

MAINLY ABOUT FOOD



Conducted by
"CHEF"



BETTER weather is here and eggs are cheaper, so I'm glad I can relax a little and give you a greater variety of recipes. Let's hope vegetables will follow suit.

By the way, I notice Canadian canned french beans in the stores here.

A good way to make canned beans and peas go a lot further is to pour the whole contents of the tin into a thickish white sauce, as they are just

for wheat biscuit fruities which contain many nutritious ingredients. Of course, you could substitute wholemeal in place of the flour if you wish, and what better food could you wish for those who are convalescing from the hundred and one ailments this winter weather has brought about?

Mrs. R. H. (Ashburton): Many thanks indeed.

Mrs. F. V. (Kaitiaki): Yes, entries must be addressed to "Chef."

Savoury Roll

MAKE a suet crust with $1\frac{1}{2}$ cups flour, 1 cup suet, 1 teaspoon baking powder, $\frac{1}{2}$ teaspoon salt. Mix to a dough and roll out thinly. Spread on the dough, as follows: 1lb. minced

HALF-GUINEA FOR

Weetbix Fruities

HERE'S a recipe I have concocted myself. It is delicious and ideal for children's lunches:— $\frac{1}{2}$ lb. butter, 1 cup sugar, 1 or 2 eggs, 2 cups flour, 1 teaspoon baking powder, 1 cup dates chopped, 1 cup raisins, $\frac{3}{4}$ cup sultanas, $\frac{3}{4}$ cup currants, pinch salt, 1 teaspoon vanilla essence, 2 crushed Weetbix.

Method: Cream butter and sugar, beat in eggs, add flour and fruit, lastly vanilla, salt and one crushed Weetbix, also drop of milk. Have ready 11in. square dish, greased and floured, crumple the Weetbix over bottom of dish, pour in mixture and crumble another 1 or 2 Weetbix over top. Cook in moderate oven 40 minutes. Cut in squares or fingers while still warm. Will keep 2 or 3 weeks.

—Miss P.E.B. (Ormondville).

as delicious. Heat the contents in the tin first, or else you will have a lumpy sauce.

Wairoa, here's your Canadian date cake containing two level tablespoons of cocoa. It is forwarded by a reliable Onehunga sister home-cook. I didn't forward this by mail, as I wanted to give all my readers the recipe of this cake, which will keep for weeks (if given the chance). This particular recipe has been used for twelve years with never a failure.

The two suet rolls published this week are both originals, and are sent in by a Christchurch sister home-cook who has the patience to experiment and unselfishly pass on her result.

The prize this week has gone to Miss P. Brickland, Ormondville, Hawke's Bay, for her original recipe

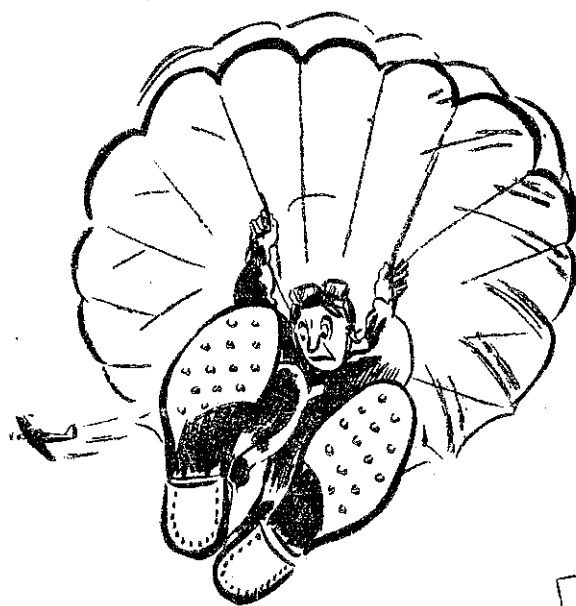


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