



# 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: "Electric," 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!

### Banana Cream Pie.

**LINE** a piedish with short pastry made by mixing 6oz. flour, 4oz. butter, 2 tablespoons sugar, half teaspoon baking powder, with water, and bake in the oven at 450deg. F. until nicely browned. Remove from the oven, and fill with sliced bananas (use silver or stainless knife for slicing to avoid discolouring the bananas). Pour over this the yolks of two eggs, beaten with 1 cup of milk and half-cup sugar. Return to the oven; turn off the heat, and leave for half an hour. Then cover with the stiffly-beaten whites of the two eggs, to which have been added 3 tablespoons sugar and a little vanilla essence, and return to the

oven until meringue is set. Serve hot or cold with cream.—"Tao."

### Tomato and Onion Pie.

**TAKE** 2 Spanish onions, 2lb. firm tomatoes, breadcrumbs, butter and seasoning. Peel the onions, cover them with boiling water, let them remain so for at least two hours, then drain and dry thoroughly, and cut them into slices. Heat up 1oz. of butter in a frying pan and fry the onions until lightly browned. Slice the tomatoes, place them in alternate layers with the onion into a buttered pie-dish, sprinkling each layer lightly with salt and pepper, and liberally with breadcrumbs. Cover the whole with a good layer of breadcrumbs, add a few small pieces of butter, and bake in a moderately hot oven for about one hour.—"Mary."

### Strawberry Short Cake.

Two cups flour, 4 teaspoons baking powder,  $\frac{1}{2}$  teaspoon salt, 2 tablespoons sugar, one-third cup lard,  $\frac{1}{2}$  cup milk. Sift, measure and sift flour with dry ingredients. Cut in lard. Add milk to make a soft dough, turn on a slightly floured board; roll or pat out to  $\frac{1}{4}$  in. thickness. Bake at a temperature of 425 degrees for 20 minutes. Served, slightly crushed strawberries or raspberries.—Miss Eileen Hooson.

### Poached Eggs and Mushrooms.

**HALF-PINT** of white sauce, 4 eggs, 4 slices buttered toast, little chopped parsley, some mushrooms, about 4oz. cut mushrooms in half, remove the outside skin, and heat them in the sauce for about 15 minutes. Poach the eggs. Place one on each slice of toast, pour the mushrooms and sauce over, sprinkle with finely-chopped parsley. Sufficient for four persons, at cost of 1/3. A very timely recipe, and one very convenient for country people.—"Ritz."

### Preserved Tomatoes.

**12LB.** of tomatoes and  $\frac{1}{2}$ lb. butter, salt and pepper, and 3 teaspoons of sugar. Put all these into preserving pan, stirring well. Pour the contents through a colander, rubbing well with wooden spoon to force everything but skins through. Return to pan, and boil for 5 minutes, and then pour the pulp into hot jars with new rubbers

and screw down tightly. This pulp will keep for years. If no rubbers available a secure covering may be made immediately with texwax. I find this excellent as small tomatoes can be so simply used up.—"Kainui."

### Quinces—Pickled and Fried.

**THE** prize of 5/- this week goes to Miss Whitelaw, Kamo, North Auckland, for the two following suggestions for using quinces, both of which seem to be delectable:—

#### Pickled Quinces.

Prepare and steam as for preserving, and then drop the quince quarters into the following syrup: Boil together one cup of vinegar, one-third of a cup of water, one-third of a cup of sugar, half a teaspoon of cinnamon, and a quarter teaspoon of cloves, both spices tied in a piece of muslin. Cook gently for 20 minutes, put into jars and seal in the usual way. These are delicious with meats.

#### Fried Quinces.

This is another tart relish, particularly good with fresh pork. Cut each quince into four or five cross-wise slices, removing the core. Fry in a little bacon or sausage fat, slowly, keeping the pan covered. Just before taking them up, sprinkle lightly with brown sugar.

### Bran Buns.

**ONE** cup flour,  $\frac{1}{2}$ -cup bran,  $\frac{1}{2}$ -cup brown sugar, 1 tablespoon butter, 2 teaspoons baking powder, 1 teaspoon salt, 1 egg.

Rub butter into dry ingredients, heat the egg, and mix. Bake in greased patty-pans in a hot oven. Eat with butter.—Audrey Naish.

### Potted Steak.

**THIS** recipe is splendid for sandwiches. One and a half pounds steak,  $\frac{1}{2}$ lb. butter, two tablespoons anchovy paste,  $\frac{1}{2}$ -teaspoon cayenne pepper, teaspoon salt, teaspoon ground cinnamon, teaspoon mace; put all in a jar and steam three hours, or until

steak is quite done, then put all through mincing machine and mix well with own gravy. Put steak through mincing machine twice.—Flat.

### Luncheon Sausage.

**ONE** pound beefsteak,  $\frac{1}{2}$ lb. bacon,  $\frac{1}{2}$ lb. soft breadcrumbs, 2 eggs, 1 teaspoon pepper, 2 teaspoons salt, 1 grated nutmeg, 1 large onion.

Put beefsteak and bacon through mincing machine, mix well with breadcrumbs, eggs (beaten), pepper, and salt, and nutmeg and finely-chopped onion. Form into shape of sausage, tie tightly in cloth, and boil slowly for two hours. Serve when cold, rolled in brown bread crumbs.—Mirianne.

### Eggless Gingerbread.

**MELT** on range in a basin,  $\frac{1}{2}$ lb. butter,  $\frac{1}{2}$ -cup sugar, 1 cup of milk,  $\frac{1}{2}$ -cup of syrup or treacle, 2 teaspoons soda; remove from the element; then add gradually  $2\frac{1}{2}$  cups of flour, 2 teaspoons of ground ginger,  $\frac{1}{2}$ -packet of spice, 1 cup of chopped dates. Put chopped almonds on top and bake  $\frac{1}{2}$ -hour. This cake keeps well (if it gets the chance).—"J.M."

### Fish Cakes.

**ONE** cup cooked fish, 3 cups hot mashed potatoes, 1 egg, salt, and pepper to taste, chopped parsley.

Mix fish and hot potatoes together, then add beaten egg and finely-chopped parsley and mix till ingredients are evenly distributed. Mould into small cakes, dip in flour, and fry in boiling fat. If eggs are plentiful, dip in flour and egg and then fry until a light brown. Serve with sprigs of parsley, and, if liked, garnish with slices of lemon.—"Puawhanenga."



## A Cooking Hint.

—One that means lighter, fluffier, more delicious scones and cakes—with higher food value and a much longer period of freshness.

Add a few spoonfuls of **ANCHOR SKIM MILK POWDER** to every mixture.

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