

flavours, colours, thick-

ens and seasons - Gravies, Stews, Beef Tea, and Soups. Makes Casseroles the most appetizing dishes you ever enjoyed.

1/3 at all Grocery Stores



(Continued from previous page) 2 teaspoonfuls baking powder; and ¾ cup milk. Beat the egg lightly, add the salt and milk. Sift the flour and baking powder together, and then put in the grated cheese. Make into a dough with the liquid, beat well, and roll out. Cut into rounds, brush with beaten egg, and bake for ten minutes, about, in a good oven. These are delicious split and spread with butter, and eaten hot.

# Cheese Straws

This recipe came from a Scottish Women's Institute. Rub together 4 tablespoons of sifted flour, and 2 tablespoons of butter; add pepper—cayenne and salt to taste; and mix in 4 tablespoons of grated cheese. Bind with one well-beaten egg; roll very thin, and cut in three-inch lengths. Bake a pale brown in a quick oven,

# Smoked Fish and Cheese

Use left over cooked smoked fish. Flake and bone it-say a cupful. Melt a good ounce of butter, and mix it well with the fish, 2 or 3 ounces of grated cheese, a beaten egg, and a tablespoon of milk, a little pepper, salt and mustard. Stir over the fire till hot, and serve on buttered toast.

Cream Cheese (Belaian)

Two pints of milk; 2 egg yolks, and some castor sugar. Home made cheese

in Belgium, and this is a Belgian recipe. Put the milk in a wide pan and stand in a warm place, until it curdles into a thick junket. Turn the junket into a piece of butter muslin, and when the first liquid has run through, gather up the corners of the muslin, and tie it round with strong string, leaving a hoop. Hang on a nail, with a basin underneath to catch the whey. After several hours, turn out into a bowl and beat up to the consistency of thick Devonshire Cream. When it is quite smooth, beat in 2 egg yolks, and sweeten with castor sugar. Serve in a china or glass bowl.

# Cheese Omelette

Beat up the eggs-the number depending on the number of people. Do not add much milk; and put plenty of butter in the pan. Add cheese, shaved with a knife, not too finely, but so that you can bite into the pieces of cheese. Pour it all into the hot pan, and just turn the edges over. Serve very hot straight from the pan.

This was sent in by a husband.

# Cheese Souffle

One cup of grated cheese; 2 oz. butter; 11/2 ounces of flour; 1/2 cup of milk; 3 eggs; and salt and pepper. Melt the butter in a saucepan, stir in the flour, add the milk slowly, and stir till it is very smooth, and has thickened. Add then the pepper and salt, the egg yolks, and the cheese. Stir over heat until the cheese is melted, then allow to cool. Beat the whites of the eggs, and carefully fold them into the cheese mixture. Place in a buttered pie-dish, allowing plenty of room to rise, and bake about 20 minutes.

# Everyone's Meer ful

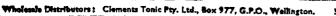
MELBOURNE, VIC. "Before I have half finished a bottle of Clements Tonic, I feel 101%; sleep well, est well, and never tire," writes Mr. E.C.L. of Melbourne. "When I feel a bit nervy or run-down, I or 2 small bottles of Clements is all I need to fix me up."

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worn-out tissue, feeds the nerves and the brain. Start on Clements Tonic to-day, and enjoy the physical being the physical bein because it enriches the blood, replaces



# FROM THE MAIL BAG

# A White Sponge

Dear Aunt Daisy,

I saw a request for a white sponge in The Listener some weeks back, but did not see the following.

Arrowroot Sponge. Three eggs, 3/4 cup sugar; 3/4 cup arrowroot; a little flavouring essence; 1 teaspoon baking powder.

Beat the white of eggs for 21/2 minutes, add the yolks and beat 21/2 minutes more; add the sugar, beat 5 minutes, add the arrowroot, beat 5 minutes again; then add the essence, and lastly fold in the baking powder. This makes two seven-inch layers. Fill with any light filling.

This sponge never fails, and there is no flour at all.

-Pohonui R.D. We must certainly try this.

The Keeping of Cheese

Dear Aunt Daisy,

Please can you help me? As I live in such an out of the way place, I have to buy my cheese in large quantities-11lb. loaves—as we use such a lot! Now I find that towards the end of the loaf, it goes mouldy, and cracks. I have tried wrapping it in a cloth, and also putting it in a tin; but neither method solved the problem.

-"MARIE" (Great Barrier Island).

Try rubbing over the surface of the cheese with butter, or with vinegar, a good breeze.

is a popular course among all classes Marie; and keep it wrapped in greaseproof paper rather than a cloth, I am told. Pieces of cheese which have been cut off and put into a cheese dish for table use, can be kept free from moisture, and mould, by putting one or two lumps of sugar in the dish with it. Another good idea is to buy the packets of processed cheese, which is hermetically sealed in tin foil, and cannot get mouldy before being opened, no matter how long it is kept. Generally speaking, these half pound packets are eaten up before they have time to get mouldy after being opened; but if the family consumption is small enough to make it necessary, tub the cut side with butter or vinegar, as described above,

# Coconut Biscuits

Dear Aunt Daisv.

I wonder if you could put a recipe for coconut biscuits in The Listener, as I very seldom get time to listen to your session—seven children, besides fowls and cows, take a lot of time in the mornings. I mean coconut biscuits like the ones we buy in shops. I have tried several recipes, but none of them are right. I was out to lunch a few days ago, and we had pork chops. They were so nice, I was rude enough to ask for the recipe, which I now pass on.

Sicilian Pork Chops,-One chop for each person; rub with salt and pepper, dip in a little lemon juice, then in grated cheese. Arrange them in a dish, put in a hot oven, brown them, and then reduce the heat. Cover, and cook slowly till tender. They were served with roast kumeras and apple quarters roasted with the chops.—"A New Link" (Chertsey).

The Sicilian Chops must be very tasty indeed. Here is a recipe for Coconut Biscuits, but are you able to get any coconut? It is very scarce at present.

Coconut Biscuits: Four ounces of flour, 20z. of sugar, 40z. of coconut, a pinch of salt, 1 teaspoon of baking powder, 3oz. of butter and 1 egg. Rub the butter into the flour, add the other ingredients, and mix with an egg. Place in lots on greased tray. Bake in a moderate oven till a light biscuit colour.

# To Wash White Lamb's Woo! Coat Dear Aunt Daisy,

I am writing to see if you could possibly help me with a small problem. I have a baby's white lamb's coat, which has become soiled, I was told that these coats wash very well, but I'm not sure just what method would be best. As it is a very good English coat, I would be very sorry to spoil it in any way.—
"Airini" (Herne Bay).

Yes, "Airini," the coat should look like new if you just wash it like any other white "woolly" in lukewarm suds made with the well-known soap flakes, and then rinse in three or four clean waters of the same temperature as the soapy water, with a dash of blue in the last one. Do not leave the coat to "soak," but move and squeeze and lift it up and down gently and continuously for a few minutes until you can see that the dirt has all dissolved out. A teaspoonful of borax in the water, too, will help, unless you are using soft or rainwater. When every particle of soapiness is washed out-as you will see by the clearness of the rinsing water-squeeze the coat in a towel, but do not wring it. Then shake it very well, and dry quickly in