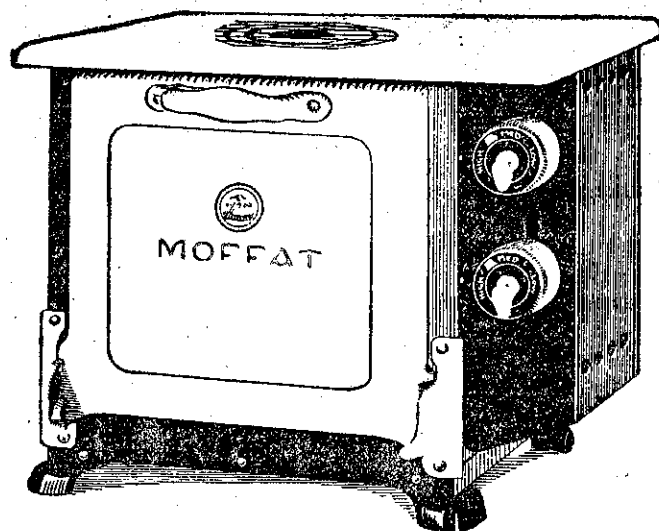


Plug in this Moffat Range where you like.



Neatly enamelled for permanent, easy cleaning, it will look in keeping with any surroundings. It will cook well for four or five persons.

On top is the boiling element which, at high heat, will send water steaming hot so quickly and at low heat it will broil gently for hours without using much electric energy.

Lift the door handle to get to the oven, and the two steel hinges at the bottom hold the door level with the floor, so handy. The interior is all enamel one-piece welded steel. No corners to tarnish, and the elements are top and bottom, out of the way, and placed to direct most heat to the centre of the oven. The thermometer registers the heat at this spot, e.g., the centre of the oven.

Between the inner and the outer casing of the range is the lagging which keeps the heat in the oven. This scientific lagging is a feature to ensure economy for ever.

All wiring connections are made outside the lagging so that heat is kept away from the insulations.

The elements are made the same as elements for enamelling furnaces where they hold a temperature 1600 deg. Fah. day and night.

In domestic service the elements do not go above 500 deg. Fah., so they are stronger than they need to be.

The length of fully-armoured flexible connection ends in a plug for any heat point. This may be connected to an iron point.

The price of the small Moffat cooker is £11/15/-
Ready to plug in.

TURNBULL & JONES LTD

AUCKLAND, WELLINGTON, CHRISTCHURCH,
DUNEDIN, HAMILTON, NAPIER.

Free Cooking Instruction every week.

COUNSEL for the COOK

Special Curry

Ingredients.—2 onions, 2 carrots, 1 parsnip, 1 apple, 1 teaspoon butter, cold or fresh meat, 1 cup stock, gravy or water, 1 teaspoon curry powder, 1 tablespoon flour.

Method.—Clean and slice the vegetables into rounds, fry them brown in the butter. Put the meat into a pan with the stock, gravy or water, add the browned vegetables, and cook until tender—about half-hour. Mix the curry powder and flour to a paste with cold water, add to the meat and vegetables. Cook for two minutes more and serve.—I.M.

Oyster Patties (Without Oysters)

Ingredients.—Puff pastry, salsify or oyster plant, $\frac{1}{2}$ cup milk, 1 large teaspoon cornflour, salt and pepper.

Method.—Scrape salsify and drop immediately into water and a little vinegar. Have ready the pastry made into round tarts, with hole in centre. Cook salsify, mash, salt and pepper it. Heat milk and thicken with cornflour, flavour with butter and seasonings. Mix mashed salsify. Have the pastry reheated and drop a teaspoonful of salsify mixture into the centre of each tart, and serve hot for suppers.—M.F.H., Waikoa.

Three-minute Sponge

Ingredients.—1 teacup of sugar, 1 breakfast cup of flour, pinch salt, 2 eggs (unbeaten), 3 tablespoons of milk, 2 tablespoons of melted butter.

Method.—Beat all together for three minutes, and add 2 good teaspoons baking powder, and beat for two minutes. then pour on a greased and floured tin, and bake 15 minutes.—Mrs. H. Alexander.

Chocolate Biscuits

Ingredients.— $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ -cup sugar, 1 egg, 1 teaspoon baking powder, 1 cup flour, 1 cup coconut, 1 tablespoon cocoa, $\frac{1}{2}$ -cup chopped nuts.

Method.—Cream butter and sugar, add egg and dry ingredients, and lastly nuts. Place on cold slide and bake in a moderate oven. These are delicious.—Miss A. Budge.

Spanish Steak

Ingredients.— $\frac{1}{2}$ lb. steak, minced, 1 teaspoon finely-chopped mint, 1 breakfastcup breadcrumbs, 1 onion chopped finely, 2 eggs, salt and pepper to taste.

Method.—Mix all the ingredients together and mould into balls. Place these in glass jar and steam them in a saucepan of boiling water for 2 $\frac{1}{2}$ hours. Serve hot with sauce and bread and butter.—“Septimus.”

Orange Marmalade

Method.—Slice 12 poorman oranges and one lemon very thin, and put in a basin; put 13 breakfastcups full of

cold water, and let them stand all night; next morning measure how many cupfuls there are and put as many cups of sugar and boil for 3 hours. Put the fruit and liquid into the preserving pan and when it is hot add the sugar a little at a time, when it is all in boil for three hours; it is then cooked, and will be found very

Savoury Beef Casserole

THIS week's prize of 5/- goes to “Gourmet.” Cooking in casserole has many advantages, some of which are almost too obvious to mention. For instance, the whole of the meat course, potatoes, meat and vegetables, can be left to cook for two or three hours, requiring little or no attention. Cheap joints, often the most nourishing, but which would be tough with short, quick cooking, are rendered tender by the long, slow process. Finally, a point that appeals to those who are responsible for washing-up, the casserole is served on the table, and the washing of pans and the dishing up is done away with.

Casserole cooking can be carried out with any type of stove, but the electric range is preferable, owing to the greater ease with which the heat is controlled, and a low, even, steady temperature maintained. The best results are obtained by bringing the food to the boil, and leaving for two or three hours at 240 degrees Fahrenheit.

Ingredients.—2lb. steak, salt and pepper, 1 onion, 1oz. dripping, 4 medium sized carrots, $\frac{1}{2}$ lb. bacon, $\frac{1}{2}$ pint stock, $\frac{1}{2}$ oz. flour.

Method.—Cut the steak into neat pieces, cook the bacon, and fry the steak in the fat, and remove. Fry the onion and brown the flour. Gradually pour on the stock, bring to the boil, and add the carrots, cut in thin slices. Place steak and bacon on top, bring to boil again, then lower temperature, and cook in very slow oven for two hours, more or less, depending upon the age of the carrots.

satisfactory. I have never had a failure with it yet.—“Benlah.”

Salmon au Gratin

Ingredients.—One tin salmon, white sauce, 2oz. grated cheese, 1 tablespoonful breadcrumbs, 1oz. butter, seasoning, mashed potatoes, cinnamon, 1 egg (hard-boiled).

Method.—Empty the salmon into a dish, sprinkle with half a teaspoon of cinnamon, grate the egg on top. Make the sauce thick and spread over the salmon and egg. Then the mashed potatoes sprinkled with grated cheese and bread crumbs, dot with butter and put into a hot oven, 400 deg., about 15 minutes.—Mary.