

**Remarks on Sauce**

**SAUCE** generally adds a spicy flavour to the dish, and the following are usual:—

**Roast Beef:** Thick or thin brown gravy, horse radish sauce.

**Roast Mutton:** Thick brown gravy, onion sauce, or red-currant jelly.

**Roast Pork:** Thick brown gravy, apple sauce.

**Roast Lamb:** Thick brown gravy, mint sauce.

**Boiled Beef:** White sauce or liquor slightly thickened.

**Boiled Mutton:** White, parsley, caper or onion sauce.

**Celery Sauce**

**Method:** Boil some celery till tender in salted water, drain and put it through a sieve, add 1oz. of melted butter, and thin the celery. Flavour with a blade of mace, pepper and salt. Simmer for a few minutes. Serve with boiled poultry.

**Oyster Sauce**

**Method:** Strain the oyster liquor and put the oysters in it. Let this come to boiling point. Strain off the liquor and put the oysters in a basin. Make a sauce of melted butter with some of the oyster liquor and milk. When ready add the oysters and just let them warm through. If they are boiled they become hard and tough.

To serve with fish or boiled poultry.

**Horse Radish Sauce**

**Method:** Mix 2 teaspoons of made mustard with 1/2 teaspoon of pepper, 1/2 salt, 1 teaspoon of sugar, 2 tablespoons of vinegar and 3 tablespoons of cream. To this add enough grated horse radish to make all of the consistency of cream. Heat (but do not boil.)

# COUNSEL for the COOK

**Apple Sauce**

**Method:** Peel and core about 4 apples, and stew until reduced to a pulp. Add just sufficient water to moisten them and 1 tablespoon of sugar. A small piece of butter may be added. Beat all well together.

**Cheese and Raisin Sandwiches**

**Ingredients:** 1 teacup of seeded or seedless raisins, 1 cup of cream cheese. Seasoning, brown bread and butter. small cress.

**Method:** Chop the raisins finely and mix them with the cream cheese, seasoning with pepper, salt, and a few drops of vinegar or lemon juice. Spread a good layer of the mixture between slices of brown bread and butter. Cut in pieces and garnish with small cress.

**Queen Buns**

**Ingredients:** Cup flour, 1/2 cup sugar, 1/2lb. butter, 2 or 3 eggs, 1 tablespoon of milk, 1 1/2 teaspoons of baking powder, pinch of salt, and essence of lemon.

**Method:** Cream the butter and sugar, drop in eggs, one by one, and beat until white and very creamy. Sift in flour and baking powder, and add essence of lemon. Put into well buttered patty tins, sprinkle a few currants on the top of each, and bake in a hot oven from 8 to 10 minutes.

**Digestive Biscuits**

**Ingredients:** 1/2lb. wheat-meal, 1/2lb. flour, 1oz. butter, 1oz. sugar, a little salt, milk or water.

**Method:** Mix well the dry ingredients. Make into a firm paste with

the milk or water, and knead till smooth. Roll out very thin. Cut into rounds, and bake in a slow oven.

**Cheese Straws**

**Ingredients:** 2oz. flour, 2oz. grated cheese, 1oz. butter, a pinch of salt, cayenne, yolk of 1 egg, a few drops of lemon juice.

**Method:** Rub butter into the flour, add other ingredients, and mix. Roll out thin, an cut into strips about 4 inches long and a 1/4-inch wide. Bake a few minutes until a light brown, in a moderate oven.

**Children's Birthday Cake**

**Ingredients:** 1 1/2lb. flour, 1lb. sugar, 4oz. cherries (glace), 4oz. raisins, 4oz. mixed peel, 4oz. sultanas, 1lb. butter, eight eggs, two small teaspoons baking powder. Flavour with rose water.

**Method:** Beat butter and sugar to a cream, add eggs previously well beaten, the fruit, and lastly flour and baking powder. Mix thoroughly and turn into a cake tin lined with greased paper. Bake about three hours. Ice with almond and royal icing.

**Savouries**

IT is a well known fact that savouries are invariably appreciated by men, and nowadays the great majority of women prefer them to sweets. It will be found that the making of savouries is not a very expensive item, when it is realised that the smallest scrap of meat, fish or vegetable can be used, with the addition of flavoured sauce and seasoning.

**Cooking Hints**

TO prevent custards curdling, stand the dish in a pan of hot water and cook in a very moderate oven.

Use one tablespoon of rice, sago, etc., to a breakfastcup of milk, and about one tablespoon of sugar and one teaspoon of butter. Bake very slowly to swell the grains well.

Cakes made with baking powder require a higher temperature than do cakes made with cream of tartar and soda, lemon juice and soda, or syrup and soda.

Sponge cakes without any rising require a still lower temperature. Cakes containing fruit should be baked in a moderate oven after the first half-hour.

Fruit cakes are best left in the tin for a few minutes before turning out. Sponge sandwiches should be turned out at once on to white paper. The paper may be first dusted with icing sugar.

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Scones, tea cakes, etc., should be turned out on to a cloth. They may be folded in the cloth to keep them soft. A pinch of salt added to the flour improves the flavour in most cakes.

In cold weather the butter may be warmed (but no oil) to make it cream more easily. Brown sugar should be used for dark cakes and gingerbread. It may not have been noticed by the majority that the electric range is much cleaner to use, and does not spread the odour of cooking throughout the home, because there is little, if any, draught of air passing into and out of the oven, while the foods are cooking. The oven heat is evenly distributed at the top and bottom, consequently the food cooks without danger of burning at the bottom or sides, as with other ovens.

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