

San Bran Fruities

TWO breakfast cups flour, 1 breakfast cup of san bran (or plain bran), 2oz. butter, good pinch salt, 1 small dessert-spoon baking powder, 1 egg, and milk to mix. Rub butter into dry ingredients and mix to nice scone dough with the egg and milk. Divide equally and roll out. Cover one side closely with a single layer of raisins. Sprinkle well with brown sugar, cinnamon and dots of butter. Lay the other half of dough on, press well down and roll out. Cut into rounds, and bake in a good oven in the usual way.—J.H.S. (Apti).

Chocolate Meringue

TWO ounces castor sugar, 2oz. chocolate powder, 1 tablespoon flour, 1 egg, 4 teaspoon baking powder, vanilla essence. Mix together flour, chocolate powder and baking powder. Beat the white of egg to a stiff froth, add the sugar, then the yolk of egg and vanilla essence. This is then added to the dry ingredients, no other moisture being needed. The mixture

This Week's ★ ★ Stars -

[Each week six contributions to the recipe page are awarded star—the prize-winning recipe receives three stars and a half-a-guinea, two recipes are given two stars and three recipes one star each. At the end of the year the contributor who has collected the greatest number of stars will be awarded a prize of two guineas and the runner-up one guinea. Below are this week's star winners.]

★ ★ ★

(and 10/6 prize)

Mrs. C. S. Lewin, 11 Warrington St., St. Albans, Christchurch.

★ ★

Mrs. J. Stanley, Mahop, Feilding; Miss Whitelaw, Kamo.

★

Mrs. G. Stevens, Puketapu, Napier; Mrs. P. Wright, 10 Cameron St., Onehunga; Mrs. E. A. Barrow, Dargaville.

must be very dry. Arrange small piles on a greased tray and bake 10 minutes in a hot oven. When done they are light and firm.—Miss W. (Kamo).

Russian Cabbage

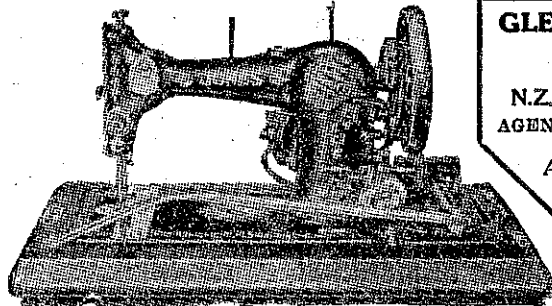
TAKE a young spring cabbage, wash well, and cut out all hard stems. Put 1 pint milk into a pan, add a small piece of butter, pepper and salt. When boiling, add the cabbage shredded, or torn into small pieces, and simmer till well cooked. Mix 1 tablespoon of flour with milk and add to the cabbage, simmer for a few minutes till thickened. Serve very hot. This method of serving cabbage is delicious and very nutritious.—Mrs. G.S. (Puketapu).

Banana Pickle

REMOVE the skins from 12 firm bananas and cut into 3-inch pieces. Stone and cut into strips 1lb. dates. Place all (Continued on page 57).

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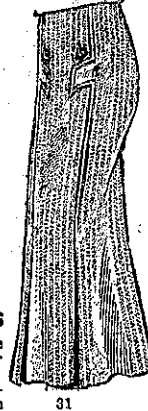
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