



NOURISHING COLD DISHES FOR WARM SUMMER DAYS

JELLIES and aspics are the answer to the problem of providing light yet nourishing summer meals. Almost any course can be served in jellied form—soup, fish, entree, or sweet. One great advantage is that these meals must be prepared beforehand, and are thus all ready to serve at any deferred mealtime.

Jellied Soup

One and a-half cups ($\frac{3}{4}$ pint), of good soup stock, $\frac{3}{4}$ cup hot water, slice of onion, 1 tablespoon lemon juice, thin piece of lemon rind, few grains cayenne, 1 egg white, 2 dessertspoons ($\frac{1}{2}$ oz.), best powdered gelatine. If using a refrigerator, use only $1\frac{1}{2}$ dessertspoons gelatine.

Dissolve gelatine in hot water. Heat soup stock, onion, lemon rind and juice and pepper. When boiling, add beaten egg-white, and boil for three minutes. Cool, add gelatine, and strain through cloth. Pour into small moulds to set, and serve decorated with parsley. Another way of serving this is to set the jelly in a shallow dish, mash it with a fork, and serve it on lettuce.

Fish in Jelly

Two cups of cooked filleted fish, 2 tablespoons chopped capers, 1 dessertspoon chopped gherkin, or cucumber, 1 cup cold water, $\frac{1}{2}$ cup hot water, 2 tablespoons lemon juice, 1 dessertspoon vinegar, 1 teaspoon salt, 2 hard-boiled eggs, $1\frac{1}{2}$ dessertspoons powdered gelatine (or 1 dessertspoon gelatine if using a refrigerator).

Dissolve gelatine in hot water. Add lemon juice, vinegar, salt and cold water. Pour a little of the liquid into a mould. When firm, arrange slices of hard-boiled egg as a decoration. Just cover with more liquid. Mix fish, capers and gherkin (or cucumber), lightly together. Place in mould in layers with remaining slices of egg. Pour in the gelatine mixture when it is thickening. Serve on lettuce with salad dressing.

Rainbow Cream

Make up a raspberry jelly with a packet of jelly crystals, and leave to set. Make a pint of blancmange by mixing $1\frac{1}{2}$ oz. of good cornflour with a little of the cold milk, and making a smooth paste. Heat the rest of the milk with 2 tablespoons of sugar, then pour the hot milk on to the paste, stir well, and return to saucepan, stirring all the time. Boil slowly for five minutes, then add a knob of butter, and continue to stir till blended. Take off, and add a little flavouring — vanilla, or to taste. Now pour a quarter of the blancmange into each of three basins, leaving one-quarter in the saucepan. Colour each of the three with a little grated chocolate, a few drops of red colouring and green colouring respectively. Rinse a pretty mould with cold water, and pour in first a little chocolate blancmange. Allow a skin to form, and then pour in the white part. Follow suit with the green and then the pink blancmange. Leave to set. To serve, turn out the blancmange on to a pretty dish, and surround with the

chopped-up raspberry jelly. (Chop with a wet knife). Decorate the top with whipped cream.

Rabbit Mould

One rabbit, 2 dessertspoons powdered gelatine (or less if using refrigerator), 2 cups water, $\frac{1}{4}$ cup hot water, 1 onion, $\frac{1}{4}$ lb. bacon, pepper, salt, a few cloves, and $\frac{1}{2}$ teaspoon nutmeg.

Place prepared rabbit in saucepan with cold water, pepper, salt, cloves, sliced onion, nutmeg and bacon. Cook until tender. Remove bones. Cut meat into thin slices. Arrange with bacon in round mould or basin. Dissolve the gelatine in hot water, add to the liquid from the cooked rabbit, and strain into the mould. Garnish with shredded lettuce and salad.

FROM THE MAIL BAG

Cooking Dried Beans

Dear Aunt Daisy,

I do not agree with the advice (given by a Link), to soak dried runner beans up to as long as 36 hours before cooking. I find this only toughens them. I find it best to pour boiling water over them in the pot, put them over low heat, and simmer them slowly. Next time, I mean to add the wee-est speck of soda or borax, to bring up the colour. I sliced mine with the bean cutter, which does them very finely, and they dried very rapidly in the sun and in the cool oven at night, and look as though they would keep for years.

I have had good success, too, in drying the large white Adriatic fig—whole, of course—like the bought "pulled" figs. When dead ripe, I dry them on wire cake racks in the sun, and over the kitchen range till shrunk soft and pliable like bought ones.—A Listener (Waiuku).

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