

ASK Aunt Daisy

CAKE FILLINGS WITHOUT ICING SUGAR

ARICCARTON Link in the Daisy Chain asks for ideas for making fillings for sponge and layer cakes without using icing sugar. As these will be of general interest, I am publishing the recipes I sent her in the stamped addressed envelope which she enclosed. While space has to be limited in *The Listener*, our Links will get their replies much quicker if they enclose these envelopes.

With Condensed Milk

Cream together equal quantities of butter and condensed milk. Then add either minced dates, sultanas, or preserved ginger, or cherries, or a mixture.

Date Filling

One tablespoon sugar, ¼ lb. dates, 2 tablespoons water, the rind of 1 lemon, and the juice of half a lemon. Boil the dates, sugar and water till soft, then add the lemon juice and rind.

Orange Filling for Sponge

Soak 1 tablespoon gelatine in the juice of a large orange. Whip ½ pint cream with a little sugar, and a few drops of brandy essence, or any desired flavouring essence to taste. Add the grated rind of the orange. Stand the gelatine and juice in a cup, in a saucepan of boiling water, and stir till the gelatine has dissolved. Let cool, then add gradually to the cream, and whip together again till stiff.

Lemon Snow Frosting

Two unbeaten egg whites, 1½ cups sugar, 3 tablespoons water, 2 tablespoons lemon juice, ¼ teaspoon grated lemon rind. Combine the egg whites, sugar, water, and lemon juice in the top of a double boiler, beating until thoroughly mixed. Then place over rapidly boiling water, beat constantly, and cook about seven minutes, or until the frosting will stand in peaks. Remove from the boiling water, add the lemon rind, and beat until thick enough to spread.

Soft Chocolate Filling

This is suitable for Eclairs and Cream Puffs. Three ounces of unsweetened

chocolate, grated; a little salt, 3 tablespoons flour, 1 pint cold milk, 2 eggs slightly beaten, 1 cup sugar, and ½ teaspoon vanilla. Add the chocolate to the milk, and heat in a double boiler. When melted beat with the egg beater till smoothly blended. Sift sugar, salt, and flour together. Add to eggs. Pour a small amount of the chocolate mixture over the egg mixture, stirring vigorously. Return to double boiler, cook 15 minutes, or until the mixture is thickened. Stir constantly. Add vanilla, and cool before using. If you haven't a double boiler use a basin standing in a saucepan of boiling water.

Orange Filling (without gelatine)

Three ounces of flour, 1 cup of sugar, grated rind of 1 orange, ½ cup orange juice, 3 tablespoons lemon juice, ¼ cup water, 1 egg slightly beaten, and 1 dessertspoon butter. Combine all smoothly together. Cook in double boiler for about 10 minutes, stirring. Cool. May be also used for eclairs or with coconut for pastry tarts.

Jelly Filling

This is very delicious, easy and popular. Make up an ordinary packet of jelly—any desired flavour, and set it in a wetted sandwich tin the same size as your sponge cake. When cold and set slide it out and place between the sponge-layers. This is made "de luxe" by setting some slices of fruit or sections of orange in the jelly. Some pieces of peeled Chinese gooseberries are delicious.

FROM THE MAIL BAG

Mould on Jam

Dear Aunt Daisy,

I made quite a large quantity of apricot jam this season, and now find it has all got mould on top of it. This is the first time such a thing has ever happened with my jam. Could you advise what I can do to prevent it all becoming spoilt? —Mrs. L.F. (Sydenham).

I expect the wet summer may have had something to do with this, as you have never had it happen before, and probably are storing your jam in the same cupboard as usual. However, the layer of mould which has formed on top of the jam will not have spoiled it. Just scrape it carefully off, and then brush over the top with vinegar—or lay rounds of white paper dipped in vinegar, over the jam. Acid prevents the formation of mould.

Economy with Tea

Dear Aunt Daisy,

The enclosed recipe for tea essence may be of use to many housewives who like their cup of tea. It is used in one of our railway station refreshment rooms. Perhaps you may find room for it in your column in *The Listener*.

Tea Essence.

To half a pound of tea put five quarts of boiling water, and let it infuse about 10 minutes, but not on the stove. Then strain and bottle it. We put a little of this strong tea in each cup and fill up with boiling water, but boiling water must be used each time. One pound of tea with 10 quarts of water will be enough for 120 cups of tea. There is no waste, nor pot to empty.

—F.C. (Auckland).



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ADVICE ON HEALTH

(Continued from previous page)

(3) Experiment to show the effects of animal and vegetable protein or milk-powder versus peameal.

Rat Musso has a carefully calculated diet containing mineral salts, cod-liver oil, and carbohydrate, with milk-powder as the source of protein.

Rat Lini: A brother of Musso, and living on the same diet except that peameal is used in place of milk-powder. Both rats are in fair condition, but Musso on milk-powder is distinctly a bigger, better, and brighter type of rat.

Mothers, please get your milk or dried milk arithmetic right!

(Next week: "Britain's Bread," by Dr. Muriel Bell.)