

RABBITS

MAKE full use of rabbits. They add variety to the diet, and are both cheap and nourishing.

They may be stuffed and baked, stewed in brown or white sauce, curried, or made into puddings, pies or soups, and the left-over pieces, chopped or minced, and mixed with a little chutney and chopped carrot and parsley, make a good filling for school luncheon pasties, or wholemeal sandwiches.

Bacon and onions are the usual accompaniments to rabbits, but celery, leeks and parsnips are all appropriate, and oatmeal stuffing is specially good with roast rabbit. Any original recipes using rabbits will be much appreciated by the Daisy Chain, so please send in your bright ideas.

Roast Rabbit Dinner

(Fuel Saving)

Baked Potatoes, Braised Parsnips, Apple Charlotte, Semolina Pudding.

Wipe the rabbit and season inside with a little pepper and salt and a shake of ground cloves. Make the stuffing with 3 tablespoons wholemeal breadcrumbs, one tablespoon medium oatmeal, 2 tablespoons chopped bacon, 2 tablespoons shredded suet, ½ teaspoon mixed herbs, 1 dessertspoon chopped parsley, pepper and salt, a grating of lemon peel, and mix with milk. To improve the oatmeal flavour, toast it in a moderate oven before using. Cover the rabbit with dripping, and put in baking-tin with some more good dripping, arrange whole small onions around it, and put into oven previously heated on Reg. 7, on about the third grid from the top. Put some scrubbed jacket potatoes on any spare space, and some more lower down in oven.

Braised Parsnips or Carrots

Peel and cut into wedge-shaped pieces. Melt some butter or dripping in small casserole or pie-dish, heat them for a few minutes in this, on top of stove, then season with pepper and salt, add a little cold water or vegetable stock, cover with a lid and put in oven under the rabbit.

Apple Charlotte

Butter a pie-dish and then line with breadcrumbs. Put a layer of sliced apples at bottom, then a layer of breadcrumbs, and cover with dabs of butter, some grated lemon rind, a squeeze of lemon juice and a spoonful of sugar. Repeat these layers until dish is full, finishing with breadcrumbs and dabs of butter. Cover with buttered paper and cook on lowest shelf of oven. Any spare space on shelf may be used to cook some baked apples or a milk pudding.

Semolina Pudding

(Without Egg)

Boil 1 pint milk. Sprinkle in 2oz. semolina and a pinch of salt, stirring well, and boil until semolina is clear. Add 1oz. sugar and turn into buttered pie-dish. When a little cooler, add flavouring, and put into oven on lowest

shelf. If an egg is available, beat it and add it with the flavouring, in which case use ½oz. less semolina.

Curried Rabbit

Soak jointed rabbit in salted water. Wipe dry and roll in seasoned flour. Cut up 2 large onions and fry them brown in butter in a thick casserole or saucepan. Remove onion and fry the rabbit joints, sprinkling them freely with dry curry powder. When browned all over, return onion to pan, add a chopped apple, 2 tablespoons brown sugar, a tablespoon vinegar, and water or stock to nearly cover. Cook slowly on low heat, or in oven until tender—about two hours.

Rabbit Roly Poly

Wipe young rabbit dry after soaking in salted water, sprinkle inside with pepper and salt, and fill with the usual stuffing made with breadcrumbs, grated onion, shredded suet, chopped parsley, and a little chopped bacon. Make a soft suet-dough, roll it out, and wrap up rabbit like a roly-poly. Tie in well-floured cloth, drop into boiling water, and boil for three hours. Serve with onion sauce sprinkled with chopped parsley.

FROM THE MAIL BAG

More About Kariol Stains

Dear Aunt Daisy,

I notice in this week's *Listener* M.J.C. writing from Pleasant Point about Kariol stains on baby clothes. If M.J.C. washes the stained articles with a special vegetable oil soap, she will have no trouble in removing the stains, provided the garments have not been washed with anything else since the stains appeared. If the garments have been washed, I do not know whether the above soap will do or not, as I have been careful to see that I always used only that when Kariol had been spilt.

I have told dozens of people about this, and as far as I know, they have all been successful.—“Winitred,” Avonside.

If M.J.C. sends a stamped and addressed envelope, I will gladly give her the name of the soap.

17 21 26 how 30 million
JARS USED YEARLY IN 71 COUNTRIES

Ask Yourself, Mother, why so many NEW millions of mothers are changing to Vicks VapoRub for children's colds. Why is it so different? What is its secret of ending colds quicker?

The Answer is simple: A bedtime rub with VapoRub doesn't help just one part of a cold. The healing VapoRub vapours clear stuffy nose, soothe sore throat, relieve coughing. And, VapoRub's warming poultice action swiftly "loosens" tightness in chest and throat.

Because VapoRub helps nose, throat, and chest *all at one time*, it lets your little one sleep in comfort, wake with most of his cold gone.

And, Besides, there's nothing to upset a little stomach—for VapoRub is just rubbed on. So, is it any wonder that over 30 million jars of this safe, swift remedy are used every year in 71 countries?

VICKS VAPORUB



VICKS PRODUCTS INC., 122E 42nd STREET, NEW YORK

The BEST TIP in the RACE for VALUE is

AMBER TIPS

Quality Counts, you use less TEA and THE FLAVOUR LINGERS LONGER