

RECIPES ASK QUESTIONS Aunt Daisy ANSWERS

ECONOMY THROUGH POTATOES

"Here's to your honest sonsie face,
Great Chieftain of the Garden Race."
(With apologies to Burns).

THUS ended one of the scores of interesting and enthusiastic letters which were received in the ZB contests on the double use of potatoes in increasing the variety and food value of meals, while decreasing the cost. I know that the Links in the Daisy Chain are expecting much real help from these letters; and also that the writers, who have taken so much trouble to send in the many valuable suggestions, are hoping that their work will not have been in vain, but that all New Zealand will "get busy" and follow their example.

What a blessing that there should be a plentiful supply of potatoes this year, making them so cheap, just when we are so bent on economy. Here, then, is an excellent letter from "E.M.L." (Epsom, Auckland). The writer uses potatoes in some form at every meal, as you will see:

"Every Recipe Tested"

Dear Aunt Daisy,

I have six in my family, and a very limited income; and long ago I found out how potatoes help in balancing the budget. I have been buying my potatoes by the sack, and find it much the cheapest way. With the use of good dripping and margarine, I find a big saving on butter, with just as good results. My family are all the picture of health, and although it is a little trouble preparing breakfast dishes, it is well worth it to know that these winter mornings my family always has a substantial meal on which to start the day. I am attaching a set of recipes for a week's meals, as an entry for the competition, and this will give you an idea of the meals I make. Every recipe I send I have made many times; I serve potatoes at least twice every day. I find that if sufficient variety is maintained, potatoes do not get monotonous. It is only when they are always dished up the same way that one gets tired of them. I hope you will be interested.

Monday:

BREAKFAST: Porridge, a little grilled bacon, potato fritters. Method for potato fritters: Thoroughly scrub sufficient medium-sized potatoes, and cut into 1/4 in. thick slices. Make a light batter, using only 1 egg, dip the potatoes in, and fry in smoking fat to a golden brown. Serve with the bacon.

LUNCH: Baked vegetable hash. Method: Four large potatoes, 4 small beets, 6 medium carrots, 1 large onion, 1 cup soft breadcrumbs, 2oz. butter, 1/2 cup of beef stock, or Marmite and water; 2 eggs, and some seasoning. Pre-

pare and cook separately the beets, carrots, and potatoes; then chop all the vegetables coarsely, mix with the breadcrumbs, butter, stock, beaten eggs and seasoning. Place in a casserole and bake for 1 hour in a hot oven. This is enough for six people.

DINNER: Potato soup, steak and onions, mashed potatoes, cabbage. Steamed sultana pudding. Method for potato soup: Two pounds of potatoes, 1 leek, 1 stick of celery, 2 pints of water, 1 pint of milk, 2oz. butter, 2oz. of sago, and seasoning. Cut up the vegetables, put in saucepan with butter (use only the white part of the leek), and cook slowly for ten minutes. Add the milk and water, and boil for about an hour. Rub through a fine sieve. Boil again, and add sago and let it simmer until transparent. Season, and add a little of "top milk," boil again and serve with fingers of fried bread.

(Potatoes in every meal, and twice for dinner—four times for the day).

Hints on Cooking Potatoes

When potatoes are scrubbed clean, if a small strip of skin is thinly peeled around the centre of the vegetable, they can be peeled without difficulty when either boiled or steamed in their skins. This ensures full food value with little trouble.

Tuesday:

BREAKFAST: Porridge, ham and potato rolls. Method: 1lb. of mashed potatoes, 3oz. chopped ham or lean bacon, salt and pepper, a dessertspoon of tomato sauce, 1 egg, breadcrumbs, and mustard. Mix the potatoes and ham, seasonings, etc., and half the beaten egg. Divide into the number of portions required. Dip into the remainder of the egg, and roll in breadcrumbs. Fry in smoking fat. Serve with a little parsley.

LUNCH: Salad savoury. Potatoes. Mayonnaise. Place on individual plates: 1 large lettuce leaf, then 1 tablespoon of shredded lettuce, 3 thin slices of beetroot, a teaspoon of grated carrot, and a sprinkle of chives. Then rub through the sieve, some cold mashed potatoes, mould and cut into shapes with fancy biscuit cutters. Place two shapes on the plates, with the salad, then put one sardine on each shape. Garnish with a little parsley, and serve with bread and butter.

DINNER: Roast beef, Yorkshire pudding, baked potatoes, steamed potatoes, steamed cauliflower. Banana custard. Scrub thoroughly, and trim, but do not peel the potatoes for baking. Cut to suitable size, and steam half the amount with the cauliflower. Place the other half around the meat, and bake.

(Potatoes used in four different ways, and served at each meal).

Wednesday:

BREAKFAST: Porridge, scrambled eggs and potatoes. Method: 1 cup of mashed cold potatoes, 1 onion, 2 eggs. Seasoning. Beat the eggs, mince or grate the onion, and add to the eggs. Lastly, stir in mashed potatoes and season. Cook in the usual way for scrambled eggs, and serve on toast.

LUNCH: Potatoes au gratin. Method: About 1 1/2 lb. cold cooked potatoes, 1 tablespoon flour, 4oz. grated cheese, seasoning, 3/4 pint milk, and 1oz. margarine. Cut the potatoes into slices, melt the margarine and add the flour, blend well, then stir in the milk gradually and bring to the boil. Be sure to keep it well stirred. Cook for a few minutes, then add 3 parts of the grated cheese, stir till the cheese has melted, and add the seasoning. Grease a pie-dish, or casserole, and fill with a layer of potato,

and a layer of sauce, and so on. Sprinkle the top layer of potatoes with a good layer of grated cheese. Bake or grill until the potatoes are hot and the top nicely browned. Lovely.

DINNER: Tomato soup, cold roast beef from yesterday's roast. Apple tart. Potato balls, pickles, and silver beet. Method for potato balls: One pound of potatoes, 2oz. margarine, little milk, seasoning, 1 egg, and breadcrumbs. Rub the potatoes through a sieve, add melted butter, milk and seasoning, and half the beaten egg. Form into balls, dip in the remainder of the egg, roll in breadcrumbs, and fry in smoking fat. Garnish with a little parsley, and serve very hot.

(Potatoes used three times a day, at every meal).

(continued on next page)



I feel 30 now!

INDIGESTION is gone

"My chemist said—

'Take De Witt's Antacid Powder—it's good.'

Three doses improved me wonderfully. I feel 30 now."

Another user, glad to be free of dreadful stomach pains, says:

"I suffered dreadfully with acidity of the stomach and pain after food. I was afraid to eat a good square meal. I lost weight and was a misery to myself. Now I can eat anything and everything, feel fit and well. I think De Witt's Antacid Powder is wonderful, and I hope these few lines will help others who suffer with stomach trouble."

Mrs. L. H. . . .

Why stay a victim to digestive disorders when here is a remedy that will give you instant relief? Even in severe cases of gastritis or stomach inflammation, De Witt's Antacid Powder overcomes the trouble.

Don't despair, even if you have suffered years without obtaining benefit. Start to-day with this modern remedy for all digestive disorders and you will quickly find you can eat what you like and enjoy every meal.

DE WITT'S ANTACID POWDER

The quick-action remedy for Indigestion, Acid Stomach, Heartburn, Flatulence & Gastritis. Of all chemists and stores, in large sky-blue canisters, price 2/6.