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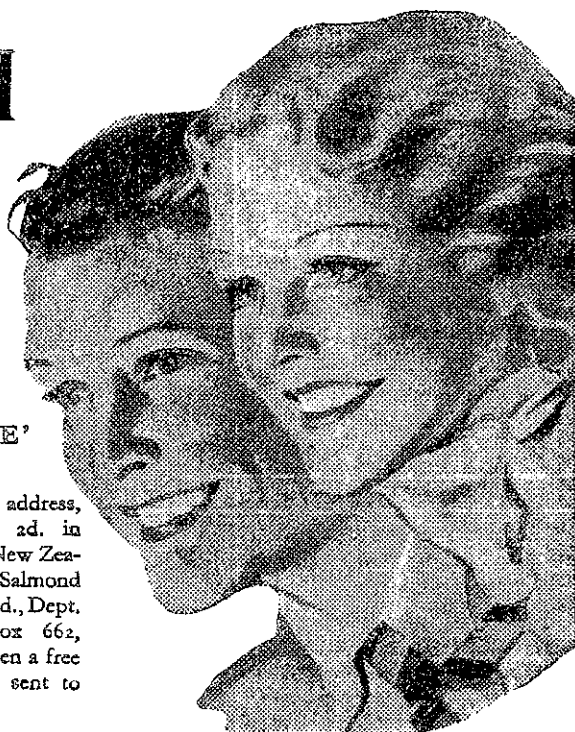
OVALTINE

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sugar, and flavouring. Pour the custard in the hollow made by the core, being removed, and sprinkle with a little sugar and a little knob of butter, and cook slowly.

Now prepare apples the same as above, and make a meringue this time instead of the custard. One egg white would be enough for six apples. Cook very slowly, and serve with cream. These are delicious and quite a change from the ordinary baked apples.—Mrs. W. H. (Spreydon).

Economy Vegetable Pie

THIS pie can be made any size, with any kind of vegetables. Put the first layer of vegetables sliced in the bottom of a buttered dish. It isn't necessary to slice them very small. Cover with a thick white sauce or milk, whichever one likes, then a layer of breadcrumbs. Repeat these alternate layers until dish is full and finish off with breadcrumbs dotted with pieces of butter. Bake in a slow oven. It takes about two hours. It is a very nourishing pie and with a variety of vegetables has such a lovely flavour. I've made it often with just milk between the layers instead of white sauce. It's a good dish when the vegetable box is getting down to one or two of each variety.—"The Duck Lady" (Hawera).

Worcestershire Sauce

TAKE half-gallon vinegar, 3lb. apples, 2lb. dark brown sugar, 3lb. salt, two heads of garlic, one teaspoon cayenne, two tablespoons ground sugar, two tablespoons ground cloves, two tablespoons lemonpeel, one orangepeel, and put in whole peel, core and mince apples; boil all together for three hours. Strain through a colander, bottle while hot. This sauce is simply beautiful and keeps well.—Mrs. M. W. (Geraldine).

Melon and Apricot Jam

TAKE 8lb. melon, 1lb. dried apricots, 3lb. sugar for each 1lb. melon, 3lb. sugar for each 1lb. apricots. Cut up

melon and cover with half its own allowance of sugar. Place apricots in separate basin and add enough water to just cover. Allow both lots to stand over night. In the morning put all together in pan, including water apricots were soaked in. Boil until fruit is tender. Add remainder of sugar and boil until it sets when tried. This jam has a nice, unusual flavour.—Mrs. A. C. (Hikurangi).

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Ginger Oat Scrimpy

INGREDIENTS: Two teaspoonfuls of ground ginger, 6oz. of flour, 2oz. of lard, 1lb. of rolled oats, 4oz. of Demerara sugar, 4oz. of butter, 2 tablespoonfuls of golden syrup. Method: Mix flour and lard together, and make into a paste with cold water. Cover the bottom of a flat greased tin with this paste. Mix together the oats, sugar and ginger, then mix in the butter and syrup, which should have been slightly warmed. Blend this mixture well until it looks crumbly. Spread over the paste and bake in a hot oven

until golden brown and crisp. Leave for five minutes, then mark it out into fingers with a knife.—Mrs. J.H.M. (Hamilton East).

Eggless Fruit Cake

TAKE 1 cup sugar, 1 cup water, 2 large cups of mixed fruit, a few walnuts, 4oz. butter, 2 large cups of flour, 1-teaspoon salt, 1-teaspoon spice, 1-teaspoon ginger, 1-teaspoon vanilla, 1 teaspoon carbonate of soda. Boil water, sugar and fruit for about three minutes, then add butter and allow to cool, mix with flour, etc., bake in a moderate oven in flat baking dish for one hour. This is a beautiful cake.—Mrs. M.E.W. (Geraldine).

Butterscotch Tart

LINE a dish with short crust and bake in a hot oven until cooked. Mix together 2 tablespoons flour, 1-cup brown sugar, 3 tablespoons water, mix until smooth. Add 1 cup cold water, put mixture in saucepan, stir over fire until it thickens and boils. Cook 3 minutes. Remove from fire, add 2 teaspoons butter, 1 dessertspoon honey, squeeze lemon juice. Pour on to pastry crust. If liked meringue can be put on top, and browned in the oven. Delicious hot or cold.—Mrs. C.H.H. (Nelson).

Tripe and Pumpkin Pie

TAKE 1lb. cooked tripe, 2 cups diced raw pumpkin, 1 tablespoon butter, 1-cup breadcrumbs, 1 teaspoon chopped parsley, 1 pint milk, 1 egg, salt and pepper. Cut the tripe (which has been well cooked) into small pieces. Butter a piedish, sprinkle in breadcrumbs and parsley, then put a layer of tripe and with some pumpkin and season. Repeat layers until dish is nearly full. Make a top layer of breadcrumbs and parsley. Beat up egg, add milk, and pour over pie, put small pieces of butter on top, and bake 30 minutes, moderate oven.—Mrs. E.J. (Motueka)