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or slide, covered with gooseberries, sugar, and cut rhubarb, and covered then with the shortcake, cooked, and cut cold—it is delicious for afternoon teas. The same baked in a pie-dish—you know, a layer of shortcake lining the pie-dish, filled with gooseberries and rhubarb and sugar—covered with the shortcake and tucked in, makes a wonderful pudding—served with custard or cream. A half hour of baking is about right until the bottom layer of shortcake is brown and crisp, that is when the pastry starts to leave the sides of the dish. It can be eaten hot or cold, and is splendid for picnics

sieve. They are excellent for children; purée of spinach, flavoured with a little bacon fat, is a good way of getting little ones to take this valuable vegetable. Do not waste the water which is strained away from the vegetable—add it to soups or gravies. It contains important mineral salts. If the purée is not thick enough, simmer it over moderate heat until the desired consistency is reached.

Cream soups are very nourishing, because they contain the vegetable pulp put through a sieve, and also milk and flour or cornflour for thickening. A spoonful of whipped cream is often put on each serving of cream soup. Make the soup

## Mince Pies For Christmas

**M**INCE PIES have been described as the "crowning glory" of the Christmas dinner. They may be made with either short or flaky pastry, and good deep patty tins should be used, to hold plenty of mincemeat. Did you know that the original idea was to use long-shaped patty pans, to represent the original Christmas cradle? Line the tins with pastry, and put in enough mincemeat to make a high mound under the pastry top. Dredge with icing sugar before serving, either hot or cold. Here are some recipes:

**CHRISTMAS MINCEMEAT:** This recipe is over one hundred years old. It was given to me by "Rata" of Blenheim, who says it keeps indefinitely. She herself has used it after keeping three years. Half a pound of shredded beef suet, large raisins, apples (after peel and core have been removed). These are minced together. Now add to these half a pound each of currants, No. 1A sugar, citron peel (or ¼ lb. orange and lemon peel, and ¼ lb. of citron peel would do), 1 lemon

grated, rind and juice, ½ nutmeg or a small teaspoon of ground nutmeg, ½ packet of mixed spice, ½ bottle of rum or brandy. Stir and mix well as each is added. Put in a screw-top jar.

**BUCKINGHAMSHIRE MINCEMEAT:** One and a-quarter pounds each of currants, raisins, and apples, 1 lb. of suet, 1 lb. brown sugar, ½ to ¾ lb. mixed peel, and 2 oz. each of allspice and cinnamon, a little salt, a pint of sherry, and a wineglass of brandy. Chop the fruits and mix well with the shredded suet. Add the liquid, mix thoroughly, bottle, and tie down.

**ORANGE-FLAVOURED MINCEMEAT:** Two pounds each of chopped raisins and currants, minced or chopped apples, shredded suet, ¼ lb. each of candied orange and lemon peel, and 2 oz. of citron candied peel, the juice of 3 oranges and 3 lemons, the grated peel of 2 lemons, ½ lb. sugar, ½ pint of brandy, ¼ pint of sherry, 1 grated nutmeg, 1 tablespoon of cinnamon, and 1 oz. salt.

if baked in this way, or in "tart" form, and quite easy to carry.—"Tip" (Otaki).

### Home-Made Bread

Dear Aunt Daisy,

I feel sorry for "Mother of Nine." I am myself the mother of a large family, and I know she will be pleased to get this recipe.

Sift 7 cups of flour into a warm basin and rub in a handful of salt. Put half a cake of yeast into a jug of lukewarm water with 1 tablespoon of sugar, and stir still dissolved. Then pour this into the flour, adding more lukewarm water if needed, till the dough is soft. Leave to rise. I set mine at night and it is ready in the morning to knead into loaves and put into tins. Half fill these and stand them in a warm place to rise once again, till nearly up to the top. Then put into a hot oven for one to two hours. When cooked they will sound hollow or feel light.—"Mrs. B." (Dargaville).

### Three Requests

Dear Aunt Daisy,

Would you be good enough to let me know how to make: (1) Puréed vegetables, (2) Cream soups, (3) Fruit whips?—Mrs. A.F. (Hataitai).

Puréed vegetables are simply vegetables boiled in very little water till quite soft, and then rubbed through a

by boiling the cut-up vegetables in a little water, then rub through a sieve, put back into the saucepan and add an equal quantity of milk, and thicken with flour or cornflour. Here are one or two examples.

**CREAM OF TOMATO SOUP:** Slice about 1lb. of tomatoes into a pot with a small onion and a piece of butter the size of a walnut. Cook slowly, stirring occasionally. When the tomatoes are soft and pulpy add a pinch of baking soda, and rub through a sieve. To every pint of tomato pulp take 1¼ pints of milk. Bring to the boil and thicken with 1 tablespoon of cornflour, blended with a little cold milk. When it boils add the tomato pulp slowly. Season to taste, and put in about 2 tablespoons of butter. Re-heat and serve with sippets of toast. Half a cup of cream added to the soup is a decided improvement, in which case you do not need the butter.

**PARSNIP CREAM SOUP:** Scrape 3 medium-sized parsnips, put through the mincer and cook gently with 1 cup of water for half an hour. Press the pulp through a sieve with the back of a wooden spoon, and return to the saucepan. Add salt to taste and 1 pint of milk. Thicken with a little arrowroot and add 1 tablespoon of finely chopped parsley. Serve steaming hot.

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