

SAVOURY SCHOOL LUNCHES

"MILLY Molly Mandy" writes to ask for some suggestions for savoury school luncheon sandwiches in these eggless, tomatoless days. She has to cut lunch also for her husband, and as none of the family like sweet sandwiches, she has quite a problem. I'm sure the Daisy Chain will supply some good ideas, and in the meantime, here are some to go on with. It is wise sometimes to vary the eternal sandwich lunch by putting in a cold meat and vegetable pasty, or a vegetable and grated cheese turnover, being careful to make a good short pastry, and to roll it out fairly thin, and then put plenty of the filling. A pasty which is nearly all crust and hardly any filling is never popular. Another good idea is to sprinkle the pastry with grated cheese, or minced ham or tongue when rolling it out, so that the cheese or meat is rolled right in. To make a substantial, well-balanced lunch, try to include something raw, such as an apple, or young carrot, or some celery or lettuce.

Fish Envelope

This is a British Ministry of Food recipe:—Make a good potato pastry, using 8 tablespoons flour, 4 tablespoons mashed potatoes and 2ozs. fat (we may use butter, margarine or dripping, and our flour should be wholemeal. In England they use a reinforced flour—National Flour). Roll out thinly. Divide in two and spread one piece with cooked mixed vegetables, mashed and seasoned. Mix together about 4ozs. of cooked flaked-up fish, and half a cup white sauce (both left overs), and spread this on the other piece. Put the two together, pinch the edges, and bake in hot oven about 30 minutes.

Savoury Fillings

1. **Cheese Paste:**—Stir the following ingredients together in small saucepan over low heat until well blended. One cup breadcrumbs, ½lb. mild cheese grated, ½lb. teaspoon salt, ¼ cup milk, 2 tablespoons butter, a shake of pepper and one finely chopped shallot. Put into small pots and seal. Spread on sandwiches; vary by adding chopped celery or pickles, or a scrap of left-over corned beef, or sausage chopped finely.

2. **Meat Paste:**—This was a great favourite when we could get anchovy sauce for flavouring. Now we must just put a little extra salt and then flavour to taste with worcester or tomato. A little minced smoked fish added gives the nearest approach to the anchovy. Put into a basin a pound of steak cut into medium pieces (about 2 inches), and freed from all fat and skin, ¼lb. butter, ¼ teaspoon pepper, 1 dessertspoon salt, ½ teaspoon ground mace, ½ teaspoon grated nutmeg, 3 or 4oz. of smoked fish, unless you can get 2 tablespoons anchovy sauce. No water. Cover basin and steam in saucepan of water at least 2 hours. Only very little fuel is needed to keep this simmering. Then lift out the meat (and smoked fish), and put through finest mincer. Put this back

into the basin of gravy, and beat with fork into smooth paste. This will keep for a few days in jars with a little oiled butter poured over the top as a seal.

3. **Fish Paste:**—Flake up any cooked, left-over fish, mix with freshly-chopped parsley and shallot or pickled onion, and moisten with fish-liquor or left-over white sauce.

4. **Royal Sandwiches:**—This is a traditional English recipe (Leicestershire). New bread spread generously with fresh dairy butter and slices of ham, joined together with marmalade.

5. **Wholemeal bread** spread with butter and slices of cheese, and then a smear of tomato sauce on the cheese.

6. **Sage and Onion Stuffing**, from roast pork, makes a tasty sandwich.

7. **Mock "Pâté de Foie Gras":**—Three or 4ozs. uncooked fat bacon, ½lb. cooked calf's or sheep's liver, 1 egg, 1 dessertspoon chopped parsley, 1 dessertspoon grated onion, pinch ground mace and allspice, 1 teaspoon made mustard, pepper and salt, some browned breadcrumbs. Put liver and bacon two or three times through a mincer. Add parsley and different seasonings, mix well with lightly beaten egg. Grease basin, line inside with breadcrumbs, and fill with mixture. Twist piece of greased paper over top and bake in moderate oven three-quarters of an hour. Cut into slices when cold. Can be steamed or baked. Must be mixed very smoothly.

FROM THE MAIL BAG

A Change-Over

Dear Aunt Daisy,

We all know that the sleeves of hand-knitted jumpers or cardigans wear out first. Well, when the elbow part gets very thin, before there is a hole worn right through, I take both sleeves out and change them round, putting the right sleeve in the left arm-hole, and the left sleeve in the right arm-hole, so that the weak part comes in the front, and the strong part at the back. The sleeve then lasts twice as long, and looks better than if darned. It is best to do this just before washing. You will understand what I mean.—*Always listening, Pokero.*

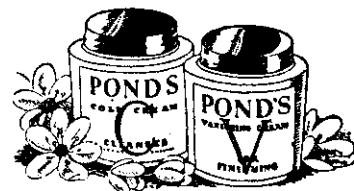
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