

Breakfast Dishes

IN PREPARING breakfast, we must remember to choose simple easy dishes, because the lady of the house has little time early in the morning. The following are suggestions for the easily prepared breakfast:—

Meat Pancakes

MAKE a pancake mixture in the usual way. Have some nicely flavoured mince quite hot in a saucepan. Spread on the pancakes as they are cooked; roll up, turning in the ends. Serve very hot.

Kidneys on Toast

Ingredients: Two sheep's kidneys, 1 egg, a little lemon juice, pepper and salt; a small piece of butter.

Method: Skin the kidneys and cut into three slices, then into small dice. Fry lightly in a little butter; add seasoning of lemon juice, also pepper and salt. Take off the fire and stir in the well beaten egg, and spread the mixture on neat pieces of buttered toast. Put for a few minutes into the oven, and serve very hot.

Tomato Cream Toast

Ingredients: $\frac{1}{2}$ lb. tomatoes, $\frac{1}{2}$ a cup of cream, 1 egg, pepper and salt.

Method: Put the tomatoes in a basin, and pour on boiling water; cover with a saucer, for a few minutes, and the skin will peel off easily. Then put them into a saucepan with salt and a little pepper, and stew for a few minutes. Add an egg, well beaten, with the $\frac{1}{2}$ cup of cream, and keep hot while making some rounds of toast. Spread the mixture on and serve at once.

Bacon and Broad Beans

Ingredients: Slice of bacon (cooked). Broad beans. Butter, sauce. Any slices of fried or boiled bacon will do.

COUNSEL for the COOK

By "ELECTRA"

Make a white sauce with butter, flour and milk, stock or water.

Method: Have the beans partly cooked. Put bacon, beans and sauce together, and cook till the beans are done, and the sauce has taken the flavouring of the bacon. Serve hot.

Potted Steak

Ingredients: 1 lb. of steak, $\frac{1}{4}$ teaspoon of cayenne, $\frac{1}{4}$ teaspoon of salt, $\frac{1}{2}$ lb. of butter, - teaspoon of mace, $\frac{1}{2}$ teaspoon of nutmeg, 2 teaspoons of anchovy paste.

Method: Cut steak free of any fat, put in a jar with all spices and butter; cover. Put jar in a pot half full of boiling water and simmer three hours; take off fire, pass steak through mincer twice and return to the gravy. Mix well; put in pots and when cold you have a delicious sandwich mixture.

Pineapple Pudding

Ingredients: One small tin of pines, thin slices of stale bread, sugar to taste, two or three eggs, $\frac{1}{2}$ pint of milk, lemon juice.

Method: Slice the pine apple thinly, and lay in a pie-dish in alternate layers with the bread soaked in syrup. Sprinkle sugar and lemon-juice between the layers. Beat up the yolk of the eggs, and pour these mixed with the milk over the layers. Bake one hour in a moderate oven. Whip

up whites stiffly with some sugar and place on the top. Set back in the oven to brown slightly.

Quick Sponge Pudding

Ingredients: $\frac{1}{2}$ lb. of flour, $\frac{1}{2}$ lb. of sugar, $\frac{1}{2}$ lb. of margarine, 2 eggs, essence of lemon, pinch of salt.

Method: Beat margarine and sugar to a cream, add yolks of eggs, well beaten, stir in flour and salt, and then add the whites of the egg whipped stiff. Half fill small greased cups and bake 20 minutes. Serve with wine sauce.

Sponge Lilies

Ingredients: 2 eggs, $\frac{1}{2}$ lb. of sugar, $\frac{1}{2}$ lb. of flour, $\frac{1}{2}$ teaspoon of baking powder.

Method: Mix and drop from a dessert-spoon on a buttered tin. Leave room for spreading. Roll up each round into a lily shape and fill the broad end with whipped cream. Put a bright yellow long-shaped sweet in for the spike and make the stalk of angelica.

Banana Salad

Ingredients: Peel and slice the bananas, and dust with castor sugar. Squeeze over the juice of sweet oranges and sprinkle with cocoanut. Serve with cream.

Orange Pudding

Ingredients: 2 oranges, 1 lemon, 3 oz. of suet, $\frac{1}{2}$ lb. of flour, $\frac{1}{2}$ lb. of treacle, 1 teaspoon of soda, 2 tablespoons of brown sugar.

Method: Grate the rind of the oranges and lemon and mix this with the sugar, suet, flour and soda. Heat the treacle, add the juice of the lemon and oranges. Mix well and boil for 3 hours in a well-buttered basin.

Seed Cake

Ingredients: 6 eggs, $\frac{1}{2}$ lb. of butter, $\frac{1}{2}$ lb. of flour, essence of lemon, pinch of salt, $\frac{1}{2}$ lb. of sugar, 1 tablespoon of

caraway seeds, 1 teaspoon of cream of tartar, $\frac{1}{2}$ teaspoon of baking soda.

Method: Cream the butter and sugar, beat the eggs and add them gradually with the lemon essence. Sift the flour with the cream of tartar and baking soda, and salt, and add to the mixture also caraway seeds; beat the mixture well. Bake one hour.

Almond Fingers

Ingredients: $\frac{1}{2}$ lb. of flour, $\frac{1}{2}$ lb. of butter, 2oz. castor sugar, 1 egg, 4 or 5 tablespoons of icing sugar.

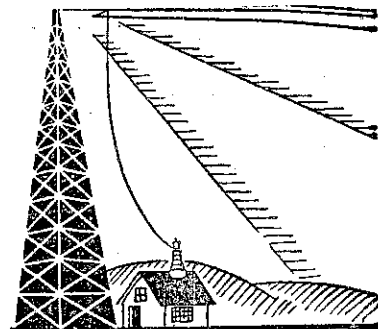
Method: Beat butter and castor sugar to a cream, add yolk of egg and beat well, then add flour. Mix with the hand, paste must be very stiff. Roll out thin. Add icing sugar to whipped white of egg. Spread on the paste, and sprinkle with chopped almonds. Cut into fingers, bake in moderate oven.

Cooking Hints

The eggs and sugar for a sponge cake will beat up quicker and lighter, if you stand the basin in a dish of hot water while you beat the mixture.

Boiled custard will not curdle if $\frac{1}{4}$ a teaspoon of cornflour is added to the beaten egg before mixing with the boiling milk.

To make corned beef very tasty when cold add a tablespoon of vinegar, a tablespoon of treacle, and a few cloves while cooking. Currants or other fruit that have been washed must dry thoroughly before adding them to a cake or pudding. Partially damp fruit will make any cake heavy.



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