

MORE SOUP

LAST week's recipes were for soup without meat. Now for some using meat or fish.

Scotch Lamb and Cauliflower Soup (American)

Remove the fat, as far as possible, from about 3lbs. of neck or forequarter of lamb, but keep the meat in a single whole piece. Place it in a deep saucepan with 3 quarts cold water, 3 medium onions, peeled and diced, and 3 teaspoons salt. Cover closely, and cook gently about 2½ hours. After first hour, add 4 tablespoons of pearl barley, and after another hour put in the cauliflower broken up into small fleurettes. At serving-time, remove the meat, cut off a little and put it, in small pieces, into the tureen with the soup. Serve the meat itself as a second course, with any desired fresh vegetables. This is really an old Scottish "pot-au-feu."

Mulligatawny Soup

Melt ¼lb. butter in saucepan and in it fry a carrot, 2 or 3 onions, and a green apple, peeled and chopped. Add small chicken, boned and cut up small, or a young rabbit, or about 1½lbs. of lean neck of mutton cut small. Let brown slowly, adding pepper and salt to taste. Add 1½ tablespoons good Indian curry powder, and continue frying, stirring, for about ten minutes. Then add about a quart of stock, made by boiling the bones from the chicken or rabbit—or mutton broth; also 2 tablespoons rice and 2 potatoes cut small. Simmer all slowly for an hour or so. Allow to cool, skim off the fat, heat up again, and serve, adding sugar to taste.

Kidney Soup

(Special)

This is an original recipe from a Link in the Daisy Chain, and is especially recommended. Mince half a beef kidney, and put into a smallish basin (or a double boiler), with a knob of butter, cover with butter paper, and steam for an hour. Slice up a fair-sized leek, and a potato, and cook them in about a quart of water (or water saved from cooking vegetables). Then mix all together, beating smooth with an egg beater, and season with pepper and salt. Thicken with cornflour, add a sprinkling of chopped parsley, and serve.

Another Kidney Soup

Wash, and cut up small, 1lb. of ox kidney, 2 carrots, 2 onions, a turnip if liked, and fry lightly in a little dripping or butter, for a few minutes. Use a thick saucepan. Then add about 3 pints of water (or vegetable or meat stock), and simmer for about an hour. Thicken with a little flour, add pepper and salt to taste, and at the last, sprinkle in chopped parsley.

Fish Soup

Some fish heads and bones, bought cheaply from fishmonger; cover well with water and boil for about half an hour. Strain through fine sieve into clean saucepan (to make sure there are no scales). Add an equal quantity of milk, a little grated onion and carrot (to taste), chopped parsley, pepper and salt.

Thicken to required consistency with cornflour mixed with a little milk; just before serving add a good knob of butter, which makes a smoother soup. Pick out any good bits of fish from among the strained bones, and put back into

Excellent Pudding

This pudding is made and cooked in the same basin. First put in half a cup of chopped dates, and half a cup of sultanas (you could substitute one cup of any fruit you liked). Then put in 1 tablespoon of butter and 1 tablespoon sugar. Then stir in half a cup of boiling water, in which one teaspoon of baking soda has been dissolved. Mix well. Add 1 cup flour, sifted with 1 teaspoon baking powder. Mix all properly; cover with paper, but do NOT tie down. Steam 1½ hours.

the soup. A little cooked rice may be added to the soup after straining. Serve very hot.

Shin of Beef Soup

Cut the meat off the shin (or half-shin), into neat pieces. Take the marrow out of the bone, make it very hot in big saucepan, and in this simmer the meat for a few minutes. If necessary add a little good dripping. Then cover well with water, 2 cut-up onions, a carrot or two, 2 good tablespoons of pearl barley, pepper and salt to taste. Stir all well, and bring slowly to the boil. Then simmer gently about two hours.

FROM THE MAIL BAG

Two Good Ideas

Dear Aunt Daisy,

Here are two good ideas. One will appeal to the artistic-minded; the other is more practical.

First, then, how to turn a jam-jar into a pretty vase. Give the jar a coat of some good enamel, in any shade preferred. Let dry; then, using a small paint brush, dab the jar all over with aeroplane dope, in various colours — blue, green, red, white, yellow, etc. The effect is mosaic in appearance, and looks really quite expensive, though actually, the aeroplane dope is cheap enough. I have done several, and they look very nice, and dry so quickly. Another method is to pour several colours into a saucer or a lid, and dab on together. An artistic person will think up various ideas.

The practical hint is to help out with the blanket problem. Cut new, large sacks down both sides; sew two or three together, cover with cretonne, and you have a warm bed-covering. If not needed long, cut down one side, and along the bottom; sew two together and cover as before. Cheap and warm.

—Timmy of Manurewa.



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