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A MIXED BAG FROM THE DAISY CHAIN

SO many and so varied are the recipes sent in lately by Links in the Daisy Chain who have discovered ways of ignoring the recent shortages of sugar, eggs, flour and fuel, that my mailbag is bursting its seams. I must therefore make these our feature column this week.

Mack Malt Bread

The sender says: "This is a great sugar saver. We used to make it a lot in England during the war, and found it good and wholesome. I may add that I am handicapped where sugar-saving is concerned, as my family do not like honey." Half-pound self-raising flour (or ½ lb. flour and 1 heaped teaspoon baking powder, not phosphate), pinch salt, ½ teaspoon baking powder, 1 egg, 2 or 3 oz. sultanas. Mix dry ingredients. Gently warm the following: 1 tablespoon golden syrup, 1 tablespoon extract of malt (as bought at the chemist), rather less than ½ cup milk. When the syrup, malt and milk are warmed, add ½ teaspoon bicarbonate of soda. Mix into dry ingredients and finally add the well-beaten egg. It should be a fairly wet dough; if it isn't, add a little warm water. Pour into loaf tin and bake gently about an hour. Leave 24 hours before cutting. Slice and butter. The original recipe was made with dried egg and the amount of milk was ½ cup, therefore, rather less than ½ cup milk should be used with a shell egg. A dessertspoon of custard powder could be substituted for the egg, mixed in with the dry ingredients.

Pan-fried Rice

This uses soy sauce, which can be obtained from Chinese merchants in Auckland and probably in other centres—a beautiful sauce with a flavour all its own, which may be used with grills, braised steak, and so on. Soya bean oil is generally available, too, at health shops. Ingredients: One cup rice, 3 cups water, 1 teaspoon salt, 2 eggs, 1 teaspoon curry powder, about ½ teaspoon sugar, 1 onion, 2 rashers bacon, 1 teaspoon genuine Chinese soy sauce. Boil rice until well cooked and all water absorbed. Separate and make very sure it is not glutinous or sticky. Fry the beaten eggs in soya bean oil. Have the oil boiling in frying pan and just pour them in. When cooked on one side, turn and cook other side. Do not brown. It is like a large pancake. Take up and place on chopping board in one piece. Cut into thin strips to be added to the pan-fried rice when ready to serve. Fry next the onion cut small, and the bacon cut into small pieces, and the curry; these are fried in oil after the eggs have been removed. Add to them the cooked dried rice, and fry. Add the soy sauce. Add the thin strips of fried egg and serve hot.

Simpler Fried Rice

Boil sufficient rice till cooked. It may be steamed to finish off so that the grains are dry and separate, or washed thoroughly with cold or hot water to remove all stickiness, and then heated in oven, or over steam, stirring, but the

grains must be separate. Now fry chopped onion, in butter preferably, otherwise in bacon-fat or any good cooking-oil. Fry also some chopped bacon and a little of almost anything else you like that is flavoursome (say a clove of garlic, or some shrimps), and then put in the dried rice and fry all together—just faintly brown—with a dash of pepper, or cayenne, and curry. It may be served with a fried egg on top for each person; and is very nice with stuffed peppers.

Fruit and Nut Loaf

One heaped cup each of wholemeal and flour, 1 large cup dates or raisins cut in half and soaked in boiling water with 1 teaspoon bicarbonate of soda, 2 tablespoons butter, golden syrup, honey

CREAMED DISHES

Don't forget these simple and tasty dishes. All you have to do is to make a good white sauce, varied with grated cheese, or grated onion, or chopped chives (and always chopped parsley) and into it, when cooked and smooth, put any cut-up left-over fish, lamb, mutton, poultry or rabbit, with any vegetable, too, if you like, and just heat it through. You can serve it on toast, and have a green vegetable, either raw or cooked.

(melted together), ½ cup milk, 2 eggs, vanilla essence and pinch of salt, ½ cup chopped nuts if liked. Put all dry ingredients into basin, add dates or raisins, eggs, essence, milk, and melted butter, golden syrup and honey. Mix well, pour into loaf tin and bake in moderate oven ¾ to 1 hour.

Christchurch Steamed Pudding

Two ounces butter, 2 eggs, 2 oz. sugar (or use honey and golden syrup), 1 heaped cup flour, 2 tablespoons raspberry jam, pinch salt, 1 small teaspoon baking soda dissolved in a little boiling water; add a little milk, vanilla essence. Cream butter and sugar (or honey, etc.), add the eggs, beat well, stir in remaining ingredients, adding raspberry jam last. Mix well. Steam 2 hours. Shredded suet may be added instead of butter if liked, in which case put all dry ingredients into basin and mix well, adding beaten eggs, milk and soda, lastly jam, and stir well.

Steamed Sago Pudding

The recipe says to soak sago overnight, but it is not necessary if given a good wash with very hot water. Three tablespoons sago (well washed and soaked in a cup of milk until ready); add to this ½ cup flour, 1 cup breadcrumbs, ½ cup sugar (or half honey and golden syrup), 1 egg, 1 cup mixed fruit, or any fruit liked, a little peel, 1 teaspoon baking soda, any essence liked, 2 tablespoons melted butter (if not moist enough, the soda may be dissolved in boiling water). Steam 2½ hours. It is really a nice pudding made with shredded suet, and better than ever with honey and golden syrup.

N.Z. LISTENER, AUGUST 24, 1951.

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