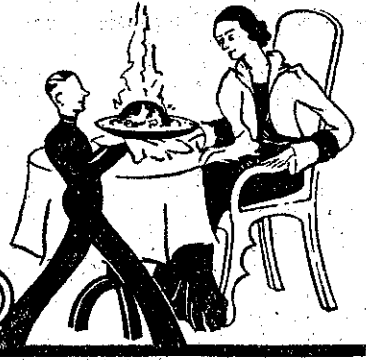


MAINLY ABOUT

FOOD

Orange and Raisin Cake



THE majority of recipes this week contained oranges either in cakes, puddings or moulds, with pineapple coming a good second. It is advisable to keep economy in view, and eggs—even the chilled variety—are now expensive, so recipes that economise in this direction are always appreciated. The prize this week goes to Mrs. James Marsh, 17 Raffles Street, Napier, for her orange raisin cake. The inclusion of raisins is rather unusual, and only two eggs are required. Mrs. Marsh is a most consistent contributor, and two more recipes appearing to-day are from her budget.

Here are the promised oyster recipes, which are compiled with a view to serving a big family. All four are good. Mushrooms are still plentiful and reasonably priced, and have we ever before known such a season of prolific crops? Rabbits are once again on the market, so I have included a recipe which includes both mushrooms and rabbit. As the shooting season has opened, some recipes for game will appear next week.

Will readers please note a query from a reader, and if any contributor

can supply an answer I shall be grateful.

Mrs. M. L. (Lake Takaki): Many thanks, but you omitted the quantity of gelatine in your mock cream filling. Can you let me have it?

Miss M. L. (Clive): Appreciate your recipes, but they hardly come under the economy heading.

"Pohutu" (Frankton Junction): Your query appears, and replies will be published. Thanks for your post-script.

Mrs. C. W. C. (Dunedin): Your contribution appreciated—one very similar is published—try again.

Oyster Puffs

MAKE some cream puff cases and fill with the following mixture: Beard and chop up finely 12 oysters, mince 2 rashers of bacon, and cut up 2 hard-boiled eggs. Add these to a sauce made from some of the oyster liquid, milk, seasoning and flour to thicken.—Mrs. J. M. (Napier).

Baked Fish and Oysters

HAVE ready 1 dozen oysters. Flake enough cold fish to make 2 cups. Place it in the bottom of a well-but-

tered fire-proof dish, add the oysters and sprinkle over with a little lemon juice, salt and pepper. Cover with 1 cup fine white breadcrumbs, and sprinkle with finely-chopped parsley. Beat 4 eggs and add 3 cups milk, with salt and pepper to taste. Pour this mixture over the fish, allow it to stand 30 minutes, then bake in a slow oven until set.—Miss A. (Wanganui).

Oyster and Celery Cream

REQUIRED: 2 heads of white celery; 1 doz. oysters; 3 cupsful milk; 2oz. butter; 2oz. flour; salt and pepper, breadcrumbs. Wash and cut the celery into dice. Place in a saucepan with sufficient water to cover. Cook

At Your Service

DON'T forget there's a half-guinea prize each week for the best seasonable recipe sent in. "Chef" is ready, too, to help you solve your cookery and household problems. Address correspondence to:

"CHEF,"
"N.Z. Radio Record,"
G.P.O. Box 1680,
Wellington.

"Pohutu" of Frankton Junction, wants to know if any reader can supply a means of testing whether pewter is genuine or not. Would anyone possessing this information please address to "Chef"?

until tender, then strain. Melt butter in saucepan. Stir in the flour, and add 3 cups of milk and 1 cup of celery liquor and the oyster liquor. Stir until boiling, add celery, and flavour with salt and pepper. Cut oysters in halves, after bearding, add these to the celery and sauce. Pile on hot buttered toast, sprinkle a few crumbs on top and add a little melted butter. Place under the grill for a few minutes to brown and serve very hot.—Mrs. J.M. (Napier).

Fruit Bars

BEAT the whites of two eggs stiffly. add 1 cup chopped dates, ½ cup sugar, 1 cup chopped walnuts, 1 cup coconut, ½ teaspoon vanilla and almond essence. Knead all together. Bake in a shallow tin. When nearly cold cut into bars and dust with icing sugar.—Mrs. E.F.K. (St. Albans).

Brown Sponge

3 EGGS, ½ cup sugar, ½ cup arrow-root, ½ teaspoon cream tartar, ½ teaspoon soda, 2 teaspoons flour, 1 teaspoon cinnamon, 1 teaspoon ginger, 1

'Ware the Influenza Germ!

IN the autumn and spring there is usually an epidemic of influenza which may be mild or very severe in character.

Undoubtedly some people are far more susceptible than others, and they go down at the first exposure to infection. This weakness may be due to a poor state of health or to a catarrhal condition of the nose, throat or chest, which affords a comfortable home for the influenza germ. Healthy individuals may also harbour the germ, but their resistance is sufficient to withstand its attack.

Fresh foodstuffs also appear to defend us against infections, probably by keeping our blood pure and healthy.

An experienced doctor who worked amongst Army and civil patients during the influenza epidemic of 1918 used to put his faith in raw apples. He was such a busy man that his household was run on the French fashion of coffee, roll and butter in his room at 8.30 a.m. At 11 a.m. he sat down to a good lunch of bacon and fried potatoes and liver. Then out he dashed and was

whirled away in his speedy car, munching a large apple.

This apple consumption went on at intervals between visiting houses where four and five and six people were down with serious influenza or its sequel, pneumonia. After a light but very nourishing dinner at 5.30 p.m. he tackled an evening's work where the patients were queued up right along the pavement and all round the house. Though over 60 years of age he never contracted influenza or cold or chill through the most trying period, when he worked steadily for 16 hours a day.

A safe rule is to go to bed directly the warning symptoms of headache and backache appear. Pains in the limbs and through the eyes are almost diagnostic of influenza. Even though the attack subsides in a few days it is unwise to get up too soon. At least a week of convalescence is necessary before returning to work, as a relapse finds the victim's resistance much weaker.

If influenza is ushered in with gastritis care must be taken to prevent collapse. It is wiser to get the doctor in time than to wait for serious developments.