

## Preparation of Fish

ONE could pay closer attention to the preparation of fish for the table. Fish is nourishing, and makes as satisfying a meal as other solid foods, and is more easily digested. Rich in the phosphates that strengthen brain, bone and nerves, fish brings all the health of the sea for your eating.

## How to Fry Fish Nicely

FIRST wash and wipe your fish and thoroughly dry. Wrap in a clean cloth, and press out the moisture. Then dip in batter, egg and bread-crums, or simply flour. Now have a pan with plenty of clean fat. Heat until a blue smoke rises from the fat. Fry your fish until golden crisp. Drain thoroughly, and serve with sprigs of parsley and slices of cut lemon. If the fish is not properly dried it will be watery inside, or if the fat is not properly hot, instead of fish frying to golden crispness it will be soggy and greasy. Always cook fish well, as under-cooked fish is very indigestible and most unwholesome.

## Fish Cutlets

**Ingredients:** 2 tablespoons mashed potatoes, 1 tablespoon thick white sauce, 1 cup cold cooked fish, teaspoon chopped parsley, salt and cayenne.

**Method:** Mix all together; form into cutlets with floured hands; dip each one into beaten egg, and then into brown crumbs. Put a piece of macaroni into each for a bone. Fry in deep boiling fat for five minutes. Drain on brown paper. Serve garnished with

## COUNSEL for the COOK

By "ELECTRA"

parsley and fried bread. If for luncheon it can be decorated with mashed potatoes.

## Scrambled Fish

**Ingredients:** 1 cup cold cooked fish, 3 tablespoons of milk, 1 dessertspoon of butter, 1 teaspoon chopped parsley, 2 eggs, salt and pepper.

**Method:** Put milk, fish, butter and seasoning into the pan. Place on the fire and make hot; add egg, slightly beaten; stir until it thickens; add parsley. Serve on fried bread with cut lemon.

## Oysters on Toast

**Method:** Make a thick white sauce with 3oz. butter, 4oz. flour, and 1 cup of milk and oyster liquor mixed. Chop small 2 or 3 dozen oysters, warm through in the mixture, and serve on hot toast (unbuttered).

## Roast Rabbit

TAKE a rabbit and soak it in salted water for 12 hours; wash it well in fresh water, drain and dry with a cloth; sprinkle the rabbit with pepper inside and out.

**Ingredients:** Take 3 cups of bread-crums, 2 onions, 1 teaspoon of sage, 2 teaspoons chopped parsley, 1 tablespoon of butter, 2oz. chopped bacon, cayenne, salt and pepper.

**Method:** Chop the onion and sage finely, cover with cold water, and boil 10 minutes. Drain well, and mix with the other ingredients. Stuff the rabbit, send up and place in tin. Lay some slices of fat bacon over it, and pour over some melted dripping. Lay a piece of buttered paper on top, and bake in a moderate oven about two hours. Baste very frequently.

## Walnut Cake

**Ingredients:** 4oz. butter, 5oz. treacle, 8oz. flour, 4oz. chopped walnuts, 2oz. preserved ginger, 4oz. brown sugar, 1 teaspoon soda, 1 teaspoon ground ginger, 1 teaspoon mixed spice, 2 eggs, 3 tablespoons of milk.

**Method:** Beat the butter and sugar well together; beat in eggs (1 at a time); add treacle, and beat in the flour, ginger, and spice; add milk; mix in the walnuts. Bake in a tin lined with greased paper, about 1 hour.

## Afternoon Tea Biscuits

**Ingredients:** 8oz. flour, 3oz. castor sugar, 4oz. butter, 1 egg, 1 teaspoon baking powder, few drops essence of almonds, about 2 tablespoons of milk.

**Method:** Dredge flour and baking powder, add sugar, rub in the butter, add essence; bind to a soft dough with the egg and milk. Roll out very thinly, brush top with white of egg,

and sprinkle well with castor sugar. Cut into small fingers; put on to cold greased tray. Bake in moderate oven. Time, 10 to 15 minutes.

## Chocolate Pudding

**Ingredients:** 1 Granose biscuit, 1 egg, 2 tablespoons of sugar, 1 teaspoon of cocoa, 1½ cups of milk.

**Method:** Beat the egg slightly. Mix the sugar and cocoa together, and add a little milk to mix cocoa to a smooth paste, add to the egg; and a few drops of essence of vanilla. Break up the Granose biscuit, and add to egg mixture. Pour into a pie dish. Stand in a dish half full of water. Bake in a moderate oven till firm. Time, 30 to 40 minutes. Serve either hot or cold.

## Scotch Broth

**Method:** Take 2lb. neck of mutton, and cover with cold water; add seasoning of pepper and salt. When boiling add one teacup of barley. Boil for half an hour, add the following (cut to small pieces):—1 carrot, 1 onion, 1 leek, ½ turnip, small bunch of herbs. Simmer for two hours. Take out herbs and add a little milk and 1 dessertspoonful of chopped parsley. Remove all the fat from the top and serve.

## Vegetable Hints

PEEL potatoes very thinly, as the most nutritious part lies just under the skin. New potatoes skin

more easily if boiling water is poured over them.

Add a pinch of baking powder and a little hot milk when mashing old potatoes; this helps to make them lighter and also whitens them.

Wash and soak all green vegetables in plenty of cold water. The soaking takes away the strong flavour. Vegetables should be eaten daily, as they contain valuable mineral salts.

## Stewed Sausages

**Ingredients:** 1lb. of sausages, 1 onion, peeled and sliced, salt and pepper, 1 cup of milk, 1 tablespoon of flour.

**Method:** Prick sausages, put in a pie dish, add onion, cover with boiling water, and cook in a moderate oven for 1 hour. Pour off the water, add milk and seasoning, bring to the boil, and thicken with the flour. Serve on hot dish. It is very tasty when garnished with small baked tomatoes.

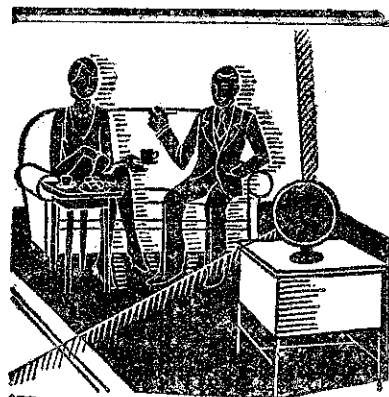
## Tomato Egg

HERE is a novelty. Peel some large round tomatoes, allowing one for each person; cut them into halves. Scoop out the centre of each half, leaving sufficient to make a firm case. Break an egg into each tomato, and sprinkle it with pepper and salt. A spoonful of rich white sauce over each egg is an improvement. Bake in a hot oven for about five minutes, until the eggs are set.

## Paradise Pudding

**Ingredients:** ½lb apples, ½lb. bread-crums, 3oz. of sugar, 3oz. of currants, 3 eggs, the grated rind of ½ a lemon, salt, and nutmeg.

**Method:** Peel the apples and mince them; mix all dry ingredients together; add well beaten eggs. Put the pudding into a buttered basin, tie down with a cloth, and boil for 1½ hours. Serve with sauce.



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