

HOME MAKERS CORNER

By "Lynette"

BUTTERLESS RECIPES

Listening to the Devotional Session one morning recently, I heard the speaker bring the Gospel right into the kitchen. In making a plea for more aid to Britain, he put the question of food economy in this land of plenty on to a higher plane of Christian service, so that we might in this way help our less fortunate friends, and even former enemies, overseas. Of all the rationed foodstuffs here, I think that most households have their greatest difficulties with the butter ration, and yet the cry from the other side of the world is, "Send us fats above all else," so this month we will have some hints about butter saving.

It is as well to remember that all butter-substitutes have their own special qualities which should be taken into consideration. Vegetable fats require the addition of slightly more liquid than do animal fats. Lard gives a definitely brittle product, so that in a recipe demanding a large amount of fat, such as pastry, do not use lard on its own, but with some other fat, to obtain a better result. Dripping, even when well clarified, is inclined to add a noticeable flavour, so it is best used in recipes having other strongly flavoured ingredients such as ginger, cocoa, and so on. Lemon juice also helps to mask the flavour. Using chocolate for cooking rather than eating, is another way of saving butter, as chocolate contains the fat, cocoa butter, which is largely removed from the cocoa. One ounce of chocolate is equal to three tablespoons of cocoa and half a tablespoon of butter. One of the best butter substitutes is poultry fat. Goose fat is commonly sold for cooking in Europe. Make a special effort to save the fat from any birds you may be cooking, and you will find it delicious in baking.

PEANUT BUTTER COOKIES

2 level tablespoons dripping, $\frac{1}{2}$ cup peanut butter, 1 cup sugar, 1 egg, unbeaten, 1 teaspoon vanilla, 2 cups sifted flour, $\frac{1}{2}$ teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ cup milk.

Cream dripping and peanut butter, add sugar and continue to cream. Beat in

the egg and vanilla. Add milk alternately with sifted, dry ingredients. Drop in spoonfuls on a greased baking sheet and bake in a moderate oven (350° F.) for 20 minutes.

CORNFLAKE MACAROONS

2 egg whites, $\frac{1}{2}$ cup sugar, 1 level tablespoon flour, 2 cups cornflakes, $\frac{1}{2}$ cup chopped walnuts, 1 cup coconut, 1 teaspoon vanilla.

Beat egg whites stiffly, add other ingredients in order given. Drop by spoonfuls on to greased baking sheets, and bake for 20 minutes in a moderate oven (350° F.)

FRUIT BARS

$\frac{1}{2}$ cup shortening, $\frac{1}{2}$ cup golden syrup, 2 eggs, unbeaten, $\frac{1}{2}$ cup sifted flour, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon cloves, $\frac{1}{2}$ teaspoon nutmeg, $\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{2}$ teaspoon baking soda, 1 cup chopped nuts, 1 cup chopped raisins.

Cream shortening, add golden syrup, beat in eggs, add sifted dry ingredients, nuts and raisins. Put into a shallow baking dish about 10 inches by 6 inches, cook for 20 to 25 minutes in a moderate oven (375° F.). Cool slightly, cut into bars and finish cooling on a wire tray.

COCONUT BARS

Stale bread, sweetened condensed milk, coconut.

Cut stale bread in strips about 1 inch by 1 inch by 3 inches. Dip into condensed milk, roll in coconut. Place on greased baking sheet and bake in a hot oven (425° F.), until golden brown.

ADDRESS BY MRS. MOUNTJOY—
Contd.

look. We must use our privilege of prayer and go to God for His guidance on how we can best further the cause of Temperance for the sake of the young people of New Zealand.

And now we have a little bit of encouragement from America culled from the *Auckland Star*, September 6, 1947:—

DRYS' PROGRESS

"Prohibition in America is making strides comparable with those in the 1920's and a third of the country is already 'dry.' The dries have won 12,000 of 20,000 local option polls and as a result 25,000,000 Americans cannot legally buy wines or spirits. A further 10,000,000 cannot even buy beer. The 'dries' predict the return of nation-wide prohibition in from five to twenty years. Ten per cent. of the members of the present Congress favour prohibition on principle. Most Southern representatives also support it for reasons of expediency."

I shall conclude with the words of G. Bernard Shaw:—

"The trader in drink takes all the money the drunkard pays for his liquor, and when he is drunk throws him into the street, leaving the ratepayers to pay for all the mischief he may do, all the crimes he may commit, all the idleness he may bring upon himself and his family, and all the poverty to which he may be reduced. If the cost of these were charged against the drink trade instead of against the police rates, the profits of the trade would vanish at once."

MRS. F. W. MOUNTJOY,

Auckland Dist. President.

"W.R. CROSSWORD" - 18

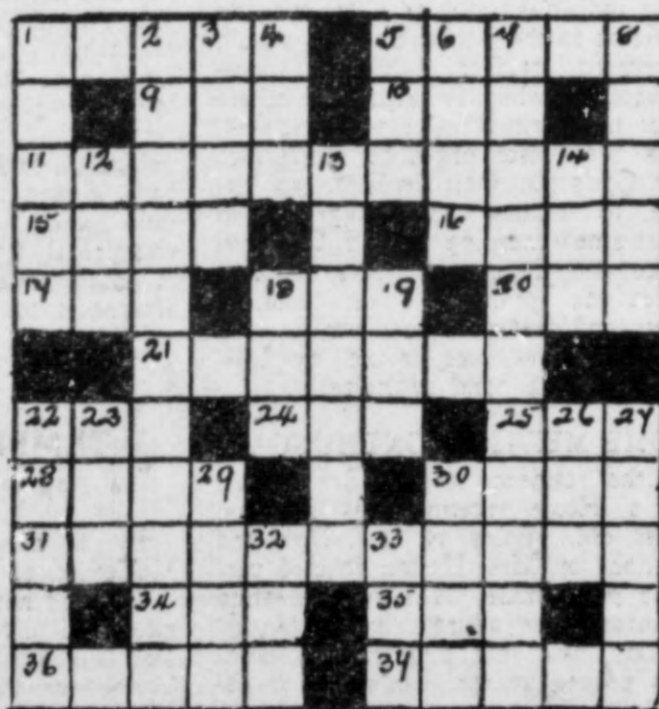
CLUES

Across

- 1—Dirt.
- 5—Infants.
- 9—Negative word.
- 10—Possessive pronoun.
- 11—Reprisal.
- 15—Observed.
- 16—Monster.
- 17—Stray.
- 18—Frequently.
- 20—Another pronoun.
- 21—Accumulate.
- 22—Agitation.
- 24—Noise.
- 25—The self.
- 28—Reed.
- 30—Sown (Anag.)
- 31—Hatred.
- 34—Exist.
- 35—Grey.
- 36—Synthetic fabric.

Down

- 1—Beautiful and tormenting.
- 2—Between the ribs.
- 3—Sounds of pain.
- 4—"The — king I see" (Goethe).
- 5—Old-fashioned neck wear.
- 6—Mechanically-driven vehicle.
- 7—Cheering.
- 8—Wiser.
- 12—Ever (Poetic).
- 13—Administer.
- 14—Mineral.
- 18—Ancient.



- 19—Number.
- 22—Shakespearean forest.
- 26—Baby word.
- 27—Possessor.
- 29—Brave man.

- 30—Knock out.
- 32—Japanese coin.
- 33—Girl's name.
- 23—Owing.

SOLUTION TO No. 17

Across.—1, Recognition; 10, Ebon; 11, Anne; 12, Sales; 14, Inlet; 15, Old; 16, Own; 18, Ash; 19, S.A.; 21, Ay; 22, Up; 23, Cater; 24, Ur; 25, It; 26, M.A.; 28, Ian; 30, Wry; 32, Spa; 34, Ovate; 36, Eaten; 38, None; 40, Hero; 41, Sweethearts.

Down.—1, Resolutions; 2, Ebal; 3, Coids; 4, One; 5, No; 6, Tan; 7, Inlay; 8, Ones; 9, Netherlands; 13, So; 14, In; 17, Water; 20, Act; 21, Arm; 25, Inane; 27, Aster; 29, Avow; 30, We; 31, Ye; 33, Pert; 35, Tee; 37, Aha; 39, Oh.