

FILLINGS FOR SPONGES

FROM Avondale came a letter asking for a recipe for an economical lemon cheese suitable for cooking. The "Link" who signed herself "Cook in the Making," went on to say: "I could pass on a hint for ordinary lemon cheese; it is this: I put only a walnut-sized piece of butter in mine; it thickens beautifully and quickly, yet the finished article tastes just as good as if it had contained the usual ¼lb. of butter, which, to my mind, seems to prevent thickening. This 'cooking lemon cheese' which I would appreciate having, is for a paste similar to that used for custards, and sold by pastry cooks. Will you put the information I have asked for in *The Listener*? I imagine it will be of general interest, and I am unable always to listen to your daily session."

So here are some recipes for this, as well as for other fillings—always a popular idea, and most useful and practical:

Custard for Fillings

Prepare a custard with one large tablespoon of custard powder, and ½ pint of milk, sweetened to taste. Add one large tablespoon of butter, and whisk. When cool, add a small tin of condensed cream, and whip together again. Lemon flavouring may be added, or any other flavouring preferred.

—"Old Bachelor."

Lemon Honey (Without Eggs)

The grated rind and juice of 2 large lemons, 1 breakfast cup of sugar, 1 tablespoon of cornflour, and 2oz. of butter. Melt together, very slowly, the sugar, butter and lemon juice, together with the grated rind. Moisten the cornflour with a little water, and stir it into the mixture after the sugar has dissolved. Remove from the fire while stirring in the cornflour. Let all cook together until clear.

Lemon Cheese (With Crushed Biscuits)

Four ounces of butter, 8oz. of white sugar, juice and rind of 3 lemons, 4 eggs, and 4 wine or similar biscuits. Melt the butter and sugar, add the crushed biscuits, grated lemon rind and juice. Slightly cool, add the well beaten eggs. Cook till the mixture thickens, stirring all the time. "Do not boil, or it will spoil!"

Lemon Chees for Tartlets

One cup of sugar, the rind and juice of 4 lemons, 2 tablespoons of butter, and 2 eggs. Boil till thick in a double boiler.

Mock Lemon Cheese

Mix 5 tablespoons of cornflour, 1½ cups of sugar, ½ teaspoon of salt. Stir in 2 cups of boiling water, and when smooth add 8 tablespoons of lemon juice, 2 tablespoons of butter, and 2 well beaten eggs; also the grated rind of a lemon. Cook over a slow heat until thick.

Mock Cream (Lemon)

Moisten 1 tablespoon of cornflour with a little milk, into a paste. Put one cup of milk on to heat, and when boiling stir in the cornflour paste, cook for 5 minutes, and allow to cool. Cream 1 level tablespoon of butter with 1 tablespoon of sugar, add either lemon juice or lemon essence to taste, and stir in very gradually the thickened milk. Beat well, and use as filling.

Mock Lemon Curd

One teacup of water, 1 teacup of sugar, 1 teaspoon of cornflour, 1 lemon, 1 egg, 1 small piece of butter. Grate the peel into a saucepan containing the butter, water and sugar, and boil for a few minutes. Then thicken with cornflour mixed with lemon juice. Leave a few minutes off the fire, and add the well beaten egg.

Marshmallow Filling

Now for a change from the lemon fillings. Here is a Marshmallow Filling. For cakes, biscuits, pastry, etc.: The whites of two eggs, 1oz. of gelatine, 1lb. of sugar, 1 teaspoon of vanilla, 1½ cups of cold water, and ½ teaspoon of tartaric acid. Soak the gelatine in ¾ of

a cup of the water for about ten minutes. Boil the sugar and the remaining 1 cup of water as quickly as possible, until a little tested in water forms a firm ball—the temperature will be about 250° or 225°. Remove from the fire, add the gelatine gradually, and then boil it up again for a minute or two. Add the tartaric acid, and when it is cold, add the essence. When it is on the point of setting, beat it until it is frothy, and then add the stiffly beaten whites, and beat some more. Add about ½ teaspoon of baking powder, and beat again. It must be very fluffy. Then pour it on to a flat dish; or on to shortcake crust. If in the dish, it can be cut into shapes and used as desired when cold.

Simple Marshmallow

Soak 2 dessertspoons of gelatine in a cup of water, add 1 breakfast cup of sugar, and boil in a saucepan for 8 minutes. Add a few drops of vanilla, or other essence. Let cool, then beat till white and thick. Spread on shortbread, ice with chocolate icing, and sprinkle with nuts.

Mock Cream

Bring to the boil 1 cup of milk, or two tablespoons of sweetened condensed milk, and 1 cup of water. Pour this while boiling on to 2 level tablespoons of custard powder, moistened with milk. Return to the pan, and cook. When taken off, tip it into 1 teaspoon of gelatine which has been soaking with 2 teaspoons of cold water. In the meantime, cream thoroughly 4oz. of butter and 2oz. of sugar. Then, teaspoonful by teaspoonful, add the cold gelatine and custard mixture.

(Continued on next page)



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