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Rev Murray H. Feist 139 Symonds St, Auckland
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Rev A. J. Jamieson 52 Wood St, Palmerston North

ANNUAL APPEAL



ASK AUNT DAISY

ROLLS AND FANCY BREADS

THESE are appetising and delicious, and do add a luxury touch to a quite ordinary meal. They should be made with yeast. Remember when using any American recipes that their cakes of compressed yeast weight only $\frac{3}{4}$ oz., where ours weigh $1\frac{1}{4}$ oz. Vary the shape of the rolls for added interest. The celebrated "Parker-House" rolls are made round, about $\frac{1}{2}$ inch thick, then brushed with melted butter and creased with a knife across the centre to form a kind of hinge, then folded over and the edges pressed together. These are also called pocket-book rolls. "Clover-leaf" rolls are made by just shaping into marble-sized pieces the risen dough, and placing three of them, scarcely touching, into greased patty-tins—they bake into a "clover-leaf." "Twists" look charming and are crisp and crunchy. Just shape pieces of dough into rolls, cut each one up the middle lengthwise to about $\frac{1}{2}$ inch of the end, and then twist the two strips together, pinching the ends together. "Plaits" or "braids" are just made with 3 strips instead of two. Or you can make strips into knots—just tie a single knot in a rolled-out strip.



Bread Rolls

One pound of flour (white or a mixture of white and wholemeal), $\frac{1}{2}$ oz. of compressed yeast, 2 teaspoons of salt, 2 teaspoons of sugar, $\frac{1}{2}$ pint of tepid milk previously scalded (more if much wholemeal is used). Put the flour, salt and 1 teaspoon of sugar into a warmed basin and leave in a warm place. Cream the yeast with the remaining sugar and add the milk. Make a well in the centre of the flour and add the liquid gradually, stirring all the time. Mix the flour and liquid to a dough, knead the dough well for 10 minutes or until it is smooth. Cover and leave to stand in a warm place until it has risen to twice its original size. Turn the dough out on to a floured board and knead lightly. Cut end shape the dough into rolls. Place on a warmed greased oven tray and set aside in a warm place to double their size. Bake in a hot oven for about 15 minutes. This amount of mixture will make approximately 16 rolls. To give a glazed crust to the rolls brush them with a mixture of milk and beaten egg when they are still hot from the oven.

Buns (from Miramar)

The Link who sent this says she uses the recipe also for hot cross buns by adding currants and spice; for plain buns she ices them lightly with a lemon and icing sugar icing.

Half a pound of butter, 2 lb. flour, 1 breakfast cup milk, warmed, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ lb. fine sugar, 1 tablespoon compressed yeast. Mix yeast with milk. Mix the flour with the dry ingredients and make a hole in the middle of it. Pour in the liquid, and with the surrounding flour mix into a thin batter. Cover and set in a warm place till the leaven ferments. Melt the butter, and with it and the milk make a soft paste of all the flour. Dust flour over and place again in a warm place to rise for half an hour. Bake in a quick oven 15 to 20 minutes.

American Quick Rolls

I had these for afternoon tea at the house of an American friend. They were made quite small and were delicious.

One cup hot milk, 6 tablespoons shortening, 4 tablespoons sugar, 1 teaspoon salt, 1 egg, $\frac{3}{4}$ oz. compressed yeast, $3\frac{1}{2}$ to 4 cups flour. Soak yeast in $\frac{1}{4}$ cup lukewarm water. Into 1 cup of hot milk, put shortening, salt and sugar. When cool add 1 beaten egg and the dissolved yeast.

Beat in well $3\frac{1}{2}$ to 4 cups flour (not too much, just enough to make a soft dough that can be handled). Put in refrigerator for 2 hours or overnight. (If not refrigerator, let rise before moulding until double in bulk. This should be done in a warm place.) Remove from refrigerator and mould into rolls, using a little flour on tips of fingers and on board. Allow to rise 2 hours or more. Makes 24 small rolls or 12 large. Bake for 15 minutes at 450 degrees. Finely ground whole wheat flour may be used in place of the white flour. Bake at a little lower temperature for a little longer time.

Yeast Dinner Rolls

This is another American recipe: 3 tablespoons butter, 1 heaped teaspoon salt, $\frac{1}{2}$ cup warm water, 2 breakfast cups milk, $\frac{1}{2}$ oz. compressed yeast, 1 tablespoon sugar (for rolls), 2 heaped tablespoons sugar (for buns), 2 egg whites stiff (can be omitted), 6 large cups flour. Scald the milk. Add to it sugar, salt and butter. Let stand till warm. Add 3 cups flour. Beat for 5 minutes. Add yeast dissolved in warm water. Let stand in warm place till light and frothy. Then add egg whites if using, rest of flour, and currants if liked. Let rise till twice the size. Then form in buns or rolls, handle lightly, mixture is rather moist. Let rise again until very light. Bake about 15 minutes in a hot oven. To glaze, brush with milk before and after, and return to oven for a few seconds.

Vienna Rolls

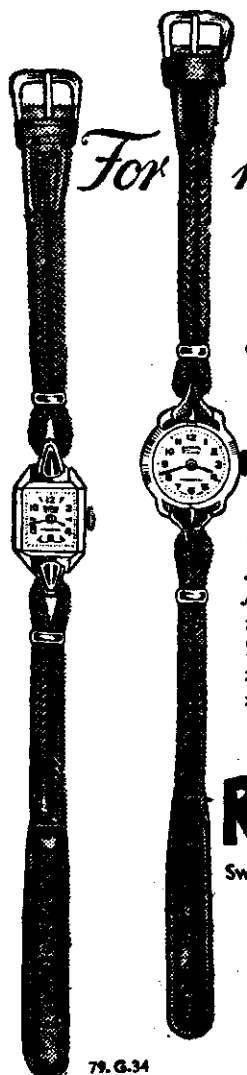
Two pounds flour, 1 tablespoon yeast, 2 eggs, 1 teaspoon salt, 2 oz. butter, $\frac{1}{2}$ oz. sugar, 1 pint milk. Put flour in a warmed basin, rub in butter, add salt. Put yeast in cup with sugar, and work till smooth and liquid. Add half the milk lukewarm, and leave in a warm place about 10 minutes. Beat up eggs, add rest of milk, add to yeast mixture, and pour the whole into the flour, mixing well. Knead into light dough. Leave in a warm place for an hour. Knead, divide into 12 pieces. Knead each and form into rolls. Place on baking tin, in warm place for about half an hour. Bake in quick oven. When baked, brush over straight away with beaten egg.

Waffles (Two Methods)

These are *not* made with yeast, but are always in demand.

(1) Beat 2 eggs well. Add 2 bare cups milk. Sift together $2\frac{1}{4}$ cups flour, 4 teaspoons baking powder, and $\frac{1}{2}$ teaspoon salt. Of the flour, the $\frac{1}{4}$ cup may be cornflour. Beat dry ingredients into the beaten egg and milk. Add 4 tablespoons melted butter or vegetable fat, and beat well with egg beater. Bake in hot waffle irons. Recipe may be halved. Serve hot with butter and hot maple syrup if obtainable.

(2) Sift 2 cups flour, 3 teaspoons baking powder, and $\frac{1}{2}$ teaspoon salt. Separate yolks from whites of 2 eggs. Beat yolks slightly, add $1\frac{1}{4}$ cups milk. Add to dry ingredients, and beat



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