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### More Potato Recipes

Here are a few more potato recipes; and first of all, one from our good friend Mrs. Nicotinus, of Mount Eden.

#### Potato Charlotte with Carrot Sauce

Grease a mould. Fill with finely sliced raw potatoes. Fill alternately with butter and seasoning. Bake in a hot oven about an hour, and then turn out carefully on to a dish. It will be an attractive golden brown. Serve this with Carrot Sauce:

Three tablespoons of finely grated carrot, 4 tablespoons of wholemeal,  $\frac{1}{4}$  teaspoon of salt,  $1\frac{1}{2}$  cups of boiling water, 2 tablespoons of orange juice, 2 tablespoons of lemon juice, 3 tablespoons of butter, and about a tablespoon of sugar to taste.

Mix the carrot, sugar, flour, salt and water smoothly, over boiling water, until thick and clear. Add the rest, and cook gently over boiling water.

#### Fish Roll

(From Campbell Street, Karori)

One pound of cooked fish, 1 cup of mashed potato, 1 cup of flour, 1 egg, 2oz. of butter, and about a teaspoon of salt and  $\frac{1}{4}$  teaspoon of pepper. Rub the butter into the flour, add the mashed potato and seasoning. Mix to a stiff paste with beaten egg. Roll out on to a floured board. Spread the flaked fish over, season again, and if liked, add a little anchovy sauce. Roll up. Brush the top with beaten egg. Bake on a greased dish in a moderate oven for 15 to 20 minutes.

And here are two from Mrs. H. Opawa, Christchurch.

#### Date Pudding

Four ounces of suet,  $\frac{1}{2}$ lb. stoned dates, 4oz. breadcrumbs, 1oz. flour, 2 tablespoons of sugar, and 4oz. of mashed potatoes. Bind together with 2 tablespoons of golden syrup, 2 eggs, and a little warm milk in which 1 teaspoon of soda is dissolved. Pour into a buttered basin and steam for 2 hours.

#### Apple and Potato Pie

Fill a pie dish with alternate layers of apple and potato sliced, seasoning each layer with salt, pepper, grated cheese, and minced onion. Add about  $\frac{1}{2}$  teacup of water. Cover with short pastry, and bake for  $\frac{3}{4}$  hour. Tomato may be substituted for the apple.

#### "Oak Hill"

(From Rotherham Terrace, Miramar)

One large cold potato, 1 hard boiled egg, 1 tablespoon grated cheese, to each person; seasoning and white sauce, and breadcrumbs. Butter a baking dish well, and place in it alternate layers of the eggs and sliced potatoes. Season each layer and pour over it the white sauce in which the cheese has been melted. Cover with breadcrumbs and brown in the oven. A curry sauce could be used if preferred to the cheese sauce. An excellent luncheon dish.

## FROM THE MAIL BAG

### Checking Waste

Dear Aunt Daisy,

There is something that I am rather disturbed about at the present time, and

perhaps you can help. If you can do something, I really think it will be a great advantage to the community in general. Well, it is this—the tremendous quantities of fish heads and fish bones, etc., wasted all over New Zealand. There must be tons of this valuable food, either fed to pigs, or taken out in boats and thrown into the harbours every day. I know I get my supply every week for very little or nothing, and it makes delicious soup. I really think people should try a good recipe and that they would get to like it. I know it is one of the best foods we can take.

We have a poultry farm, and one winter the hens didn't seem healthy, and were not laying well. So I thought fish would be good for them. I took my car and some kerosene tins and collected from two fish shops; on a Friday I would bring home four tins full, and on other days, two tins. I cooked it on the stove. It was a good deal of work, but, my word, it was great! In a few weeks you wouldn't have known the hens. They went ahead with leaps and bounds, and soon were all laying. So the conclusion is that it must be good for us too.

I do wish someone could get people to realise the value of fish heads. If some organisation visited proprietors of fish shops, I think there could be an arrangement made for customers on certain days, to bring their own containers, and help themselves from the bucket of fresh fish heads, which could be placed in a convenient place. This would eliminate time spent serving, and also paper and wrapping.

Here is a good recipe:

About 2 large schnapper heads, or several smaller ones. Put into a 3 quart saucepan, add cold water or vegetable water to cover, and 2 slices of lemon. Boil for 2 or 3 hours, and strain. Then boil up again with an onion cut fine; a few sprigs of parsley, salt and pepper to taste, 1 or 2 celery stalks and tops, well washed, a handful of unpolished rice, or other vegetable (carrot or parsnip) if no celery. Boil for about  $1\frac{1}{2}$  hours. Then add a lump of butter,  $\frac{1}{2}$  cup of milk, and a small amount of thickening, made of wholemeal mixed with milk. Add lemon juice if necessary, to give it a sharp taste, and take away any sickly fish taste. The juice of half a lemon to a large saucepan is about right. A little vegetable extract added is nice, too. But the secret of good fish soup is to get the right amount of lemon juice.

The fish heads that are left over make a good meal for the cats. Try this recipe yourself; I am sure you will like it.

Do please try to put this over, as I really feel that at this time of rigid economy, it is nothing short of a crime to allow such good food to be wasted. It might even be possible to make it into soup and tin it for sale. It is really nicer than toheroa soup. If mullet or hapuka heads are used, a good deal more lemon juice is necessary, as there is more fat. — "J.P." (Mt. Albert).

This is such an excellent idea, that I have not only put it over the air, but commend it to all the readers of this Page. The suggestion that people should take their own containers, for the fish heads and bones, etc., is a good one too, for paper is scarce, and the fish-mongers are all so very busy, that anything to make it easier for them in this way is of value.

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