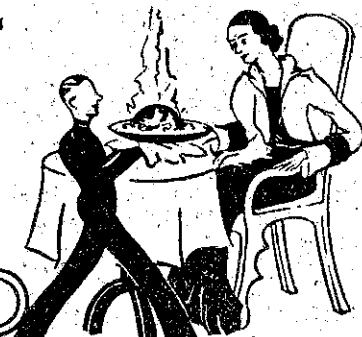


# MAINLY ABOUT



Details of Guinea Prize

FOOD



WILL readers please note the special competition for Friday, July 19, with entries closing in Wellington on Tuesday, July 9. The recipes forwarded must contain Shreddo beef suet, and as this is the season for puddings containing warm and nourishing ingredients, I hope that all home-cooks who have good recipes will enter for this. The prize money for that week is increased to one guinea.

Eggs are still at top price and I hope any contributors that forward recipes containing eggs will bear in mind the expense. The prize this week goes to Mrs. G. Sparrow, 24 Ohau Street, Roslyn, Dunedin, for her original recipe for Salmon Patties. These would make a good luncheon or light tea dish. A reader has asked for a reliable recipe for a Sultana Loaf made with compressed yeast, also buns made in the same way. Can any home cook supply these?

Mrs. F.J.H. (Whangarei): Holding your recipe for the beef suet competition.

K.B. (Blenheim): A recipe simi-

## Salmon Patties

ONE small tin red salmon,  $\frac{1}{2}$  pint thick, white sauce seasoned with salt, pepper, cayenne and chopped parsley,  $\frac{1}{2}$  lb. flaky pastry, some finely grated cheese.

Pastry:—Into 6oz. flour slice 4oz. firm butter. Place in bowl and add enough water slowly until moist enough to roll out.

Method:—Mash salmon finely and add the white sauce. Roll out pastry, cut into small rounds. Place the salmon mixture on round pastry, cover with another. Prick the tops and sprinkle with finely grated cheese. Bake in good oven for about 10 minutes.—Mrs. G. Sparrow (Roslyn, Dunedin).

lar to yours was published in the issue of April 19.

Miss R.A. (Hastings): I'm sorry, but I cannot notify everyone. The reason your recipe was not published was that I have others similar.

Mrs. L.D. (Waimiha K.C.): Have looked through my recipes and found two which might help you. They are published in this issue.

Mrs. M.P. (Paeroa): Thanks for your budget, and good wishes.

## Upside Down Cake

PLACE  $\frac{1}{2}$ -tin crushed pineapple in the bottom of round cake tin. Sprinkle with sugar and little pieces of butter, and drop of vanilla. Make a cake mixture with two eggs, 4ozs. sugar, 4 ozs. butter, 4ozs. flour, 1 teaspoonful baking powder. Cream butter and sugar, add eggs, then flour and baking powder. Pour over pineapple. When cooked, turn out with pineapple side up. Cover with whipped cream.—Mrs. C.McK. (St. Albans).

## Scalloped Spinach

TAKE about 6 tender stalks and leaves of silver beat or spinach, 1 teaspoon grated onion, 1 tablespoon grated cheese, salt and pepper, pinch allspice,  $1\frac{1}{2}$  tablespoons butter, 2 tablespoons flour,  $\frac{1}{2}$  cup milk, bread crumbs, bacon. Cook spinach, drain and chop, add onion, cheese and seasoning. Melt butter, add flour, and when smooth add milk, stirring till sauce boils. Add to spinach, pour all into buttered baking dish, cover with breadcrumbs and bacon thinly sliced. Bake till bacon is brown and curled.—Miss M.M. (Oamaru).

## Pumpkin Marmalade

CUT up 6lbs. of ripe pumpkin, also 5 oranges. Cover oranges with 3 cups of water, and let them stand 24 hours. Cover pumpkin with 5 or 6 lbs. of sugar, and let stand overnight. Next day put sliced oranges, and the water on to boil. When boiling add pumpkin and sugar. Boil all till orange rind is soft. It is almost impossible to tell this from genuine orange marmalade.—Mrs. M.M.J. (Te Kawa).

## Pumpkin and Passion Jam

SIX pounds ironbark pumpkin, 2 doz. passion fruit, julée of two lemons or six drops lemon essence, 4lb. sugar. Peel and cut up pumpkin small, take out all pips, of course, and put in preserving pan with one pint of water, simmer gently till almost cooked (time about 15 minutes), then add passion fruit pulp, lemon juice and sugar. Boil one hour, bottle and seal down while still hot.

## Savoury Doughnuts

INGREDIENTS: 4lb. sifted flour, 2oz. butter, teaspoonful each baking powder and good white sauce, one egg, a little milk, 1lb. cold cooked beef finely minced, seasoning. Add chopped parsley, pepper and salt to the minced meat. Stir in the sauce, together with half a beaten egg. Blend thoroughly. Mix flour, salt and baking powder in a basin, add the butter, mix well and make a stiff paste, with the other half egg and some milk. Roll out thinly, cut into rounds, put a little of the meat in the centre of each, and roll into a doughnut, moistening the edges and pressing them firmly together so that the filling cannot escape. Fry in deep fat ten minutes. Mrs. R.J.M. (Cambridge).

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