

Foam Biscuits

Ingredients: 3 cups flour, 1 cup butter, 1 cup sugar, $\frac{1}{2}$ cup milk, 1 teaspoon carbonate soda, 1 cup coconut.

Method.—Place milk and sugar in pot to boil. When boiling add soda and stir well. Set aside to cool. Rub butter into flour and coconut, then mix in foam mixture. Roll out thin, in fancy shapes, and bake quickly. These biscuits are a great favourite, especially with the children, who like nothing better in their school lunches. If butter is scarce, dripping answers the

Stuffed Baked Fish

Fishermen, and, indeed, their wives, who like to feel that their catches are appreciated, will like the following recipe. It has won the 5/- prize for "Sardonix" this week:—

Ingredients.—One three or four-pound fish, 2 tablespoons of flour, 2 cups of fresh breadcrumbs, 2 tablespoons of melted butter, 1 tablespoon of lemon juice, 2 eggs, well beaten, 2 tablespoons of chopped parsley. Method: Wipe the fish thoroughly with vinegar. Mix the ingredients for stuffing, and fill the fish. Tie it up with string, and place it in a buttered baking dish. Add a quarter of a cup of water, cover, and bake in a hot oven for about 45 minutes. When half cooked, add a liberal seasoning of salt and pepper.

COUNSEL for the COOK

HAVE you a special recipe—one that you have originated?—Then send it along for publication in our weekly "Counsel for the Cook" columns. The best recipe wins a 5/- prize, and all others accepted are paid for at space rates. Preferably, the recipe should have a bearing on electric cooking, but this is not essential. Address: "Electra," P.O. Box 1032, Wellington, and claim payment by sending in the clipping of the recipe to the Accountant, Box 1032, at the end of the month.

purpose almost as well, and as no eggs are required, 3 large oven trays can be made from the recipe. If placed together with raspberry jam or iced and coconut sprinkled on, they are suitable for any occasion. Excellent for keeping.—"Dinky Doo."

Liver and Carrot Pie

Take a casserole with a lid, and line the bottom of it with slices of bacon, thinly cut rounds of carrot, and a little chopped onion if liked. Cut up a sheep's liver—flour, pepper, and salt it, then lay it on the bed of bacon, carrot, etc. Cover well with a few more bits of bacon, more sliced carrot, and pour in 1 cup of cold gravy or stock, or water, then put on the lid. Have a hot oven just at first, then finish cooking slowly. Time required, from $\frac{1}{2}$ to 1 hour. If a casserole cannot be

had, an ordinary pie dish will do, and use a buttered paper over top of carrots to keep them from drying too much.—"D.H."

Gingerbread Without Eggs

Ingredients: $\frac{1}{2}$ lb. butter, 2 breakfast-cups flour, 1 teacup milk, peel and sultanas, 1 heaped teaspoon soda, 1 teacup sugar, 1 teacup golden syrup, 1 dessertspoon spice, 2 dessertspoons cinnamon or spice.

Method.—Cream butter and sugar; dissolve soda in the milk. Mix and bake in a shallow cake tin in a moderate oven.—"Bonny-Wain."

Parsnip Fritters

Ingredients: Two cups cooked and mashed parsnip, 1 egg, 1 tablespoon

flour, salt and pepper, 1 pinch baking powder.

Method: Beat egg well, add parsnip, salt and pepper, and mix well; next add flour and baking powder. Shape and roll in flour or egg and breadcrumbs and fry a golden brown in very hot fat.—M.F.H.

Eggless, Milkless, Butterless Cake

BOIL together for five minutes, 2 large level cups of white sugar, 2 cups of water, 2 heaped tablespoons of dripping, 1 lb. of seeded raisins or sultanas. When cool, add 1 heaped teaspoonful of soda, 1 level teaspoonful salt, 3 large cups of flour. Bake one hour.—A.B.W.

Butterscotch

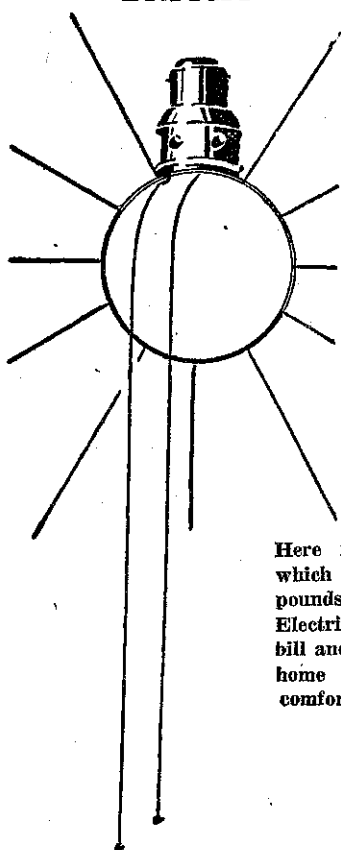
Ingredients: 3 cups brown sugar, $\frac{1}{2}$ cup of water, 1 tablespoon vinegar, $\frac{1}{2}$ lb. butter, a few drops essence of vanilla.

Method.—Boil for about $\frac{1}{2}$ hour or until a little sets in cold water, add essence, then pour in oiled tin. When cold, break in small pieces and place in airtight tin.—V.L.

Ratafia Biscuits

ONE pound flour, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. sugar, 2 eggs, $\frac{1}{2}$ teaspoon ratafia essence, $\frac{1}{2}$ teaspoon baking powder, $\frac{1}{2}$ teaspoon salt. Mix all ingredients together in the usual way. Sprinkle some flour on to a board, turn out, break in tiny pieces, roll between the hands and drop in dry sugar. Bake a light brown in a moderate oven.—Mater.

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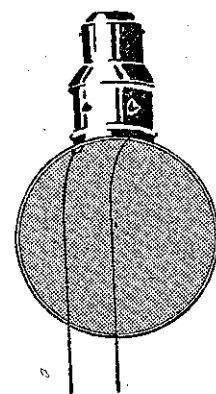
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