

A PAGE OR TWO FOR WOMEN

Fresh from N.Z.'s Green Pastures

By "Kuki"

THERE is no doubt that butter is a good food, and that the amount of butter that New Zealanders eat is largely responsible for their general good health and virility. It is also a pure food, not appreciated by many who have always lived where the best of butter is available, and not where adulterated compounds masquerade under the title of butter. Anyone who has lived in India, or anyone who has perforce been required to eat some of the butter sold in England, recognises what a high quality our beautiful butter is. Buttermaking is our greatest industry, and it is gratifying that New Zealanders are eating more to-day than they ever did before. Two years ago we ate 30lb. of butter per annum per head of the population, and to-day we consume 42lb. Every year 140,000 tons are exported, mostly to England; in fact, the amount being exported elsewhere is practically negligible, although it is interesting to note that it is becoming in great demand in northern South America, and the West Indies.

The value of this export from the verdant pastures of the Dominion exceeds £11,000,000. New Zealand butter has been proved by medical research in England to have the highest vitamin content of any butter in the world. It is far superior to Continental butters, and it amazes me that the demand in England for butter from the Continent is so great.

The Empire Marketing Board has done great work in informing the housewives of Britain of the plain facts respecting the quality of our butter, and whenever we write to our friends and relatives at Home, we should emulate Cato, the Roman Senator, in his declamation ("Delenda est Carthago") and preface our letters by the slogan, "Eat New Zealand Butter." The Dominion possesses the most up-to-date factories in the world, and we should all feel proud of the Waharoa New Zealand Co-operative Dairy Company, which turns out over 3000 tons of butter a year from the largest dairy factory in the world.

Having given you some idea of what the Dominion is doing in the manufacture of butter, I will now let you have some attractive butter recipes.

Cats' Eyes.

Ingredient: One lb flour, 11oz. butter, 5½oz. sugar, 1 egg, 1 small teaspoon baking powder. Roll out thinly and cut with biscuit cutter. Make a small hole in centre of half the number with a thimble, brush with milk, and scatter chopped nuts on them if liked.

Real Scotch Shortbread.

Ingredients: One lb butter, 4 level breakfast cups flour, 16 rounded teaspoons castor sugar. Beat butter and sugar to a cream; add sifted flour, a little at a time, working in well. The secret of making good shortbread is in working it well, squeezing the mixture between the fingers so that the butter is thoroughly blended. Turn on to a floured board. Do not roll, pat out with hand and cut into desired

shapes. Bake in a moderate oven for 20 minutes, or till a light golden colour.

Butterscotch.

Ingredients: One lb sugar, ½lb butter, ½ pint milk, cream of tartar. Put milk and sugar in saucepan and stir over a gentle heat until dissolved, add cream of tartar and butter, dropping in a little at a time. Mix well and cook until a little tried in cold water snaps. Pour in buttered tin.

Puff Pastry.

Take 1lb butter, 3 cups flour, 1 breakfastcup cold water. Cut butter into flour, moisten with water, roll out three or four times and bake in a quick oven. A never-failing recipe.

Steamed Pudding.

Take 1 cup butter, 1 cup molasses, 1 cup milk (warm), and stir well together, 3 cups self-raising flour, 1 cup raisins. Mix well and steam in but-

quarters of it over the cakes. When the jelly has set, make a custard by warming the milk, coffee and sugar, and adding the well-beaten egg. Heat gently, stirring all the time, until it thickens. Allow custard to cool and then pour over jelly in dish. Decorate with remainder of jelly cut very small.

Coffee Charlotte.

Ingredients: Four ounces sugar, 4oz butter, 6oz cake crumbs, 1 gill black coffee, 2 egg yolks, 1½oz chopped light almonds, sponge fingers. Line a round cake-tin with sponge fingers; set aside 3oz cake crumbs and 4oz almonds. Cream butter and sugar. Add beaten yolks of eggs, coffee, remainder of cake crumbs, and almonds. Fill tin with alternate layers of coffee mixture and crumbs. Put a weight on top and leave to set three or four hours. Turn out and sprinkle the 1oz of almonds on top to decorate. This is a delicious sweet for lunch or supper.

Fish Cakes.

Required: Any cooked fish left over, 2 teaspoons chopped parsley, salt, cayenne, lemon juice, a little anchovy sauce, flour, beaten egg, breadcrumbs, ½lb. cold mashed potatoes. Break up the fish and remove any bones, rub potatoes through a sieve. Mix all ingredients, using a little of the egg to bind if necessary. Spread on a plate and divide into equal portions. Shape into small cakes, dip in flour, then beaten egg, then breadcrumbs. Fry till light brown, drain and serve garnished with slices of lemon and sprigs of parsley.

Novel Rabbit.

Ingredients: One rabbit, 4 apples, 4 onions, bacon fat, pepper, salt and flour, dumplings. Cut up rabbit, roll in seasoned flour, and fry lightly in bacon fat; drain off any excess fat and almost cover with hot water. Slice in onions, add teaspoon salt, then apples, sprinkle lightly with sugar, cover and simmer slowly for 2½ hours. Prepare dumplings with 1 cup flour, 1 teaspoon baking powder, 2 tablespoons shredded (or suet), mix with water, form into small balls, and add to rabbit, etc., about half an hour before serving.

Fish Soup.

Boil heads and bones of two large fish for 20 minutes, strain out bones, pour liquid back into saucepan and add a fair quantity of soup vegetables; simmer about one hour, then strain again and add half milk to the soup liquid, and a lump of butter; thicken with a little cornflour. Add chopped parsley, pepper, and salt.

Curried Eggs.

Hard boil and peel required number of eggs. Bring to boiling point about 1 pint of milk (this amount does four or five people), thicken with 1 tablespoon of cornflour and curry to taste. Boil for a minute or so, then pour over the sliced eggs. Serve on toast.

KNITTED GARMENTS**Special New Feature For Women Starting Soon**

Next week we will publish the first of a series of articles on knitting, written specially for the "Radio Record" by an Auckland woman. These articles, which will be illustrated, set out very clearly the various steps in the making of the garment featured, and should be easily followed by the veriest amateur. The first, a baby's petticoat, will be published in the issue of August 11, and the rest of the series will follow at fortnightly intervals.

tered basin for 3 hours.

And now let us turn from the product of New Zealand's pastures to a few coffee recipes:—

Coffee Mousse.

Ingredients: Three eggs, 6 leaves gelatine, 1½ tablespoons sugar, 1 pint milk, 2 tablespoonfuls of strong coffee. Put the milk, sugar, and yolks of eggs in a saucepan and cook very gently until it thickens slightly; let it cool, and just before it is quite cold add the gelatine, which should be melted in a little extra milk, then the coffee, and last of all the stiffly-beaten egg-whites. Mix all well together and pour into wetted mould.

Marguerite Pudding.

Take one pint vanilla jelly, 3 penny sponge cakes, some apricot jam, ½ pint strong coffee, 1 pint milk, 1 egg, 1oz sugar. Spread the sponge cakes with apricot jam and place them in a dish. Dissolve the jelly in sufficient hot water to make one pint, and pour three-