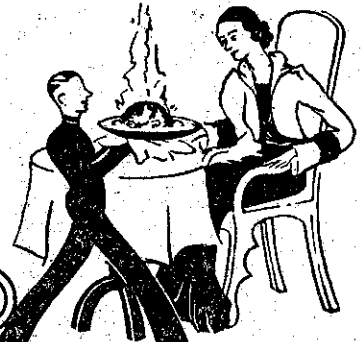


MAINLY ABOUT



Ideas for School Lunches

FOOD



NOW that a new school term has started, usually the longest in the year, the children will need something nourishing for their lunches. In this week's issue readers will find several recipes suitable for this purpose. One sent in recently by a reader at Springlands, under the title of Health Biscuits, should find favour with all youngsters. It is economical and easy to make and should prove specially nourishing. Orange Biscuits is another which should delight the school children and it is made with the rind of an orange as a slight flavouring.

The Date Kisses, Lemon Cheese Cakes, Fig Delight, Walnut and Date Muffins, Fig Puffs and one or two more present a good variety. Not only are they of value for light lunches, but may be produced for afternoon tea, as they are all dainty.

Readers will find also a recipe for celery and mutton stew. Although the warmer weather is fast approaching there will still be some nights when a stew of some sort will be appreciated. As the sender of this useful recipe states, good soup can be obtained from the stew which is not used. Stews are economical to cook as well as to make, as a complete course can be heated over the one electric element or gas ring.

There is a further whitebait recipe in the form of delicious fritters, while another dish, Oyster and Fowl, should appeal as something out of the ordinary.

Whitebait Fritters

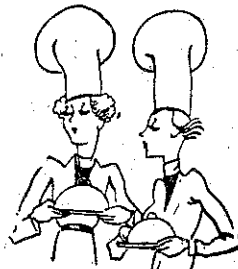
2oz. flour, 1 egg, 4 tablespoons tepid water, 1 dessertspoon salad oil, or melted butter, salt and pepper; 1 glass (or more) of whitebait.

Mix flour with the yolk of the egg

and salad oil or butter, and pepper and salt, and leave for a time. Wash whitebait and turn on to a clean, white rag to dry them. Just before needed, beat

in hot water till soft and then chop finely; sift dry ingredients and mix with milk and beaten eggs; then stir in melted butter, figs and rind of lemon; mix well and 'rop in spoonfuls into deep, hot fat and fry till golden brown.—Mrs. C.H.S. (Manurewa).

10/6 Prize Waiting For Best Recipe



EACH week there is a half-guinea prize waiting to be won by the reader who submits to "Chef" the recipe which she considers the week's best. It doesn't matter whether your favourite recipe is for the oven, the stove or the pickle-bottle as long as it is something new to tickle the palates of the rest of our readers.

Write out your entry clearly, using only one side of the paper. Even if you don't win the weekly half-guinea prize, your ideas for the kitchen will be appreciated by hundreds of other readers. Address entries to "Chef," c/o "N.Z. Radio Record," Box 1680, Wellington.

Fowl and Oyster Dish

TAKE one fowl and fill the inside with the following stuffing: bread-crumbs, salt and pepper, three or four chopped oysters, moisten with little of the oyster liquid; put in a pot and add a little water; cover closely and cook until tender. When cooked take out the fowl and add to the gravy a little flour to thicken and small piece of butter, then add the yolk of an egg and some oysters, beat but do not boil and serve with the fowl with a little bacon fried fairly crisp. Serve with mashed potatoes or with hot buttered toast.—Miss M.M. (Oamaru).

Walnut and Date Muffins

2 TABLESPOONS butter, $\frac{1}{4}$ cup sugar, 2 eggs, 1 cup milk, large cup dates (cut up), 2 large cups flour, $\frac{1}{2}$ cup walnuts (cut up), 1 teaspoon vanilla, 1 teaspoon baking soda, 2 teaspoons cream of tartar. Cream butter and sugar, beat in eggs one at a time, add milk with soda dissolved, then sifted flour with cream of tartar and lastly



I'M NICER WITH
MUSTARD
—Colman's Mustard

the white of the egg to a stiff froth and mix with the butter and whitebait. Drop large tablespoonful into plenty of hot fat, and fry a light brown.—Mrs. E.L. (Auckland).

Fig Delight

POUR 1 cup boiling milk on 2 cups bread-crumbs. Peel 12 figs and cut them up with 2oz. lemon peel. Mix with 2oz. butter, 2 tablespoons brown sugar, and spice to taste. Let the mixture cool off and add 2 well-whisked eggs. Place in a buttered mould and boil 2 hours.—Miss N. (Wanganui).

Fig Puffs

INGREDIENTS: 1 cup dried figs, 1 cup milk, $\frac{1}{2}$ cup flour, 1 egg, 1 tablespoon butter, 1 tablespoon sugar, 1 teaspoon baking powder; $\frac{1}{4}$ teaspoon baking soda, $\frac{1}{2}$ teaspoon salt, grated rind of $\frac{1}{2}$ lemon. Method: Soak figs



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