

Mainly about Food

BY "CHEF"

A MORRINSVILLE sister homecook has kindly forwarded the recipe of a pumpkin pie filling for my Waihi correspondent, which is an improvement on the one published in the issue of May 20. As pumpkins are plentiful just now perhaps many of my sister homecooks may find this useful, too.

Boil four or five large pieces of pumpkin till tender, strain and mash finely with a piece of butter the size of a walnut, a pinch of salt, one teaspoon each of spice and cinnamon, half a cup of sugar (or to taste), half a teaspoon of tartaric acid, essence of lemon to taste also, and a few sultanas. Mix all together, fill uncooked pastry case and cook in a fairly hot oven.

We are having wonderful weather for June, but all the same our hands are beginning to feel the change of atmosphere, so to prevent chapping, it's an appropriate time to give you a useful lotion kindly sent in by a Geraldine sister home-cook.

Mix well, five tablespoons glycerine, three tablespoons strained lemon juice and one tablespoon powdered starch. Using this frequently should keep your hands smooth and white and keep them in good condition during the colder weather.

The recipe for marmalade this week is really a delicious one, and I thank my Oamaru correspondent for the sample she so kindly forwarded.

The one-egg honey sponge recipe sent in by Mrs. E. A. Barrow, Dargaville, Northern Wairoa, has won the first prize this week. In measuring whole-

meal always remember that this weighs heavier than flour, so only make your cup a level one. This cake is a very nutritious mixture, and makes a delicious sponge.

Mrs. H.W. (Morrinsville): Many thanks indeed.

Mrs. M.E.W. (Geraldine): Thank you also, much appreciated.

Mrs. J.S. (Collingwood): Your letter and recipe also much appreciated.

Mrs. G.A.R. (Dunedin): Did last week's fillings come in useful?

Marmalade

TAKE seven poorman oranges, 1 large sweet orange, 1 large lemon, 21 cups (10½ pints) of hot water (or warm), and 7lb. sugar. Method: Slice or grate the oranges, put on to boil for three-quarters of an hour, boiling briskly, then add sugar and boil briskly till the marmalade jells. I find the first of season's fruit jells more quickly. This is exactly as I make it. Brisk boiling is the secret of good marmalade.—Miss J.P. (Oamaru).

Eggless Apple Cake

RUB together till fine 1lb. flour, ½lb. butter or dripping, 1 teaspoon baking powder, pinch salt. Then add about 2 tablespoons milk in which 2 teaspoons golden syrup and 1½ tablespoons sugar have been beaten till they dissolve. Make into a biscuit dough (a little more milk may be needed). Roll out and on one half spread sweetened stewed apple (hot). Sprinkle with nutmeg. Cover with other half. Bake about 20 to 25min. or till deep brown. I find this does not break as apple shortcake usually does when being rolled out.—Mrs. J.S. (Collingwood).

Digestible Pudding

THIS is a tasty and digestible pudding that uses up scraps of stewed fruit and milk puddings or custard. Stew 2 or 3 apples or any fruit in season, add any left-over cooked fruit or 1 or 2 bananas, some jam, add 1 cupful of cornflakes and sugar to taste. Put mixture in pyrex dish, pour over the beaten egg and half-cup milk, any left-over pudding or custard may be added. Sprinkle with cinnamon and coconut, add few bits of butter and bake in oven till custard sets. Serve with cornflakes.—Mrs. E.J. (Motueka).

Parsnip And Herring Pie

TAKE one tin of herrings in tomato sauce, cold mashed parsnips or potatoes seasoned with butter, pepper and salt, slices of bacon. Remove herring bones. Line a pie dish with parsnips, cover with herrings, lay pieces of bacon on top and bake in a quick

oven till brown, about 30 minutes.—Mrs. E.J. (Motueka).

Steak And Bacon Savoury

THESE two recipes make very nice luncheon dishes and are so easy to prepare. Place 1lb. beef steak in bottom of baking dish, then layer of sliced onions, layer of bacon, another layer of onions, another layer of bacon, layer of sliced tomatoes, then again onions. Pour over 1 large cup of cold water, pinch mixed herbs, season to taste with pepper and very little salt. Make a batter of 1 cup flour, 1 teaspoon baking powder, 2 eggs, 1 cup milk, pinch of salt. Pour mixture over contents in dish and bake in slow oven 1 hour. Delicious. (Original.)

Hot Pot Surprises

Put some left-over Irish stew aside to cool. Make a thick dough pastry and cut into about 8 pieces. Now put a large tablespoon of the cold stew on to each piece, and fold edges together forming little pastries. Fry in deep fat till golden brown and serve at once. If liked, minced meat filling.—Miss A.H.W. (Epsom).

Savoury Onions

TAKE 1 large onion for each person, peel and par-boil whole (for about 1 hour) in salted water. Remove from pan, and when cool enough to handle, take out, with a fork, the centre of each onion, leaving the larger part whole and firm. Take enough minced bacon, sausage meat or minced cold meat to fill the cavity in the onion, put a dab of butter or beef dripping, or even bacon fat, on the top of each, sprinkle with pepper and salt and, if liked, a little grated cheese or a few drops of any sauce. Place the onions

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