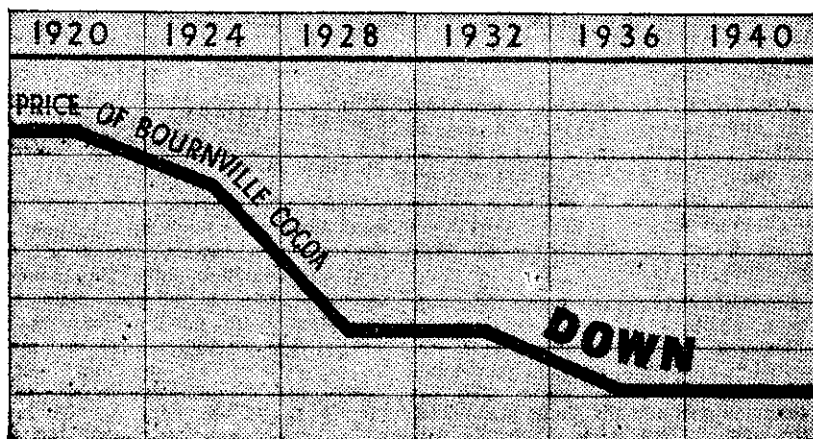


Here's *One* Food that Isn't Dearer!



Bournville Cocoa is still at Peace Time Price

INEVITABLY, the price of many foods must rise in times of war . . . it creates a new problem for the mother of a family, and for every woman upon whom the physical welfare of others, through the providing of a proper and adequate diet, depends. And the problem is how to maintain, during times of rising food costs, the same adequate nourishment without incurring greater expense.

Delicious Bournville Cocoa will help you plan health-giving, appetising meals at less cost. Give your family more *Bournville Cocoa* . . . big, cheery cups of this delicious food drink, as well as chocolate puddings, pies and cakes. Bournville Cocoa is rich in energy value . . . the price has *not* gone up. If you've got to cut down on other foods, serve *more* Bournville Cocoa made with milk and sugar and maintain a high standard of nutriment.

NO RISE in the Price of
Cadbury's **BOURNVILLE COCOA**

Ample Stocks Available

176 A CUP OF COCOA IS A CUP OF FOOD

9d. per 4-lb. Tin
1/5 per 1-lb. Tin
2/9 per 1-lb. Tin

PREVENTS RUST

3-In-One Oil protects all metal parts against rust and tarnish.

•
CLEANS AND LUBRICATES

3-IN-ONE OIL
"Trade Mark"

This tin Preserves **200 EGGS**

use... **NORTON'S**
Liquid or Paste

PROVED FOR OVER 40 YEARS

(continued from previous page)

Thursday:

BREAKFAST: Porridge and sausage puffs. Method for sausage puffs: One pound of sausage meat, 1 teaspoon of baking powder, seasoning, 1 cup of flour, ½ cup mashed potatoes, teaspoon of melted butter, and a little milk. Thoroughly mix the flour, baking powder, salt and potatoes. Add the melted butter, and mix to pastry stiffness, with milk. Roll out and form into sausage rolls, and fry in very hot fat.

LUNCH: Fruit salad. Potato girdle cakes. Method: One pound of mashed potatoes, salt, ½ oz. margarine or butter, and flour as required. Rub the potatoes through a sieve, thoroughly blend in the salt and melted margarine or butter, and sufficient flour to work into a dough—it needs only a little. Roll out to about ¼ in. thickness on a floured board and cook on a girdle, or else on the hot plate, till brown. Serve hot with butter.

DINNER: Dutch stew, mashed potatoes, mashed turnips. Steamed chocolate pudding and custard sauce. Method for stew: If a little cold beef is still left, cut it up and add it. One pound of lean flap of mutton, 1 onion, 2 carrots, 2 potatoes, salt and pepper, ½ small cabbage. Slightly brown the meat, and sliced onion, and cook together slowly for half an hour; add the prepared potatoes and carrots, and lastly the cabbage, cut into about 8 or 9 pieces, and dripping with water. Simmer very slowly for two hours, adding a little water if inclined to stick. Serve with mashed potatoes and vegetables.

(Potatoes used four times, once with every meal, and twice with dinner).

Friday:

BREAKFAST: Porridge, liver and bacon, potatoes. Fry liver and bacon. Put a little milk and butter into saucepan, heat, then add sufficient mashed potatoes and heat thoroughly.

LUNCH: Fish. Chips. Method: Scrub the potatoes, but do not peel them. Cut into chips and fry in boiling fat.

DINNER: Baked rabbit, steamed pumpkin, scalloped potatoes. Stewed fruit. Method: 2 lb. raw potatoes, ½ pint milk, 1½ oz. of butter or margarine, ¾ oz. flour, and seasoning. Peel the potatoes thinly, wash and drain. Cut into slices ¼ in. thick. Grease a pie-dish, place in a layer of potatoes, season, and sprinkle with flour. Dot with tiny pieces of butter or margarine. Continue until all ingredients are used. Heat milk, and pour over. Bake until the potatoes are tender and lightly brown on top. Serve with stuffed rabbit and pumpkin.

(Potatoes used three times, once every meal).

Saturday:

BREAKFAST: Porridge, poached eggs, potato pancakes. Method for potato pancakes: Grate 1½ cups of raw potato, 1 egg well beaten, pepper and salt, 1 teaspoon of baking powder, and ½ teaspoon of salt, 3 heaped tablespoons of flour. Mix all well together with a wooden spoon. Melt a little bacon fat in a frying pan. (I serve these after I have grilled the bacon), and put in tablespoonfuls. Turn when brown.

LUNCH: Salad savoury, potato shapes, mayonnaise. Same salad recipe as Tuesday, but place a spoonful of salmon on lettuce leaf, with other salad vegetables on top; and on the fancy shapes of cold potato, put a little grated cheese, and a spoonful of mayonnaise dressing.

DINNER: Pork chops with potato and apple, peas and mashed potatoes. Fresh fruit and cake. Method: Six chops, 3 apples, 3 cold potatoes, seasoning, brown sugar and butter. Cut the potatoes into slices ¼ in. thick. Core the apples, but do not peel. Cut into thick slices crosswise. Dip the potatoes and apples into melted butter, and brown lightly on either side. See that the apples are cooked. Sprinkle the potatoes with salt, and then both apples and potatoes with brown sugar, and put into the oven for five minutes. Have the chops grilled or fried, and then finely chop an onion, and fry it in sufficient dripping not to brown it; add 1 cup of breadcrumbs, some finely chopped parsley, seasoning, an egg yolk, and 1 cup of grated apple. Mix well, and cover and fry for ten or fifteen minutes. Serve on a dish, place the chops on top of the mixture, and potato and apple slices around. Serve hot with other vegetables.

(Potatoes used four times).

Sunday:

BREAKFAST: Porridge, bacon and eggs, potato fingers. Method: Prepare the potato fingers exactly as the balls for dinner on Wednesday, shaping this time into fingers. Roll in crumbs and fry in smoking fat.

DINNER: Roast mutton, baked potatoes, cabbage. Fruit salad and cream. Method: Scrub but do not peel sufficient potatoes. Place them on the oven shelf, and turn frequently until they are cooked. Scoop out a little, add butter, pepper and salt, and a little grated cheese. Put back into potato and serve.

TEA: Cold mutton, potato salad, mayonnaise. Chocolate cake. Method: Slice sufficient cold potatoes, and season with this dressing: Two tablespoons of salad oil, pepper and salt, ½ teaspoon of sugar, ½ teaspoon of made mustard, ½ teaspoon of celery salt. Rub to a smooth paste, and add 5 tablespoons of vinegar, one at a time. Thoroughly mix, pour over the salad, and serve.

Chocolate Cake: Four ounces of flour, 2 eggs, or three if cheap, 4 oz. of sugar, 4 oz. of butter, 2/3 of a cup of potatoes, mashed finely, 2 heaped teaspoons of cocoa, 1 teaspoon of vanilla, 1 teaspoon of baking powder. Cream the butter and sugar, add the eggs well beaten, and half the flour and cocoa. Then add the sieved mashed potatoes, a pinch of salt, and the vanilla. Then the rest of the flour and the baking powder. Cook in sandwich tins in a moderate oven, for about 20 minutes. Use a good filling and icing.

(Potatoes used four times; at every meal, and twice at teatime).

This concludes the week's recipes, but I know quite a number of others, and all are tried. For instance: tomatoes, onions and potatoes cooked in alternate layers; meat and potato pie, etc., but the foregoing recipes will prove that potatoes can be used extensively with great improvement to the menu.