

CHRISTMAS EMERGENCIES IN THE LARDER

NO matter how carefully the housewife prepares and plans ahead for the feeding of her family during a holiday period, there yet are bound to be unforeseen emergencies—extra visitors arrive, appetites are larger, the baker doesn't come—all sorts of happenings. Here are some practical recipes which may help.

Bread

If you run short of bread, it is very easy to make this wholemeal loaf. Eight breakfast cups wholemeal, 1 cake compressed yeast, 1¼ pints medium hot water—or less, 1 tablespoon each salt and raw sugar, 1 tablespoon malt if liked. Mix flour and salt. Dissolve yeast in warm water with sugar and malt if using. Pour into flour, and stir and knead for 5 minutes. If not the right consistency, add flour or water accordingly. Mould into loaves and put into greased tins. Put in a warm place (oven slightly heated), till double the size—about 1½ hours. Keep covered while rising. Then bake about ¾ hour till done. Gas regulo 7. Electric 425 to 450 degrees, top element low, bottom medium.

Bran Muffins

One cup bran flakes, ½ cup wholemeal, ¼ cup flour, 1 teaspoon baking soda, 1 tablespoon treacle or syrup, 1 large cup milk or milk and water, a few chopped dates or sultanas, 1 teaspoon baking powder. Mix syrup and milk together and add soda; stir into dry ingredients. Mixture must be wet. Put in dessertspoon lots into well-greased patty tins, and bake in a hot oven. Split and butter when cold.

Vera's Surprise

This is an excellent emergency cake, which will also serve as a pudding if cut in slices and fried:—Two ounces butter, 4 tablespoons shredded suet, 6oz. sugar, 2 eggs, ¼ cup milk, ¼ cup golden syrup (or a little more, warmed for mixing purposes), 12oz. flour, 1 teaspoon baking powder, 1 teaspoon each vanilla, almond, rum and brandy essences, 1lb. sultanas, ¼lb. cherries, ¼lb. almonds. Cream butter, sugar, suet well, add eggs, then warmed syrup and milk. Add essences, then fruit, and lastly flour and baking powder. Cook about 2½ hours in moderate oven—regulo 4.

Creamed Vegetable Omelet

This is a good substantial emergency meal, made with "left-overs." Make a rich white sauce, and when cooked and smooth, add to it all the left-over cooked vegetables you have—a few peas, beans, bits of cauliflower, slices of new potatoes, chopped celery, asparagus, sliced carrots, chopped parsley. Make also a Crumb Omelet by crumbling 2 or 3 slices of white bread and soaking in ½ cup warm milk or water for 10 minutes. Beat the mixture well, then add the beaten yolks of 3 or 4 eggs, seasoned with pepper and salt, and then fold in the stiffly-beaten whites. Melt a tablespoon of butter or good fat in fair-sized frying pan, turn in the omelet, and cook gently till browned. Spread with the Creamed Vegetable mixture, fold

over, put on a hot plate, and garnish with the remaining vegetable mixture. Serve either plain or with grated cheese, which adds further to the food value. Many people like to set the omelet under the grill or in the oven for a moment before folding over, to firm the top.

Lemon Cheese

1. Melt together 3oz. butter and 8oz. sugar, add 4 finely crushed-up wine biscuits (or similar kind), and the juice and grated rind of 3 lemons. Slightly cool all this, then add 4 well-beaten eggs. Cook till mixture thickens, stirring all the time. "Do not boil, or it will spoil."

2. This recipe has no eggs:—Two large lemons—grated rind and juice, 1 tablespoon cornflour, 1 breakfast cup sugar, 2oz. butter. Melt very slowly the sugar and butter with the lemons. When sugar is dissolved, add cornflour moistened with water. Remove from fire just while stirring in the cornflour. Then cook slowly till clear golden colour.

Baked Cheese Crumb Omelet

Separate the yolks from the whites of a sufficient number of eggs for your family. Beat the yolks until creamy, and add some soft breadcrumbs, a little milk, pepper and salt, a pinch of baking powder, and about as much grated cheese as breadcrumbs. Whip the whites till stiff and dry, fold the mixture into them, and pour all into a pie-dish containing a little melted butter or dripping. Bake in a moderate oven for about 25 to 30 minutes, and serve at once.

FROM THE MAIL BAG


A Home-Made Butter Cooler

Dear Aunt Daisy,

The Daisy Chain may be interested to hear about a butter cooler I have made, for not everybody has a refrigerator. First of all procure a box about 30 inches by 18 inches—any size will do. Bore about a dozen holes in each side and each end—no lid wanted. Then get a smaller box—about six inches smaller each way, and bore similar holes in that, too, and also in the lid—this small box needs a lid. Now get some charcoal (I made mine by partly burning some hard wood under the boiler and then pouring water on it)—and cover the bottom of the big box with this. Then stand the little box upon it, and pack all round the sides with the charcoal. Soak the charcoal every morning with cold water. I keep mine in the fork of a weeping willow tree, and put my butter in it, and find it is always fresh and firm. Anyone can make one—it is a good idea.—*Farmer's Wife (St. Heliers).*

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