

Maid about Food

BY "CHEF"

THANK you, everybody, for the thoughtful inquiries about my health. I am glad to say that I have fully recovered. My letters seem to come in cycles, for this week I have many appreciative notes from new sister homecooks complimenting the "Record" for its variety and economic recipes. It gives me much encouragement.

Apples are plentiful just now, so the large, juicy Wolseleys will be just ideal for the two recipes given this week for different ways of baking them. When making the custard, if the milk be warmed, the custard will not curdle.

I wonder how many of you tried out the Easter simnel cake? I have several letters telling me of its great success. Of course, you need not wait for Easter, any special occasion would warrant its appearance, as long as it is made six weeks beforehand. I also want to thank my sister homecooks for the way in which they have come to the rescue by sending in eggless or one-egg recipes. Candidly, I have to keep a very watchful eye in dealing with my entries. Isn't it marvellous what we can do without eggs when we have to?

In the "economic vegetable pie" recipe, try and make one of your layers—the bottom for preference—of leeks for, of all vegetables, this one contains most vitamins, and the process of slow

cooking is just what leeks require. I had three melon jam recipes from a Hikurangi sister homecook, but I have chosen the dried apricot first, for perhaps there are many—like myself—who considered the price of apricots last season too high (in Wellington at any rate) to consider making jam. With this recipe, the dried apricots will go much further.

The prize this week has gone to Mrs. O. M. Muir, Brockville Road, Dunedin, W.2, for her eggless "three-in-one" cake recipe. Having tried this out, I can recommend it. The coconut and walnut mixture is the most fancy, but the men love the fruit cake. They all keep beautifully, and to use my correspondent's own words, "they really are a busy housekeeper's dream come true."

Mrs. M. W. (Geraldine): Thank you; yes, send it in.

Mrs. M. S. (Hastings): Appreciate your letter. Thank you for recipes.

Mrs. E. J. (Motueka) and Mrs. G. M. W. (Otorohanga): Many thanks; appreciate your kind wishes.

HALF-GUINEA FOR

Three-In-One Cake

SIFT together $1\frac{1}{2}$ cups flour, 3 teaspoons cocoa, 1 teaspoon baking powder, 1 teaspoon cinnamon. Melt together $\frac{1}{2}$ cup milk, 2 dessertspoons syrup, $\frac{1}{2}$ cup sugar, 3 ozs. butter.

Stir this into flour, etc., then add $\frac{1}{2}$ cup milk in which 1 teaspoon of baking soda has been dissolved.

No. 1.—Bake in sandwich tins and fill with whipped cream.

No. 2.—Add $\frac{1}{2}$ or $\frac{3}{4}$ lb. sultanas and some peel. Bake in a deep tin 1 hour or more.

No. 3.—Add $\frac{1}{2}$ cup coconut and $\frac{1}{2}$ cup walnuts. Ice with chocolate icing and decorate with walnuts. Bake 1 hour. Moderate oven.

—Mrs. O.M. (Dunedin).

Baked Apples

FIRST wipe and core as many Wolseley apples as you require, then make a custard, the same as for a baked custard. One egg would be sufficient, with one cup of milk, a little

I shan't be without it again!

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