

whole egg and the brandy. Beat well, add enough flour to make the dough just stiff enough, roll out and shape into rings with a cutter. Brush over with beaten egg whites and sprinkle thickly with a mixture of almonds, cinnamon and sugar. Bake in a moderate oven. These cakes are really delicious and keep for a long time. —Mrs. J.H.M. (Hamilton).

Cheese Torpedoes.

TAKE 1oz. rolled oats, 1oz. grated cheese, salt, little cayenne pepper, 3oz. flour and 3oz. butter. Mix the flour, oats, grated cheese and seasoning. Rub in the butter and form into tight balls, squeezing firmly. Lay on a piece of greased paper and cook in oven for 15 minutes or until golden brown. Roll in grated cheese while hot. —Miss B.J.G. (Feilding).

Girdle Scones.

TAKE 2 breakfast cups self-rising flour, ½ teaspoon salt, one of sugar. Put 1 tablespoon cream in cup and 2 table-

Apricot Royal

SOAK ½lb. dried apricots overnight and slowly cook until tender. Put apricots in a pie-dish with six sliced bananas and 1 cup sugar. Beat together 2 eggs, ½ cup sugar, 2ozs. butter, 3 tablespoons milk, 1 cup flour, 1 teaspoon baking powder (use only the yolks of the eggs). Beat till creamy and pour over apricots, etc. Bake in a moderate oven till a golden colour. Remove from oven, and thickly spread with apricot jam and whisk egg whites and 1 cup of sugar together and pile over apricot jam. Sprinkle chopped almonds on top and return to oven till meringue is set. Serve with whipped cream or custard sauce. —Mrs. C.S. Lewin (St. Albans, Christchurch).

spoons water, and fill up cup with milk. Mix and roll out. Have your girdle warm and two clean cloths, one to rub girdle, and the other to roll scones in. —Mrs. E.A.S. (Oamaru).

Baked Roly-Poly.

INGREDIENTS: 1 cup shredded suet, 1 cup flour, pinch salt, small teaspoon baking powder, water to mix. Roll out and spread with jam or golden syrup (if golden syrup is used, spread all over the syrup with breadcrumbs or desiccated coconut, this stops the syrup from running), roll and turn ends in. Place in a baking dish and cover with milk. Bake a golden brown (1 hour). This is delicious and quite crisp when cooked. A change from the usual boiled roly poly. —Mrs. W.H. (Spreydon).

Potato Cakes.

HALF pound wholemeal, salt to taste, 2lb. mashed potatoes, a little flour, 2oz. butter. Melt butter in a saucepan. Add to potato; season to taste with salt. Stir in wholemeal. Turn on to a floured board. Knead with floured hands, then roll to half an inch in thickness. Cut into rounds. Mark with a fork to prevent blistering. Cook on a hot greased girdle until nicely browned on both sides. Serve hot accompanied by fried or grilled sausages, or bacon and sausages. —Miss L.P. (Oamaru).

Oatmeal Soup.

ONE cup of oatmeal left from breakfast porridge, ½ cup barley, which has been soaked for at least one hour, one

rasher of bacon fried in butter, two minced onions, three quarts of stock, pepper and salt. Boil and simmer one to two hours. —Mrs. F.M. (Henderson).

Mutton and Peas.

FOUR pounds neck of mutton, ½lb. of dried green peas, a pinch of baking soda, potatoes, and one dessertspoon of cornflour. Soak the peas overnight in cold water, to which has been added the soda. Boil the mutton about an hour, and then take the saucepan of meat from the fire to cool, so that the fat can be removed. Put back on stove and bring to the boil. Add the peas and let all simmer for an hour, seasoning with salt and pepper to taste. Take out the meat, placing on a dish. Strain peas, and place around the meat with border of mashed potatoes. Thicken the liquor from the meat and peas with the cornflour (previously mixed with cold water). Add the chopped parsley and serve all very hot. —Mrs. B.T.R. (Taumarunui).

Scalloped Crayfish.

ONE crayfish, ½ pint white sauce, 1 dessertspoon chopped parsley, 1 teaspoon anchovy sauce, 1 dessertspoon tomato sauce, cayenne pepper (to cover threepence), salt, lemon juice all put into the ½-pint of sauce. Butter a piedish, mince crayfish, put a layer on bottom of dish. Cover it well with sauce; another layer of fish, and so on till all fish and sauce are used. Put a thick layer of breadcrumbs. Melt some butter (1 tablespoon), and sprinkle it plentifully on the crumbs. Bake 20 to 25 minutes in brisk oven. —Mrs. A.C.M.P. (Marton).

Candy Sticks.

BEAT the white of one egg to a stiff froth and work into it as much icing sugar as you can, it will take about quarter pound. Shape the mixture into little rolls and cover them with melted chocolate flavoured with lemon essence. Roll the sticks in coconut and put aside to set. —Miss D.W. (Blenheim).

Rabbit in Casserole.

ONE rabbit, 1 large onion, 1 heaped breakfastcup breadcrumbs, 2 slices fat bacon, 1 cup milk (breakfast), little thyme, pepper and salt. Soak rabbit in salt and water, cut into neat joints, make a dry stuffing of crumbs, etc. Place layers of rabbit and stuffing till casserole is full, cover with bacon and pour cup of milk over. Put lid on and bake two hours. —Miss M.T. (Darfield).

Oyster Stuffing.

ONE beaten egg, 1 tablespoon of oiled butter, 1½ dozen oysters, 1 dessert- (Continued on page 55.)

PAINS ALL OVER HIS BODY

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