

## PRIZE RECIPE.

FEW of us, alas, even the best managers, have escaped that "caught" feeling, when we have received a ring that some visitors are descending upon us for tea, as we realise the emptiness of the cake-tins. It is "in moments like these" that we shall appreciate the following recipe from "Mary Silver" for

### Five Minutes Cake.

Ingredients:—One cup of plain sifted flour with half a teaspoonful of bicarbonate of soda and one teaspoonful of cream of tartar. Add three-quarters of a cup of sugar, a dessert-spoonful of cocoa, and two eggs. Method: Melt a tablespoonful of butter in a large cup, but do not make it too hot. Add two eggs, then fill the cup with milk. Now empty this cupful of liquid into the flour and beat all thoroughly for a few minutes; put in sandwich tins and bake in the usual way. The result is the lightest of sandwich cakes and the taste very good.

### Sauce-y.

EMPTY a quart bottle of Worcester-shire sauce into a saucepan, and heat until it commences to simmer. Then add one heaped tablespoon of cornflour and one dessert-spoon of sugar that have been previously mixed smoothly with a teacup of vinegar.

Simmer for nine minutes. This method makes the sauce go much further and improves the flavour.—"O.W." Wai-reki.

### Honey Roll and Filling.

HALF-POUND honey, 6oz. golden syrup, 2oz. of dripping or butter. Place in saucepan and bring to the boil. When cold, stir in  $\frac{1}{2}$  lb. flour, 2 eggs, dissolve a good  $\frac{1}{2}$  oz. of baking soda in  $\frac{1}{2}$  cup of warm milk and add this. Place a piece of paper on oven tray and spread mixture on thinly. Cook in a cool oven (electric) for about 12 minutes, and roll up when cold.

Filling:—2oz. butter,  $\frac{1}{2}$  lb. icing sugar, 1oz. honey, mixed together with a little warm water.—"Electric Oven."

# New Ideas for the Cook

### Green Tomato Pickle.

SIX pounds. green tomatoes,  $\frac{1}{2}$  lb. onions, 2 teaspoons mustard, 1 teaspoon mixed spice, 1 teaspoon curry powder,  $\frac{1}{2}$  teaspoon cayenne, 1oz. turmeric, 1 cup flour,  $\frac{1}{2}$  cups sugar,  $\frac{1}{2}$  teaspoons salt, 3 pints malt vinegar.

Put flour and sugar in a pan, moisten with vinegar, add tomatoes, onions, cut in slices, also other ingredients. Place on fire, let it come to boil slowly, keep all well heated for an hour, but do not allow to boil. Bottle; tie down when cold.—"Marianne."

### Marshmallow Sponge

FOUR eggs, 1 cup sugar, 1 cup flour, 1 teaspoon cream of tartar, 1 tablespoon butter,  $\frac{1}{2}$  cup milk,  $\frac{1}{2}$  teaspoon soda.

Method:—Beat up eggs and sugar, add flour and cream of tartar. Melt butter with milk, stir in soda while still on fire, then mix all well together.

Filling:—White of 1 egg, 1 dessert-spoon gelatine. Mix the gelatine with a little cold water. Bring to the boil  $\frac{1}{2}$  cup water, then into this stir well the gelatine. Beat white of egg up stiffly, then gradually add melted gelatine and mix well. Place between the sponge.

This sponge is a great favourite, as it is extra light. I always like to have one baked for supper, when friends drop in for a night's radio entertainment.—"Dinky Doo."

### Salmon Pie.

MAKE white sauce from 1 cup milk, 2 tablespoonfuls cornflour, 1 tablespoon butter, pepper and salt to taste.

Place a tin of salmon broken in four pieces into a pie dish. Add the liquid to the white sauce and pour over fish. Sprinkle buttered breadcrumbs over the

top and bake in oven 400 degrees till nice and brown.

This is nice for a quick lunch, and is very tasty with potato chips.—"Ream."

### "Feather Light" Sponges.

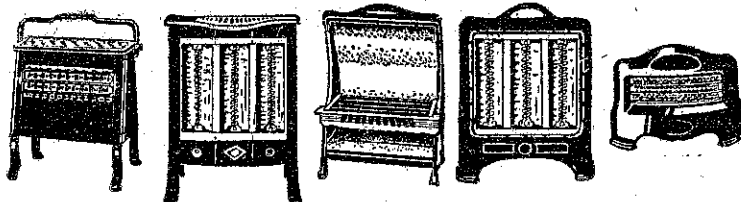
BEAT 3 eggs for 5 minutes, then add  $\frac{1}{2}$  teacup fine sugar, beat 5 minutes, then add  $\frac{1}{2}$  cup arrowroot, 2 teaspoo-nful cornflour and 1 teaspoo-nful baking powder, beat another 5 minutes.

Put in sandwich tins with electric oven at 300 deg., and bake about 20 minutes.—"Glenavon."

### Johnny Allsorts Cakes

THREE ounces butter, 1 egg, 1 large cup flour,  $\frac{1}{2}$ -cup sultanas,  $\frac{1}{2}$ -cup sugar, 1 teaspoo-n baking powder,  $\frac{1}{2}$ -cup chopped nuts,  $\frac{1}{2}$ -cup stoned dates.

Beat butter and sugar to a cream, add egg well beaten. Beat all together and then add flour, baking powder, nuts, chopped dates, and sultanas. Mix all together till very stiff. Then place in teaspoo-n-lumps on a cold oven shelf, and bake in a moderate oven for about 25 minutes. The shelf should be placed low in the oven. These cakes are delicious for all occasions, and are very quickly made up if the shelled nuts are procured from the grocer. Any nuts may be used, but my family prefer peanuts.—Kate.



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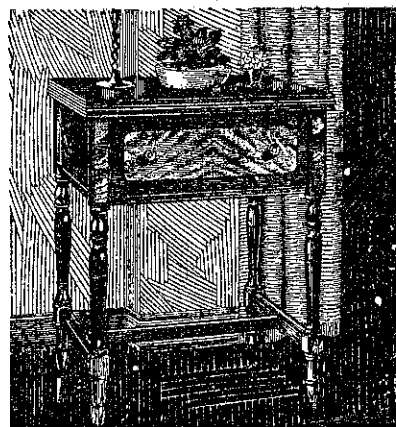
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