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BARBECUES AND PICNICS

OUTDOOR meals undoubtedly have a zest all their own, and even humble saveloys and sausages, which would be considered a doubtful sort of evening meal at home in the dining room, assume a lordly air when boosted up with American barbecue sauces and served between hot toasted rolls or buns. Barbecue meals need proper planning, and can be more civilised and complete than a youthful Boy Scout supper. A long-handled, hinged, wire broiler, wide enough to hold two rows of meat patties, fish steaks, chops or rump steak is a useful piece of equipment; and you need one or two long-handled forks and spoons for turning food cooked in a long-handled skillet or shallow pan. Have some strong canvas gloves, too, to save your hands, and plenty of pot-holders. A sturdy sharp carving knife will be needed, and you can make a swab with which to brush on the barbecue sauces by tying cheese-cloth on to a stick. Paper plates, cups and table napkins save washing, and are hygienic, too, and be sure to see that you put out the fire properly; drown it, then stir it up and drown it again. Cooked ham is a great standby because as well as eating it cold, you can cut thickish slices and grill lightly to warm it through. Take a big coffee-pot—the aroma of coffee brewing in the open air is a delight whether at breakfast, dinner or supper; and be sure to have green salads and tomatoes with dinners and lunches.

Hamburgers

Combine lightly 1½ lb. ground or minced chuck beef with 1 teaspoon salt and 2-3 tablespoons minced onion (optional), and a shake of pepper. Minced meat is best handled lightly, otherwise the hamburgers get too compact. Shape gently and loosely into 4 to 6 patties. Place in folding wire grill, and cook over hot coal's 4-5 minutes on each side, or as desired. May also be done in a very little hot fat in a skillet or on an improvised oven-sheet, for about 4 minutes each side. Spread the bread rolls or buns (split open) with butter mixed with prepared mustard. Toast these, and put a hamburger between the halves. Serve hot. If no rolls use bread.

Roll-ups

Cut through saveloys lengthwise but not right to the end. Smear the slit well with prepared mustard, and stuff with thin slices of tangy cheese, or canned pineapple, or grated sharp cheese with grated onion or pickle relish added. Close up saveloy, wrap it spiral fashion in a bacon rasher and secure with a tooth pick. Grill or broil, turning, till bacon is crisp and saveloys are hot. Or place saveloys diagonally across sandwich slices (crust cut off), spread with prepared mustard, roll up, fasten, brush with melted butter and toast or grill about 10 minutes.

Barbecued Hamburgers

Make your hamburgers as above, but before grilling or broiling brush with barbecue sauce (below). As you turn them, brush with a little more sauce. Or grill without the sauce and let each person spoon some on for himself.

Bert's Barbecue Sauce

Quarter cup vinegar, ½ cup water, 2 tablespoons sugar, 1 tablespoon pre-

pared mustard, ½ teaspoon pepper, 1½ teaspoons salt, ¼ teaspoon cayenne, a thick slice lemon, a sliced, peeled onion, ¼ cup butter, ½ cup ketchup (or fruit sauce), 2 tablespoons Worcester sauce. Mix first 10 ingredients in saucepan and simmer gently 20 minutes, uncovered. Add the ketchup and Worcester and just bring to boil.

Jack's Barbecue Sauce

Two teaspoons salt, ¼ teaspoon pepper, 1½ cups tomato juice, ¼ teaspoon cayenne pepper, ¼ teaspoon dry mustard, 4½ teaspoons Worcester, 1 bay leaf, ½ to ¾ cup vinegar, 1 teaspoon sugar, 3 minced cloves garlic, 3 tablespoons butter, or salad oil. Simmer all ingredients 10 minutes. Makes about 2½ cups.

Lemon Barbecue Sauce

One peeled clove garlic, ½ teaspoon salt, ¼ cup salad or olive oil, ½ cup lemon juice, 2 tablespoons grated onion, ½ teaspoon black pepper, ½ teaspoon dried thyme. Mash garlic with salt in bowl, stir in remaining ingredients. Chill 24 hours. Makes about ¾ cup.

Camp Chowder

Chowders, or thick soups containing meat, are very easy and satisfying tasty camp meals. Try this one. In a saucepan

HONEY NUT LOAF

ONE teacup water, 2 tablespoons butter, 1 cup raisins, 3 tablespoons honey. Put these in a pot and simmer 2 minutes, then let cool. Into a basin sieve 12 oz. flour, ½ teaspoon baking soda, ½ teaspoon salt, 2 teaspoons baking powder (if liked, add 1 cup chopped walnuts). Then mix with above mixture to secure consistency. Pat fill greased loaf tins and bake about 1 hour in moderate oven, regulo 5, or 370 degrees.

combine 2 tins undiluted condensed vegetable soup with 1 tin undiluted condensed green-pea soup, 1 soup tin of water, 2 tablespoons butter, ½ teaspoon salt, dash pepper. Add 6 saveloys, cut in quarters. Heat. Makes 4 generous servings.

Mixed Grill

Here are three ideas. Brush the articles over with melted butter or margarine, and grill, starting with the food that takes the longest, then adding the others, so that all are done at the same time. (1) Hamburger patties, tomato halves, mushroom caps. (2) Hamburger patties, cooked potato halves (scored), fresh or canned pineapple in slices or chunks, fresh or canned peach or pear halves.

Cheeseburgers De Luxe

Grill seasoned hamburgers until almost done, then lavishly spread their tops with one of the following spreads and finish grilling. Place between toasted split buns or scones or bread. Mash ¼ cup blue cheese, blend well with ¼ cup softened butter, ½ teaspoon dry mustard, a teaspoon salt, a teaspoon Worcester sauce. This makes enough for about 8 ordinary hamburgers. Or mix 4 teaspoons Worcester sauce with ½ cup of any sharp cheese-spread.

