

Coffee Making

THERE are a few simple factors to be grasped before coffee can be made at home, uniformly equal in flavour and aroma to the beverage as served abroad. Coffee should be of good quality, freshly ground, and unsparingly used. Soft water is inclined to extract all the bitter and strong fractions from the coffee, so in all circumstances use hard water.

If expense is not a point to consider use pure coffee, and not a mixture of coffee and chicory. A fireproof jug and a piece of clean muslin are sufficient for coffee-making, or a special apparatus may be added to the kitchen utensils if coffee is to be a daily beverage for the family.

Coffee With Milk

Ingredients: Take one tablespoon of freshly ground coffee to every $\frac{1}{2}$ pint of water; a pinch of salt.

Method: Put the coffee into a hot jug. Sprinkle over it a pinch of salt. Pour over it the boiling water, stirring all the time. Double the muslin over the jug. Stand for ten minutes on the stove and strain very carefully into a hot coffee pot. Bring your milk to boiling point, and pour the two liquids into the cup, at the same time using two parts milk to one part coffee.

Coffee, Black

Method: Allow 3 desertspoons of freshly ground coffee to each $\frac{1}{2}$ pint of water. Black coffee is prepared in the ordinary way, and can be made successfully by following the preceding method:—It should be made very strong and free from grounds, and is generally taken without the addition of sugar. Where coffee is regularly served in Europe, a coffee-grinder is kept in the kitchen, and the principle followed is to buy the whole coffee berries, already roasted. Sufficient berries to make coffee for immediate use can at any time be dropped into the coffee-grinder, which is hand operated, and with a few turns of the handle, freshly ground coffee is ready to make this palatable and invigorating drink. Coffee should always be served very hot.

Curry and Rice

Ingredients: 1½lb. steak. 2 large onions, 2½ breakfast cups of milk, $\frac{1}{2}$ teaspoon of salt, 3 or 4 tablespoons of vinegar, 6 teaspoons of best curry powder, 1 dessertspoon of dripping.

Method: Cut onions finely and fry in the saucepan with the dripping fat (do not use a frying pan). Have the salt and curry powder mixed to a smooth paste with the vinegar. Add this to the onions and continue stirring and frying until the mixture has a dry appearance. Add the cold milk and bring to the boil. Put in your meat and let it simmer for two and a-half hours. For a time this will have a curdled appearance, which disappears when the curry is cooked. Serve with rice, cooked in the following way: To every breakfastcup of rice allow one quart of water, using two breakfast cups of rice for this quantity of curry. When water boils, add rice and salt to flavour. Let it boil hard for 20

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By "ELECTRA"

minutes exactly. Put through a strainer and pour two cupfuls of cold water through it. Drain and put round the curry on a dish, and serve hot.

Aberdeen Sausage

Ingredients: 1lb. steak, ½lb. fat bacon, 2 small cupfuls of breadcrumbs, 1 dessertspoon of Worcester or tomato sauce, egg; pinch of salt and pepper.

Method: Mince beef and bacon very finely, add other ingredients; mix well, then mix in egg well beaten. Form into a roll, tie with a floured cloth and boil gently for two hours. When done, roll carefully out of the cloth. Cover with browned bread-crumbs. Serve cold.

Veal Souffle

Ingredients: 2 cups of cooked minced veal, 4 eggs, 1½ cups of thick white sauce, small teaspoon of salt.

Method: Make the sauce with two tablespoons of butter, four tablespoons of flour, one cup of milk. Salt and pepper to taste. Mix well; add veal and salt. Allow to cool, and fold in the stiffly beaten egg whites. Put in a greased baking dish, and set in a pan of hot water, and bake in a moderate oven, about fifty minutes.

Date Pudding

Ingredients: 1½lb. dates, ½lb. of flour, ½lb. of sugar, ½lb. of breadcrumbs, 5oz. of suet, 2 eggs, 1 gill of milk. A little salt and nutmeg.

Method: Stone and cut the dates in small pieces; let them simmer in the milk for 5 or 10 minutes. Shred the suet finely; mix with the flour, breadcrumbs, a teaspoon of baking-powder, sugar, and nutmeg. Let the milk and dates cool a little; mix with the beaten egg; pour into the dry ingredients. Put into a buttered mould, and steam for 2½ hours. Serve with sweet sauce.

French Shorbread

Ingredients: 6oz. flour, 2oz. corn-flour, $\frac{1}{2}$ teaspoon baking powder, pinch of salt, ½lb. butter, 2oz. icing sugar, one egg.

Method: Sift flour, cornflour, baking powder and salt together. Roll icing sugar free from lumps and cream with the butter; add egg, unbeaten, and beat well, then work in flour, etc., until it becomes a firm dough. Place in an ungreased tin, press well down, and smooth over with a knife, and prick with a fork. Bake in a slow oven 1 hour. Cut into shapes while hot in the tin.

Apricot Charlotte

Ingredients: One tin of apricots, 1 glass of sherry, 3oz. gelatine, sugar, a few drops of essence of Vanilla, sponge fingers.

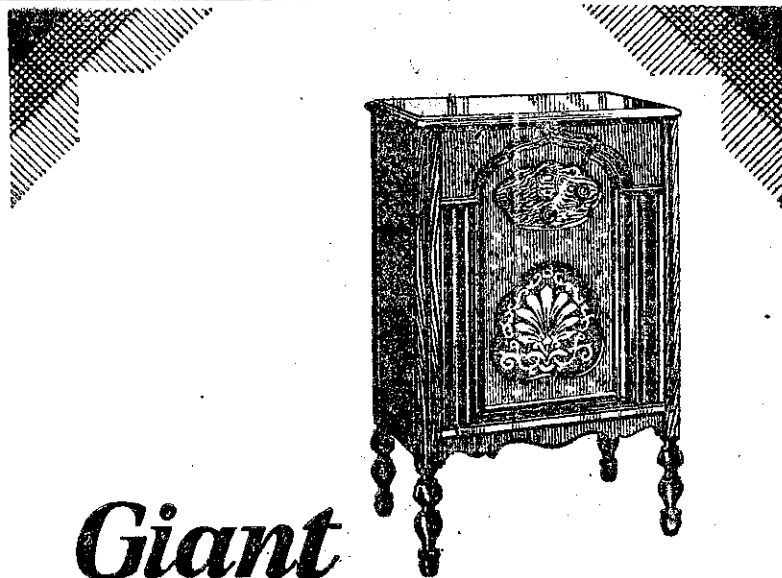
Method: Dissolve the gelatine in a little of the apricot juice. Turn the

fingers, and pour in the apricot puree. Turn out when cold and set. Serve with cream.

Salad Savoury

THIS tomato and cheese salad savoury makes a very tasty luncheon dish, and makes a pretty addition to the table if served on a bed of lettuce leaves.

Method: Dissolve two desertspoons of gelatine in one and a half cups of hot tomato soup. Cut a hard-boiled egg into slices and place these in small moulds, and add a quarter of a pound of salted cheese. Pour in the soup in which the gelatine has been dissolved until each mould is full. Allow them to set, and when cold turn them out and serve them with lettuce.



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