

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

DELICATE DIGESTIONS NEED DAINY DISHES

MANY people find it a real problem to cater for one of the family who has been ordered a "light diet." The person may have returned home after a period in hospital—perhaps recovering from an operation—or perhaps a soldier-man whose health has been impaired on active service. The housewife is anxious to "build him up," and get him back to normal, and any suggestions from women who have coped successfully with this kind of cooking will be welcomed by readers of this page.

Light Diet

The essentials of light diet are maximum nourishment with easy digestibility. Among the foods covered by these terms are fish, eggs, chicken, soups, jellies, and milk in all kinds of ways; grilled chops, green vegetables, oranges. Fried food is very unsuitable, so are highly flavoured dishes. Steamed fish sounds uninteresting, but served with a sprig of parsley and a slice of lemon, and with a spreading of butter upon it, and a shake of paprika (the Mexican red pepper), it will look so nice that the invalid will be tempted. Try to introduce a little colour when serving these dishes, thus making them as attractive as possible.

Don't serve anything that looks "fatty," and always stir invalid food with a silver spoon. A "cooking" spoon may give a "brassy" taste to a dish, and a semi-sick person with no appetite can't help being fussy.

Tasty Scraped Beef

A thick iron frying pan is necessary for this—or a girdle may be used. This pan must be made very hot, but do not grease it at all. Have ready half a pound of rump or beef steak, and with a blunt knife scrape the meat away from the connecting tissues. Hold the beef firm on the board or bench with the left hand, and with the knife in the right hand, scrape briskly away from you, and against the grain. Form the scraped meat into small flat cakes; put them on the very hot pan, and cook quickly on one side until brown—it will take only a minute or two. Then turn the cakes over and brown on the other side. The juice must not run out of the meat—if it does, the pan is not hot enough. Add a seasoning of salt after the cakes are cooked, and serve immediately on a hot plate, with a spread of butter on top, and a sprig of parsley to garnish. Green vegetables, and a little very well mashed

potato can be served with them. These are very tasty, and are generally well liked. Any scraped beef left over can be used raw in dainty sandwiches of wholemeal bread and butter.

Chicken Broth

Cut the chicken into joints. Keep out the breast to be used separately. Put into a saucepan, cover with cold water, add a little salt, and bring slowly to boiling

HOME-MADE DOG BISCUITS

In response to numerous requests for home-made Dog Biscuits, here are two very good

(1) Get a calf's liver, or three-

pennyworth of ox liver, and boil it in a little water for about 20 minutes. Mince it up, and place in the oven to dry off a little. Measure and put cup for cup liver and bran, 2 cups of pollard, and 1 1/4 tablespoons of salt, all in a bowl, and mix with enough water to dampen it, so that when it is squeezed in the hand it forms a little cake. Press into square sandwich trays. Cook slowly 1 1/4 hours or more. Do not have it too wet.

(2) Mix some wholemeal with water—it must be fairly moist, or it will crumble. Roll it out, cut in rounds, and bake in a slow oven till dry and hard. Some cooked minced liver or butcher's mince may be added if liked.

point. Simmer very slowly and gently till the meat is tender—about 2 hours or more, according to the age of the chicken. Strain off and allow to cool, then skim off any fat. An ounce of lean bacon may be simmered with it, which gives a nice flavour. This broth is really nicer if cooked in the oven in a casserole. If not convenient to use oven, it is good to use a double saucepan, or a basin covered over well, standing in a saucepan of water. It takes longer to cook, but is better.

Breast of Chicken

Roll the breast of chicken (saved out when making the above broth), in wholemeal, slightly salted, place it in a casserole and just cover with boiling milk or chicken broth. Cook slowly in a very moderate oven, with the lid on, till tender—depending on the age of the bird. Cut the meat neatly off the bone before serving, and add a little finely chopped parsley to the gravy.

Creamed Fish

Take a nice flounder or sole, skinned on both sides, with tail and fins cut

off, head as well. Put into a buttered pie-dish or casserole, with about half a cup of milk, a seasoning of salt, and a teaspoon of butter on top. Cover with another pie-dish or lid, and bake in a moderate oven until tender and cooked—about 20 to 30 minutes. Serve with a sprinkling of paprika and finely chopped parsley, and half a slice of lemon on each side.

Steamed Fish

This can be flounder (skinned and filleted), or John Dory, or hapuka. Put a fillet on a buttered plate, with a squeeze of lemon, and salt, and pepper to taste. Cover over with another plate, or a lid of some sort, and stand over a saucepan of boiling water. Steam it for about 20 minutes, or till cooked. Serve with melted butter or a good white sauce, and chopped parsley. Arrange the helping daintily, and have the parsley very

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