

## THIS YEAR'S REFRIGERATOR RECIPES

**S**EVERAL Links in the Daisy Chain have written in for recipes for Ice Cream and other frozen or chilled desserts made without cream. Our home-makers are rising to this present-day challenge to "make bricks without straw"; and are busy with new ideas and new combinations. Actually, it is quite a good thing for us to get out of our "food-rut"; and so do please send in to Aunt Daisy, any discoveries you make.

### Ice Cream Without Cream

(1) One pint milk, 3 tablespoonfuls cream milk powder (this must be always well beaten with a little extra milk besides the pint), 2 dessertspoons custard powder, 1 or 2 tablespoons sugar—according to taste, 3 tablespoons sweetened condensed milk, a little vanilla essence. Bring all ingredients to the boil in a double saucepan, but *do not boil*; then add 2 teaspoons gelatine dissolved in a little water. Put into refrigerator—full freeze—for 1 hour, take out and beat well again, and put back into refrigerator. This is very rich Ice Cream.

(2) To 1 cup milk add the beaten yolk of 1 egg. Add 1 tablespoon cornflour, sugar and flavouring to taste. Boil to custard consistency. Dilute with milk till it is like good cream. Pour into the freezer.

(3) Put half a cup sugar and  $\frac{1}{2}$  packet jelly crystals (any flavour) into a saucepan with a little hot water till melted. Put 3 cups milk in a basin and a pinch of salt; add sugar and jelly mixture, and beat well with beater. Put in refrigerator to freeze. When just set, beat with a fork and freeze again. For variety, and to save sugar, you can use a whole packet of jelly crystals and no sugar.

(4) One and a quarter cups top milk, 2 eggs,  $\frac{1}{2}$  cup sugar, 1 dessertspoon flour, 2 teaspoons vanilla, 1-8th teaspoon salt. Scald milk, beat yolks of eggs, adding sugar and flour. Combine with hot milk, and cook on low heat till mixture coats a spoon like thin custard. Cool. Beat egg whites till stiff, add salt, and fold into custard. Add vanilla. Pour into tray of refrigerator and freeze.

(5) *Coffee Ice Cream* may be made by scalding  $\frac{1}{4}$  tablespoons coffee with the milk, then straining the liquid through several thicknesses of muslin.

### Substitute for Cream

(1) Melt a small tablespoon of butter in a  $\frac{1}{2}$  pint of warm water. Stir in 3 heaped tablespoons of full-cream dried milk. Whip this up with an egg-beater, and add 1 teaspoon sugar and a little vanilla flavouring. Chill.

### PEA POD SOUP (NOURISHING)

Wash and drain 1lb. fresh pea pods. Melt 2 tablespoons dripping in a stew pan, put in a finely minced onion, and then the pods, and fry for 5 minutes. Then sprinkle with 2 tablespoons flour and stir well. Add by degrees, 2 cups of milk and 2 cups of vegetable-water. Bring to boil while stirring, season with pepper, salt and nutmeg, and cook gently for an hour. Rub through sieve, re-heat, and when boiling thicken with sago or cornflour.

(2) From a pint of milk take sufficient to mix 1 heaped dessertspoon custard powder to a thin smooth cream. Add 1 dessertspoon sugar to remainder of milk, bring to the boil, and pour the mixed  
(continued on next page)



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