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in a short paste. When it is cooked, spread on the top the whites of 3 eggs, frothed, sweetened and flavoured with essence of lemon, set again on the oven to brown. Lay on small piece of jelly or jam just before sending to the table.—Miss R.E.D. (Oamaru).

Skye Pudding

AN old Scottish recipe: 1 quart new milk, 3 tablespoons arrowroot, 1 egg, 2 tablespoons sugar, 1 large tablespoon black-currant jam; moisten arrowroot with little milk, boil rest of milk and pour over arrowroot, stirring well to free from lumps. Add sugar, and when cool add the yolk of egg, previously beaten; pour into pldish, spread jam on top, then the white of egg stiffly beaten and spread thinly on top. Cook in moderate oven until nicely browned.—Mrs. J.H. (Blenheim).

Chocolate Sponge

2 CUPS brown sugar, 1lb. flour, 1lb. butter, ½ cup sour cream, ½ cup ground chocolate, ½ cup hot water, 1 teaspoon soda, 2 eggs, vanilla essence. Cream butter and sugar. Add eggs one at a time and beat till creamy. Add alternately the flour and cream (into which has been dissolved the soda). Beat well and add the chocolate dissolved in the hot water. Beat several minutes and bake in moderate oven.

Filling: 1½ cups icing sugar, 3 tablespoons butter, 4 heaped teaspoons melted chocolate. 2 tablespoons hot coffee, a little vanilla. Beat all until smooth and spread some on top with chopped walnuts.—Miss Z.J. (Horotiu).

Chocolate Squares

6OZ. of flaky pastry rolled thin and put into a sandwich tin spread with raspberry jam. Pour over the following mixture: 2oz. flour, 2oz. butter melted, 1 egg, 2 tablespoons sugar, 1 tablespoon cocoa, ½ teaspoon baking powder, any flavouring. Beat egg and sugar, then add flour, cocoa, melted butter, baking powder and a pinch of salt. Bake 25 minutes. Cut into squares.—Mrs. W. E. T. (Hari Hari).

Carrot Amber

THREE cups minced carrots, 5 lemons, 6 cups sugar, 7 cups water. Cook carrots until tender. Shred lemons finely, cover with 5 cups of water (the two remaining cups of water are used to cook the carrots), and leave overnight. Boil lemons till tender. Add cooked carrots and sugar. Boil for one hour or until thick enough. This is a delicious golden marmalade with a nice flavour; the carrots do not taste at all.—Mrs. C.S.L. (St. Albans).

Rice Meat Casserole

2 CUPS of cold cooked meat, pepper, 1 egg, 1 cup hot water or stock, 2 tablespoons breadcrumbs, ½ teaspoon salt, 1 teaspoon chopped onion, 1 teaspoon celery salt, pinch of seasoning, 1 cup rice, 2 cups of boiling water, 1 teaspoon salt. Steam the rice, boiling water, and 1 teaspoon salt together for 20 minutes. Chop the meat very fine, add all seasonings, then the beaten egg, breadcrumbs, and stock, or hot water, to moisten. Line the bottom and sides of a greased mould with a layer of the cooked rice, half an inch thick, pack in the meat, cover closely with rice. Now put covering of greased

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