

DELECTABLE DESSERTS

IT is not really an economy to cut out the "sweets" course, or dessert, at dinner. This provides the necessary energy-food, and also lends a luxury touch, without which a dinner seems to so many people both disappointing and scant. But let us preserve a balance between the two courses. A light first course, such as a vegetable dinner, or only a small quantity of fish or meat — perhaps left-over and fricaseed (i.e., heated up in good white sauce with parsley added), calls for a substantial pudding, like the famous "Overnight" or "R.A.F." pudding, or a good pie, while a roast joint, or a pot-roast (in these fuel-saving times), with potatoes, baked carrots, kumaras, and pumpkin and silver-beet or cabbage as a green vegetable, needs only a light dessert, such as baked rhubarb, or apples and a custard sauce, or even just raw fruit. Tree tomatoes, skinned and stewed, or baked with a little water, sugar and lemon-juice, make a nice dessert, too.

Banana Cinnamon Toast (U.S.A.)

This makes a simple dessert, with a cup of coffee. Peel and slice bananas and arrange in a thick layer on hot buttered toast. Sprinkle with sugar mixed with cinnamon, and brown under griller or high up in oven.

Crumbed Rhubarb or Apple

Four cups of diced young rhubarb, or tart apples, or a mixture of both, 1 tablespoon flour, 1 cup sugar, 1 teaspoon cinnamon, pinch salt, 2 tablespoons water, one-third cup butter, one-third cup flour, half-cup oatmeal, half-cup brown sugar. Mix together the fruit, the tablespoon flour, sugar, cinnamon, salt and water, and arrange in a pie plate. Mix together the butter, the one-third cup flour, and stir in the oatmeal and brown sugar. Work together with the fingers to form crumbs. Sprinkle this over the fruit in the pie plate, and bake slowly until the fruit is tender and the crust brown—about 45 minutes. Serve with top milk, or whipped evaporated milk.

Buttered Apple Muffinettes

Sift together 2 cups flour, 1½ tablespoons sugar, half-teaspoon salt, and 2 teaspoons baking powder, add 3 tablespoons shortening (butter or margarine), and chop it in. Stir in three-quarters cup milk, making a soft dough. Half-fill well-buttered "muffin-pans" (or deep patty pans, or even gem-irons), then cover with a layer of tart chopped apple. Sprinkle with brown sugar, mixed with a little cinnamon. Dot with butter, and bake in hot oven about 25 to 30 minutes. Serve hot with lemon sauce.

Cake Pudding

Soak 2 cups of stale cake-crumbs in 3 cups of milk for 10 minutes. Beat together one egg, 2 dessertspoons of sugar

and a little vanilla or almond flavouring, add a pinch of salt and quarter-teaspoon baking powder, and then the soaked cake-crumbs and milk. Pour into buttered individual cups, or a pudding dish, stand in a tin of hot water, and bake in a moderate oven till custard is nicely set. Gingerbread crumbs make a nice pudding, in which case use brown sugar, and add a little mixed spice.

Lemon Pudding

(Light and lovely)

Beat together half-cup sugar and 1 tablespoon of butter. Now add in this order, 2 tablespoons flour, pinch of salt,

Cement For China

(1) Mix plaster of paris to a paste with beaten white of egg.

(2) Make a strong solution of gum arabic in warm water, and stir in plaster of paris till it is quite thick. Apply with a brush to the broken edges, and press them together.

(3) Dissolve shellac in enough methylated spirits to make liquid as thick as treacle. Will mend glass and china.

FROM THE MAIL BAG

Canadian Biscuits

Dear Aunt Daisy,

Here is a good long-keeping biscuit recipe. I made some six weeks ago, just to test them, and find they are even better than when first made. The flavour can be varied to suit different tastes. Another good point is that they can be made any time when there is a moment or two to spare, and kept uncooked for as long as two days. I roll mine into rolls, like a rolling pin, and wrap up in greased paper till I have the oven on, then cut off thin slices and cook on Regulo 1, after the gas oven has been in use, or on stored heat in electric oven. They may be iced or joined together with filling, or made with half wholemeal. Very good for overseas parcels because of their keeping qualities. There are only three ingredients:—Cream 6ozs. butter, add 3ozs. icing sugar, work in 9ozs. flour. That's all!—*Jessie from Karori.*

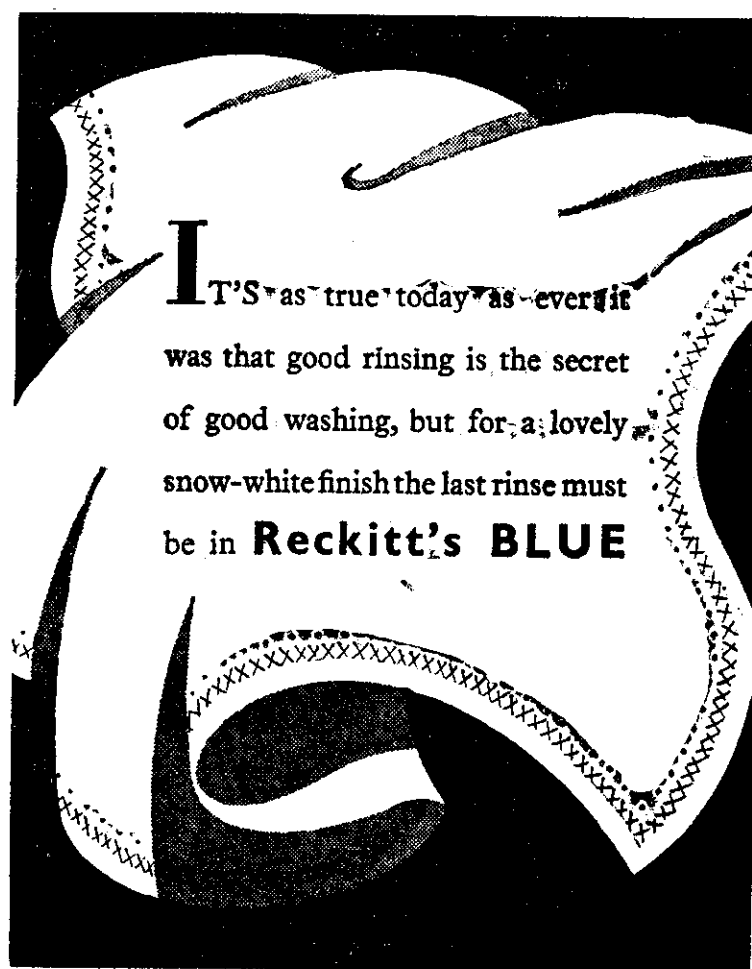


They love the flavour!

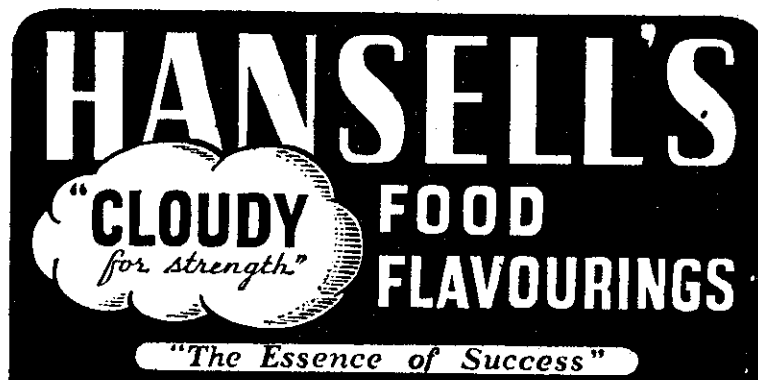
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