

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

EAT YOUR MILK!

THE ration of milk "per person per day" is supposed to be one quart for children and one pint for adults; but it is neither necessary nor desirable that all this should be taken as a beverage. For the infant or young child, of course, milk is the perfect food, and lacks nothing; but for older children or for grown-ups, some of it should be served in combination with bulky foods. In other words, we may "eat our milk" in the form of creamed or scalloped vegetables, in milk sauces, milk soups, and milk puddings as well as with the breakfast cereal. Not only has milk a well-balanced vitamin content, but it also provides protein for muscle-building, and fat and sugar for energy, besides being rich in minerals.

Vegetables Cooked in Milk

Peel or slice the vegetables to be cooked (potatoes, onions, carrots, celery, turnips, and so on), and put into the top of a double boiler; or if you haven't one, use a basin standing in a saucepan of boiling water, and cover the basin with a lid or plate before putting the lid on the saucepan. Add one-fourth as much boiling water as there is vegetable. Cover closely and cook for 15 minutes. Then add scalded milk (or equal parts of evaporated milk and water) to a little more than half cover. Put on the lid, and continue cooking until the vegetable is tender. The milk will be nearly absorbed. Season with pepper and salt, and add a little butter. If you prefer to thicken the vegetable mixture, melt a tablespoon of butter and blend in a tablespoon of flour, stirring well; gradually add a little of the hot vegetable liquor, and add to the vegetable, continuing the cooking about 5 minutes longer.

Creamed Vegetables

These are cooked vegetables, heated up in a good white sauce. Cauliflower, celery, carrots, peas, asparagus, or a mixture of these, are delicious served in this way, sometimes with buttered toast. Some people like to add a little grated cheese to the sauce; and a little cream always makes it much more delicious.

Scalloped Onions with Eggs

Butter a casserole or pie-dish and put in a good layer of sliced, cooked onions. Cover with a layer of good white sauce; next put a layer of slices of hard-boiled egg. Repeat the layers of onions, sauce, and eggs. Cover the whole with a good layer of coarsely rubbed breadcrumbs mixed with melted butter, and bake nice and brown in a medium oven.

Scalloped Carrots and Onions

Three cups of thinly sliced raw carrots; 2 medium onions chopped. Steam or boil these till tender. Butter a pie-dish, put in a layer of the carrots and onions, cover with a layer of rich white sauce, seasoned, and containing freshly chopped parsley. Repeat the layers, and finally cover all with a thick layer of breadcrumbs, mixed with melted butter; and bake brown in a moderate oven, about 30 minutes.

Bread Meringue

This uses up breadcrumbs or sponge cake crumbs, as well as milk. One pint of milk; 2 eggs; $\frac{1}{4}$ lb. of breadcrumbs, or cake crumbs; $1\frac{1}{2}$ oz. sugar; a little flavouring; and 2 tablespoons of jam. Heat the milk. Beat the yolks of the eggs, and mix well with the milk and the sugar. Add this mixture to the breadcrumbs and stir well together. Place in a moderately warm oven until the custard has set—about half an hour. When it is cooked, let it become cool, spread the jam on top. Whisk the egg whites to a stiff froth, spread on top of the jam, and place in the oven till it is set and lightly browned.

Children's Pudding

Another good nourishing pudding. Two ounces of rice; 2 oz. of breadcrumbs; 2 oz. of sugar; 2 oz. of finely grated suet; 1 egg; 1 quart of milk; a pinch of salt and a little nutmeg. Boil the rice in the milk until it is quite soft, add the breadcrumbs and the suet;

beat the sugar, salt, nutmeg and egg together, and then add this to the rice and breadcrumb mixture. Mix up very well again, and pour into a greased pie-dish. Bake brown in a moderate oven. To serve, turn it out of the dish and spread a layer of jam or marmalade on top.

Cabinet Pudding

Cut some dry plain cake into finger strips, and put a layer of these into a buttered pie-dish. Sprinkle a layer of raisins over this; and repeat layers of cake and raisins until the dish is full. Have the top layer of cake. Beat up 2 eggs a little, add $\frac{1}{2}$ cup of sugar, and pour on to this 2 cups of hot milk flavoured with a little vanilla or almond essence. Pour this over the cake mixture, and stand the pudding dish in a pan of hot water. Bake in a moderate oven till the custard is set firmly.

Orange Delight

Peel and cut 4 sweet oranges into little pieces; put in a deep dish and sprinkle with $\frac{1}{2}$ cup of sugar. Beat together the yolks of 2 eggs; $\frac{1}{2}$ cup sugar; and 2 tablespoons of cornflour mixed with a little cold milk, and stir it into a pint of boiling milk. When it thickens, pour it over the oranges. Then beat the whites of the 2 eggs to a stiff froth, and add 2 tablespoons of sugar. Spread this meringue over the top, and brown it in the oven.

Sago Cream

Boil together in a double saucepan 3 level tablespoons of sago; 2 level tablespoons of sugar and a pint of

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