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- Early morning
- Breakfast
- Morning tea
- Lunch
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- Dinner
- Supper.

REMEMBER -
Measure carefully...
it matters a lot.
A teaspoon for each
person.
PLUS one for the POT.

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ASK AUNT DAISY

So Early in the Morning!

THAT is the best time to gather mushrooms. Like blackberries, mushrooms are for many people a free delicacy, to be had for the gathering; and lucky are those people in towns and cities whose friends, driving their lorries or cars past paddocks studded with mushrooms, creep through a wire fence and pull a good hatful. Many wives thoughtfully place a big billy or basket in the back of the vehicle—just in case. Mushrooms are expensive in cities, but they are light, and a half-pound means quite a lot. They are much better freshly picked.

Dried Mushrooms

Skin mushrooms and put in a cooling oven, and leave until they look dry and shrivelled. Place in paper bags, tie up and hang in a dry place. These are excellent for flavouring meat pies or puddings and soups.

Preserved Mushrooms

If possible, cook on day picked, and, in any case, not later than the following day. Peel, and place in layers in pot or preserving pan. Sprinkle each layer lightly with salt. When juice flows, put over gentle heat, stirring occasionally with wooden spoon. Try not to break them up much. When sufficient juice is there, increase heat, and simmer till cooked. Turn into basin, and when cool pack firmly into jars, fill with their own juice to within ½ inch of top. Seal. Put in water bath and sterilise at boiling point for 2 hours. Take out, and store. If there is more juice than is needed for jars, add mace, peppercorns, salt and ginger to taste, boil ½ hour, and make ketchup.

Mushroom Pancakes

This recipe from Worcestershire makes a very good meal, without any meat. Batter: ½ lb. flour, ½ pint milk, 2 tablespoons water, 2 oz. grated cheese, 2 eggs, a little salt and pepper to taste, lard for frying. Filling: ½ lb. peeled and chopped mushrooms, 2 oz. grated cheese, 1 small finely-grated onion, 1 teaspoon chopped parsley, 1 egg, butter for frying. Make batter with the flour, eggs, milk and water, and beat until smooth. Leave an hour. Then add the cheese, and season to taste with salt and pepper. Put a little lard into frying pan and when smoking hot pour in a little batter. Cook on both sides till brown, then spread with a thick layer of the filling. To make filling, mix mushrooms, cheese, onion and parsley, season and fry in butter. When sufficiently cooked stir in the beaten egg to bind mixture. Roll up and serve hot. This quantity is sufficient for 6 pancakes.

Buttered Eggs with Mushrooms

Half a pound of mushrooms, 2 oz. butter, 4 eggs, 4 tablespoons milk, salt and pepper, slices of buttered toast. Peel mushrooms, melt 1 oz. butter in frying pan, lay in mushrooms (gills uppermost) and fry until tender. Melt other ounce of butter in saucepan, beat eggs to a froth with the milk, season with salt and pepper, and add to the butter when it begins to bubble. Stir briskly over slow fire till mixture thickens. Have ready some slices of buttered toast, heap eggs in centre of each, and arrange mushrooms round.

Fillets of Sole with Mushrooms

Stew about ¼ lb. small mushrooms in butter. Fold 4 fillets of sole, and poach

them in the cooking liquor of mushrooms and a piece of butter the size of a walnut. Arrange fillets in an oval dish and garnish centre of dish with stewed mushrooms. Thicken the liquor with a little flour mixed with cold water. Add 1 oz. of butter. Cook 5 minutes. Coat fillets with it, and garnish each with chopped mushrooms. Serve very hot.



Mushroom Ketchup

Gather mushrooms freshly in the morning. Put in earthenware basin, sprinkle with salt. Leave overnight, or longer. Bring slowly to boil and simmer 30-40 minutes. Strain through muslin. Put liquid on again, boil another 30-35 minutes, having added seasoning of black peppercorns, a little cayenne pepper, cloves, and a little mace. Strain all, and bottle when cold. Should keep about 2 years.

Mushrooms with Fried Rice

In a pre-heated heavy 10-inch frying pan place 3 tablespoons oil or fat, 1 teaspoon salt and a dash of pepper. Add 2 eggs and fry until firm; cut into shreds. Slice and add ½ lb. mushrooms, and 2 tablespoons finely diced onion. Cook all over a moderate heat for 5 minutes, stirring constantly. Then add 4 cups cold, cooked (dry) rice. Add 2 tablespoons soy sauce and ½ teaspoon sugar, and cook over moderate heat, stirring constantly, till rice is hot. Serve immediately.

Moo-goo, Ngow

That means beef with mushrooms (I think). Notice that nothing is ever strained away or wasted in Chinese dishes. In a pre-heated, heavy 10-inch frying pan place 2 tablespoons oil or fat, 1 teaspoon salt, dash of pepper. Cut 1 lb. of flank or round steak into ¼ inch thick slices and add 2 tablespoons onion, 1 clove garlic, finely diced. Cook over a moderate heat, stirring constantly until meat is brown. Add ½ cup beef bouillon (or dissolve a meat cube in hot water), and 1 lb. fresh mushrooms sliced. Cover pan tightly and cook over low heat for 10 minutes. Blend and add 2 teaspoons cornflour, 2 teaspoons soy sauce, and ¼ cup water. Cook a few more minutes, stirring constantly, until juice thickens and mixture is very hot. Serve immediately with hot, boiled rice.

About Baps

GREAT interest has been shown by Scotswomen in the recent request for a recipe for Baps. Here are some of the replies, and I think many of us will be trying this very popular Scots breakfast roll. I thank all those who wrote.

"Betty of Woolston" says: "I'm sorry I haven't a recipe, but you are certainly on the wrong track when you think they are like girdle scones. They are more like a dinner-roll and we used to buy them before the 1914-18 war at 7 for 3d. They are as big again as a dinner roll and are lovely served hot. It was a regular breakfast 'feed,' and they were delivered very often with the milk. I come from Edinburgh and I'm sure you will have numerous letters to support me. I believe a Scottish baker used to bake and sell them in Kaiapoi, but I

N.Z. LISTENER, MAY 16, 1952.