

RECIPES ASK Aunt Daisy QUESTIONS ANSWERS

SWEET SAUCES FOR DESSERTS

FOLLOWING on our last week's suggestions for Savoury Sauces with which to camouflage plain ordinary meat and fish into looking like luxury dishes, let us now consider similar methods of dressing up our puddings. The newer American recipes are featuring molasses in sauces and spreads; because it has been announced by Scientific Institutes that molasses is a rich and proven source of iron, so necessary to the body, and that it has a higher relative iron-value even than ox or calf liver.

Hot Chocolate Sauce

Four tablespoons of unsweetened chocolate, $1\frac{1}{2}$ cups of sugar, $\frac{1}{4}$ cup boiling water, $\frac{1}{2}$ cup cold water, $\frac{1}{2}$ teaspoon vanilla. Dissolve the chocolate in a basin over a pan of hot water. Boil the sugar and cold water together for five minutes, and let cool. When cool, stir in the melted chocolate. Add the vanilla. Keep hot in a double boiler—or in a basin over hot water—until you are ready to serve it. At the last moment add the $\frac{1}{4}$ cup of boiling water.

Hard Sauce (Foundation Recipe)

Half a cup of butter, 2 cups of castor sugar, 1 teaspoon of vanilla, $\frac{1}{2}$ teaspoon of lemon juice or essence, 1 tablespoon of hot water. Cream the butter. Add the sugar gradually, beating until fluffy. Add the flavouring, and pile in the sauce dish.

Variations

Molasses Hard Sauce.—Add 2 or 3 tablespoons of molasses to Hard Sauce, and work in smoothly. I suppose we could use black treacle.

Spiced Hard Sauce.—Add to the Foundation Hard Sauce recipe $\frac{1}{8}$ teaspoon each of cinnamon, nutmeg, ginger, and cloves.

Marmalade Hard Sauce.—Add to the Hard Sauce, while beating, 3 tablespoons of marmalade.

Ginger Hard Sauce.—Add to the Hard Sauce 4 tablespoons of Ginger Snaps, crushed fine.

Brown Sugar Hard Sauce

Cream a scant half cup of butter, add gradually a cup of brown sugar, and a teaspoon of vanilla. Then add, a teaspoonful at a time, 4 tablespoons of rich milk, or unsweetened condensed milk. It will curdle if much is put in at once. Beat well after each addition.

Foundation Dessert Sauce

One tablespoon of cornflour, $\frac{1}{2}$ cup of sugar, good pinch of salt, 1 egg, 2 tablespoons of butter, 2 teaspoons of vanilla, 1 cup of hot water. Mix the cornflour,

sugar and salt. Gradually add the hot water, and cook until thick, stirring constantly. Add the beaten egg yolk and cook a minute or two, then add butter and vanilla. Cool a little, and fold in the beaten egg whites.

Variations

Lemon Sauce.—Omit the vanilla and add 2 tablespoons of lemon juice, and 1 teaspoon of grated rind.

Nutmeg Sauce.—Add a small teaspoon of grated nutmeg.

ECONOMY PICKLE WELSH RECIPE

Any vinegar left over in pickled onion bottles is cooked up with a cupful each of dates, raisins, and figs. After boiling for 20 minutes, the mixture is pressed through a sieve, put into jars, and sealed. This is delicious with cold meat, ham or bacon

Chocolate Sauce.—Add $\frac{1}{2}$ oz. of grated chocolate, or a dessertspoon of cocoa, blended with the cornflour and sugar.

Raisin-Nut Sauce.—Add half a cup of chopped raisins and nuts, and a teaspoon of grated orange rind.

Sailors' Duff Sauce

This is an easy one, and nourishing. Beat 2 egg yolks well, then gradually add a scant cup of brown sugar, a little at a time. Just before serving, stir in a half pint of whipped cream. I may as well give you the Sailors' Duff, too. It needs molasses, but I suppose black treacle would do. Cream together 2 tablespoons each of butter and sugar, add a well-beaten egg. Dissolve a teaspoon of soda in a tablespoon of hot water, and add it to the half cup of molasses. Then add, alternately and little by little, $1\frac{1}{2}$ cups of flour and the molasses, to the creamed mixture, and lastly, add $\frac{1}{2}$ cup of boiling water. Steam in a buttered basin for one hour.

Whipped Cream Sauce

One egg, well beaten, then creamed with half a cup of sugar. Add vanilla to taste, then beat in carefully half a pint of well-whipped cream.

Butterscotch Sauce

Half a cup of white sugar, $\frac{1}{2}$ cup of brown sugar, 2 tablespoons of corn syrup—(we shall have to use golden syrup or maple syrup, which will not be quite the same), $\frac{1}{4}$ cup of hot water, and $\frac{1}{2}$ cup of cold water, $\frac{1}{2}$ teaspoon vanilla, and $1\frac{1}{2}$ tablespoons butter. Cook together the white and brown sugar, the syrup, and the cold water until a little dropped into cold water becomes quite brittle. Take from the fire, and beat in

the butter, the hot water and the vanilla. Serve hot.

Butterscotch Sauce (with Condensed Milk)

Boil together $\frac{3}{4}$ cup brown sugar, 2 tablespoons corn syrup, a scant $\frac{1}{2}$ cup of boiling water, and a good pinch of salt, until a little tried in cold water is brittle. Take from the fire, and beat in $1\frac{1}{2}$ tablespoons of butter, and sufficient unsweetened condensed milk to make the right consistency—about two tablespoons.

Pineapple Sauce

Mix together a dessertspoon of butter, $1\frac{1}{2}$ tablespoons sugar, a good dessertspoonful of cornflour, and a pinch of salt. Add half a cup of crushed pineapple (tinned), mixed with $\frac{1}{2}$ cup of hot water, and boil for 5 minutes, stirring constantly. Then add a dessertspoon of lemon juice. Serve hot.

Fudge Sauce

Half a cup of cocoa, 2 tablespoons of butter, 1 cup of water, 2 cups of sugar, 2 teaspoons of vanilla, a little salt. Mix the cocoa and water, and cook till smooth and thick. Add the sugar and salt, and stir till dissolved, then cook for five minutes, add the butter and vanilla, and serve at once.

Custard Sauce

Scald $1\frac{1}{4}$ cups of milk. Beat up 3 egg yolks, add a tablespoon of sugar, a tablespoon of cornflour, and a pinch of salt. Stir in $\frac{1}{4}$ cup of milk, then pour this mixture into the scalded milk, stirring well, and cook until it will just coat the spoon. Take off the fire and add vanilla, or the desired flavouring. Serve hot or cold.

Foamy Orange Sauce

Beat 3 egg whites until stiff. Add a cup of castor sugar, gradually, and continue beating. Add the juice of one orange and of one lemon, and the grated rind of the orange. Mix thoroughly.

Melba Sauce

Put a cupful of tinned raspberries through a sieve, and add $\frac{1}{4}$ cup of sugar. Cook gently for about 5 minutes. Then cool it and keep in the refrigerator, or a cool pantry until needed.

FROM THE MAIL BAG

Keeping Meat in Hot Weather

Dear Aunt Daisy,

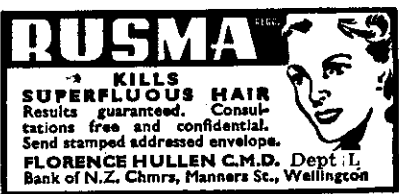
Some time ago, someone wrote to you for a method of preserving meat during the summer. I noticed that the answers were all for pickling meat. I have a splendid method of keeping meat, either beef or mutton. I have done both, and have kept beef in the

(Continued on next page)



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