

with a few chopped walnuts.—Miss W.I.N. (Timaru).

Chocolate Pudding

CREAM together 1 tablespoon butter, small cup sugar, add 1 egg, then 1 dessertspoon golden syrup. Beat well. Next add $\frac{1}{2}$ teaspoon carbonate soda, dissolved in 3 tablespoons milk. Sift together 1 cup flour, 1 teaspoon baking powder, 1 dessertspoon cocoa. Add to the mixture, stirring lightly. Place in buttered mould, steam 1½ hours. This recipe also makes an excellent sponge, baked in sandwich tins in moderate oven. Put together with a good mock cream filling.—Mrs. F.H. (Tauranga).

Apple and Raisin

ONE cup of flour, 1 cup of wholemeal, $\frac{1}{2}$ lb. butter, 1 teaspoonful of cream of tartar, and half of soda, milk to mix. Three large, good, cooking apples, 1 small cup sultanas or raisins, a little nutmeg and sugar to taste. Mix together dry ingredients, rub in butter, mix to a fairly stiff dough with a little milk, roll out fairly thin, spread one

Onions Stuffed With Kidneys

4 LARGE silver onions, 3 sheeps' kidneys, 1oz. butter, 1oz. flour, 1 teaspoonful meat extract, 1 tablespoonful chopped parsley, salt and pepper to taste, 1 cup water, 1 tablespoon minced bacon. Peel the onions carefully and boil in slightly salted water for 10 minutes (no longer). Take off to cool. Skin the kidneys and cut into dice. Fry quickly in the butter, add the bacon, meat extract and salt and pepper. Keep turning with a knife for 5 minutes then add the water. Mix flour smooth with cold water and add. Boil up fast till thickened. Very carefully remove the centre of the cooled onions. Scoop out all the kidney from the gravy and place in centre of onions. Place in a baking dish. Pour the gravy over and bake for $\frac{1}{2}$ hour. Sprinkle parsley on top before serving.—Mrs. L. Sayer (Masterton).

half with sliced apples, sprinkle with sugar, spread raisins over and grate with nutmeg. Cover with the rest of the pastry and bake in moderate oven for half an hour. These can be served hot, as a pudding, with cream, or, when cold, cut into fingers and dredged with icing sugar, are delicious for afternoon tea.—Mrs. L. (Wanganui).

Marshmallow Shape

PUT 1 tablespoon granulated gelatine in cup and half fill with cold water. Let it stand 10 minutes, then fill cup with boiling water. Put into large basin with whites of 2 eggs and flavouring (little grated rind and juice lemon or essence raspberry or vanilla). Beat 15 minutes gradually adding 1 cup sugar. This is a delicious sweet especially if served with stewed fruit or fruit salad and can be used immediately it is prepared.—E.S. (Christchurch).

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