

(Continued from page 69.)

water. Simmer for 2 hours. Remove from the stove and add 1 cup of cold water to make the fat rise. Allow to cool. Remove the fat and strain the soup into another saucepan. Add 1 carrot and 1 turnip cut into tiny strips; also a few green peas. Simmer for half an hour. Serve it with the vegetables in it. This soup will be clear if directions are carried out.—Mrs. F.C. (Auckland).

Pioneer Pot Roast

TAKE either a boned leg of lamb (stuffed with seasoning and sewn up) or 3lb. of topside steak. Melt 2 dessertspoons dripping in a deep pot, wipe the meat and put into the pot on the stove over gentle heat. Cover closely and turn meat when browned on one side; then cook very gently, basting occasionally and allowing $\frac{1}{2}$ of an hour to each pound of meat. In 80 minutes add sliced onions and potatoes, lifting out the meat and placing vegetables underneath, sprinkling salt and pepper over. Cover again and cook until roast is done. Lift roast and vegetables into a dish, place in oven and thicken gravy, which should be rich and brown. Pour gravy over and serve. The success of a pot roast depends on slow cooking. If there is any fear of burning, place an asbestos mat under the pot. Use hot mint sauce if lamb.—Mrs. J.H.M. (Waikato).

Peach Trifle

SPLIT 1 dozen small sponge cakes and spread with jam and sprinkle with nuts, join together and place in a dish to form a ring. Soak these with the syrup from one tin of peaches. Heap peaches in the centre of ring of cakes, then pour a boiled custard (cool) round the outside of cake ring. Before serving, whisk 2 egg whites stiffly, fold in 2 tablespoons castor sugar. Cover the sponge ring with this and decorate the whole with chopped crystallised cherries.—Mrs. McC. (St. Kilda).

Pickled Figs

1 LB. figs, $\frac{1}{2}$ pint vinegar, 1lb. sugar. 1 dessertspoon each of ground cinnamon and cloves, 1 teaspoon each of ground mace and allspice. Prepare the figs by washing and cleaning them very thoroughly in hot water. Put them in a basin of cold water and leave for 12 hours. Give a final wash in a colander and leave to drain. Meantime, prepare the pickling mixture; boil together the vinegar and sugar until they are thick, then add the various spices. Simmer for five minutes, then add the figs and simmer very gently for an hour. Put into jars and cover securely.—Miss L.P. (Oamaru).

Fish Roes in Cheese Sauce

DIP 1lb. of soft roes in beaten egg, then in breadcrumbs and fry in boiling fat till a pale biscuit colour. Butter a pliedish and place the roes in it. For a cheese sauce, bring half-pint of milk to boiling point, mix a level dessertspoonful of cornflour to a smooth cream with a little milk and add to the hot milk, with a dessertspoonful of butter, a teaspoon of grated cheese and seasoning to taste. Simmer for two or three minutes, pour over the roes, sprinkle with breadcrumbs and bake in a moderate oven until a golden brown. This is really delicious.—Mrs. J.H.M. (Waikato).

Boys and Girls!

Join the...

COCOCUB LEAGUE

There are thousands of Cococub League members in New Zealand. Hurry and join—it's thrilling fun—there are lots of surprises in store for those who join.

SECRET CODE

Only members of the Cococub League can understand or use this secret code. Think of the fun it will be writing secret code messages to other Cococubs.

HSFFUJOHT BOE CFTU
XJTIFT UP OFX
AFBMBOE DPDPDVCT

SECRET PASSWORDS

When you join you learn the secret passwords which only members understand. What are the two Cococubs saying in the picture? You will soon know when you join.



SECRET SIGN

Yes, there's a secret sign, too. Join up and find out what it is. The two Cococubs in the picture are using a sign, but you can't tell what it is until you join.



HOW TO BECOME A COCOCUB

Fill in the coupon below, enclosing 6d. in stamps. You will receive your very special badge of white, blue and gold enamel (illustrated on the right)—book of rules with secret code, secret passwords, and secret sign, etc. Fill in and post the coupon to-day.

Children's Bournville cocoa

BECOME A COCOCUB - HURRY AND POST IT

JONATHAN,
CADBURY, FRYS, HUDSON, LTD.,
P.O. BOX 488,
DUNEDIN

Dear Jonathan,

I do want to be a Cococub. I'm enclosing 6d. in stamps please enrol me at once.

(Write in BLOCK LETTERS)

NAME

ADDRESS

PROVINCE

AGE BIRTHDAY R.R.S.

