

MEATLESS MEALS

A GROWING number of people are in favour of at least one meatless day a week, and are interested in planning meatless meals which yet contain adequate supplies of protein or building material. Dried peas, beans and lentils have an important place in these meals, as well as cheese, eggs, fish, and, of course, milk, which is Builder No. 1. Here are some original recipes worked out by well-known Links in our Daisy Chain.

Lentil Roast

Half a pound lentils, 2 large carrots, 4 to 6 potatoes, 1 teacup milk, 1 teacup stale bread, pepper and salt, pinch of sage. Boil lentils and sliced carrots in a little water until tender. Add the grated raw potatoes, and bread soaked in the heated milk, seasoning, etc. Mix well and pack mixture about 2in. thick into a baking tin. Bake in a moderate oven for half an hour. Cut into squares, and serve with a good gravy.

Pease Pudding

One pound split peas, 1 beaten egg, 2 tablespoons bacon fat, 1½ teaspoons dried mint, pepper and salt. Soak peas all night. Then boil till cooked. Rub through sieve, stir in beaten egg, and rest of ingredients. Put in greased basin, cover with butter paper and boil 1 hour. Serve with vegetables and good gravy.

Toasted Mushroom Rolls

Cut crusts from thin slices of bread. Spread with softened butter. Then spread with thin layer of chopped fried mushrooms moistened with little cream or top milk. Roll up. Fasten with toothpick, and toast in hot oven.

Potato Flan

Boil and mash 1lb. potatoes with milk and butter, and arrange it round the edge of a dish. Brush with egg or milk, and brown in oven or under grill. Make a good white sauce with half a pint of milk. Add 2 tablespoons grated cheese, 1 hard-boiled egg, parsley, salt and pepper. Pour into the flan, garnish with parsley and serve hot. Any cooked vegetables could be added with the cheese to the white sauce, and used for the filling or—

Buttered Carrots

(with or without sauce)

Cut young carrots into slices. Cook in little water with 3 tablespoons butter, 1 teaspoon sugar, salt to taste. Simmer until soft and the water is cooked away. Add chopped parsley.

Onion Pudding

Line a greased basin with 4 onions fried golden brown. Then mix 1 breakfast cup crumbs, 1 beaten egg, 1 dessert spoon melted butter, little grated lemon rind, pinch of nutmeg, salt and pepper, and a little milk. Pour this into basin. Steam 1½ hours. Serve with brown sauce.

Potato Roll

Mix 2lbs. mashed potatoes, 2ozs. minced nuts, 2 grated carrots, 1 tablespoon chopped onion, 1 tablespoon chopped suet, ½ teaspoon herbs, salt and pepper, milk to make a stiffish dough. Shape into a roly-poly. Put into

a greased tin. Cover with greased paper and bake half an hour till moderately brown. Serve with gravy or sauce.

Vegetable Sweetbreads

Stew in milk 1 large parsnip, whole or sliced, 1 onion, and 1 artichoke cut up. Season with a pinch of mace and pepper and salt. Make some neat squares of wholemeal toast. Butter and cover with squares of thinly-cut cheese. On top of this put a round of parsnip. Brown in the oven. Thicken milk which has cut up artichoke and onion in it, and pour over or round—or in separate small bowl for people who like the toast crisp.

Cheese and Onion Savoury

Take even sized pieces of stale bread. Dip one side in melted butter, then dip the same side in grated cheese. Put plain side on buttered dish. Spread top of cheesy side with fried onions and sliced tomato. Put another buttery, cheesy slice on top—with cheese side up. Bake in hot oven just till cheese is nicely browned.

FROM THE MAIL BAG

Instead of Sugar

Dear Aunt Daisy,

I am a faithful Link in your Daisy Chain, so thought I would forward this small hint that may help many of us now that sugar is in rather short supply. Use beetroot in place of sugar in stewed fruit, cakes and pudding. Cooked red beetroot may be grated into partly stewed apples or any fruit—just enough to sweeten them. Grate half to three-quarters of a breakfast cupful of boiled or baked beetroot into a pound of apples, after they have simmered just long enough to soften them, then complete the cooking. No sugar is required. You may improve the flavour by adding cinnamon or a few cloves. The fruit is a lovely red. Beetroot and apples make a nice imitation blackberry and apple pie, which is really lovely, for I have tried it. Try adding beetroot to sweeten fruits bottled in water. I hope some of the Daisy Chain will try these ideas.—A Regular Listener, Rotowaro.

Removing Transfer Marks

Dear Aunt Daisy,

For the Link who wishes to remove the transfer pattern, tell her that, while vinegar takes some hours, the marks will come out in a few minutes, if the place is put into plain cold water and rubbed as in ordinary washing. The water must be quite cold, and no soap of any sort used at all. I do quite a lot of fancy work, and always remove the marks this way, so know it is good. This does not work if the transfer has once been washed.

Also, Rust or Ironmould can be removed by rubbing the spot with citric or tartaric acid while wet. Spread in sun and when dry, the rust will have disappeared. Then wash in warm water to remove acid.—Mrs. V., Blenheim.

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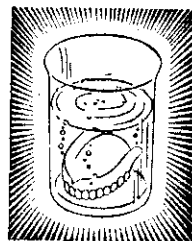
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