



Have you any Suggestions

... for ...

Varying the Menu?

CAN you cook? Yes, of course, every woman can cook! Then you must have some choice recipes that you have discovered. Why not share them by sending them in to our cookery exchange? Just address them: "Electra, P.O. Box 1032, Wellington," and we shall do the rest—but remember, write on one side only—it saves a great amount of trouble. For all recipes published space rates will be paid if the clipping, together with date of publication, is sent to the Accountant (Box 1032) at the end of the month. For the best and most useful recipe there is a prize of 5/-. It is hoped that those acquainted with electric ranges will participate in the exchange, for we give preference to recipes adapted for electric cooking, told with a personal touch. Now, do your best, and we shall do ours for you!

Passion Fruit Butter.

2 ozs. butter, 3 eggs, 1lb. sugar, pulp of 8 passionfruit, 4 tablespoons lemon juice, 4 tablespoons water.

Method.—Mix passionfruit pulp and water together, simmer slowly five minutes, strain, add lemon juice to liquid part. Melt butter and sugar together in an enamel saucepan (on electric stove for preference), add eggs well beaten, beat again, and slowly mix in the strained juices, bring to boil and simmer slowly until a light golden brown, stirring all the time. Time, from 20 to 25 minutes. It should be of same consistency as lemon honey when cooked. Store in small jars. The recipe could be doubled, as it is ever so nice.—Nada.

Sponge Cake.

INGREDIENTS:

Yolks 6 eggs, whites 6 eggs, 1 cup sugar, 1 cup flour, 1 tablespoon lemon juice, grated rind one-half lemon, 1 teaspoon salt.

Method: Beat yolks till they are lemon coloured; add sugar gradually and continue using egg-beater; add white of eggs beaten stiff and dry, also lemon juice and rind. When whites partially mixed with yolks, remove beater and carefully cut and fold in flour and salt (well sifted). Bake one hour in a buttered angel-cake pan or deep hand-pan.

Experience has taught me that a sponge of this sort should be cooked at 325deg. Fah. Being a genuine sponge, and containing no rising properties, failures often occur when heat is too great. If it contained rising agents a temperature of 350deg. Fah. at least would be required, but not so for this recipe. This is a most satisfactory cake to make.—Mary Silver.

Walnut Cake.

ONE large cup flour, 1 small cup sugar, half-pound butter, 1 tablespoon cocoa, 1 teaspoonful baking powder, 1 cup walnuts, 3 eggs.

Method: Beat butter and sugar to a cream, add eggs, well beaten, then cocoa mixed with a little milk. Add the other ingredients, previously mixed, and bake in a shallow cake tin in moderate oven. When cold, ice and place some half-walnuts on top.—"Mary."

Are you interested in competitions?

See

"TRIALS IN TACT"

(on page 33 of this issue.)

COCOANUT APPLE BETTY

"VIVAT" sends the following recipe, which is inexpensive to make, exceedingly wholesome, and easily prepared. It is the 5/- prize recipe for this week:—

4 tart apples,
1 cup of soft breadcrumbs,
1 cup of desiccated cocoanut,
1 cup of brown sugar,
1 teaspoon of cinnamon,
2 tablespoons of butter.

Arrange a layer of pared, cored and sliced apples in a greased pie-dish. Cover with a layer of breadcrumbs and cocoanut, sprinkle with sugar and cinnamon, and dot with butter. Repeat layers until all the ingredients are used, topping with cocoanut. Bake, covered, in oven at 350 degrees Fahrenheit for 30 minutes. Then uncover and bake 10 minutes longer, or until apples are soft. The combination of cocoanut and brown sugar is delicious.

Peach Pie.

ROLL rich pie-crust or biscuit dough into rounds 6 inches across; pinch the edges into cup shape. Arrange in a baking tin and fill each dumpling with preserved or softened dried peaches. Sprinkle liberally with sugar and dot with butter. Bake in a hot oven, 450 degrees Fah. Serve with cream or hard sauce.—Miss Whitelaw (Kamo).

Shortbread

Two tablespoons (heaped) icing sugar, 2 tablespoons (heaped) cornflour, 4 tablespoons (level) butter, 4 table-

spoons (heaped) flour, half teaspoon salt.

Mix all the ingredients together, rubbing butter well in. Knead into a lump. Place this in a well-greased tin. Flatten it out till it fits the tin. Smooth off the top with a knife. Prick with a fork and bake for half an hour in a cool oven. It should be quite pale when done. Cut into squares while still warm, and when cool store in airtight tins.—H. B. Lamont.

Rabbit (en Casserole).

Cover the bottom of a casserole with lean bacon, cut in strips, and slice an onion over it. Sprinkle with salt and pepper, and then place the rabbit, cut in pieces convenient for serving, on top of the onion. Dredge a little flour over this, and add a few herbs (about half a teaspoonful), and then slice another onion into the mixture and cover with more strips of lean bacon. Last of all pour over 1 pint of hot water, place lid on casserole, and bake in the oven at 350 deg. Fah. for two hours. Serve with mashed potatoes.—Tao.

Afternoon Tea Cake.

TWO teaspoons of melted butter, one small cup of sugar, two teaspoons of baking powder, one and a half cups of flour, half a cup of milk, and one egg. Put the sugar into a basin, add the egg well-beaten and the melted butter, and beat very well. Then add the flour, baking powder, and, lastly, the milk. Bake in a moderate oven from 20 to 30 minutes. Mary (Waikato).

Crispettes.

CRISPETTES are much appreciated by my family, eaten either with butter or cheese. Take 1lb. of flour, 3 ozs. of butter, 2 teaspoonfuls of baking powder, a little salt, and milk. Rub butter into flour, add baking powder and salt, mix with milk to make a dough. Roll out fairly thin, cut into rounds and bake. When a pale brown, take out of oven, split open, and re-bake a delicate brown. Should be crisp and will keep well in an airtight tin.—Bute Villa (Blenheim).

A Good Way to Cook Ox-Cheek

SIMMER the ox-cheek in about four gallons of water. Then remove the meat and let the liquor get cold. The thick layer of fat which has then collected on the broth should be removed, and the meat put back in it with peas, rice and herbs, pepper and salt. Boil until the broth is reduced to one-third of its quantity and the meat is tender.—Alice.

Plum Pudding without Eggs

TAKE a tablespoonful of flour, a quarter of a pound of finely-mixed suet, half a pound of grated bread, two ounces of brown sugar and half a pound of currants, cleaned and dried. Mix the ingredients with sufficient milk, and a little flavouring, to make them into a stiff batter and boil.—Economy.

FOR
SINGERS
AND
SPEAKERS

Pulmonas
PASTILLES

Ensure a
Clear Voice

1/6 a tin all chemists



The end of a pleasant evening—

Is always marked by a cosy little supper. Next evening YOU have, serve dainty golden brown cakes and scones of your own baking. A few spoonfuls of—

ANCHOR SKIM MILK POWDER

added while you are mixing them and you'll be ever so proud of the result. More delicious—better appearance—and they keep fresh for DAYS longer.

Price 1/2 per Tin

Your Grocer can supply.

Free Recipe Folder of Tested Recipes—write "Anchor," Box 844, Auckland.