

COUNSEL for the COOK

Apple Sponge Pudding

THREE-quarter fill a fairly large pie-dish with stewed apples, without sugar, and not too much water. Mix in a basin 1 large cup of flour with half teaspoonful of baking soda, 1 teaspoonful of cream tartar, 1 cup grated suet, with a cup of milk. Pour over the apples, then shake a cup of sugar on top, then a cup of boiling water. Bake in the oven about half an hour. Serve with cream.—Mrs. U. Oliver.

Scrap Sausages

MINCE up any cold meat you have to be used up, adding a rather of fat bacon (also minced) to each cupful. To 2 cups of mince add 1 cup of breadcrumbs (these can be made of crusts soaked in cold water and squeezed dry), $\frac{1}{2}$ cup flour, pepper, salt, minced onion or parsley, and some plum sauce or relish of some kind, as the sausage needs to be well seasoned; bind with stock or gravy, and form into little sausages. Put them into a well-greased baking tin in a hot oven until nicely browned. Put a small piece of dripping on each before baking.—"Sardonyx."

Cinnamon Bars

WORK together 10oz. of almond paste and 5oz. of icing sugar, add $\frac{1}{2}$ teaspoon of cinnamon, and gradually the white of 1 egg. When the mixture has been worked until it is perfectly smooth, dredge a board with sugar, knead the mixture slightly, and shape into a long roll. Pat and roll to a quarter-inch thickness with a rolling-pin. After rolling, the piece should be four inches wide. Spread with a frosting made with the white of one egg and two-thirds of a cup of icing sugar beaten together until stiff enough to spread. Cut into strips four inches long by three-quarters of an inch wide. This must be done quickly, as a crust soon forms over the frosting. To accomplish this, use two knives, one placed through the mixture where the dividing line is to be made, and the other used to make a clean, sharp cut on both sides of the first knife. Keep the knives clean by wiping on a damp cloth. Remove strips as soon as cut to a tin sheet, greased with lard and then floured. Bake for twenty minutes in a slow oven.

Steak and Onions

Ingredients.—One pound beef or undercut steak, four large onions, pinch sage and thyme, salt and pepper to taste, one tablespoon butter or dripping.

Method.—Place butter in pan, then lay meat in whole, sprinkle with the salt and pepper. Cook slowly as possible 2 hours; turn meat occasionally, keep covered with onions; cook 2 hours. Thicken with flour.—Mrs. Renault.

Galantine, Economical but Excellent

Ingredients.—4oz. raw beef minced 4oz. sausage meat, 6oz. dry breadcrumbs, 1 teaspoon chopped parsley, 1 grated onion, and mixed herbs, salt and pepper, 1 cup stock, 1 egg.

Method.—Mix all the ingredients with the beaten egg and stock. Form into a roll. Wring out a cloth in boiling water, flour it, tie up the roll in it, and leave room for swelling. Place in boiling stock or water and simmer two hours. Take off the cloth and tie it up again tightly; place between two dishes with a weight and leave till cold.—M.L.

Coffee Cake That Keeps Indefinitely

Ingredients.—One cup brown sugar 1 cup butter, 1 cup strong coffee, 1 cup treacle, 4 cups flour, 2 eggs, 2 cups currants, 1 piece peel, 1 teaspoon baking-soda, dissolved in the treacle, 1 teaspoon cinnamon, a little nutmeg, 2 cups raisins.

Method.—Mix well and bake for two hours at even heat.—M.J.B.

A New Suet Pudding

Ingredients.—One breakfast cup finely-chopped suet, 1 breakfast cup flour, 1 small cup of jam, 1 small teaspoon baking-powder.

Method.—Any jam may be used, and being the only moistening ingredient, it imparts a delicious flavour. The pudding is light and rises well.—Sibyl T.

Cornflake Cookies

Ingredients.—2 eggs (whites only), half cup sugar, one cup chopped walnuts, half cup Kellogg's cornflakes.

Method.—Beat whites of eggs and sugar till stiff, add nuts and cornflakes. Cook in slow oven half an hour.—"Blossom."

Clear Carrot Soup

Ingredients.—2 large carrots, as much clear stock as required, 1 large onion, 1 large tomato, pulp only, fried croutons of bread.

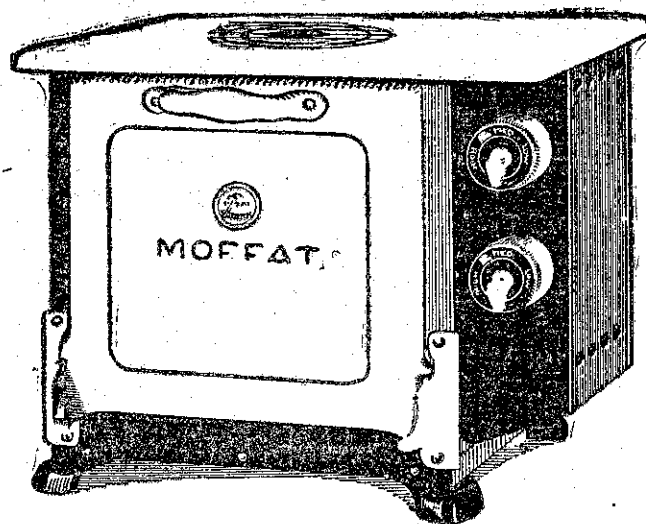
Method.—Grate the carrots and add to the stock. Chop the onion very finely, fry it thoroughly, drain it, and add it to the stock, with the tomato pulp. Allow to simmer for an hour, skim well, season freely, and pour when nearly boiling over a small heap of fried croutons in the tureen.—"Vegetarian."

Good Winter Pudding

Ingredients.—Two cups flour, $\frac{1}{2}$ -cup butter or dripping, $\frac{1}{2}$ -cup sugar, 1 cup fruit, 2 teaspoons mixed spice lemon-peel 2 teaspoons soda, 1 cup milk, and lemon essence.

Method.—Rub butter into flour, then add dry ingredients and milk; steam 2½ hours.

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