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1969 APPEAL
RECIPE BOOK

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This book of home tested recipes has been compiled by friends and staff members of the Ballarat and District Base Hospital. All proceeds to the Hospital's 1969 Appeal.



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Meat, Fish, Savoury Dishes

ABERDEEN SAUSAGE

Sister J. Eckersley, Assist. Matron

2 lbs. buttock steak, pepper and salt to taste, $\frac{1}{2}$ lb. fat bacon, 2 eggs, $\frac{1}{4}$ loaf bread, 2 tablespoons anchovy sauce.

Method: Put steak and bacon through mincer, then mix with bread crumbs, eggs and sauce. Form into a roll. Wrap in a piece of old linen and boil for 3 hours. When cooked roll in bread crumbs. Is delicious sliced cold with salad.

ASPARAGUS AND CORN CASSEROLE

Mrs. R. P. Strickland

Luncheon or supper dish for 4 people.

Make a rich sauce of 2 oz. butter, 2 tablespoons flour and $\frac{1}{2}$ pint milk.

Add 1 tin asparagus tips, 1 tin sweet corn, 4 hard boiled eggs, salt and pepper to taste. Pour into a casserole, sprinkle bread crumbs on top and heat through. Decorate with slices of egg and parsley.

Cooked chicken may be added to make a party dish.

BRAIN AND BACON PIE

Miss J. M. Langham

4 sets brains, 1 oz. flour, 3 rashers bacon, 1 oz. butter, $\frac{1}{2}$ pint milk.

Method: Soak brains in salted water, skin and cook. Make a white sauce, salt, and pepper to taste. Cut rind from bacon and cut it in small pieces, fry, add brains. Pour sauce over brains and bacon, cover with bread crumbs, dot with small pieces butter, brown under grill.

BEEF STROGANOFF

Mrs. R. J. Gough

2 $\frac{1}{2}$ lbs. fillet beef, dessertspoon chopped onion, $\frac{1}{4}$ lb. butter, $\frac{1}{2}$ pint cream, salt, pepper, $\frac{1}{2}$ lb. peeled mushrooms.

Method: Trim and pound each piece of fillet with a wooden mallet until it is spread out like a pancake and $\frac{1}{4}$ " thick. Then cut into fingers — each about 3" long by $\frac{3}{4}$ " wide. Melt $\frac{1}{4}$ lb. butter in a covered pan. Add a good dessertspoon of chopped onion and stir over lowered flame until onion is soft and yellow. Add beef, bring up heat and cook quickly for 2 minutes on each side, season with salt and pepper. Remove steak to warm casserole and set aside. Add peeled mushrooms to remaining butter. Saute with lid on pan adding a little more salt and pepper. Return beef to pan and slowly stir in $\frac{1}{2}$ pint cream (which is all the better if it is "on the turn"). Cook in moderate oven for $\frac{1}{2}$ hour. Serve with boiled rice.

BEEF ROUND (serves 6)

Vic. Stafford

1 $\frac{1}{2}$ lb. rissole steak, 1 tablespoon chopped parsley, pinch cayenne pepper, 1 tablespoon oil, 1 cup bread crumbs, 2 eggs beaten, 4 oz. cheddar cheese shredded, $\frac{1}{4}$ cup tomato sauce, 1 medium onion chopped, 1 teaspoon salt, 1 tablespoon soy sauce.

Method: Combine rissole steak, breadcrumbs, onion, parsley, eggs, salt, cayenne pepper, soy sauce and half cheddar cheese. Mix well and shape into a round. Heat oil in a pan and brown meat on all sides, transfer to a casserole or baking dish. Pour over the tomato sauce. Cover and bake in a moderate oven (350 deg.) for 1 $\frac{1}{2}$ hours or until cooked (use 2 tablespoons water in the casserole). Sprinkle meat with remaining cheddar cheese and return to oven until cheese begins to melt (approx. 10 minutes).

CALIFORNIAN CHICKEN

Mr. R. Stout, C.S.S.D.

1 cooked chicken (boiled), 2 large packets potato crisps, 6 bananas, 6 slices pineapple, 2 ozs. seasoned flour, 2 eggs, 2 ozs. butter.

Method: Cut the chicken into neat serving pieces, removing as much bone as possible.

Crush the potato crisps with a rolling pin, until like fine crumbs. Peel the bananas and drain the sliced pineapple.

Coat the chicken in seasoned flour, then beaten eggs and potato crumbs. Coat the bananas and pineapple the same way.

Arrange chicken, pineapple and banana in a ovenproof serving dish. Cover with a piece of foil, greased liberally with the butter. Bake in a moderate oven (375 deg.) for 30-40 minutes.

CHINESE CHICKEN (serves 10)

Mrs. Dorothy Elford, Bal't. Trained Nurses' League

1 $3\frac{1}{2}$ lb. boiling chicken, 4 ozs. onion (sliced), 6 ozs. celery (cut into $\frac{1}{2}$ " lengths), 8 ozs. cabbage (cut into 1" squares), 6 ozs. tomatoes (peeled and cut rough), 4 ozs. carrots (cut julienne style), 6 ozs. preserved pineapple pieces and juice from same, 6 ozs. green or butter beans (shredded), 1 $7\frac{1}{2}$ oz. tin whole mushrooms (sliced if large), 2 ozs. preserved ginger (sliced), 2 ozs. See-You sauce, 1 $\frac{1}{2}$ ozs. vinegar, 2 ozs. cornflour, 1 or 2 lemons and rind, 1 teaspoon pepper, chicken stock.

Method: Simmer chicken until tender, cool and cut into bite size pieces. Take the salt, pepper, See-You sauce, vinegar, liquid from mushrooms and pineapple juice and make up to 2 pints with chicken stock. Add onions, celery, carrots and beans, simmer 5 mins., then add cabbage, pineapple, mushrooms, ginger, lemon juice and rind. Simmer further 10 mins. then add chicken. Dissolve cornflour in a little cold chicken stock and stir into mixture and cook slowly for 2 mins. Take from the heat and add the tomatoes. Check seasoning, add more salt and pepper if necessary. Serve with fried rice.

CURRIED CHICKEN WITH CREAM

Mrs. J. H. Begg

1 three pound boiling fowl, 3 cups water, 1 onion, 2 carrots, 2 or 3 celery stalks with leaves, 2 bay leaves, 4 peppercorns, 2 teaspoons salt, 2 ozs. butter, 2 oz. flour, 1 cup canned milk or cream, 1 cup chicken broth, 1 $\frac{1}{2}$ teaspoon curry powder, $\frac{1}{2}$ teaspoon paprika, 1 clove garlic (crushed), 3 tablespoons grated fresh or flaked coconut, cooked rice for serving, salt and pepper.

Method: Place the chicken in a large saucepan, and add the water, onion, carrot, celery, bay leaves, peppercorns and salt. Cover and bring to the boil. Reduce the heat and simmer for about 1 $\frac{1}{2}$ hours, or until the chicken is tender. Place the chicken in a basin and strain over the cooking liquid. Cover and allow to cool. When the chicken is cold, cut into good bite-sized pieces. Measure out one cup of the chicken liquid to be used in the sauce. Melt the butter and stir in the flour, cook for one minute without browning. Add the curry powder and cook for a further minute. Stir in the reserved chicken stock and the canned milk or cream. Cook, stirring until the sauce boils and thickens. Flavour with paprika and crushed garlic, and add salt and pepper to taste. Stir in the chicken pieces and the coconut. Reheat to boiling. Serve over freshly boiled rice and garnish with parsley.

CHICKEN A'LA KING (serves 6)

Mrs. G. R. Davidson

2 tablespoons margarine, 1 cup mushrooms, 1 tablespoon chopped parsley, $\frac{1}{2}$ teaspoon salt, pinch cayenne, 1 $\frac{1}{2}$ cups top milk, 1 tablespoon green pepper (sliced), 4 tablespoons cornflour, $\frac{1}{2}$ teaspoon celery salt, 1 large chicken, 1 onion (sliced), 2 bay leaves.

Method: Boil chicken until tender with onion, bay leaves and salt. When cool remove flesh and cut up. Melt margarine, add mushrooms, green peppers and stir and cook five minutes. Add flour and seasonings and cook five minutes. Add milk and cup of chicken stock slowly. Add chicken meat and parsley and reheat.

CHICKEN ROMAINE

Mrs. D. C. Gaunt

1 large or 2 small chickens, 1 $\frac{1}{2}$ teaspoons powdered ginger, oil, flour, 3 large tomatoes, peeled, 1 bunch spring onions, bay leaf, salt and pepper, chicken stock (Maggi chicken cubes), $\frac{1}{2}$ cup dry white wine.

Method: Cut chicken into pieces, season and saute in oil until brown. When slightly cooked add chopped spring onions and ginger and chopped bay leaf. Remove chicken pieces, mix in flour with pan juices and add wine and chicken stock. Stir until simmering, add chicken and tomatoes. Cover and simmer gently until cooked, approximately 40-50 minutes. Serve with rice or noodles.

CHICKEN AND ALMONDS

Lady Bolte

Birds of approximately 2½ lbs. are used.

The breasts are prepared, one for each serve.

Grill breasts in butter — have prepared finely chopped bacon and shelled almonds.

When chicken is just cooked, place bacon and almonds on top and grill. Serve immediately.

CONTINENTAL CASSEROLE (makes 2 casseroles)

Miss J. Rankin, Dietitian

1 packet macaroni, cheese parmesan. Sauce — ¾ cup vinegar, 3 onions chopped, 2 teaspoons salt, ½ teaspoon pepper 1½ cups water, ¾ cup butter, 1½ cups tomato sauce, 1 or 2 Liverwort sausages, 6 tablespoons sugar, 1 tablespoon mustard, 3 tablespoons Worcestershire sauce.

Method: Put sauce ingredients, except sausages, together. Bring to boil. Cut sausage (fat included) into 1" cubes. Add to sauce. Simmer until thick and smooth. Pour over cooked macaroni. Top with cheese.

CORN AND SEAFOOD CASSEROLE

Miss M. K. Must

8 oz. milk, 1 egg, 1 cup cubes or crumbs, 1 lb. tin salmon, 2 oz. margarine, ½ cup chopped celery, 1 pkt. chicken noodle soup, 8 oz. tin of corn, 1 small sliced onion.

Method: Add packet chicken noodle soup to boiling milk and cook one minute. Place in layers in greased casserole corn, celery, onion and salmon. Add beaten egg to cooked soup and pour over ingredients in casserole, bake in moderate oven for 20 minutes. Melt margarine, add bread cubes (or crumbs) and sprinkle on top, bake further 10-15 minutes, until crisp and golden.

EGG AND BACON PLATE

Mrs. J. B. Vernon

Line pie-dish with short pastry. Beat 2 eggs well and add — 1 cup milk, 1 cup grated cheese, ¼ teaspoon salt, pinch cayenne, ¼ teaspoon mustard, ½ cup chopped bacon, 1½ cups C/Flakes.

Method: Mix all together and pour into uncooked pie crust. Bake in hot oven 10 minutes. Reduce heat and cook 20-30 minutes, or until set and golden brown. Serve hot or cold with salads.

FISH FILLETS WITH BANANAS

Mrs. S. Wright, Bal't. Trained Nurses' League

4 fillets bream, flathead, sole or flounder (fresh or frozen), 2 tablespoons flour, salt and pepper added, ½ cup stock, sherry or dry white wine, 1 rounded tablespoon brown sugar, 1 tablespoon lemon juice, 2½ oz. margarine, ¼ teaspoon ground ginger, 2 bananas (cut in quarters lengthwise).

Method: Roll fillets until well coated with flour. Cook gently in margarine until golden and tender, drain and keep warm. Add remaining ingredients, simmer two minutes, pour over fish. For special occasions sprinkle with toasted slithered almonds.

GOLDEN CASSEROLE

Mrs. W. Sorrell, Bal't. Trained Nurses' League

1 lb. finely diced pork fillet, 1 cup diced onion, 1 cup green pepper diced, 1 cup celery diced (fry till brown in oil).

Method: Add cup stock and simmer slowly for 1 hour. Just before serving add 1 tin corn niblets and 2 cups pre-cooked lima beans, thicken all with cornflour.

HAWAIIAN CURRY

Mrs. Pamela Perks, Bal't. Trained Nurses' League

1 lb. topside steak, 1 apple, pineapple pieces (small tin), 2 onions, 1 banana, coconut, 2 tomatoes, 2 teaspoons curry, fruit chutney, sultanas.

Method: Fry steak, cut into small pieces, then fry onions and curry, add tomatoes, diced apple and banana. Make gravy with flour and ½ tin pineapple juice. Add water to make up to ½ pint. Mix together and cook then add pineapple pieces, some coconut and fruit chutney and sultanas. Serve with rice.

HELTER-SKELTER SAUSAGES

Mrs. G. W. Houghton

1 oz. butter, ¼ pint milk, 1 oz. flour, seasoning, 1 lb. canned tomatoes, 1 onion, ½ green pepper, pinch basil or fresh sage, 2-3 sausages per person, 1 rasher bacon per sausage.

Method: Melt butter, add finely chopped onion. Cook until soft but not browned. Remove stalk and seeds from the pepper, dice it and add to the onion. Cook slowly for about 5 minutes. Add flour, stir 1 minute over a low heat. Remove from heat and add the milk gradually. Add the tomatoes and seasoning. Bring to the boil stirring continuously. Check the seasoning. Wrap sausages in rasher of streaky bacon and grill until cooked through. Arrange sausages around bowl of tomato sauce. Serve with french fried potatoes or potato crisps. Garnish with watercress.

INDIAN CROQUETTES

Josephine Munday, Laundry

1½ to 2 cups minced cold cooked lamb or mutton, 1½ cups cooked rice, 1 onion, 1 dessertspoon curry powder, 1 dessertspoon chopped parsley, 2 tablespoons tomato sauce, salt and pepper, seasoned flour, egg glazing dry breadcrumbs.

Method: Combine minced meat and freshly cooked rice. Add finely chopped onion, curry powder, parsley, tomato sauce, salt and pepper. Mix thoroughly, shape into croquettes, coat with seasoned flour, dip in egg glazing, then coat with breadcrumbs. Deep fry in fuming fat until golden brown. Drain on kitchen paper. Serve hot.

LAMB IN MINT JELLY

Sister K. Luha, Ward 10

8 oz. diced cold cooked lamb, 1 onion, ½ oz. powdered gelatine, 1 pint stock, bunch fresh mint, 1 carrot, 1 level teaspoon salt, new potatoes, peas, carrots for serving.

Method: Simmer carrot, onion and mint together in the stock for approx. 30 minutes. Strain and add salt. Dissolve gelatine in 2 tablespoons warm water and add to stock and allow to cool. As the jelly begins to thicken add the diced meat and pour into a 7" cake tin. Allow to set. Turn out and serve with new potatoes tossed with mint, carrots and peas.

LAMB CUTLET CASSEROLE

Dr. Heather Dick

12 cutlets with all possible fat trimmed off, 2 lbs. tomatoes skinned, 1 lb. of prepared mushrooms, 1 clove of garlic finely chopped, 1 tablespoon finely chopped parsley.

Method: Butter a deep casserole and put in a layer of tomatoes and mushrooms, sprinkle well with salt and pepper and garlic, then a layer of cutlets and repeat the layers. Place small pat of butter on each cutlet and scatter parsley over the top. Use close fitting lid and cook 2½ hours in slow oven 300 deg. Sometimes I use tomato paste instead of raw tomatoes and sometimes a tin of mushrooms instead of raw mushrooms. I usually make two lots and deep freeze one. It reheats very well at 280 deg. for 40-60 minutes.

MEAT BALLS IN PINEAPPLE SAUCE

Mrs. K. Maloney, Sewing Room

1 lb. sausage mince, 1 small can pipeapple pieces, Gravox to thicken.

Method: Roll sausage mince into small balls, fry in pan till light brown, add pineapple, thicken with Gravox and simmer for 5 minutes. Just before serving add cashew nuts as desired. Serve with boiled or fried rice.

MOCK CHICKEN CASSEROLE

Miss J. Rankin

1 pkt. chicken noodle soup, 2 oz. butter, 2 oz. flour, 1½ lbs. veal or rabbit, 2 cups cold milk, breadcrumbs, 2 rashers bacon, pinch cayenne pepper, good pinch mixed herbs.

Method: Make up soup, strain and in it simmer until tender, veal or rabbit. Cut up bacon in small pieces and cook in saucepan. Remove bacon but leave fat in saucepan. Add butter and blend in flour. Add milk stirring all the time. Add meat and bacon and season with cayenne and herbs. Put in casserole with breadcrumbs on top and brown in moderate oven.

MINCE PATTIES

Sister N. Derbyshire, Ward 10

1 lb. mince meat, 1 onion, 2-3 tablespoons plain flour, 3 medium potatoes, salt and pepper, 2 eggs.

Method: 1. Beat eggs. Grate onion and potato. 2. Mix all ingredients together. 3. Cook in hot greased pan, till golden brown on each side.

NASI GORENG (Indonesian)

Chef L. J. Wren

1 cup raw rice, boiling stock or water, 3 medium sized onions, $\frac{1}{4}$ medium sized cabbage, 2 cloves garlic, $\frac{1}{2}$ lb. prawns, 3 stalks celery, $\frac{1}{2}$ teaspoon ground chillies, 3 tablespoons cooking oil, 2 tablespoons soy sauce, 1 tablespoon butter.

Method: Shred cabbage very finely. Cut celery into thin slices. Chop one onion finely, thinly slice the other two. Heat together butter and crushed garlic, add chopped onion and dry rice and fry 3 minutes. Turn into oven-proof dish and pour on enough boiling stock or water to come $\frac{1}{4}$ " above rice. Put lid on and cook 25 minutes or until all liquid has been absorbed and the rice dry. Spread on an oven tray and put aside to cool.

Heat cooking oil and fry onions until well browned, remove from pan. Add cabbage and fry for 5 minutes stirring all the time, remove from pan. Add rice and celery and fry stirring until lightly browned. Add ground chillies, prawns, salt to taste, cabbage and onion slices and fry stirring until hot, sprinkle with soy sauce. Serve topped with fried egg and cucumber cubes and if desired pineapple pieces. If prawns not available substitute $\frac{1}{2}$ lb. chopped bacon.

ORIENTAL CHOPS

Matron M. S. Ogden

6 lamb shoulder or chump chops, cut $\frac{1}{2}$ " thick, $\frac{1}{2}$ cup Soya sauce, $\frac{1}{2}$ cup water, 1 clove garlic, crushed, 6 canned peach halves, mint jelly.

Method: Score the fat edges of the chops, place in a shallow dish. Combine the Soya sauce, water and garlic and pour over chops, allow to marinate several hours. Arrange the marinated chops on a grilling rack and place under hot grill for 7-10 mins. on the first side. Turn chops brushing a little with marinating liquid. Place peach halves on grilling rack too — cut side up — and brush these too with liquid. Grill 5-7 mins. longer then place a spoonful of mint jelly into each peach half. Replace under grill for a further minute.

ORANGE ASPARAGUS

Anonymous

1 slice buttered toast per person, 2 oranges (1-2 people), fresh or tinned asparagus.

Method: Place heated asparagus on toast, 6 to 8 spears for each slice of toast. Sprinkle each slice with 1 tablespoon finely grated orange rind. Serve hot. Moisten with orange juice just before serving.

PARSLEY MEAT LOAF

Mrs. G. R. Davidson

2 lbs. minced steak, $\frac{1}{2}$ lb. sausage meat, 2 beaten eggs, $\frac{1}{2}$ cup chopped onions, $\frac{1}{2}$ cup chopped parsley, 1 teaspoon salt, 1 cup soft bread crumbs, 1 cup milk, pepper to taste.

Method: Mix ingredients well and press into greased loaf tin. Bake in moderate oven $1\frac{1}{2}$ -2 hours. Serve hot or cold.

PEPPER STEAK

Mrs. G. W. Houghton

4 slices fillet or rump steak, $1\frac{1}{2}$ -2 tablespoons coarsely ground black peppercorns, 2 oz. butter, 2 tablespoons brandy, $\frac{1}{2}$ cup white wine, 2 tablespoons cream, salt.

Method: Press ground peppercorns into both sides of steaks. Heat butter in thick frying pan and cook steaks on both sides. Remove from pan keep warm; pour off excess fat, leaving any pieces of pepper in pan. Add brandy and wine and stir over good heat. Draw aside and stir in cream. Season to taste with salt. Pour sauce over steaks and serve.

PILLAU RICE

Chef L. J. Wren

8 oz. long grained rice, 4 oz. butter, $\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{2}$ teaspoon whole allspice, 1 small onion chopped finely, 1 clove garlic crushed, 4 ozs. sultanas, 6 cloves, stock or water.

Method: Heat butter in frying pan, add onion, spices and garlic and fry until onion is softened but not brown. Add rice and fry over low heat, stirring lightly, for 5 minutes. Turn into oven proof dish, add salt to taste and enough stock or water to come $\frac{1}{4}$ " above the rice. Cook 25 minutes or until all liquid has been absorbed. Fry sultanas in a little butter and lightly mix into rice.

PORK CASSEROLE

Mrs. J. A. MacLeod, Physio.

4 large shoulder of pork chops, 1 tablespoon brown sugar, 3 Granny Smith apples, 1 teaspoon cinnamon, 2 cloves garlic, 1 sprig rosemary.

Method: Cut fat off chops, render this down to brown chops on both sides. Fry garlic and rosemary in fat as you brown the chops. Place in casserole and add sliced apples. Sprinkle with brown sugar and cinnamon. Add $\frac{1}{2}$ cup water. Cook at 350 deg. for 2 hours. Thicken with cornflour before serving with rice and a green vegetable.

PINEAPPLE AND TUNA CASSEROLE

Sister K. Edmonston

1 small tin tuna, cup pineapple cubes, chopped spring onions or shallots, cup cooked peas, 4 stalks celery, cubed and par boiled, $\frac{1}{2}$ lb. fried rice.

Method: Spread half the rice in casserole, add peas, then celery, tuna, salt and pepper to taste. Spread pineapple over tuna, add onion (or shallot) and then the remainder of rice. Pour over sweet-sour sauce and sprinkle brown bread crumbs on top. This dish may be prepared beforehand and heated when required.

Fried rice — fry rice (4 ozs.) until golden brown in 1 tablespoon shortening. Cook over a quick fire stirring all the time. Turn rice into shallow casserole and add 2 cups stock or strained chicken noodle soup or chicken cubes and water. Place in moderate oven and cook, stirring occasionally until the liquid is absorbed.

Sweet-sour sauce — 3 tablespoons butter, 3 tablespoons plain flour, $\frac{1}{2}$ pint milk, $\frac{1}{2}$ cup sugar (slightly rounded), $\frac{1}{2}$ cup vinegar.

Method: Melt butter, add flour, stir until a smooth mixture, add sugar then gradually add milk followed by vinegar.

RAGOUT OF VEAL

Sister K. Luha

1 lb. stewing veal, 1 large can tomato soup, 2 ozs. mushrooms, 2 sliced red or green peppers, 2 sliced onions, $\frac{1}{2}$ teaspoon water, 2 oz. dripping, 1 tablespoon paprika pepper.

Method: Heat dripping in pan and fry diced veal, sliced mushrooms, onions and peppers for a few minutes. Cover with the tomato soup and paprika pepper, blended with the water. Add seasoning to taste, put the lid on the pan and simmer gently for approximately 1 hour. Garnish with chopped parsley. If desired the paprika pepper may be omitted.

SATURDAY PIE

Mrs. P. J. Perks

Pastry shell — 6 oz. shortcrust pastry.

Filling — 3 oz. cooked sausage meat, 1 hard boiled egg, $\frac{3}{4}$ pint milk, 1 tomato, 2 eggs, salt, pepper, 1 boiled potato, 1 tablespoon cooked peas, 1 dessertspoon chopped parsley.

Method: Line a pie plate with rolled out pastry, rough up and flute edges. Fill with sliced sausage meat, chopped tomato, potato, hard boiled egg sliced, and peas. Then pour over beaten eggs and milk, well seasoned. Sprinkle top with chopped parsley. Bake in hot oven 425 deg. for 10 minutes. Turn heat down to 390 deg. and cook for further 30 minutes or until custard is set and slightly browned. Serve hot or cold.

SAUSAGE CASSEROLE

Mrs. L. Smith, Sewing Room

1 lb. thin sausages, carrots, sliced, 8 oz. packet frozen peas or 1 lb. peas par cooked, 3 large potatoes, sliced, onion, sliced, 1 can tomato soup, 1 cup water.

Method: Grease casserole and arrange sliced potatoes on bottom. Cover with thinly sliced carrots then a layer of sliced onion, then add peas. Arrange sausages on top and pour over tomato soup and cup of water. Bake approximately 1½ hours turning sausages to brown.

SAUSAGE & VEGETABLE CASSEROLE Mrs. E. McCartin, Keilor

1 lb. sausages, ½ lb. bacon, 3 carrots medium size, 2 onions, 1 16 oz. can Tomato soup, 4 ozs. (1 cup) grated tasty cheddar cheese.

Method: Wrap sausages in pairs in rashers of bacon. Grill till bacon is brown then pack into shallow casserole dish. Grate carrots and onions and spread over sausages. Heat tomato soup and add cheese, stir till cheese melts. Pour over sausages and vegetables and bake in moderate oven. (Gas 350 deg., Electric 375 deg.) 40-45 minutes. (4-6 serves).

SAVOURY FOR RAMEKINS

Sister P. O'Keane

6 pork sausages or ¾ lb. pork mince, 3 rashers bacon cut small and fried crisp, 6 slices bread crusts removed, lightly buttered, 2 teaspoons Worcestershire sauce, 3 tablespoons tomato puree, salt, pepper, 3 eggs, 1 pint milk, 1 cup cream, 1 teaspoon mustard, 1 teaspoon grated nutmeg.

Method: Remove skins from sausages, then fry and allow to cool. Beat eggs, add milk and flavourings, finally the cream. Place slice bread in each ramekin, next the sausage cut into small pieces and the bacon, then pour over the custard. Bake in moderate to hot oven until set and bread tips crisp.

SEVEN LAYER CASSEROLE Miss D. C. Trevaskis, Dep. Matron

1 lb. mince steak, 1 cup sliced green pepper, 1 cup chopped onion, 1 cup chopped celery, 1 cup long grain rice, 1 large can tomato soup, 6 rashers of bacon, salt and pepper to taste.

Method: Place rice in bottom of casserole, cover with half the can of tomato soup. Add in layers, cup of celery, onion, green pepper, mince steak and remainder of the tomato soup on the top. Cover with the bacon rashers. Bake in oven at 300 to 350 deg. for 1½ hours, remove lid of casserole and bake for a further half an hour at the same temperature so that the casserole is not too moist.

SIMPLE CASSEROLE

Sister A. Meiklejohn

1 lb. minced steak or pork, 1 medium sized tin of mushroom soup, 1 small tin of mushrooms, 3 slices of bacon, 1 large tomato (sliced), 1 packet potato chips.

Method: Place steak, mushrooms, and soup into a casserole dish. Place slices of bacon and tomato on top, and cook for 1 hour.

Place chips on top of casserole and replace in oven for 10 minutes. Can be served with green peas and cooked rice.

SPANISH VEAL CASSEROLE Sister A. Meiklejohn, Welfare Sister

2 tablespoons butter, 1 or 2 lbs. veal (cut into 1" pieces), 2 rashers bacon, 1 onion (chopped), ½ lb. tomatoes (skinned and chopped), 1 bay leaf, pinch of powdered thyme, pinch of marjoram, salt and pepper, ¼ teaspoon cinnamon, ¼ pint white wine, 8 oz. peas (cooked), 1 tablespoon flour, 3 ozs. butter.

Method: Preheat oven to about 350 deg. Melt butter and saute veal, bacon and onion. When brown, add the herbs, tomatoes, salt and pepper, cinnamon and white wine. Place in casserole dish, cover with lid and bake 1½ hours. Add cooked peas. Serve with boiled rice.

SAVOURY CHEESE SOUFFLE

Miss J. Rankin

Meat mixture — 1 lb. minced steak, 2 rashers bacon, chopped, ½ cup chopped celery, 1 tomato, cut up, salt and pepper, ½ cup water, 1 tablespoon Worcestershire sauce, medium sized onion, small can sweetcorn or baked beans.

Souffle — 2 oz. butter, ½ pint milk, ½ cup grated cheese, ½ cup S.R. flour, 3 egg yolks.

Method: Fry onion in a little butter until golden. Add meat which has been rolled in flour and bacon. Fry until brown. Add water and Worcestershire sauce and a little salt and pepper. Pour into greased casserole dish, then add tomato, celery and small can sweetcorn or baked beans. If desired add pinch herbs.

Put butter in saucepan, when melted blend in S.R. flour. Stir for 2 minutes till blended, then slowly add ½ pint milk. Cook slowly until thickened. Add egg yolks and cheese. Cool slightly and add beaten egg whites. Pile on top of meat mixture. Set casserole dish in pan of warm water and bake for 45 minutes until souffle set and golden brown.

SWISS STYLE BEEF AND RICE

Vic. Stafford

1 cup roughly chopped bacon (3 or 4 rashers), 1 lb. stewing beef cut into ½" cubes, 2 tablespoons finely chopped onion, 1 tablespoon chopped parsley, 1 tablespoon soya sauce, 1 cup long grain rice, 3 cups water, 1 teaspoon salt, ¼ teaspoon pepper, 1 Buillion cube, liquified in hot water.

Method: Fry bacon and onion until translucent (approx. 5 minutes), add parsley and beef. Continue frying until meat browns. Add one cup water, salt and pepper and simmer for 20 minutes. When the meat is cooked add rice and the remaining two cups water. Simmer a further 15 to 20 minutes until rice absorbs liquid. Stir in the buillion cube and serve.

STEAK DIANE

Mrs. R. J. Gough

Fillet steak, 1/8th lb. butter, 2 tablespoons finely chopped parsley, Worcestershire sauce, garlic, very finely chopped.

Method: Remove all fat from fillet and hammer out into pancake size pieces ¼" thick. Rub very lightly with salt. Heat pan, put in at least 1/8th butter, when sizzling put in steak and cook for 1 minute for medium, turn steak over. Sprinkle liberally with parsley and garlic. After 1 minute turn again and sprinkle liberally again with parsley and garlic. Then a moderate dash of Worcestershire sauce. Serve immediately with tossed salad.

SWEET AND SOUR TUNA (4-5 serves)

Mrs. K. J. Neerhut

2 small green peppers, 1 tablespoon sugar, 1 tablespoon cornflour, 1 tablespoon vinegar, 1 oz. butter, 15 oz. can pineapple pieces, 1 teaspoon soy sauce, ½ teaspoon salt, 15 oz. can chunk style tuna, 3 cups hot cooked rice (1 cup raw).

Method: Cut green peppers into strips, cover with water and bring to boil, drain. Drain pineapple and measure syrup, make up to 1 cup with water. Place sugar and cornflour in a saucepan, gradually add pineapple syrup, vinegar, soy sauce and salt. Bring to the boil and cook stirring constantly for 2-3 minutes. Add pineapple pieces, green pepper strips, tuna and butter. Simmer gently for about 5 minutes stirring occasionally. Serve over hot rice.

STUFFED CABBAGE LEAVES

Sister K. Luha

5-6 large cabbage leaves, 8 oz. minced beef, 1 egg, little milk if necessary, brown or tomato sauce, 1 dessertspoon Worcestershire sauce, 1 small onion, 1½ oz. quick cooking oats, little stock or water seasoned to taste.

Method: Wash cabbage leaves and drain. Mix together all other ingredients except the tomato or brown sauce. Place this filling on cabbage leaves and roll up. Arrange in a greased oven proof dish and pour on a little stock. Cover dish, bake in centre of very moderate oven (350 deg.) for 50-60 minutes. Drain and serve with brown or tomato sauce.

SWEET AND SOUR PORK

Mrs. R. Warren, Bal't. Trained Nurses League

Sauce — 1 teaspoon soy sauce, 1 teaspoon brandy, 1 teaspoon cornflour, 2 tablespoons vinegar, 1 dessertspoon tomato sauce, 1½ dessertspoon sugar, 1½ cups water.

Method: Mix all together thoroughly.

Meat — cut 1 lb. pork into pieces, dip into egg then cornflour. Deep fry till brown.

Vegetables — Boil diced carrot, celery, capsicum and shallots or white onion for 10 minutes. Heat 1 dessertspoon butter in pan and fry 2 slices pineapple and 1 finely chopped clove of garlic for 1 minute. Add vegetables and fry 1 minute longer. Add sauce and simmer for few minutes. Pour over pork and serve with hot fried rice.

STEAK CASSEROLE

Mrs. M. J. Brown, Mayoress of Ballarat

1½ lbs. skirt steak, 1 kidney, 1 small onion, 1 banana, 1 small apple, 1 small tomato, 1 tablespoon sultanas, 1 small teaspoon vegemite, ½ packet frozen mixed vegetables, 1 packet chicken noodle soup made with 3 cups water, 2 level tablespoons flour, salt and pepper.

Method: Cut the steak in small pieces. Chop kidney finely. Slice and add onion, banana, apple, tomato, sultanas and vegetables. Add flour and mix in dry. Make soup, add vegemite and pour over ingredients in casserole. Cover with lid and bake in moderate oven 1 hour then in slow oven for a further 1 hour. If liked served with rice, which I prefer cooked in this fashion — put 1 cup rice in a saucepan (no salt). Cover with water to depth of about ½" above rice. Cook — do not stir. All water should be evaporated and rice cooked in 10-15 minutes. Put in a bowl and add some finely chopped pineapple to taste.

TUNA AND VEGETABLE CASSEROLE (5 serves)

George T. Peet, B.B.H.

2 cups cooked mixed vegetables, 1 lb. can creme of chicken soup, 4 oz. cheese (shredded), 14 oz. can tuna (drained), 2 tablespoons milk, ½ cup buttered breadcrumbs, pinch ground pepper.

Method: Arrange mixed vegetables and tuna in a greased casserole. Heat chicken soup together with milk, shredded cheese and pepper. Stir till cheese melts. Pour over vegetables and tuna and mix lightly. Sprinkle buttered breadcrumbs around the edge of casserole. Bake in a moderate oven (350 deg. gas, 375 deg. electric) for 25-30 minutes.

TOMATO FISH CROQUETTES

Sister K. Luha

12 oz. white fish, cooking fat for frying, crisp breadcrumbs, 4 oz. potatoes, parsley, seasoning, egg, tomato ketchup.

Method: Cook and mash potatoes. Steam and flake fish. Mix together and add salt and pepper to taste. Finely chop the parsley and add with 1 tablespoon tomato ketchup to the fish mixture. Mix thoroughly together and shape into small croquettes. Coat with egg and breadcrumbs and fry in hot fat till golden brown.

VEAL CASSEROLE

Miss J. Coghlan, Physio.

1 lb. veal fillets (very thin), 2 large potatoes, 1 bottle "cultured" sour cream.

Method: Peel and slice potatoes. Place in casserole in layers veal, then potato, cover with sour cream and repeat with sour cream on top. Bake in moderate oven 1½ hours.

VIENNA STEAKS (4 serves)

Anonymous

1½ lbs. minced steak, ½ teaspoon mixed spice, 1 egg (to bind), 1 tablespoon flour, 4 rashers bacon (finely minced), 1 small onion (finely minced), salt and pepper to taste, 2 tablespoons dripping.

Method: Mix steak, bacon, onion, spice and seasonings. Add egg and mix well. Shape into small patties, dip in flour and brown quickly in hot fat on both sides. Reduce heat and cook slowly for 20 minutes. Remove patties and place in warmed casserole. Make gravy with remainder of flour and beef stock. Add a large pinch mixed herbs. Cover patties with gravy and serve with creamed potatoes, buttered carrots sprinkled with parsley, and broccoli or brussel sprouts.

VEAL CHOP BAKE

Miss M. S. Ogden

4 veal chops, ¾" thick (trimmed), 1 tablespoon seasoned flour, 1 dessertspoon butter, 1 teaspoon salt, pinch pepper, 2 tablespoons tomato sauce or tomato paste, ½ teaspoon hot chilli sauce, 4 thin lemon slices, 4 thin onion slices, 4 rings green pepper, 16 ounce can tomatoes (drained), grated cheese (Parmesan).

Method: Heat butter in frying pan. Roll chops in seasoned flour and brown in the hot butter. Place the chops in a shallow oven-proof dish. Mix tomato paste and chilli sauce and spread over each chop, sprinkle with salt and pepper and top with a slice of lemon and an onion, then a ring of green pepper. Spoon over tomatoes. Cover and bake in a moderately hot oven for 1½-1¾ hours. Just before serving sprinkle with a little grated cheese and return to the oven until the cheese browns lightly.

Desserts and Puddings

APPLE CRUMBLE

Mrs. G. W. Houghton

1 lb. plain flour, $\frac{1}{2}$ lb. margarine or butter, $\frac{1}{2}$ lb. sugar.

Method: Rub butter and flour until breadcrumbs, add sugar, mix thoroughly put in screw top jar ready for use. Butter pie dish, peel and core 1 lb. apples. Dice and cover pie dish, add sugar to taste, add $\frac{3}{4}$ cup of water. Cover apples with shortbread mixture. Dot top with butter. Bake $\frac{1}{2}$ hour in moderate oven.

ALTERNATE TOPPING

1 tablespoon shortbread mixture, 1 tablespoon brown sugar, mix together and put over other mixture, dot with butter.

APPLE SPONGE

June Cross, Watchem

2 tablespoons butter, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ cup sugar, 2 cups S.R. flour, 2 eggs.

Method: Cream butter and sugar, add eggs and lastly flour. Place on top of stewed apples and either steam or bake.

APRICOT CREAM

Mrs. G. R. Davidson

1 lb. fresh apricots, $\frac{1}{2}$ pint double cream, castor sugar, almond essence, 1 oz. semolina.

Method: Put apricots in pan with $\frac{1}{2}$ pint water and stew gently for about 15 minutes or till cooked. Remove from heat and stone. Sweeten to taste. Then sieve or vitamise pulp. Return puree to pan and simmer, stir in semolina gradually and boil gently for 3-5 minutes. Leave till cold, add essence and more sugar if necessary. Fold in whipped cream and serve in glasses. Decorate with cherries on stems.

ALMOND APPLES

Miss B. J. Brown, Admin. Staff

2 large or 4 small cooking apples, 1 tablespoon cornflour, 1 egg yolk, 2 oz. sugar, 1 oz. breadcrumbs, 1 oz. butter, 1 oz. almonds.

Method: Peel and core apples. Chop almonds and mix with $\frac{1}{2}$ the sugar. Beat egg yolk with rest of sugar and stir in $\frac{1}{2}$ oz. breadcrumbs. Coat apples with this mixture. Put cornflour on a plate or in a paper bag and roll apples in this. Melt butter in an ovenproof dish, put in apples and fill up centres with almonds and sugar mixture. Sprinkle with the remaining $\frac{1}{2}$ oz. breadcrumbs and bake in a moderate oven until tender, about 45 minutes. This makes two good portions. Dried fruits may be substitute for the almonds if desired.

BECKIES PUDDING

Miss J. M. Langham

1 cup S.R. flour, 1 cup mixed fruit (more if desired), 1 cup (small) milk, $\frac{1}{2}$ cup sugar, lemon essence as desired, 1 teaspoon carb. soda, 1 tablespoon butter.

Method: Place butter and milk in saucepan. When butter melts mix all ingredients together. Steam 2 hours.

BOILED FRUIT PUDDING

R.N./Aide B. Bell, C.S.S.D.

1 cup plain flour (sifted), 1 pinch salt, $\frac{1}{2}$ cup sugar, 1 cup mixed fruit, 1 teaspoon spice, 1 teaspoon cinnamon.

Method: Put 1 cup milk and 1 tablespoon butter into a saucepan. Bring to the boil and stir in 1 teaspoon carb. soda. While still foaming, stir into dry ingredients, mixing well. Lastly add 1 dessertspoon vinegar. Put into greased steamer. Boil for 2 hours. Serve with custard sauce.

BANANA PUDDING Mrs. H. S. Trevenen, Bal't. Dist. Nrsg. Scty.

Note: NO flour, sugar, eggs or butter.

2 cups breadcrumbs, spice, 2 cups mixed fruit, 1 cup milk, 2 ripe mashed bananas, 1 level teaspoon carb. soda.

Method: Mix soda and milk then mix all ingredients together. Steam 3 hours.

BAKED COFFEE SOUFFLE

Mrs. S. Umlauf

1 tablespoon instant coffee, 1 tablespoon plain flour, $\frac{1}{2}$ teaspoon salt, 1 oz. butter, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ teaspoon vanilla, $\frac{3}{4}$ cup water, 3 eggs separated.

Method: Melt butter in saucepan, stir in flour, salt, coffee and water and mix until smooth. Stir over heat until thickened and remove from heat. Beat egg yolks and add sugar gradually, then add and stir in coffee mixture and vanilla. Beat egg whites stiff and fold into mixture. Bake in greased dish set in water in moderate oven about 45 minutes.

BAKED APPLE DUMPLINGS

Sister P. O'Keane

2 cups S.R. flour, $\frac{1}{2}$ teaspoon grated nutmeg, 2 apples peeled and cored, $\frac{1}{2}$ cup butter or 1 cup grated suet, $\frac{3}{4}$ cup milk.

Method: Rub butter into flour, mix to stiff dough with milk. Roll thin, cut into rounds. Place $\frac{1}{2}$ apple in each and wrap around well. Place in well buttered deep pie dish. Pour over syrup made with — $\frac{1}{2}$ cup golden syrup, juice of 1 lemon, 1 cup hot water or 1 small cup sugar, 1 cup milk, 1 tablespoon butter. Bake in moderate oven approximately $\frac{3}{4}$ hour.

BAKED ORANGE CREAM PUDDING

Mrs. L. Hartnell, Admin. Staff

1 tablespoon butter, $\frac{3}{4}$ cup sugar, beaten yolks of 2 eggs, 2 tablespoons S.R. flour, grated rind and juice of orange, 1 cup milk.

Method: Cream butter and sugar, then stir in S.R. flour, add juice and rind of orange, then egg yolks and milk. Lightly fold in the stiffly beaten egg whites. Pour into greased pie dish and stand in a dish of hot water. Bake in slow oven for 1 hour. Serve hot or cold with whipped cream.

CHEESE CAKE DESSERT

Sister L. Baker, C.S.S.D.

Crumb Crust — 1 cup sweet biscuit crumbs, 2 oz. butter (melted).

Filling — 8 oz. Philadelphia brand cream cheese, $\frac{1}{2}$ cup sugar, 1 dessertspoon lemon juice, $\frac{1}{2}$ teaspoon vanilla essence, pinch salt, 2 eggs.

Method: Crumb crust — Combine biscuit crumbs and melted butter; press into a buttered 8" pie plate. Chill. Filling — Beat cream cheese until smooth, gradually add sugar, lemon juice, vanilla essence, salt and eggs, beating constantly. Pour filling into prepared crumb crust, and bake in a slow oven (300 deg. gas, 325 deg. electric), for 40 minutes or until set. Cool, then chill in refrigerator for at least 2 hours. Decorate with whipped cream. (6-8 serves).

CHOCOLATE STEAM PUDDING

Marg. Milne, Watchem

3 oz. margarine, 3 oz. sugar, 1 egg, 5 oz. S.R. flour, 1 $\frac{1}{2}$ tablespoons cocoa, milk.

Method: Cream margarine and sugar. Add egg then flour and cocoa and mix with a little milk to nice consistency.

COFFEE CREME

Mrs. J. H. Pryor

$\frac{1}{2}$ cup sugar, $\frac{1}{2}$ pint cream, 2 oz. chopped toasted almonds, 1 sl. rounded dessertspoon gelatine, $\frac{1}{2}$ cup top of milk, 3 eggs, 2 tablespoons water, 2 teaspoons Nescafe, $\frac{1}{2}$ cup milk, 1 dessertspoon brandy, $\frac{1}{2}$ teaspoon vanilla.

Method: Place sugar, egg yolks and milk in saucepan and beat well. Cook over gentle heat (or in double saucepan) until mixture coats back of wooden spoon, stirring all the time. Melt the gelatine in water and add to egg mixture. Dissolve Nescafe in the top of the milk and add. Stir well and leave to cool and partly set (in refrigerator). Whip the cream and add vanilla and brandy then gently fold into the mixture. Whip egg whites stiffly and fold in. Chill in refrigerator for several hours till set. Decorate with whipped cream and toasted almonds.

CHARLOTTE RUSSE

D. R. Barker, B.B.H.

3 teaspoons gelatine, 3 tablespoons hot water, 8-10 lady sponge fingers, $\frac{1}{2}$ pint milk, $\frac{1}{3}$ rd cup sugar, $\frac{1}{2}$ pint strawberry jelly, $\frac{1}{2}$ pint cream, vanilla essence.

Method: Pour half of the strawberry jelly in a clean 8" or 9" cake tin, allow to set. Cut ends of lady fingers to make all same size, dip sides in remainder of strawberry liquid jelly and line round inside of cake tin. Dissolve gelatine in hot water, add to milk and sugar, stir until dissolved, add $\frac{1}{2}$ cup cream, vanilla. Whip the remainder of cream, fold into the mixture, pour into the prepared mould and chill. When required turn out onto a suitable dish. Can be decorated with piped whipped cream, fruits, etc.

CHRISTMAS PUDDING

Miss C. I. Langham

1 lb. sugar, $\frac{1}{2}$ lb. flour, 2 ozs. mixed peel (or more), 1 oz. almonds, $\frac{3}{4}$ lb. butter, 2 lbs. mixed fruit (or more), little nutmeg, and spice, 8 eggs, $\frac{3}{4}$ lb. breadcrumbs, juice of 1 lemon, little brandy or whisky.

Method: Beat butter and sugar to a cream, add eggs one at a time, then flour and fruit, lastly brandy or whisky. Boil 4 or 5 hours if divided into 2 or 3 puddings, if one pudding boil 7 or 8 hours.

CHRISTMAS PUDDING

Mrs. H. S. Trevenen

6 tablespoons plain flour, 3 tablespoons grated suet, 3 tablespoons sugar, nutmeg, spice and salt, 1 teaspoon carb. soda, 2 cups mixed fruit (or more), 1 cup milk.

Method: Put carb. soda into milk and mix all ingredients together well. Boil 5 to 6 hours.

CHOCOLATE PUFF

Miss J. Rankin

1 tablespoon butter, 1 tablespoon cocoa, $\frac{1}{2}$ teaspoon vanilla or almond essence, 1 tablespoon flour, $\frac{1}{2}$ cup sugar, 2 eggs, 1 cup milk.

Method: Cream butter and sugar. Add egg yolks and beat well. Add sifted cocoa and flour, then milk and vanilla. Lastly add in beaten egg whites. Pour into fire proof dish and stand in dish of hot water. Bake 1 hour in moderate oven.

CHOCOLATE MERINGUE PUDDING

Miss M. Duffy, Admin. Staff

2 ozs. breadcrumbs (1 small cup lightly filled), 1 oz. butter, $\frac{1}{2}$ pint milk, 2 teaspoons cocoa, 1 oz. sugar, 2 eggs.

Method: Mix sugar and cocoa, add to butter and milk, heat and pour over breadcrumbs in greased pie dish. Mix in egg yolks. Bake until set.

Make a meringue of egg whites and two tablespoons castor sugar. Pile on top of pudding, return to oven to brown.

FROZEN COFFEE DESSERT

Mrs. J. H. Begg

$1\frac{1}{2}$ cups crushed chocolate biscuit crumbs, 4 dessertspoons butter (melted), $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup sugar, 4 egg yolks, 1 oz. chocolate melted and cooled, 2 teaspoons instant coffee powder, $\frac{1}{2}$ teaspoon vanilla, 4 egg whites, $\frac{1}{4}$ cup sugar (for egg whites), whipped and sweetened cream for serving, walnut halves optional.

Method: Combine the crushed biscuit crumbs and melted butter, mixing thoroughly. Press $\frac{1}{2}$ this mixture into the base of a well greased and foil lined 9" square cake tin. Place in the refrigerator to set. Cream the butter and sugar until light and fluffy. Thoroughly beat in the egg yolks, melted chocolate, coffee powder and vanilla. In a separate bowl beat the egg whites until stiff peaks form and then gradually beat in the $\frac{1}{4}$ quarter cup sugar, beating until thick and glossy. Fold lightly but thoroughly into the chocolate mixture. Spread over the crust in the tin and then cover with the remaining crumb mixture. Place in the freezing section of the refrigerator and freeze for several hours or overnight. At serving time, cut in squares and top each with a swirl of whipped and sweetened cream and garnish with a walnut $\frac{1}{2}$ if liked. Makes nine serves.

JAM PUDDING

June Cross

Method: Beat together 1 tablespoon sugar and 1 tablespoon butter or marg. Add 2 tablespoons jam (any kind), then add $\frac{1}{2}$ cup of milk with 1 teaspoon of carb. soda dissolved in it, then 1 cup of flour and a pinch of salt. Steam $1\frac{1}{2}$ hours.

JAM PUDDING

Mrs. H. S. Trevenen

1 cup flour, 1 cup dark plum jam, salt, 1 cup breadcrumbs, 1 cup milk, $\frac{1}{2}$ cup dripping, 1 level teaspoon carb. soda.

Method: Rub dripping into flour. Mix soda and milk and mix all together. Steam $2\frac{1}{2}$ to 3 hours.

JAMAICAN FLUMMERY

Mrs. J. A. MacLeod

1 x 14 oz. can Carnation evaporated milk, $\frac{1}{2}$ cup sugar, 1 dessertspoon Nescafe, 1 dessertspoon gelatine dissolved in $\frac{1}{2}$ cup hot water, 2 ripe bananas, 1 tablespoon rum.

Method: Whip milk till stiff, add sugar and beat again. Mash bananas and beat in. Finally add gelatine dissolved with Nescafe, then 1 tablespoon rum. Leave in frig. to set.

KENTISH TART (1 egg recipe)

Miss J. Rankin

1 baked pastry case of short crust, 6 apples, $\frac{1}{2}$ cup water, 1 tablespoon coconut, 1 egg, 6 tablespoons sugar for apples, rind and juice of 1 lemon, 2 tablespoons sugar for egg white, pinch salt.

Method: Cook apple with sugar, then add egg yolk, lemon rind and juice. Pour into cooked case. Beat egg white and salt until stiff, add sugar gradually. Fold in coconut. Pile on top. Cook in slow oven until tips are slightly brown. Serve warm or cold with ice cream.

LEMON SELF SAUCE PUDDING

Miss J. Evans, Admin. Staff

1 cup self raising flour, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ level teaspoon salt, 1 teaspoon grated lemon rind, 2 tablespoons melted butter, $\frac{1}{2}$ teaspoon vanilla, $\frac{1}{2}$ cup of milk.

Sauce — $\frac{1}{2}$ cup sugar, 1 teaspoon grated lemon rind, 1 cup boiling water, $\frac{1}{2}$ cup lemon juice.

Method: Sift together the flour and salt. Add the sugar and grated lemon rind and mix well. Stir in the melted butter, vanilla and milk. Turn into a greased oven-proof dish with deep sides. Sprinkle with the sugar and lemon rind (in the sauce ingredients). Combine the boiling water and lemon juice, carefully pour over the mixture in the dish. Bake in a moderate oven, 350 deg. for 30-40 minutes. Serve warm. This pudding makes its own lemon sauce as it cooks.

LEMON PUDDING

Sister N. Derbyshire

1 cup sugar, 2 tablespoons cornflour, juice and grated rind of 1 lemon, 1 tablespoon butter, yolks of 2 eggs.

Method: Stir these ingredients to a cream, add 1 pint of boiling water and boil till thick. Pour into a dish. Beat the whites of the eggs to a stiff froth with a little sugar and a pinch of salt. Spread on top and lightly brown in the oven.

MILANAISE SOUFFLE

Mrs. S. T. H. H. Pilbeam

3 eggs, 5 ozs. water, $\frac{1}{2}$ pint cream chilled (or evaporated milk), 6 ozs. castor sugar, 2 tablespoons gelatine, 2 lemons.

Method: Put egg yolks, sugar, grated lemon rind and juice in basin, whisk over boiling water until thick. Dissolve gelatine in hot water, add to mixture and leave to cool. Half whip cream and add to mixture. Beat egg whites until stiff and add to mixture. Pour into mould. Decorate with whipped cream and cherries.

ORANGE CROWNS

Sister N. Derbyshire

6 oranges, 6 ozs. sugar, 2 ozs. blanched almonds, 4 ozs. butter, $\frac{1}{2}$ cup water.

Method: Peel oranges thickly, removing all the skin and pith. Cut oranges cross-wise in $\frac{1}{2}$ " slices and then put the slices, still in the shape of an orange, on individual serving plates. Put butter, sugar and water in a saucepan, boil without stirring until a rich brown sauce. Pour over the oranges and sprinkle with toasted blanched almonds. (Serves 6).

ORANGE FLUMMERY

Sister J. Eckersley

2 eggs, $\frac{1}{2}$ cup hot water, 2 oranges, 1 dessertspoon gelatine, 1 lemon, $\frac{3}{4}$ cup sugar.

Method: Beat egg yolks with sugar, add juice of oranges and lemon and hot water with gelatine dissolved in it. Beat egg whites stiff, fold into mixture and set in frig. Any stewed fruit may be used in the same quantities as hot water and juice, but needs to be rubbed through a sieve to make it fluffy. This recipe is very nice with bananas and passion fruit added.

PEARS ALASKA

Anonymous

Pears (tinned or stewed), ice cream, 2 egg whites, 2 tablespoons sugar.

Method: Drain juice from stewed or tinned pears. Cover bottom of casserole dish with fruit. Cover fruit with ice cream slices. Make meringue by beating 2 egg whites — slowly adding sugar while beating. Beat until meringue forms peak. Cover fruit and ice cream with mixture making sure that dish is completely covered. Place under a hot grill for 2 to 3 minutes until meringue is lightly browned. Serve with juice from fruit. Apricots, apples or peaches may be used instead of pears if desired.

PEPPERMINT DREAM CHANTILLY

Sister K. Edmonston

6 egg whites, 1 packet peppermint creams, 1 teaspoon vanilla, 9 ozs. castor sugar, 1 level teaspoon cornflour, 1 teaspoon white vinegar, pinch salt.

Method: Beat egg whites until they will not move in basin. Add sugar 1 spoonful at a time and beat until very stiff. Continue beating and add cornflour, vanilla and vinegar. Cover a large scone tray with greaseproof paper. Draw a 9" circle and a 7" circle on the paper. Cover these circles with the mixture to depth of 1". Bake in a cool oven until crisp and dry on the outside and marshmallow inside, approx. 1-1 $\frac{1}{4}$ hours (250 deg. electric, 225 deg. gas). When cooked slide pavlova and paper onto a cake cooler until cold, then peel off paper. Place 9" pavlova on a serving plate. Melt some peppermint creams over hot (not boiling) water then spread over 9" pavlova. When cold cover with freshly whipped cream. Place small pavlova on top. Pipe cream around base pavlova and decorate with halved peppermint creams.

PASSION FRUIT CHIFFON PIE

Miss J. Rankin

Cream — $\frac{1}{2}$ tablespoon butter, $\frac{3}{4}$ cup castor sugar; add — 1 dessertspoon lemon juice, 2 egg yolks, $\frac{1}{2}$ teaspoon lemon rind, 6 passion fruit or 1 small tin; add alternately — 2 tablespoons S.R. flour, 1 pinch salt, 1 cup milk; Fold in — 2 beaten egg whites.

Method: Pour into uncooked shortbread pastry case. Bake in moderate oven until firm — about 1 hour. Allow to become cold then cover and decorate with cream, coloured pale pink.

PINEAPPLE PIE

Sister I. Green, Ward 7

1 cooked 8" pastry shell. Bring to boil 1 15 oz. can of crushed pineapple. Blend together — $\frac{1}{2}$ cup cornflour, $\frac{1}{4}$ cup cold water, 2 egg yolks, and add to pineapple. Stir till thick, set aside. Place in second saucepan — 1 $\frac{1}{2}$ cups milk, $\frac{3}{4}$ cup sugar, pinch salt, and stir over low heat till sugar is dissolved. Blend $\frac{1}{4}$ cup cornflour in $\frac{1}{4}$ cup water, add to milk, stir till thick. Remove from stove, stir in 1 cup coconut, 1 tablespoon butter and vanilla to taste. Add this to the pineapple mixture. Spoon into cooked and cooled pastry shell. Make meringue with 2 beaten egg whites and 4 tablespoons sugar. Bake in moderate oven for about 15 minutes or until nicely browned.

PINEAPPLE SWEET

Miss J. M. Langham

1 tin crushed pineapple, $\frac{1}{2}$ cup sugar, juice of 1 lemon, 1 egg, 1 cup water.

Method: Put in saucepan and bring to the boil. Thicken with 2 tablespoons of cornflour mixed in a little water. Stir whilst thickening, add beaten egg yolk and stiffly beaten white of an egg. Leave to set or chill — serve with whipped cream.

PINEAPPLE TART

Mrs. J. McKay

1 tart shell either sweet biscuit pastry or flaky pastry. Filling — 2 eggs, 3 tablespoons sugar, $\frac{1}{2}$ teaspoon cinnamon, 1 teaspoon grated lemon rind, 15 ozs. can pineapple pieces (well drained), 2 ozs. melted butter.

Method: Beat yolks of 2 eggs with the sugar until thick and creamy. Add grated lemon rind and cinnamon, then add pineapple pieces well drained. Fold through the melted butter and finally the stiffly beaten whites of the two eggs. Put into the already baked pie case and bake $\frac{1}{2}$ hour until set in a moderate oven. Serve hot with cream or ice cream.

SOUFFLE VOLCANO (8 serves) Ronald I. Parker, Admin. Staff

1" x 8" single sponge cake, fresh strawberries to taste, 16 ozs. drained tinned peaches or any fruits desired, 12-16 ozs. ice cream, vanilla or neapolitan, 6 egg whites, 12 ozs. castor sugar, pinch salt.

Method: Cut sponge to make 2 equal halves, top and bottom. Place top half upside down, moisten with fruit juices or sweet sherry, place fruits evenly over same. Cut the other half sponge into 8 wedges ready for sides. Whip egg whites with pinch salt until firm, slowly add castor sugar to make meringue. Place 8 serves ice cream on top of fruits pyramid style covering this with the 8 wedges points upwards, press gently inwards to make a conical shape. Apply the meringue to cover, spreading evenly round with palette knife leaving enough for piping bag if decorating. Sprinkle with castor sugar and place in very hot oven for a few seconds, lift out as soon as it starts to colour. Now press half one of the egg shells into top of meringue to make small holder for drop of brandy or lemon essence to be poured into it. Light the liquor and serve immediately the flames have gone out. Ideal sweet for special occasions — but practice first.

STEAMED SELF SAUCING LEMON AND CHOCOLATE PUDDING

Mrs. J. McKay

1 egg, 1 tablespoon cocoa, $\frac{1}{2}$ cup brown sugar, 1 lemon, 2 ozs. butter, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ cup sugar, 1 cup S.R. flour, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon mixed spice.

Method: Break egg into greased basin in which pudding is to be cooked. Add juice of lemon and $\frac{1}{2}$ cup sugar. Beat until thick. In a separate bowl sift flour, salt, spice and cocoa. Rub in the butter, add brown sugar and mix well. Mix with the milk to a moist dough adding a little extra milk if necessary. Place dough on top of the lemon mixture. Cover securely and steam rapidly 1 hour. Turn out onto a hot serving dish. The lemon mixture forms a thick sauce and cover the pudding. Serve with cream or custard.

STEAMED PUDDING IN A HURRY

Dr. Heather Dick

Boil together for a few minutes 2 tablespoons butter, $\frac{1}{2}$ cup sugar, 1 cup milk, 1 cup raisins, 1 cup mixed peel, 1 teaspoon essence of lemon and a pinch of salt. Cool a little and add 1 teaspoon sodi bicarb. Add 1 cup S.R. flour sieved with 1 teaspoon mixed spice. Place in buttered pudding basin with lid and place in boiling water in pressure cooker. Cook for 15 minutes with pressure vent off and then cook under pressure for 15-20 minutes.

WOODSTOCK FAMILY PUDDING

Mrs. G. Leviston, Sewing Room

2 cups plain flour, 1 tablespoon dark plum jam, 1 tablespoon dripping melted in small cup of boiling water, 1 teaspoon soda dissolved in small cup of boiling water, 1 cup mixed fruit, $\frac{3}{4}$ cup sugar, 2 teaspoons mixed spice.

Method: Mix all together and steam 2 hours.

Cakes, Biscuits, Etc.

BOILED FRUIT CAKE

B. Bell, R.N./Aide

Put into saucepan: 1 cup cold water, 1 lb. mixed fruit, $\frac{1}{4}$ lb. butter, 1 cup sugar, 1 teaspoon spice, 1 teaspoon cinnamon.

Method: Bring to the boil, cool slightly, then add 1 teaspoon carb. soda. Add 2 well-beaten eggs. Lastly, 1 cup self-raising flour, and 1 cup plain flour (sifted). Put double thickness of brown paper in bottom of square or round tin. Bake in a moderate oven for $\frac{3}{4}$ -1 hour.

BUMBLE BEES

Mrs. R. J. Buchanan, "Mary-Helen" Aux.

$\frac{1}{2}$ tin condensed milk (sweetened), pkt. cherries (cut small), $\frac{1}{4}$ lb. dates, walnuts (or any other nut), $\frac{1}{2}$ cup coconut, $\frac{1}{4}$ lb. raisins.

Method: Mix together and place about 1 dessertspoonful on cold slide. Cook until set and golden brown.

BRAZIL NUT BISCUITS

Mrs. W. Sorrell

4 oz. butter, 1 heaped teaspoon ground ginger, 1 pkt. brazil nuts, 6 ozs. S.R. flour, 4 ozs. sugar, 1 tablespoon golden syrup.

Method: Cream butter and sugar, add syrup, flour and ginger, then nuts chopped in chunky bits. Bake 10-15 minutes on greased slide in heaped teaspoons.

BISCUITS

Miss J. M. Langham

4 ozs. butter, 4 ozs. castor sugar, 4 ozs. plain flour, 1 egg, 4 ozs. S.R. flour, vanilla.

Method: Mix usual way. Temperature of oven (gas 350 deg.), 20 minutes. The above mixture can be used as a basis — add coconut, cherries, currants as alternatives. Can be used as a short crust for pies also.

BROWN SPONGE ROLL

Marg. Milne

$1\frac{1}{2}$ cups sugar, 6 eggs, $1\frac{1}{2}$ cups flour, $\frac{3}{4}$ teaspoon baking soda, $1\frac{1}{2}$ teaspoons cream tartar, 3 teaspoons cocoa, $\frac{3}{4}$ cup boiling water.

Method: Bake 20 minutes.

BANANA CAKE

Marg. McNabb

1 cup sugar, 2 eggs, $\frac{1}{4}$ cup cornflour, $1\frac{1}{4}$ cups S.R. flour, 3 tablespoons hot milk, $\frac{1}{4}$ lb. butter, 3 bananas, 1 small teaspoon carb. soda, vanilla.

Method: Cream butter and sugar. Add mashed bananas and add eggs to mixture then sifted flour, hot milk to which soda has been dissolved, add vanilla. 20-25 minutes.

BOSTON BUN

Sister I. Green

1 cup mashed potato (no milk added), 1 cup milk, pinch salt, 1 cup mixed fruit, vanilla, 1 cup sugar, 2 cups S.R. flour.

Method: Cream potato and sugar. Add the sifted flour and salt, then the milk, vanilla and mixed fruit. Mix well. Divide mixture into two well greased sponge tins and bake in moderate oven about $\frac{3}{4}$ hour. Turn onto wire cooler and when cold ice with vanilla icing and sprinkle with coconut.

CARAMEL FINGERS

Mrs. B. Shore, B.B.H.

$\frac{1}{4}$ lb. butter, $\frac{3}{4}$ cup chopped walnuts, 1 cup brown sugar, $\frac{3}{4}$ cup chopped dates, 1 cup S.R. flour, 1 egg, few drops vanilla essence.

Method: Melt butter and brown sugar, then add egg well beaten, flour, walnuts, dates and essence. Bake in flat tin 20-30 minutes. Leave in tin to cool. Ice with chocolate icing. Sprinkle with chopped walnut and cut into fingers.

GOOD LARGE CHRISTMAS CAKE

Miss M. K. Must

4 cups plain flour, 2 cups sugar, $1\frac{1}{2}$ cups dates, 4 eggs, 2 teaspoons lemon, 1 cup brandy or rum, 4 teaspoons baking soda, 4 cups sultanas, $1\frac{1}{2}$ cups prunes, 2 cups boiling milk, 1 grated carrot, 1 lb. butter, 4 cups currants, $\frac{1}{2}$ lb. mixed peel, 2 teaspoons vanilla, chopped nuts if desired.

Method: Soak fruit and nuts in 1 cup brandy or rum for 24 hours. Mix sugar with flour and rub in butter. Add fruit, essence and carrot. Beat up eggs and add to boiling milk (do not let boil after eggs are added). Mix well. Mixture is very fluffy but do not add more flour. Bake in 1 large or 2 small tins in slow oven for $3\frac{1}{2}$ -4 hours.

CHRISTMAS CAKE (Well Tried)

June Cross

$1\frac{1}{2}$ lbs. flour, 1 teaspoon baking soda, 2 small teaspoons cream tartar, 1 lb. each butter, brown sugar, stoned raisins, currants, sultanas, $\frac{1}{2}$ lb. crystallized cherries or dates, $\frac{1}{4}$ lb. almonds (blanched and chopped), $\frac{1}{4}$ peel, $\frac{1}{2}$ teaspoon spice, small cup brandy, 8 eggs.

Method: Cream butter and sugar, add eggs 1 at a time, then the floured fruit, lastly flour, brandy and about $\frac{1}{2}$ cup milk. Line a wide tin with 2 or 3 thicknesses of white paper and bake 4 hours.

CHRISTMAS CAKE

Sister I. Green

8 ozs. plain flour, 4 eggs, 8 ozs. castor sugar, 3 ozs. mixed peel, 4 ozs. shelled almonds, 1 tablespoon boiling water, 2 ozs. S.R. flour, 8 ozs. butter, 2 lbs. mixed fruit, 2 teaspoons brandy, $1\frac{1}{3}$ rd teaspoons treacle, $1\frac{1}{3}$ rd teaspoon salt, $1\frac{1}{3}$ rd teaspoon cinnamon, $1\frac{1}{3}$ rd teaspoon mixed spice, $1\frac{1}{3}$ rd teaspoon grated nutmeg, $\frac{1}{4}$ teaspoon carb. soda.

Method: Beat butter and sugar to a cream, add beaten eggs, prepared fruit etc., then sifted dry ingredients. Lastly add brandy, treacle and the carb. soda dissolved in the boiling water. Put into prepared tin and bake in slow oven $3\frac{1}{2}$ -4 hours.

CLOVE SPONGE

Mrs. B. Shore

1 teaspoon cloves, 1 teaspoon cinnamon, 1 level tablespoon golden syrup, $\frac{1}{2}$ cup castor sugar, $\frac{3}{4}$ cup S.R. flour, 4 eggs.

Method: Beat egg whites till stiff. Add castor sugar and beat, then add egg yolks. Sift cloves and cinnamon with flour, fold into mixture. Fold in warmed golden syrup. Bake in oven (350 deg. gas) for 15 minutes.

CHERRY NUT SLICE

Mrs. G. Leviston

2 ozs. S.R. flour, 4 ozs. butter, 1 dessertspoon golden syrup, 6 ozs. plain flour, 1 cup mixed fruit, 4 ozs. sugar, 1 egg.

Method: Cream butter and sugar, add golden syrup, then fruit and flour. Place in greased slice tin and sprinkle with chopped walnuts and cherries.

CHEESE CAKE

Dr. Joan Bradley

3×4 oz. pkts. Philadelphia cream cheese, 1 egg, 6 ozs. wholemeal biscuits, $\frac{1}{2}$ teaspoon vanilla essence, 3 ozs. melted butter, $\frac{1}{2}$ cup sugar.

Method: Crumb biscuits, melt butter add to biscuits and press on bottom and side of 8" round pan. Cream cheese and sugar together, add egg, then vanilla. Pour mixture into 8" greased tin and bake 30 minutes (275-300 deg.) Leave in oven until cool. Top with whipped cream, sprinkle with nutmeg.

CHEESE CAKE (Refrigerated)

Miss J. Coghlan

1 pkt. Nice biscuits, 2×4 oz. pkts. cream cheese, $\frac{1}{4}$ lb. butter, $\frac{1}{2}$ cup lemon juice, 1 can Nestles condensed milk, 1 teaspoon vanilla.

Biscuit pastry — crumb biscuits, melt butter in saucepan and mix in crumbs stirring till all butter is absorbed. Tip into spring tin, press on bottom and side. Chill $\frac{1}{2}$ hour in fridg. Filling — Cream cheese and add condensed milk, beat till creamy. Add lemon juice and vanilla.

Method: Pour filling into pastry case and chill 3 hours in fridg. Before serving top with jellied fruit, cherries, crushed pineapple or fresh strawberries.

CHOCOLATE CHERRY SQUARES

Josephine Munday

1 egg, $\frac{3}{4}$ lb. cooking chocolate, $\frac{1}{4}$ lb. coconut, $\frac{1}{4}$ lb. castor sugar, $\frac{1}{4}$ lb. chopped glace cherries.

Method: Melt chocolate in a bowl over hot water, then pour into a very lightly greased shallow tin, spreading evenly. Allow to cool. Mix coconut, sugar, and chopped cherries. Bind together with beaten egg. Spread over chocolate. Bake in moderate oven for 15-20 minutes. Cut into squares when cold.

CHOCOLATE FUDGE CAKE

Mrs. I. Carrigg, Kitchen

$\frac{1}{4}$ lb. butter, 1 egg, $\frac{1}{2}$ teaspoon soda, $\frac{1}{4}$ cup hot water, 1 cup sugar, pinch salt, $1\frac{1}{2}$ cup plain flour, 2 teaspoons cocoa, $\frac{1}{2}$ cup milk, 1 teaspoon cream of tartar.

Method: Cream butter and sugar, add cocoa and egg, beat well, add pinch salt. Add gradually milk with soda dissolved in it, then add flour and cream of tartar sifted together. Lastly beat in hot water. Bake in moderate oven $\frac{1}{2}$ - $\frac{3}{4}$ hour. (This cake must be made as given).

CURRY AND BACON SCONES

Chef L. J. Wren

1 lb. S.R. flour, 1 teaspoon salt, 4 ozs. bacon cut into small pieces, 2 ozs. margarine or butter, $\frac{1}{2}$ pint milk, $\frac{1}{2}$ oz. curry powder.

Method: Rub margarine or butter into sifted flour and salt. Add enough milk to make a soft dough. Roll out to $\frac{3}{8}$ ths" thickness, wash over with milk and sprinkle with curry powder and bacon pieces. Cut into $1\frac{1}{2}$ " strips and roll each of these strips into rolls $1\frac{1}{2}$ " across. Stand on greased oven trays and cut each roll into quarters halfway through. Brush with milk and bake at 450 deg. for 12 minutes.

COCONUT BISCUITS

Sister J. Eckersley

5 ozs. butter, $1\frac{1}{2}$ cups S.R. flour, 1 cup chopped dates and nuts and cherries, $\frac{3}{4}$ cup sugar (4 ozs.), 1 tablespoon coconut, 1 egg, vanilla essence to taste.

Method: Cream butter and sugar, add egg well beaten, then add other ingredients and mix well. Dip teaspoons of the mixture in coconut and bake in a moderate oven on the oven slide.

COCONUT CRISPS (Biscuits)

Mrs. G. Leviston

1 cup coconut, $\frac{1}{4}$ lb. butter or margarine, $\frac{3}{4}$ cup sugar, 1 egg, 1 ample cup S.R. flour.

Method: Mix coconut, sugar and S.R. flour together. Melt butter or margarine and stir into dry ingredients with well beaten egg. Bake in moderate oven about 10 minutes.

COCONUT FINGERS

Mrs. G. Leviston

1 cup S.R. flour, $\frac{1}{4}$ lb. butter, 1 cup coconut, $\frac{1}{2}$ cup sugar.

Method: Mix dry ingredients with melted butter. Press into greased slice tin and bake in slow oven 15 minutes. Ice with lemon icing while still warm. Cut into fingers when cold.

CURRENT LOAF

Mrs. P. Foord, "Mary-Helen" Aux.

1 cup currants (or sultanas), 2 cups S.R. flour, 1 small cup sugar, 1 pinch salt, 1 cup cold black tea.

Method: Mix currants, sugar and black tea together and stand for 2-3 hours. Then add S.R. flour, and salt, mix well. Bake in loaf tin 8" x 4" in moderate oven, 350 deg., for about 1 hour. Serve sliced and buttered.

DATE LOAF

June Cross

1 tablespoon butter, $\frac{1}{2}$ cup sugar, 1 cup dates (chopped), 1 cup boiling water, 1 cup plain flour, 1 cup S.R. flour, pinch salt, 1 teaspoon carb. soda.

Method: Put first 3 ingredients into basin, pour boiling water and soda over and add sifted ingredients. Bake in loaf tin in moderate oven. When cold cut in slices, spread with butter.

DATE Dainties

Mrs. G. Leviston

$1\frac{1}{2}$ cups flour, pinch salt, $\frac{1}{4}$ lb. dates cut small, 1 teaspoon cream of tartar, 1 teaspoon carb. soda, walnuts, $\frac{1}{4}$ lb. butter, 1 cup sugar, 2 eggs.

Method: Sift flour and powders, add sugar, rub in butter. Beat eggs and add to mixture, then add dates and nuts, mix well. Place in dessertspoons on buttered slide. Bake in moderate oven 10 minutes.

DATE AND GINGER LOAF Mrs. M. Segrave, "Mary-Helen" Aux.

1 large cup of dates, $\frac{1}{2}$ cup brown sugar, 3 large tablespoons shortening, margarine or butter, one teaspoon (level) of carbonate of soda.

Method: Place in a saucepan, cover with 1 large cup of hot water. Melt on stove until dates are soft. Let cool, then beat in 1 egg and 1 teaspoon of vanilla essence, sift in $1\frac{3}{4}$ large cups of self-raising flour, pinch of salt, adding 1 oz. chopped walnuts, 1 oz. preserved ginger; mix well. Pour into long greased loaf tin. Bake in moderate oven from 30-35 minutes.

DELICATE LEMON CAKE (moist and very nice) Miss J. Rankin

1 cup sugar, 2 ozs. margarine, finely grated rind of 1 lemon, 2 eggs, $\frac{1}{2}$ cup milk, 2 ozs. butter, $1\frac{1}{2}$ cups S.R. flour.

Method: Sift flour and combine with sugar and lemon rind. Add melted butter and margarine, eggs and milk. Beat well for 5 minutes, then turn into prepared tin and bake about 40 minutes in a moderate oven. Ice with lemon icing and sprinkle with chopped angelica. Orange can be used instead of lemon.

EASTERN CHOCOLATE CAKE

Miss M. K. Must

4 heaped teaspoons cocoa, 2 cups S.R. flour, 1 cup strong black coffee, 1 teaspoon vanilla, 4 ozs. melted butter with cocoa, $\frac{1}{2}$ teaspoon spice, 1 cup sugar, 2 eggs, $\frac{1}{2}$ cup milk, 1 teaspoon cinnamon.

Method: Sift flour into basin, add other ingredients leaving melted butter and cocoa until last. If the eggs are small add a little more milk. Mix 3 minutes and bake in 1 cake tin in moderate oven. When cool slice in half and fill with cream. Ice and sprinkle with cinnamon.

ECONOMICAL FRUIT CAKE

Mrs. J. McKay

6 ozs. margarine or butter, 3 ozs. S.R. flour, 6 ozs. plain flour, 10 ozs. or up to $1\frac{1}{2}$ lbs. mixed fruit (no dates), 6 ozs. sugar, pinch salt, pinch nutmeg, 3 eggs, $1\frac{1}{3}$ rd cup milk, $7\frac{1}{2}$ " round cake tin.

Method: Mix butter and sugar (not too much), add small drop of milk and about $\frac{1}{4}$ cup pre-sifted flour. Mix until light (by hand), add egg, flour, milk and flour gradually, then fruit. Bake in a hot, then slow oven, $1\frac{1}{2}$ hours. Test after 1 hour. It is necessary to follow instructions for the mixing of this cake for the best result.

GINGER SHORTBREAD

Mrs. W. N. Etheridge

6 ozs. butter, $\frac{1}{2}$ teaspoon baking powder, 4 ozs. sugar, 1 teaspoon ginger, 8 ozs. flour.

Method: Cream butter and sugar, add flour mixture. Knead, and roll thinner than shortbread. Bake 15-20 minutes in moderate oven. Icing — 2 ozs. butter, 4 ozs. icing sugar, 1 teaspoon ginger, 1 teaspoon golden syrup. Mix together and spread on warm biscuit mixture and cut into squares.

GINGER NUTS

Mrs. J. A. MacLeod

4 ozs. margarine, 1 cup sugar, 1 egg, 2 cups S.R. flour, pinch salt, 2 tablespoons golden syrup, 2 teaspoons powdered ginger.

Method: Melt margarine, sugar and golden syrup. Cool slightly. Add egg and stir in. Add flour sifted with salt and ginger. Mix well. Put in teaspoons on cold greased tray. Allow to spread. Cook at 350 deg. till golden brown.

GINGER FLUFF

Marg. Milne

Beat for 20 minutes 4 eggs and $\frac{3}{4}$ cup sugar. Then sift and add $\frac{1}{2}$ cup arrowroot or cornflour, 2 dessertspoons plain flour, 2 teaspoons cinnamon, 2 teaspoons ginger, 1 teaspoon cocoa, 1 teaspoon cream of tartar, $\frac{1}{2}$ teaspoon carb. soda. Mix all together and lastly add 1 dessertspoon golden syrup.

GINGER CAKE

Mrs. K. Edmonston

$\frac{1}{2}$ lb. butter, 2 eggs, 1 dessertspoon ground ginger, $\frac{1}{2}$ dessertspoon carb. soda in 1 tablespoon boiling water, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup cold water, $\frac{1}{2}$ cup golden syrup, 7 ozs. plain flour, 2 teaspoons cinnamon.

Method: Cream butter and sugar, add eggs, golden syrup. Sift flour, ginger, cinnamon and add to mixture, then water and lastly soda. Cook in moderate oven for $\frac{1}{2}$ - $\frac{3}{4}$ hour.

GOLF BALLS

Mrs. I. Carrigg

$\frac{1}{2}$ lb. malt biscuits (old fashioned), 1 cup coconut, 3 dessertspoons cocoa, 1 tin condensed milk (sweetened).

Method: Crush biscuits, add cocoa, coconut, pour on condensed milk. Mix well, roll into small balls and roll in coconut, set in fridge.

HEDGEHOG SLICE Mrs. C. Mayne, Bal't. Trained Nurses' League

$\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. malt biscuits, $\frac{1}{2}$ cup coconut, 1 tablespoon cocoa, 1 egg, $\frac{1}{2}$ lb. sugar, vanilla.

Method: Melt together butter, sugar, cocoa, vanilla. When melted add beaten egg. Stir while bringing to the boil. Boil for 3 minutes. Take off heat. Break biscuits into small pieces and add to the mixture. Add coconut and mix well. Press into slab tin. Ice when cold, sprinkle with coconut.

HONEY CORNFLAKES

Marg. Milne

5 cups cornflakes, 3 dessertspoons butter, 2 tablespoons castor sugar, 1 tablespoon honey.

Method: Dissolve honey butter and sugar. Mix with cornflakes and cook for 5 minutes.

JAM CAKE

Marg. Milne

$\frac{1}{2}$ cup butter, 1 cup sugar, 3 eggs, $\frac{1}{2}$ cup milk, 1 cup S.R. flour, 1 cup plain flour, 1 pkt. mixed fruit, 1 tablespoon vinegar, 1 tablespoon raspberry jam.

Method: Cream butter and sugar, add eggs, milk, flours, then jam fruit and vinegar.

JUMPING JOHNNIES

Sister N. Derbyshire

Make a batter by beating together 3 eggs and $2\frac{1}{2}$ tablespoons of sugar. Add grated rind of lemon, $\frac{1}{2}$ cup milk and $2\frac{1}{2}$ cups S.R. flour. Fry $\frac{1}{2}$ tablespoon of batter in plenty of boiling fat and when cooked roll in cinnamon and sugar. The Johnnies should turn over themselves when cooked on one side if there be enough fat.

KELLOGGS BISCUITS

Mrs. G. Leviston

$\frac{1}{2}$ lb. butter, 1 cup S.R. flour, $\frac{1}{4}$ teaspoon vanilla. 1 egg, a little milk, $\frac{3}{4}$ cup sugar, walnuts and dates as desired.

Method: Cream butter and sugar, add egg, flour, nuts, dates and a little milk if needed. Roll heaped teaspoons in Kellogg's cornflakes. Bake in moderate oven about 15 minutes. Allow to cool and set on oven slide.

LAMINGTON CAKE

June Cross

4 ozs. shortening, 4 ozs. sugar, approx. $\frac{1}{4}$ pint milk, 2 eggs, 8 ozs. S.R. flour, essence.

Method: Cream shortening and sugar, add eggs 1 at a time, add flour and milk alternately, flavour and bake in oblong tin, greased well. 30-40 minutes.

LEMON SLICE (no bake)

Sister I. Green

6 ozs. copha, 3 ozs. lemon juice, $\frac{1}{2}$ lb. Morning Coffee biscuits, 1 tin condensed milk, 1 dessertspoon grated lemon rind, 2 cups coconut.

Method: Place half of biscuits flat in swiss roll tin. Melt copha till luke warm. In bowl put condensed milk, coconut and rind, stir well then add copha and lemon juice, blend well. Spread mixture over biscuits, cover with a layer of biscuits and ice with lemon icing. Set in fridge. and then cut into squares or fingers.

LEMON TEA CAKE

Mrs. P. Foord

$\frac{1}{2}$ cup sugar, 2 ozs. butter or margarine, 1 tablespoon chopped walnuts, 1 cup S.R. flour, 1 egg, pinch salt, little milk.

Filling — 1 dessertspoon lemon rind, 1 egg beaten, 3 tablespoons lemon juice, 4 ozs. sugar, 2 ozs. butter or margarine.

Method: Sift dry ingredients into basin, rub in the butter (or margarine). Beat egg well and add 1 or 2 tablespoons milk and mix into dry ingredients to give a soft dough. Spoon half the mixture into a 7" sandwich tin. Filling — combine all filling ingredients in a saucepan. Stir and cook till mixture thickens. Spoon hot filling over mixture in tin. Spoon small heaps of remaining mixture over filling and sprinkle with chopped walnuts. Bake 350 deg. for 40-45 minutes.

LITTLE CAKES

Marg. Milne

Place 2 eggs in a cup and fill with cream. Beat $\frac{3}{4}$ cup sugar and vanilla with the egg and cream mixture. Then mix in 6 ozs. S.R. flour. Place in patty pans and cook in hot oven.

LITTLE CHOCOLATE CAKES

Marg. Milne

1 cup sugar, $1\frac{1}{2}$ cups S.R. flour, 1 egg, $\frac{1}{2}$ cup milk, 3 tablespoons cocoa, $\frac{1}{2}$ cup melted margarine, $\frac{1}{4}$ cup boiling water.

Method: Mix all together and cook in very hot oven. This mixture is a very runny consistency.

LITTLE FRUIT CAKES

Lady Nicholson

$\frac{1}{2}$ lb. butter, 4 ozs. sugar, 1 egg, $\frac{1}{4}$ pint milk, 10 ozs. flour, $\frac{3}{4}$ teaspoon baking powder, 3 ozs. sultanas, 3 ozs. currants, 1 oz. peel, 1 teaspoon nutmeg, 1 teaspoon mixed spice, $\frac{3}{4}$ tablespoon vinegar.

Method: Cream butter and sugar, add egg, flour sifted with other dry ingredients, milk and vinegar, and fruit. Drop in teaspoonsful onto tray and bake for 12-15 minutes, Gas Regulo 5.

MAORI KISSES

Mrs. I. Carrigg

3 tablespoons butter, 1 cup dates, 2 tablespoons hot water, 4 tablespoons sugar, $\frac{1}{2}$ cup walnuts, 1 tablespoon cocoa, 1 cup S.R. flour.

Method: Melt butter and sugar, add cocoa dissolved in hot water, then dates etc., and lastly flour. Put on cold slide, moderate oven, 10-15 minutes.

NUTTIES

Marg. McNabb

3 ozs. butter, 3 ozs. sugar, 6 ozs. plain flour, 1 egg, 4 ozs. dates, 4 ozs. sultanas or raisins, 2 ozs. walnuts, 1 teaspoon soda, 1 tablespoon water.

Method: Cream butter and sugar, add egg, then flour and finely chopped fruit and nuts. Mix well and add soda dissolved in tablespoon boiling water. Put on greased tray in teaspoonsful and bake.

NUTTIES

Mrs. I. Carrigg

1 cup S.R. flour, 1 cup rolled oats, 2 tablespoons golden syrup, 1 cup sugar, $\frac{1}{2}$ lb. margarine, 1 cup coconut, 2 tablespoons boiling water, $\frac{1}{2}$ teaspoon carb. soda.

Method: Melt margarine with golden syrup, add boiling water and soda. Pour onto dry ingredients. Mix well. Drop by teaspoon on to greased tray. Bake in moderate oven.

OATMEAL BISCUITS

Miss C. I. Langham

4 ozs. S.R. flour, 3 ozs. sugar, $\frac{1}{2}$ teaspoon salt, 3 ozs. butter, or margarine, 3 ozs. flaked oatmeal, 1 egg.

Method: Sift flour and salt, rub in butter (or margarine), add oatmeal and sugar. Mix into firm dough with beaten egg. Knead slightly, roll out into thin sheet, cut into biscuit shapes. Place biscuits on greased tray. Bake in moderate oven 10-15 minutes.

ORANGE CREAM KISSES

Charles Fream

3 egg whites, 1 cup granulated sugar, 1 teaspoon vinegar, $\frac{1}{2}$ teaspoon vanilla.

Method: Start beating egg whites slowly, then increase speed and beat until stiff, but not dry. Add sugar gradually, beating constantly. Add vinegar and vanilla, beat well. Drop from teaspoon onto baking sheet (covered with unglazed paper) about 1" apart. Bake in a very slow oven (200 deg.) for 20-30 minutes. Filling — 2 tablespoons butter, 1 teaspoon grated orange rind, $\frac{1}{3}$ rd cup tightly packed icing sugar, 1 teaspoon orange juice. Cream butter, blend in sugar thoroughly, stir in rind and juice. Cream meringues after baking and put 2 together, with orange cream filling.

PAYLOVA

Marg. Milne

Beat 4 egg whites very stiff then add 3 tablespoons sugar. Beat again till stiff then add 3 more tablespoons sugar and beat very stiff. Add 1 teaspoon vanilla and vinegar and beat.

Method: Have ready a sponge tin turned upside down and covered with piece of damp brown paper. Bake slowly for an hour to an hour and a half.

PEANUT BISCUITS

Mrs. K. Walker, Learmonth

$\frac{1}{2}$ lb. butter (or margarine), 1 egg, 1 cup S.R. flour, 1 cup brown sugar, 2 heaped teaspoons cocoa, 1 cup shelled peanuts, with brown skins on.

Method: Melt butter, sugar and cocoa in saucepan, cool slightly and add beaten egg. Add this to sifted flour and nuts. Drop onto greased slide and bake in moderate oven 20-25 minutes.

PINEAPPLE MARSHMALLOW SLICE

Miss B. Bell

1 tablespoon butter, 1 tablespoon sugar, 1 egg, $\frac{3}{4}$ cup plain flour, $\frac{1}{2}$ cup self-raising flour, 1 small tin crushed pineapple.

Method: Mix pastry in usual way, roll out, and line swiss roll tin and bake. Filling — bring to boil 1 cup pineapple juice with $\frac{1}{2}$ cup sugar, 1 dessertspoon butter, 1 teaspoon gelatine, and thicken with 1 dessertspoon cornflour and 1 dessertspoon custard powder. Then add half of the crushed pineapple. Spread on the pastry. Marshmallow — 1 cup water, 1 cup sugar, 1 tablespoon gelatine. Boil 5 minutes, let cool. Then beat till thick. Add vanilla and a squeeze of lemon juice. Put on top of filling. Sprinkle with coconut, allow to set before cutting out squares.

PINEAPPLE, CHEESE AND NUT LOAF

Mrs. D. R. Barker

2 cups S.R. flour, $\frac{3}{4}$ cup sugar, 1 cup tinned crushed pineapple drained, 1 egg (beaten), 2 tablespoons melted butter, $\frac{1}{2}$ cup shredded cheese, $\frac{1}{2}$ cup chopped walnuts.

Method: Sift flour and sugar, add pineapple, beaten egg, melted butter and stir well, mix in cheese and nuts. Place into well greased loaf pan, lined on bottom with paper. Bake moderate oven (350 deg.) approx. 55-60 minutes. Served sliced and buttered.

PUMPKIN FRUIT CAKE

Mrs. G. Leviston

2 eggs, 1 pkt. mixed fruit, 1 cup sugar, 1 pkt. O-so-lite pastry mix, 1 cup mashed pumpkin.

Method: Beat eggs, sugar and mashed pumpkin together, add mixed fruit and pastry mix, mix well. Bake in moderate oven $1\frac{1}{2}$ hours.

RAISIN SLICE

Mrs. K. Walker

4 ozs. butter (or margarine), 1 lb. raisins, 1 cup brown sugar, 2 cups S.R. flour, 2 eggs, cherries, nuts, ginger.

Method: Cream butter and sugar, add eggs and beat well. Add raisins and flour sifted. Press into tins, cover with chopped cherries, nuts and ginger. Bake in a moderate oven 20-25 minutes. Allow to cool and cut in slices.

SHORTBREAD

Mrs. R. P. Strickland

1 lb. plain flour, instead of all flour put 2 or 3 ozs. maizena, $\frac{1}{2}$ lb. butter, $\frac{1}{4}$ lb. castor sugar.

Method: Mix all ingredients together, press or roll on a board, cut into shapes and pinch edges, prick with a fork. Bake in a moderate oven until it just turns colour, about half an hour.

SWISS BISCUITS

June Cross

6 ozs. butter, 8 ozs. plain flour, 2 ozs. icing sugar, vanilla.

Method: Cream butter and icing sugar. Add flour and vanilla. Place on greased tray with biscuit forcer and bake 10 to 15 minutes in moderate oven. These biscuits will not take a hot oven.

SIMPLICITY CHOCOLATE CAKE

Marg. McNabb

3 tablespoons butter, 1 cup sugar, 2 level tablespoons cocoa, $\frac{1}{2}$ cup milk, 1 cup S.R. flour, 2 eggs, $\frac{1}{2}$ teaspoon vanilla.

Method: Melt butter, put all other ingredients into a large basin and pour melted butter over them, beat really hard for 3 minutes and pour mixture into prepared tin (8" tin or ring tin will do nicely). Bake 30-40 minutes in moderate oven.

SCOTCH SHORTBREAD

Charles Fream

2 cups plain flour, 1 cup butter, $\frac{1}{2}$ cup sugar (castor).

Method: Cream butter thoroughly. Blend in sugar gradually. Add flour gradually, then knead to blend well. Roll out $\frac{1}{4}$ " thick on floured surface. Prick or press any desired design on top. Cut into squares 2" x 2". Place on ungreased baking sheets $\frac{1}{2}$ " apart. Bake in moderate oven (350 deg.) for 18 to 20 minutes to a delicate golden colour. Cool on cake racks. Makes about 3 dozen.

SOUTH HAMPTON BUNS

Sister L. Baker

$\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ lb. self-raising flour, 1 large egg, $\frac{1}{2}$ cup currants.

Method: Cream butter and sugar, add egg, then flour and currants. Mix to a stiff mixture. Roll about 1 teaspoonful into a ball, dip top into a saucer of milk, then a saucer of sugar. Bake about 15-20 minutes in a moderate oven. Makes approx. 30.

SULTANA CAKE

Mrs. G. R. Davidson

Place 1 lb. sultanas in bowl with cup of boiling water and teaspoon carb. soda, all night. Cream $\frac{1}{2}$ lb. butter and $\frac{1}{2}$ lb. sugar, add 3 eggs and beat well. Add salt and little nutmeg, $\frac{3}{4}$ lb. sifted plain flour and soaked sultanas. Cook in 8" tin for 2 hours. Start 450 deg. and then 300 deg.

VANILLA MACAROONS

Mrs. R. J. Buchanan

3 ozs. butter, 1 tablespoon milk, 4 ozs. castor sugar, 6 ozs. S.R. flour, 1 egg, vanilla, almonds.

Method: Beat butter and sugar, add egg, milk, flour. 1 teaspoonful on cool slide, plain almond on top of each.

WALNUT BREAD (Charles Fream's favourite) Mrs. W. C. Fream

2½ cups S.R. flour, 1 cup milk, 1 egg beaten, ½ cup sugar, ½ teaspoon salt, 1 cup chopped walnuts.

Method: Sift flour and mix with salt and sugar. Combine well beaten egg and milk and add all at once to dry ingredients, stirring quickly until flour is all dampened, but not until smooth. Quickly fold in the nuts, just enough to distribute. Turn into greased loaf pan (8" x 4" x 2½") pushing well into corners. To prevent a crack from forming on loaf, cover with a second pan of the same size and bake in a slow oven (300 deg.) for 20 minutes. Then remove top pan and increase heat to 375 deg. and bake 25-30 minutes or until browned. Sultanas may be used instead of walnuts.

WALNUT CAKE

Mrs. D. R. Barker

3 eggs, pinch salt, vanilla essence, 5 ozs. butter or margarine, 6 ozs. sugar, 8 ozs. S.R. flour, ¾ cup milk, 4 ozs. walnuts (chopped).

Method: Cream sugar and butter, add eggs 1 at a time, beat well. Add milk, essence, then flour and salt, then walnuts. Bake 35-45 minutes moderate oven (350 deg.). Water ice top, sprinkle with chopped walnuts.

YO-YO BISCUITS

Sister K. Luha

2 ozs. custard powder, 2 ozs. icing sugar, 6 ozs. butter, 6 ozs. plain flour.

Method: Cream butter and sugar, add sifted dry ingredients and mix to a stiff dough. Roll into small balls, place on greased tray and flatten with back of a fork. Bake in very moderate oven. When cool put together with jam or icing sugar.

YUM-YUM CAKE

Mrs. S. T. H. H. Pilbeam

Base — 2 ozs. brown sugar, 6 ozs. S.R. flour, 2 egg yolks, 1 teaspoon vanilla, 3 ozs. margarine.

Cream margarine and sugar, add beaten egg yolks, flour and lastly vanilla. Spread over base of greased swiss roll tin.

Topping — 4 ozs. castor sugar, 1 ozs. chopped walnuts, 2 egg whites, 1 ozs. cherries.

Beat egg whites until stiff, fold in fruit, nuts and sugar. Cover base mixture. 350 deg. for 20-30 minutes. Lightly brown top only.

Miscellaneous

CRISPY POTATO CAKES

Sister K. Luha

4 rashers bacon, 1 tablespoon chopped parsley, 1 oz. butter, little milk, 1 lb. mashed potato, salt and pepper.

Method: Beat up potato with butter, salt, pepper and parsley. Fry bacon rashers until crisp, crumble them and combine with potatoes. Form into cakes, fry in the bacon fat until brown on both sides and garnish with tomatoes.

CHEESE AND BACON FINGERS

Sister P. O'Keane

2 ozs. butter, 2 ozs. fresh white breadcrumbs, 2 ozs. bacon (cut small, fried until crisp), 2 ozs. plain flour, 2 ozs. matured cheese (grated), pinch cayenne pepper, salt.

Method: Rub butter into flour, salt and pepper. Add cheese, breadcrumbs, bacon. Work into firm dough. Roll out 1/8th" thickness. Cut into small fingers. Place on cool tray, bake 10-12 minutes in moderate oven (350 deg.)

DEVILLED SANDWICH BAKE

Mrs. W. N. Etheridge

Make 4 sandwiches with ham and cheese. Place in greased tin.

Beat 3 eggs with — 2 cups milk, salt, pepper, 1 teaspoon mustard, 2 teaspoons minced onion.

Method: Pour over sandwiches. Allow to stand 1 hour. Bake in moderate oven until puffed and brown.

DELICIOUS PANCAKES

Marg. McNabb

Break an egg into a basin, add 3 tablespoons icing sugar. Beat well then add ½ cup milk and 1 cup S.R. flour.

Method: Thin down with cold water. Cook in hot fat.

FISH SOUP — TOMATO CRAB BISQUE

Sister K. Luha

10 ozs. condensed tomato soup, pinch salt, ½ pint light cream or evaporated milk, ½ pint milk, pinch marjoram, ground, 1 teaspoon chopped onion, 1 small can flaked crab meat.

Method: Combine tomato soup, milk, onion, salt and marjoram and heat thoroughly. Slowly stir in the crab meat and cream. Serve hot.

HAWAIIAN FILLING

Mrs. K. Moloney

½ cup castor sugar, ¾ cup crushed pineapple, 2 tablespoons cornflour, 1-2 passionfruit, 2 ripe bananas, 1½ tablespoons lemon juice.

Method: Bring pineapple to boiling point and thicken with cornflour. Add sugar and stir until dissolved. When cold add mashed bananas, passionfruit and lemon juice. Place in pastry shells.

KIDNEY BEAN SALAD

Mrs. W. Sorrell

10 oz. can red kidney beans, 1 tablespoon chopped parsley, 1 cup diced celery, ½ cup French dressing, 3 chopped shallots.

Method: Drain beans and combine celery, shallots and parsley. Add French dressing and toss until evenly coated.

LUAH PUNCH

Lady Nicholson

1/3rd cup sugar, 1/3rd cup water, 3 cups tinned pineapple and orange, ½ cup lemon cordial or 50/50, 6 whole cloves, 1 bottle lemonade, 1 bottle ginger ale or dry ginger, ice cubes, 4" stick cinnamon.

Method: Put sugar, water and spices in saucepan, cover and simmer for 5 minutes. Cool and strain. Add orange juice and cinnamon and chill. Before serving add ginger ale, lemonade, ice and some banana, cut up.

SAVOURY CHEESE FINGERS (Tasty with pre dinner drinks)

Miss J. Beverley

1 rasher bacon (chopped), 1 egg, 4 ozs. grated cheese, 4 slices toast, salt and pepper.

Method: Fry bacon in pan till crisp and brown, cool, add cheese, salt, pepper and egg. Combine and spread on toast. Grill at slow heat till golden brown. Trim off crusts and cut in fingers, serve hot.

DR. PENDRIGH'S REAL SCOTS PORRIDGE Mrs. I. R. Pendrigh

1½ pints water, 1 teaspoon salt, ¼ lb. oatmeal (coarse, Scotch oatmeal), 1 knob of butter.

Method: Combine water and salt and sprinkle in oatmeal. Stir until boiling then simmer ¾ hour. Cover and set aside in warm place 4-5 hours or overnight. Gently reheat and add knob of butter. Serve with cream or milk. Sugar or syrup should not be added.

SPAGHETTI MEAT SAUCE

Mrs. J. McKay

1½ lbs. minced steak, tablespoon each of tomato, Worcestershire and Anchovy sauce, 1 large onion, 1 piece garlic, tomatoes, spices.

Method: Put meat, chopped up onion and garlic together with sauces in a saucepan and simmer for approx. 30 minutes. Add spices as desired (the more spices the better the flavour). Cook a further 10 minutes, add large tin peeled tomatoes (or fresh if in season). Simmer until the tomatoes break up. The mixture thickens when cold and will keep 1-2 weeks in the fridge. Serve over cooked spaghetti — or on toast or crumpets.

STEAK PASTE

Mrs. K. Walker

For sandwiches or toast. 1 lb. steak, ½ teaspoon pepper, butter, ¼ lb. fat bacon, 1 teaspoon mustard, 1 teaspoon salt, 1 teaspoon grated nutmeg.

Method: Put in small covered basin, steak with its fat, bacon, salt, pepper, mustard and nutmeg. See that lid is on tightly. Stand in a saucepan of boiling water and boil for 2-3 hours. Put meat and bacon through a mincer and add to melted fat and gravy. Stir well and store in jars covered with melted butter.

SUMMER TOMATO JUICE COCKTAIL

Sister K. Luha

Chill tomato juice. Put into jug with few drops of Tabasco sauce, a little lemon juice and Worcestershire sauce, adjusting amounts to taste. Stir well. Pour into small tumblers and garnish with sprigs of fresh mint.

Ulcer Diet Recipes

ASPARAGUS MORNAY (6 serves)

1 x 16 oz. tin asparagus cuts, ½ pint white sauce, 3 ozs. cheddar cheese, 4 hard boiled eggs, 3 ozs. soft breadcrumbs, salt.

Method: Add cheese to hot white sauce and stir until melted. Add salt. Slice eggs. Grease baking dish and cover with a thin layer of breadcrumbs. Arrange layer of eggs, asparagus and sauce and top with remaining breadcrumbs. Bake in moderate oven 20-30 minutes until golden brown. Garnish with parsley.

CHICKEN SUPREME (4 serves)

1 chicken, 8 ozs. mushrooms (sliced), ½ oz. butter, combine 2 ozs. milk and 1 x 14 oz. can evaporated milk, 4 ozs. bacon, 1 oz. flour.

Method: Preheat oven to 350 deg. Cut chicken into serving pieces. Coat with flour and salt. Grill bacon for a few minutes, chop finely. In a buttered casserole place layers of chicken, mushrooms and bacon. Pour evaporated milk over chicken in casserole, dot with butter. Cover and cook 1 hour or until chicken is tender.

FISH SOUFFLE (4 serves)

6 ozs. white fish or salmon, 5 ozs. white sauce, with parsley, 2 eggs, salt, no pepper.

Method: Vitamize boned fish. Mix fish with white sauce whilst stirring over low heat. Remove pan from stove. Separate egg whites and beat well. Mix egg yolks and fish mixture well. Fold in egg whites when cool. Place in greased dish. Bake for 30 minutes in hot oven, 400 deg.

MACARONI CHEESE (6 serves)

½ pint white sauce, 1½ cups cooked macaroni (¾ cup raw), 1 cup grated cheddar cheese (put half in sauce), salt, toast.

Method: Cook macaroni in boiling salted water until tender (about 20 minutes). Drain. White sauce — blend 1 teaspoon melting butter with 1 tablespoon plain flour and gradually add ½ pint milk. Add macaroni and pinch salt to white sauce and spoon into a baking dish. Sprinkle top with grated cheese and brown under griller. Serve with quarter slice toast buttered.

MACARONI AND TUNA CASSEROLE (6-8 serves)

1 lb. tin tuna, ½ cup soft white breadcrumbs, 2 slightly rounded tablespoons plain flour, 2 tablespoons finely chopped parsley, 8 ozs. macaroni, boiling salted water, squeeze lemon juice, 2 ozs. butter or margarine, ½ level teaspoon salt, 2½ cups milk, 2 ozs. grated cheese.

Method: Drain and flake tuna. Set aside. Cook macaroni in plenty of boiling salted water until tender. Drain well. Melt margarine in saucepan, then take out 2 dessertspoons and add to breadcrumbs. Toss well and set aside. Use rest of margarine in saucepan and make a stiff white sauce (salt, flour and milk). Add parsley, lemon juice, tuna and macaroni. Spoon into well greased casserole dish and sprinkle with the grated cheese. Top with buttered breadcrumbs. Bake at 350 deg. for about 30 minutes. Garnish with parsley.

SALMON MORNAY (6-8 serves)

2 tins salmon, grated cheese, ¾ pint white sauce, lemon juice, chopped parsley.

Method: Drain salmon and place in ovenproof dish. Add lemon juice to white sauce and pour over salmon in dish. Sprinkle grated cheese over top then sprinkle chopped parsley over cheese. Bake in moderate oven until brown on top.

TOMATO SOUFFLE (2 serves)

1 egg, salt, 1/3rd oz. tomato puree, 3 ozs. milk. For white sauce — 2/3rds level tablespoon flour, 1/3rd level tablespoon butter.

Method: Make white sauce, cool, add tomato puree, beaten egg yolks and salt. Beat egg whites and fold into mixture. Pour into buttered pie dish. Stand in dish water and bake in a moderate oven until set and slightly brown. Serve immediately.

TUNA RAMEKINS (6 serves)

1½ cups cooked rice (¾ cup raw), 16 oz. tuna or salmon, 1 dessertspoon butter, ½ pint medium thickness white sauce, ½ cup grated cheese.

Method: Boil rice and drain well. Add melted butter to rice, mix well. Divide into six well greased ramekins (or one casserole dish). Drain and flake fish and spread over rice. Flavour sauce well with salt and lemon juice and spoon over fish. Top with grated cheese. Bake in the top of a moderately hot oven for about 20 minutes to heat through and lightly brown top. Garnish with lemon and parsley.

BANANA CREAM (2 serves)

1 teaspoon gelatine, 2 tablespoons mashed bananas, 1 dessertspoon cold water, 4 ozs. milk, sugar to taste.

Method: Add gelatine to cold water, dissolve over hot water. Gradually add milk to bananas, when quite smooth rub through a sieve. Carefully add dissolved gelatine. Pour into 2 individual moulds or serving bowls.

PEACH AND HONEY CREAM (5 serves)

3 teaspoons gelatine, 1 cup strained peaches (puree), ½ cup hot water, ¼ pint cream, 2 tablespoons honey.

Method: Dissolve gelatine in hot water, add honey and peaches. Fold in lightly whipped cream. Place in mould or serving bowl.

RICE AND APPLE MERINGUE (4 serves)

3 large cooking apples, 3 ozs. rice, cooked (1 oz. dry weight), ½-¾ pint milk, 2 ozs. sugar, 4 ozs. cream, 4 ozs. water, 2 eggs (separated), 2 ozs. castor sugar.

Method: Peel, core and slice apples. Cook in water with 1 oz. sugar. Cool. Cook rice and milk in a double saucepan until rice is tender. Add cream and 1 oz. sugar. Add egg yolks to cooked apple. Mix together. Whisk egg whites until stiff, fold in 2 ozs. castor sugar. Pile meringue on top of pudding and brown in a moderate oven (350 deg.).

Diabetic Recipes

The following recipes may be used in conjunction with "Diabetes, a Booklet for Patients" (published by Australian Hoechst) which includes recipes and detailed dietary instructions.

BRETON SALMON (8 serves)

Free

2 tins salmon (drained), 4 tablespoons butter, 6 small mushrooms, 1 tablespoon chopped parsley, ½ lemon.

Method: Heat 2 tablespoons butter in a casserole. Cut salmon in cubes, slice unpeeled mushrooms lengthwise. Fry salmon and mushrooms in heated butter and brown in oven. Brown remaining tablespoons of butter in pan. Remove from fire, add chopped parsley and juice of half a lemon. Pour sauce over cooked salmon and mushrooms. Serve.

CHEESED EGGS (10 serves)

Free

12 eggs, 1 onion, 12 ozs. cheese, pepper, salt, mustard, paprika, cayenne.

Method: Separate yolks from whites. Grate cheese. Add cheese and seasonings to yolks. Fold in stiffly beaten egg whites. Pour into greased ovenproof dish. Bake slowly in bottom of oven until set and brown on top, about 30 minutes.

CHEESE, ONION AND SALMON PIE (4 serves)

Free

1 lb. tin tuna, salt, 1 oz. cheese, pepper, 2 medium tomatoes, 2 medium onions (cooked).

Method: Drain tuna and place in ovenproof dish. Slice tomatoes and cooked onions. Grate cheese. Place a layer of onion on tuna and season. Place a layer of tomato on onion and then sprinkle with cheese. Place in moderate oven to heat tuna and onion and cook tomato and brown cheese.

PORK AND APPLE CASSEROLE (4 serves)

Free

4 pork chops, 1 onion (sliced), 2 tablespoons lemon juice, 1 cup tomato juice (diabetic), 1 cup cooked apple, 1 teaspoon chopped parsley, ¼ teaspoon thyme, Sweetex, salt and pepper.

Method: Preheat oven to 375 deg. Dry-fry chops in a frying pan for 15 minutes. Remove and place in a casserole dish. Cover with onion, chopped parsley, thyme, salt, pepper and tomato juice. Place lid on casserole and cook for 20 minutes. Combine apples, Sweetex and lemon juice, bring to boil, place on top of casserole and cook with lid off for a further 30 minutes.

PORTUGUESE CHICKEN (4 serves)

Free

1 chicken, 2 cloves garlic, 3 tablespoons olive oil, 1 onion, salt, pepper, 8 ozs. tomatoes, 2 ozs. button mushrooms.

Method: Divide chicken into 8 portions and fry in hot oil until slightly brown. Chop onions finely and fry until golden coloured. Add quartered tomatoes, crushed garlic, sliced mushrooms, salt, pepper and 2 tablespoons water. Fry for a few minutes then put into a large saucepan with the chicken. Cover with lid and simmer gently for 1 hour. Serve with boiled rice.

SAVOURY CHOPS (4 serves)

Free

8 chump chops, 2 tablespoons butter or margarine, 2 tablespoons chopped onion (spring), 2 tablespoons finely chopped mint, 1 tablespoon Tarragon vinegar, pinch cayenne pepper, 1 x 16 oz. can tomato juice (diabetic).

Method: Trim chops, melt butter and fry until brown. Remove chops and saute chopped onions and mint for two minutes. Add cayenne, tomato juice and Tarragon vinegar. Return chops to saucepan and simmer with the lid on for 1 hour. Cook faster for further 20 minutes.

SAVOURY FLUFFED EGGS (1 serve)**Free**

1 egg, 1 thick slice of a large tomato, salt, pepper, 1 slice cheese to fit tomato.

Method: Place cheese on top of tomato on ovenware dish. Separate yolk from white of egg. Add seasoning to egg white and beat until very stiff. Pile on top of cheese and drop yolk into the centre. Cover yolk with white. Bake in a moderate oven until lightly browned and yolk is set (approximately 15-20 minutes).

TROPICAL STYLE CURRY (6 serves)**Free**

2 tablespoons butter, 1½ lbs. topside steak (½" pieces), ½ pint liquid (stock and pine juice), ½ cup pineapple pieces (diabetic), 1 tablespoon lemon juice, 1 apple (sliced), 1 banana (sliced), 2 tomatoes (wedges), 1 dessertspoon curry powder, 2 onions (ringed), salt, pepper, sweetex.

Method: Melt butter, saute onions and curry powder for approximately 10 minutes. Add meat and brown well. Add liquid, salt, pepper and sweetex. Bring to boil and simmer 1½ hours. Add pineapple pieces, lemon juice, banana, tomato and apple. Simmer for further 20-30 minutes. Serve with boiled rice.

VEAL BIRDS (6 serves)**Free**

1 lb. fillet of veal, 1 dessertspoon grated onion, 2 ozs. butter, 3 tomatoes (skinned and chopped), ½ cup chopped celery, ½ cup stock, 4 ozs. grated cheddar cheese, ¼ cup (1 oz.) walnuts, salt and pepper.

Method: Cut veal into thin fillets. Combine in a bowl grated cheese, celery, walnuts, grated onion, salt and pepper. Spread onto pieces of veal and roll up. Tie each piece securely with cotton. Melt butter and brown veal on both sides, add chopped tomatoes and stock. Cover and simmer 45-50 minutes until tender.

APPLES BAKED IN ORANGE SAUCE (1 serve)**1 Portion**

1 cooking apple, cinnamon, cloves, orange sauce.

Method: Core apple, score skin, push cloves in centre of apple and place knob of butter on top. Put in baking dish and add a little orange sauce. Bake in moderate oven. Serve with orange sauce and cream.

ORANGE SAUCE (1 serve)**Free**

2/3rd oz. orange juice, orange rind, ½ teaspoon gelatine, water to dissolve gelatine, Sweetex to taste.

Method: Dissolve gelatine in hot water. Add sweetex and orange rind to orange juice. Warm. Add dissolved gelatine. Cool. Lemon or passion fruit may be substituted for the orange juice.

APRICOT OR PLUM BANAROSE (1 serve)**1 Portion**

3 ozs. apricot puree or 2 ozs. plum puree, ½ oz. lemon juice, Sweetex, ½ oz. cream, ¼ egg white, 1 teaspoon gelatine, pinch salt, ½ oz. cold water.

Method: Cook fruit if necessary, puree it. Soak gelatine in cold water. Heat fruit puree, add soaked gelatine and stir till dissolved. Half fill metal mould with part of this mixture. Chill until set. Cool remaining mixture to room temperature. Add unbeaten egg white and stir to mix. Chill until partially set, then beat until light and fluffy. Fold in lightly whipped cream and pour on top of first layer in mould. Chill until firm. Unmould and decorate with whipped cream.

CHOCOLATE JUNKET (1 serve)**1 Portion**

1 level teaspoon Akta-vite, ½ junket tablet, 4 ozs. milk.

Method: Dissolve Akta-vite in warm milk. Dissolve junket tablet in a little cold water. Pour warm milk and Akta-vite onto junket tablet and stir well. Leave in warm place to set.