

Mainly about Food

BY "CHEF"

YES, Waikino, we certainly had a beautiful summer, and you could hardly call last month autumn, could you? It seems appropriate, too, that Easter should be so late, for the weather would hardly have been in keeping, and by the end of this month, when official summer time comes to an

HALF GUINEA FOR

Pear Easter Cake

STEW enough pears to make $\frac{3}{4}$ cup when drained and mashed, also tinned pineapple also drained and minced or if available use fresh to make $\frac{3}{4}$ cup.

Cream 1 small cup sugar and 5 ozs. butter. Add 1 cup of sultanas, $\frac{1}{2}$ cup blanched, chopped nuts. Warm the pear and pineapple mixture with 1 tablespoon of golden syrup and add to creamed butter and sugar. Also add to warmed fruit 2 teaspoons carbonate soda and 2 teaspoons cocoa, 1 teaspoon cinnamon or spice and $\frac{1}{2}$ teaspoon each nutmeg and ground ginger. Mix all well together then lastly 2 cups self-raising flour, sultanas and nuts. Bake for 1 hour in a moderate oven.

Cover the top with a very thin layer of almond paste after brushing with white of egg beaten, then ice as desired and decorate with angelica and small eggs made from a little of the almond paste or you can buy these and they are inexpensive.—Mrs. E.S. (St. Andrews).

end, we shall all be more ready for the change.

If you are not lucky enough to persuade your men folk to peel your pickling onions (and now is the time), here's a hint if you have to do it yourselves. Save your cellophane wrappings and fasten a wide strip across your eyes when doing the peeling, and you can save your tears for a more worthy cause. You have a Hikurangi sister home-cook to thank for that useful hint.

The eggless sponge cake and the prune and raisin pie recipes published this week, have both been duly tried out on my family, so I can thoroughly recommend them. I have written so often on the nutritious properties of whole-

meal, that the fruit loaf recipe this week should appeal to you.

Next week I will give you another good one, a whole-meal apricot cake which is delicious.

Eggs getting dearer is always a sign of this change of seasons, and the nearer we get to Easter, the dearer eggs become. This week I have given the prize to a recipe for a spiced pear and pineapple Easter cake. It's a very economical dark cake, made without eggs, and is capital for small cakes as it keeps well. Mrs. E. Shea, of St. Andrews, South Canterbury, is the sender.

Mrs. M. McL. (Wellington): Thank you for your nice remarks and recipe.

Eggless Sponge Cake

AN economical cake. Called "The Wonder Cake," because of the rapidity with which it disappears when it appears on our table. Melt in a saucepan $\frac{1}{2}$ lb. butter, 3 teaspoons golden syrup, $\frac{1}{2}$ cup milk. Put in a basin together and mix, 2 cups flour (or 1 cup wholemeal and 1 cup flour), 1 cup sugar (white or brown), $\frac{1}{2}$ cup milk, 1 tablespoon cocoa, 1 teaspoon baking powder, vanilla essence. Add the heated mixture to which a teaspoon of baking soda has been added. Beat for half a minute, add quickly 1 tablespoon of vinegar, put into greased sandwich tins, and place immediately in a hot oven. Bake half an hour. When cold fill with raspberry jam or following filling: 1 tablespoon butter, 1 tablespoon sugar, 1 tablespoon boiling water, vanilla essence. Leave to cool and whip to a cream. Ice top with chocolate icing and spread with coconut or walnuts. Instead of butter, dripping may be used, or half butter and half dripping.—"Red Kowhai."

Oxtail With Macaroni

WASH and joint the tail, brown the joints in dripping in the saucepan in which it is cooked, add 1 pint of water, two sliced onions, stew gently for 2 hours, adding more water or stock if necessary, then add 2 $\frac{1}{2}$ oz. of macaroni, which has been soaking in cold water while the meat was cooking; cook till macaroni is tender, season to taste.—Mrs. R.D. (Tiran).

Prune and Raisin Pie

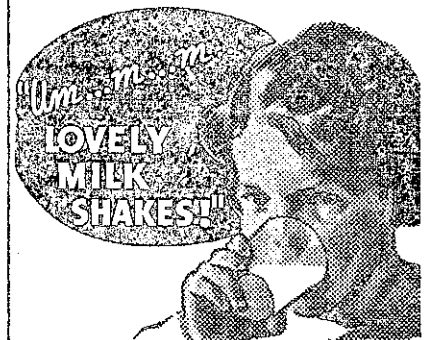
PUT half a packet of seeded raisins in a small saucepan, stone and cut in small pieces 6 large fleshy prunes, just cover with water, add the juice of 1 lemon, and $\frac{1}{2}$ teacup of sugar. Cook for about 10 minutes, then mix 1 tablespoon of cornflour with a little of the liquid, add to the mixture, and stir and cook till the mixture thickens. Put

on one side till you have your pastry ready, then line a pie plate and put in the mixture and cover with pastry and cook a nice brown. For a change omit the top crust and substitute it with a well-beaten white of egg and a little sugar, and put in oven till meringue is set.—Mrs. J.A. (Mt. Albert).

Wholemeal Fruit Loaf

TAKE 12oz. wholemeal flour, 6oz. brown sugar, 6oz. sultanas, 4oz. Lexia raisins, 1 breakfast cup cold water, 1 tablespoon butter, $\frac{1}{2}$ teaspoon soda, 1 small teaspoon mixed spice, $\frac{1}{2}$ teaspoon ground cloves.

Method: Put sultanas, butter, sugar and water in saucepan. Bring to boil and allow to simmer for five minutes. Let stand till cool. Pour into mixing bowl and add all other ingredients.



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Mix well. Cook fairly moderate oven for about one hour.

Note: When possible do not cut the loaf until the following day.—Mrs. M. McL. (Wellington).

Potato Celery Croquettes

USE minced onion, 3 tablespoons, 3 eggs, pepper and salt, 4 cups mashed potatoes, two-thirds cup very finely-chopped celery, and breadcrumbs. Add to the cooked, mashed potato the