

FROM THE MAILBAG

Wanted—A Hop Pillow

Dear Aunt Daisy,

I wonder if any Link in the Daisy Chain could tell me how to make a hop-pillow? It is an old English remedy for insomnia, and I should be so grateful to know how to make one. I believe the pillow is stuffed with other herbs besides the hops. "M.G.W."

American Yeast Cakes

Dear Aunt Daisy,

I noted in one of your recent columns in *The Listener* that a cake of yeast equals 1 1/4 oz. yeast. Readers may be interested to know that in American recipes a yeast cake equals half an ounce of compressed yeast.

"G.M.S.," Kelburn.

I think the American yeast cakes are not uniformly standardised as ours are but vary with different makes. My latest advice from New York is that compressed yeast comes in three-fifths to two-thirds ounce packages; and that the Good Housekeeping Institute uses the latter in its tested recipes.

Lard in Cakes

Dear Aunt Daisy,

Here is a lard fruit cake for the Link with quantities of lard. It was given to me during the war. I found it really good. I also used lard for biscuits when it was available, finding golden syrup and coconut and other strong flavours a very good disguise. Fruit cake: Half a pound of lard, 1/2 lb. sugar, 1 lb. flour, 1 teaspoon baking powder, 2 eggs, about 3 tablespoons golden syrup, about 6 tablespoons jam, and fruit as desired. Cream lard and sugar, add eggs, golden syrup and jam, then fruit and flour. Bake 3 hours in a moderate oven about 300 degrees electric (or regulo 3).

"Constant Listener," St. Albans.

Scratch Marks on French Polish

Dear Aunt Daisy,

The following is a good method for removing scratches and bruise-marks, which show up a whitish shade on french polish. Rub the place over with kerosene on a soft cloth, using plenty of weight; kerosene will not damage the rest of the polish. Rub off as dry as possible with a dry cloth, and immediately polish over with any good wax polish. This should remove 90 per cent of the mark. This is used in the furniture trade on renovation work. Levin.

For School Lunches

Dear Aunt Daisy,

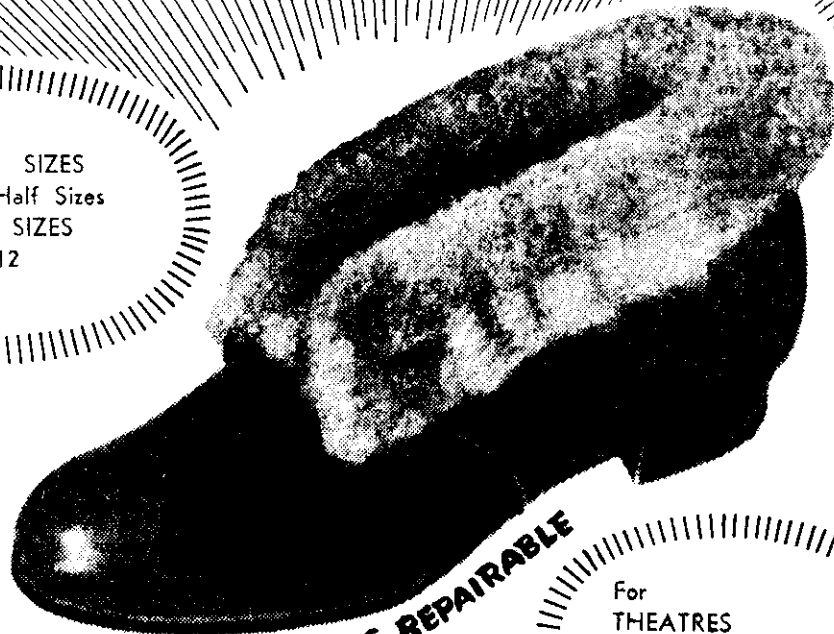
Last winter you published in *The Listener* a page of recipes for eggless cakes, and among them was one for a fruit cake in which the fruit, butter, sugar and water were heated in a saucepan before mixing with the other ingredients. As I have unfortunately lost the recipe, I wonder if you could have it reprinted in *The Listener*. This cake was of good texture, an excellent keeper and ideal for school lunches, as well as a boon when eggs are so scarce and dear. "Mother of Four Boys."

Here is the recipe: One breakfast cup sugar, 2 breakfast cups fruit (raisins, currants and sultanas), 1 breakfast cup cold water, 1/4 lb. butter. Put all in saucepan, and slowly bring to the boil. Simmer gently 3 minutes, let get cold. Two cups flour, 1 teaspoon baking soda, sifted together and added to the mixture. Stir well. Line tin with greased paper, moderate oven. Cook for one and a half to two hours. Cake is moist, and should keep for weeks.

N.Z. LISTENER, JULY 10, 1953.

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