

Entire-wheat Bread

THREE and one-half pounds or $3\frac{1}{2}$ quarts of entire wheat flour (which is whole wheaten ground fine), $\frac{1}{2}$ -cup molasses, $3\frac{1}{2}$ cups lukewarm water, 1 level tablespoon salt, $\frac{1}{2}$ oz. compressed yeast, $\frac{1}{2}$ -cup oil.

Put the flour into a mixing-basin, put the lukewarm water into another dish, put the piece of yeast into the water, and stir till the yeast is entirely dissolved. Then stir in the treacle, salt and olive oil. Turn this mixture into the flour, and stir it to a dough with a spoon. Then put the dough on a bread-board and knead it till perfectly smooth. Oil a basin that is large enough for dough to rise in. Cover dough with several thicknesses of cloth. Set in warm place to rise till dough is double its bulk about two hours. Divide into three, knead again. Place in oiled bread tins $9\frac{1}{2} \times 4\frac{1}{2} \times 3$ inches in size. Cover and return to warm place for one hour. Bake in oven at temperature 400deg. F. for one hour.—Mrs. R.D.J. (Kerepehi)

Pineapple Marshmallow

INGREDIENTS: $\frac{1}{2}$ lb. butter 3 tablespoons of castor sugar, 1 egg, $\frac{1}{2}$ lb. flour, 1 teaspoon of baking powder 3 or 2 tablespoons of milk, 1 tin of pineapple, cream, butter and sugar. add egg and beat in well. Sift in flour and baking powder and mix with milk. Roll out in two pieces. Drain well the juice from a tin of pineapple (slices). Place first piece of shortcake in a square tin and spread pineapple slices evenly over it. Cover with second piece of shortcake and bake in a moderate oven about $\frac{1}{2}$ -hour. For marshmallow. Boil 1 quart of pineapple juice and 1 large cup of sugar for 10 to 15 minutes. Soak the dessertspoon of gelatine for 10 minutes in cold water. Pour boiling mixture on this let cool a little, then add $\frac{1}{2}$ -cup icing sugar and beat till stiff and white. Pour this over the top of the

shortcake, which should be cold. Let marshmallow set, then spread over an icing made with 1 cup icing sugar and pineapple juice, coloured pale pink.

HAMILTON HOTEL, HAMILTON.

Curry a la Madras

EACH week the "Radio Record" publishes "My Favourite Recipe" from the chef of a well-known New Zealand hotel. This week's recipe, Curry a la Madras, is from the chef of the Hamilton Hotel, Hamilton.

$\frac{1}{2}$ oz. butter or dripping, 2 medium onions, 3 tablespoons flour, 2 tablespoons curry (according to taste), 2 peeled and cored apples, 2 tablespoons desiccated coconut, 2 bananas, 2 tablespoons of sweet chutney, 2 tablespoons sultanas, salt, juice of 1 lemon, and about $1\frac{1}{2}$ pints of stock.

Place butter in stewpan on stove, when melted add finely chopped onions, apples, bananas, sultanas and coconut. Simmer until tender. Add curry powder and flour, leave a few minutes, then stir into paste, add stock which should be boiling, and stir until all thickens, add salt, chutney and lemon juice. Leave on stove heat until needed for use, stirring occasionally. Pour over meat, poultry, or whatever is to be curried, and leave on slow heat until serving time. Serve with boiled rice.

Sprinkle chopped nuts or coconut over and cut into squares. Delicious for afternoon tea.—Miss K.E.G. (Seddon)

A Hot Fruit Trifle

ONE sponge ring, 1 tin or jar sliced peaches, 1oz. almonds, cream, sugar and flavouring. Blanch and split the almonds and spike the sponge ring with them. Place the ring in a fire-proof dish and heat through in the oven. Turn the peaches and syrup into a saucepan and heat, then strain the hot syrup off and pour over the sponge and arrange the peaches in centre and around the ring. Serve hot with whipped cream sweetened and flavoured to taste.—Mrs. F.M. (Henderson).

Yorkshire Steak

SEASON $\frac{1}{2}$ lb. of steak (about 1in thick) with salt and pepper, place in greased baking dish in which meat fits bottom. Brown in very hot oven for five minutes; while it is baking prepare Yorkshire pudding mixture by sifting together $1\frac{1}{2}$ cups of flour, 2 teaspoon. of baking powder, $\frac{1}{2}$ -teaspoon of salt; add beaten yolks of two eggs and 1 cup of milk; mix well and fold in stiffly-beaten whites: pour this over browned steak. Bake in moderate oven 15 minutes. Garnish with chopped parsley before serving.—Mrs. J.S. (Port Chalmers).

Novel Walnut Pie

THIS is an unusual dish, also high in food value: Put a $\frac{1}{2}$ lb. shelled walnuts through a mincer. Spread a layer of rice, boiled as for curry, at the bottom of a well-buttered pie-dish, and on this place half the walnuts and two sliced tomatoes, sprinkling with salt and pepper. Fill up the pie-dish with alternate layers of these ingredients, pour in half-cup of stock or milk, cover thickly with wholemeal crumbs and pour a tablespoon of oil butter over. Cook in a moderate oven for half-hour. About $\frac{1}{2}$ lb. rice and four to six tomatoes (Continued on page 63.)



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