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Ask Aunt Daisy

Spring Comes to The Table



SPRINGTIME certainly brings
a new interest in mealtime.

One thinks first of lamb,
which is expensive, but it can be
eased out with spring vegetables;
and, anyhow, there is no waste,
for every little bit is tender and eatable.
Fresh spring mint is here, too, for mint-
sauce and for giving a delicate flavour
to the cooking of new potatoes and
green peas; and don't forget some mint
in the spring salads, with fresh young
lettuce and radishes, spring onions and
cold sliced new potatoes, young carrots,
hard-boiled eggs and a little parsley.
Asparagus, too, is more plentiful and
popular every spring, so that dinners
really won't be difficult to plan for.

Forequarter of Lamb

Just roast it "as is." Delicious hot or
cold, all the little bony bits are the
tastiest of all—no waste really. But you
may also have it boned and filled with
mint stuffing, rolled and baked. A half-
cup of dry white wine added before
putting the stuffed breast in the oven,
and spooned over it while cooking,
makes it a special delicacy.

Mint Stuffing

Two cups soft breadcrumbs, $\frac{1}{4}$ cup
butter, $\frac{1}{2}$ cup minced onion, $\frac{1}{4}$ cup
finely-minced mint, $\frac{1}{4}$ teaspoon pepper,
 $\frac{1}{4}$ teaspoon salt. Combine and moisten
to a paste with about $\frac{1}{2}$ cup hot water,
or a beaten egg. Dust meat with a little
pepper and salt and lay stuffing on flat
end, and roll it up, fasten with skewers,
dust with a little flour, and put in
roasting pan, preferably on a rack, with
a little fat smeared on, and fat in the
pan and a little hot water. Have the
oven hot (regulo 7 or 8, or 400 degrees)
for the first 10 minutes, then reduce
heat and cook more slowly, about 20
minutes to the pound. Make gravy as
usual.

Pot-roast Shoulder of Lamb

Have the shoulder boned and rolled;
brown it in beef dripping in suitable
saucepan. Add 2 or 3 sliced onions, $1\frac{1}{2}$
cups sliced carrots, 3 or 4 cloves, $\frac{1}{2}$
teaspoon peppercorns, 2 teaspoons salt,
 $\frac{1}{4}$ teaspoon pepper, 2 cups boiling
water. Cover and cook gently until meat
is tender ($2\frac{1}{2}$ to 3 hours). Thicken the
gravy as usual, being sure to pour off
most of the fat.

Devilled Lamb Neck

Cook $1\frac{1}{2}$ lb. neck of lamb, cut in
slices about $\frac{3}{4}$ inch thick, with a cup-
ful of sliced onions in 2 tablespoons fat
or salad oil over low heat, for about 20
minutes. Add 2 teaspoons salt, 1 table-
spoon vinegar, $\frac{1}{2}$ teaspoon dry mustard
and 2 cups water. Cover and simmer
slowly till tender (about an hour).
Thicken gravy and serve with mashed
or new potatoes, and sprinkle when
serving with a little finely-chopped
parsley. A little curry powder may be
added if liked.

Lamb and Carrot Cakes

Boned lamb-shoulder, $\frac{3}{4}$ lb., 3 small
pared carrots, a small, peeled onion, a
teaspoon salt, $\frac{1}{8}$ teaspoon pepper, a
beaten egg, 2 tablespoons (about) of
flour, 2 tablespoons fat (or salad oil),

a tin of soup. Put
lamb, carrots and
onion through med-
ium blade of mincer.

Add salt, pepper and beaten egg. Mix
thoroughly, shape into small cakes; roll
them in a little flour. Heat the fat or
oil in stewpan, and saute the cakes until
brown on all sides. Add $\frac{1}{4}$ cup of the
tinned soup, put on lid, and simmer
very slowly for 10 minutes. Remove the
lamb cakes to heated dish and keep hot.
Add 2 tablespoons flour to the fat in the
pan, and cook until brown and smooth.
Then add remaining soup slowly, stirring
constantly. Cook until gravy thickens,
then pour it over the cakes. Serves 4.

Lamb Croquettes

Combine a cupful of thick white
sauce with a teaspoon each of minced
parsley and onion, $\frac{1}{2}$ teaspoon lemon
juice, and 2 cups of minced cooked

UNBLEACHED SHEETS

*First soak the sheets in water
with a handful of Epsom salts
thrown in, leaving in the tubs all
day and all night. The salts will
take the dressing out. Next day,
after putting them through the
wringer twice, put the sheets in
a copper of cold water, and add
2 tablespoons of turpentine. Bring
to the boil and allow to boil for
 $\frac{1}{4}$ hour, then rinse twice in clear
cold water (no blue), then peg
out. The sheets after this treat-
ment are a lovely cream colour,
and should come white in the
next wash. Do not use blue till
they are quite white. (For G.J.C.,
Masterton.)*

lamb. Add pepper and salt to taste, and
a pinch of dried sage if desired. Chill
all this overnight or all day. Divide
into 8 portions, shape into balls or
cylinders, and roll first in breadcrumbs,
then in egg (beaten slightly on a plate
with a little water), then in crumbs
again, making sure they are well-coated.
Chill. Then fry, a few at a time, in hot
fat (about $1\frac{1}{2}$ inches deep) 2-3 minutes,
till golden brown, turning occasionally.
Drain on soft paper and serve very
hot, with tomato sauce or horse-radish
sauce. Instead of making the mixture
into croquettes, you may form flat
patties and brown on both sides in only
a little fat or salad oil.

Ragout of Lamb

This is the basic recipe for stewing
lamb in the Greek way. Take 2 lb. or
more breast of lamb. If you can have
cutlets, too, the "eye" of these is par-
ticularly good. Cut meat into pieces, fry
them lightly in butter or substitute, and
put them in saucepan. In the same fry-
ing pan, fry 2 or 3 sliced onions, and
add these to meat in the saucepan, with
salt, pepper, a little stock, and a squeeze
of lemon juice. Some fresh tomato
puree may be added, but this is op-
tional. Cover saucepan and simmer
gently till lamb is tender (about an
hour). Very young and tender broad
beans may be added, in their shells,
when lamb is put into saucepan, or
young French beans, topped and tailed,
and just broken in two, or young peas
and mint leaves, or even spinach which
has been steamed for a few minutes.

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