

A PAGE OR TWO FOR WOMEN

Harnessing Rivers For Housewives

By "Kuki"

WHEN the hydro-electric scheme was formulated in New Zealand, we visioned the dawn of a Utopia, and veritably within the last few years electricity has flowed throughout the land into nearly every home. Prophets predicted that the home of the future would become a paradise for the housewife instead of a place of toil and drudgery.

Electricity to-day is at our command for illumination, power and cooking. Householders did not need much encouragement to have electricity installed for illumination, and everyone recognises the boon that the electric labour-saving appliances have been to the housewife. For reasons not apparent the electric stove has not found universal favour, although no doubt familiarity with electricity generally will find an increasing number of converts.

The electric cooker is a great food saver, not only in the small amount of shrinkage, but also in the larger amount of nutriment retained. In cutting down cost the housewife who wishes to maintain her present standard of adequate nutrition and appetising meals will benefit largely by an electric cooker. A great thing to be said in favour of an electric range is that it does not create dirt. An occasional rub over with a cloth wrung out of strong soda water, and then with one slightly oiled will keep the main part of the stove in good condition. If possible use enamelled-ware utensils for, by this means, the best results in cooking by electricity are obtained.

Casserole Steak.

Take 1½ lb. lean steak, 1 turnip, 1 parsnip, 1 carrot, 2 onions, 3 cloves.

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salt and pepper. Put the meat and vegetables in alternate layers, having vegetables for the top, add seasoning, put in just enough water to cover, place casserole in cold oven, turn lower element only to "high"; when it reaches 350deg. turn right "off" and cook entirely on stored heat. Time about 3 hours.

Lemon Pudding.

Ingredients: Eight ounces bread-crumbs, 4ozs. chopped suet, 4ozs. sugar, rind and juice of 1 lemon, 2 eggs, 1½ teacups milk, pinch salt, 2 tablespoons flour. Mix all dry ingredients together, beat the eggs with the milk, and add to the mixture; lastly, add the lemon juice and rind. Beat all well together and cook in greased basin for 2 hours. Turn top element to "high," place pudding in immediately the water boils, then turn to "low." and leave till cooked.

Welsh Rarebit.

Take some grated cheese, a little mustard, salt and pepper, 2 tablespoons butter, a little milk. Grate the cheese and mix with other ingredients. Put in a saucepan on top plate, turn element to "high" for about 5 minutes, then "off." Stir well until everything is dissolved. Serve on hot toast.

Rhubarb Jelly.

Out roots and tops of rhubarb, wash sticks, and dry; cut in medium-sized pieces. Put in preserving pan, cover with water to about an inch above rhubarb and boil. Cover with wooden or enamelled lid to keep the steam in till boiled to a pulp. When done, strain through jelly bag or hair sieve. Put in clean vessel to boil. To every pint of juice allow 1lb loaf sugar, and the thinly pared rind of a lemon to every quart of juice. Boil vigorously for an hour, clearing off all scum as it rises. Test a spoonful on a china plate. If it jells it is sufficiently boiled. Put into pots and cover in the usual way.

Griddle Cakes.

However much dietitians may shake their heads about making a meal at tea time, I fear that in winter, at least, the average woman does not heed them. Cold and frost have a way of sharpening the appetite and making one's fancy turn to hot muffins, scones, and home-made cakes. Hot griddle cakes make a change from the usual buttered scones or tea cakes. Make some flaky or rough puff pastry and roll it out to a quarter of an inch in thickness. Cut out into square pieces and place these on a hot griddle. Brown first on one side and then on the other until the pastry is thoroughly cooked—then split, butter, and serve hot.

Tea-time Extra.

Take one pound of cod, two ounces butter, one chopped shallot, a dash of pepper, a squeeze of lemon and enough boiled rice to bind the whole together and one egg. Boil the cod and flake it

from the bone, also remove the skin, melt the butter, and add the fish, chopped shallot, pepper, and lemon juice; mix well, then add the rice. Remove from the pan and divide into small pats, roll these into the form of sausages, dusting the hands first with a dredge of flour. Just before they are required, break the egg into a basin and beat slightly. Brush the sausages over with this and roll in very fine breadcrumbs. Place them in a wire frying basket and plunge into smoking hot fat. When they have taken on a light golden brown colour, remove carefully from the fat, drain, and serve hot, decorated with parsley.

Peanut Butter.

Roast the peanuts uniformly brown. Cool, remove the red skins and the tiny hearts or germs, as this makes it bitter, grind, add the salt and grind again twice so as to have the salt well distributed. Pack into small jars, fill as full as possible, pressing butter in so that no air bubbles arise. Care should be taken not to leave any space between the top of the peanut butter in the jar and the lid. The aim in grinding peanuts for making butter is to break the oil cells apart rather than to crush them, as if the nuts are ground too fine or mashed in making the butter, it will stick to the roof of the mouth when eating. Paper which is not attacked by oil should be used for sealing the jars.

Chocolate Layer Cake.

Ingredients.—One-third cup butter, 1 cup light brown sugar, 2 eggs, ½-teaspoonful salt, one-eighth teaspoonful cinnamon, 3 tablespoonsful cocoa, 1½ teaspoonfuls baking powder, ½-teaspoon soda, ½-cup sour milk, 1 teaspoonful vanilla, 2½ cups flour. Method: Grease and flour tin; mix and sift dry ingredients, flour, baking powder, soda, salt, cinnamon, and cocoa. Cream butter, add sugar gradually. Separate eggs, beat yolks until thick and lemon-coloured, add to butter and sugar and beat vigorously. Add dry ingredients alternately with milk and flavouring. Beat egg whites until stiff and dry. Fold in, turn into greased and floured cake tins. Bake in moderate oven 30-40 minutes. Spread cocoa cream filling between layers and cover top with cocoa or a boiled frosting.

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