

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

THE PRECIOUS LEMON

OUR page on oranges a week or two ago met with so much interest and approval, that I am following it with one on lemons. Most housewives look on lemons more as a necessity than as a luxury, and there are few pantries without at least one or two upon a shelf, to say nothing of the squeezed half-lemon on a saucer beside the sink—kept there for rubbing over the hands after the endless "washing-ups," thus keeping them soft and white, as well as removing the smell of onions or fish.

Lemons must surely be the most useful of all fruits. A grating of lemon-peel, or a squeeze of lemon-juice gives a delicious flavouring to almost any pudding, cake, or biscuit; while a lemon baked slowly in the oven, then cut open, drenched with honey and eaten hot, is an excellent "night-cap" for a cold.

For a Weak Chest

Put 6 fresh eggs, shells and all, into a bowl, and completely cover them with lemon-juice. It will take at least a dozen lemons. Allow these to stand until the shells are dissolved, which will be about 10 days, or perhaps less. Break the skins and slip out the eggs, stirring them in thoroughly. Then strain all through muslin, so that any solids or pieces of shell are taken out. Now add a cupful of the best Jamaica rum, one pound of melted honey, and 2 tablespoons of olive oil. Mix very well together, bottle, and cork tightly. The dose is about a tablespoonful three times a day, but it is best to begin with a smaller quantity and work up.

Some people prefer to add half a pint of fresh cream with the honey, instead of the olive oil. This is an old and well-recommended recipe; but do not make up too much just at first, as it does not keep very long.

Lemon Skins

These should be dried in the oven, then grated finely into glass jars and used

for flavouring when fresh lemons are not available. Another use for them is to tie several in a piece of muslin and put them into the copper or tubs on washing day, to whiten the clothes.

Anti-Rheumatism Drink

Put a tablespoonful of raisins to soak overnight in the juice of a lemon. Cover the glass with a clean piece of paper. First thing next morning, fill up the glass with hot water and sip the mixture. When the liquid is finished, chew the raisins slowly. This is not only good for rheumatism, but is also splendid for the skin and health generally. If taken for rheumatism, add a little Glauber Salts when putting the hot water in.

Using with Meat

Rub steak with a cut lemon and brush over with olive oil about ten minutes before using, to make it extra flavour-some and tender.

Substitute for Vinegar

Lemon juice may be used instead of vinegar in almost any recipe which specifies the latter—except in pickling.

For Iron-Mould, etc.

Soak the stain all night in a saucer-full of lemon-juice and pulp, with a little salt added. Then place the stained part tightly across a saucepan of boiling water, gently applying more lemon and salt. The steam generally "does the trick." Wash in lukewarm suds; and repeat if necessary. This treatment is not only for iron-mould, but also for rust, fruit-stains and sometimes ink.

Lemon Butter

Cream together 3 tablespoons of butter, ¼ teaspoon of salt, a few grains of paprika, a tablespoon of finely chopped fresh parsley, and 2½ tablespoons of lemon juice. Serve on hot fish, or grilled steak.

Lemon White Sauce

Blend together 2 tablespoons of melted butter; 2 tablespoons of flour; ½ tea-

spoon of salt, and a cup of vegetable water or milk. Cook until smooth and creamy, stirring constantly. Then stir in one or two tablespoons of lemon juice. Serve with hot vegetables.

Lemon Egg Nog

Beat one egg-yolk with 2 tablespoons of lemon juice and one tablespoon of sugar. Pour into a tall glass. Beat the egg-white very stiff with one tablespoon of sugar, and fold three-quarters of this into the egg-yolk mixture. Now add milk to almost fill the glass. Stir well with a spoon. Put the remainder of the beaten-egg-white on top of all, grate a little lemon-rind over it, and serve at once.

Lemon with Tea

Grated lemon-rind put into the teapot with the tea, before boiling water is poured on, makes a delicate and unusual flavour—like some rare, expensive blend. About half a teaspoonful of rind to 4 teaspoons of tea, or according to taste. Begin with a little.

Lemons with Dried Fruit

Add a little lemon juice, or a piece of lemon-rind, when stewing prunes or dried apricots, peaches and so on. Remove the rind before serving. Lemon rind also improves stewed rhubarb very much.

Cleaning Copper

Save lemons which have been cut in half and squeezed for juice; dip these halves into salt, and clean tarnished copper or brass with them. Wash afterwards with warm suds and polish with soft cloth.

Mock Lemon Curd

This is a nice change from jam. It comes from a lady in Buckinghamshire. One lemon, 1 teacup of water; 1 teacup of granulated sugar; 1 egg; 1 teaspoon of cornflour, and a small piece of butter. Grate the lemon peel into a saucepan with the water, sugar and butter. Boil gently for a few minutes, thicken with the cornflour mixed with the lemon juice. Remove from the fire a few minutes, and mix in the well-beaten egg. Do not boil it up again, or the egg will curdle.

Lemon Cheese

Here is a recipe from Fifeshire, but it was given to me in London. The lady said she found it such a useful means of using up cracked eggs.

Peel 2 lemons as thinly as possible, and squeeze out the juice. Put both the rind and the juice in a saucepan with 8oz. of sugar and 5oz. of butter, and dissolve very slowly. Now beat up two eggs, then stir the lemon mixture on to them. Strain, return to the pan, and stir over a low heat until the mixture comes to the boil and is thick and creamy. The cheese may be made most satisfactorily in a double saucepan. The steaming ensures the slow melting of the sugar and butter, which is so essential.

Lemon Pie

This is the Derbyshire way of making a lemon pie.

Line a deep plate with your favourite pastry. Make a custard by taking ¾ pint of milk and 1½ tablespoonfuls of cornflour, mixed to a paste with a little of the milk. Grate the rind and juice of 2 lemons into the custard when cooled down a little, and add sugar to taste. Then stir in the yolks of two eggs, place the mixture on pastry, and bake in a nice oven. When ready, whip up the whites very stiffly, fold in 2 tablespoons of castor sugar, and brown in a cool oven.

Lemon Meringue Pie

Here is the very popular American Lemon Pie—almost a national dish, I think. One cup of sugar, 4 level tablespoons of cornflour, ¼ teaspoon of salt; 1½ cups of water or milk, and 2 egg yolks, beaten slightly. Sift the dry ingredients, add the water or milk and the egg. Stir till all is dissolved. Cook in a double boiler, stirring frequently, until thick, which should take about 15 minutes. Then add a third cup of lemon juice and the grated rind of a lemon. Beat well, cool, and turn into a baked pie shell. Cover with the following meringue, and brown it slightly.

Beat 2 egg whites till frothy, add ¼ cup of sugar; ¼ teaspoon of baking powder; and a teaspoon of grated lemon

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