too, in a dish over hot water, until the butter is quite soft. Then gradually whip the milk, cream and dissolved gelatine mixture into the butter with a Dover beater, or an electric beater. After the milk is thoroughly beaten into the butter, add one or two teaspoons of salt, according to taste. Keep on beating until all the milk is mixed in. Chill until it is firm.

Sour Damson Jam

Dear Aunt Daisy,

About the Damson jam which the lady finds too sour, I would say that I have made Damson jam for years, and it is considered by my family to be very good. I use 2 lbs. of Damsons, 2 pints of water, and 4 lbs. of sugar. Boil the fruit in the water till soft, then add the sugar and boil till it jells—about half an hour. Of course, one can use larger quantities if preferred, but I get the best success with the smaller quantities. It might work if the lady boils up her jam again, with more water and sugar. I would try this if I were she. Add so much water and bring to the boil, then put in as much sugar as the water, cup for cup.—"L.B." (Opotiki).

Many thanks. We have filed this recipe ready for next season's Damsons.



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