

Mainly about Food

BY "CHEF"

NOW that the season of fresh fruits is really over, my sister home-cooks will no doubt be glad of recipes to vary the children's winter diet. This week a sister-cook from Hastings has sent just what we want: two recipes for biscuits which are sure to please.

The schoolboy's joy, she says, is a great tin filler and a general favourite. The pink raspberry delights are attractive and tasty biscuits to grace any tea tray or picnic basket.

Another excellent recipe which came from Te Puke suggests a way to take advantage of the apples or pears which are so plentiful on the market at present.

First prize this time has gone to Mrs. J. Dooley, Main North Road, Oamaru, for her promising recipe for velvet cake. I do think that cakes flavoured with good, old-fashioned cream of tartar and baking soda are somehow different and so very nice. Anyway, this velvet cake should satisfy, since the recipe was handed down to Mrs. Dooley from her great-grandmother. If made properly it should melt in the mouth.

Schoolboy's Joy

INGREDIENTS: 2 cups flour, 1 cup sugar, 3 tablespoons beef dripping, 1 tablespoon butter, a little flavouring essence or nutmeg or spice. Rub all well together. Add 1 cup fruit, sultanas and currants, 1 teaspoon baking powder. Mix with one beaten egg and milk (or 1 tablespoon custard powder, mixed with milk). Mix well with knife, then roll thin and cut with round cutter. Bake in moderate oven until golden brown.—Mrs. J.M.S. (Hastings).

Raspberry Delights

CREAM together 4oz. butter, 1 packet of raspberry jelly crystals, 1 small cup of sugar. Add 1 egg unbeaten, 1 teaspoon vanilla essence, 8oz. sifted flour, 1 teaspoon baking powder. Roll thin, cut in rounds. Bake on cool tray in moderate oven, not browning. When cooked put two together with vanilla butter icing. Icing: 2oz. butter, 4oz. icing sugar and vanilla essence.—Mrs. J.M.S. (Hastings).

Pear Ginger

USE 4lb. apples (or 4lb. pears), 3½lb. sugar, 3 lemons, 1½ pints water, 1lb. preserved ginger. Cut apples (or pears) in quarters and cover with sugar and the juice of lemons. Allow this to stand all night. Bring water (1½ pints) to the boil, then add apples (or pears) and preserved ginger cut into cubes. Simmer slowly till the fruit is quite clear and not broken. Then put fruit into jars, pouring syrup over. Cover down while hot.—Mrs. P.S. (Te Puke).

Tomato Honey

FOR this recipe you require some fair-sized tomatoes, lemon juice, rind and sugar. To each pound of tomatoes allow the grated rind of one

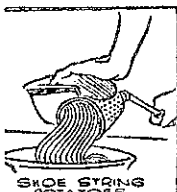
lemon. Cut up tomatoes, add lemon rind and cook till there is little juice left. Strain through a sieve and return to saucepan. Allow one pound sugar and juice of one lemon to each pint of pulp. Boil quickly till thick, place in small jars and cover well.—Mrs. E.E.W. (Timaru).

Semolina Caramel

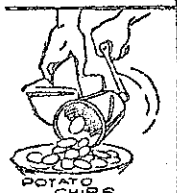
PUT 2oz. of semolina in small saucepan (that has been rinsed with cold water) with pint of milk. Bring it to the boil, then add pinch of salt and leave it to simmer till the semolina is cooked. Remove from fire, add 2 well-beaten eggs, a few drops of lemon essence and 1oz. of sugar. Mix well and set aside. Put into a pan 2oz. loaf sugar, ½-cup water and a squeeze of lemon juice. Boil till the mixture

Prepare YOUR RAW VEGETABLES IN A 101 NEW AND APPETISING WAYS

Retain 100 per cent. mineral value of vegetables, fruits and nuts—serve them raw—as advised by the famous Hay System. Use a "Griscer" to prepare



SKOE STRING POTATOES



POTATO CHIPS

Build Health. Vegetables yield highest percentage health-giving properties—eat more of them the "Griscer" way. Save on Food. "Griscer" makes use of every particle of vegetable—no wastage.

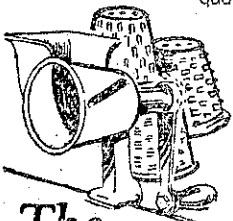
Aid Digestion—"Griscer" stimulates mastication and digestion without sacrificing food quality.

Two Sizes.

28/- & 31/-

POST FREE

Screws on table or available with stand. Cutters slip on and off easily. No cut fingers.



The GRISCER

Write Now to "Griscer," Box 218, Wellington, for prices and illustrated literature.

Get These

Aunt Daisy
And Other Cookery Experts'

RECIPES
FREE!

HANSELL'S—the Essence specialists of New Zealand—makers of the famous Hansell's Cloudy Food Flavours, have pleasure in offering FREE to readers of the "Radio Record," a most interesting series of recipes, by "Aunt Daisy" and other noted Cookery Experts. Write for yours now to "Hansell Laboratories, Ltd., P.O. Box 199, Masterton," enclosing an unstamped envelope addressed to yourself and 3d. in stamps to cover postage and packing.

is a golden brown, then pour it into a plain mould and swirl mould so that the mixture coats the sides and bottom. Allow to cool for a few minutes, then pour in semolina mixture and cover with greased paper. Steam for ¾ of an hour. Turn out carefully. This pudding can be served hot or cold and is really delicious.—Miss J.M. (Napier).

Coconut Potato

TAKE ½lb. floury potatoes, 3oz. coconut, 2 tablespoons ground rice, 2oz. butter or margarine, 1 tablespoon golden syrup, 1 teaspoon baking powder, 1 egg, ½ lemon. Steam potatoes, rub them through a sieve and mix well with the rice, coconut, baking powder. Add the strained lemon juice, golden syrup, and well-beaten egg. Turn into