

**Ham Toast**

**Ingredients:** ½ lb. cooked ham, 1 raw egg, 1 hard-boiled egg, rounds of toast; pepper and salt.

**Method:** Mince the ham and pound it with the yolk of the hard-boiled egg and seasoning. Add the beaten raw egg, and stir over the fire till hot. Spread on the buttered toast and then sprinkle with white of egg rubbed through a sieve. Place in the oven to heat for a few minutes, and serve.

**Savoury Omelette**

**Ingredients:** Yolks of 3 eggs, a small piece of chopped onion, a tablespoon of chopped parsley, a teaspoon of savory herbs, pepper and salt, and the whipped whites of the eggs.

**Method:** Pour into a hot, well-buttered frying-pan, and cook slowly about 10 minutes. Turn on a hot plate. Chopped ham or bacon may be used instead of the herbs.

**A Nice Breakfast Dish**

**Method:** Butter a flat dish and place slices of tomato on it; break carefully some fresh eggs between the slices of tomato, season with salt and pepper; bake in a hot oven for about 15 minutes. Send to table in dish in which it is cooked. If properly and carefully done this is a very pretty dish.

**Beef Steak and Kidney Pie**

**Ingredients:** 2lb. of beef, cut into small pieces, 2 tablespoons of flour, ½ teaspoon mustard, ½ teaspoon of ground ginger, one grated onion, salt and pepper, one or two kidneys, minced.

**Method:** Mix all together, and put into a pie dish, cover with boiling water and put a piece of buttered paper. Bake in a slow oven for three hours. Remove paper, put on a crust of pastry, return pie to the oven and bake for ½ hour longer.

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# COUNSEL for the COOK

By "ELECTRA"

**Cheese Busters**

**Ingredients:** 1 cup of boiling water, quarter cup of butter, half a pound of flour, half a cup of grated cheese, two eggs, half a teaspoon of salt, a little cayenne.

**Method:** Bring the water and butter to boiling point, add flour, salt, and cayenne, stirring constantly, and cook until the mixture leaves the sides of the saucepan. Add cheese and mix well. Cool, add eggs, one at a time, beating well after each egg is added. Drop by teaspoonful on a greased pan. Cook in a moderate oven (350 deg.) thirty to forty minutes.

**Cheese Pudding**

**Ingredients:** 1 cup of grated cheese, one cup bread-crumbs, one cup milk, one egg. Season with salt, pepper and cayenne.

**Method:** Mix all together and let it stand two or three hours. Beat the egg well and add it just before putting in the oven. Bake in rather a quick oven half an hour.

**Vienna Pudding**

**Ingredients:** 6 oz. of stale bread (cut into dice), 3oz. sultanas, 2oz. chopped peel, 4oz. sugar, ½ pint of milk, 2 eggs, ½ tea cup cream, ½ tea cup of sherry. Carmel made of 1oz. sugar and 1 teaspoon of water.

**Method:** Put the sugar and water into an iron saucepan over the fire and let it colour a dark brown. Take

off the fire and pour in the milk, and leave it till it is coffee coloured. Mix bread, sultanas, peel and sugar together. Beat the egg and mix with the milk; add cream and sherry, and pour over the dry ingredients. Leave mixture to soak for ½ an hour, then put into a well greased mould and steam for 1 hour. Serve with wine or brandy sauce.

**Chutney**

**Ingredients:** 2lb. of apples, pared, cored and chopped, 1lb. of raisins, 1lb. of onions, 1lb. of brown sugar, 1lb. of chopped candied peel, 2oz. of salt, 2oz. ground ginger, ½ teaspoon of cayenne, 1 teaspoon ground cloves, 1 quart of vinegar.

**Method:** Mix well and boil for 2 hours, thin out with more vinegar if too thick. Bottle and cork for use.

**French Pancakes**

**Ingredients:** 2 eggs, 2oz. butter, 2oz. fine sugar, 2oz. fine flour, 1 cup milk.

**Method:** Beat butter and sugar to a cream, beat in the egg, then milk and flour. Stir well, and let it stand for an hour. Place on buttered plates and bake in a quick oven for 20 minutes. Pile high on a dish; sprinkle with sugar, and serve with cut lemon.

**Date and Walnut Cake**

**Ingredients:** ½ lb. stoned dates, baked over night in a good ½ cup of water and ½ teaspoon of soda; 2 eggs, 3oz. margarine, 6oz. soft sugar, 6oz. flour, 1 teaspoon cream-of-tartar, ½ cup walnuts.

**Method:** Beat the margarine and sugar to a cream; add eggs, one at a time. Beat the mixture well; add flour and other ingredients lightly; put into papered tin. Bake in moderate oven. Time, about 40 minutes.

**Chocolate Eclairs**

**Ingredients:** ½ cup boiling water, 2oz. butter, 3oz. flour, 2 eggs.

**Method:** Put water and butter into

the pan. When quite boiling take off fire, and add flour; stir until quite smooth and free from lumps. Return to fire, and cook for a few seconds until mixture will form into a ball. Take off, let cool slightly, add eggs one at a time; give the mixture a good beating. When cold put mixture on to a cold greased tray in finger lengths. Bake in quick oven till brown and well puffed up. Time, about 20 to 30 minutes. When cool, ice top with chocolate water icing. When quite cold fill with whipped cream.

**Hints on Cooking**

**IF JAM** is slightly warmed before being spread on a jam roll the latter will not be sodden.

When mixing mustard always add a pinch of salt.

To give your fruit cake a richer appearance, place the flour in a cool oven to slightly bake and brown before mixing in with the other ingredients.

Suet kept in the flour-bin will retain its freshness and sweetness for a long time.

Wash the rind of sweet oranges, then put in a paper bag and set on the rack until quite hard. Mince with finest mincer and store in an air-tight bottle and use like spice in fruit or apple squares.

The water in which rice has been boiled is splendid for mixing cakes. It helps to keep them moist.

To make the steak that is being stewed tender, add a teaspoon of brown sugar. It will also impart a new flavour.

Parsely sauce is greatly improved by adding vinegar (1 tablespoon to 1 pint of sauce) just before serving.



## O Sole Mio

—is a wonderful song when the dishes have been cleared away and you are sitting by a cosy fireside—but it isn't much of a help to the housewife preparing scones and cakes for the evening meal.

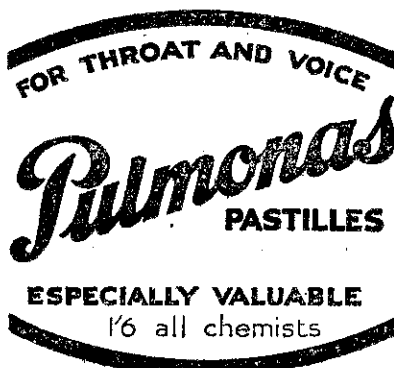
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