

teaspoon spice, 1 teaspoon cocoa, 1 table.spoon golden syrup.

Beat whites stiff, add sugar, beat again, add yolks of eggs, then add golden syrup. Add all dry ingredients and beat well, as arrowroot settles. Bake 10 to 15 minutes.—Miss E.G. (Hamilton).

Stuffed Tomatoes

SIX tomatoes; 1 teaspoonful of grated cheese, or 1 slice of onion, chopped; 2 table.spoonful of breadcrumbs; ½ oz. butter; salt and pepper. Cut the top off each tomato. Carefully scoop out the centre, adding this pulp to the other ingredients, to make the stuffing. Fill the tomatoes with stuffing. Replace the lids and bake on a buttered tin in a slow oven for 20 to 30 minutes.—Miss G.J.B. (Whangamoa).

Watermelon Preserve

USE only the peel (the part of the melon usually thrown away after the soft pink inside has been eaten).

Orange and Raisin Cake

REQUIRED: 1 cup sugar, ½ cup butter, 2 eggs, 1½ cups flour, 2 teaspoons baking powder, ½ teaspoon salt, 1 teaspoon grated orange rind, ½ cup of orange juice, ½ cup of chopped, seeded raisins.

Method: Cream butter and sugar, and add egg yolks, sift flour, salt and baking powder together, and add to creamed mixture alternately with orange juice. Add orange rind and floured raisins, and, lastly, well beaten egg whites. Bake in a moderate oven 35 to 40 minutes and ice with frosting made as follows: 1½ cups of icing sugar mixed with 1 tablespoon each of lemon and orange juice.—Mrs. J. M. (Napier).

cut off all the soft inside, pare off the outside green rind with a sharp knife, cut the peel into square pieces or shapes about three inches in length. Prick them well with a skewer or fork and put them into lime water—two spoonfuls of lime to four quarts of water. Put a plate on the top to keep pieces under water; leave all night, wash well in clean water next morning. Boil up the peel until you can put a stick into it; now drain. Having previously weighed the peel, take same weight in sugar. Make the syrup—½ pint of water to 1lb. of sugar. When syrup begins to thicken, put in the peel and boil gently till clear—about 2 or 3 hours if the melon was crisp. Flavour with a few lumps of ginger or a few sticks of cinnamon, also 3 or 4 cloves, if desired.

To crystallise, keep boiling until almost all the syrup is absorbed by the pieces of melon peel.—Miss H.L.B. (Whangarei).

Oyster Surprise

TAKE 1 cup cold boiled fish, ½ cup thick white sauce, 4 oysters, salt and pepper to taste, a dash of cayenne, 1 egg, and some breadcrumbs. Remove all the bones from the fish and flake thoroughly with a fork, add the seasoning, and mix with the sauce. Shape

into four croquettes with an oyster in the centre of each. Roll in fine breadcrumbs, then dip into the egg, which has been very slightly beaten with 2 table.spoons of water, and bake again into the breadcrumbs. Plunge into boiling fat and fry very quickly about 1 minute, drain on paper and serve very hot, garnished with a slice of lemon and a sprig of parsley.—“Radio Reader.”

Rabbit with Mushrooms

STEW half a pound of peeled mushrooms in a little butter and their own liquor, when soft mince them finely, and add them to ½ lb. of minced rabbit, seasoning with pepper and salt, and moisten with thick cream and a little butter rolled in flour, simmer over a slow fire for half an hour, and serve in a border of mashed potatoes and creamed spinach.—Mrs. J.L. (Clive).

Almond Bon Bons

1 OZ. cocoa, 1oz. shelled walnuts, 3oz. ground almonds, 1 white of egg, 4oz. icing sugar, vanilla flavouring. Put sugar, cocoa, chopped walnuts and ground almonds in a basin and mix together. Add the white of egg, well whisked beforehand and a few drops vanilla. Work the mixture until smooth, and then divide into about twenty portions. Roll each into a ball and place them on a plate. Brush the sides with yolk of egg to glaze them and place them on a browning-shelf of a cool oven for about 15 minutes to dry. They are really delicious!—Miss M.B. (Paeroa).

Fruit Delights

PUT into a basin 1 cup chopped figs, 1 cup dates, 1 cup raisins, 1 cup walnuts, 2 cups desiccated coconut, mix well, then add one tin of sweetened condensed milk, mix well. Put a little coconut on hands, take a teaspoonful or little more, roll into balls, put on cold oven tray and bake in moderate oven for 20 minutes. These are not extravagant, as they are better kept a few days, and will keep indefinitely.—Mrs. M. (Oamaru).

Pineapple Betty

1 BREAKFAST cup bread crumbs, 1½ cups chopped tinned pineapple ½ cup pineapple juice, a little powdered cinnamon. Put alternate layers of breadcrumbs and pineapple in a buttered pudding dish. Sprinkle each layer with sugar and a little cinnamon. Put on a generous top layer of crumbs and dot with pieces of butter, pour pineapple juice over all and bake in a moderate oven for 20 minutes or until a nice brown on top.—Miss I.R. (Morrinsville).

Mustard Pickle

CUT in small pieces 3lb. of vegetables (onions, cucumber, beans, cauliflower and green tomatoes) and put into a brine of: 1lb. salt, 2 qts. water. Soak for 24 hours, scald in brine, and drain off all water. Boil 3 pints vinegar and 1 cup of sugar. Stir in thickening of ½ cup flour, 3 table.spoons mustard, ½ table.spoon tumeric powder, 1 table.spoon curry powder, with enough cold vinegar to mix. Put in vegetables and bring to boil for three minutes, before bottling.—Mrs. K. McC. (Seaton).

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