

## WITHOUT MUCH BUTTER!

OUR "Daisy Chain," with characteristic adaptability, has taken up the challenge presented by the butter problem in cake-making. New Zealanders have always been cake-eaters—even in the early pioneer days, when appetites were large though money was scarce; and Mother's plain cakes were enjoyed then, just as much as the dainty and more fussy confections we have been accustomed to of late years. If, at first, some few people criticise our cakes and puddings made with dripping, and eat less of them, it won't do them any harm; and the children will grow up accustomed to, and appreciative of, the plainer fare.

### Sponge Cakes

As long as the fowls are laying well, there are always easy sponges to be made, without using any butter at all. For instance:—

#### Sugar-Top Sponge

One teacup sugar; 1 teacup flour; and 3 eggs. Beat the eggs very well indeed; add sugar and again beat well. It does not hurt to let it stand a few minutes in between the beatings. Finally fold in the flour lightly. Sprinkle castor sugar over the top. Bake at Regulo 5 (350 to 375 deg.) for 25 to 30 minutes.

#### Golden Syrup Sponge

Three-quarters cup of flour and ¼ cup arrowroot or cornflour; 1 small teaspoon baking powder; 1 dessertspoon golden syrup; 3 eggs, and ¾ cup sugar. Beat the whites of eggs stiffly; add yolks and beat again; add sugar and beat; then golden syrup and mix all well. Finally fold in the sifted dry ingredients. Bake in moderate oven.

#### Featherweight Sponge

This has one tablespoon of butter—not very much, and it benefits all the family. Beat 4 eggs well; add ¾ cup sugar (teacup) and a pinch of salt, and beat until very stiff. Sift together a level breakfast cup flour and 1 level teaspoon baking powder, and fold this in without beating. Lastly, add 1 tablespoon butter melted in 3 tablespoons boiling water—fold this in lightly. Pour into well-greased sponge tins, and bake in moderate oven—approx. 20 minutes.

#### Sponge Roll

Beat ¾ breakfast cup sugar with 3 eggs until very light and frothy. Remove beater. Stir in 5 tablespoons of cold water; lastly add one breakfast cup of flour sifted with 2 teaspoons baking powder. Do not stir too much after adding flour. Cook on greased paper in hot oven. Turn out on to cloth wrung out of hot water, and roll up quickly, hold for half a minute, then unroll and spread with jam, and roll again. Dust over with icing sugar.

#### Sponge Sandwich

This recipe came from Tapu, Thames Coast. Put 3 tablespoons of milk, and 1 teaspoon of butter on stove to get thoroughly hot. Beat up 2 eggs and a small cup of sugar till creamy. Add small breakfast cup of flour sifted with ½ teaspoon cream of tartar (substitute). Now stir ¼ teaspoon bi-carbonate of soda into the hot milk (which will froth up) and add to mixture. Bake approximately 7 to 10 minutes.

### Fruit Cake (Mrs. Nicotinus)

Cream 1 cup of good dripping with 1 teaspoon lemon juice. Add 1 cup sugar and cream again well; then add 2 eggs, one by one, and beat. Warm ½ cup treacle with ¼ cup milk, and add alternately with 3 cups flour sifted with 2 teaspoons baking powder; and 2 cups fruit and the grated rind of 1 lemon.

### Good Dripping Pastry

Cream 1 cup dripping well. Add gradually 1 cup milk, beating all the time. Finally add 2 cups flour, sifted with 1 teaspoon baking powder and a little salt. The longer you beat the dripping and milk, the lighter the pastry.

### Irish Plum Cake

Sift 2 lbs. flour into a bowl; rub in ½ lb. of good dripping. Add ½ lb. of brown sugar; then 2 lbs. mixed fruit and peel. Mix together in a basin, 1 teaspoon bicarbonate of soda and 1 teaspoon cream of tartar (substitute) and pour over them a pint of sour milk. Then beat 2 eggs, and mix the cake with the whole. The mixture must be moist. Bake in steady moderate oven 3 hours approximately. This cake is said to look and taste like a pound cake.

## FROM THE MAIL BAG

### Pasteurising Milk

Dear Aunt Daisy,

Let me pass on my experiences in pasteurising milk, which I have done in my home for many years. I have a thermometer, but do not use it now; for when the milk forms a skim of cream on the top and wrinkles freely, the milk has reached 150 to 155 degrees. Knowing it must not go over 160 deg. I then turn the stove off, push pan to one side with very little of it on the ring for 20 minutes; then, before cooling rapidly, pour all of it into another container. If you haven't one large enough pour some of it into your largest jug, and swiftly pour it back again, repeating the process a few times. This mixes the cream thoroughly and you do not lose your precious cream in an unpleasant skin. Otherwise a good frequent stir will do the trick. I have an electric stove; and I start the pasteurising on HIGH for 5 minutes, then turn to LOW till the "wrinkling" takes place. It does pay, over and over, to watch milk carefully while heating—it doesn't take long! A few needles of knitting will help to pass the precious time.

With many thanks for all your useful help and recipes in the past.

Just a Bud, Avondale.

### Tea Stains on Blankets

Dear Aunt Daisy,

Could you tell me how to take tea stains out of blankets? Ngairo.

Try thoroughly damping the stain with hot water, and then rubbing in borax with the fingers. Put in the sun. Afterwards, sponge thoroughly with soapy water and rinse well. You may need to repeat this two or three times.



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