

Mainly about Food

BY "CHEF"

I HAVE had a request from Dunedin for some out-of-the-way sandwich fillings and, knowing what a business it is to give variety to lunches, I hope the following will help solve the problem. Finely minced and underdone roast beef, seasoned with pepper, salt and a touch of onion juice, with horse-radish sauce for moistening. The bread for this filling should be rather thick.

An alternative can be made with finely-chopped corned beef and horse-radish sauce. Use brown bread in this case, as the meat is inclined to be dry.

Liver and bacon makes an easy and very pleasant sandwich. Simply put the cooked liver and bacon through a mincing-machine, bind with butter or bacon fat, and spread in the usual way.

Egg sandwiches are usually rather dull, but next time try chopping your hard-boiled eggs very finely and mixing them until spreadable, with salt, pepper and olive oil instead of butter. A touch of cayenne is good here.

Take a tablespoonful of anchovy paste and mix it well with the same quantity of cream cheese, a teaspoonful of olive oil, and a teaspoonful of horse-radish sauce. Sardines may be used instead

of anchovies. Brown bread is better here.

For the last filling, mince cheddar cheese and mustard pickle in the proportion liked. Butter some bread rather thinly and spread it with this distinctly strong mixture.

The prize this week has gone to Miss K. Hetherington, James Street, Timaru, for her new and delicious recipe for Californian layer cake. Layer cakes iced right over are very popular, and for special occasions are well worth the trouble. The making can be spread over two or three days.

Sardine Savoury

BUTTER a slice of white bread for each person and spread with the contents of a large tin of sardines well mashed and mixed with a teaspoon of mustard. Beat an egg in a flat plate, adding a teaspoon of salt and $\frac{1}{4}$ -cup of milk. Dip each slice of bread into the egg and fry (spread side uppermost) in boiling fat. Place a poached egg on each slice, garnish with parsley and serve very hot.—Mrs. C.C. (Dunedin).

Curried Lentils

TAKE half-cup washed lentils, two small cups sweet milk, two small onions, finely chopped (carrot, chopped, if liked, also), small piece butter, seasoning of salt and pepper, one small teaspoon curry powder.

Boil all gently for about half an hour, then thicken with a little corn-flour. Serve piping hot on buttered toast.—Te Hoe (Ohinewai).

Three Ways With Marrow

PEEL and wash the marrow, cut in thick slices, put in piedish and sprinkle with salt, pepper, and nutmeg, then add a cup of grated cheese (stale cheese can be used up this way). Now dot with butter and cook about three-quarters of an hour. This is nice with the fish course.

PREPARE marrow and stuff with the following: One dessertspoon butter, one dessertspoon flour, three-quarter-cup milk. Cook about four minutes, then add salt and pepper, one teaspoon lemon juice, two teaspoons anchovy sauce, one small tin sardines, one tablespoon parsley, chopped. Place this mixture in marrow, roll in bread-crumbs, and bake about three-quarters of an hour. Serve with mashed potatoes.

COOK until tender one carrot, a few stalks of celery, one onion (small), then chop finely and mix with one small cup of cooked rice and half-cup of chopped walnuts. Stuff marrow and bake as usual.—Mrs. J. (Feilding).

*They thought
he slacked after lunch*

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