

COUNSEL for the COOK

Delicious Tongues

Method.—Wash and cook 4 sheep's tongues and cook until tender. Skin, and when cold cut into slices. Boil 3 large onions (sliced) in a little water until tender. Add 1 cup of milk, salt and pepper, and the sliced tongues. Just before serving thicken with corn-flour made smooth in a little cold milk. A delicious dish for a cold day, served with mashed potatoes.—"Avon."

Speedy Sponge Sandwich

Method.—Put four eggs and their weight in sugar into basin and beat hard for 10 minutes. Add by degrees

Carrot Marmalade

THIS week's prize of 5/- is won by "Black Cat" with the recipe for carrot marmalade.

Ingredients: 4 carrots, 4lb. sugar, 4 lemons or oranges, 4 pints of water.

Method: Grate the carrots, take the juice from lemons or oranges and cut up the rinds finely. Put carrots, rinds and juice in the water and soak for twenty-four hours. Put in jam-pot, and bring slowly to the boil, then add the sugar. Boil until a little of the mixture will jelly on a saucer.

mi. of sifted flour in which has been Essad one teaspoon of baking powder. mence to taste. Lastly add 1oz. of tilled butter. Pour into well-greased t. and bake in a brisk oven for 20 minutes.—"Gabrielle."

Cream of Tomato Soup

SLICE 1lb. tomatoes into a pot with a small onion and a piece of butter the size of a walnut. Cook slowly, stirring occasionally. When the tomatoes are soft, add a good pinch of baking soda, and put through a sieve. To every pint of pulp add 1 pint of milk. Bring to the boil and thicken with 1 tablespoon cornflour blended with a little cold milk, and about two tablespoons butter, and serve hot with sippets of toast. This soup never curdles.—"Bethel."

Individual Cheese and Celery Trifles.

THESE savoury trifles are particularly delectable, and suitable for evening parties where the guests help themselves from a buffet supper:

Ingredients.—Line some small patties with thin puff paste, then mix 2oz. grated cheese, 2oz grated heart of celery, yolk of 2 eggs, a little salt, cayenne, and pepper, 1 tablespoonful of cream.

Method.—Whisk the whites of the eggs to a stiff froth, and stir lightly into the above ingredients; put a little of this mixture into each lined patty-

pan and bake in a quick oven.—Jose Masterman.

Apple Pudding.

Ingredients.—One egg, 1 cup sugar, 3 tablespoons butter, 1 teaspoon baking powder, ½ teaspoon salt, ½ cup milk, 1½ cups of flour, 6 or 8 apples.

Method.—Beat egg and sugar until creamy, add melted butter and beat again. Sift dry ingredients and add alternately with milk. Place apples, peeled and quartered, in baking dish, and pour batter on top. Bake in oven 375 degrees, top element off, bottom element low. Time, one hour. Serve with cream or sweet sauce.—"Bethel."

Delicious Egg Junket.

Method.—Break 2 eggs into a glass dish, add 1 teaspoon sugar, and beat till foaming. Heat 1 pint milk as for junket, stir in 1 teaspoon rennet and ½ teaspoon vanilla essence, and pour in with the eggs. Put aside to set.—Miss E. Francis.

Queen of Tarts.

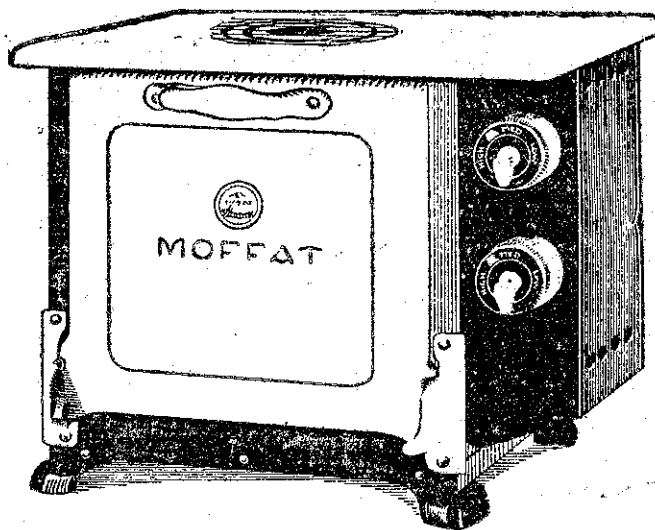
Method.—Line a sandwich tin with short pastry. Melt 1oz. of butter, beat the yolk of an egg well, and mix these together with about ½lb. of orange marmalade, beating them together for a few minutes. Spread this on the pastry and bake in a moderate oven. When the mixture is set let it cool a little, then whip the white of egg to a stiff froth, stir in a little castor sugar lightly, spread this on the tart, return to the oven and let brown lightly. Serve hot or cold.—"Nuomi."

ADDITIONS to knowledge about the vitamins, or accessory food factors, are being made with great rapidity. A few years ago, for example, it was believed that vitamin A served the double function of promoting growth and preventing the onset of rickets. Evidence has since become available that vitamin A is the agent responsible for maintaining bodily resistance. It is shown that rich supplies of vitamin A are present in the livers of a large number of animals, and further that carrots, green vegetables, butter and egg-yolk contain supplies.

The study now has been pursued from a different angle. Experiments with the substance known as "carotene" favour the view that the efficacy, as sources of vitamin A, of carrots, green vegetables, and even butter and egg-yolk, depends on the presence of carotene, and that it should prove valuable both as a prophylactic and a therapeutic agent. It is much easier to administer than liver-fat and may be expected to act more quickly.

Incidentally, the popular belief in the value of carrots and green vegetables finds a new justification. These articles of diet. It would appear, play an important, and even essential, part in fortifying the body against infection. Carrot and other vegetable soups and dishes ought, on this showing, to occupy an important part in the food of children.

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